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ARMYFLIER

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597th Detachment deploys

By Nathan Pfau
Army Flier Staff Writer

Family members and Soldiers of the 164th Theater Airfield Operations Group gathered at Knox Army Heliport Monday to say goodbye to and wish their fellow Soldiers good luck as they deploy to Southwest Asia.

Nine Soldiers of the 597th Maintenance Detachment of the 164th TAOG deployed to Kuwait to support operations in Afghanistan, according to CW4 Steven Hess, 597th Maintenance Detachment officer in charge.

“Today we’re sending out the 21st Special Repair

Activity team, which we’ve been doing since the inception of Operation Enduring Freedom in 2003,” he said. “We’ve had Soldiers deploy from this unit in constant rotations from Bosnia, Kosovo, Kuwait, Afghanistan and Iraq – our mission is very important to airfield operations.”

Col. Michael L. Shenk, Air Traffic Services Command and 164th TAOG commander, was on hand to offer words of encouragement to the Soldiers and remind them that they are appreciated, especially in times of deployment.

“[These deployments] seem to happen quite often, but my wife and I are very proud of the 597th Maintenance

Detachment. I don’t know that there’s another detachment or company that has been deployed consecutively for so long,” he said. “This team looks a lot like the other teams that are out there, but it’s going to do its own special mission in its own special way.”

The detachment has been deployed constantly since 1996 as Special Repair Activity teams, according to Hess, and aid in maintenance and training for airfield operations equipment.

“This small team travels all over the geography of Southwest Asia and does a very important mission for us by helping keep our air traffic services equipment operational,” said Shenk. “We’re very proud of what they’ve done in the past. We appreciate your dedication to the Army, your dedication to your Families and your dedication to the mission that you’ll be performing.”

Hess offered advice to Family members that are left behind during the deployment.

“We have the Family readiness group to help [Family members] deal with deployments and we host deployed spouses dinners and [other social events] to help them through these [difficult times],” he said. “We also try to have them keep in constant contact throughout the deployment to make sure everything is OK.”

Some of the Soldiers expressed a variety of emotions, from anxiety to uncertainty, in anticipation of the deployment, and others seemed to know exactly what to expect, like Sgt. 1st Class Latasha Williams, maintenance NCO in charge of the deploying team.

“This is my second time deploying, and the last time I was deployed I went to Iraq, but this time it’s a little bit more exciting because I’m in charge of my team. I know what to expect since I’ll be the one giving the orders,” she said. “We’re all going to try to make the best of the time we have out there and stay motivated.”

Williams said that before the deployment, Soldiers must be prepared mentally and physically for the separation to be ready.

“When you know you’re about to deploy, you have to prepare yourself mentally for the separation from your Family, which can be hard,” she said. “Since I’m a single Soldier, though, I just had to make sure that my Soldiers were prepared.”

She also spoke on what it takes to adapt to a different environment and although she is leading the team during this deployment, she feels confident that her team will perform the way they were trained to perform.

“Even though this is only my second deployment, [it’s] something that I’ve come somewhat accustomed to and it feels like just another transition to me,” said Williams. “Since we’re deploying as a small team, [we’re] a close-knit Family and I don’t feel that there is much more pressure just because I’m in charge – I just know my role, and the [other Soldiers] understand that as well.”



PHOTO BY NATHAN PFAU

Sgt. Timothy Burke, 597th Maintenance Detachment, stands with his daughter, Desirae, during a farewell ceremony at Knox Army Heliport Monday. Nine Soldiers of the 597th Maintenance Detachment deployed to support operations in air traffic services maintenance for airfield operations in Southwest Asia.

Mayor educates students on travel, diversity

By Sara E. Martin
Army Flier Staff Writer

Military children are no strangers to moving and meeting new people, but Mike Schmitz, mayor of Dothan, visited the Fort Rucker Primary School to expand students’ horizons by talking to them about world travel.

The entire school attended the event, and days after the assembly most still remembered what Schmitz talked about and took away some vital lessons, according to Deborah Deas, Fort Rucker Primary School principal.

“The children learned and remembered that you can’t sleep well on a mountain because you roll down your tent, that it’s very cold on a mountain and it’s hard to breath when you get high in the air. But more importantly, they understood that you have to

try really hard to reach your goals,” she said.

The mayor’s motto is ‘Together we can build,’ and the school’s motto is ‘Together we can,’ and Schmitz worked that into his presentation about cultural diversity.

“He is a strong supporter of education and children, and he taught them an important message — that together, no matter our backgrounds, we can work together to get anything accomplished,” said Deas.

Schmitz traveled to Mount Kilimanjaro during the New Year with his son and recounted the struggles of the climb as well as the teamwork it took by everyone, of many nationalities, to reach the top.

“Meeting people from different places around the world who were climbing with us was wonderful. We



PHOTO BY SARA E. MARTIN

Carson Hickox helps Mike Schmitz, Dothan mayor, demonstrate how heavy a backpack can be when mountain climbing.

SEE MAYOR, PAGE A5

Lyster system provides 24/7 communication



PHOTO BY KATHERINE ROSARIO

Deborah Delk, certified women’s health nurse practitioner, replies to a patient through secure messaging Tuesday morning before her next patient arrives at the clinic. Secure messaging allows Lyster’s providers to respond to patients’ questions in a timely manner without playing phone tag.

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Patients at Lyster Army Health Clinic can communicate with their providers 24-hours a day, seven days a week without having to make an appointment or come into the clinic.

In conjunction with RelayHealth, a connectivity and health information technology company, patients can log onto a secure, Health Insurance Portability and Accountability Act-approved site and set up appointments with their provider, request renewals for prescriptions, get lab results and ask questions regarding routine care.

Currently, about 2,700 patients are signed up through secure messaging. All patients seen at Lyster are able to sign up for this service.

Secure messaging has grown in popularity due to its convenience and fast response time from provid-

ers. Providers who call patients back after receiving a voicemail often end up playing phone tag. Secure messaging eliminates the wait time to hear back from providers.

“I like it because I can ask simple questions, have a prescription refilled or renew a referral without having to call in, leave a message and wait for someone to call me back,” said Cindy OBrion, a spouse seen at Lyster.

Another convenience OBrion enjoys is the ability to send messages when she needs to and not have to worry about waiting for the clinic to open to call.

“Patients who work all day may not have the ability to call in to leave a message with their provider,” said Mandy Tucker, patient-centered medical home director. “Now, patients can send a quick message through the internet and get a response back quickly.”

A patient’s anxiety of missing a phone call from their

SEE LYSTER, PAGE A5

PERSPECTIVE

IMCOM encourages Army Families to take Military Saves Pledge

By Amanda Rodriguez
Installation Management Command

SAN ANTONIO — Clink, clink, clink is the sound heard around U.S. Army Installation Management Command during Military Saves Week this week as service members start filling piggy banks.

Across military communities worldwide, including Fort Rucker, service members will take The Saver Pledge and help themselves, their Families and their country by saving money and reducing debt.

Fort Rucker's Military Saves Week activities take place today from 11 a.m. to 12:30 p.m. at the Munson Heights Neighborhood Center and Friday in the atrium of Bldg. 5700 from 11 a.m. to 1:30 p.m. The

tables are manned by financial counselors and bank representatives with pamphlets and helpful information. There will be some giveaways as well.

Military Saves is part of a national campaign, America Saves, designed to motivate and encourage Families to commit to reducing debt and create a monthly savings plan.

Participation begins with taking The Saver Pledge at www.militarysaves.org: "I will help myself by saving money, reducing debt and building wealth over time. I will help my Family and my country by encouraging other Americans to build wealth, not debt."

The intention is to promote communities of savers, according to IMCOM Military

Saves coordinator Gale Johnson, Financial Readiness and Army Emergency Relief program manager.

"Our intent is for all garrisons to participate in Military Saves," Johnson said. "Last year, the Army had 9,388 who took the pledge and we're hoping for even more this year."

Johnson explained that wide spread participation and real change is helped by partnerships with local organizations, including Army and Air Force Exchange Service, Defense Commissary Agency and others.

"Many bases increase awareness and participation by partnering with Army Community Service centers, youth centers, installation banks/credit unions, AAFES, DECA, military finance office banking li-

aision officers, marketing, public affairs and more," Johnson said. "We want to share the good news stories about financial information fairs, financial counseling and savings success that have been reported in previous years."

Military Saves Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. It's an annual opportunity to promote good savings behavior and a chance for individuals to assess their own saving status, say organizers.

Learn more about Military Saves by visiting www.militarysaves.org or share your success story on the IMCOM Facebook page at <http://www.facebook.com/InstallationManagementCommunity>.

Soldiers should check tuition assistance status of schools

By David Vergun
Army News Service

WASHINGTON — Effective Friday, Soldiers will no longer receive tuition assistance if their college or university has not signed the Defense Department's "Voluntary Education Partnership" Memorandum of Understanding.

Soldiers who already received tuition assistance funding for courses can complete those courses even if they extend beyond Friday. They just can't sign up for new courses after Friday if the school has not signed the Memorandum of Understanding, according to Pamela Raymer, Ph.D., chief of the Army Continuing Education Division.

As of Feb. 14, of the 3,000 schools in GoArmyEd, the Army's enterprise system for accessing TA and other educational services, 2,153 schools have signed the MOU, Raymer



PHOTO BY SGT. DANIEL SCHROEDER

Effective Friday, Soldiers will no longer receive tuition assistance if their college or university has not signed the Defense Department's Voluntary Education Partnership Memorandum of Understanding.

said.

About nine percent of Soldiers using TA are enrolled in schools that are not signatories to the MOU. Many of those nine percent are National Guard Soldiers and candidates in ROTC programs, she said.

Soldiers should, as soon as possible, visit [\[mou.com\]\(http://www.dod-mou.com\), to see if their school has signed the memorandum, Raymer urged. If the school has not signed, then Soldiers should make arrangements to transfer to another educational institution that has signed the MOU.](http://www.dod-</p></div><div data-bbox=)

Also, Soldiers are encouraged to speak with their unit education counselor, she said. Coun-

selors can be found at 89 active Army education centers, 16 Army Reserve Readiness Command education offices and 54 National Guard education offices. The Fort Rucker Education Center can be reached at 255-2378 or 255-9288.

Soldiers might wish to check with their school administrators to see if the school intends to sign the MOU, but Raymer said that is not something a Soldier would be required to do, as the Army and DOD have been working hard to reach out to those schools.

While the new requirement could negatively impact Soldiers attending a school that is not a signatory to the MOU, the intent of the memorandum is to protect the Soldier, Raymer said.

Examples of the protections that schools in the program must provide are adherence to the Service members Opportunity College, or SOC, prin-

ciples, which include:

- maximizing transfer credits;
- greater consideration of college credit for military experience and academic testing;
- minimizing residency requirements;
- adopting policies banning inducements for enrollment; and
- refraining from high-pressure recruitment tactics to eliminate aggressive marketing to Soldiers.

The MOU does not impact the Montgomery G.I. Bill or Post 9/11 GI Bill, so Soldiers attending a school that does not sign the MOU can still use those options if they choose.

According to the Army's Continuing Education Division, in fiscal year 2012, 201,000 Soldiers used TA, which disbursed \$373 million to them. Of those Soldiers using TA, 2,831 earned associate degrees, 4,495 earned baccalaureates and 1,946 received graduate degrees.

Rotor Wash

“Army Community Service offers financial readiness training from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284, Friday. What tips can you offer to help Families remain financially healthy?”



Kyra Garofolo,
Army spouse

"Watch your credit card spending and just stay on budget."



Cody James,
civilian

"Don't spend money on useless things like video games or extra cable channels."



Pfc. David Browning,
10th CAB, 2-10th Aviation
Regiment Fort Drum, N.Y.

"Monitor your bank balance constantly and stay in touch if you're on a deployment. Find a way to stay in touch, that way you can keep track of where the money is going and how much is being spent."



Pfc. Willis Diaz,
10th CAB, 2-10th Aviation
Regiment, Fort Drum, N.Y.

"Just act your wage. You don't have to go all out and try to look like a superstar. Live on an appropriate budget and live within your means."



Trey Davis,
Family member

"If you are struggling there needs to be an instant-noodle-every-night budget to save money so you can buy necessities."

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

BOSS builds morale for single Soldiers

By Nathan Pfau
Army Flier Staff Writer

In today’s military, so many programs focus on catering to military Families that single Soldiers may sometimes feel left out, but one program looks to make sure those Soldiers feel involved while providing an opportunity for them to develop into future leaders.

Better Opportunities for Single Soldiers is a program for single Soldiers, geographical bachelors and single parents that is designed to improve their quality of life through community service and recreational events, according to Spc. Doris Johnson, installation BOSS president.

“It’s important to help build morale with the Soldiers and let them know that they have somebody,” said Johnson. “Most single Soldiers are left out simply because they don’t have their Families around them, so we are each other’s immediate Family.”

There are no fees to join BOSS and the program is based on participation only, and keeping Soldiers in an environment where they can maintain their military bearing is one of the main purposes of BOSS, said Johnson.

“Our three pillars are community service, recreation and quality of life,” she said. “We go around with the purpose to improve the lives of single Soldiers in all aspects of their lives to promote success.”

The organization hosts events that might include going on cruises, taking trips or even participating in Directorate of Family, Morale, Welfare and Recreation events that are held on the installation.

Some upcoming events that Soldiers can participate in are: volunteering at Girls Night Out Friday; volunteering with the Children’s Festival and Family Fun Run March 23; the March Madness Sweet 16 Party at the BOSS facility March 24; and a four-day trip to Atlanta April 6-9.

“The March Madness Sweet 16 Party is a free event that people can come out to



PHOTO BY NATHAN PFAU

Then Pfc. Alexander Douglas, A Co., 1st Bn., 11th Avn. Regt., Spc. Amber Atkinson, A Co., 1st Bn., 11th Avn. Regt., and Pfc. Stephon Griffon, B Co., 1st Bn., 13th Avn. Regt., test out the lounging capabilities of the chairs in the movie theater of the renovated BOSS facility during the grand opening last year.

and watch basketball at the BOSS facility and cook out with us,” she said. “The Atlanta trip, however, is \$200 per person, which will include lodging, and Atlanta city pass and transportation.”

As much as BOSS is a program designed to give back to single Soldiers, it’s also an opportunity for single Soldiers to give back to other organizations.

“Anywhere we get an opportunity to volunteer and help out, we’re more than willing to help,” said Johnson. “We help with Army Community Service, help with school events by painting at the schools, we read to students, and we even go out to animal shelters and help groom the animals. We have another event with the Survivor Outreach Services and Hearts Apart where we take the children that are part of those programs fishing and have a barbeque.”

Johnson said that volunteering with BOSS is a good way for any Soldier, not

just single Soldiers, to get their volunteering hours up.

“One of the biggest incentives with the volunteering program is that it gives [Soldiers] an opportunity to earn their volunteer service medal,” she said. “We try to encourage a lot of people to do so because it says a lot when you’re willing to give up your time for somebody else.

“It not only better the community, but motivates single Soldiers to lead, be unit representatives or counselor members,” she continued. “BOSS just helps them in becoming better Soldiers.”

BOSS not only tries to improve the quality of life of Soldiers through recreational activities and volunteering programs, but also by providing facilities that Soldiers can gather and be social in on the installation.

“We recently renovated the BOSS facility, which has a theater room with lev-

eled seating, computer access with WiFi, a gaming center that Soldiers can play on different gaming systems, new TVs, a full kitchen and pool tables,” said Johnson. “We made the building a more welcome place for Soldiers to come and hang out.”

Johnson said there are plans to build an additional BOSS facility somewhere on the installation, but only revealed that it would be similar to the current facility.

“We want to open another facility like the one we already have,” she said. “It’s not going to be exactly the same, but it’s going to be similar, and the [Department of the Army] BOSS is going to help us do that in the future.”

If Soldiers wish to get involved with BOSS, Johnson said that they can go see their unit representative. If they don’t know who their unit representative is, they can visit her in Bldg. 5700, Rm. 385, or call 255-9284.

Secretary notifies Congress DOD preparing for furloughs

By Jim Garamone
American Forces Press Service

WASHINGTON – Defense Secretary Leon E. Panetta has notified Congress that the Defense Department is prepared to implement furloughs for civilian personnel in response to the threat of sequestration.

In a memo to all employees, Panetta vowed to continue working with Congress to avoid sequestration, which would add \$470 billion to the \$487 billion in defense spending cuts the department already is making over the next 10 years. If Congress cannot agree on an alternative deficit reduction plan, the cuts go into effect Friday.

Panetta and every other defense leader have called the cuts dangerous. They would come on top of cuts imposed by operating under a continuing resolution. For fiscal year 2013, the effect will be further magnified, because the cuts must be done in the final six months of the fiscal year, which ends Sept. 30.

“In the event of sequestration, we will do everything we can to be able to continue to perform our core mission of providing for the security of the United States,” Panetta wrote in the memo, “but there is no mistaking that the rigid nature of the cuts forced upon this department, and their



scale, will result in a serious erosion of readiness across the force.”

Panetta and DOD leaders long have expressed deep concern about the direct

impact sequestration will have on military personnel, civilian employees and Families. Flexibility in sequestration is limited, the secretary said in his memo, noting that while military personnel are exempt from direct impact, services on bases will deteriorate, and Families may feel the pinch in other ways.

Civilian employees will be furloughed if sequestration is triggered. Deputy Defense Secretary Ashton B. Carter said last week that civilian employees could lose 20 percent of their normal income through September.

“I can assure you that, if we have to implement furloughs, all affected employees will be provided at least 30 days’ notice prior to executing a furlough, and your benefits will be protected to the maximum extent possible,” Panetta wrote.

DOD will work to ensure furloughs are executed in a consistent and appropriate manner, the secretary said, and Pentagon officials also will continue work with employee unions.

“Our most important asset at the department is our world-class personnel,” Panetta wrote. “You are fighting every day to keep our country strong and secure, and rest assured that the leaders of this department will continue to fight with you and for you.”

News Briefs

AER kickoff

Fort Rucker’s Army Emergency Relief fund campaign kicks off Friday, and a kickoff ceremony takes place Tuesday at 2 p.m. in the U.S. Army Aviation Museum. The campaign will also feature the annual Jail-a-Thon April 18 and the Army Aviation Center Federal Credit Union golf tournament for AER.

For more on AER, call 255-2341.

Lyster construction

Various construction projects are under way or soon to be under way at Lyster Army Health Clinic.

- The behavioral health clinic is undergoing construction. The construction will not interfere with patient care. Once complete, the behavioral health clinic will be 30-percent larger and offer a more patient-friendly atmosphere.
- The physical therapy clinic is undergoing construction starting in mid-March. The construction will not interfere with patient care. Once complete, the physical therapy clinic’s gym will be 50-percent larger and offer a more patient-friendly atmosphere.
- The Lyster Army Health Clinic Pharmacy will temporarily relocate to the front of the Lyster parking lot (Andrews Avenue) in May and operate out of a temporary building during construction. The pharmacy is anticipated to reopen in the clinic in 2014.

Electronic retiree newsletter

The annual retiree newsletter is available via email. To receive the newsletter electronically, people should send an email to ruck.retirees@conus.army.mil requesting the newsletter, and also include their name and U.S. postal address.

Siren test

The installation operations center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

AER scholarships

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at www.aerhq.org and are due to be turned in by May 1. AER scholarships are available for spouses and dependent children

of active duty, retired and deceased Soldiers.

For more information, visit www.aerhq.org or call 1 (866) 878-6378.

SOAR briefings

The 160th Special Operations Aviation Regiment Recruiting Team will conduct unit briefs Tuesday and Wednesday from at 11 a.m. and 3 p.m. in Bldg. 5700, Rm. 371A. The briefs will provide information on the 160th SOAR, including duty locations, aircraft available for assessment, unit-specific benefits, and the application and assessment process. There will also be an open forum for questions after the brief. Family members are encouraged to attend.

For more information on the briefs or the 160th SOAR, send an email to RECRUITERS@SOAR.army.mil or call (270) 889-8653 or (270) 798-0981.

ID card section

People who need a common access card or military ID card who are in a hurry can make an appointment by calling 255-2437 or 255-2182. When people call for an appointment, they will be screened and advised of any documentation they need to bring. Walk-ins will continue to be served on a first-come, first-served basis. As a reminder, people may experience delays from 11 a.m. to 1 p.m.

Sequestration may affect reset from Afghanistan

By C. Todd Lopez
Army News Service

FORT LAUDERDALE, Fla. — The reset of equipment returning from Afghanistan may be affected by sequestration, said the commander of U.S. Army Materiel Command.

The cancellation of reset would affect post-combat repair for about 1,000 vehicles, 14,000 communications devices and 17,000 weapons, Gen. Dennis Via, commander of U.S. Army Materiel Command, told an audience of about 500 Feb. 21 at the Association of the United States Army Institute of Land Warfare Symposium.

Retrograde of equipment from Afghanistan is now under way, Via said. About \$22 billion worth of military hardware, weapons, vehicles and goods will move out of the country back to the United States. Some of that will be put back into the force, while some will first be reset in Army depots, made like new, before being sent back to a unit.

Army Materiel Command is largely responsible for that retrograde.

Fiscal uncertainty and reset

Via said in fiscal year 2012, AMC depots reset 24 brigade combat team-equivalents worth of equipment. But sequestration will affect what AMC is able to do in the way of reset during fiscal year 2013.

Sequestration, he said, will affect every AMC command and organic industrial base facility, with the exception of those in direct support of combat operations and units that are deployed and preparing to deploy. It will also result in cancellation of depot maintenance during the third and fourth quarters.

“The challenge that we have in FY 2013, with the planned cancellation of new work orders for the third and fourth quarters, is that it is going to impact on six Army divisions of equipment,” Via explained.

Sequestration may also bring furloughs to Via’s civilian workforce across the 20 depots and arsenals that make up the Army’s “organic industrial base.”

“The greatest risk to me, as commander, is losing this critical workforce that we have developed over the last 12 years,” Via said. That workforce includes uniquely skilled mechanics, machinists, engineers, artisans, scientists and contracting professionals.

Retrograde under contact

Even though equipment is already re-



PHOTO BY 1ST LT. HENRY CHAN

Sgt. Andrew Markley, Forward Operating Base Sharana Materiel Redistribution Yard noncommissioned officer-in-charge with the 289th Quartermaster Company, stationed out of Fort Hood, Texas, steps out of his forklift.

turning from Afghanistan, Via said commanders there are still in “a very tough fight” as they work to transition the mission to the Afghan National Army.

“So it’s retrograding while in contact, and I don’t think there could be any more complex mission than what we face there in theater there today,” he said.

Still, Via said commanders in Afghanistan are on board with the retrograde process and are working with AMC to make it happen.

“They have fully embraced retrograde as an operational mission,” he said. “By embracing retrograde as an operational mission they will help us as we prioritize equipment to leave the theater. They will prioritize non-mission-essential equipment that we can remove from the theater, and we’ve got processes in place to be able to do that.”

Lessons learned from the retrograde out of Iraq, a process that is still ongoing, have helped inform the retrograde process in Afghanistan, Via said. During a trip to Afghanistan in January 2012, he learned it took about 90 days to ship a vehicle out of country after it had arrived in the Redistribution Property Assistance Team

yard. Now, he said, that process is down to fewer than 12 days. That, he said, is due to lessons learned from the Operation New Dawn retrograde.

But unlike the initial retrograde from Iraq, where some equipment could be shipped to Afghanistan for use there, the retrograde out of Afghanistan, Via said, must be back to the United States.

Pakistan route reopens

Getting that equipment out of Afghanistan has been helped by a recent “thawing” on the Pakistan Ground Lines of Communication, the route to move supplies south out of Afghanistan through Pakistan. That route has been closed to traffic for some time.

But to date, Via said, movement on the PAKGLOC is “not to the levels we need, of course, and not to the levels we previously enjoyed over a year ago. But we began to see some movement there.”

Via said there is also a northern route out of Afghanistan, through India, called the Northern Distribution Network. Moving equipment that way is more expensive than through Pakistan.

Via told an audience of about 500 that he thought retrograde from Afghanistan would be on target if adequate funding is provided to make it happen.

“We think we will be able to meet what the secretary of the Army and the chief of staff of the Army have laid out, the priorities of the equipment to come out,” he said, adding that there is a challenge still with sequestration and fiscal uncertainty.

The goal is to get the equipment out of country by the end of December 2014, but as equipment starts to surge out of Afghanistan, there will be a cost increase, just as there was a cost increase with the surge for that equipment going into theater.

“That’s a challenge we face going forward,” Via said.

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Directions: Woodland Park Subdivision...from the bypass turn inside the circle onto Highway 134/Damascus Highway, then left onto Jasmine Circle to Winterberry Way.

The Cottages at Woodland Park: These cottages are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Fort Rucker. Stainless appliances, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. *(Laurel Plan)* Owner is licensed residential home builder & **REALTOR** in the state of Alabama.

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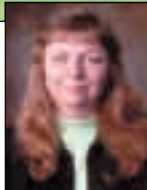
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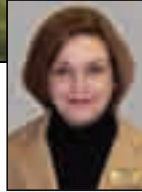
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Dagger Bde. readies for AFRICOM missions

By David Vergun
Army News Service

FORT IRWIN, Calif. — Some 4,000 Soldiers of the 2nd Brigade Combat Team, 1st Infantry Division, out of Fort Riley, Kan., are training for realignment to U.S. Africa Command, expected later this year.

The 2nd BCT, or “Dagger” Brigade as it is known, will be the first brigade to be regionally aligned to U.S. Africa Command.

U.S. Pacific Command has had units regionally align to its area of responsibility with similar training at Fort Irwin earlier this year.

Regional alignment

The drawdown in Afghanistan has enabled the Army to begin regional alignments, said Lt. Gen. Keith Walker, deputy commander, Futures and director of the Army Capabilities Integration Center, Training and Doctrine Command.

Walker, who spoke last week at the Winter Wargame Unified Quest 2013, said the

regional alignments were something the Army has looked forward to doing, but was until recently unable to do because of its commitments in Afghanistan.

TRADOC was instrumental in developing the regional alignment idea and doctrine as a way to build partnerships in various regions of the world, not only for security purposes, but also to foster goodwill and friendships between militaries, governments and the civilian population.

Decisive action

Following weeks of small-unit preparatory training at Fort Riley, the 2nd BCT, 1st ID, arrived here at the National Training Center for decisive action training, which lasts from Feb. 16 to Friday. That training consists of two main parts: combined arms maneuver and wide-area security.

Combined arms maneuver is the conventional aspect of warfare, involving the brigade’s own tanks, Bradley Fighting Vehicles, unmanned aircraft systems,

SEE DAGGER, PAGE B4



PHOTO BY EJ HERSOM

An OH-58 Kiowa helicopter flies support to the 2nd BCT, 1st ID, at the National Training Center, Fort Irwin, Calif., Feb. 20.



PHOTO BY ERVEY J. MARTINEZ

WARFIGHTER SUPPORT

Herman Harvey, a sand blaster at Corpus Christi Army Depot, Texas, blasts the bottom side of a UH-60 using Plastic Media Blast, a process that uses plastic instead of sand for better cleaning and is also less aggressive on metal with better results. CCAD is one of 20 AMC Organic Industrial Base installations.



PHOTO BY SGT. LUKE ROLLINS

Staff Sgt. Brandon Vilt, an OH-58 Kiowa helicopter crew chief with Delta Troop, 3rd Squadron, 17th Cav. Regt., TF Lighthorse, performs a maintenance check on a Kiowa helicopter Feb. 15 at Kandahar Airfield, Afghanistan

Amputee returns to battlefield

By Sgt. Luke Rollins
Army News Service

KANDAHAR AIRFIELD, Afghanistan — It’s clear from the way Staff Sgt. Brandon Vilt moves around the maintenance bay of Delta Troop, 3rd Squadron, 17th Cavalry Regiment, Task Force Lighthorse, that he has his mission in mind.

An OH-58 Kiowa helicopter crew chief responsible for the maintenance of the troop’s fleet, he and his Soldiers keep the “mosh-she”—Pashtu for mosquito because of its bite and illusiveness, and the nickname for the Kiowa — flying to bring the fight to the enemy.

“I just want to make sure my guys put out a good, quality product,” said Vilt, a Cameron Park, Calif., native.

Not only is he responsible for the Soldiers on the maintenance bay floor, but he’s also a platoon sergeant. If he’s not overseeing the maintenance of Kiowas, he’s up in the office loft doing administrative work for his Soldiers.

Vilt moves up the stairs to his office. The motivation in each upward step ignites a spark of inspiration among his coworkers, but he’s too humble to show his discomfort if he had any.

“Stairs are the worst,” he said, collapsing into his office chair. A prosthetic leg hangs on the rear wall. Vilt rolls up his left pant leg to reveal the prosthesis helping him accomplish

the mission at Kandahar Airfield.

Vilt, who lost his leg during his first deployment to Iraq in 2007, said he decided to deploy a second time with TF Lighthorse and Task Force Falcon, 3rd Combat Aviation Brigade, because he simply loves what he does.

He was guarding an entry control point when a truck came barreling through and caused the cement barriers on either side of the road to topple. One fell on him.

“All I could think in the moment was, ‘Get this thing off of me!’” he said. “It was surreal to be told the leg was gone for good.”

He underwent surgery and physical therapy at the Bob Wilson Naval Hospital in San Diego, Calif. While there he considered leaving the Army, but his experiences as a squad leader in the Warrior Transition Battalion reminded him of his love for Soldiering — and helicopters.

“I was always in good spirits,” he said. “I just thought, ‘I got to get back to Aviation.’”

He did, becoming an advanced individual training instructor at Joint Base Langley-Eustis, Va. He arrived at Hunter Army Airfield, Ga., in Sept. 2011.

First Sgt. Paul Julien, the Delta Troop first sergeant, said that Vilt’s resilience and positive outlook make him a beacon to Soldiers and peers throughout the Task Force.

“He’s a pleasure to be around,” said Julien.

SEE BATTLEFIELD, PAGE B4

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Chevrolet 1998 Silverado Ext Cab: green, 3 doors, 350 V8, cold AC and runs great. \$5,200. NEG. Call 334-718-9617



Dodge 1998 Dakota Ext Cab: power steering, cold AC, 160k miles, blue, \$2,500. OBO Call 334-798-1768 or 334-691-7111

Dodge 2011 Ram 2500 crew cab, 4x4 LWB, Black & Pearl, 6.7 liter Cummins Diesel, navigation, leather, back up camera, sirius radio, remote start, all the extras 18K miles \$43,500. 334-793-6281.

Ford 2004 Super Duty 4dr. 4 wheel drive, F-550 with hydraulic, 2 bale bed, exc. cond. 160K miles \$22,500. 334-347-7466 or 334-797-7289.

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OPELIKA-AUBURN NEWS



HERO
Iraq veteran, celebrated
working dog Gabe
passes away

Story on Page C5

FEBRUARY 28, 2013



FILE PHOTO

Kathy Isaacs, Medieval Times vendor, talks with Jamie Hendzel about what the venue has to offer at last year's Travel Extravaganza. This year's event will be at The Landing, Wednesday from 11 a.m. to 2 p.m.

EXTRAVAGANZA

Annual travel show features more vendors, prizes

By Nathan Pfau
Army Flier Staff Writer

Day-to-day life on a military installation can become mundane, but leisure travel services is looking to stir things up and show people where they can escape the monotony, whether near or far.

The 25th annual Travel Extravaganza comes to Fort Rucker Wednesday from 11 a.m. to 2 p.m. at The Landing, promising to educate people on what the surrounding community has to offer, as well as neighboring states, according to Kristen Hartwell, leisure travel services program manager.

"The Travel Extravaganza is a travel show where vendors from all around will give participants new and updates information regarding their particular venue," she said. "There will be vendors from Alabama, Georgia, Florida, Tennessee and other areas

that will come out and give people a view of what their venues have to offer."

Among the vendors will be tourism departments, chambers of commerce, vendors for hotels, vendors from various states and even vendors from the Directorate of Morale, Welfare and Recreation to highlight some things that people can take advantage of on the installation, said Hartwell.

"A lot of vendors will explain a lot of things, like what goes on during some of the dinner shows, or what specifically their venues have to offer and why people should take advantage of these opportunities," she said. "[The event] gives attendees a more in-depth view of what the different vendors have to offer rather than what they see at face value."

Almost 1,000 people attended last year's event, and the extravaganza is open to the public and admission is free, so Hartwell encourages people to come out and take

advantage of the door prizes and giveaways that will be given out.

The casino-themed event hosts 54 different vendors and will feature door prizes and giveaways that range from weekend getaways and gift cards to amusement park entries and rounds of golf. The giveaways will also feature a grand prize — tickets to Talladega Motor Speedway, said Hartwell.

"When people come to the Travel Extravaganza, they will fill out a ticket that will have their name and phone number on it," she said. "They don't have to be present to win a prize, but throughout the event if their name is called, they can come up and collect their prize."

Some of the vendors offer destinations that travel into international waters, so there will be people available at the event to answer questions about passport information and how to go about obtaining one,

said Hartwell.

"It's a very fun event and the environment itself is fun, and it's just very family-friendly, too," she said. "It's just for people to see what there is to do in their time off, and people don't have to travel far if they don't want to, to have a good time."

"Soldiers are the hardest working people around and if we can do anything to help them and their families, offer any type of discount we can, that's a benefit to them," she added. "Holding an event like this for our Soldiers shows that Fort Rucker is very unique and shows that DFMWR is here for our Soldiers."

Leisure travel services also provides discounted tickets to various amusement parks, theme parks and venues throughout the surrounding states year round for Soldiers and their families, said Hartwell.

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

Show choir encourages students to 'Shine On'

By Sara E. Martin
Army Flier Staff Writer

Sparkling dresses and sharp suits impressed the children at Fort Rucker Elementary School Friday during the school's Time to Shine rally.

The Enterprise Encores performed their "Shine On" show during the rally to help get the kids fired up about taking their standardized tests that began Monday, according to Vicki Gilmer, FRES principal.

"The students always do a wonderful job on the Terra Nova standardized assessments and always perform above the national average. The past two years the students have surpassed their own achievements and the increases in the test scores have been phenomenal. That is why the Time to Shine rally was implemented last year. We want to continue to support our students and recognize their success," she said.

FRES students celebrated their hard work and reviewed their school wide goals.

"The students began the school year with a Mission Possible event. This event had students work through stations where



PHOTO BY SARA E. MARTIN

The Enterprise Encores show choir performed at the Fort Rucker Elementary School Friday during the Shine On rally to fire up children about to take the Terra Nova standardized test.

they learned about the school-wide goals of writing across the curriculum and mathematical reasoning. The students also learned how to set goals and how to design a plan to meet those goals. They then selected individual goals for the year," said the principal.

The Time to Shine rally is a designated time to acknowledge the hard work the students have done and celebrate their successes so far. The highlight of the rally was the performance of the Encores' award-winning show.

"The event is more of a cel-

ebration than a stress reliever," said Gilmer. "We are celebrating all the good work they have done this year. Last week they took the assessments and they scored off the charts. We are going to shine through the testing next week."

The entire school participates and many children, like Nolan Bennett, said they hope the event continues each year.

"I know other grades, not just me, would really like to see [the Encores] again. So, if they could come back next year or at the end of this year that would be great," he said.

The choir's two wardrobe changes, sassy attitude and acrobatics kept the children engaged.

"I thought the singers were spectacular. They had great voices and great dance moves and great choreography! My favorite part was when the guys changed their outfits and did all their stunts, it was awesome," said Bennett, a sixth grader.

The rally concluded with the school performing its special musical number "Math, Math Baby" to entertain the show choir.

"We had a math goal this year, so we put a little rap number together to help get our math down," said Gilmer.

Justin O. Mitchell, deputy garrison commander, who attended the event, was seen tapping his foot along with the beat.

"It is a phenomenal event. It is an exciting opportunity for the singers and dancers to come and show what they can do. I hope it inspires the children to sing and dance or play music," he said.

The superintendent of Enterprise City Schools, Aaron Milner, was also in attendance and also hoped that the choir inspired the young, impressionable, children.

"Enterprise schools have always had a great relationship with Fort Rucker, so we are glad to be here. Liberal arts is one of the main things I am proudest about in our school system and for our Encores to come here today and for me to see so many faces inspired, just wow," he said.

"I can tell many of them want to be on that stage one day and we believe that there is more to an education than just the four core subjects; we want our children to be able to express themselves," he added.

Bennett is one of those children who hopes to be an Encore one day and said that they did inspire him.

"At one point, I will like to do that, too, because I like being in front of a crowd and performing," he said.

The sixth grader was just as enthusiastic about his academic curriculum and seemed to have no worries about the Terra Nova testing.

"I am not nervous about the tests next week. In fact, I am pretty confident because we all did [well] on the pre-tests and the teachers have taught all of us well," he said.

ON POST

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

Financial Readiness Training

Army Community Service offers its Financial Readiness Training Friday from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

Taco Bar Tuesday

Every Tuesday, The Landing Zone will offer Taco Tuesday, featuring \$2 tacos (beef or chicken) beginning at 5 p.m. There will be a bar set up for guests to serve themselves with shredded lettuce, tomatoes, cheese, sour cream, guacamole, etc. People can make it a meal by adding black beans and rice for only \$1.95. The LZ will also have \$2 chips and queso. Specials are applicable only with the purchase of a beverage. The special is not valid with any other coupons or promotions and is for dining in the LZ only.

For more, call 598-2426.

Travel Extravaganza

Leisure Travel will host its annual Travel Extravaganza Wednesday from 11 a.m. to 2 p.m. at The Landing. People can stop by to learn about discounts and vacation destinations for all travelers. As part of the casino theme this year, patrons are invited to roll the dice for chances to win a door prize provided by vendors. Door prizes will include attraction tickets, hotel stays, dinner show tickets and more. For more, call 255-2997.

Teen Book Club

The Center Library hosts its Teen Book Club March 7 from 4-5 p.m. to allow teens to connect and share their passion for reading. A new title is featured every month, and teens meet to talk and share their thoughts on the book. Light refreshments will be served. For more, call 255-3885.

Military Saves Week

The Military Saves Week takes place now through Saturday. The 2013 theme is, "Set a Goal, Make a Plan, Save Automatically."

For more information about Military Saves Week, call 255-1037.

St. Patrick's Day craft activity

The Center Library will host a St. Patrick's Day craft making activity March 12 from 3:30-4:30 p.m. for children ages 3-11. Space is limited to the first 65 children to register.

For more, call 255-3885.

Mission IMPROVable – Entertainment Show

The Landing hosts MISSION IMPROVable March 15 from 8-9:30 p.m. The agents of the MISSION IMPROVable Comedy Team will perform an original comedy production, based on audience suggestions. Tickets are \$10 in advance or \$15 at the door. The event is open to ages 18 and older.

For more, call 255-9810.

Spouse-to-Spouse Sponsorship Training

Army Community Service hosts its Spouse-to-Spouse Sponsorship Training program March 15 from 9-10 a.m. at The Commons. The training is open to active duty, retiree, and Army civilian spouses that are interested in sponsoring and welcoming new spouses to the Fort Rucker community.

For more, call 255-3735.

CYSS Job College Fair

Child, youth and school services hosts its second annual Job Col-



PHOTO BY SARA E. MARTIN

Girls Night Out

Women browse a vendor at last year's Girls Night Out. The Landing again hosts its Girls Night Out Friday from 6-11 p.m. The event features a DJ, fashion show, door prizes and numerous organizations that cater to women. The event is for women ages 18 and older. Tickets are \$10 and available at The Landing Zone. After Girls' Night Out, from 9-11 p.m., there will be a dance party with music from DJ Dave that is open to all ages 18 and older. For more, call 255-9810.

lege Fair March 16 from 9 a.m. to 1 p.m. at the youth center. Attending youth will be able to meet and talk to prospective employers and college representatives all in one location.

For more, call 255-0666.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active-duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting March 12 at 9 a.m. at The Commons, Bldg. 8950. The topic for the meeting is "Life in Balance: Relaxation and Stress Relief," presented by a military Family life counselor. Tips and techniques will be given on balancing the many roles an individual has and staying healthy. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more, call 255-9277.

Understanding Credit Workshop

Army Community Service will host a free Understanding Credit Workshop March 20 from 4-5:30 p.m. at Bldg. 5700, Rm. 371A. The discussion will focus on the three main types of credit: mortgages, auto loans and credit cards. Credit reports and credit scores will also be discussed, including the best ways to ensure people have an error free credit report and an excellent credit score. The workshop will also feature a discussion of the Fair Credit Billing Act and the Fair Credit Reporting Act. Accredited financial counselors with the ACS Financial Readiness Program and credit managers from the Army Aviation Center Federal Credit Union will facilitate the workshop.

For more, call 255-1037.

Get REAL

Fort Rucker's Army Family Team Building hosts its Get REAL class – Rucker Experience, Army Learning – to help those who may be a bit confused by Army life March 20 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. Topics in the class will include acronyms, Army customs and courtesies, military ranks, community resources and more. The class also helps people make new friends and learn more about Fort Rucker. Advance registration is required.

For more, call 255-2382.

DFMWR Spotlight

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Chaplain introduces Marriage 101 workshop

By Chaplain (Maj.) Rory Rodriguez
Fort Rucker Spiritual Life Center

In this article, I wish to introduce a marriage workshop that I have the responsibility for conducting for those wishing to be married on post.

It is called Marriage 101 and, you guessed it, it is about the basics or essentials of marriage. Thus far, the couples that have come to see me for this requirement are curious about this and wonder what it will be like.

During the first session in talking with the couples, I find that they usually have a minister or

pastor to provide them pre-marital instruction. In my marriage workshop, I try not to overlap what the couple is planning to receive from their minister. That way it won't be an overlap.

In my Marriage 101 workshop, there is a series of weekly sessions that usually lasts for four to five sessions. Each session is usually an hour long to an hour and a half.

The first part of the session is about me getting to know the couple and the couple getting to know me. When you think about this, this makes sense and is necessary because we are all strangers until we meet and share.

People usually have some

hesitance in sharing themselves with strangers and it is necessary to break the ice, so to speak, before they open up. So I usually ask a lot of questions to know their background, their present circumstances and how they met, what they need from me and, all the while, I am making some observations about them individually and in the way they interact with each other.

The other sessions comprise something totally unique to them because it is brand new and recently a product that I have created from my experience and research. It is called "Bonding Your Attachment for Life: creating and sustaining your emo-

tional connection." This program revolves around the theory of attachment.

In my experience and research, this theory makes a lot of sense and has been demonstrably true when applied to couples and Family therapy. What I like about this program is that it is not just for those embarking on marriage for the first time. This product can be used for those who are already married to enhance or sustain their marriage.

Let's face this fact: couples need knowledge on what makes relationships strong and affectionate and powerful. We are not born automatically with this knowledge. It comes by observ-

ing and testing.

So, in essence, I wish to pass on to the couple knowledge and experiences with theoretical, educational tools to provide them insight into themselves and insight into their relationship. I try to make this educational and fun for the couple, so it will be interactive, visual and experiential. I am excited about this and I am hoping that the couples will enjoy this and that it will be profitable for their relationship.

So, for you couples who are reading this, you can already be married if you want this for yourselves. If you can commit to four sessions, I believe it will be worth your time.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

Multi-Cultural Worship Service 8 a.m., Sunday

MAIN POST CHAPEL, BLDG. 8940

9 a.m. Catholic Mass, Sunday
11 a.m. Liturgical Worship Service, Sunday
12:05 p.m. Catholic Mass, Tuesday-Friday
4 p.m. Catholic Confessions, Saturday
5 p.m. Catholic Mass, Saturday

WINGS CHAPEL, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 8939

9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday
Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

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 at 9 a.m. at the Spiritual Life Center, Bldg 8939. For more information, call the religious support office at 255-2989.

PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel
PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided.
For more information, call 255-9894.

Military Council of Catholic Women
MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.
For more information, call 255-9894.

Catholic Adult Fellowship
CAF meets regularly throughout the year. For more information, call 255-9894.



COURTESY PHOTO

Pick-of-the-litter

Meet Tucker, a male terrier mix who was abandoned at the vet clinic. He is ready for a new Family to love him. He is one year old and is very energetic and friendly. Tucker is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.



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Event features downtown homes, Jewish heritage

Vulcan Park and Museum *Press Release*

SELMA — Selma hosts the 38th annual Selma Pilgrimage March 15 and 16.

This year, Selma’s Jewish heritage, including Temple Mishkan Israel, The Harmony Club and downtown homes and businesses of former Jewish merchants are included in the tour along with other venues.

The story begins in the mid-1800s when Selma’s first industrialist persuaded German citizens, many of them Jews, to immigrate to central Alabama. They arrived on the bluffs of the Alabama River and established a variety of retail and wholesale stores. The newcomers contributed their time and skills to help build Selma into the “Queen City of the Black Belt,” and their names remained prominent through the 19th and 20th centuries.

The tour includes:

- Kayser-Turner-Searcy House, an Italian Renaissance Revival home built

by Jewish businessman Isadore Kayser. He owned Kayser Department Store, and this house incorporates ideas from his many travels.

- The Harmony Club, a former Jewish social club turned residence plus first-floor Italian restaurant and antique shop. This century-old building was featured in The New York Times and on HGTV. Much of the interior remains original, including the huge ballroom.
- Koenigstahl-Williamson-Luker House, a handsome Queen Anne home that was owned by the family of Jewish businessman Levi Koenigstahl. The unusual mural on the parlor ceiling has been beautifully preserved.
- Baker-Brooks House, an Old South home with Italianate influence built in 1858 by Selma businessman George O. Baker. Lincrusta, a wall covering made to simulate hand-tooled leather, highlights the front hall and dining room, and door panels hand-painted by the Baker daughters (who

were cousins of Tiffany artist Clara Weaver Parrish) add a personal touch of fine art.

- Keith Law Office, an 1884 Gothic Revival that was the Keith family’s homeplace. It may be the only law firm anywhere to claim an original carriage house and dairy barn as part of its property.
- Milhous-Jones-Childers House, an 1860 home that was built as a one-story brick stucco but remodeled in 1902 into the two-story beauty it remains today. This home will be on tour for the Friday evening reception only.
- Temple Mishkan Israel, an 1899 Romanesque Revival where hundreds of Jews worshipped during the 20th Century. Featured are exquisite stained-glass windows and The Torah Scroll, which was built in 1841 by the Jewish scribe Baer Abernalker of Bretagne, France.
- Adler Building, an 1860s Water Avenue business that once housed a wholesale grocery, cotton merchant,

furniture store and now trading post.

New additions to this year’s event include the Downtown Walking and Shopping Tour and The Tin Man’s Gallery, studio of folk artist Charlie Lucas.

Three museums, Sturdivant Hall, Vaughan-Smitherman and Old Depot will be open, and visitors are invited to the Arts Revive Juried Art Show in the Carneal Building. The Selma Art Guild hosts both a show and sale by regional artists and the Alabama Plein Air Artists “Wet Paint” sale.

Friday night events include the Old Live Oak Cemetery Tour where Selma’s residents-at-rest tell how they helped shape history. Then, enjoy the ambience of the an 1860 Old Town home for an evening reception.

Stop by Pilgrimage Headquarters at the Vaughan-Smitherman Museum (109 Union St.) for tickets and refreshments, then experience Southern hospitality and hands-on history through guided tours.

For more information or to download a brochure and to check special offers, visit www.selmapilgrimage.com.

WIREFLASS 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 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

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. The meetings are open to all. Post can host parties, weddings, and hails and farewells.

For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

DOTHAN

MARCH 7-9, 15-16 — The Featured Players Theatre will present “7 Dwarfs, 2 Kids, and A Candy House” on March 7, 8, 9, 15 and 16. This is a children’s production, combining the tales of Snow White, and Hansel and Gretel. Admission is \$10 for adults, \$6 for children, show starts at 7 p.m. For tickets, call 673-1243 or e-mail featuredplayers@yahoo.com. Visit www.featuredplayers.webs.com for additional information.

MARCH 16 — Landmark Park will offer visitors a glimpse into what rural life was like over a century ago during the 30th annual Spring Farm Day from 10 a.m. to 4 p.m. The day’s activities will include demonstrations of plowing with mules and horses and blacksmithing. Other activities include music, a quilt display, story and poetry reciting, soap making, sewing clothes, and weaving and children’s activities.

Admission is \$8 for adults, \$6 for senior citizens and active military, \$4 for children and free for children ages 2 and younger. Park members are admitted free. For more information, visit www.landmarkpark.com or call 794-3452.

FRIDAY-APRIL 8 — The photos from the Landmark Park Photography Contest can now be viewed. The exhibit is free with paid gate admission. For more information, call 794-3452.

FRIDAY — The Wiregrass Habitat for Humanity Annual Golf Tournament will be held at the Highland Oaks Golf Course from 9 a.m. to 3 p.m. Tournament is a four person scramble with handicap. Registration and the driving range will be open from 9-11 a.m. Shotgun start at 11 a.m. For more information, call 792-8453.

FRIDAY — Straight Talk About Marriage workshop will be held from 6-9 p.m. at Healthy You, Inc. “Just the Facts: Straight Talk About Marriage” is a comprehensive workshop designed to help couples optimize their marriage. Workshops teach people how to manage their lives and relationships through using self-control, choosing wisely and taking responsibility. There is no cost to attend. Register online at JTFSTraightTalk.com or by calling 671-7774.

MARCH 21-23 — The Featured Players Theatre will present “Final Curtain” at 7 p.m. The theatre will be closing after this production, which is a fictionalized biography and retrospective of some of theatre’s finest moments over the past eight years. Admission is \$15 for adults, \$6 for children. For tickets, call 673-1243 or e-mail featuredplayers@yahoo.com. Visit www.featuredplayers.webs.com for additional information.

ENTERPRISE

NOW THROUGH APRIL 27 — Two beginners classes in the Taoist Tai Chi Society Internal Arts and Methods are offered at the YMCA. Classes will be offered on Thursdays from 1-2:30 p.m. and Saturdays from 10-11:30 a.m. Suitable for all ages and physical conditions. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. The beginner class covers all 108 moves of the Tai Chi set. All classes are taught by accredited volunteer instructors.

For more information, call 348-9008 or

347-4663.

MARCH 9 — The National Women’s Conference Fresh Grounded Faith will be held at Enterprise High School from 9 a.m. to 3:30 p.m. The event is for women of all ages, denominations and ethnic groups to empower women to live a life of tenacious faith. Several female speakers will be presenting. Tickets can be purchased by calling (800) 859-7992 or go to www.FreshGroundedFaith.com. For more information, call (828) 342-7463.

ONGOING — Every Monday and Tuesday at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit www.cityofenterprise.net.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street. 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

SATURDAY — Disabled American Veterans Chapter No. 99 will host an indoor yard sale at the Town Hall from 8 a.m. to 5 p.m. Public participation is in-

vited. Booth rentals for an inside 12 X12 foot space is \$20 and outdoor space rentals for \$5 each. Hot dogs, chips and other refreshments will be for sale. For additional information, call 477-9861 or 406-6700.

OZARK

NOWTHROUGHMARCH23 — Dale County Council of Arts and Humanities host the Black and White Show at the Ann Rudd Art Center. The Valentine Dance with DJ Time R. will be tonight from 8-10 p.m. For more information, visit www.ruddartcenter.org.

APRIL 6-MAY 4 — The Dale County Council of Arts and Humanities is hosting the “Make ART...not Trash” Recycle Show at the Dowling Museum/Ann Rudd Art Center. This show encourages the reuse of materials that would normally be discarded. The competition is open to all artists 18 and older, and includes one and two-dimensional works including, but not limited to: paintings, drawings, sculpture, collage, glasswork and metalwork. Entry fees are \$35 for non-members and \$30 for members of DCCAH for the first entry and \$5 for each additional entry, up to three total entries. The due date for entry fees and artwork is March 30. The opening reception will be held at the Rudd Art Center April 6 from 6-8 p.m. For questions or additional information, call 774-7145.

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

Road Race

The 35th annual Winston Howell 10,000 meter road race is March 9 at the National Guard Armory in Hartford. Registration starts at 7:30 a.m., race begins at 9 a.m. Course is fairly flat with four turns. It is paved and equipped with aid stations. Entry fee is \$20. For more information, call 588-2343 or visit www.winstonhowellroadrace.blogspot.com.

Come ‘n Go Baby Shower

The free community event is open to any pregnant women or parents of a baby born within the past six months. Event will be held March 7 from 4-7 p.m. at the First United

Methodist Church in Panama City, Fla. Event is described as being fun and educational with information about safe sleep, childbirth, car seat safety and breastfeeding. Vendors in attendance, as well as entertainment, refreshments and door prizes. For more information, call (850) 872-4130, Ext. 100.

Panama City Yacht and Boat Show

This three-day show will feature everything from center consoles, runabouts, pontoons, cruisers, deck boast and brokerage boats from March 15-17 at the Panama City Marina. Attendees will also be able to see engine manufacturers, electronics, boat lifts, tower fabricators and other marine accessories. Yacht brokerage companies will also be in attendance.

Bay County Heart Ball

The ball will begin at 6 p.m. at the Wyndham Bay Point Resort in Panama City March 9. The evening includes dinner, dancing and live and silent auctions. Formal attire required. Benefits the American Heart Association. For more information, call (850) 814-8014.

14th annual Death by Chocolate

The theme for this year’s convention is “Flappers, Gangsters and Chocolate.” Event will be held March 13 from 5-8 p.m. at the FSU Holly Academic Center in Panama City Evening includes a silent auction, desserts from local restaurants, entertainment and a jewelry raffle. Tickets are \$30 at the door.

For more information, call (850) 832-5650.

Iraq veteran, celebrated working dog Gabe passes away

By Wallace McBride
Fort Jackson, S.C.,
Public Affairs

FORT JACKSON, S.C. — “Gabe took his last breath at 12:44 p.m. while I held (him) in my arms.”

With those words, Sgt. 1st Class Charles “Chuck” Shuck notified thousands of online followers that his dog, Gabe, had passed away.

The notice received almost 5,000 direct comments on Facebook from fans who have followed Gabe during his campaign last year for the American Humane Association’s Hero Dog Awards. It was a competition that put him against working dogs from all walks of life, and his victory in October ultimately won thousands of dollars for the nonprofit United States War Dog Association.

In recent months, his “Hero Dog” standing also put him in the same room with celebrities like Betty White and Jay Leno.

Just a few years ago, though, his life was less glamorous. Rescued from an animal shelter in Texas, Gabe was trained to become a military working dog, eventually deployed to Iraq where he spent his days searching for explosives, ammunition and other weapons. He racked up 26 “finds” during the 170 combat patrols he took part in, the largest of which was a cache of rounds discovered on the banks of the Tigris River.

He retired in 2009 at the rank of sergeant first class. Shuck said he took Gabe to Spring Valley Animal Hospital Feb. 12 after the dog refused to eat “for the first time ever.” Veterinarians determined the dog was



COURTESY PHOTO

Gabe, the American Humane Association’s 2012 Hero Dog, died in mid-February from cancer. His campaign for last year’s Hero Dog award put Gabe and owner, Sgt. 1st Class Charles ‘Chuck’ Shuck, brought him into contact with celebrities like Betty White.

suffering from cancer in his liver and spleen. By the time the illness was detected, Shuck, a drill sergeant

leader with the Drill Sergeant School, said it was too late to treat the illness.

He opted to have the dog put to sleep.

Shuck said Gabe was surrounded by his favorite toys and medals when he died. He was 10 years old.

“He went into shock and they gave him transfusions of plasma that night, but he never recovered,” Shuck said. “He’s pain free, and that’s the solace I’m taking for today.”

“Shuck and Gabe both risked their lives in service to our nation,” said Robin Ganzert, president and CEO of the American Humane Association. “In turn, their service saved the lives of many men and women of our armed forces. Our condolences go out to Sgt.

1st Class Chuck Shuck. But this I know in my heart, even through Gabe has crossed the rainbow bridge, he will live on in the hearts of all of us who fight to give a voice to the voiceless and bring love and compassion to at-risk children and animals.”

Shuck was paired with Gabe in 2006, with Gabe passing his final military evaluation in Numa, Az., after five months of training. A few weeks later the two found themselves on the ground in Iraq. When Gabe left Iraq, he took with him three Army Commendation Medals and an Army Achievement Medal from the different units,

and dozens of coins of excellence.

Gabe received the 2008 Heroic Military Working Dog Award Medal from the American Kennel Club, a national award that included animals from all armed forces.

Shuck was allowed to adopt Gabe in 2009.

“We’re just asking people to continue to support Soldiers and military working dogs who are still fighting right now overseas,” he said.

Gabe will remain the American Humane Association’s 2012 Hero Dog through October, Shuck said. There are no plans to replace him.

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Sat - Sun 2:00, 7:00 & 9:20

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III **21 AND OVER** - R
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Sat - Sun 2:00, 7:10 & 9:10

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State Department cautions travelers

By **Jim Garamone**
American Forces Press Service

WASHINGTON — State Department officials have issued an updated worldwide caution for Americans traveling overseas.

“The Department of State remains concerned about the continued threat of terrorist attacks, demonstrations and other violent actions against U.S. citizens and interests overseas,” says the caution, published on the department’s website Feb. 19.

Officials said the caution updates threats to Americans overseas since the last worldwide caution was issued in July.

Overall, al-Qaida, its affiliated organizations and other terrorist organizations continue to plan terrorist attacks against U.S. interests in Europe, Asia, Africa and the Middle East.

“These attacks may employ a wide variety of tactics including suicide operations, assassinations, kidnappings, hijackings and bombings,” the caution says. “Extremists may elect to use conventional or non-conventional weapons, and target both official and private interests.”

Terrorists may target Americans at high-profile sporting events, residen-

tial areas, business offices, hotels, clubs, restaurants, places of worship, schools, public areas and other tourist destinations — in reality, just about anywhere.

“U.S. citizens are reminded of the potential for terrorists to attack public transportation systems and other tourist infrastructure,” the caution says.

Al-Qaida and unaffiliated people planning attacks inspired by major terrorist organizations, but conducted on an individual basis, are a threat in Europe, the State Department caution says, citing as an example the Feb. 1 bombing that killed a guard at the U.S. Embassy in Ankara, Turkey.

Yemen, Lebanon, Tunisia, Egypt, Libya, Iraq, Algeria, Saudi Arabia, Iran and many other nations in the Middle East have extremists who wish Americans ill, the caution notes. Syria is an active war zone, and Turkey, Iraq and Jordan are receiving refugees from the country.

“No part of Syria should be considered immune from violence, and the potential exists throughout the country for unpredictable and hostile acts, including kidnappings, sniper assaults, large and small-scale bombings, as well as arbitrary arrest, detention and torture,” the caution says.

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FOR RENT

FOR RENT 104 WOODMERE. This 2BR/2.5BA townhome comes with washer, dryer, refrigerator with icemaker, stove with built in microwave, garbage disposal, dishwasher, fence, and patio. Lawn care, monthly pest control, use of clubhouse pool included. **Pets Neg. with non-refundable pet fee!**

FOR RENT

FOR RENT 219 CAMDEN. This 3BR/2.5BA townhome comes with washer and dryer, refrigerator with icemaker, microwave/hood combination, stove, garbage disposal, dishwasher, single car garage, patio, and fence. Lawn care, monthly pest control, use of clubhouse and pool included.

JUST RENTED

FOR RENT 109 5 SPRINGVIEW. This 3BR/2.5BA townhome comes with washer and dryer, refrigerator with icemaker, stove, garbage disposal, dishwasher, and fence. Lawn care, monthly pest control, use of clubhouse and pool included. **Pets Neg. with non-refundable pet fee!**

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FEBRUARY 28, 2013

Zumba offers challenge for St. Patrick's Day

By Sara E. Martin
Army Flier Staff Writer

People feeling a little lucky this March should get ready to start off the St. Patrick's Day celebrations with a healthy challenge — a Zumba challenge.

The Zumba challenge is March 14 at the Fortenberry-Colton Physical Fitness Facility from 5:15-7:15 p.m. and is a great way for people to dance, sweat and lose weight while having a good time, according to Danielle Dermer, Zumba fitness instructor.

"Zumba is basically dancing, but losing weight while you do it. It feels like being in your own little club and you just feel the beat of the music," she said.

The cost of the challenge is \$3.50 a person, but there is no additional cost for those with a monthly or weekly membership.

"It's a great cardio workout because you're doing it almost nonstop," said Dermer. "You're toning your stomach, your legs, your arms — you're basically doing all that with the dances."

The session is two hours instead of one, but it is not a requirement to stay the entire two hours, according to Rachel Chigas, Zumba instructor.

"The challenge is to stay the two hours. It is the same price as the one-hour class but participants get an extra little incentive to push themselves a little farther," she said.

There will be drinks and snacks at the challenge, along with giveaways and other bonuses.

"There will be several instructors there instead of just



PHOTO BY NATHAN PFAU

A Zumba class instructed by Danielle Dermer performs a choreographed number during a session at the Fortenberry-Colton Physical Fitness Facility in December.

the one, like in a usual class," said Chigas. "And we will have a special Irish-themed routine to celebrate St. Patrick's Day."

Another fun way challenge participants can celebrate the holiday is by wearing St. Patrick's Day-themed outfits.

"I have had people wear Irish-themed attire and quilts before. People can wear costumes and tutus or just green workout wear to get sweaty in," she said.

Dermer said that along with the benefits of losing weight, Zumba is also a great way for a person to build self-confidence and that it is a great source of

fun.

"You'll come into the class and you'll just leave with a smile because you're having fun while you sweat," she said.

Although the classes are fun, it's also a serious workout for people to stay healthy.

"Anyone can do Zumba, even if you don't feel healthy," said Dermer. "People can take the workouts at their own pace and it can be changed to fit anyone's fitness level."

Participants can arrive 30 minutes early to go over some moves with the instructor to make them feel more comfort-

able if they have reservations about dancing.

"Anyone who is shy about [dancing] or any men that have reservations about coming, should just come out. No one will judge because everyone is there for the same reason — to have fun and work out," she said.

Chigas encourages participants to bring friends along for encouragement.

"Bringing a friend or a spouse can improve a participant's workout. They can work off each other's energy and it helps to have someone encouraging you. People are more

successful when they tag team with friends and spouses because they hold each other accountable.

"It's also a good idea because you can be silly and goofy with each other. It will loosen you up more because you will be more comfortable," she said.

Both instructors said it's not about doing the routines perfectly, but maintaining a healthy body.

"No one is perfect," said Dermer. "Just come, try it out and have fun — that's all I want people to get out of it."

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



FILE PHOTO

Go fish

Fishermen compete in the 2010 Two-Man Buddy Bass Tournament. This year, outdoor recreation hosts its Two-Man Buddy Bass Tournament at the marina on Lake Tholocco Saturday from 6 a.m. to 2 p.m. Cost is \$100 per team. Door prizes will be offered throughout the event. Cash prizes will be awarded to participants with the top three weigh-ins. The person with the largest catch will also win a prize. All participants must have an Alabama State Fishing License and a Fort Rucker Post Fishing Permit. Space is limited. The event is Exceptional Family Member Program friendly. For more, call 255-4305.

Guardsmen claims top honors at Small Arms Championship

By Michael Molinaro
U.S. Army Marksmanship Unit

FORT BENNING, Ga. — A California National Guardsman needed an extra suitcase to haul away the hardware he collected at this year's U.S. Army Small Arms Championship in mid-February.

Sgt. 1st Class Geoffrey Applegate won the overall individual championship, ending the reign of the competition's four-time defending champion and putting an exclamation point on an outstanding two-week run at the All-Army.

"I am still a bit overwhelmed," said Applegate, an infantryman with the 184th Infantry Regiment. "I love this competition. I have a competitive spirit, it's what I love to do and to win here at the All-Army is awesome."

A railroad conductor/engineer who lives in Weed, Calif., this was Applegate's third time at the All-Army. He improved on his 17th-place finish in 2012 to get

his name engraved on the champion's trophy. In addition to Applegate's overall championship, he and members of Team California claimed the overall team championship. He also earned the coveted Distinguished Rifleman's Badge, the open class title and was the combined arms match individual winner.

Among the items he was awarded for his strong showing was a Secretary of the Army M-1 Garand Trophy Rifle.

Army Reservists Sgt. 1st Class John Buol and Master Sgt. Russell Moore took second and third place, respectively. Moore came into the match as the reigning four-time champion. He won the overall pistol individual championship.

"It doesn't matter how many times I come here I always learn a lot," Applegate said. "When you get to train and shoot against Soldiers like (Master) Sergeant Moore, whose name is on those trophies since he was a staff ser-

geant and is an amazing shot, you are going to learn something."

Spc. Nicholas Girardin, Maine National Guard, won the novice class overall individual championship. More than half of the field competed in the novice class of shooters. The competition was originally structured to influence novice shooters the chance to gain invaluable marksmanship training in an effort to enhance the overall combat readiness of the Army, which still holds true today.

"I learned so much in these two weeks and had a lot of fun," Girardin said, a computer detection systems repairman with the 152nd Maintenance Company. "I loved the combined arms match since we never get to do that sort of thing. I met a lot of people who gave me advice. My marksmanship got a lot better in just these two weeks."

The matches at the championship were designed to raise the shooting proficiency of Soldiers and units across the Army by

teaching advanced combat marksmanship techniques using issue rifles and pistols. Soldiers shot in several pistol, rifle matches and a combined arms match to test their capabilities against their peers. Weather played into the event as Soldiers dealt with cold mornings, unseasonably warm days and one day when Mother Nature tested everyone's mettle with a torrential rain storm.

"It rains in wars, so it just made things realistic," Applegate said. "There's no better training aid for shooting than All-Army. You get the best shooters, a whole range of shooters, and you can pull from so many. It's a friendly competition but it's serious business when we get on the line."

Individual awards

- **Overall champion:** Sgt. 1st Class Geoffrey Applegate
- **Rifle Champion:** Sgt. Evan Messer
- **Pistol Champion:** Master Sgt.

- Russell Moore
- **Combined Arms Champion:** Sgt. 1st Class Geoffrey Applegate
- **High Drill Sergeant:** Sgt. 1st Class Nuel Allee
- **High Active duty (E1-E4):** Spc. John Rummage
- **High Reservist (E1-E4):** Spc. Sean McDaniel
- **High Guardsman (E1-E4):** Spc. Nicholas Girardin
- **Col. Ralph Puckett Trophy:** Sgt. Chauncey Reed
- **Pistol EIC:** Staff Sgt. Eric Lawrence
- **Rifle EIC:** Staff Sgt. Kyle Bartman

Team awards

- **Overall Champions:** Team California
- **Rifle Champions:** Maine National Guard
- **Pistol Champions:** Maine National Guard
- **Combined Arms Champions:** Team California

DOWN TIME



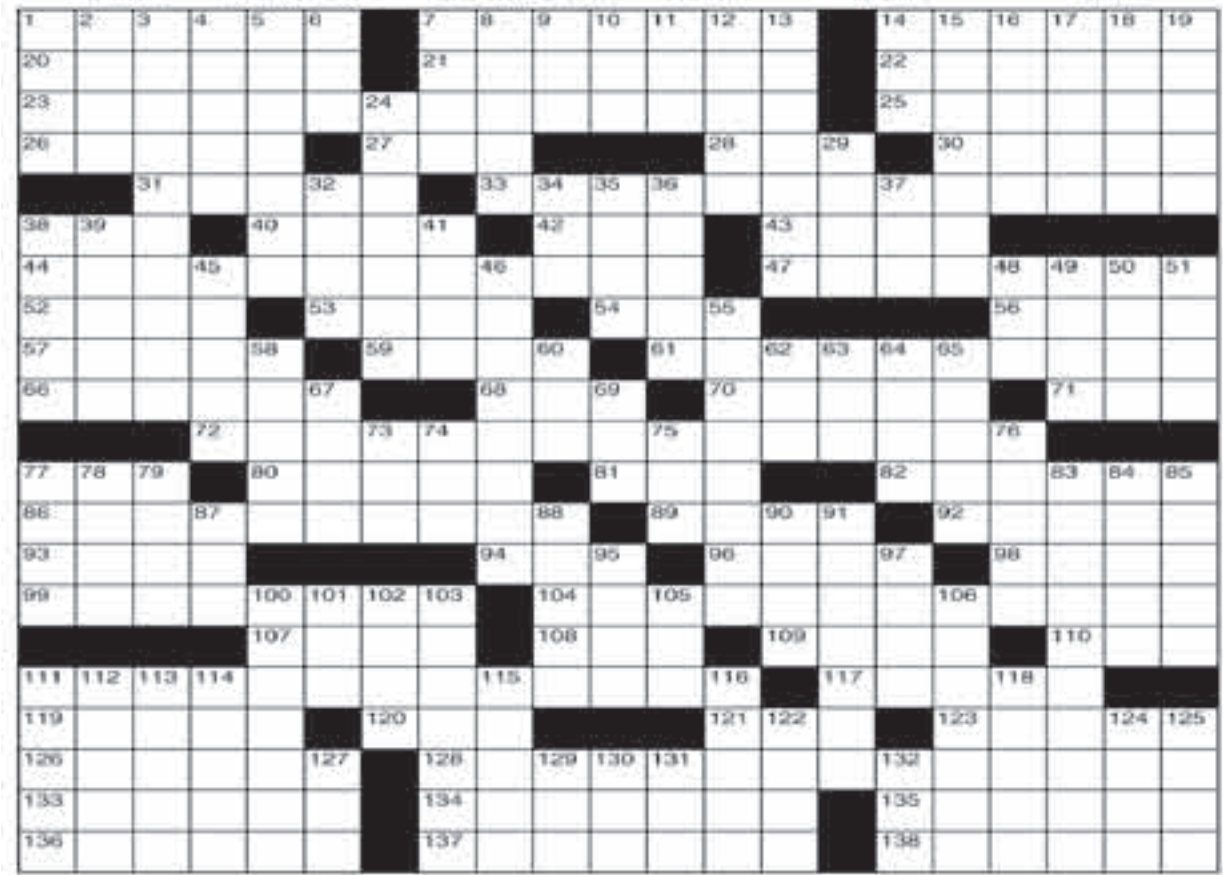
TRIVIA

1. TELEVISION: What was the name of the estate in the gothic soap opera "Dark Shadows"?
2. ANIMAL KINGDOM: How many eyes does a bee have?
3. ENTERTAINMENT: Which actress was married to Mickey Rooney, Artie Shaw and Frank Sinatra?
4. INVENTIONS: When was the first coin-operated pinball machine invented?
5. U.S. PRESIDENTS: Who was the first president to be born an American citizen?
6. QUOTATIONS: Who said, "It's not that I'm afraid to die. I just don't want to be there when it happens."
7. U.S. STATES: What does the name of Hawaii's capital, Honolulu, mean?
8. LITERATURE: Which one of Shakespeare's plays contains the line, "The course of true love never did run smooth."
9. GENERAL KNOWLEDGE: What was the name of cowboy actor Roy Rogers' dog?
10. FOOD & DRINK: What is a gherkin?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 Takes without right
7 Actress Alba or Tandy
14 Fine, rare violins
20 State in Mexico
21 Newspaper sales pitch
22 Present but not active
23 Fruit tossed from a ship?
25 Batting posture
26 Manitoba Indians
27 Topic in psych 101
28 A. in Austria
30 Torch's crime
31 Beehive State dweller
33 Always avoid mentioning muralist Rivera?
38 Gentle touch
40 Whit
42 Mauna —
43 Clock or cat precursor
44 Where old freight is sold?
47 Lacking firmness
- 52 "— Croft: Tomb Raider"
53 "The World According to —" (1982 film)
54 G3 or G4 computer
56 Chilean child
57 Mantel, e.g.
59 "All untrue!"
61 Where some tourists in Africa travel?
66 Large ducks
68 Teachers' union: Abbr.
70 High, wispy clouds
71 President pro —
72 Italian cheese sold in Florida or Georgia?
77 "... man — mouse?"
80 A nephew of Donald Duck
81 Cam output
82 Battlefield docs
86 Periods spent using a batting-practice bat?
89 Part of PS "Vive —!" (French cry)
93 Polar chunk
94 Livy's 502
- 96 Oral history
98 Big top, e.g.
99 Malaga miss
104 Fied from
107 Elvis Presley's middle name
108 Brief slumber
109 It may be permed
110 Ending for Ecuador
111 Change the location of a North Dakota city?
117 Stiffly formal clouds
119 Occurrence
120 11th mo.
121 ET's craft
123 Show shame
126 Champion
128 Being green with old cards for a numbers game?
133 Tolerate
134 Stimulates
135 Crude shed docs
136 Cease
137 109-Across salon worker
138 Most unusual
- DOWN**
- 1 Jarhead's org.
2 Fly like a kite
3 Not spayed, say
4 Thesaurus author
5 Humdrum
6 — Paulo
7 PC image file format
8 — the side of caution
9 Sis, e.g.
10 — cone
11 Give — shot
12 Concerned person
13 Steele's collaborator
14 Yankovic and Gore
15 Bullfighter
16 1980s game console
17 Edgy
18 Wearing a disguise, for short
19 Office scribe
24 Not dorsal
29 iPod type
32 Novelist
34 Building add-on
35 "Va-va-—"!
36 Really rankie
37 Appetite
38 Beat of life
39 Japanese brow
41 Prefix with culture
45 Valleys
46 Watchful
48 Political poll abbr.
49 Talent
50 Pertaining to
51 Dire destiny
55 Sprite maker
58 Tolkien hero
60 Island locale
62 Mil. enlistees
63 "... — quilt" (ultimatum ender)
64 Saroyan's "My Name Is —"
65 Watson player Bruce
67 Hard fat
69 Cleo's snake
73 Start for night or light
74 Sewn edge
75 Bit of advice
76 "... Joy!"
77 Rip — (swindles)
78 Wield power
79 Partner of ever
83 Star of "I Remember Mama"
84 Dance in a winding line
85 Use as a bench
87 GM's Prizm, once
88 West-central Italian city
90 Not yet a jr.
91 Crime of disloyalty
95 "... Three Ships"
97 Cut film, e.g.
100 Roof boards
101 Radio's Glass
102 Ripped up
103 Silky goats
105 Tax prep expert
106 Bellyached
111 Copied a cat
112 Sheeplike
113 Hawks
114 Listlessness
115 Plain to see
116 Christmas seasons
118 Homeric epic
122 Boxer's weapon
124 Bosses of cpls.
125 Owl's cry
127 No longer practicing: Abbr.
129 Shy
130 Brynner of Broadway
131 Hit CBS procedural
132 Shine, in some product names



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★ ★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

SUM TIMES: You can have some fun with the numbers 1-12, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 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Walker shares battle against mental illness with Soldiers

By Elaine Sanchez
Brooke Army Medical Center

FORT DRUM, N.Y. — An NFL football legend tackled the tough topic of mental health last week in front of hundreds of 10th Mountain Division Soldiers gathered at the Multipurpose Auditorium.

Herschel Walker, who won the Heisman Trophy in 1982 and later set a single-season pro football rushing record with 2,411 yards, told Soldiers he was diagnosed with dissociative identity disorder (formerly multiple personality disorder) following an exceptional football career.

In a moving and often humorous account, the former star running back told Soldiers that getting help for a condition that could have landed him in prison or a graveyard meant he first had to humble himself and get honest.

“It is hard to accept a mental illness,” the soft-spoken Walker explained. “I have to tell myself it exists.”

Walker was an All-American running back at the University of Georgia, where he set 10 NCAA records, led the Bulldogs to a national title and won the Heisman in his junior year. He gave up his senior year to go play for the United States Football League, where he won Most Valuable Player honors.

From the USFL, Walker signed with the Dallas Cowboys in 1986, the same year that he led the entire NFL in rushing. He later joined the Minnesota Vikings, Philadelphia Eagles and the New York Giants before returning to the Cowboys in 1996.

He ranks in the NFL’s top 10 for most all-purpose yards of all time.

Walker began his day at Fort Drum over breakfast with Warrior Transition Unit Soldiers at the 10th Sustainment Brigade’s dining facility. He then met with the command group, toured some



PHOTO BY STAFF SGT. JOEL PENA

Herschel Walker signs autographs at the Multipurpose Auditorium on Fort Drum, N.Y., Feb. 14 after sharing his personal story with Soldiers.

training facilities and even fired a 9mm at an indoor range.

Col. Thomas MacDonald, 10th Mountain Division chief of staff, escorted Walker around post throughout the day, including to the MPA, where Walker first spoke with local media about why he had come to Fort Drum.

“It’s important for me to thank our men and women (in uniform) for their service,” Walker said. “What they have done for us is given us our freedom. There’s a price for freedom.”

The price may not be visible to others, Walker said, so he wanted to let Soldiers struggling with the unseen wounds of war to reject the shame some associate with reaching out and getting help.

“I did, and look at me today,” he said. “I’m not weak. I’m not less of a person.”

Even though he retired from the NFL in 1997, Walker recently launched a successful career in mixed martial arts. At 50, his physique still resembles the build of his glory days in the NFL, when his daily workout consisted of 5,000 pushups and 5,000 sit-ups.

He told the crowd he has scaled back in recent years to 1,500 pushups and 3,500 sit-ups a day.

“I never lifted weights in my life,” he said. “I got some guns, though.”

In conjunction with athletic pursuits, Walker is the anti-stigma spokesman for The Freedom Care Program, a specialized mental health and addiction treatment program for service members who are dealing with everything from post traumatic stress disorder and addiction to sexual

trauma and eating disorders.

In 2008, Walker wrote “Breaking Free: My Life with Dissociative Identity Disorder,” a memoir that included accounts of the bullying he endured as a child growing up in deep South poverty. Being shy and a bit chunky made him a prime target for bullying, he told Soldiers. Out of fear, he refused to even leave the classroom during recesses.

On the last day of school in the eighth grade, Walker was assaulted. After the attack, he said he cried the whole bus trip home while classmates laughed at his stuttering.

“I still remember that guy’s name. I Google him today. Sometimes (I) go on Facebook, looking for him. I haven’t found him yet,” Walker said to audience laughter.

That summer, he swore off ever

being bullied again and began a radical daily regimen of thousands of push-ups and sit-ups.

“From the eighth grade to the ninth grade, (I went) from being the worse athlete in my family and the worse athlete in my school to being one of the fastest kids in the state of Georgia,” he said. “All of a sudden, I was getting these football scholarships from all over the country.”

Walker has delivered his message of faith and determination to service members at more than 50 U.S. military installations.

The kinship he feels with troops is somewhat psychological. He described football as the coping mechanism he used for years to deal with mental illness. But he said the thrilling rush he

SEE BATTLE, PAGE D4

SWGCM MEMBERSHIP DRIVE

Silver Wings Golf Course will conduct a membership drive Friday through March 31. For more on how to join or the benefits of membership, call 598-2449.

TWO-MAN BUDDY BASS TOURNAMENT

Outdoor recreation hosts its Two-Man Buddy Bass Tournament at the marina on Lake Tholocco Saturday from 6 a.m. to 2 p.m. Cost is \$100 per team. Door prizes will be offered throughout the event. Cash prizes will be awarded to participants with the top three weigh-ins. The person with the largest catch will also win a prize. All participants must have an Alabama State Fishing License and a Fort Rucker Post Fishing Permit. Space is limited. The event is Exceptional Family Member Program friendly.

For more, call 255-4305.

MEMBER MATCH PLAY

Silver Wings Golf Course will host member match play Monday, with tee times from 7-9 a.m.

For more, call 598-2449.

SOFTBALL COACHES MEETING

The men’s and women’s intramural softball coaches meeting will be held Tuesday at 9 a.m. at the Fort Rucker Physical Fitness

Facility conference room. People interested in coaching a team should attend the meeting. Pre-season will begin April 8.

For more, call 255-2393.

YOUTH TURKEY HUNT

Outdoor recreation hosts a youth turkey hunt for children ages 7-15 March 9 from 5-11 a.m. Before the hunt, participants should meet at outdoor recreation. Parents or escorts of participating youth must have a valid Alabama State Hunting License and a hunter education safety completion card. Door prizes and prizes for the top three turkeys will be awarded. The event is open to the public.

For more, call 255-4305.

GOBBLER CLASSIC TURKEY HUNT

Outdoor recreation will host the Gobbler Classic Turkey Hunt March 15 to April 30. Cost is \$25 per person. People can register for the event now through March 14 at outdoor recreation. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Turkeys are scaled on weight, beard length, and left and right spur.

For more, call 255-4305.

ST. PATRICK’S DAY RUN

The St. Patrick’s Day 5K/10K run and 1-mile fun run will take

place March 16 from 9 a.m. to noon beginning at the Fort Rucker Physical Fitness Facility. Race day registration begins at 7:30 a.m. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children, and will begin after the 5k and 10k are completed. Each fun run participant will receive a medal. Registration for the 5K and 10K is \$12 without a shirt, \$20 with a shirt before March 9, \$25 with a shirt after March 9 and \$100 for a team of eight. The event is open to the public.

For more, call 255-2296.

3 FREE BREAK

Rucker Lanes hosts its 3 Free Break special March 15-30 in celebration of spring break. The special includes three free games of bowling and a shoe rental for children 13 and younger when accompanied by an adult paying full price –\$8.50.

For more, call 255-9503.

LADIES NIGHT

Rucker Lanes hosts its Ladies Night March 16 from 8 p.m. to midnight. The special includes \$5 unlimited bowling, \$0.75 small sodas, \$1 fries and \$1.25 hot dogs for ladies – regular pricing will apply for men.

For more, call 255-9503.

PUZZLE ANSWERS

Super Crossword Answers



Weekly SUDOKU Answer

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

TRIVIA

- Answers
- Collinswood
 - Five — two compound eyes and three simple eyes
 - Ava Gardner
 - 1931
 - Martin Van Buren
 - Woody Allen
 - Shelved bay
 - “A Midsummer Night’s Dream”
 - Bullet
 - A type of pickled cucumber

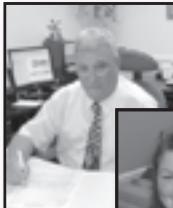
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Video Game Spotlight >>

Crysis 3 puts gamer in control of action

By Jim Van Slyke
Contributing Writer

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

The special Nanosuit is really the star in the first-person shooter "Crysis 3."

The gamer takes the role of Prophet, the man who wears the amazingly versatile suit, as he returns to New York in 2047, 24 years after "Crysis 2." He finds a

city that's been enclosed in a giant Nanodome that was created by the evil C.E.L.L. corporation. The dome has turned the city into an urban rain forest with trees, swamps and rivers. The citizens have been told that the domes are for protection, but Prophet discovered they are really part of a bigger plan by C.E.L.L. for global domination — something he won't let happen.

The Nanosuit has two main modes in the story portion of the game, one that is set to absorb a lot of damage and another that

essentially turns the wearer invisible. This allows the gamer the choice of being direct and going in guns blazing or being stealthy and trying to take out enemies unseen. A mixture of both is also an option. There are various power ups for either mode throughout the game, and it's up to the gamer to decide which of these modes best fit his play style. The suit isn't the only cool technology in the game. There are plenty of new weapons in the game, including the Typhoon Projectile Minigun that fires 500 rounds per second.

The graphics are quite impressive; this is one game to show off to your friends. There is a fair amount of player freedom in the game, with the action of a first-person shooter mixed with the decision-making needed for strategy games. There are plenty of aliens and other targets to eliminate, and the game has decent, if unspectacular, online multiplayer options.

"Crysis 3" is fun and allows gamers to fight the way they want to fight. If you're in the mood for a new shooter, then you can't go wrong here.



Publisher Electronic Arts
Rated Mature
Systems
Xbox 360, PS3, PC
Cost \$60
Overall 3 out of 4

Battle: NFL star's story inspires Soldiers

Continued from Page D1

felt on the field, not unlike the adrenaline Soldiers undergo in combat, is unsustainable in regular life.

"(After) football, I didn't have that coping mechanism anymore," he said. "Now, the illness is going to start showing itself to the public.

"When you bring that 'zone' off of that field of play into your home or into the streets, it scares people," he said. "They don't understand it."

Walker told Soldiers that after his football career, he ignored his loved ones, who pleaded with him to seek help for his restless and troubling behaviors. One day, Walker even grabbed his gun in a rage to go confront and murder a deliveryman whom he said had wronged him.

Driving his car to meet the man, he said he was tormented within himself for being weak.

"People need to quit disrespecting you like this, Herschel. People aren't going to do you like this anymore," Walker recalled of the incident. "These voices going off in my head — I thought I was losing my mind. All of a sudden, I started to pray: 'God, I need your help. I need you to help me before I do something stupid.'"

When he arrived, he parked the car, placed his hand on the gun and walked to the man's truck. As he approached, he said a religious bumper sticker on the back of the man's vehicle diffused his fury.

"That calmed me down," Walker said. "I went back (home). I (admitted) 'I do have a problem.'"

He said a trusted friend and pastor led him back to the Christian faith by which his mother had raised him. Then, doctors told him he had the symptoms of a multiple personality disorder. Walker said he did not want to believe it. To this day, he said, he doesn't remember certain games, experiences and whole periods of his life, including winning the Heisman Trophy.

But Walker checked into a state hospital and eventually came to terms with the nature of his problems.

"I started seeing the light," he told the Soldiers. "I'm here to tell you to see the light. Don't think that because you go to a hospital or because you say you have a problem that you are less of a person.

"I never knew how lost I was until I went to the hospital ... and found other people struggling like I was," he added. "If you are struggling, you are not alone. If you are struggling, if you are hurting, don't be ashamed. I'm not ashamed."

The speaking engagement concluded with MacDonald inviting Soldiers to the front to meet Walker. Soldiers rushed the stage and stood in line for more than an hour with footballs, hats and other items waiting for Walker to autograph them.

After the event, Sgt. 1st Class Nathan Easterling, Headquarters and Headquarters Battalion, 10th Mountain Division, said Walker's story about the challenges he faced in life was very inspirational.

"I can say from all the years I served in the military that (his) story was

the best (briefing), class or session I have ever sat through," Easterling said. "It was a great honor to have a chance to hear Mr. Walker speak."

Spec. Donald Hosea III, also of HHBN, said Walker's speech helped him understand how adversity affects people from all walks of life.

"It showed me that everyone has problems, no matter how successful," Hosea said. "I think we as Soldiers should recognize when we have a problem and understand that we are never alone, and it is OK to get help."

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