RECYCLING

Fort Rucker makes recycling easy, accessible

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SPOUSES DAY Dreams come true during Aviation Spouses Day

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FITNESS Post offers numerous fitness options

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

VOL. 63 • NO. 2

FORT RUCKER ★ ALABAMA

JANUARY 17, 2013

Army Aviation approaches 'exciting, uncertain future'

By David Vergun Army News Service

WASHINGTON — The current fiscal environment poses significant challenges for Army Aviation, as well as the rest of the Army and the Defense Department, said Lt. Gen. James O. Barclay III, deputy chief of staff,

Looming budget battles, likelihood of more continuing resolutions, the coming debt ceiling debate, a possibility of sequestration, lack of a 2013 budget and an already tight budget were some of the challenges Barclay described during a four-person panel discussion dubbed "View from the E-Ring" at the Association of the U.S. Army's Aviation Symposium in National Harbor.

The Army faces "complex problems and tough decisions" in the years ahead, said Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, in a related session, "Commandant's Cockpit Perspective," that followed the panel discussion. "We face an exciting and uncertain future."

Communications important

The way forward, Mangum said, is to approach the "big problems with a big team. We need to have a continuing dialogue with the rest of the Army — budget, acquisition, special operations and conventional ground forces integrated training. as well as industry partners. These conversations need to continue every day, not just at events like these."



PHOTO BY SGT. ALBERT L. KELLEY

Sgt. Adam M. Hawes launches a Raven unmanned aircraft system at Combat Outpost Garcia, Afghanistan.

Mangum said Army Aviation "lost the close link we had with ground forces during Vietnam." To keep that relationship after Afghanistan will require "collaborating on a more regular and systematic basis" on such things as network, planning and more

Panelist John Wason, professional staff member, House Armed Services Committee, went even further.

"Army Aviation needs to coordinate with Army staff, and they in turn need to talk a lot, not just to congressmen, but also to industry leaders, state legislatures and other representatives," he

Wason added that Army Aviaso in the future."

Army Aviation story are our tion of efforts and save costs.

ground leaders and the other services," offered Barclay. "They tell about what a good job we have done over the last 10 years. We don't beat our own chests."

Cost savings

Army Aviation has a good tion "played an incredible role in dialogue with the other services, the past and will continue to do Barclay added, citing unmanned aircraft systems, which are often "The people who best tell the procured jointly to avoid duplica-

Army Aviation is "driving down costs by going increasingly to multi-year contracts, and showing those cost savings to Congress," said panelist Lt. Gen. William N. Phillips, military deputy/director, Army Acquisition Corps, Office of the Assistant Secretary of the Army (Acquisition, Logistics and Technology).

Phillips said the improved

SEE FUTURE, PAGE A5

New CH-47F simulator 1st of its kind

By Nathan Pfau Army Flier Staff Writer

As technology continues to advance, Fort Rucker is staying ahead of the game when it comes to training Aviators.

A ribbon cutting ceremony was held at Warrior Hall Jan. 10 to introduce a new CH-47F Chinook flight simulator, which will take the level of training Aviators receive on Fort Rucker to the next level, according to Kevin Hottell, Directorate of Simulations Flight School XXI simulations program manager.

"The first thing that's happened is that the CH-47 Chinook has gone through a massive upgrade from the old [analog] gauges in the D model, to the full-glass cockpit in the F model," he said. "[The new model] has multifunctional displays, computer screens and a computer system that runs behind the scenes and manages the actual flight - it's a quantum leap in technology within the cockpit."

To date, Aviators have been using sustainment trainers, known as tactical flight proficiency simulators, to conduct training on the F-model Chinooks, according to Hottell. The TFPSs have limited motion with limited visuals, unlike the new

full-motion simulator unveiled at Warrior Hall. The new simulator features a six-degrees of freedom motion system and 200-degree by 45-degree angles of visuals, according to the program man-

"This is the first full-motion CH47F simulator in the world, and we have just accredited it for training," said Col. Stephen S. Seitz, U.S. Army

SEE SIMULATOR, PAGE A5



Lt. Col. Bob Rugg, assistant program manager for FSXXI, tests out the new CH-47F Chinook flight simulator at Warrior Hall Jan. 10 as Kevin Hottell, Directorate of Simulations FSXXI simulations program manager, looks on.

Tax Assistance Center offers free services



Gaile Avelyn and Erin McGlone, tax preparers at the Tax Assistance Center, go over tax forms at the tax center offices in Bldg. 5700 Friday in preparation for the upcoming tax season. The tax center will open its phone lines Tuesday to begin making appointments for its Jan. 24 opening.

By Nathan Pfau Army Flier Staff Writer

As tax season approaches, filing returns is one more thing added to the already busy lives of military Soldiers and their Families, but the Fort Rucker Tax Assistance Center is looking to relieve some of that stress by offering free tax services.

The tax center, located in Bldg. 5700, will open for business Jan. 24 to all active-duty Soldiers, retirees and military Family members for basic tax preparations, and people should take advantage of this free service if they can, according to Tod Clayton, tax coordinator at the center.

"We [here at the tax center] tend to

know more about military discounts and benefits that some Soldiers or Family members may not be familiar with or aware of," said Clayton. "We've been doing this for several years now within the community [here on Fort Rucker] and we work hand-inhand with the [Internal Revenue Ser-

The center prepares taxes by appointment only and will open up their phone lines Tuesday for people to call and set up a time between 9 a.m. to 4 p.m. to get their taxes done, said the tax coordinator, adding that the earlier people file, the earlier they can get their return.

Because of recent legislation, taxes cannot be filed before Jan. 30, but that doesn't mean that people can't already have them done and ready, according to Clayton.

"Soldiers will receive their W-2s this year on Jan. 24, and although the IRS isn't accepting any returns before Jan. 30, we will be able to go ahead and prepare people's taxes and hold them until they can be submitted," he

There are certain things people need and must know when filing their taxes, and certain documents that are required of people when filing, such as: exemptions; filing status; Social Security cards for all Family members; all forms including W-2, 1098 forms;

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SPORTS • D1-4

L'ERSPECTIVE

Radon Action Month aims to educate on invisible enemy

By Karla Simon

Industrial Hygienist

U. S. Army Public Health Command

January is National Radon Action Month and the Environmental Protection Agency recently launched the "Living Healthy and Green Campaign" to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive.

According to the EPA, exposure to radon in the home is responsible for at least 21,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

Test for radon

There is no known safe level of exposure to radon. What can you do to protect yourself and your Family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy



and inexpensive process.

Most often, the radon in your home's indoor air can come from two sources – the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems.

However, if you have a private well, consider testing for radon in both air and water. The devices and procedures for testing your home's water supply are different from those used for measuring radon in the

Test kits are available at most hardware

stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for

The amount of radon gas in the air is measured in picocuries (pronounced peeco-curries) per liter of air or pCi/L. However, the EPA has set level for radon gas of 4.0 picocuries. The EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

Reducing radon

The following are some steps you can take to prevent and reduce radon levels in your home.

- The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
- If you are building a new home, school

- or business, ask about radon-resistant construction.
- If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
- Cover any exposed earthen walls.
- Paint concrete floors with a sealant.
- · Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.
- If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade or crawlspace.
- If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap. For more information about radon, visit

the Environmental Protection Agency, www.epa.gov/radon/index.html.

This month in Army Aviation history

January 1968 issue of the U.S. Army Aviation Digest. This issue features:

The Cheyenne

With its day and night target detection and weapons deployment capability, the Cheyenne will be the most versatile and potent aerial weapons system the Army has ever developed.

The Showoff

During the various courses of instruction at the Army Aviation School, a pi-

This month we're spotlighting the lot's flying ability is honed to the peak **On Top** of proficiency. Instructors at the school are constantly striving for this maximum achievement in their students and the student is equally aware that this must be his goal.

Bird-Dogging in Vietnam

Maybe I can give you some idea of what you can expect in flying an O-1 in Vietnam. Most of my experiences were confined to the I Corps area, but Army Aviation Digest at http://bit.ly/ the mission of the O-1 throughout the av8-jan68 country is generally the same.

As a pilot I was experiencing something totally new to me. I felt something like a fish in a bucket of milk! I felt that we just had to break out on top at any second, and as I began to grow impatient I increased the throttle to full open and pulled in maximum power.

... and more!

Download this issue of the U.S.





Martin Luther King Jr. Day is a day of service, why is it important to give back to the community?



Whitney Shields, U.S. Navy

"I am in the Navy, so my community service is my military service. I want to protect my community because, as a whole, that mission is important."



W01 Rendon Elsesser, B Co., 1st Bn., 145th Avn. Regt.

"I think we have a responsibility to do so because they need our support as much as possible."



CW2 Amschel Foltz, **OIC at HOST, SERE Detachment** 145th Avn. Regt.

"I enjoy giving back to the community because it shows my children that charity and giving is valuable because of the personal benefit of joy that you can get out of it. Things that benefit my community, in the long run, benefit me as well, so it is important to teach that to my children."



Missi Foltz, **Army spouse**

"I enjoy the opportunities that come along with participating in charitable events that are for a good cause. It shows a good example to my children, it benefits my community and it overall enhances my life to give back."



Wesley Wynn, civilian

"Because you have to give in life in order to receive. You get what you put in, I think. Plus, it is important to help others when you can because you never know when you will need help yourself."

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Deadlines are Friday at 2 p.m. for the following week's edition. All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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

Fort Rucker helps make recycling easy, accessible

By Sara E. Martin
Army Flier Staff Writer

With the arrival of the new year, some people think about making new, healthy habits, and Fort Rucker is helping people make one good change by continuing to make on-post recycling accessible and easy.

Fort Rucker offers many ways to recycle, including the Picerne Military Housing program, the environmental center and the hazardous waste center, and according to Colleen Quinlan, Fort Rucker Environmental Office hazardous waste manager, waste in landfills is a growing epidemic that the post is helping to diminish.

"It is super easy to drop things off at our centers. No hassle, no paperwork and no fees. We couldn't make it any easier. You can live off post, you can bring your neighbors' stuff, you can be a civilian, you can work on post — it doesn't matter," she said.

The recycling center collects what is considered typical, recyclable material year round.

"We take cardboard, aluminum cans, paper, mixed plastics, old toner cartridges and even used oil. We also take metals, like brass, and we even accept compact discs now," Quinlan said.

The fact that anyone can use the hazardous waste and environmental centers, with their accessible locations, and the fact that they collect materials at office buildings make them a good choice when it comes to local recycling, according to Melissa Lowlavar, environmental branch chief.

"We have paper and cardboard recycling bins set up around the installation. They are set out at a variety of locations all over post. We have several in Bldg. 5700 alone. They are at almost every office building—we have over 100 set out," she said.

The centers also collect electronic waste, such as compact discs and monitors, as well as wood pallets.

"We are trying to be a good steward and help the community recycle to help the environment. We need to save the resources that we have and reuse what can be reused," said Lowlavar. "Sooner or later there isn't going to be any more land to make landfills out of. We want to sustain what we have for future generations."

The centers have a few rules, though, when it comes to dropping things off to be

"People have to separate what they bring



PHOTO BY SARA E. MART

Jason Dykes, URS contractor, Kent Tate, URS contractor, and Melissa Lowlavar, environmental branch chief, begin to unload a truck filled with cardboard and pack it into a baler Monday at the Fort Rucker Environmental Center.

in and food residue cannot be in any of the containers," said Lowlavar. Officials also request that pizza boxes not be brought in, and that bottles and cans that used to contain liquids be washed out.

The trouble-free way of recycling, according to hazardous waste officials, is just one more reason to use the facilities.

"It's just as easy as taking something to the dump as it is to bring it to us. It can even be more efficient than to leave it sitting around the house. Children can even do it. It's too easy," said Kevin Bryan, Fort Rucker assistant air manager.

The military community is no stranger to recycling, but the hazardous waste manager said smaller communities do not have as many opportunities to recycle, and that is why the Fort Rucker opportunities should be taken advantage of.

Locals, like Sabrina Vail, agree.

"I am from Washington state, so I am used to recycling everything. It was odd to

come to a place where recycling is not a major concern. It was really nice to see [the post] offering a place so I can safely get rid of products that I don't use anymore,"

Picerne has a separate recycling program that Soldiers and Families that live on post can utilize that has just as many opportunities to recycle with just as much ease.

"Each home comes with a 35-gallon rolling-recycling container that is picked up every Monday, and the program is free to use and you don't have to sign up for it," said Michael Gregory, director of capital improvements, maintenance and purchasing Picerne Military Housing.

The materials that are allowed in each container are: aluminum, steel and tin cans; cardboard; paper bags; books; No. 1 and 2 plastic bottles; any type of paper; and pizza boxes.

Things that cannot go in the container are plastic bags, Styrofoam, yard waste,

wax cartons and glass.

Picerne began its recycling mission 2006 and, according to Gregory, has seen growth each year.

"This year it looks to be about 220 tons of material that we have recycled and about 1,200 tons has been collected since 2006," he said.

Picerne also helps recycle when it demolishes houses, furbishes homes and constructs new homes.

"One thing we do is cut old duplex homes in two and take some of the cement and recycle it. We are always looking for new ways to be more Earth friendly and being more sustainable," said Brandon Masters, Picerne Military Housing communications manager.

For anyone wanting to recycle materials, the recycling center at Bldg. 9322 and hazardous waste center at Bldg. 1315 are open Mondays through Fridays from 8 a.m. to 4 p.m.

Fatal Army accidents down in 1st quarter

By Julie Shelle

Strategic Communication Directorate

U.S. Army Combat Readiness/Safety Center

The U.S. Army Combat Readiness/Safety Center recently released accident statistics for the first quarter of fiscal 2013, and the data show a continued overall decline in both on- and off-duty accidental deaths.

Fiscal 2012 was the Army's safest year since Sept. 11, 2001, and the third-safest year on record. Fatal accidents have remained steady or declined every year since fiscal 2007.

"Our leaders and Soldiers are continuing to do a remarkable job regarding safety," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "This

downward trend in accidental fatalities is one of the longest that's ever been sustained in our Army, and it's never been done during ongoing combat operations.

"As our non-deployed population increases with the drawdown in combat deployments, engaged peers and leaders at all levels will be more vitally important than ever," he added.

Off-duty, accidental deaths remained stable with last year's first quarter figures. Fatal PMV-4 accidents were down slightly, as were on-duty fatalities resulting from accidents. Aviation saw the largest decrease, with no accidental fatalities recorded during the quarter. Five Soldiers died in Aviation accidents during the first quarter of fiscal 2012

Combined, fatal accidents were down 17 percent at quarter's end from the same time frame in fiscal 2012.

Although the Army is poised to repeat this success during the second quarter, USACR/Safety Center Command Sgt. Maj. Richard D. Stidley urged all leaders, especially junior NCOs, to stay on top of what their Soldiers are doing.

"We're coming into that time of year where Soldiers will be eager to get on the road, whether in their cars or on their motorcycles," Stidley said. "First-line leaders will have the most influence in making sure their troops are ready, which is especially important for Soldiers who might need a reintroduction to safe riding after the lull of winter."

The Army Safe Spring Campaign, an annual effort designed to raise awareness of driving hazards and other seasonal safety issues, will be released Feb. 28 at https://safety.army.mil.

News Briefs

MLK commemoration

Fort Rucker hosts its Martin Luther King Jr. Commemorative Program today from 10-11 a.m. in the post theater. The guest speaker for the event is Dothan Mayor Mike Schmitz.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. Everyone is invited to attend and honor the retirees' service to the country.

Free blood pressure checks

Lyster Army Health Clinic's community health nurses will be at the post exchange Jan. 25 from 9 a.m. to 1 p.m. conducting blood pressure checks and giving out information to those looking to stop smoking.

Healthy cooking class

The Lyster Nutrition Care Clinic will host a Healthy Cooking Class Jan. 24 from 1-3 p.m. All military ID cardholders are eligible to participate.

For more information or to sign up for the class, call (785) 225-7298.

SSA closure

The Logistics Readiness Center Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory Feb. 11-15. Normal operations will discontinue Feb. 8 at 4:15 p.m. and officials expect them to resume Feb. 19. Customers will be notified by the accountable officer. During this

period, the SSA will only accept emergency requisitions.

For more, call Sandra Edwards, accountable officer, at 255-9504.

Center Library construction

The Center Library, in Bldg. 212 on the corner of Fifth and Novosel, is having a new roof installed, but will still be open during normal operating hours: Mondays and Fridays, 9 a.m. to 5 p.m.; Tuesdays—Thursdays, 9 a.m. to 7 p.m.; and Saturdays, noon to 5 p.m. Library officials ask for patience from patrons as the noise levels in the library might rise because of the construction.

For more, call 255-3885.

Troops to Teachers seminar

The education center hosts a Troops to Teachers seminar Feb. 14 at 9 a.m. in Bldg. 4502, Rm. 112. A TTT representative will conduct the free seminar on teaching as a second career. Reservations are not required. TTT is a federal government program that assists eligible veterans who desire to become public school teachers.

For more on Troops to Teachers, visit www.ttga.net or call (404) 413-8199.

AAFES closures

AAFES will conduct a self-counted inventory that will cause the closure of facilities on the day of the inventory. Below is the schedule of closures at AAFES retail operations.

* Today – Closure of Triangle Express and Class Six (gas will be available with pay at the pump).

* Sunday - Closure of Fort Rucker Post Exchange, mall and food

For more information, call 598-9423.

AAFES seeks local vendors

The Army and Air Force Exchange Service seeks the assistance of local businesses to increase the product selection troops and their Families find at the Fort Rucker Exchange.

"Some shoppers drive up to 40 miles or more to come to the exchange," said Bennie Taylor, AAFES service and business manager. "The addition of local, small, minority, women- and veteran-owned businesses can help provide the diversity, value and innovation to further enhance their shopping experience."

Partner businesses, called concessions, operate in exchange-provided space, primarily in the retail mall area. Benefits include contracts based on a percentage of revenue, a variety of space and merchandising setups, and the convenience of being located with the anchor retail store and food outlets. The Fort Rucker Exchange will also assist in marketing and promoting partner businesses to help maximize awareness on and around the installation.

"Despite the economic conditions we've experienced recently, exchange shoppers have continued to demonstrate a strong demand for new and unique merchandise," said Taylor. "Partnering with the exchange provides local businesses exposure to a great deal of foot traffic as well as the opportunity to serve military Families."

For more information on how to partner with the Exchange as a concessionaire, log on to http://www.shopmyexchange.com/DoingBusiness/ index.htm or contact Taylor at taylorbennie@aafers.com

TRADOC talks 'America's **Our Profession'** Army

By Amy L. Robinson Training and Doctrine Command Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. — U.S. Army Training and Doctrine Command officially kicked off the yearlong "America's Army — Our Profession" education and training program by hosting a professional development workshop Jan. 3, at the command's headquarters on Fort Eustis.

The session, conducted by TRADOC's G-3/5/7, was the first within the Army for the program developed by the Center for Army Profession and Ethic, or CAPE. The purpose of America's Army — Our Profession is to reaffirm Soldiers' and Army civilians' understanding of the Army Profession and commitment to upholding the Army ethic.

"The primary goals of the America's Army — Our Profession program are to create an enduring emphasis on the Army Profession, to strengthen our professional identity, to motivate behaviors that are consistent with our values and the Army ethic, and to inspire future generations of Army professionals," said Col. Jeffrey Peterson, director of CAPE.

The TRADOC session began with a brief background on the program, which sparked discussion among the civilians and Soldiers in the room – those still serving and several who retired and now serve as Army civilians — about how the Army has changed throughout the years.

"The session served to re-blue the concepts from which this generation of senior leaders came, and reminded us all that the junior and midgrades who have followed us have a compelling need for understanding — and living — the Army Profession," said Col. John Bessler, director of future ops, TRADOC G-3/5/7.

Tom Patrick, who retired from the Army as a lieutenant colonel in 1984 after 20 years of service and now serves as the chief, operations division, training operations management activity, TRA-DOC G-3/5/7, said while he was still in the Army, he began to see a change in younger leaders — noncommissioned officers and officers — who began to think of it not as a profession, but as a job.

"It was a change, and I was appalled that it was happening," Patrick said. "This (dialogue on the Army Profession) is long overdue."

Nelson Dodd, director of leader development integration directorate, TRADOC G-3/5/7, who facilitated the discussion, number of topics for discussion, including what it means to be a vocation, what it means to be certified as well as the imporprograms on their own because the Cen-

tance of the Army Profession and the five essential characteristics of the profession: trust, military expertise, honorable service, esprit de corps and stewardship of the profession.

"I felt our initial session went extremely well," Dodd said. "We had great participation and dialogue from both the civilian and military members in G-3/5/7, meeting the vision and intent of the chief of staff of the Army."

Based largely on information provided by CAPE through training support packages, these topics also serve as takeaways for directors to discuss within their sections, thus promoting and encouraging continuing dialogue about the Army Pro-

"The initial session was a great way to introduce leadership and leaders to the concept of the Army Profession because it emphasized why it's important for leaders at all levels to be active participants and touchstones for their peers and subordinates," Bessler said.

America's Army — Our Profession consists of four quarterly themes: standards and discipline; Army customs, courtesies and traditions; military expertise; and trust. These themes will be used to guide discussion and professional development within Army organizations throughout the year.

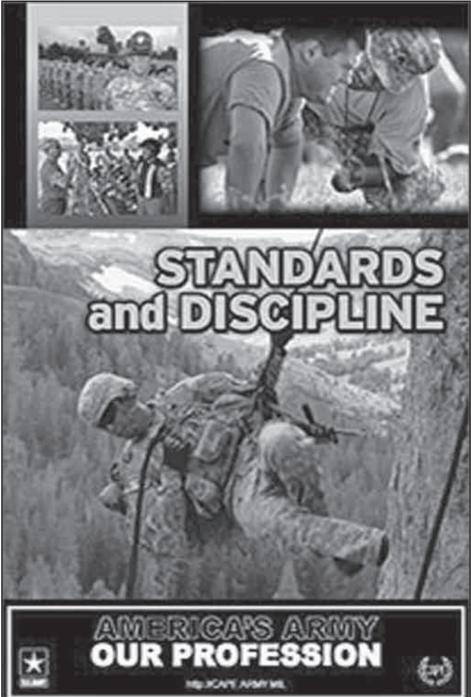
Also referred to as the "implementation phase," America's Army — Our Profession is the successor to the Army Profession Campaign, a yearlong campaign designed to solicit feedback from the force both military and civilian — on what it means to be a profession as well as a member of the Profession of Arms.

"Essentially, what we have done is surveyed nearly a half million Soldiers and leaders to ask this young generation if they want to be a profession," said Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command. "And the beauty of this is that they have self-critiqued. They have said, 'Yes, we want to be a profession,' and they have defined what a profession means."

Using feedback gathered Armywide from more than 40,000 Soldiers and Army civilians, the Center for Army Profession and Ethic released the first Army Profession Report April 2, which led to the foundation and development of the 2013 campaign, America's Army – Our Profession.

Units throughout the Army can conduct their own professional development sessions — similar to the one hosted continued with an overview of America's by TRADOC's G-3/5/7 — or request a Army — Our Profession, followed by a CAPE representative to facilitate a oneto three-hour workshop.

"Leaders do not have to build these



U.S. Army Training and Doctrine Command officially kicked off the year-long America's Army - Our Profession education and training program by hosting a professional development workshop, Jan. 3 at the command's headquarters on Fort Eustis, Va. For more training resources and information on "America's Army Our Profession," visit the Center for Army Profession and Ethic's website at cape.army.mil.

ter for the Army Profession and Ethic provides multiple resources to support all organizations," Peterson said. "Leaders can conduct their own America's Army Our Profession training, made possible with ready-to-use, interactive and

engaging training resources found on our website."

For more training resources and information on America's Army — Our Profession, visit CAPE's website at cape. army.mil.

Opportunity Knocks

>>Employment Forum<<

The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit www.armycivilianservice.com

INTERNAL

Office Automation Clerk SCEG13376289818996 GS-0326-04

Closing Date: Jan. 24 **Contact Representative (OA)**

SCEG13375188821435 GS-0962-05 Closing Date: Jan. 25

Community Health Nurse

SCEG13370932818662 GS-0610-11 Closing Date: Jan. 25

Security Guard SCEGKB164517746046 GS-0085-04 Closing Date: Sept. 13

Prevention tip #2 Cough or

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

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Future: FVL key to future Army strategy

Continued from Page A1

turbine engine program, which will be more energy-efficient, is another "win-win" for the Army, industry and the taxpayers. He added that the Army is having a continual dialogue with its industry partners and they realize the Army needs to get a better bang for its buck.

Over horizon

The Future Vertical Lift aircraft is key to Army strategy going forward, said Phillips. He said it is the right platform the Army needs to serve ground commanders and that the life-cycle cost of that program has already been looked at going out to 2030 and 2040.

FVL will increase the range, payload and mobility Soldiers need to stay in the fight in a large battlespace, said Mangum

Also, FVL is cost-effective as it is a joint program with the Army taking the lead on its development, he added.

Mangum said Army Aviation's primary focus should be "dedicated to honoring that sacred trust with commanders and Soldiers on ground. It is the crux of why Army Aviation exists."

He related the story of a meeting he had with Army leaders, including Sgt. Maj. of the Army Raymond F. Chandler III. Mangum said he asked them a pretty basic question: "What does Army Aviation mean to you?"

Mangum said Chandler related how in March 2003 in

Iraq, the then-first sergeant and his Soldiers came under intense enemy attack while traveling in a convoy. During the firefight, three of his Soldiers became critically wounded.

"I've known the sergeant major to not get emotional, but he started getting emotional," said Mangum. "He told me, 'What Army Aviation meant to me that day and every day since is that the sound of help is on the way to evacuate critically wounded Soldiers and to get the bad guys.""

Mangum added a postscript that all three critically wounded Soldiers survived and that Chandler relating this story "changed the whole tone of the discussion that followed."

Simulator: System provides more versatile training

Continued from Page A1

Aviation Center of Excellence director of simulation. "This is a pretty significant addition to our training capabilities here at Fort Rucker, and we're looking forward to getting students [into the simulators] to begin training."

The new simulator comes with a bevy of benefits that range from cost avoidance to running scenarios that can't be done in an actual CH-47 helicopter, according to the director. The average flight hour in a simulator costs about \$430 compared to the almost \$12,000 an hour it costs to operate and actual Chinook.

"Most importantly, it provides a good training device for our initial students. There are just some things you can do

in a flight simulator that you couldn't do in an actual aircraft — you can use it as a classroom for the students," said Seitz.

The simulator allows instructors to change weather conditions, opposing force threat conditions and perform emergency procedures that would be too dangerous to perform in the aircraft itself

The most noticeable feature of the new simulator is the all-glass cockpit and digital displays.

"Going from analog to digital really streamlines the cockpit and that's the first thing you'll notice," said Hottell. "In a glass cockpit, the information and data is streamlined into a more informational format and decreases [the requirement for Aviators] to interpret what they are looking at."

The displays are there to show important information to the pilot when he or she needs it, and they also serve as navigation systems.

"Now, pilots don't have to have that paper map tucked behind their back because they have an imbedded global positioning system with a moving map," said the program manager. "Layered on top of that, the flight control computer also has a digital automated flight control system, a full-on autopilot that can take a load off of the crew."

"Another thing that [the simulator] can do is capture the flight and play back everything that happens," added Seitz. "The instructor can pull up a student's after-action review and use it to facilitate learning points."

The simulators are not meant to replace live training, said Seitz, but meant to augment the training as a part of Fort Rucker's core curriculum in flight training.

The CH-47F simulator is the first of three to join the fleet of simulators at Warrior Hall, and will round out Fort Rucker's fleet of more than 50 simulators used to train Aviators on the installation

"This is a unique service contract we have here at Warrior Hall and we just crossed over more than 500,000 flight training hours conducted at this facility," said Seitz. "Flight School XXI simulations are an integral part of our flight training program and are a key component to providing future capabilities for our more advanced aircraft."

Free: Patrons asked to bring prior year's tax return

Continued from Page A1

1099-DIV and/or INT, 1099-G and 1099-MISC; bank account and routing numbers; and a copy of their last year's tax return, if available.

"We ask that people bring their prior year's tax return when they come so that we can review what they've done in the past and get some information that could possibly carry over," said Clayton.

It's important for people to know that the tax center only does

basic tax returns, he added, so those with very complicated tax returns, such as one with many investments or stocks, goes beyond the scope of what the center can provide. But for the typical, average Soldier the center should have no problem getting them their maximum return.

Clayton said that people should go ahead and start looking toward their next year of taxes.

"One of the big things that people should do throughout the year is to check their withholdings," he said. "They should make sure that they aren't having either too much withheld or not enough."

He said that having too much taken out can actually act as a savings account as most of the money will be refunded when filing the next year, but if people could use the money throughout the year, they should make sure to balance it out.

Also, if not enough is being withheld, that can result in actually owing money at the end of the year rather than getting a refund.

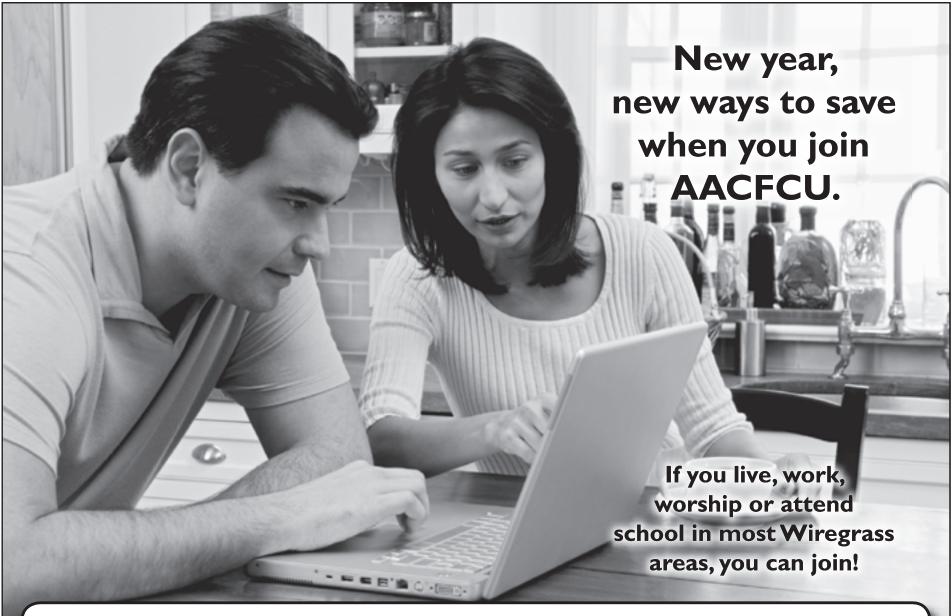
The center is a volunteer-based program with trained, certified volunteers doing the tax preparations. People that have tax backgrounds who are interested in volunteering at the center can do so as long as they are willing to get the neces-

sary certifications, said Clayton. All volunteers are certified by the IRS and go through a training course to get them up to speed.

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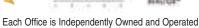




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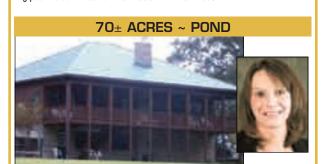
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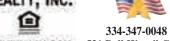




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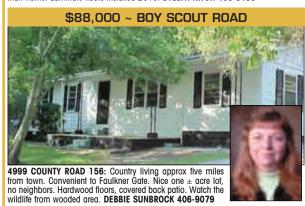




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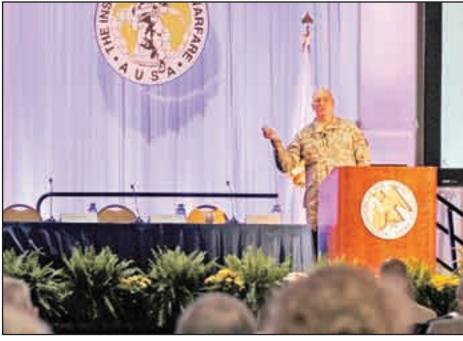
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JANUARY 17, 2013

TRADOC predicts growth



Gen. Robert W. Cone, Army Training and Doctrine Command commanding general, predicts the role of Aviation will become larger as the force becomes smaller. Cone spoke at the annual AUSA Aviation symposium and exhibition at National Harbor in Oxen Hill, Md., Jan. 10.

By J.D. Leipold Army News Service

WASHINGTON — With a smaller, leaner force in the future, Aviation will play a bigger and more significant role than it has over the last decade, said the Army's Training and Doctrine commander.

Speaking before members of the Association of the U.S. Army recently at its annual Aviation symposium and exposition, Gen. Robert W. Cone said the risks associated with a smaller Army can be mitigated by continuing investments in Aviation and by finding balance between near-term and long-term readiness of the force.

"TRADOC certainly has a central role in that we design the future operational environment on how we're going to fight, where we're going to fight and what the requirements are going to be," he said. "Then they are translated to strategies, capstone concepts, organizations and then ultimately into specific capabilities that we choose to buy."

Cone said the near-term versus longterm readiness challenge is that the Army will get to a point where trade-offs will be necessary. The trick, he said, is not to buy too much near-term readiness at the expense of the long-term modernization programs.

He told the audience that on a recent trip to Fort Hood, Texas, he talked with Soldiers from the 3rd Cavalry Regiment and 1st Armored Division, and took from them that for the last 10 years "they have been all about readiness and combat capability."

"Probably the greatest accomplishment that the Army has had in the last 10 or 11 years is the development of this generation," he continued. "If you start telling them they can't train, they're going to have a very hard time with that, and it would be my assessment that many of them, certainly the best of them, would start to walk away from the Army as a future.

"They're not interested in being in a SEE GROWTH, PAGE B4



A special operations team member is hoisted into a UH-60 Black Hawk aircraft during a medevac training mission at Multinational Base Tarin Kowt in Uruzgan province, Afghanistan

Army Aviation's way ahead based on combat, training lessons learned

By David Vergun

Army News Service

NATIONAL HARBOR, Md. — Army Aviation has been in the fight now for more than a decade, and as the drawdown in Afghanistan continues, commanders say it would be wise to remember the lessons learned during those years.

That was the common theme of four Army Aviation commanders who spoke at the Association of the U.S. Army's Aviation symposium in a panel titled "Aviation in the Fight: At Home and Down Range."

Ensuring Soldiers have adequate training is vital before deploying in combat, said Col. Frank M. Muth, who commanded the 1st Infantry Division's Combat Aviation Brigade during the Iraq drawdown in

His brigade gradually assumed control

of all Army Aviation elements throughout Iraq that year and "although we never dropped a mission, we had a lot of growing pains," he said.

His air assets were spread thin throughout the country, he said, and his medevac crews flew in "terrible weather with low visibility in many life-or-death situations."

Some things he said needed improvement included pre-deployment training that better replicated scenarios Soldiers might face, with greater detail and intensity built in. Also, ensuring Soldiers know exactly what their roles and responsibilities will be once they arrive in theater and, ensuring aircraft are properly configured for mission requirements.

Looking to the future, Muth said Soldiers need to "better synchronize their training" with other Army elements "and ensure those training dollars and time are wisely spent," with clear outcomes in mind.

Muth currently is director of Materiel, Office of the Deputy Chief of Staff, G-8.

"The Army pioneered the concept of medevac by helicopter, but it has basically remained unchanged since Vietnam," said Col. Michael Claybourne, 244th Aviation Brigade commander, Army Reserve.

The Army's medical training and qualifications are not standardized across the Aviation community he said, adding that he's aware of medics "who never cared for seriously ill or injured persons being deployed to combat."

Claybourne said the Army is taking steps to ensure training and certification requirements are standardized and that more steps are being taken to ensure the injured and wounded get the best care possible in a timely fashion.

For example, he said medical flight per-

sonnel will be receiving continuing education — something sorely lacking previously — as Army Aviation begins partnering with hospitals and medical staff to ensure Soldiers get the education and training they need.

The Army's Aviation special operations community must coordinate better with the rest of the Army's conventional Aviation as well as with conventional ground forces, said Col. John W. Thompson, chief of staff of the Army's Strategic Studies Group, and former commander, 160th Special Operations Aviation Regiment (Airborne)

"Special operations Aviation has often been isolated in areas far from conventional forces," said Thompson, referring to predeployment training, as well as combat

SEE LESSONS, PAGE B4

Aviation collaborations to continue as Army downsizes

By Sgt. Ashley Curtis 117th MPAD

WASHINGTON — Army Aviation special operations forces and conventional Aviation forces will continue to collaborate and forge bonds that will become tighter as the Army downsizes, special operations forces and other commanders said Jan. 11.

Col. John R. Evans, commander of the 160th Special Operations Aviation Regiment (Airborne), said as demands for his unit's services have increased, conventional Aviation has stepped up in every regard and supported operations across a broad spectrum.

Evans spoke as part of a fourmember panel made up of conventional and special operations commanders at the Association of the U.S. Army's annual Aviation Symposium and Exhibit. They discussed the present and future roles of conventional and unconventional Aviation units.

"I can tell you right now, we have as good a relationship as we've ever had with conventional Aviation. It's been a very collaborative and collegiate one," he said. "We've got units within the conventional Army that are doing missions that



are very similar to what we're A four-member panel made up of conventional and special operations commanders discusses the present and future roles of conventional and unconventional Aviation units Jan. 11 during at the Association of the U.S. Army's annual Aviation Symposium SEE AVIATION, PAGE B4 and Exhibit at National Harbor, Md.

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Growth: New combat scenarios point to higher demand

Continued from Page B1

hollow Army, so on the one hand you have to invest in near-term readiness, not only for them, but for a very uncertain world and our requirement to maintain a ready force while not bankrupting the future," he said.

Cone said the role of Army Aviation will continue to grow because the conditions under which enemies, nation-states, proxies and non-state actors, will challenge the United States will remain ambiguous. He said the conflicts will probably be conducted over extended distances

and complex terrain.

"Aviation will clearly be in higher demand," he said. "There will be very difficult terrain, altitude issues, engine power requirements and then speed mobile operations conducted over great distances and over more difficult terrain are certainly going to drive our future and the kinds of platforms that we build."

Lessons: Leaders seek new ways to challenge Soldiers

Continued from Page B1

operations in the early years of both Iraq and Afghanistan.

"But as the theaters matured and operations increased in number and complexity, that mindset changed; but we still lacked rigorous coordination," he said, "especially as missions grew in the COIN environment."

COIN is short for "counterinsurgency" operations, whereby Soldiers and coalition partners help locals build up their institu-

tions and infrastructure with the goal of increasing security through strengthened communities.

Over time, the special operations Aviation community has built valuable relationships, forged during the rigorous demands of combat, he continued, adding that it would be a shame to "lose what we gained from those relationships" as the Army transitions to peacetime.

"The Guard today can no longer be looked at as an operational reserve," said Col. John O. Payne, commander, 77th

Theater Aviation Brigade, Army National Guard.

Payne recounted how over 20 years in the Guard he saw Vietnam veterans replaced by those who entered the all-volunteer Army, many of whom deployed to Iraq and Afghanistan after 9/11.

"After their first deployments, many decided they had adequately served their country and got out," he said.

These Soldiers were replaced by many who became Soldiers after 9/11, he said. These "youngsters had significant ob-

stacles to overcome, but where mentored by those who had come before them," he said.

He added that "these kids are good, very good. They were not itching to be deployed," but they went and did what was expected of them.

As the Army transitions to peacetime and resources become scarcer, "they will not be content" with the status quo and mediocre training, he said. "They want to be challenged and it is up to us to ensure they are so they are ready for any eventuality."

Aviation: Collaborations maximize resources, increase effectiveness

Continued from Page B1

doing with regard to assault, precision fires and then all the critical medevac, logistics and supply functions as well."

Evans noted that special operations forces rely heavily on the Army Aviation enterprise for virtually everything it does — from manning, to training and resourcing — and will continue to tighten its bonds with its conventional brothers to make the overall Aviation enterprise even more successful.

"As we take a look at not just the current battlefield and what our emerging battlefields are going to be and see our forces become more regionally aligned, we're also looking at things like our emerging global force requirements," he said.

Addressing emerging global force requirements and the shift from Afghanistan to the Pacific-Asia area of responsibility, Col. Daniel E. Williams, director of Aviation for U.S. Army Forces Command, said maritime over-water competency was already in place, the book written by Army Aviation SOF.

"We've taken that book and made it match to Apaches, so as recently as four weeks ago, we had conventional 160th Apache Aviation 75 miles off-shore in the Atlantic Ocean on Navy ships," he said. "That's happening today in limited operations."

Williams said Army conventional and SOF had been working with each other for the last decade and, as a result, long-term friendships have been made between the groups and their commanders. He also said FORSCOM's headquarters move to Fort Bragg, N.C., was "huge" because it cemented conventional with SOF Aviation.

Today, Joint Special Operations Command, U.S. Army

Special Operations Command, the Joint Special Warfare Center, XVIII Airborne Corps and the 82nd Airborne Division are all at Fort Bragg, and the geographical location has made all the difference.

"Synergy probably didn't happen as easily as before when we were down in Atlanta and other places," Williams said. "It's now happening — it's too easy to get out of your office to go talk with your brothers, and that's air and ground."

Williams said that with rapidly dwindling resources and the drawdown of Operation Enduring Freedom, conventional and SOF Aviation would find themselves in contact in the same battlespace with little notice or planning, so it was imperative they stay in synch and interoperable at all levels.

Former commander of the 82nd Combat Aviation Brigade Col. Terry "TJ" Jamison addressed the challenges he and his Soldiers had as a conventional CAB commander in working with SOFs. He said that in Afghanistan he had 196 rotary-wing aircraft — made up of utility helicopter, cargo helicopter, and medevac helicopters out of the Army Reserve and National Guard communities. On any given night 15 to 20 percent of those aircraft were in a direct support role to SOF mission sets.

"As you look at SOF mission sets that we did, we had what was a 20 percent utilization rate," Jamison said. "What I mean by that is, you would commit aircraft and crews to an SOF mission set as they waited for target fidelity and the ability to execute that target opportunity sometimes took time, but you still had to have those aircraft and crews dedicated to that mission set."

Jamison said "counter-intuitive" to what most people would think, his conventional force usually had the riskier missions and often pulled five and sometimes six air assaults a night if the "hunting was good during the fighting season." His crews also had the autonomy to engage the enemy when positively identified, whereas an SOF mission was more specific to the target and rarely performed an air assault more than once per night.

"The biggest challenge we had was the terminology and the verbiage that the aircrews use in talking to the SOF elements on the ground," he said, adding that since the SOF community is "joint" across the board, they all use joint terminology.

"We are not there in most of the conventional CABs," he said. "The ground force customer is working off standard operating procedures; we're working off SOPs for terminology. Just in my own brigade we had four different words for 'in-flight, link-up'. There's an effort to fix that and that should continue."

Rounding out the panel, Brig. Gen. Clayton Hutmacher, commander, Army Special Operations Aviation Command (Airborne), said that on the materiel side, the interaction with conventional Aviation has been going on for quite a while, noting that "Army influence and participation in programs such as Future Vertical Lift and Armed Aerial Scout is not only desirable, but critical because we're likely going to see ourselves in a COIN (counter-insurgency) fight for the future, which will require SOF-like approach to a lot of these problem

"We're moving into the UAS (Unmanned Aircraft Systems) world now with Gray Eagles, Ravens, and Shadows, and I think you will see in the future our influence over those programs within the Army as we try to break new ground and incorporate new technologies into those platforms, which I see will proliferate down," he said.









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JANUARY 17, 2013

Once upon a

Dreams come true during Aviation Spouses Day

By Sara E. Martin Army Flier Staff Writer

Dreams came true in a once-in-a-lifetime opportunity for Aviation spouses Jan.9 and Friday when 57 women participated in Senior Aviation Spouses Day and Aviation Spouses Day.

The goal of the days are to help spouses understand the training their loved ones go through, according to Leigh Jackson, U.S. Army Aviation Center of Excellence Family readiness support assistant.

"It is a day that focuses on spouses and brings them to a better understanding of what their [Soldiers] do throughout their training. It will help them comprehend what it takes to become an Army Aviator," she said.

The women completed four assignments that every Aviator must complete in order to graduate from flight school, and several compared their Soldiers, afterwards, to Prince Charming, whose mighty steed is a helicopter.

"My husband does so much — he is Prince Charming and going through some of the experiences that he had to is eye opening. I've always put him on a pedestal when it comes to being in the Army," said Angela Robertson.

The spouses received "dunker" training at the Helicopter Overwater Survival Training facility, and leadership and teamwork training at the Leader's Reaction Course, and then fired weapons at the Engagement Skills Trainer 2000 and flew simulators at Warrior Hall.

At HOST, the spouses learned just how difficult it can be to escape and survive a crash in the water. They learned how their spouses have to pass several tests, such as the treading water test, and the many positions they must escape from inside the helicopter.

"We give each participant a chance to go through the shallow water initial memory mechanical exit release trainer. It shows them the types of procedures and exits that their Soldier has to be familiar with if they ditch an aircraft. It makes them realize that a pilot can't rely on sight to escape," said Robert Barcelona, alternate contract manager and instructor at Survival Systems USA.

The Leader's Reaction Course gave spouses a chance to understand the mental and physical challenges that Soldiers endure.

"These spouses are getting a general overview of the physical demands as well as the communication it takes for a mission to be successful," said Sgt. 1st Class Kendall Taylor, S-3 operations NCO in charge at the NCO Academy.

Walking in the shoes of their Soldiers, the spouses learned how to shoot a variety of weapons such as the M4, .50-caliber machine gun and M240 Bravo. They were taught certain aspects about safe marksmanship like proper shooting positions, how to reload a weapon and what to do if a weapon jams. Some of the spouses were more natural shooters than others, but they all brought their hooah attitudes.

What many spouses were looking forward to the most was flying in the helicopter simulators, and each spouse got about a 15-minute flight in either the Kiowa Warrior, the Black Hawk or the Chinook simulator.

"I loved the simulators because that is what he will be doing and it is the only time I will ever touch the controls of any type of flying contraption," said Whitney

The operators joked about making the spouses fly in preciated what the program did for them.



Amanda Cook and Rebekah Mosci work together to complete an obstacle at the leader's reaction course at Aviation Spouses Day Friday.

the opposite airframe of their Soldier so the spouses can tease them back home about "flying an attack" or "the fastest" helicopter, but most chose the airframe their spouse flies.

"The overall experience is about exposing them to the environment their spouses operate in on a daily basis," said Kevin D. Hottell, Flight School XXI Simulation Services program manager.

The program is geared towards helping spouses identify with their Soldiers and to bring them closer together through the mission, so there is always too many spouses and not enough slots. So this quarter a Senior Aviation Spouse Day was created to help alleviate some of the difficulties of limited space.

"The senior spouses wanted to participate, but they didn't want to take away 15 slots from younger spouses that would also like to participate. So, we split them so they could be involved but not take away from the entire group experience," said Jackson. "They have a smaller, shorter, condensed version where they can do their team building and learn, but not take away from the major-

The spouses that participated in the Jan. 9 course ap-

"We really didn't want to take away a single spot from the junior spouses. So, we really appreciate this opportunity," said Leslie Edens.

Other senior spouses, like Kathleen Newton, agreed.

"My husband will be retiring, so I am so thankful to get this chance. It is something that I have never had the opportunity to do before and I won't have the opportunity ever again," she said.

During the graduation ceremony, Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major, addressed the spouses and thanked them for their own service to the Army.

"Thank you for what you do for our Soldiers. You are their backs and support them in their efforts, but now hopefully you can appreciate what they do throughout their time at Fort Rucker," he said.

Col. Douglas M. Gabram, U.S. Army Aviation Center of Excellence deputy commander, ended the day by thanking the spouses for being as strong as they are while supporting the Army Family.

"The strength of our nation comes from our Soldiers, but the strength of our Soldiers comes from their Families. It comes from you. You are sometimes undervalued and underappreciated, so I thank you," he said.

ACS helps Soldiers, Families stay financially stable

By Sara E. Martin

Army Flier Staff Writer

Army Community Service offers many services to help manage unsteady monetary situations for Soldiers, civilians and Families who feel a little overwhelmed with a financial choice or burden.

People can have all sorts of financial concerns from major life changes to buying a car, and anyone who has access to ACS can take advantage of the financial readiness program, which helps people manage their finances, according to Mike Burden, financial readiness program man-

"It is a new year, so it's the perfect time to start budgeting. Set aside money now for vacations, birthdays and Christmas. Look at your budget and make a spending plan," he said. "It can really help folks with managing where their money is going each month. People are surprised when they see how much money goes to lattes, gum and tobacco. A spending plan worksheet can really help with that."

Spending plan worksheets can be found online at www.ftruckermwr.com/acs/financial-readiness-program.

The more proactive people can be the better it will be for their financial situation, and talking to someone who is objective about their financial choices can help overall, said Burden.

"If people know they are going to have a baby or going to be getting married, or even divorced, they can come to us and we can help with those life changes. Being prepared is important when it comes to foreseeable issues for a number of reasons like credit scores and budgeting to avoid debt," he said.

Financial Readiness Training is offered every month and is mandatory for Soldiers E-1 through E-4 to participate at their first permanent duty station within the first 60 days of in-processing. But people do not have to register and can come to more than one class if they wish.

Classes are presented the first Friday of each month from 7:30 a.m. to 4:15 p.m. in the Soldier Service Center.

It includes understanding pay entitlements; understanding the Leave and Earnings Statement; banking services and account management; spending plans; credit and debt management; consequences of indebtedness; saving and investing fundamentals; individual financial responsibility; and other important personal financial management topics.

The financial readiness program also offers other fiscal classes and presentations all year long.

"We do lots of training because we like to be proactive and one way we do that is with our Unit Financial Readiness Training where we go to a unit and talk about a variety of things that an entire unit can participate in, and the Financial Peace University," he said.

The Financial Peace University presen-

tations help Soldiers, Families and Department of Defense civilians beat debt and build a more stable future, according to Beth Gunter, ACS Survivor Outreach Services financial counselor.

"We only offer it twice a year at Wings Chapel and it will begin Tuesday and run through April 16 from 5:30-8 p.m., and people have to register ASAP," she said. To register, call 255-9639.

"The course enables participants to tell their money where it is going to go and what it's going to do instead of their money constantly making them work for it," she said, adding that the 13-week program works on finances in baby steps.

There are also quarterly training sessions on thrift savings plans and investing.

"The thrift savings plan program is more narrow of a presentation and takes anywhere from an hour to an hour and a half. Investing is a much broader subject because it can cover anything from gold to Chinese index funds; so it is lengthier," said Burden.

Individuals may also request individual financial counseling to discuss their financial concerns with a financial counselor.

"We can talk about credit history and credit scores or anything they have an issue with, like budgeting. We can assist Soldiers, Family members and others to obtain and understand their individual credit report even," said Burden.

Understanding credit is another class that is offered. The next class is March 20 at 4 p.m. in Rm. 371A in Bldg. 5700. Registration is required.

"We will talk about credit in general. Topics include mortgages, credit cards and automobile loans," he said.

Burden encourages everyone to attend the all of the programs, not just Soldiers.

"Spouses and contractors are very welcome. We want everyone to take advantage of what we offer," he said.

Burden said for Soldiers not to worry that their information will reach their units because everything is confidential.

"People don't like to talk about their finances or financial problems, but all of the services are confidential, so there is no need to keep it to yourself if you think you may need some advice. Nothing goes back to a Soldier's command when it comes to financial readiness programs," he said.

All of the materials and all of the programs offered through FRP are free for participants. Participants also do not need to bring anything—just show up ready to soak in the information.

"All of these programs are offered by experienced, qualified financial counselors. You can't find these kinds of services off post, so take advantage of it. Just bring an open mind about your finances. If anything needs to be brought in, it is life experiences," he said.

The financial readiness program is located in Rm. 390 in Bldg. 5700. For more information concerning financial stability or FRP classes, call 255-9631 or 255-2594.

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

EDGE! January activities

Child, youth and schools services hosts various activities as part of its EDGE! program in January. January activities include racquetball, jewelry making, baking and more. EDGE! events cost \$5 per hour. Activities occur weekdays from 4-6 p.m.

For more, call 255-0666.

Mother Rucker's 2nd birthday

Mother Rucker's celebrates its second birthday Jan. 24 from 4-6 p.m. Free cake and burgers will be available while supplies last. For more, call 503-0396.

Newcomer's Welcome

Army Community Service hosts the next Newcomers Welcome Friday and afterwards every third Friday of the month from 8:30-10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event. For more, call 255-3161 or 255-2887.

Comedy Live

The Landing hosts the next Comedy Live Friday from 8-10 p.m. The event will feature comedian Buzz Sutherland. Tickets are \$10 before 2 p.m. Friday and \$15 at the door. Doors will open at 7 p.m. and The Landing Zone will have a live DJ following the Comedy Live performance. This show is for individuals 18 and

For more, call 255-9810.

Financial Readiness Training

Army Community Service offers its Financial Readiness Training Feb. 1 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.

Super Bowl party

Mother Rucker's hosts a Super Bowl party Feb. 3. Game kickoff begins at 5:30 p.m. The party is open to the public for ages 18 and older.

For more, call 503-0396.

EFMP Information and Support Group

The Exceptional Family Member Program invites all activeduty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Feb. 12 from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is EFMP respite care. 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.

Sweetheart Dinner

The Landing Zone hosts its Sweetheart Dinner Feb. 14 and 15 from 5-8 p.m. Cost of the dinner will be \$30 per couple, and includes a shared appetizer, two entrees, a shared dessert, and one beverage per person. Reservations are required. People who make their reservations before Feb. 13 can also purchase two tickets to Dueling Pianos (Feb. 15) for \$5 a person.



For more, call 598-8025.

Resilience training

Army Community Service hosts Family member resilience training Feb. 19-20 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The Army recognizes the increased sacrifices that Family members make on a daily basis. Resilience classes are designed to provide Families with the thinking skills and coping strategies needed to meet and overcome life's challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general well be-

For more, call 255-2392.

Kids Night at The Landing Zone

Every Tuesday is Kids Night Character Dining at The Landing Zone from 5–8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kiddie Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

Teen Book Club

The Center Library hosts its Teen Book Club Jan. 24 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.

Valentine's Day craft making

The Center Library hosts a Valentine's Day craft making activity Feb. 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.

Dueling Pianos

The Landing hosts Dueling Pianos Feb. 15 from 8 p.m. to midnight in its ballroom. Tickets for the show, described as a high-energy, all-request, dueling piano show, will be available in The Landing Zone for \$10 before 2 p.m. Feb. 15 or \$15 at the door. A dinner special will also be available before the show in The Landing Zone. The event is for individuals 18 and older.

For more, call 255-9810.

cooking

Theresa Osteen prepares samples of a summer salad to serve class participants during a cooking class last year at Lyster Army Health Clinic. Lyster's Nutrition Care Clinic will host a Healthy Cooking Class Jan. 24 from 1-3 p.m. All military ID cardholders are eligible to participate. For more information or to sign up for the class, call (785) 225-7298.

Healthy





AER scholarships help military Families

By Sara E. Martin Army Flier Staff Writer

Fort Rucker is home to numerous opportunities for Soldiers and their Families to earn educational scholarships and

With the cost of education ever increasing, students and potential students should try to explore every avenue to receive scholarships and grants, according to Mike Burden, Army Community Service accredited financial counselor.

"Student loan debt is on average \$28,000 per student. There are people who get Pell Grants, scholarships and the like, and still have to get loans. Any amount of money will help Families, but students need to start planning now," he

Army Emergency Relief has many opportunities for Families to receive scholarships, including the Maj. Gen. James Ursano Scholarship Program and the Spouse Education Assistance Program. Both scholarships cover fees and books associated with the chosen program as well as tuition. The programs also cover Internet classes.

Spouses can be enrolled full or part

time, but children must be enrolled full home," she said.

"Students need to apply every year to continue these scholarships; it is not a one-time deal," said Mimi Brooks, AER officer at ACS.

The programs cover Family members of retirees, active-duty Soldiers, survivors and National Guard or Reserve members, but special criteria must be met for National Guard and Reserve Soldiers Family members.

Applications are available now, but the packets for both programs don't have to be completed and returned until May 1, which gives applicants plenty of time.

With the economy being so unsteady, the scholarship program allows spouses a chance to stay in college, return to college or begin higher education, said Brooks.

"Furthering education helps [Family members] go into the career field where they can financially contribute to the Family, which is going to help with financial stress that is sometimes brought into the home. It will ultimately help the mission overall because the Soldier's stress level will go down without the added pressure of a financial strain at

There is not a designated number of scholarships that are awarded each year; whoever qualifies financially gets a scholarship.

The school an applicant attends must be an institution accredited by the U.S. Department of Education; it can be a technical school, a community college or a university.

"The scholarships cannot be used for anything higher than an undergraduate degree and it must be the first degree or certificate that the recipient will get," said Brooks.

The amount that each person gets is based solely on financial need, not rank or grade of the sponsor. For children, grades, grade point average and leadership also factor in on how much aid they will receive

"These are great programs because we don't require any type of essay, which most scholarship programs do. All they have to do is complete their taxes, then use their forms to complete the Free Application for Federal Student Aid online, which takes about five days to get those results. Then they use those results to complete our application, which they can

Pick-

also do online," said Angie Pratt, AER assistant scholarship program manager.

To be eligible for the Maj. Gen. James Ursano Scholarship Program, the student must be the child of a Soldier on active duty, retired, deceased while retired or deceased while on active duty; remain unmarried during the entire academic year, maintain a GPA of 2.0; be listed as a dependent in the Defense Enrollment Eligibility Reporting System; be under the age of 23; and have a high school diploma or a general education development diploma. Also, they must submit high school or college transcripts.

To be eligible for the Spouse Education Assistance Program, the student must be the spouse of an active duty Soldier, a retired Soldier, or the widow or widower of a Soldier who died on active duty or in a retired status and maintain a 2.0 GPA. If the spouse attended college previously then they must submit those transcripts.

For more information on AER scholarships, visit www.aerhq.org or call an AER scholarship counselor at 1 (866) 878-6378.

For other available scholarship programs, call the Fort Rucker Education Center at 255-2378.

COURTESY PHOTO

of-thelitter

Meet Buddy, a 2-year-old mixed-breed male. He is up to date on all shots, has a microchip and is already neutered. Buddy is very energetic, spunky and has a tail that can be used as a fan on a hot day. Buddy is free to adopt. 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/ for constant updates on the newest animals available for adoption.

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Pastor: Ed Corley

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING

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

MAIN POST CHAPEL, BUILDING

9:30 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, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING

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 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30

p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

Mothers of Preschoolers (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

Fort Rucker Protestant Men of the Chapel

Fort Rucker Protestant Men of the Chapel meet 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 provided. For more information, call 255-9894.

Military Council of Catholic Women

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

Catholic Adult Fellowship CAF meets regularly throughout the year.

Youth Groups (CLUB BEYOND)

For more information, call 255-9894.

1836 Varsity Club (Ninth-12th Grade),

1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.



"Be ye followers of me, even as I also am of Christ." 1 Corinthians

11:1

First United Methodist Church

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

Wiregrass Birding Trail opens Feb. 1 at Ed Lisenby Lake

Alabama Tourism Department Press Release

Dale County is one of 10 counties in Alabama that make up the Wiregrass Birding Trail.

As a form of tourism, birding has seen significant growth both nationally and certainly in Alabama over the past several years. Statistics show that the typical birding enthusiast is older and well-educated, with disposable income.

The birding trail is not only a valuable means of attracting more visitors to Ozark, it's also a great educational resource for students and an opportunity for inexpensive Family outings. Schools can use the trail sites for field trips and Families can visit any day of the week as the trail is open to the public daily.

The official ribbon cutting launch is Feb. 1 at 10 a.m. at the trail head of the Ed Lisenby Lake trail. Activities include the ribbon cutting and a raptor demonstration given by Becky Collier, the Program Coordinator for the 4-H Center in Columbiana, Ala.



The Wiregrass Birding Trail opens Feb. 1 at Ed Lisenby Lake in Ozark.

IREGRASS 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.

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 served on Sundays and games and TV's available for entertainment. 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

NOW-FEB 28 — Every Thursday at The Cultural Art Center ballroom dance lessons are held from 7-8:30 p.m. Cost is \$2 per person per night or \$16 for eightweek session. For more information, call 792-9192 or 714-5701.

SATURDAY—The Dothan Area Young Professionals presents Aces for the Arts at The Cultural Arts Center from 6:30-9:30 p.m. This annual fundraiser helps support The Cultural Art Center. Beverages, hors d'oeuvres, and more will be available. There will also be a raffle with prizes to be given away. Tickets for the event are \$25 per person and \$40 per couple. Tickets will be available at the door can be purchased prior to the event at the CAC. For more information, email sandebg@gmail.com.

SATURDAY — The Wiregrass Museum of Art will host How to Shoot: Intro to Photography from 12:30-2:30 p.m. For teenagers and adults only. Cost is \$20 for non-members and \$15 for members. Instructor will teach patrons how to use personal digital cameras and get the most out of their features. Students will receive one-on-one instruction on the basics of their own camera, and learn how to compose photographs in the studio and outside. All skill levels are welcome. Participants should bring SLR digital camera, manual and memory cards. For more information, call 794-3871 or visit www.wiregrassmuseum.org.

SUNDAY — Fred Basset presents a program on hummingbirds at Landmark Park at 10 a.m. at the auditorium in Landmark Park. The program is free with paid gate admission. Registration is required. For more information, call 794-

FEB. 8 AND 15 — Landmark Park hosts Astronomy Nights from 6-9 p.m. View stars and constellations through telescopes and binoculars, and experience a "starry" hayride, refreshments, planetarium shows and stories by the campfire.

Cost is \$2 for members, \$3 for scouts and their leaders in uniform, \$5 for nonmembers, and free for children 5 and

Registration is required. For more information, call 794-3452

ENTERPRISE

TODAY — Ricky Skaggs and Kentucky Thunder will be presented at the Enterprise High School Performing Arts Center at 7 p.m. Ricky Skaggs is considered a recognized master of bluegrass. 2012 marked the 53rd year since Ricky struck his first chords on a mandolin and is a fourteen-time Grammy Award winner. For more information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

NOW THROUGH APRIL 27 — Two

beginner's classes in the Taoist Tai Chi Lobdell at 718-5707. SocietyTM 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.

FEB. 15 — Enterprise Performing Arts Center presents "The Depot," a story of the Wiregrass in the 1900s, at 10 a.m. and 7 p.m. Advance tickets are \$6 for the 10 a.m. show, \$20 for the 7 p.m. show with \$5 off with military I.D. Tickets are available at The Consignment CAT, Yancy Parker's and Healthy Woman Office, or can be purchased online at www.southernbroadway.com. Professional audio and lighting as well as special effects are a part of the show. For more information, call 470-6568.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING - Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station.

The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs and other veteran services. All veteran services provided are free of charge.

For more information, call Chuck

OZARK

FEB. 14-16 — The Ann Rudd Art Center will have a stained glass class from 8 a.m. to 5 p.m. John Hogarth will instruct the class, which is \$175 per person, all materials included. Ten students are allowed in each class. For more information, call 774-7322.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrev Recreation Center from 8-10 a.m. Call 774-2042 for more information.

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

Dancing for Life

The Martin Theater in Panama City Beach hosts Dancing for Life Jan. 28 at 6:30 p.m. The event is a benefit showcase featuring professional dancers from Dancing with the Stars, local celebrities and students from Fred Astaire Dance Studio. All proceeds go to Relay for Life and the American Cancer Society. Tickets are available at the box office. For more information, call (850) 763-8080 or (850) 873-6269.

Mardi Gras on The Island

The city of Fort Walton Beach hosts a Family-friendly Mardi Gras Saturday starting at 10 a.m. The Abita Mardi Gras Parade on Okaloosa Island is the 10th anniversary of this event and will be followed by a block party at Helen Back on Amberjack Drive. About 5,000 attendees are expected. The event will feature a traditional parade down Santa Rosa Blvd., complete with beads, floats, music and more. For more information, call (850) 244-8191.

Horse Fair

The Alabama Horse Council Horse Fair will be held in Montgomery Saturday and Sunday at the Garrett Coliseum. Admission will be charged. Show will have vendors, lectures, education seminars, a silent auction, a drill team, cowboy-mounted shooters, a breed barn, children's activities and more. For more information and admission prices, call (205) 678-2882 or 800-945-8033, or visit alabamahorsecouncil.org.

Gulf Coast Bridal Faire

The 10th annual Gulf Coast Bridal Faire is Sunday from 1-5 p.m. at the Emerald Coast Convention Center on Okaloosa Island, Fort Walton Beach. Brides can pre-register

at www.gulfcoastbridalfaire.com.

Brides need to bring the completed form to be entered into a special prize drawing. It will be a one stop shop for brides. Brides can met face to face with the premier wedding professionals on the Emerald Coast, view a bridal fashion show and win door prizes. For more information, call (850) 609-3800.

Corvette Show

Old Town in Kissimmee, Fla., will host the 35th annual National Corvette Restorers Society Winter Regional Corvette Show Jan. 25. The show is free and open to the public. The Classic Corvette Club of Orlando will also have a free Wash and Shine Corvette show at Old Town Jan. 27. The show features restored Corvettes from 1953-

For more information on attractions, shops, dining and pricing visit www.myoldtownusa.com or call (407) 396-

Former pilot eases Soldiers' pain through chiropractic care

By Katherine Rosario Lyster Army Health Clinic Public Affairs

With a few precise adjustments, Dr. Jerry Jones, chief of the Chiropractic Clinic at Lyster Army Health Clinic, can help Soldiers on their way to healing from injuries sustained through everyday work.

Jones, a former Chinook pilot, left the Army in 1994 after a lower back injury grounded him from flight. Determined to find a way to help injured Soldiers get back to work, he obtained his degree in chiropractic and started practicing in 1998.

"I'm a broken pilot, and I came back to fix other broken Soldiers," he said. "A lot of times, after Soldiers' doctors have tried other methods to heal a sprain or neck or back injury, they turn to chiropractic."

All active-duty Soldiers are eligible to receive care at the Chiropractic Clinic at Lyster as long as they

obtain a referral from their primary care doctor.

"This is a great service offered to our Soldiers and they don't need to be going off post and paying a lot of money out of pocket," he said, adding the clinic has state-of-the-art equipment that rivals most chiropractic offices in the area.

Jones has never suggested that a Soldier be grounded from flight due to an injury, and the clinic staff is more than willing to accommodate Soldiers' schedules to keep their appointments consistent and not interfere with their work schedule.

"We have plenty of appointments available throughout the day to see Soldiers for adjustments and hydro and laser therapy," said Lori Rackley, a chiropractic technician and certified athletic trainer at the clinic. "We can usually get Soldiers in either the week they call or the very next week."

The clinic currently sees about 240 Soldiers a week. The first appointment a Soldier has will last about a half hour, and follow up appointments will last between five and 10 minutes, depending on the combination of treatments used.

"We have more than just adjustment tables here," Rackley said. "We offer hydrotherapy tables, which use water pressure to soothe sore or inflamed muscles and joints, and we also use electrical stimulation and cold laser thera-

The biggest advice the clinic offers Soldiers is to ask for a referral as soon as they injure themselves.

"Waiting often irritates the problem more and makes for a longer recovery," Jones said, adding that using ice instead of heat on the injured area will start the healing process sooner.

The clinic is open weekdays from 7:30-11:30 a.m. and 1-4 p.m.. For clinic questions, call 255-7709. To inquire about a referral, call 255-7000 and ask to make an appointment with your primary care doctor.

Lyster consolidates flight-status Soldiers into 1 medical team

By Katherine Rosario Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic recently consolidated all flightstatus Soldiers into one flightcentered medical home — Team Respect.

The reorganization allows Soldiers better access to care to Lyster's two flight surgeons and three aeromedical physician assistants.

Soldiers started receiving notices from the clinic in December assigning them to a new primary care manager. The five-member team, made up of members who all have extensive Aviation medicine training, handles a caseload of about 3,800 Soldiers and administers about 5,000 flight physicals a year, said Maj. Derik

Swee, chief for Team Respect.

Before, Soldiers on flight status were assigned to various teams throughout the clinic, and if their provider was unable to see them for an appointment, they would be given an appointment with a non-Aviation provider.

Now, all flight-status Soldiers have a team of Aviation doctors who are knowledgeable about their health history and can step

in if their assigned doctor is unavailable.

"We saw a need to consolidate the Army community onto one team and designed a team just for Aviation Soldiers to improve their access to care," Swee said.

Throughout the reorganization, Swee asks Soldiers to give their feedback to the clinic in the form of Interactive Customer Evaluation comments and Army

Provider Level Satisfaction Survey comments to help address their needs.

"The goal is to be the Aviation Medicine Center for Excellence and provide Aviation support needs in support of the mission," Swee said.

Soldiers can make an appointment with their Team Respect primary care provider by calling 255-7000.









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\$10 Advance, \$15 at Door Advanced tickets will be available in The Landing Zone (598-8025) for \$10 per person before 2 pm, Feb. 15th.

The Landing 8 pm - Midnight

Come enjoy a high energy, all request, comedy piano show. Audience participation is highly encouraged!

Make plans to treat your Valentine to a romantic



Feb. 14 & 15 5 pm – 8 pm The Landing Zone

Cost of dinner \$30 per couple Includes: one shared appetizer, two entrees, one shared dessert, and one beverage per person. Reservationsrequired (dinner slots available 5 - 8 pm).

If you make your reservation before Feb. 13th, you can also purchase two tickets to Dueling Pianos (Feb. 15th) for only \$5 a person.

The Landing Zone, 334-598-8025

Army researchers develop robot intelligence to support Soldiers

By Joyce Conant

Army Research Laboratory

ABERDEEN PROV-ING GROUND, Md. — Unmanned systems have begun to have a significant impact on warfare.

Unmanned drones providing sustained surveillance, swift precise attacks on high-value targets and small robots are used for missions to counter improvised explosive devices. The systems are generally remotely piloted and rely on nearcontinuous control by a human operator.

Researchers from the U.S. Army Research Laboratory Human Research and Engineering Directorate are developing robot intelligence that will enable robots to successfully move around in their environment when given a voice (instruction by a human).

Army researchers say the future for unmanned systems lies in the development of highly capable systems with "a set of intelligence-based capabilities sufficient to enable the teaming of autonomous systems with Soldiers."

To act as teammates, robotic systems will need to reason about their missions, move through the world in a tactically correct way, observe salient events in the world around them, communicate efficiently with Soldiers and other autonomous systems and effectively perform a variety of mission tasks.

The Symbolic and Sub-Symbolic Robotics Intelligence Control System, which was developed by HRED in cooperation with Towson State University in 2004, combines symbolic and sub-symbolic representations of knowledge into a unified control structure. The system is a goaloriented production system, based loosely on the cognitive architectures, the Adaptive Character of Thought-Rational, and Soar, which is a cognitive architecture from the University of Michigan.

The goal is to develop a system capable of performing a wide variety of autonomous behaviors under a variety of battlefield conditions.

"We have found that in order to simulate complex cognition on a robot, many aspects of cognition (long-term memory and perception) needed to be in place before any generalized intelligent behavior can be produced," said Troy Kelley, cognitive robotics team leader, HRED. "In working with ACT-R, we found that it was a good instantiation of working memory, but that we needed to add other aspects of cognition including long term memory and perception to have a complete cognitive system."

Cognition arises from a collection of different algorithms, each with different functionalities, which together, produce

cognition. This is also known as a functionalist representation. HRED is developing SS-RICS to be a modular system, or as a collection of modular algorithms, each group of algorithms with different responsibilities for the functioning of the overall system. The important component is the interaction or interplay amongst these different algorithms, which leads to an integrated cognitive system.

"We are not necessarily attempting to produce a neurological representation of the individual components of the brain (thalamus, amygdale)," Kelley said. "The basic idea is that we are trying to use psychological theory to augment robotics development, especially in areas of learning and memory."

Such examples include getting a robot to learn what a hallway or door is. The robots are exposed to a variety of different hallways and doors and then specific features are pulled out to incorporate a general rule for what they are, but need to be flexible.

"For example, in a foreign country you may see blankets or gates used as a door," Kelley said. "A human is born with a lot of low level stuff that a robot would have to be programmed for — it's tough to get a robot to think like a person."

The three functional components that HRED is developing to program the robots include memory, language and perception (such as color recognition). HRED has been concentrating on implementations of human memory as a way reducing the computational load faced by autonomous systems.

For example, it is understood from psychology experiments that humans load elements from longterm memory into working memory when they are given a problem solving task. Once long term memories are accessed, humans are then able to concentrate on a specific task. This separation of long term memories from working memory allows for increased computation efficiency because only the knowledge related to a specific task are searched during problem solving.

This implementation can be replicated on an autonomous system to help reduce the computational load. Other human memory implementations for autonomous systems would include memory decay (forgetting unimportant information) and associative learning (things that happen together get remembered together).

Kelley and his team have traveled numerous times to Fort Indian Town Gap in Grantville, Pa., in support of the Robotics Collaborative Technology Alliance. At the military

the integrated process of cognition. This is also known as a functionalist representation. HRED is developing SS-RICS to be a modular system, or operations on urban terrain site, where Soldiers train, Kelley has worked to improve indoor navigation for autonomous systems.

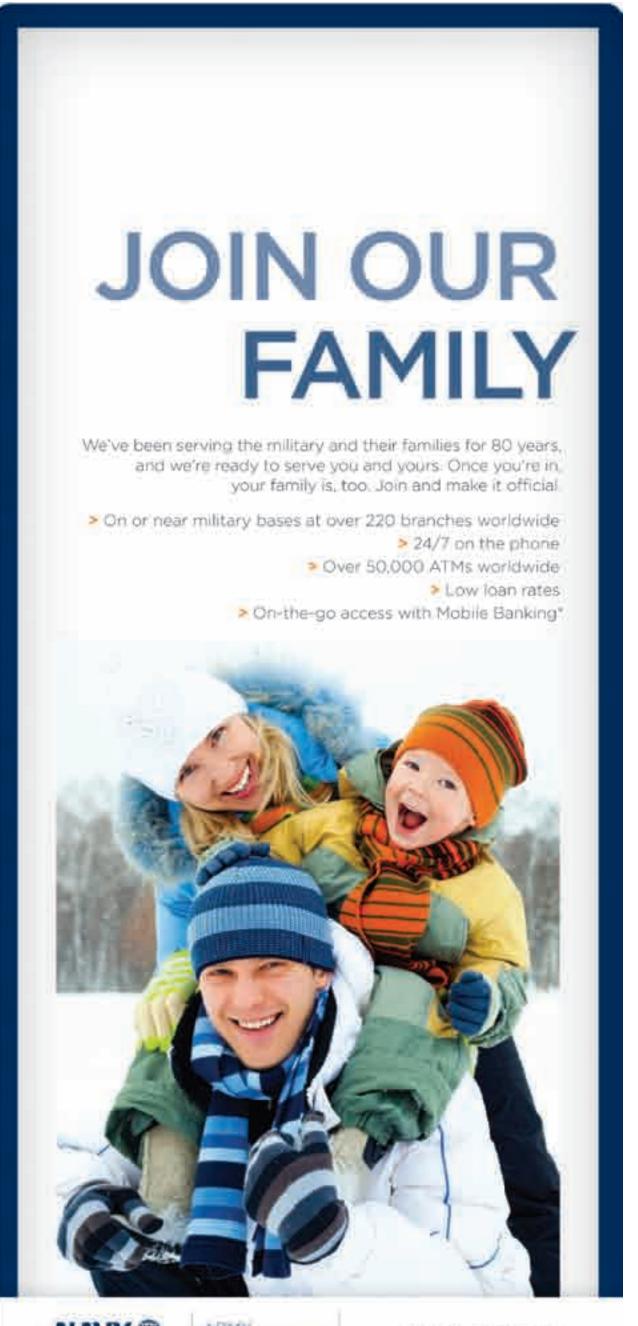
"Typical indoor environments do not have reliable access to GPS information and autonomous systems cannot use this information for navigation," Kelley said.

Kelley has worked to take a more human-based approach by using landmark-based navigation.

"Humans use landmarks and dead reckoning to navigate in unfamiliar indoor environments," Kelley said. "We are working to develop an autonomous implementation of human-based landmark navigation to help robots get around indoors."



Army researchers Sean McGhee, contractor with the cognitive robotics team, Eric Avery, cognitive sciences branch, and Troy Kelley, cognitive robotics team leader, pose with test robots.









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Story on Page D3

JANUARY 17, 2013



Boot Camp participants bear crawl up a hill during one of their early morning workouts on Fort Rucker. Boot Camp is just one of the many classes the installation offers for people to get in shape.

New year, new mindset

Post offers numerous fitness options

By Nathan Pfau Army Flier Staff Writer

With a new year comes new resolutions for many people, and none may be more common than the resolution to get in shape and Fort Rucker has an entire repertoire of fitness options to help people get started.

From its two fitness facilities, bike trails and intramural sports options, people should have no problem finding something that fits their fitness needs, according to Aimee Mc-Donough, fitness specialist at Fortenberry-Colton Physical Fitness Facility.

"We've got a large variety of fitness choices for people to choose from, especially when it comes to our fitness classes," she said. "We've got everything from Yoga, for stretching; weightlifting and Strong Bodies, for strength training; Zumba, for cardio; and cardio/strength intervals, for a combination workout."

There are even options for low-impact workouts like spin classes and H20 shred and tread, which utilizes weights and water resistance to give a better workout.

"Low-impact workouts are good for some people because they may have joint issues or some other type of injury, and these types of workouts are easy on their bodies," said Mc-Donough.

the Fort Rucker PFF, and all together the installation offers up to 49 regular classes a week, plus weekend classes.

The classes cost \$3.50 per class, \$7.50 per week or \$30 a month, which allows people to take as many classes they want at their leisure. People can also choose to try any one class for free, as well as any spin class for free.

Along with classes that people can take, there are other options like the rock wall at Fortenberry-Colton, or the use of exercise equipment and free weights for people who like to do their workouts individually.

For those who are just getting back into working out or working out for the first time, McDonough recommends that they take one of the classes offered to start off, or talk to one of the fitness specialists at the fitness facilities to work out a fitness plan.

"Most importantly, if people are starting their workouts, they should start out simple," she said. "If people start working out and they go too hard at it, they can get discouraged or even get injured, so it's important to take it slow. Start by walking outside or on a treadmill, or come to one of our classes that we offer and we can modify just about any class to fit the person's fitness level."

The fitness facilities also offer free fitness assessments that the fitness specialists can perform, as well as writing out a

Classes are held at both the Fortenberry-Colton PFF and personalized workout schedule for individuals that are motivated enough and feel that they can handle the workouts on their own, according to McDonough.

> For those who are less motivated, however, the fitness facilities offer personal trainers, at a cost, that can help them

> Fort Rucker's fitness facilities also offer workouts and classes for different levels of fitness. Most of the classes offered cater to most ranges of fitness, but some, like Boot Camp, caters to those with a higher level of fitness.

> "We recommend that people have at least a small base of fitness before signing up for the Boot Camp," said Mc-Donough, adding that it's a six-week course offered three times a year in spring, winter and fall, and although the current Boot Camp has already started, people can still join at a prorated rate.

> When it comes to resolutions, McDonough said that people shouldn't make a resolution to get fit, but make a life decision to do so because people tend to set themselves up for failure by setting unrealistic goals.

> "I think people should be deliberate about their workouts all year round," she said. "Don't say, 'I'm going to lose 50 pounds by swimsuit season!' Set a smaller, short-term goal to maybe lose a pound by the next week – just take it one day at a time."

San Francisco **Baltimore** vs.Atlanta vs. New England PICKS 🕠 Jim Hughes Public Affairs (68-48)Brian Jackson DFMWR (54-62)John McGee CDID (71-45) Capt. Mike Simmons Directorate of Public Safety (66-50)Sharon Storti Network Enterprise Center (65-51)

DOWN I'IME







EXPECTING A PEACE CONFERENCE. VIEWERS FROM THROUGHOUT MONGO ARE INSTEAD WITNESS HORRIFYING SIGHT!















Just Like Cats & Dogs

by Dave T. Phipps

Rodriguez

MY WIFE WANTED ME TO SIVE THIS TO YOU AND YOUR FAMILY, PLEASE REMEMBER WHEN OPENING THIS I HAD NO



Super Crossword

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IT'S A SMALL WORLD

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9. MOVIES: What spell is used to disarm opponents in the "Harry Potter" movies?

10. ANATOMY: Where is the latissimus dorsi muscle located on the human body?

GENERAL KNOWLEDGE:

2. TELEVISION: Which actor played the character of "Fonzie" on

3. LITERATURE: Who wrote the

4. GEOGRAPHY: What tiny princi-

5. MYTHOLOGY: In Greek mythol-

6. FOOD & DRINK: What is mues-

7. ART: Where is the Uffizi muse-

8. MEASUREMENTS: What does a

pality lies between Spain and France?

What is a philographist?

children's book "Matilda"?

ogy, what was the Hydra?

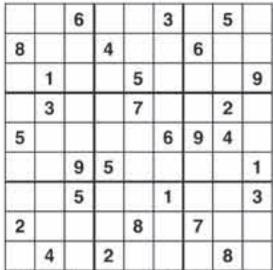
"Happy Days"

kelvin measure?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: * * *

★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER





SPELLBINDER

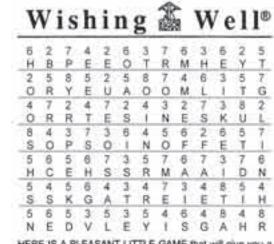
SCORE is points for using all the softers in the word below. In form has complete, words

SYCAMORE

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See Page D3 for this week's answers.



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

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Some special plumps or except a former trans-

Army Marksmanship Unit expands to include wounded warriors

By Mike Molinaro U.S. Army Marksmanship Unit

FORT BENNING, Ga. — The Army recently announced the expansion of the U.S. Army Marksmanship Unit to include 24 wounded warriors as members of its new Paralympic and Instructor sections.

The U.S. Army Marksmanship Unit's paralympic and instructor sections will showcase the resiliency of wounded warriors. Recruiting for those positions is now under way and open to wounded warriors who are eligible to continue to serve on active duty.

The USAMU was established March 1, 1956, at the direction of President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army.

Today, the U.S. Army Marksmanship Unit trains Soldiers worldwide, providing training built to support real-world missions like Operation Enduring Freedom in Afghanistan. The USAMU "Home of Champions" at Fort Benning, Ga., is comprised of world-class shooters, marksmanship instructors and gunsmiths.

Wounded Warriors selected to join the USAMU will use the skills developed during their careers to train Soldiers and serve as Army ambassadors at marksmanship venues worldwide. The initiative emphasizes how much the Army values the experience of its Soldiers, especially the sacrifices of its veterans, according to Col. Mark A. Rado, United States Army Accessions Brigade Command.

"We see the experience these veterans have gained as something they can share with other Soldiers," Rado said. "These Soldiers truly showcase ability over disability and are the definition of what it means to be Army Strong."

Lt. Col. Don King, U.S. Army Marksmanship unit commander, and his team will review applicants to form the unit's new instructor and paralympic sections. Those selected will join the Army's elite marksmanship unit.

"This ground-breaking, goal-setting, and future oriented program provides an opportunity to raise Army marksmanship proficiency," King said. "The expansion of the U.S. Army Marksmanship unit to include Soldiers wounded in combat will allow them to represent the Army in in-



The Army recently announced the expansion of the U.S. Army Marksmanship Unit to include 24 wounded warriors as members of its new paralympic and instructor sections. Pictured here, Sgt. 1st Class Joshua Olson takes aim during a competition. Olson was the first active duty Soldier wounded in combat to represent the U.S. at the Paralympic Games.

ternational competition, tell their story of strength and resiliency while continuing to serve their nation."

Combat veteran and premier Army paralympic shooter Sgt. 1st Class Josh Olson, along with other world class shooters, will mentor selected Soldiers and help shape the new USAMU sections. Olson was the first active-duty Soldier wounded in combat to compete in the Paralympics, representing the U.S. at London in 2012. He lost his right leg after being attacked while on a patrol in Iraq in 2003.

Wounded warriors who apply for the new positions will be screened by USAMU leadership. There are specific requirements Soldiers must meet to be considered for one of the 24 slots. They must be classified as Continue on Active Duty; have a minimum of three years retainability; accept long-term assignment stabilization; and be an Operation Iraqi Freedom or Operation Enduring Freedom

Additionally, to be eligible for the paralympic section, Soldiers must meet International Paralympic Committee classification eligibility. Soldiers interested in becoming a member of the instructor group must be a Purple Heart recipient and have a Combat Arms military occupational specialty.

For more information regarding paralympic classification, refer to www.paralympic.org/Classification/Introduction.

The positions require a strong desire to represent the United States in international shooting competitions, and up to six hour days on the range in a competitive marksmanship environment, including many weekends, according to King. Membership in the instructor group will require the ability to remain on the firing range for up to eight hours a day and the motivation to enjoy training Soldiers; planning, resourcing and executing training or travel plans; and the knowledge to exemplify the "Be, Know and Do" of marksmanship and its instruction.

Soldiers interested in joining the USAMU instructor or paralympics sections should contact the U.S. Army Marksmanship Unit at DSN 835-6702, COM (706) 545-6702, EMAIL: USAM-UComp@usarec.army.mil. Fax number is DSN 835-1048; COM (706) 545-1048.

For more information, contact: Army Marketing and Research Group, Public Affairs, at (703) 545-3442; U.S. Army Accessions Support Brigade Operations, (502) 626-1986; or, U.S. Army Marksmanship Unit Public Affairs, at (706) 545-5436.

Time running out to register for Small Arms Championships

By Mike Molinaro

U.S. Army Marksmanship Unit

FORT BENNING, Ga. — Only 50 slots remain open for the 2013 U.S. Army Small Arms Championships to be held from Jan. 28 to Feb. 8.

Hosted by the U.S. Army Marksmanship Unit, the "All-Army," is held to proliferate effective marksmanship training and increase overall Army combat readiness as marksmanship remains the paramount Soldier skill. Training and skill exercises are applicable to all military small arms firing disciplines.

The competition is open to Soldiers of any rank in the entire Army formation, including West Point and college ROTC cadets, Army Reservists and National Guardsmen.

There is no cost to compete in the championship and am-



Only 50 slots remain open for the 2013 U.S. Army Small Arms Championships to be held from Jan. 28 to Feb. 8. Hosted by the U.S. Army Marksmanship Unit, the "All-Army," is held to proliferate effective marksmanship training and increase overall Army combat readiness as marksmanship remains the paramount Soldier skill. The competition is open to Soldiers of any rank in the entire Army formation, including West Point and college ROTC cadets, Army Reservists and National Guardsmen.

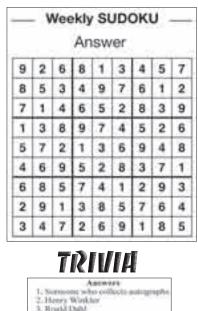
petitors. Those attending will fire combat live-fire training event.

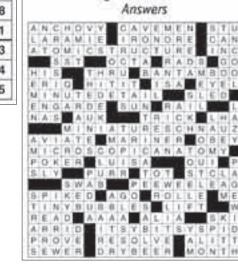
munition is provided to all com- hundreds of rounds in the ultimate

Soldiers will compete in separate Cadet, Novice, Open and Pro classes based on their competition experience. Soldiers will fire M-16 or M-4 service rifles at distances between 25-500 yards and M-9 pistols between 7-35 yards in a variety of courses of fire. There is also a combined arms match, where competitors employ the rifle, pistol and shotgun in a number of exciting stages of

While the elements and spirit of competition are important, all Soldiers are reminded that the Army's critical intent is to develop combat firing skills at the entry and intermediate level (as well as recognizing superior skill at the highest levels) to raise the standard of marksmanship across the entire force.

Registration closes Friday. For more information and to register, visit www.usamu.com or contact the USAMU chief of competitions at (706) 545-7841.





PUZZLE

ANSWERS

Super Crossword



Video Game Spotlight >>



DMC reboot beefs up design, story

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 previous contributions to the Devil May Cry series of games have all been short on story, but long on creativity, combat and action. We never really knew why Dante was the conflicted anti-hero who can tear up demons in a variety of ways, but it was always fun and challenging.

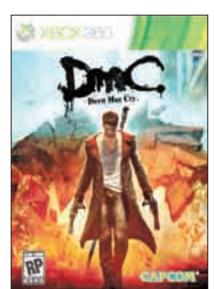
The newest game, "DMC - Devil May Cry" keeps the fun and challenge flowing, but adds plenty of back story to flesh out Dante's past. Set in his early years, Dante is coming to terms with being the son of a demon and an angel. He's able to call on both angel and demon abilities at will.

However, this also makes him a target because certain parties fear that he will grow too powerful. He can even chain together angel and demon attacks to create a new way to see the series.

There is a decided focus on style in the game that might turn off gamers who prefer to think in a straight line. Using the same attack over and over will still meet success, but not nearly as quickly or as impressively as coming up with unique ways to defeat enemies. "DMC - Devil May Cry" will challenge gamers to rise to its sense of art, which some gamers will not appreci-

There is a lot of art in the game, from the graphics to the audio to the flow of the game. It's apparent that style was important to the designers, and that's not always the case with other games. While the story will sometimes go off the rails and some of the combat, especially the boss battles, will seem a bit simple, the overall look and feel of "DMC - Devil May Cry" is impressive. It's definitely not for everybody, but "DMC - Devil May Cry" is nearly as good as "Devil May Cry 3," the best game in the series.

Devil May Cry fans won't be disappointed. If you're not familiar with the series, however, you may want to check out a demo first.



Publisher Capcom Rated Mature **Systems** Xbox306, PS3 Cost \$60 **Overall** 3 out of 4



SPORTS BRIEFS

Youth baseball, jump roping registration

Registration for youth baseball and jump roping will take place Feb. 1-28. Children must have met age requirements by Sept. 1, 2012. A current sports physical and valid child, youth and school services registration are required to participate. Coaches are needed for all age groups.

For more, call 255-2267.

Black History 5K

Fort Rucker will host the annual Black History Month 5K and 1-Mile Fun Run from 9-11 a.m. Feb. 2. Registration on the day of the event will take place from 7:30-8:30 a.m. at Fortenberry-Colton Physical Fitness Facility. 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 is completed. Each fun run participant will receive a medal. Registration for the 5K is \$12 without a shirt, \$20 with a shirt before Jan. 26, \$25 with a shirt after Jan. 26 and \$100 for a team of eight. The event is open to the public.

For more, call 255-2296.

Mardi Gras Carnival at Rucker

Rucker Lanes hosts its Mardi Gras Carnival-themed bowling night Feb. 9 from 9 p.m. to midnight. Each lane of bowlers will receive one 16-inch pizza with one topping, a pitcher of fountain beverage, a bowl of tortillas and salsa, unlimited bowling and shoe rentals. There will also be giveaways throughout the night. Cost is

\$45 for a lane of up to six people. Reservations are required.

For more, call 255-9503.

Sweetheart Bowl

Rucker Lanes will host its Sweetheart Bowl Feb. 14 from 9 a.m. to 10 p.m. Specials include buy one, get one free bowling and snack bar items (dine in only).

For more, call 255-9503.

President's Weekend Skins

Silver Wings Golf Course will host its President's Weekend Skins Game Feb 16. Tee times will be from 7-9 a.m.

For more, call 598-2449.

ATV Trail Ride

Outdoor recreation will host its All-Terrain Vehicle Trail Ride Feb. 23 from 7 a.m. to 1 p.m. Cost is \$20. Pre-registration is required. The event is open to ages 16 and older. Patrons must provide their own ATV and protective gear. Protective gear must be worn at all times. For more, call 255-4305.

Riding Stables rules

Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

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