

NOW OPEN
New healthy option
at food court



LIBRARY
Center Library offers
free services and
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PERFECT STORM
Fort Rucker rugby
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ARMY FLYER

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

VOL. 63 ■ NO. 4

FORT RUCKER ★ ALABAMA

JANUARY 31, 2013

Conference looks to future of Army Aviation

By Nathan Pfau
Army Flier Staff Writer

Senior leaders from across Army Aviation came to Fort Rucker to talk about the future of Army Aviation and the changes it will bring.

The Aviation Senior Leaders Conference kicked off this year Tuesday at the Seneff Building and ran through today. The main themes of the conference were transition and change, according to Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command.

“My major message to you and what you’ve really got to think about is the transition that we are making from an Army of execution, or an Army at war, to an Army of preparation,” said Cone, “and how we adjust our investment portfolio to ensure that we are prepared for the future.”

The shift from going to an Army of preparation will not be easy, but is a necessary change that the Army needs in the current “resource-constrained environment,” he said.

“We very clearly need to balance both long-term readiness, the future of the force and leaders, and our near-term readiness,” said the general. “We cannot walk away from near-term readiness, that is what makes us a credible force.”

Cone outlined some steps that the Army is going to take in order to meet its goals and spoke about where funds are needed the most, and the focus was on training and leadership.

“If I have one message that comes across here, it’s that your



PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, speaks to an audience of Aviators about the future of Army Aviation during a conference at the Seneff Building Tuesday.

legacy as a leader is not on the missions that you fly or the many accomplishments that you’ve had, but it’s the people who are behind you,” said Cone. “We’ve got to invest enough money in your current regiments, but at the same time we cannot walk away from Army institutions; institutions like this very school and center that builds Aviators, not for today, but for tomorrow – for the long term.

“This is about thinking about

things like modernization, and developing leaders who are balanced and better at the tactical task at hand,” he continued. “The Army’s purpose is to make sure that the next guy out the door is ready to go.”

Along with investing in leadership, Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, spoke to the audience about changes within Army Aviation that need to be

made in sustainment.

“Sustainment is something that is looming large and one of the main issues is sustaining our fleet,” he said. “We need good stewardship of our taxpayer dollars and we’ve absolutely got to look at the way we’re doing business.

“We’ve got to build that into our future platforms,” he said. “What are we doing with our flying hour dollars and what are we spending our flying hours on?

This is something that we need to get our arms around.”

Because of the transition from an Army of war to an Army of preparation, Mangum said it’s now Fort Rucker’s responsibility to find out just how much Army Aviation the Army needs, and the difficulty is finding the “sweet spot.”

He also spoke about current systems that the Army is using

SEE FUTURE, PAGE A5

Tax center offers free services on post

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Tax Assistance Center opened Friday to provide free services as tax season gets into full swing.

The tax center, located in Bldg. 5700 in Rm. 371F, serves active-duty military, retirees and military Family members for basic tax preparation, and people should take advantage of this free service if they can, according to Tod Clayton, tax coordinator at the center.

“We [tax center staff members] 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 and we work hand-in-hand with the [Internal Revenue Service].”

The center is open, but is by appointment only. People can call and set up a time between 9 a.m. and 4 p.m. weekdays to get their taxes done between now and April 15. The center is able to prepare state returns for free and 1040EZ, 1048 and “just 1040s.”

The tax coordinator said that the earlier people file, the earlier they can get their return.

“It takes about 10 days and people will receive their refunds,” he said.

The center accountants and volunteers see about 25-30 people a day, according to Clayton, but he reminds people that they are limited to what they can do.

“We don’t do businesses and we don’t do more than one rental property,” he said. “So those with complicated tax returns, such as ones with many in-

SEE FREE, PAGE A5



PHOTO BY SARA E. MARTIN

Tod Clayton, tax coordinator, Col. Stuart J. McRae, Fort Rucker garrison commander, Lt. Col. Patrick L. Gary, staff judge advocate, and Justin O. Mitchell, deputy garrison commander, officially open the tax assistance center in Bldg. 5700 during a ribbon cutting ceremony Friday.

Socials educate foreign Soldiers on American culture



PHOTO BY SARA E. MARTIN

Mike Walton, Wiregrass commandant of the Marine Corps League and Toys for Tots local coordinator, Derold Boyett (middle right), Wiregrass Jr. vice commandant of the Marine Corps League, and Joseph R. Fernandez (right), IMSO field studies program manager, present the Commandants Award to German Army liaison Sgt. Maj. Mohamed Boulhoul (middle left) at Divots during a IMSO social Jan. 24.

By Sara E. Martin
Army Flier Staff Writer

There are a large number of foreign students that come through Fort Rucker every year, and one way the U.S. Army educates them on American culture is by hosting events that bring the soldiers together.

The bi-monthly social, held Jan. 24 at Divots, is one such event that the International Military Student Office hosts to inform students, and provide a meet and greet so students can interact in an informal environment, according to Joseph R. Fernandez, IMSO field studies program manager.

“We hold them so the students can meet each other. They mingle in a

social manner instead of their usual military manner. We teach them about American culture, customs and institutions, so getting them out to actually see what American life is like really lets them learn and understand,” he said.

The socials are also where awards are given out and the office welcomes new students and staff.

“Students can interact with the IMSO staff as well as other students and their instructors. We want them to experience an American social gathering instead of the typical business-like atmosphere that they usually operate in,” continued Fernandez.

The latest social had special guests in attendance in the form of Toys for

Tots representatives. The awards ceremony from the Marine Corps League was in recognition for the support that IMSO provided to the Toys for Tots campaign in the Wiregrass Area. The officials were there to present several awards to Soldiers for their dedication and participation.

But one special award was given to German Army liaison Sgt. Maj. Mohamed Boulhoul. He was recognized for his outstanding participation in the Christmas campaign by receiving the Commandant Award and was also made an associate member of the Marine Corps League, which was a surprise to the sergeant major.

SEE CULTURE, PAGE A5

PERSPECTIVE

Travel stress-free with pets

By Navy Lt. Theresa Donnelly
U.S. Pacific Command

(Department of Defense Family Matters' guest blogger Navy Lt. Theresa Donnelly, of U.S. Pacific Command, is the owner of Hawaii Military Pets, a one-stop resource on Hawaii military pet information. She's offered to share her pet-related knowledge in a series of blogs for Family Matters.)

Moves can be tough on military Families, especially if a spouse is deployed. It's hard enough to get the humans in the Family ready for a big move, let alone a Family pet.

"Growing up as an Army 'brat,' I moved every three years from state to state and to Europe and back twice," Kari Mendoza, owner of Island Pet Movers in Hawaii, told me. "We always had pets and our parents taught us that pets are part of the Family."

"I served four years in the Navy," she added, "and I can tell you it was hard to find an apartment off-base that would allow me to take my cat, but giving him up was never an option."

Fortunately, many resources are available to ensure your pet stays with your military Family and isn't surrendered to a shelter, or given away.

A first step is to go online and research the pet policies at your next duty station. A quick call to your sponsor, Family-service center or veterinarian at the next installation can help you better understand pet policies in housing, animal laws in that state or country, pet-friendly hotels and any transport requirements.

For example, many states and countries are considered "rabies-free," so you may have to start the process of preparing to ship your Family pet several months in advance.

Now that you have fully researched information such as



PHOTO BY GRAHAM SNODGRASS

applicable breed bans and base pet policies, consider calling local airlines to see if there are flight restrictions for your pet, including months when your pet is restricted from flight. For example, some dogs have respiratory issues due to the structure of their face, making breathing at sea-level difficult.

Because of these restrictions, many airlines impose a "pet embargo" on certain dog breeds between May 15 and Sept. 15, which means you will have to ship your pet outside of this time frame. A visit to the airline's pet transport Web page should give you information such as cabin temperature, weight requirements, approved airline crates, and what stickers and labels should be on the carrier.

Since all pets are transported for hours, or even more than

a day, in a crate, it's a must that all military pets are crate trained. It can take months to get an animal adjusted to the crate environment, and will be the best way to ensure the animal doesn't get stressed in transport.

Air Mobility Command offers space-available flight, commonly known as Space-A travel, for pets, but you may only take two pets (or up to three if they fit the cabin size restrictions) and a 14-day travel window is required. Space-A is a service that allows military members, their Families and service retirees fill seats on military air transport flights that otherwise would be left empty. Some duty stations don't fly commercial airliners, so you can only book these flights to a destination that has these capabilities.

This checklist has all the detailed requirements: <http://www.amc.af.mil/shared/media/document/AFD-120103-003.pdf>.

Are your certificates in order? Two are provided by military veterinarians. The first is a veterinary health certificate, DD 2209, which must be issued within 10 days of your departure. It's advisable to schedule the pet's flights a few days before yours so that if there is a last-minute issue, you are there to take the animal back.

The second documentation is a rabies vaccination certificate, DD 2208. The rabies certificate is issued at least 30 days prior to your departure, but in some states it can't be more than a year old. It's best to research the policies in the state or country to ensure the required documentation is in

order.

When you reach your destination, or if your pet must be quarantined, you may be able to get some money reimbursed. Check with your personnel office to find out more about this opportunity. Finally, check with your tax-filing office to see if some of your pet-moving expenses can be written off when filing income taxes.

For more detailed information, visit Military OneSource. They have numerous checklists and samples of a military pet care plan. Another great resource is your military legal office, where you can include the Family pet in your will and power-of-attorney forms.

As with any other member of your Family, it's best to always be prepared for the unexpected when caring for your pet — a lifetime commitment.

Rotor Wash

“ Saturday is Groundhog Day. Would you prefer more or less cold weather? ”



Capt. Steve Young,
D Co., 1st Bn., 13th
Avn. Regt.

"I like the warmer weather because there [are] more things to do. So I am going to say less."



Maj. El Habib Selmani,
D Co., 1st Bn., 13th
Avn. Regt.

"It is in my nature because I am from Morocco and the weather is quite warm there. So I like warmer weather."



Staff Sgt. Francisco
Alvarez, B Co., 1st Bn.,
212th Avn. Regt.

"I come from Bogota so it is cold there all year long because it is so high above sea level, so I like the warm weather. The warm weather here is really nice. The warmer the better."



1st Lt. Turki Alshehri,
D Co., 1st Bn.,
13th Avn. Regt.

"I prefer the colder weather because I come from the southwest part of Saudi Arabia and it is usually pretty cold. So I prefer more cold weather."



Capt. Marcus Preuss,
A Co., 1st Bn., 145th
Avn. Regt.

"I am happy for both. I like the cold weather and I like warmer weather. I am happy with either."

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

A fond farewell

Col. Donald N. Galli, former U.S. Army Aviation Center of Excellence chief of staff, stands with his wife, Patti, as he receives the Order of Saint Michael-Silver, from Maj. Gen. Kevin W. Mangum, Fort Rucker and USAACE commanding general, during a farewell awards ceremony to honor the outgoing chief of staff at the Headquarters building Friday. Galli's next duty station will be at Carlisle Barracks, Pa.



PHOTO BY NATHAN PFAU

New healthy option at food court

By Sara E. Martin
Army Flier Staff Writer

There is a variety of choices when it comes to choosing where to eat in the Army and Air Force Exchange Service food court, and a new option in Subway offers a healthy choice for patrons.

AAFES values the importance of wellness and understanding that a large part of the military's focus is on a fit mind and body to ensure top performance, the post exchange decided to provide a restaurant that expands healthy eating options, according to Susie Antonello, visual merchandiser at Fort Rucker AAFES.

"Subway's popular 'Fresh Fit' menu provides eight sandwiches with less than six grams of fat, baked chips and a diet beverage proving to be a great 'fit' to our initiatives of serving our military Families' minds and bodies," she said. "By adding Subway to the main exchange food court, the exchange's healthy options are the perfect supplement for both conditioning efforts."

Subway held its soft opening Friday and is open Mondays-Fridays from 7 a.m. to 7 p.m., Saturdays from 8 a.m. to 7 p.m. and Sundays from 9 a.m. to 6 p.m.

One of the first Soldiers to eat at the establishment, 2nd Lt. Keegan Wisehart, D Company, 1st Battalion, 145th Aviation Regiment, was happy about the new choice.

"I have been here since August and I am so happy that there is



PHOTO BY SARA E. MARTIN

Second Lt. Kevin Bubolz and 2nd Lt. Keegan Wisehart of D Company, 1st Battalion, 145th Aviation Regiment, stop in for breakfast at Subway on its soft opening Friday. Subway's hours are Mondays-Fridays from 7 a.m. to 7 p.m., Saturdays from 8 a.m. to 7 p.m. and Sundays from 9 a.m. to 6 p.m.

now a Subway on post. It is hard to eat healthy when you are busy, so it is really nice to have this option at a convenient location," he said. "I like having this choice compared to some of the greasier options that we have around the area. Between classes, I know Soldiers will be up here eating."

Beyond lightening the strain on the wallet, the exchange is also looking out for military Families' "bottom lines" with healthy eating options.

"A strong mind and body are important to military members

and their Families and the exchange is active in promoting the health and wellbeing of the Fort Rucker community with its 'Operation Be Fit' programs and sustainability," she said. "Subway [plays] active roles in communities. Its focus on helping outreach organizations promote healthy eating and its commitment to the environment [also attracted us to bring them in]."

Subway leads its field in green initiatives, said Antonello, with its recycling program.

"Salad bowls are made from 95

percent recycled materials; keeping 2.62 million pounds of plastic from hitting landfills, which represents about 500,000 gallons of petroleum needed to make the plastic bowls and lids," she said.

The new partnership between the exchange and Subway reflects the commitment of both organizations to lead and promote culture of excellence standards— by eating healthy and living healthy.

Second Lt. Kevin Bubolz, D Company, 1st Battalion, 145th Aviation Regiment, said he was

excited to have the option to eat healthy at Subway because it will save him time.

"It is nice to have Subway here. It's way more convenient than to drive off post and fight the traffic [during] lunch," he said.

And there is an added benefit for using the post food facilities by way of the exchange giving back to the Soldiers and their Families.

"A portion of the proceeds goes back to the post community in the form of Directorate of Family, Morale, Welfare and Recreation dividends," said Antonello.

The doors to all AAFES' fast food and convenience stores are open to anyone, according to DOD policy.

"DOD policy allows all federal government employees and installation visitors to dine at exchange restaurants as long as their orders are consumed on the installation," said Antonello.

"Furthermore, anyone can purchase single-serve consumables from an Express Store, an option that is especially valuable late at night or early in the morning, considering the mini mall express," she added.

Food court restaurants have a wide array of nutritional facts available for diners to review to ensure they're making healthy choices. Other food court options are Popeye's, Anthony's Pizza and Charley's Grilled Subs.

The grand opening and ribbon cutting for Subway is set for March 1 at 10 a.m.

News Briefs

African-American History kickoff

The main exchange, in conjunction with the Fort Rucker Equal Opportunity Office, will host the post-wide African-American History Month kick-off event Friday from 11:30 a.m. to 1:30 p.m. at the main exchange mall area.

The kickoff event will consist of performances, art vendors and complimentary food tastings. The New Jerusalem Church of Christ of Enterprise will provide performances including chorale singing, praise dancing and several soloist performances. Their choir will perform an array of selections ranging in style from spirituals to contemporary gospel.

In addition, retired Air Force Col. William Saunders, an inspirational speaker and author will be present at the event to speak about his book, "Are You Stuck in Traffic?"

National Prayer Breakfast

The Fort Rucker National Prayer Breakfast will take place Feb. 13 at 6:30 a.m. at The Landing in the main dining room. Attendees will gather to pray for the good of the nation, the Army and Army Aviation. The featured speaker will be retired Chaplain (Col.) Sonny Moore. Tickets are available through unit representatives or chaplains. The suggested donation for the event is \$4 for E-6/GS-6 and below, and \$7 for E-7/GS-7 and above.

For more, call 255-2012.

SOAR briefings

The 160th Special Operations Aviation Regiment Recruiting Team will conduct unit briefs March 5 and 6 from at 11 a.m. and 3 p.m. in Bldg. 5700, Rm. 371A. The briefs will provide information on the 160th SOAR, including duty locations, aircraft available for assessment, unit-specific benefits, and the application and assessment process. There will also be an open forum for questions after the brief. Family members are encouraged to attend.

For more information on the briefs or the 160th SOAR,

send an email to RECRUITERS@SOAR.army.mil or call (270) 889-8653 or (270) 798-0981.

Siren test

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

Retiree council meetings

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

AER scholarships

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

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

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 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.

Troops to Teachers seminar

The education center hosts a Troops to Teachers semi-

nar 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.tttga.net or call (404) 413-8199.

Team Red, White and Blue meets

People interested in supporting wounded veterans are invited to participate in the newly formed Wiregrass Chapter of Team Red, White & Blue. Everyone is invited to join the group that consists of veterans, wounded veterans, Family members, active-duty, Reserve and Guard members, and civilians.

The first meeting of the new local chapter will be held after the St. Patrick's Day 5K and 10K run March 16 on post.

Team Red, White & Blue is a national non-profit organization with a mission to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Jonathan Tullios, a 2002 West Point graduate and Army veteran, shares in the vision of Team Red, White & Blue and wants to transform the way America supports its wounded veterans when they return from active duty.

"We're looking at weekly running groups, bike rides, river outings and post-race gatherings. Our goal is to create a positive environment for veterans to meet each other as well as members of their local community," he said.

Team Red, White & Blue was initiated by a 2002 West Point graduate, Mike Erwin, in 2010. His goal was simple: Support exercise among vets. In recent studies, exercise has proven to be effective therapy for depression and anxiety, according to the organization.

For more on Team Red, White & Blue, visit <http://teamrwb.org/>.

Dempsey: Allowing women in combat strengthens joint force

By Cheryl Pellerin
American Forces Press Service

WASHINGTON — Rescinding the policy that has excluded women since 1994 from serving in direct ground combat positions will strengthen the military, the chairman of the Joint Chiefs of Staff said Jan. 24.

Army Gen. Martin E. Dempsey joined Defense Secretary Leon E. Panetta at a Pentagon news conference to announce the decision and to sign a joint memorandum that sets the process in motion.

“Today we are acting to expand the opportunities for women to serve in the United States armed forces and to better align our policies with the experiences we have had over the past decade of war,” Dempsey said. “Ultimately, we’re acting to strengthen the joint force.”

As part of the new policy, the services are reviewing about 53,000 positions now closed by unit but that will be open to women who meet standards developed for the positions.

According to senior defense officials, the services are also reviewing about 184,000 positions now closed by specialty but that will be open to women who meet the standards.

Gender-neutral occupational standards are specific requirements for anyone who wants to qualify for a specific job, an official explained. This is different from a physical fitness test, which is a general assessment of fitness that is normed for gender and age throughout the services.

If any of the services recommend that a specific position be closed to women, the secretary of defense must personally approve that recommendation, the official said. Panetta directed the military departments to submit detailed implementation plans by May 15 and to move ahead to integrate women into previously closed positions. The secretary directed the process to be complete by Jan. 1, 2016.

Women make up about 15 percent, or nearly 202,400, of the U.S. military’s 1.4 million active-duty personnel. Over the past decade, more than 280,000 women have deployed in support of operations in Iraq and Afghanistan, and 152 of them have died.

Many women in uniform, Dempsey said, already have served in combat, recalling his arrival in Baghdad as commander of the 1st Armored Division in 2003. During his first foray out of the forward operating base, he said, he hopped into an up-armored Humvee.

“I asked the driver who he was [and] where he was from,” Dempsey recalled, “then I slapped the turret gunner around the leg and said, ‘Who are you?’ She leaned down and said, ‘I’m Amanda.’”

The female turret-gunner was protecting her division commander, the chairman said, “and it’s from that point on that I realized something had changed and it was time



PHOTO BY GLENN FAWCETT

Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, shake hands after signing a memo to lift the ban on women from serving in military combat roles as they address reporters at the Pentagon Jan. 24.

to do something about it.”

The Joint Chiefs share common cause on the need to start the process of integrating women into combat-related jobs that have been closed to them, and to do it right, Dempsey said.

“We’re committed to a purposeful and a principled approach,” he said, adding that the Joint Chiefs developed a set of guiding principles for successfully integrating women into previously restricted occupational fields.

The department and the services will extend opportunities to women in a way that maintains readiness, morale and unit cohesion and preserves warfighting capability, Dempsey said, to uphold the nation’s trust and confidence.

“We’ll also integrate women in a way that enhances opportunity for everyone. This means setting clear standards of performance for all occupations based on what it actually takes to do the job,” the chairman explained.

“It also means ensuring that these standards are gender-neutral in occupations that will open to women,” he added.

The services and U.S. Special Operations Command will begin expanding the number of units and the number of women assigned to those units this year, the chairman said.

“They will continue to assess, develop and validate gender-neutral standards so we can start assigning personnel to previously closed occupations,” he added. “And they will take the time needed to do the work without compromising the principles I just mentioned.”

TRADOC commander promises fair standards

By David Vergun
Army News Service

WASHINGTON — Fairness will be important as officials develop their plan for opening more direct-combat jobs to women, the commander of the Army’s Training and Doctrine Command said Jan. 24.

Gen. Robert W. Cone spoke with reporters after Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, announced the Defense Department has rescinded an exclusion dating to 1994 that barred women from being assigned to combat positions below brigade level.

“Soldiers — both men and women — want fair and meaningful standards” to be developed for accepting women into previously restricted specialties, Cone said. “I think that fairness is very important in a values-based organization like our Army.”

The memo Panetta and Dempsey signed rescinding the policy does not spell out which military occupational specialties will be open to women. Rather, it directs the services to provide their implementation strategies to the Defense Department by May. Implementation will begin this year and be completed by the beginning of 2016, Panetta said at a news conference Jan. 24.

“This year we will begin to assign women to previously closed occupations using clear standards of performance in all occupational specialties,” Dempsey said at the news conference.

“The burden of proof used to be, ‘Why should a woman serve in a particular specialty?’” the chairman added. “Now, it’s, ‘Why shouldn’t a woman serve in a particular specialty?’”

As of September, 418 of the Army’s 438 MOSs were

open to women of all ranks, according to an Oct. 31 Army report titled: “Women in the Army.”

TRADOC already has been studying armies in other countries, such as Canada and Israel, where women successfully have been integrated into combat specialties. Army officials will consider knowledge, skills and attributes of Soldiers and get the best match in specialties now restricted, Cone said, such as infantry, armor, field artillery and engineers.

Physical requirements will be one of the important attributes, he added.

“Soldiers don’t want to see [that] degraded,” the general said.

Objective assessments and validation studies, many of which already are complete, will look at each

requirement by specialty, Cone told reporters. Tasks include such things as how much infantry Soldiers must be able to lift, how much they have to carry, and for what distance, Cone said. Once the validations are done, scientists will then develop specialty-specific physical fitness tests that will, in turn, be validated with field studies, he explained.

Besides physical ability, Cone said, Army officials will look at “traditional impediments” — the attitudes regarding the acceptance of women into previously male-only jobs.

“A lot of this is about leadership and the organizational climate,” he added.

The Army will take “proactive measures to mitigate resistance to women going into these specialties,” the

general said.

“We want the right environment for women,” he said.

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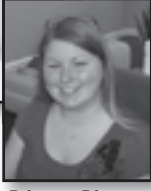
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Future: Mangum stresses Branch teamwork

Continued from Page A1

and the need to continue to use the systems Army Aviation has to push forward into the future rather than replacing them with entirely new systems.

“If we get better rotor technology, we can put that into our current fleet and our future fleet,” Mangum said.

“In the future role of Aviation, we will have the dilemma of balancing between sustaining current capabilities and the ability to move forward,” Cone added. “The [questions are], how many brigades, what can we afford

and how can we afford them?”

Other topics that were discussed throughout the week were manned and unmanned teaming, increased flight speed and range, increased payload and deployment capabilities, and commonality between the different military branches.

“Commonality would provide the ability to reduce the cost, standardization and component counts so that one component can fix any aircraft in the fleet,” said Mangum. Commonality of components between branches is essential because it would improve training benefits and op-

erational effectiveness, and global standardization would reduce development costs for multiple models of aircraft.

Mangum closed his opening remarks by asking all in attendance to collaborate with Fort Rucker to move the Aviation Branch into the future.

“We are in the process of updating our doctrine, so don’t let that doctrine be written [only] here,” he said. “You guys need to help – challenge us – we exist to support you and you exist to be relentlessly focused and dedicated to honoring that sacred trust to commanders and Soldiers on the ground.”

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

Continued from Page A1

vestments or stocks, go beyond the scope of what the center can provide.”

There are 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; 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.

Col. Stuart J. McRae, Fort Rucker garrison commander, spoke at the opening ceremony.

“They say the only two constants in life are death and taxes,” he said. “Over 1,800 taxes were performed at the facility last year [and in] the last year alone the money that was saved in tax preparations was [more than] an accumulative amount of \$300,000.”

A typical tax return costs anywhere from \$70 to \$150, according to Clayton, “so we are saving Families a lot of money.”

Spc. William Granger, 46th Engineering Battalion, appreciated the opportunity to get his taxes done on post and was first

in line Friday.

“It is so much better than having to pay someone to file for me and it’s great having this location on post. Anything I can do to save some money helps, and I am sure a lot of others feel the same way,” he said.

Clayton said that people should also go ahead and start preparing for next year’s 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 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.

But, 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 necessary certifications.

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

Culture: Event helps foreign soldiers meet new faces

Continued from Page A1

“When I received the award, I was almost embarrassed because I just wanted to help out. It was a pleasure to help, but it is nice to be recognized for hard work, especially from the Marine Corps, being a foreigner,” said Bouhloui.

Bouhloui went out to the post exchange when the program collected toys, in his dress uniform, to help gather the toys and was there all day, according to Mike Walton, commandant of the Marine Corps League and Toys for Tots local coordinator.

“Then he came to the distribution and helped organize things and even helped people to their

cars. He went over and beyond the call of duty,” he said. “Thanks to his and the other Soldiers’ help, we were able to gift toys to 2,166 children in the local area.”

As a foreigner, Bouhloui said, to participate in something in the local area to feel like he belonged was priceless.

“People could tell I was different because of my uniform and my accent, and to be accepted by the citizens of the area was wonderful. It was very special for me.

“I am truly elated that the men of this organization considered me to receive such an honorary status. This award will enrich the relationship between our two countries. I am very proud to get

the award because it is the Marine Corps after all,” said Bouhloui.

The Commanders Award for Civilian Service was awarded during the night to Fernandez. He also earned the 2012 1st Battalion, 13th Aviation Regiment Civilian of the Year award for his selfless service.

“His dedication, mission focus and professionalism bring distinct credit upon him, the U.S. Army Aviation Center of Excellence, the United States Army and federal service,” said Staff Sgt. Kimberly Price, D Co., 1st Bn., 13th (IMSO) Avn. Regt. acting deputy chief.

Many of the students at the event for the first time were happy that they could mix and mingle

with each other to learn new things about even more cultures.

“It is good. It’s a great opportunity to get out and meet new people because otherwise I would not have met any of these guys. It’s a great opportunity,” said Capt. Steve Young, from Australia.

Staff Sgt. Francisco Alvarez, who hails from Columbia, not only agreed but said he has fallen in love with America.

“I love America. There are so many things to love like the amusement parks and the people. But the social is [great]. To learn more about other countries and people that are also studying here is precious. I can learn so much about their cultures, as well as

American culture.

“But my favorite thing I have experienced here so far is the freedom. Columbia can be dangerous, so I have to be careful where I go. But here, I can go anywhere and be safe,” he said.

For international soldiers whose Family and friends are thousands of miles away, Fernandez said that the social is an opportunity for them to casually meet new people that they may not have had the chance to because of their training schedule.

“They get to meet and see a lot of new faces instead of only meeting the people that are in [their] class where it is going to be a professional relationship from the get-go,” he said.

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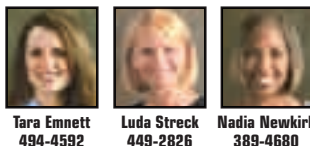
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252 Keirns: Come & see this nice & ready-to-move-in, one level ranch. Very convenient to Ft. Rucker; dead end street. Well established neighborhood. Fenced big yard & nice deck for BBQ and enjoy the outside. Big den/family room with fireplace to enjoy the inside. **Nancy Cafiero 389-1758** *Hablo Español*



NEW LISTING ~ \$82,400

2493 Reed Patch: Adorable cottage home on approx. 7 acres. Updated, date of remodel unknown. 2BRs w/ possible 3rd. Open floor plan w/ spacious LR/DR, loads of cabinetry in kitchen, large laundry room. Huge shop building/garage. Roll up door front & side entry, wired. This is a Fannie Mae HomePath property. Purchase this property for as little as 3% down. Property approved for HomePath Renovation Mortgage Financing. **Gina Swan 447-9451** *Date of Foreclosure: 12/11/2012*



NEW LISTING ~ \$79,900

576 Russell: Spacious 3BR/2BA, open floor plan for living area, lots of kitchen cabinets, large laundry room with storage cabinets, washer, dryer, upright freezer & big screen TV to remain with property, sunroom off of dining room used as office not include with sq. ft. This property has a lot of extras to offer on this approx. 1 acre, a workshop with 2 AC units (no heat), cookhouse with screen porch for pool and 300 sq. ft. extra building to use as craft/office fully insulated with a wall heat/cool unit. Has ramp for loading. **Mildred Owens 464-2121**



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3520 Rucker: Extra-large level lot in Enterprise with large inground pool. You must see this all brick 3BR/2BA with 2-car garage. Ready to move in. **John Sizemore 389-1450**



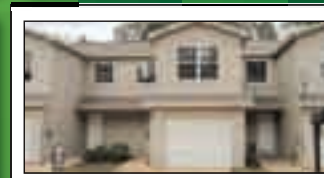
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3381 Rocky Head: 12+ acres, country living within the city limits - salt water pool - 40 x 20 barn with 3 roll up doors & full bathroom. Over 3000± sq. ft. with 4BR/3.5BA. **TEXT Terri 406-2072** or Jackie Thompson 406-1231



NEW LISTING ~ \$143,000

703 Alberta: Convenient to Hillcrest School & hospital. 3BR/2BA brick home with large detached storage building. **Jackie Thompson 406-1231** or **TEXT Terri 406-2072**



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443 Sandy Oak: Like new town home on cul-de-sac. Large MBR with walk in closet & BA. Stainless appliances in kitchen, washer/dryer included. Private back yard with fence & landscaping. **Evelyn Hitch 406-3436**



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POOL ~ \$182,000



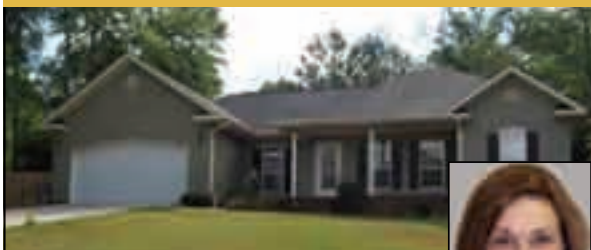
113 PALISADES: Tasteful 3BR/2BA. You will love the open floor plan. Pool & patio will help you enjoy free time with family & friends. Great curb appeal & convenient to Fort Rucker. **NICOLE ANNICELLI 464-0782**

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104 CAMBRIDGE: Really well maintained 3/2 close to everything: schools, churches, hospital, shopping, golf. Updated kitchen & appliances, new flooring, privacy fence, & a screened-in room added in 2009. New roof & vinyl siding in 2004, new A/C in 2009. Come see this pretty & functional home with its inviting & relaxing screened-in room. What a great place to enjoy back yard fun with friends! **JAN SAWYER 406-2393**

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155 HICKORY TREE: Need a home office? Then come see this wonderful 3BR/2BA home conveniently located only minutes from Fort Rucker. An open floor plan, split bedrooms, fenced yard, covered patio, laundry room are a few of the must see features. **MARY JONES 790-2933**

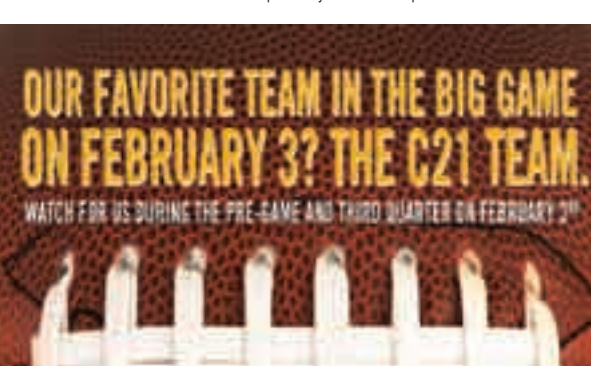


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209 YELLOWLEAF: Wonderful large home, approx. 2150 sq. ft., large 2-story barn with electricity & HVAC & big enough for 2 cars. 4BR/2BA, 4th BR could be in-law/teen suite. Living room with built-ins, extra-large laundry room, downstairs den with fireplace. Priced below market value. Excellent condition. P&I \$600.58 @ 3.25%. **DEBBIE SUNBROCK 406-9079**

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1621 DAMASCUS: Nestled in the cedar trees, garden area, grapevine, pecan tree, inside city limits. **EVELYN HITCH 406-3436**

HUNTER RIDGE ~ \$286,500



58 CR 171: Beautiful home in Hunter Ridge. Hardwood floors throughout, custom cabinets, granite counter tops, stainless appliances, pretty custom trim package & custom built mantle. Claw foot tub & tiled shower in master bathroom. Custom cabinets & sink in laundry room, huge lot (1.05±) with mature hardwood trees, plenty of room for a pool. **FRAN CLAYTON KALTENBAUGH 790-5973**



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JANUARY 31, 2013

Maneuver Center key player in collaboration

By Caroline Keyser
Army News Service

FORT BENNING, Ga. — The Maneuver Center of Excellence is playing a key role in one of the Army's largest internal collaboration efforts.

Since early November 2012, leaders from the Maneuver Center of Excellence and the Aviation, Fires, Intelligence and Maneuver Support centers of excellence have been working together to create and implement methods of collaborating on training, doctrine and ideas.

"This effort is important because you never fight as just one branch," said Lt. Col. Kevin Parker, executive officer of the MCoE's training and operations division. "I'm an Armor guy and in any field problem or deployment situation, it's never just Armor. You have Aviation, Fires, other elements all working together."

The collaboration effort began with a meeting Nov. 7 at Fort Rucker, Ala.,



U.S. ARMY PHOTO

Soldiers engage in a combined-arms live fire with air and ground elements. The combined arms effort has been supported recently through collaboration among multiple centers of excellence.

home of the U.S. Army Aviation Center of Excellence, in which centers of excellence leaders outlined preliminary ideas. Two more meetings followed in November and December to refine objectives and scheduling, and most recently, leaders presented concrete objectives at a Fort

Benning meeting Jan. 7.

The collaboration effort will follow five lines of effort: expanding cross-center of excellence course integration, talent management, ensuring doctrinal consistency, refining warfighting challenges and simulations.

One of the focus areas will be the captain career courses, particularly the Maneuver Captains Career Course, which is held at Fort Benning. The course trains mainly Infantry and Armor captains and promotable first lieutenants in battle staff leadership and combined arms command.

"The MCCC is one of the premier courses in the Army for developing our future leaders," said Lt. Col. Kevin Capra, deputy director of training. "With so many things happening at the company level, captains really are at the tip of the spear."

One of the efforts of the cross-CoE collaboration has already been incorporated into the course. When a MCCC student interacts with aircraft or fires in virtual training simulations, captain career course students at the Fires and Aviation centers of excellence control those elements.

SEE COLLABORATION, PAGE B4



PHOTO BY SGT. MICHAEL BLALACK

Soldiers from 1st Bn., 5th Inf. Regt., 1st SBCT, 25th Inf. Div., teamed up with the 1st Bn., 52nd Avn. Regt., to conduct medical evacuation training at Fort Wainwright, Alaska, Jan. 15.

Wolves, Dragons team up for training

By Sgt. Michael Blalack
125 SBCT Public Affairs

FORT WAINWRIGHT, Alaska — Soldiers from the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, teamed up with the 1st Battalion, 52nd Aviation Regiment, to conduct air medical evacuation training at Fort Wainwright Alaska's Combined Arms Collective Training Facility, Jan. 14-16.

About 120 Soldiers from the 1st Bn., 5th Inf. Regt., were trained on medevac procedures and received hands-on experience with the help of pilots from the 1st Bn., 52nd Avn. Regt.

Assistant operations officer for the 1st Bn., 5th Inf. Regt., 2nd Lt. Christopher Dubois, coordinated and oversaw the training.

"There was the classroom portion where the Soldiers practiced sending up a nine-line medevac request, packag-

ing the casualty and loading procedures," he said.

After rehearsing in the classroom the students went outside and put their newly acquired skills to work loading a medical-grade training dummy onto the medevac helicopters.

"This is some great training," Sgt. Ramondo Walker, a team leader in B Company, 1st Bn., 5th Inf. Regt. said. "A lot of these guys have never done this before and getting the experience, especially in the arctic conditions we're practicing in, is a great opportunity."

"This will prepare these Soldiers for the possibility that they'll do this in combat," 1st Lt. Bryce Roman, a section leader in 1-52nd Aviation Regiment said. "They will have already worked with Aviation and understand how the process works, why things work, and why they're done the way they're done."

The training was as valuable for the pilots of the 1st Bn., 52nd Avn. Regt. as it was for the Soldiers of the 1st Bn., 5th

Inf. Regt., according to Roman.

"We get to practice getting the call," he said. "I've never done this before, so I get the practice of experiencing the operation from the pilot's perspective. It's important that we all get this procedure down before it's a life or death situation."

"This is a good refresher of the basic procedures for those of us who have done this before and essential training for the newer Soldiers," Walker said.

Ultimately, it will be the medics and their patients who benefit most from every Soldier available being experienced in the medevac process, according to Spc. Lucas Weaver, senior evacuation medic for A Company, 1st Bn., 5th Inf. Regt.

"Getting these guys proficient in the operation of a casualty evacuation and understanding how it works will really help us out," he said. "When they can take over and handle the other tasks it lets us focus on treating the patient."

Raiders enter 'the wild blue' with UAS training

By Pfc. Andrew Ingram
1st BCT PAO, 4th ID

FORT CARSON, Colo. — Unmanned aircraft systems soared through the sky under the control of 16 "Raider" Brigade Soldiers during QR-11 Raven Unmanned Aircraft Systems training on Fort Carson Jan. 7-18.

During the two-week training certification course, Soldiers from 1st Brigade Combat Team, 4th Infantry Division, in a variety of career fields, learned how to launch, maneuver and land the small, unmanned aircraft in a variety of situations, including aerial security during movement operations, terrain reconnaissance and target acquisition during night operations.

"The benefit of this training can't be overstated," said 2nd Lt. Theresa Ross, intelligence officer, Headquarters and Headquarters Company, 4th Brigade

Support Battalion, 1st BCT. "The Raven is small, lightweight and portable. We use it for everything from site reconnaissance to target acquisition, so having several Soldiers trained and qualified to operate it is a huge combat multiplier."

The hands-on approach to the training helped the Raiders get a feel for the tactical importance of the unmanned aircraft system, as well as a solid understanding of its capabilities and limitations, said Ross.

"Not a whole lot of intelligence officers get the chance to learn about this hardware first hand," she said. "Because I have first-hand knowledge of the Raven, I will have reasonable expectations of what we can accomplish with it during a combat deployment."

The Raven is designed for quick assembly and deployment at the lowest levels of the military structure. Weigh-

ing only four pounds and operated by remote control, the Raven can gather video or photographic intelligence, or direct forces to a target using an infrared laser.

Having Soldiers from both combat arms and support career fields participating in the training ensures that no matter what the situation, U.S. forces can always get an "eye in the sky," said Steve Rocovitch, small UAS instructor, Rally Point Management.

"The Raven is a great asset to the military, but only if it is used properly," Rocovitch said. "I have confidence that these Soldiers can take what we've practiced these past two weeks and implement them in a complex deployed environment."

While one Soldier flew the Raven via remote control, others viewed the



PHOTO BY SPC. ANDREW INGRAM

Second Lt. Theresa Ross, intelligence officer, HHC, 4th BSB, 1st BCT, 4th Inf. Div., launches a QR-11 Raven UAS during a two-week training course at the Fort Carson (Colo.) Training Area, Jan. 17.

SEE RAIDERS, PAGE B4

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Job Requirements

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OPELIKA-AUBURN NEWS

Collaboration: Meetings set to take place quarterly

Continued from Page B1

Additionally, as a result of the collaboration meetings, small group instructors from outside the maneuver military occupational specialties will be incorporated into the MCCC. Currently, all of the course’s small group instructors are from Infantry, Armor or Special Forces. By fiscal year 2015, collaboration leaders plan to have permanent instructor slots for three captains each from the Aviation, Field Artillery, and Engineer branches to instruct in the MCCC. The first two Engineer instructors have already arrived. The Field Artillery Captains Career Course will also receive two instructors each from the Armor and Infantry branches by fiscal year 2015. “Our doctrine before the wars in Iraq and Afghanistan focused more on combined arms, and bringing in instructors from combined arms is part of getting back to those core competencies,” Capra said. “This will help us develop our future leaders because if you only get one

point of view, do you really appreciate what Aviation or artillery can do on the battlefield? This way, you’re not just getting a maneuver guy’s opinion on it.” Ranger School and the Army Reconnaissance Course will also see changes as a result of the centers of excellence collaboration. Beginning in March, initial entry rotary wing pilots, or those who are learning to pilot specific types of helicopters, will come to Fort Benning from Fort Rucker to train with students in those two courses. When training exercises in Ranger School and Army Reconnaissance Course call for air support, the students will receive it from the Fort Rucker pilots. Processes relating to doctrine writing will also be streamlined thanks to the collaboration. The Maneuver Center of Excellence is responsible for 32 doctrinal manuals, all of which pertain to combined arms. While the MCoE’s doctrine developers have already been collaborating with other centers of excellence as a matter of routine, they will now meet quarterly through

video teleconference rather than on an as-needed basis. The regularly scheduled meetings will also allow for more commander involvement. “Being able to get more leaders involved will help expedite our processes,” said Col. David Beachman, chief of the doctrine and collective training division. Formalizing the meeting timeline will help cement the working relationships between doctrinal developers at different centers of excellence and ensure they become enduring, said Curtis Archuleta, deputy chief of doctrine and collective training. The MCoE’s doctrine developers have also been tasked with creating a doctrinal definition of air-ground integration, a term that pertains to the synchronization, planning and use of ground and air maneuver and fires. Currently, no formal definition for the term exists. Collaboration meetings between the centers of excellence leaders are set to take place quarterly. “This will help keep the momentum going until it becomes institutionalized,” Parker said.

Raiders: Soldiers will continue to train in preparation for future missions

Continued from Page B1

UAS’s flight on a laptop, implemented flight patterns and controlled its cameras and other tools.

“In addition to learning how to operate the Raven, I gained a better understanding of all the things going on in an operating environment,” said Pfc. Glen Default, infantryman, B Company, 1st Battalion,

22nd Infantry Regiment, 1st Brigade Combat Team. “When I fly, I have to be aware of everything going on in my airspace and know what is going on ground side to accomplish my mission. It’s a much bigger

picture than I have been exposed to.” The Raider Soldiers will continue to train in preparation for an upcoming deployment in support of U.S. Army Central Command.



PHOTO BY SPC. ANDREW INGRAM
Pvt. Mart Webber, Aviation operations specialist, Headquarters and Headquarters Company, 1st Brigade Combat Team, 4th Infantry Division, assembles a QR-11 Raven Unmanned Aircraft System during a two-week training course on Fort Carson Jan. 17. During the two-week certification course, 1st Brigade Combat Team, 4th Infantry Division soldiers from a variety of career fields learned how to launch, maneuver and land the small, unmanned aircraft in a variety of situations, including over-watch during movement operations terrain reconnaissance and target acquisition during night operations.

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Free community event	Saturday, February 9	10 a.m. – 2 p.m.	Wiregrass Commons Mall
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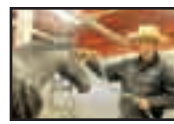


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JANUARY 31, 2013

DISCOVER THE MAGIC OF Reading

Center Library offers free services and programs

By Nathan Pfau
Army Flier Staff Writer

From e-books to music to download, to language learning software, the Center Library features a treasure trove of free resources to the community.

The Fort Rucker Center Library, located in Bldg. 212 on 5th Avenue, has a host of amenities offered to members of the community that have access to its resources, according to Jackie Chappell, reference librarian for the Center Library.

"Some of the services that people have access to are 19 public computers with Internet access and printing abilities, free Wi-Fi for customers who bring their own computers and [meeting rooms that can be reserved at no charge]," said Chappell.

Along with Web access, the library offers free e-books that are available for download to e-readers or other portable listening devices, said the librarian.

"The e-reader access is (one thing we offer here), and we want people to know that we have that feature available," said Ruth Villaverde, former reference librarian. "Some of the selections may require an Army Knowledge Online account in order to access, but once they have that set up, they can download directly to their [e-readers]."

If people don't have their AKO accounts set up, library staff members can aid in setting one up.

The e-books and more are offered through: Army Digital Media Library, which has e-books, e-audiobooks, videos and music; Ebsco Audio books, which offers fiction and non-fiction titles; History Reference Online, which provides access to over 6,000 encyclopedias, dictionaries, handbooks and guides, according to Chappell.



PHOTO BY NATHAN PFAU

Soldiers and civilians enjoy free access to the computers offered at the Center Library located on 5th Avenue. The library offers a host of service and resources, as well as programs that people can take part in throughout the year.

"In addition to our electronic and print resources, we also carry music CDs; DVDs for adults and children; and video games for Xbox, Xbox Kinect, Playstation 2 and 3, and Wii," she said.

People who utilize the library have access to many of the books and articles from the online catalog as well, which gives citations, and they also have access to Transparent Language Online, which is the Army's current contract for language learning.

"It's completely free," said the librarian. "The TLO is available once you make an account for it. You'll have access to it anytime you sit down at a computer that has Internet access."

The language-learning program can also be downloaded to smartphones or other handheld portable computing devices, according to Chappell. The program offers basic language courses in over 48 foreign languages and includes activities for developing pronunciation, grammar, writing, vocabulary and culture skills.

"I highly recommend people check it out if they are at all interested in learning a new language," added Villaverde.

The Center Library also offers free music downloads for library patrons that register for access to Freegal, the program that offers access to music from the Sony Music Catalog and several in-

dependent music producers, according to the librarian.

"People [that are registered to Freegal] can download up to three songs a week and it's theirs to keep," said Villaverde.

Along with the vast features the library provides, it's also an enormous resource for people to take advantage of, according to the librarian. For access to the e-resources people must be a registered library patron and have a unique email address with the library in order to register for an online account.

The library also has programs that people can take part in as recreational activities, such as: story times for young children

every Friday at 10:15 a.m., which includes a craft activity; summer reading program; monthly craft activity for children ages 3-11; and teen book club, which meets every other Thursday from 4-5 p.m., according to Chappell.

Chappell's main job as the reference librarian is to help people find what they need in the library, so if patrons need assistance, they can either walk in and ask or schedule an appointment.

The Center Library is open Mondays, 10 a.m. to 5 p.m.; Tuesdays-Thursdays, 9 a.m. to 7 p.m.; Fridays 9 a.m. to 5 p.m.; and Saturdays, noon to 5 p.m.

For more information, call 255-3885.

Fort Rucker school celebrates 100 days in session

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Primary School celebrated its 100th day in school Friday, and school officials and faculty members decided to make it a day of service and learning.

The students of FRPS participated in activities like providing food for local animal shelters and creating a rock museum. The events were designed to educate and promote a cooperative partnership among students, parents, community and staff, according to Yvette Esteves-Hurst, FRPS Spanish teacher.

"Our focus was on problem solving," said Esteves-Hurst. "[For the animal shelter project], the students decided how much food was going to be in each bag. This activity was centered on the students' learning, and their ability to reason and think mathematically."

When the students decided how much food would be divided between the parcels, the food was distributed into bags in amounts of 10, according to the Spanish teacher. This helped the students to learn to count by 10s, how to estimate measurement and weight, and how to read a bar graph.

"The students here at the primary school are learning and constructing knowledge as a result of meaningful and purposeful experiences," said Esteves-Hurst. "Our students were motivated to help the animal shelters of our community because we had full support from their parents and our staff."

The food collected was distributed to animal shelters in Enterprise, Ozark and Elba,



PHOTO BY NATHAN PFAU

Teachers and students at the Fort Rucker Primary School organize bags of donated pet food to be taken to local animal shelters during their 100th day in school celebration Friday.

and the students were able to collect 467 items.

"I was not expecting this much," she said. "We started this for the purpose of teaching the children how to count by 10s. Everything was done by children, including the decorations."

The project was not only a learning experience for the children, but also a chance for a little friendly competition amongst the students, according to Sara Dawkins, FRPS resource teacher.

"The children always like to have a little friendly competition to see who wins, so we decided to have a little contest by pods," said Dawkins. "Whoever brought in the

most food items or items for the Humane Society would get a treat, and the pre-K was the group that brought in the most."

Along with the mathematic and philanthropic lessons the children learned through the activity, the children had the opportunity to meet a special guest, Stacey Mixon, associate professor of physics at Troy University, who visited the students at the primary school to talk about rocks – something the children have been learning about for weeks, according to Regina Davis, FRPS first grade teacher.

"We [asked] Dr. Mixon to come in all the way from Troy University to talk with the students and help them identify some rocks

and bring some examples to show to the children," she said. "This is part of our science unit and we've been talking about the layers of the earth, and we like to do hands-on activities so that the children understand what they're learning."

"I just wanted to come and show the students the different categories of rocks that we've got here," added Mixon. "I wanted to show them examples of some of the rocks they would see in the areas around here, and it's important for them to see this because it's the environment they live in."

Throughout the presentation, Mixon showed the children different types of rocks ranging from igneous, sedimentary and metamorphic, and asked the children to identify each rock depending on their characteristics. They were able to see and feel the rocks to determine what kind of rocks they were.

"They can identify the different rocks and tell about their characteristics, so these skills carry over into other areas of the curriculum," said Davis. "Yes, this is science, but it carries over into reading, comparing and contrasting, and other forms of learning because they have to determine themselves what the rock is, and they seem to enjoy it."

The children weren't the only ones that seemed to enjoy the experience. Mixon expressed his gratitude and joy to be able to share his knowledge with the children.

"I always love talking to children. They are always so full of questions and have such great curiosity – it's just very energizing," he said. "It was a great experience for me."

ON POST

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

Financial Readiness Training

Army Community Service offers its Financial Readiness Training 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 Sunday. Game kick-off begins at 5:30 p.m. The party is open to the public for ages 18 and older.

For more, call 503-0396.

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.

EDGE! February activities

Child, youth and schools services hosts various activities as part of its EDGE! program in February. February activities include cooking, woodburning, sewing techniques and Steampunk lamps. EDGE! activities cost \$5 per hour and occur weekdays from 4–6 p.m.

For more, call 255-0666.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active-duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting 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.

Teen Book Club

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

For more, call 255-3885.

Valentine’s Day craft making

The Center Library hosts a



COURTESY PHOTO

Black History 5K

Fort Rucker will host the annual Black History Month 5K and 1-Mile Fun Run from 9–11 a.m. Saturday. 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, \$25 with a shirt and \$100 for a team of eight. The event is open to the public. For more, call 255-2296.

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.

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 being.

For more, call 255-2392.

Military Saves Week

The Military Saves Campaign kick-off week is scheduled for Feb. 25 through March 2. The 2013 theme is, “Set a Goal, Make a Plan, Save Automatically.”

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

AFTB Level I

Because being new to the Army can be confusing, Army Community Service offers Army Family Team Building Level I Feb. 26 and 27 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The class helps people gain the knowledge and tools they need to thrive in this Army life. Topics will include military acronyms, chain of command, customs and courtesies and more. Registration is required.

For more, call 255-2382.

DFMWR Spotlight

CYSS Baseball & Jump Roping

Registration February 1-28, 2013
Youth Sports Baseball Fields
and School Age Center



There will be a parent's meeting on
Wednesday, March 13th at 6:00 p.m.
School Age Services Gym, Bldg. 2806, 7th Ave.

Costs:

Jump Roping: \$25 per child (Ages 7-18)

Baseball: \$40 per child (Ages 5-15)

Baseball Season: April 11–June 10

Each additional child will be discounted.

The child (ren) must meet age requirements by Sept. 1, 2012. A CURRENT SPORTS PHYSICAL and a valid CYSS REGISTRATION are required for participation.

For more information or to register
please contact Parent Central Services,
Bldg. 5700, Rm. 130, 255-9638/2257.
www.ftruckerdmwr.com



Prescription sleeping pills pose morning-after risk for patients

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

The FDA recently released new guidance for the sleep medication Ambien, and other drugs containing zolpidem, after a report found people who take sleep aids are often still impaired the morning after.

Lyster Army Health Clinic is following the FDA's guidelines and will cut down doses for both men and women.

The requirement safely will cut the recommended dose in half, from 10 milligrams to five milligrams, which will help the body fully metabolize the drug and allow it to leave a person's system before they wake up.

Common side effects are dizziness, nausea and fatigue, which often carry over to the morning and interfere with tasks such as driving or handling machinery. Impairment from sleep drugs can be present despite feeling fully awake. Other side effects include abnormal thoughts or behavior, withdrawal symptoms and panic attacks.

"The medicine can also be addicting and is only suggested as a temporary solution to sleep problems because it affects cognitive and fine-motor skills," said Lt. Col. Sean Hollon-

beck, deputy commander for clinical services at Lyster.

Any sleep aid prescribed to a crew member immediately grounds them, he said, adding the list includes pilots, crew chiefs, students and even air traffic control personnel.

"If a prescription sleep pill is administered, it is done so under the direct supervision of the flight surgeon and the unit or flight commander," Hollonbeck said.

For those interested, the Aeromedical Policy Letter, specifically Pre-deployment Rest Agents and Mandatory Disqualifying Medications, explains medications that can ground a patient. The Lyster flight medicine team can clarify any questions.

"In my professional opinion, the use of Ambien has become excessive in our society and I do not feel it solves the problem of sleep disturbance; it just sedates them," Hollonbeck said.

Lyster will not refill prescription sleep aids, but instead will make an appointment for the patient to speak with his or her primary care manager to reevaluate the reason for their sleeping disturbances.

Hollonbeck, who has post-traumatic stress and insomnia, makes sure he exercises routinely, goes to sleep at the same

time every night, practices yoga and works to mitigate the stressors in his life.

"I have PTS – PTS does not mean PTSD – and sometimes I think about lost friends and bad scenarios. It is part of military life in these times, and it's also common to have PTS in law enforcement jobs and in certain areas of medicine, such as the ER," he said.

Lyster offers alternative solutions to prescription sleep aids such as a sleep hygiene class offered by the behavioral health clinic.

"Prescription sleep aids are a controlled substance and should be treated with the same respect that firearms are given," Hollonbeck said. "The person taking the medication should be accountable and a composite risk analysis should be done for anyone who uses them."



COURTESY PHOTO

Pick-of-the-litter

Meet Bonnie, a 7-week-old female available for adoption at the Fort Rucker stray facility. She is friendly and adorable. It costs \$81 to adopt Bonnie and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

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 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel,
Wings Chapel, Tuesday 11 a.m. Above the Best
Bible Study, Yano Hall, Wednesday 1 a.m./6
a.m. Adult Bible Study, Spiritual Life Center,
Wednesday noon/1 p.m. Adult Bible Study,

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- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
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Church Directory

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1 Corinthians 11:1

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Traditional Worship Service
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Contemporary Worship - New Connection
8:45 am
The Gathering - Youth
5:45 pm
Sunday School
10:00 am
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50 can't-miss Alabama food events — Part 1

By The Year of Alabama Food Staff
Alabama Tourism Department

Editor's note: This is part one of a two-part series covering Alabama food events in 2013.

Alabama is home to incredible chefs, plentiful harvests and endless opportunities to celebrate the state's rich food culture.

Seafood celebrations, brew festivals and barbecue competitions are just some of the highlights of a calendar filled with events for families and foodies alike. Mark your calendar for these 2013 can't-miss Alabama food events.

February

Orange Beach Seafood Festival, Orange Beach (Feb. 23)

In addition to some of the freshest seafood around, this festival features more than 40 arts and crafts vendors and a classic car show. The Orange Beach Seafood Festival benefits the Orange Beach Sports Association and its efforts to support youth sports events in the community.

Taste of Homewood, Homewood (Feb. 23)

A sellout event, this is a favorite annual gathering for the city of Homewood and surrounding areas. More than 30 food and beverage vendors will be participating.

March

BBQ Championship and Hog Wild Festival, Mobile (March 8-9)

The Greater Gulf State Fairgrounds goes wild in early March with more than 120 cook-

ing teams competing for the title of top barbecue team. Sample the barbecue, enjoy live music and have fun with activities for the whole family, all benefiting United Cerebral Palsy.

April

Chicken and Egg Festival, Moulton (April 12 – 14)

The Alabama Chicken and Egg Festival is a weekend event filled with food vendors, live entertainment, educational exhibits, arts and crafts and the festival's famous fried chicken.

Tri-State BBQ Festival, Dothan (April 12-13)

From some of the South's best barbecue to live music and an antique car show, the Tri-State BBQ Festival has something for the whole family. There are also plenty of activities for children including games, crafts, inflatables and rides.

Ozark Crawdad and Music Festival, Ozark (April 13)

Sit back on the square in downtown Ozark, listen to live music and stuff yourself with crawdads. For those looking to get moving, there is a 5K run as well as arts and crafts and an area just for children.

Pepper Place Saturday Market, Birmingham (April 13 – Mid-December)

Shoppers flock to Pepper Place Saturday Market for fresh flowers, vegetables, baked goods, honey and a slew of other products from Alabama farmers and artisans. The variety of goods paired with delicious food, live music and cooking demonstrations by local chefs have turned this event into a must-do for residents and visitors alike.

Red Diamond Restaurant Tour, Anniston (April 20)

The Red Diamond Restaurant Tour, part of the Noble Street Festival in downtown Anniston, features special menus from a dozen of the area's favorite restaurants, which set up shop in tents along Noble Street. Festival-goers can also take in bike races, live music, youth activities and works by local and regional artists. The festival benefits the Calhoun County Relay for Life, a fundraiser for the local chapter of the American Cancer Society.

May

Schaeffer Eye Center Crawfish Boil, Birmingham (TBA)

Twenty years ago, Aaron and Phyllis Beam couldn't have imagined that a regular gathering at their home, which involved a bunch of friends and 50 pounds of crawfish, would one day turn into one of Birmingham's most popular events. Now with corporate sponsors and headlining musical acts, the Schaeffer Eye Center Crawfish Boil consistently draws record-breaking crowds and has turned into one of the biggest food and music events in the Birmingham area.

WhistleStop Festival, Huntsville (May 3-4)

A weekend filled with barbecue cooking competitions for professionals, amateurs and even a competition for the kids marks the WhistleStop Festival. Also enjoy entertainment from live musical performers and get a team together for the Alabama Corn Hole Championship.

Grits Festival, Childersburg (May 4)

This festival not only features

delicious grits, but also pinto beans and cornbread, boiled peanuts and many other Southern food staples. Children can enter the catfish rodeo while adults enjoy the arts and crafts area.

Hampstead Institute's Alabama All-Star Food Festival, Montgomery (May 4)

The first annual Alabama All-Star Food Festival will feature dishes from some of the best chefs around, plus plenty of activities for foodies and their families. Proceeds benefit the Montgomery Area Food Bank, the Alabama Sustainable Agriculture Network and the Hampstead Institute, a nonprofit organization in Montgomery focused on creating a healthy and sustainable community that promotes local agriculture.

Cullman StrawberryFest, Cullman (May 10-11)

Some of the finest strawberries and produce are showcased at this festival. A variety of food, crafts fair, 5k, historical district tours, a children's carnival and more bring plenty of excitement to the Festhalle Market Platz.

Old Alabama Town Herb Day Festival, Montgomery (May 11)

Experience lectures and cooking demonstrations on identifying, growing and using herbs. Along with an educational experience, there will be music, children's activities and an open-air market featuring a variety of vendors.

Alabama BBQ Sauce-Off, Birmingham (May 18)

A local panel of judges will choose the best barbecue sauce from each region of Alabama. The winners will compete in the finals at Pepper Place Market Saturday Market.

Magic City Brewfest, Birmingham (May 31 – June 1)

Held at Sloss Furnaces, this brew fest features food from local restaurants available for purchase.

June

Tallassee Now BBQ Festival, Tallassee (June 8)

This citywide festival includes a fiery barbecue contest, live music, a 5K run and more fun activities. Held in the Tallassee Historical District, there are also opportunities for historic tours.

Slocomb Tomato Festival, Slocomb (June 8)

Have your picture taken with the winner of the Ms. Tomato Pageant or bring out your best tomato recipes to win a culinary crown at the Slocomb Tomato Festival. In addition to friendly competitions, the festival boasts family activities, live music and a parade.

Alabama Blueberry Festival, Brewton (June 15)

Get your fill of blueberries at this family-friendly celebration. Fresh blueberries, blueberry bushes and blueberry ice cream are the featured attractions. Live entertainment all day, a magician, food court and children's section add even more to this event.

Chilton County Peach Festival, Clanton (June 22-29)

Since its beginning in 1947, the Chilton County Peach Festival has continued to grow bigger and better each year. In addition to all the fresh peaches, peach pie and peach ice cream you can eat, the festival includes the Peach Queen Pageant and the Peach Parade.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays and games and 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

FEB. 9 — The SACF's half-marathon begins at 8 a.m. at Flowers Hospital. Packet pick-up will be Feb. 8 at the Dothan Civic Center from noon to 6 p.m. No packet pick up on race day. Military receive \$10 off the registration fee. For more information, call 264-6223 or 446-0247 or visit www.sacfhalfmarathon.org.

FEB. 9 — The Wiregrass Area United Way Food Bank and The Cultural Arts Center partner for "Empty Bowls Dothan." For \$10 donors will choose their bowl and

receive a basic meal. The proceeds will benefit the Wiregrass Area United Way Food Bank. Bowls created and donated by the community will be sold from 11 a.m. to 2 p.m. at The CAC. For more information, visit www.facebook.com/EmptyBowlsDothan or call 794-9775 or 699-2787.

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 an eight-week session. For more information, call 792-9192 or 714-5701.

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 non-members, and free for children 5 and younger.

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

ENTERPRISE

SATURDAY — Club Yesepoch, Inc. presents the Hon. Rose Evans-Gordon, Municipal Judge as guest speaker for the 15th annual community-wide Black History Banquet at the Enterprise Civic Center at 6 p.m. Tickets can be purchased by calling 406-5268, 347-4926, 389-2315 or 347-2723.

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

For more information, call 348-9008 or

347-4663.

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 Lobdell at 718-5707.

OZARK

FEB. 14-16 — The Ann Rudd Art Cen-

ter 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 Autrey 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

SATURDAY — The 11th annual Mardi Gras Magic Ball and Gala is all day at the senior center located at 715 Elm Street. The event helps to fund the programs and services at the center. Activities include a silent auction, Cajun cuisine, the coronation of the Mardi Gras king and queen, a Mardi Gras parade and a live band. For more information, visit www.colleyse-niorcomplex.org.

Beyond Briefs

Mardi Gras Festival

The Panama City Mardi Gras Festival and Parade-Krewe of Massalina is Friday and Saturday at McKenzie Park. The festival is Friday from 3-11 p.m. and the parade is Saturday at 3 p.m. in the heart of historic downtown Panama City. More than 50 vendors will be set up and New Orleans-style rhymes set up on two stages. For more information, visit

www.kreweofmassalina.com or call (850) 913-8383.

Mardi Gras Parade and Festival

Krewe of St. Andrews Mardi Gras events are all Family friendly and will be held Friday and Saturday in downtown St. Andrews. The main parade begins Saturday at 2 p.m., traveling down Beck Avenue. The kids and pet parade will be Friday at 4 p.m. traveling from 15th to 11th Street. More than 14 Krewes and more than 30 floats will participate. The festival is from 10 a.m. to 8 p.m. Friday. For more

information, visit www.samgfest.org.

Car Show

The Florida Mopars third annual car show is Feb. 25 from 10 a.m. to 3 p.m. at TGI Friday's in Panama City. The event is open to all makes and models, including motorcycles. Model car contest for children. The entry fee is \$20. The event will continue rain or shine. Music, cars and door prizes. Proceeds will benefit the Animal Rescue Center of Bay County. For more information, call (850) 866-8964.

Old Guard Caisson platoon horses earn retirement

By Sgt. Luisito Brooks
Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. – Retirement is a time when, after all those long years of hard work, a Soldier can finally put his or her feet up and relax. This also applies to the horses of the 3rd U.S. Infantry Regiment (The Old Guard) Caisson platoon, who have served their country honorably as well.

Caisson horses transport the remains of fallen service members to their final resting place in Arlington National Cemetery, Va.

“Retirement isn’t just for people. These horses deserve it just like you or I because of all the hard work and honor they bring to our fallen brothers and sisters in [Arlington National Cemetery]. They make so many people satisfied, and they close so many chapters in so many peoples’ books of life,” said Staff Sgt. Travis Wisely, infantryman, U.S. Army Caisson Platoon, 3d U.S. Infantry Regiment (The Old Guard).

The Old Guard retires Caisson horses through an adoption program that allows civilians as well as military personnel to provide homes for these animals after their service.

Clyde, a 17-year-old horse with 12 years of service, and Omar, a 21-year-old horse with 10 years of service, are two Caisson horses who have recently been adopted.

“It is great that these horses will spend the rest of their lives roaming freely and getting fat all day,” Wisely said jokingly. “They will be missed not just because of all the missions that they have done, but they will be missed because of all people that have worked with them, know them and have been touched personally by them.”

Wisley explained that these horses aren’t just seen as animals, but as Soldiers and members of the team.

“We can’t do our job of honoring the fallen without them,” said Wisely. “These horses are treated with the same respect as any Soldier in this barn because they work just as long and just as hard as we do. Their standards of professionalism



PHOTO BY SGT. LUISITO BROOKS

Sgt. Erik Wies, veterinarian assistant with the U.S. Army Caisson Platoon, 3d U.S. Infantry Regiment (The Old Guard), bathes Omar at the Caisson stables on Joint Base Myer Henderson Hall, Va., Jan. 17. Omar, a 21-year-old Caisson horse with 10 years of service, was recently retired through the horse adoption program.

are just as high as the Soldiers that ride them.”

Wisely added the relationships which have developed over the years between the horses and the Soldiers make it difficult to see the horses leave.

“I have seen horses come and I have seen them go in this barn. When they are adopted, it’s like having a good friend move away,” said Wisely. “We love and care for these horses every day. Sometimes it is hard to say goodbye, but we know it is for the best.”

For a Caisson horse to qualify for adoption they need to be at least 17 years of age or have 10 years of service. At that point, the unit’s veterinarian will suggest if the horse should be considered for adoption.

Sgt. Erik Wies, the USACP’s veteri-

nary assistant who follows the health status of Caisson horses, said older horses are more prone to career ending injuries.

“These large animals work hard every day. The more time you’re on these horses in the saddle, the more time you are going to deal with some injuries,” said Wies. “Some of these horses have done thousands of funerals over more than a decade. We take great care of them every day, but nothing can cure Father Time.”

Information for the horses that are up for adoption is published to The Old Guard’s website.

Those interested in adoption have 60 days to submit an application. A board is assembled by The Old Guard to match the horses with proper owners to ensure they go to the best homes.

“I feel so strongly about these horses

finding the right owners,” said Wisely. “I wish I could adopt the entire barn, but I know I can’t afford that.”

However, Wisely mentioned he has already filled out the adoption papers for three horses that are there.

“I have a special bond with all of these horses, but I am certainly hoping for one horse in particular, Elvira,” said Wisely. “She gave other Soldiers some issues at first, but after I started working with her she really started to perform. Now I have more than 400 rides on her.”

The horses who have served in The Old Guard will always be a part of the rich history of the unit and the nation.

“Even after they are gone from these stables, their legacies will live on,” said Wisely. “Their careers here with the regiment will never be forgotten.”

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THE LANDING ZONE, 334-598-8025

Owners bringing pets into Germany will pay new fee

U.S. Army Europe
Press Release

HEIDELBERG, Germany – Members of the U.S. armed forces community who bring their pets along when they arrive in Germany for assignment will be charged a fee by German authorities beginning Friday.

The fee will be charged during arrivals at Ramstein Air Base and Frankfurt International Airport.



PHOTO BY CHELSEA BISSELL

Anticipating an upcoming PCS, Lia Kirch and son, Konner, bring their dog, Snyder, and cat, Nattie, to the Vilseck Veterinary Treatment Facility for shots. Community members moving to Germany may now be required to pay a fee for bringing their pets into the country.

pets will be examined by veterinary officials near the passenger terminal's baggage claim area. Owners may pay the fee by credit card only.

Owners arriving with their pets at Frankfurt International Airport will also pay a fee. That fee is 35 Euro per accompanied pet or 55 Euro for an unaccompanied pet, and increases by 50 percent for pets that arrive on a weekend or holiday.

Payment of the fee is the responsibility of the pet owner, and cannot be claimed for reimbursement on an official travel voucher, according to officials with the U.S. Army Europe Office of the Judge Advocate. However, while OJA experts said the fee is prohibited from reimbursement under the provisions of the Department of Defense Joint Travel Regulation, pet owners may be able to claim the fee as a deductible moving expense on their federal income tax returns.

While Ramstein and Frankfurt are the only locations currently slated to begin imposing the fee Friday, because it is based on EU regulation other European Union ports of entry could enact similar fees in the future.

While Ramstein and Frankfurt are the only locations currently slated to begin imposing the fee Friday, because it is based on EU regulation other European Union ports of entry could enact similar fees in the future.

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JANUARY 31, 2013

Perfect storm

Fort Rucker rugby combines with Panama City Hurricanes

By Sara E. Martin
Army Flier Staff Writer

The first unofficial game of the rugby season set the stage for a successful season as it pinned the Fort Rucker Fliers against the Panama City Hurricanes, but the two teams will combine during the official season to create the perfect storm.

The inter-scrimmage match held Saturday at the Fort Rucker Rugby Field was the first time the teams held a full game where the team's players could fully test each other's skills.

The teams combining has nothing to do with poor skill, but to strengthen the teams as a whole, according to Tim Commerford, civilian at 110th Aviation Brigade.

"Each team has enough players to form their own teams, technically, but we can't interchange players after the second quarter, which is traditionally done so new, fresh players can enter the game. So we are combining," he said.

The match began with both teams in high spirits and a dash of friendly competition.

After a hard-fought battle for the ball, many close calls for the first try and three nasty tackles on both teams the Hurricanes drove the ball down field to secure the games first try. The following successful conversion kick brought the score to 7-0.

Possession quickly passed between players and the ball constantly moved up and down the field.

As the last seconds of the first quarter slipped away, the Fliers attempted to make a try by gaining possession of the ball in a scrum. But, as the team's forwards locked together the clock ran out.

At the end of the first quarter in order to promote cohesion between the two teams, some players switched jerseys and played on the opposite team so the teams could intermingle and learn each other's strengths and weaknesses.

After the restart both teams gained ground on the pitch but knock-on after knock-on was dealt with neither team gaining ground.

The Fliers decided, with just seconds before the end of the second quarter, to try to kick the ball for a drop goal. They were able to get up on the scoreboard with three points.

The newly formed teams in the third quarter pushed each other just as hard as in the first half with fierce brawling over the ball. The Fliers weren't ready to be blown away by the Hurricanes' force and put up a good fight, but in the end the Hurricanes made another successful try and conversion kick halfway through the quarter.

The Hurricanes began to pick up speed when Grady Marsh of Panama City was able to take the ball all the way down the field soon after, and scored another try and conversion for the Hurricanes; bringing the score to 21-3.

The Hurricanes were not done, a Fort Rucker Flier playing as a Hurricane gained possession after a ruck and was able to cushion the Hurricanes lead over the Fliers by making another try and conversion.

The Fliers were determined to close the gap between the two teams. Over and over they made it past the 5-meter line without making a try. When hope almost seemed lost at the end of the quarter, the Fliers' offense was able to break free of the Hurricane's force winds to make a try,



PHOTO BY SARA E. MARTIN

Spc. Neal Eaton, A Company, 1st Bn., 11th Aviation Regiment, runs to score a try for the Fort Rucker Fliers at the inter-scrimmage match between the Fliers and the Panama City Hurricanes Saturday.

but the conversion kick was unsuccessful.

The backs and the forwards traded teams for the last quarter of the game.

Possession of the ball bounced back and forth between the teams, but both held strong. Fort Rucker continued, though, to push the Hurricanes defense and was able to fly ahead in the end.

The Hurricanes soon took possession near the Fliers try line, but Fort Rucker wasn't going to give up its try so easily and fought fiercely for possession of the ball. The hard work paid off when Colin Schwalm, Headquarters Headquarters Company, 1st Battalion, 10th Aviation Regiment, made an aggressive move down field and made a try and a conversion kick.

Immediately after the ball was reset, the Fliers managed to run the ball into the try zone, making another successful

try and conversion; bringing the score to 21-22 in favor of the Fliers.

In the last minutes of the game the players pushed each other's mental and physical limits, but the Fliers persistence paid off because they made the last try and conversion of the game; bringing the final score to 21-29.

Spirits were high between the teams and new players to the game like Spc. Neal Eaton, A Company, 1st Bn., 11th Aviation Regiment, thought the match was successful and that it was a good learning experience for new as well as experienced players.

"I think we (the two teams) worked really well together. I still have stuff to learn, but I can't wait for the season to officially start," he said.

The first home game of the season against Mobile Battleship will be Feb. 16 at a location to be announced.

Horseman's challenge rounds up friendly competition, good time

By Sara E. Martin
Army Flier Staff Writer

Locals' riding skills and good horse behavior was put to the test Saturday at the second Wiregrass Horseman's Challenge held at the Fort Rucker Riding Stables.

The timed challenges put participants through a series of obstacles of varying difficulties where both rider and horse were judged on the approach to the obstacle, doing the obstacle and the departure from the obstacle, according to Michelle Mitchell, event coordinator.

"At the end of the course [each rider] gets an overall horsemanship score. It's not just about being the fastest, it's also based on showing good horsemanship skills," she said, adding that anyone who could get on post could participate.

Participants earned ribbons and trophies. Hats and horse treats were also awarded at the event.

There were nine categories: lead line; wrangler, under 11 years old; youth, 12-18 years old; English youth, under 18 years old; English adult; novice, for beginner riders; amateur, for active riders that don't teach; legends, 55 years and older; and the open/pro division.

Some of the obstacles were cantering while holding a flag, a teeter-totter, backing a horse through a gate, side passing barriers and logs, and standing on large ground tarps.

People came from as far away as Maxwell Air Force Base and Blountstown, Fla., and the event is expected to attract



PHOTO BY SARA E. MARTIN

Garrett Law, on his horse, Snowman, competes in the Wrangler division Saturday during the Wiregrass Horsemen's Challenge at the Fort Rucker Riding Stables. Law placed first in the division on Snowman with 55 points and second in the division on another horse, Captain, with 54 points.

more people next time. Fort Rucker wants to bring in new events and keep events growing, and this is one of them, according to Justin O. Mitchell, deputy garrison commander.

"Michelle really got this event going.

She wanted to bring it in and see how big of an event it could become. Everyone who is participating is enjoying themselves," he said.

The deputy garrison commander also said that the event was a great opportunity

for the outside community to participate in events held on post.

"The only other events like this in the area are in Bonifay [and] Maxwell Air Force Base, so by having events like this they can see what Fort Rucker is all about, and understand that they are welcome on base to use our facilities and to participate in our events," he said.

The competition, which had 48 competitors, had a variety of people participate from all backgrounds and ages. The youngest participant was 5 and the oldest was older than 55.

Competitors build horsemanship skills in a fun way and learn how to work with their horses to find out what they will do, what they need to work on and how much trust the horse has with them, said the coordinator.

"When you are outside, you never know what you are going to run into—logs, trees, joggers. So it's just a good way to improve skills," she said.

It is also a way, within the horse community, for people to meet new friends and have some friendly competition.

"You get to meet new people because this competition does have English divisions, and traditionally the Western and the English riders may not meet up very often," said Michelle.

"Riders like participating in the open/pro division because anyone who wants to can be in it and it is fun to test your skills against a better rider," she added.

Competition: Children learn patience, confidence

Continued from Page D1

Connie Jones, who rode General Stonewall in the Legends and the Open categories, placing first and eighth, said that the completion, to her, brings out the best in people.

“Everyone has a great time and it is such great exercise. Horses bring out the best in people, I think. And just to groom a horse is so therapeutic. Horses are great as stress relievers, they help with blood pressure and they are amazing with autistic children,” she said.

Children, according to Jones, reap the most out of being horsemen.

“Children learn that a little try is better than no try. They also learn patience, confidence, how to focus and concentrate, and compassion. This is a living, breathing, powerful animal and you have to respect that in order to get any kind of response from

the horse.

“If more [children would] come out and get acquainted with these guys (horses) it would be so great. If a parent is looking for something to get their child out, then they have a great place here. To me, anything that gets a child away from all their gadgets, out of the house and into the fresh air, and gets them active is a positive thing,” she said.

Garrett Law, a 10-year-old competitor, said he likes riding for those exact reasons.

“I like riding because it is fun, and I like to get out and do stuff. I do tricks, sorta, like climbing stairs on a horse. And I rope, do barrels, go on trail rides and I do a lot of arena events,” he said.

The stables have several arenas for different riding types and miles of riding trails for people who want to get involved. For more information about local competitions and the Fort Rucker Riding Stables, call 598-3384.



PHOTO BY SARA E. MARTIN

Garrett Law, on his horse, Snowman, practices navigating obstacles Saturday during the Wiregrass Horsemen's Challenge at the Fort Rucker Riding Stables.

BRIEFS

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 Saturday, \$25 with a shirt after Saturday and \$100 for a team of eight. The event is open to the public.

For more, call 255-2296.

Youth baseball, jump roping registration

Registration for youth baseball and jump roping will take place Feb. 1-28. Children must meet age requirements by September 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.

Enterprise baseball

Enterprise's baseball team is gearing up for another season and hosting tryouts Saturdays at 1 p.m. at Peavey Park. The team is looking for players who are high school age or older. For more, call Joe Jackson at 806-6929 or 347-4275.

Mardi Gras Carnival at Rucker Lanes

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 Game

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.

Coyote hunt

Outdoor recreation will host a coyote hunt Feb. 16 through March 2 during legal hunting times. Cost is \$20 for a one-person team and \$40 for a two-person team. An authorized escort and youth team costs \$30 with \$5 for additional youth. All hunters must be registered before the event starts.

All hunters must possess an Alabama Hunting License and a Fort Rucker hunting permit. Trappers must have an Alabama trapping license. The trapping of coyotes and bobcats ends Feb. 28. All hunters and trappers must abide by Fort Rucker and Alabama game laws. Hunters must present their game at time of check-in, 8 a.m. to 4 p.m. daily. There will be prizes for the top weigh-ins. Big Dog Bounty will be \$5 extra per person and the total purse goes to the heaviest coyote.

For more, call 255-4305.

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.

PUZZLE ANSWERS

Super Crossword Answers

P	A	S	S	E	S	U	P		B	I	F	O	C	A	L		D	A	S	H			
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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Persian Gulf
2. 1939
3. Daisy
4. Seed pod
5. Warren Beatty
6. Hermes, messenger of the gods
7. Valor in the face of the enemy
8. A prickie
9. Stevie Wonder
10. Louisiana



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S&S 2:00, 7:00 & 9:15

III ZERO DARK THIRTY - R

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Video Game Spotlight >>



COURTESY SCREENSHOT

Collection packs big punch, low price

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.)

Unless you're independently wealthy and have all day to lie around, you've likely discovered that there isn't enough time in the day and money in your wallet to play all the video games you want. So skipping quality games is sometimes a necessity.

So if you somehow missed out on the fun that came with both trips down "Bioshock" lane, the newly released "Bioshock: Ultimate Rapture Edition" is a great way to go. It includes both "Bioshock" and "Bioshock 2," as well as the add-on content for both games. It also includes a trip to the Museum of Orphaned Concepts, an option that takes a look at early concept art for the games and character models that didn't make the cut. The best part? All of that is only \$40.

But wait, there's more. There are other extra modes that lengthen the single-player experience and new environments for multiplayer. There's even an exclusive collectible sticker pack from "Bioshock Infinite."

Plus, the "Ultimate Rapture Edition" will make a great start for gamers who are planning to buy the upcoming "Bioshock Infinite" and aren't familiar with the series (although the first two games aren't necessary to enjoy the new game).

While "Bioshock" was superior to "Bioshock 2" in nearly every way, both games are extremely fun to play and offer a trip to a world gone awry. The world created for the games is unique and full of odd characters. Death waits around most corners, but the gamer's character finds plenty of unique advantages and weapons to even the odds in this RPG/action game.

Gamers who didn't experience either or both of the "Bioshock" games should pony up the \$40 and give them a try in this collection. They won't be disappointed.



Publisher
2K Games
Rated
Mature
Systems
XBOX 360, PS3
Cost
\$40
Overall
3.5 out of 4

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