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International students need sponsors



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Marriage program teaches better communication



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

FEBRUARY 14, 2013

Training tests survival plans

By Nathan Pfau
Army Flier Staff Writer

Preparing for a life-or-death situation can be a grim truth, but installation officials said it's a necessary reality that people need to face.

Organizations and offices on Fort Rucker participated in Tactical Tuesday to go over and implement hands-on training in a scenario Tuesday as if an active shooter had entered their building, and Deena Jones, plans, analysis and integration office director, said the training was beneficial and necessary for her office.

"What I wanted us to do was talk about some of the defensive measures and actions that we would take within our office," she said. "This gives us an opportunity to get into a real situation of scenarios to see what we would do."

Jones said that their office has had an emergency action plan for active shooter

scenarios that has been revised since it moved to Bldg. 5700, but it has yet to have an opportunity to play the plans out.

"We want to validate that the emergency action plan will hit the high-level defensive measures that we need," she said. "What's paramount is safety and survival. We don't like to talk about survival, but that's the environment we could potentially be in."

The office came together in the morning and began by first reviewing the materials and guidelines provided by the Directorate of Plans, Training, Mobilization and Security.

Russ English, plans specialist for PAIO, facilitated the training and began by going over a broad view of the scenario if the incident happened elsewhere on the installation. They talked about how they would be notified, what they would

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PHOTO BY NATHAN PFAU

Staff members of the plans, analysis and integration office go over procedures and what to do in case of an active shooter attack Tuesday.



PHOTO BY SARA E. MARTIN

Soldiers mix and mingle during a pizza lunch with the seniors at the Daleville Senior Center Feb. 7. The Soldiers were recognized for their selfless service to the city of Daleville and to the center for cleaning out, organizing, and stabilizing the center's garden and storage building.

NCOA platoon digs up praise from Daleville community

By Sara E. Martin
Army Flier Staff Writer

Soldiers from the Noncommissioned Officers Academy were recognized for their selfless service to the Daleville Senior Center during a ceremony Feb. 7.

Daleville calls itself the gateway to Fort Rucker, but it is nice when it works both ways when Soldiers go out and help the community and fulfill needs such as they did at the senior center, according to Mayor Claudia Wigglesworth.

"It was such a beautiful day when they came out and I am sure they would have preferred to ride down to the beach, but I am really appreciative that [they] came here and thought about a volunteer opportunity," she said during the ceremony.

On Jan. 26, 4th Platoon at the NCOA gathered its ranks and headed out to help the seniors of Daleville with yard work and heavy lifting.

"We had to decide what to do as a class project and as soon as I mentioned the senior citizen complex, hands down that is what we were going to do," said Sgt. 1st Class Jeffrey Hoffman, community service leader of 4th Platoon.

The 17 Soldiers cleaned up the overgrown, 75-yard garden that was unsafe and not a pretty sight for the seniors.

"It was a jungle," said Hoffman. "The old foundation was overgrown and there was a lot of debris from storms. Tree limbs were down, the fence line was overgrown with vines and leaves were everywhere, so we went in and cleaned everything out. They had a pile next to the road when we were done that was unbelievable."

The work was estimated to take a full day, but with the power of numbers the Soldiers got it done in three hours, saving the staff around 2 1/2 months worth of work.

"I was really impressed by the willingness of our guys. Giving back to the elders who have given so

much during their lives is one way we can say thank you to them. It wasn't about doing a class project, but it was us coming together to help people in need," said Hoffman.

The storage shed was cleaned out and organized as well.

"It was packed; you couldn't even walk in there. It was jam-packed from one end to the other. We cleared it all out and they had a big rummage sale. The things they decided to keep we reorganized, put in some shelving and made it nice, safe and convenient for them to use and access," said Hoffman.

Many Soldiers who participated agreed that they were worried that they might not complete the garden on time because it was so overgrown, but with everyone's energetic attitude it was done fast and correctly.

"Everyone really threw their backs into it. I think [the seniors] welcome the cleaner space; the view alone is pleasant now. I see myself in their position one day and I hope someone will come help me out," said Staff Sgt. Christian Bon.

Words can't express how thankful the staff is, according to the center's director, Laura Leger.

"You all already do above and beyond being in the service, but this was just great. You did an outstanding job. The seniors kind of get overlooked sometimes and so it is a blessing for us. They love our military and for them it is wonderful," she said while addressing the Soldiers.

Seniors at the center, like Detty Shaw, were very thankful and looked forward to the Soldiers returning to help with other projects.

"We are all so grateful that they are going to be helping us. I know we sure need the inside painted. I am looking forward to the swing if they decide to build one," she said.

The commandant, the deputy commandant and the maintenance branch chief of the NCOA all agreed

SEE PRAISE, PAGE A7

ACS offers Family resilience training

By Nathan Pfau
Army Flier Staff Writer

Military Family life has its share of ups and downs, but one Fort Rucker program hopes to provide Family members with the tools they need to get through difficult times.

The Family Member Resilience Training is a two-day class, Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons to provide people with thinking skills and coping strategies to help Family members through those ups and downs, according to Ruth Gonzalez, Army Community Service relocation readiness program manager.

"Resilience training is one of the best training programs that we have here at Fort Rucker," said Gonzalez. "It teaches Family members or anyone who attends why they react to a given situation in a certain way and helps them understand what's going on in their lives so that they can bounce back from these situations."

"If a person is going through any event in his or her life, whether it's a car breaking down or a death in the Family, we give people the tools they need to get through those situations," she said.

Gonzalez said that situations or life events can trigger different reactions from different people and the training provided by the program helps people understand why reactions are different.

"Resilience training makes you look at yourself and ask yourself why you react a certain way," she said. "It makes you ask why it is that you can bounce back from something, but someone else might lose it completely."

She added that training like this is essential in a military environment because of the unique circumstances that military Families have to endure.

"With multiple deployments and so many separations, [the class] is a great place for people to sit with Family and get as much information as possible before the next deployment cycle," said the program manager. "I'm all about information and I truly believe that knowledge is power."

Gonzalez said that reactions should be in the thought process, and a big problem that some people have is that they don't think before reacting.

"Life is going so fast that when something happens, people usually just react," she said. "In the class, we have the students stop and think about exactly what's going through their minds, then we give them the tools they need to start working with those thoughts so when they do react, they are in control."

The tools that are provided help people be in control

SEE ACS, PAGE A7



COURTESY PHOTO

Ruth Gonzalez, Army Community Service relocation readiness program manager, helps a Family member during last year's Family Member Resilience Training at The Commons. This year's Family resilience training will be Tuesday and Wednesday at The Commons from 8:30 a.m. 2:30 p.m.

PERSPECTIVE

Message from the commanding general

By Maj. Gen. Kevin W. Mangum
*U.S. Army Aviation Center of Excellence
and Fort Rucker
Commanding General*

The Army chief of staff will meet with members of Congress in the near future to provide details of the impact of sequestration on the force.

As our Army's leadership braces for what could be very difficult budgetary circumstances, I want to assure you that your leadership at Fort Rucker is working diligently to continue to develop budget plans for the remainder of fiscal year 2013, 2014 and beyond.

In a statement Feb. 5, the Army announced we would not be able to train approximately 500 Aviators through the end of the year because we will be forced to reduce flying hours. Our inability to train these Aviators will result in a capability

gap for our Combat Aviation Brigades and create a backlog, or "bubble," like the one so many of you worked so hard to reduce. Should this backlog occur, we believe it will take years to reduce.

Our bigger concern locally is flying fewer hours and training fewer students means less need for maintenance on our helicopters and, in turn, fewer mechanics and instructor pilots. This could result in the loss of many jobs at Fort Rucker. The loss of jobs is unavoidable if sequestration occurs.

The other difficult part of the potential sequestration to our installation is the Army's consideration of a 22-day furlough



Maj. Gen. Kevin W. Mangum

of the Army's 251,000 civilian government employees. This could affect all civilian government employees at Fort Rucker and, if implemented, could result in a 20-percent pay cut for those employees. I want to assure this furlough is the last resort for our Army but may be necessary to meet the budgetary targets called for in sequestration legislation. We are very aware of and sensitive to the impact on our civilian and contract workforce as we work through the impacts.

We will continue to support the fantastic Aviation force fighting today in foreign lands, but may be forced to do so with

fewer resources and employees. We will not compromise by changing the standard. Instead, we will reduce student throughput, if faced with these tough budgetary constraints.

These are difficult and uncertain times. You and your welfare, along with the impact on your critical mission, are foremost in our thoughts. You all make a huge difference every day, allowing us to produce Aviation professionals and indispensable Army Aviation capability for our Army.

I want you to know we will work hard to mitigate hardships where we can. As we move ever closer to the potential sequestration cuts, we will do our very best to ensure you are informed and armed with the most current information.

You make Fort Rucker a great place to work, live and raise a Family. Thank you for all you do to make it so!

Above the Best!

Aviators overcome danger in a crowded sky

By CW2 Daniel Horn
*1st Squadron, 6th Cavalry Regiment
Fort Riley, Kan.*

(Editor's note: This article appears in the February edition of Knowledge Magazine, the Army's official safety magazine.)

It was a cool spring day in Alaska, and my OH-58D squadron was participating in the Air Force's Red Flag operation. Our task was to help certify new Joint Terminal Attack Controllers for the Air Force.

We were to fly as a Scout Weapons Team from our airfield to the range operated by the Air Force. Although it was just 20 minutes as the crow flies from our airfield, we rarely operated in this range due to the high use by the Air Force. Prior to this operation, we had conducted a range familiarization flight with communication checks with the controllers.

The range sits in a valley surrounded by 1,500-foot-tall foothills with deep valleys pouring into the range, which is set up to mimic an enemy airfield. During a training scenario, adversary forces were conducting man-portable air defense operations as enemy air defense artillery.

The controllers were going to call in German Panavia Tornado jet fighter bombers to make gun runs on the airfield. Our job was to follow up with Hellfire missiles and close-air attacks. Then the controllers would call in F-16s to attack with a simulated joint direct attack munitions drop, followed by A-10 Thunderbolts making

gun runs with their 30 mm cannons.

We had removed our doors and were conducting nap-of-the-earth (very low altitude) flights into the target range. Range control cleared us into the range and instructed us to contact the controllers.

Everything went smoothly as we contacted the controllers and were directed to set up an over-watch position. We flew in behind a ridgeline that ran parallel to the enemy airfield and began to observe. I listened as the German pilots checked in and received their target coordinates for their engagement.

We slewed our mast-mounted sight to the position and saw their target was an aircraft hangar. The controllers called us and asked for a good target description, and I replied with, "I have an aircraft hangar, three aircraft parked outside and several SA-6 missile platforms surrounding the hangar."

The German pilots called the target and concurred with our observation. Then controllers cleared the Tornados hot, advising them to attack the airfield from east to west according to how the airfield was laid out. The Tornados came down and conducted their simulated runs, destroying the hangar along with four of the SA-6 missiles.

We were then asked to engage the other two SA-6s from behind the ridge with Hellfires. Quickly going through the checklist with my left-seat pilot, we were locked onto the target, met all of the constraints and destroyed the other two missiles. Ev-

erything went flawless. It was a textbook engagement.

Next it was the F-16's and A-10's turn to come in. We were asked to move five miles to the north to clear us from the F-16's JDAM drop. We were south of the target at the time and relayed to the controllers that we didn't want to fly over the engagement area. Instead, we would move two ridgelines over and hold south of the target in a deep valley, one of six or seven that fed into the range.

We relayed the coordinates and were given a green light to move there. En route to our holding position, we listened to the F-16s check in and acknowledge the target. The pilots called the time of flight for the bombs and released their simulated ordnance.

Our first mistake was assuming the A-10s would make the same gun runs as the Tornados. We listened as the A-10s were cleared hot to engage from west to east. This caused me to pause and think about how our valley was south of the target, but the ridge turned and fed into the airfield from the west.

"OK," I thought, "that's different but shouldn't be a problem. The A-10s would just come straight in from the west and engage."

When we turned and crossed over the ridge into the valley, I suddenly saw four A-10s at my altitude and closing at more than 300 knots. I immediately screamed over the radio to the controllers that we

had another A-10 flight coming into the range. We descended as much as we could, considering we were only 100 feet above the trees. The controllers replied that no other A-10s were in the area. I listened to the A-10s call, "Knock it off – knock it off – knock it off!" The A-10s flew over us and climbed straight up into the sky.

We all wondered, "Where did these guys come from?" We thought it was another flight of A-10s and that they'd caused the aircraft we were expecting to call off their engagement. However, that is not what happened. They were our A-10s and had picked our valley to use for their approach to the airfield.

Our lack of situational awareness, coupled with no defined engagement line, almost caused us to have a midair collision with the A-10s. The A-10s had several avenues of approach to the airfield. No one anticipated they would use our valley to approach from the south and then turn east to attack the airfield. The A-10s weren't given a hard deck for this mission, which meant they could attack from down in the weeds where we were. All of these factors contributed to a close call.

The margin for error can be quite small when sharing the sky with fast movers. When pilots – whether they are in jets or helicopters – start improvising, the sky can quickly turn into a scary place. And when aircraft surprise each other in the same piece of sky at the same moment, the results can be catastrophic.

Rotor Wash

“Today is Valentine’s Day. What should you keep in mind when selecting the perfect gift?”



Betsy McElwee,
military spouse

"Make sure it's something thoughtful."



Curtis Blackmon,
retired military

"The meaning of the gift – make sure it has a special meaning for that special someone who holds a special place."



CW2 Morgan Wiljanen,
C Co., 1st Bn., 13th Avn.
Regt.

"Make sure you keep it thoughtful."



CW2 Charles Brown, A
Co., 2nd Bn., 10th Avn.
Regt., Fort Drum, N.Y.

"Remember the little things."



Sgt. 1st Class Deddra
Dansbury, 1st Avn. Bde.

"Don't buy household items like pots, pans, tools and things like that. Some guys might like that, but women don't."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

International students need local sponsors

By Sara E. Martin
Army Flier Staff Writer

For those seeking to expand their knowledge of another culture or wanting to help the Fort Rucker community, the International Military Student Office offers an opportunity for people to open their minds as a social student and spouse sponsor.

The International Student Sponsorship Program is an opportunity to bridge the gap between the known and the unknown for international students and their spouses, and is a chance for locals to expand their knowledge and understanding of a different culture, according to Eduardo Pineiro, IMSO field studies program coordinator.

“In the U.S. military it is traditional to ‘sponsor’ newcomers by extending hospitality and assistance, and this program is a great way for international students to see the United States, meet local people and their Families. It is also a fun way to learn about the ‘real’ United States, and not necessarily what Hollywood and the media portrays in films, TV shows, newspapers and magazines,” he said.

A sponsor is a person who introduces the student or spouse to American culture outside of Fort Rucker and helps them get acquainted with American customs as well as helping them navigate around the culture.

“There is no maximum or minimum commitment and there is no financial responsibility on the sponsor. They can pay for things as a friendly gesture if they like, but it is not necessary,” he said.

The intent of the program is to provide international military students and spouses with a direct view of life in the United States through social interaction.

“It is up to the sponsor and the student what they do, how often they get together and where they would like to go. Social sponsors do lots of things like eat dinner



PHOTO BY SARA E. MARTIN

Students from around the globe mix-and-mingle at the January IMSO social at Divots.

at each other’s houses, go to the movies, go sightseeing, go putt-putt or bowling, go to local high school or college sport events together, go shopping together, or go on trips to the beach or Atlanta together. It is whatever they agree on and where their interests lie,” said Pineiro.

About 20 sponsors are needed.

“We match the sponsors to the student or the student’s spouse. Sponsors can support as many students as they like, but we try to pair them up or link them up with Families who like the same activities,” he said.

A sponsor is an ambassador that provides the best image of the U.S., according to Pineiro, where both parties equally learn from each other.

“When students or spouses have a sponsor, they know a lot more about American life. A sponsor is a direct link for them, so the students usually have great things to say about American life when they return home. When they have a positive experience with the sponsors it reflects positively on the United States, because at that moment, as a sponsor, people

represent the United States.

“No matter what the students read or watch in the news, the most impact that the students are going to receive is going to be from the Americans that interacted with them. They are not going to repeat the bad news about America, they are going to remember the good people they met while here who helped them,” he said.

Likewise, according to Pineiro, the sponsored student’s country becomes not just a name in the evening news or on a map, but a warm place in the sponsor’s heart.

Also for the sponsor, learning a new culture helps opens their minds and become flexible in different ways and helps “us as human beings understand each other better.”

“Sponsors learn about their students’ cultures as well. They learn about the food, language, people, religion and the day-to-day life of someone who is not from America. It is not a one-way street, the sponsor learns just as much as they teach,” said Maj. Abdulaziz Al Hammad, the Saudi Arabian liaison.

Many people will not get the opportunity to travel abroad, and sponsoring a student or spouse is one way someone can intimately expand their understanding of a different culture without leaving America.

“It can give the sponsor a contact that can help if they do decide to travel to their student’s country or a country in their region. It also helps open people’s minds and make them more comfortable with the idea of traveling to another country. It forms friendships because you teach each other in a fun way,” said Hammad.

It is the spouses that benefit the most from sponsors because, according to the international liaisons, they are isolated in their houses and don’t have a handle on English like the students do.

“They get very bored, so a sponsor can not only help them understand the nearby cities and let them see the area for themselves, but just through a simple conversation they help the spouse expand their understanding of the English language without realizing it,” said the Saudi Arabian liaison.

Sponsors can help expand the English of the person they are assigned to by daily or weekly conversation, according to Hammad, and that contact and language-learning skills that a sponsor inadvertently teaches the spouse is priceless.

“The students are so busy that many do not have the time to get a sponsor, but the spouses are another story. They want to learn English better, and go outside and see new places, too. Sponsors help in a way that a teacher can’t when helping a person learn English. The spouses are not afraid to ask questions or say that they don’t understand something because they are friends with their sponsor and the atmosphere is relaxed,” he said.

Anyone is allowed to be a sponsor, whether they are in flight school, a civilian or a military spouse — there are no restrictions.

“Everyone can be an ambassador to the United States,” said Pineiro.

If interested in becoming a sponsor, call 255-2391 or email eduardo.pineiro@us.army.mil.

Senior leaders’ spouses tour USAARL

By Catherine Davis
Public Affairs Specialist

Spouses of active and retired Army Aviation senior leaders received a tour of the U.S. Army Aeromedical Research Laboratory at Fort Rucker Jan. 29.

USAARL, a tenant unit of Fort Rucker and a subordinate command of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md., conducts medical research to develop and provide the biomedical basis for countermeasures that prevent and mitigate warrior injury.

USAARL welcomed nine spouses, among them Angel Mangum, wife of Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general; and Leslie Edens, wife of Brig. Gen. Timothy Edens, U.S. Army Combat Readiness/Safety Center commanding general, to learn and explore how the lab’s research protects Aviators and

ground warriors.

The senior leaders’ spouses visited many areas throughout the lab, including USAARL’s tactile situation awareness system, which uses the sense of touch to provide situation awareness information to pilots.

“I think the [senior leaders] would find [USAARL’s research] fascinating,” said Francine Forster, wife of retired Lt. Gen. William “Bud” Forster.

The spouses also toured USAARL’s one-of-a-kind NUH-60 Black Hawk flight simulator, the engagement skills trainer weapons simulator, and the helmet, vestibular, hypoxia, and vision labs.

“It is an honor to have the senior leaders’ spouses tour the laboratory,” said Col. Dana Renta, USAARL commander. “It’s great that they are interested in learning what USAARL is doing on behalf of our Soldiers and Aviators to medically ensure our warfighters can complete their missions.”



PHOTO BY CATHERINE DAVIS

Col. Dana Renta, USAARL commander, led Judy Konitzer, AAAA Family readiness editor; Angel Mangum, wife of Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general; Francine Forster, wife of retired Lt. Gen. William “Bud” Forster; and Teenie Yates, wife of retired Maj. Gen. Walter Yates, on a tour of USAARL at Fort Rucker Jan. 29.

News Briefs

National Children of Alcoholics Week

National Children of Alcoholics Week continues through Saturday. The week is dedicated to raising awareness for children of alcoholics across the nation. Alcohol abuse hurts one in four children under the age of 18 in the United States each year, according to Fort Rucker Army Substance Abuse Program officials. ASAP officials ask people show their support and wear red on Valentine’s Day today.

For more information, call 255-7909.

Thrift shop

The Fort Rucker Thrift Shop is awarding up to \$30,000 in scholarships. Applications may be picked up from the store during business hours or downloaded from the administrator’s website at <http://ftruckeresc.com/scholarship.htm>.

The thrift shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday.

The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (for-

mer Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more, call 255-9595.

AER kickoff

Fort Rucker’s Army Emergency Relief fund campaign kicks off March 1, and a kickoff ceremony takes place March 5 at 2 p.m. in the U.S. Army Aviation Museum. The campaign will also feature the annual Jail-a-Thon April 18 and the Army Aviation Center Federal Credit Union golf tournament for AER May 10.

For more on AER, call 255-2341.

DLA disposition services closure

The Eglin/Fort Rucker Defense Logistics Agency Disposition Services will close for training from Saturday to March 3 to prepare for a systems upgrade. The agency is upgrading its computer system to the Reutilization Business Integration solution. RBI is expected to provide real-time asset visibility throughout the DLA supply chain. Items available for reutilization, transfer, donation and sales will also have increased

visibility.

For more, call Mike Waldrup at (850) 883-2230 or (850) 200-3298 or visit the website at <http://www.dispositionsservices.dla.mil/>. The DLA’s customer interaction center is also available at 1 (877) 352-2255 24 hours a day, seven days a week.

EDIS, EFMP relocate

The Educational and Development Intervention Services and Exceptional Family Member Program offices recently relocated to the front of Lyster Army Health Clinic by the Starbucks to make services more accessible to patients.

The phone numbers for each clinic remain the same — EDIS, 255-7237, and EFMP, 255-7431.

SSA closure

The Logistics Readiness Center Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory now through Friday. Normal operations will resume Tuesday. During this period, the SSA will only accept emergency requisitions.

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

Cone talks budget cuts, impacts to TRADOC mission, workforce

By Anthony C. O'Bryant
U.S. Army Training and
Doctrine Command

FORT EUSTIS, Va. — With the daily drumbeat of news and rumors surrounding uncertainty of Army funding levels, Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command, hosted a town hall forum to share information directly with the TRADOC civilian workforce Feb. 7 at Jacob's Theater on Fort Eustis.

"I have learned during my time in the Army that communication is critical when you are going through a tough situation or are dealing with a lot of uncertainty," Cone said. "I may not have all of the information you want at this time, but I want to make sure that we all have a shared view of the situation."

The fiscal uncertainty for the Army's budget is created by a one-two punch of operating under a continuing resolution with funding levels locked at the 2012 fiscal year rate, and the potential cuts, or sequestration, that are set to take effect March 1.

Cone told the standing-room only crowd of TRADOC civilians and their supervisors that the command's potential share of the Army's budget reductions is about 20 percent of the total budget for fiscal year 2013.

TRADOC is following the secretary of defense's guidance to take immediate actions to reduce spending and conduct necessary planning in preparation for potential funding reductions.

Cone said he's confident in the command's plan to address potential shortfalls and thanked the teams led by Ellen Helmerson, TRADOC's deputy chief of staff for personnel, and Matt Scully, TRADOC's deputy chief of staff for resource management.

"We're dealing with the finest personnel and budget people that I have ever seen, and I will tell you — I wouldn't want anybody else running this operation," Cone said. "You've got the right people at the helm in this regard."

TRADOC's commanding general also said he believes that the command's proactive measures to cut costs such as limiting temporary duty travel, curtailing conferences and finding other efficiencies have helped to dampen the magnitude of potential budget cuts.

"Because of the great work you have done and the reputations you have in your organizations, our budget is actually smaller in 2013 than it was in 2001," Cone said. "You have done a great job. A lot of the things we can do to save money have already been done. You have paid the piper in the past, and while the projected cut is not good, it is better than what it could be."

Within TRADOC, a large percentage of the budget is spent with contracts personnel costs. Because contracting is such a significant percentage of TRADOC's budget, the headquarters and its subordinate commands are reviewing contracts to find efficiencies or alternative ways of doing business.

Cone reiterated the need to protect what he believes is the "seed corn" for the future — the command's nearly 19,600-strong civilian workforce — which includes temps, terms



PHOTO BY SGT. 1ST CLASS KELLY BRIDGWATER

Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command, hosted a town hall forum to share information directly with the TRADOC civilian workforce Feb. 7 at Jacob's Theater on Fort Eustis, Va. Cone told the standing-room only crowd of civilians and supervisors who work in the command's headquarters that it is important to protect what he believes is the "seed corn" for the future — the command's nearly 19,600-strong civilian workforce.

and permanent employees throughout the United States.

Cone cautioned that although current guidance is to not extend term employees past their appointments and release temp employees by Feb. 22, "some of the most innovative work

in this command is being done by temps and terms."

To that end, a deliberate review to validate mission-essential temp and term positions is being conducted across the command.

The furloughing of permanent civilian employees will be a tool of last resort,

but is being considered as a potential measure to meet the Army's fiscal requirements.

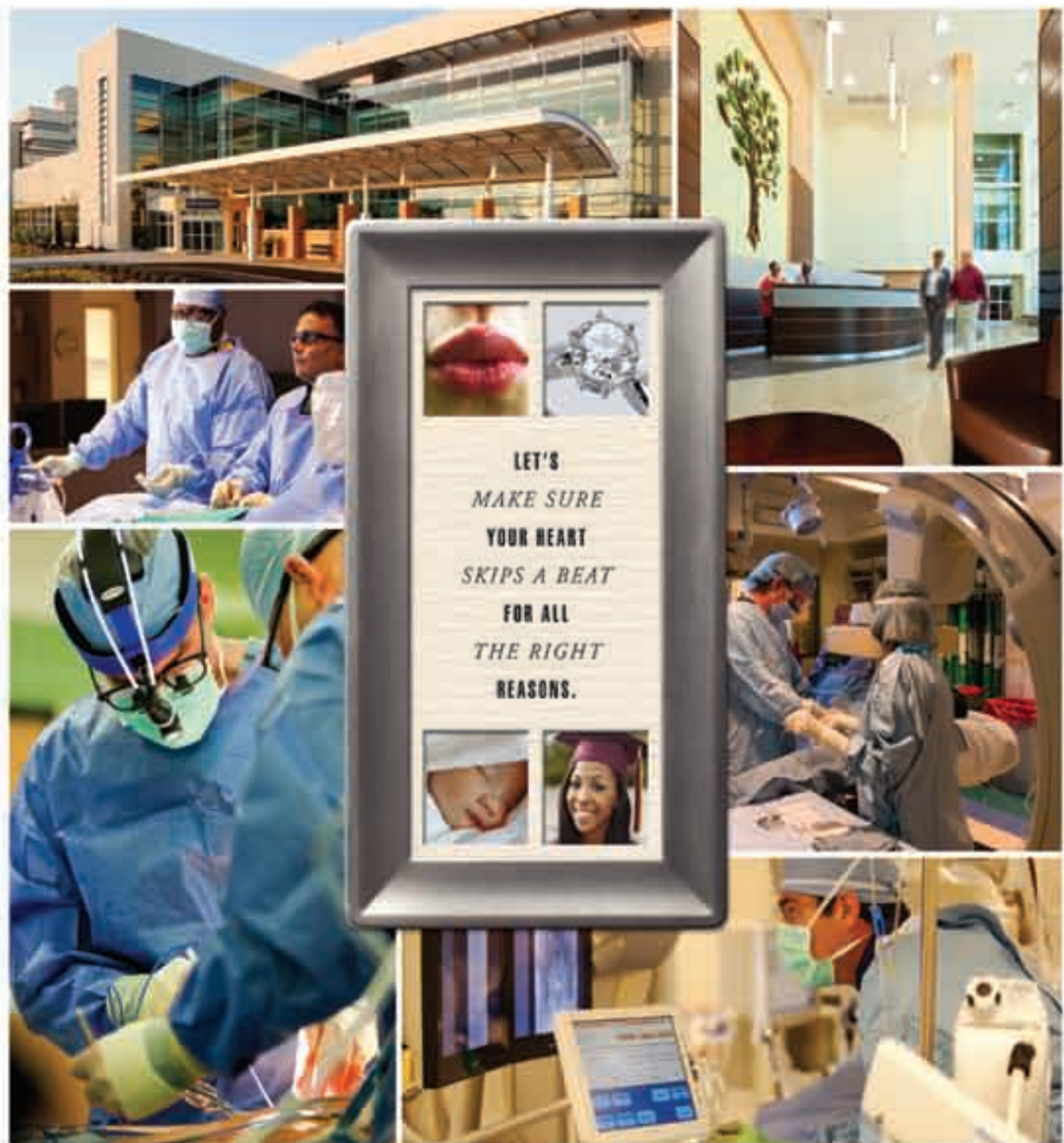
"For the last year and a half, we have been very disciplined in our personnel decisions," Helmerson said. "We have made some innovative changes to try

and protect our permanent workforce."

After taking questions from the audience, TRADOC leaders emphasized that every effort to protect the workforce will be made and updates will be provided in a timely manner through senior leader

engagements like this town hall.

The TRADOC Public Affairs Office will also post an information page soon to the TRADOC website, www.tradoc.army.mil, to provide information about potential impacts to TRADOC's workforce.



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Obama lauds Panetta for decades of service

By John D. Banusiewicz
American Forces Press Service

WASHINGTON — Citing nearly 50 years of public service that began in the uniform of an Army lieutenant, President Barack Obama said Friday that soon-to-retire Defense Secretary Leon E. Panetta has kept alive and protected the dream his parents sought when they came to the United States from Italy.

During a farewell ceremony for Panetta at Joint Base Myer-Henderson Hall here, the president noted that Carmelo and Carmelina Panetta had no money and spoke little English when they passed through New York's Ellis Island for a new life in California.

"They started a Family and taught their sons that if they studied and worked, if they gave back to this country, that they, too, could share in America's promise," Obama said.

The president recalled luring Panetta away from the Family walnut farm in Monterey, Calif., to return to public life as CIA director.

"Your leadership of the CIA will forever be remembered for the blows that we struck against al-Qaida, and perhaps the greatest intelligence success in American history, delivering justice to Osama bin Laden," Obama told the secretary.

After that, Obama said, Panetta had every right to expect he could



President Barack Obama hugs Defense Secretary Leon E. Panetta during the armed forces farewell tribute to honor him on Joint Base Myer-Henderson Hall, Va., Friday. Panetta is stepping down as the 23rd defense secretary.

PHOTO BY ERIN A. KIRK-CUOMO

return home.

"I'll admit that when we first asked him to stay on and lead the Pentagon, his answer was simple: 'No,'" the president said. "But I kept asking. I am persistent. That's how Michelle married me. I just kept at it. And it is a testament to Leon's patriotism, to his sense of duty, that he agreed to serve on this one last tour.

"And perhaps it was the memory during World War II of his parents opening up their homes to GIs headed for the Pacific," he continued. "Perhaps it was because Leon served himself as

a young lieutenant in the Army. Perhaps it was the experience of watching his youngest son deploy to Afghanistan. What we do know is this: as our nation's 23rd secretary of defense, every action Leon Panetta has taken, every decision that he has made, has been with one goal in mind — taking care of our sons and our daughters in uniform and keeping America safe."

Under Panetta's watch, Obama said, the war in Iraq ended and the war in Afghanistan is winding down toward its end next year.

"We've put the core of al-

Qaida on the path to defeat," he added, "and we've been relentless against its affiliates."

Treatment for wounded warriors, support for military Families and efforts to help veterans transition to civilian life all have improved during Panetta's tenure, the president said, and his time in office has seen the final repeal of the "don't ask, don't tell" law and the opening of combat roles for women. He also praised the secretary for overseeing formation of a new national defense strategy.

"Because we forged a new

defense strategy," Obama said, "we'll be better prepared for the future, better prepared to meet the threats that we face without larger military footprints, better prepared against cyber attacks, better prepared to advance our interests in the Asia-Pacific region, and after more than a decade of war, better prepared for the broadest range of contingencies."

The president thanked Panetta's wife for sharing her husband with the nation. "Sylvia, Leon's service has also been your sacrifice," he said, "and we promise this time he really is coming home." Turning to the secretary, Obama thanked him for his service.

"Leon, from your first day in uniform until today, your dedicated service to America has spanned nearly 50 remarkable years," he said. "And as you review these fine troops one last time, as you return home and walk your farm, know that the grand arc of your life speaks to our larger American story, for you can say with confidence and with pride that you've fulfilled the hopes that brought Carmelo and Carmelina Panetta to these shores all those years ago.

"You made them proud," he continued. "You've helped keep alive the American dream, for not only your children and grandchildren, but for all of our children and grandchildren. And for that, we will be eternally grateful."

Secretary of defense reflects on public service, thanks troops

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

WASHINGTON — Retiring Defense Secretary Leon E. Panetta expressed his gratitude today for all those he served with through five decades of public service to the nation during his farewell ceremony.

The Armed Forces Farewell tribute, hosted by President Barack Obama and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, drew a distinguished audience of current and former military and government leaders as Panetta reflected on his career.

"It's been 50 years of public service, and I ... will always cherish the deep and lasting friendships that I've made here in Washington," Panetta said. "I'm extremely grateful that so many of those friends could be here this afternoon.

"I have spent a long time in this town," he said. "As the son of immigrants ... I have truly lived the American dream. Being an Italian-American in Congress, at senior levels in the executive branch, has been for me a very unique experience."

Panetta said he is still impressed by the sight of the Capitol and the White House at night, calling it a "very special experience." He thanked the president for giving him a chance to lead the Defense Department.

"Mr. President, I want to express my deepest thanks to you for the opportunity to serve this country again as a member of your administration," he said.

"It has been a tremendous honor and a tremendous privilege these past four years, and especially now as the 23rd secretary of defense," Panetta said.

"I hope that in some small way I have helped to fulfill the dream of my parents, the dream that they wanted and the dream that all of us want, of giving our children a better life," he said.

Panetta recalled some of the proudest moments of his career and some of the experiences and memories he will cherish.

"I will never forget the pride and exhilaration when I walked out of the White

House after the president announced the success of the bin Laden operation," he said.

"I could hear the chants of those people who were gathered around the White House and in Lafayette Park yelling, 'USA, USA,'" Panetta said. "Thank you, Mr. President, for your strong support in what was a very tough decision. The memory of that operation and the team that helped put it together, both the intelligence team and the military team, will be with me forever."

The defense secretary said he'll remember visiting deployed troops on bases around the world, and "looking into the eyes of brave men and women who are putting their lives on the line every day for this country."

Panetta cited moments where he honored veterans of past wars, and was inspired by wounded warriors returning home from war.

"I'll always remember the moments of grief, when this nation has rendered final honors to our fallen heroes and when we've had to comfort their Families," he said.

"Writing notes of condolence to those Families who have lost loved ones has been for me one of my toughest jobs," Panetta said. These moments of selflessness, courage and sacrifice, and heroism provide optimism and a renewed sense of pride in our country.



PHOTO BY STAFF SGT. TEDDY WADE

Defense Secretary Leon E. Panetta walks away the podium after giving his remarks during an armed forces farewell tribute in his honor on Joint Base Myer-Henderson Hall, Va., Friday. Panetta is stepping down as the 23rd defense secretary.

Panetta said he would have "no greater honor" in his life than leading the men and women of the U.S. military as secretary of defense, serving alongside Dempsey and the Joint Chiefs.

"As we used to say when I was in the Army, there isn't anyone I'd rather be in the foxhole with than Marty Dempsey," he said. "I cannot tell you what a privilege it has been to work with you and to work with all of the service chiefs.

"We've dealt with some very tough issues, and there is no way that I could have done this job without your support, without your loyalty, and without your dedication," Panetta said.

Panetta noted he and the chairman have testified before Congress 11 times and held 10 press conferences together since assuming leadership of the Pentagon.

"It has been the honor of my life to have served in the position of secretary of defense," he said. "And wherever I go and whatever I do, I will thank God every day for the men and women in this country who are willing to put their lives on the line for all of us.

"My prayer as I leave," Panetta said, "is that we all have the same courage and dedication to protecting our nation, the United States of America, the home of the free and the brave."

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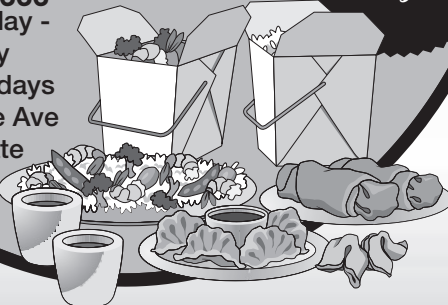
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Shooter: Exercise heightens awareness

Continued from Page A1

do and reviewed evacuation routes for their side of the building.

In the event the shooter was in their own building, English reviewed with the staff the three actions of how to respond: evacuate, hide out or attack.

English said the course of action to take was situation dependent, and in the event that his office needed to evacuate, he wanted to make sure that each member of the staff knew exactly where the exits were, which routes to take and where their specific rendezvous point is.

Jones said it was important for all members of her staff to meet at the specific rendezvous point to make sure they account for everyone.

One specific point that English made was that they were advised not to pull the fire alarm in the evacuation process. Pulling the fire alarm could potentially put more

people in harms way and cause mass confusion, he said.

Evacuating would be the course of action to take if it was known that the shooter was in the building. If the shooter was closer to their location in the building, the correct action response would be to hide.

During the exercise, staff members looked for potential hiding spots within their offices that they could find shelter and hopefully avoid detection, and even practiced barricading themselves in a room against an intruder. They went over different steps to take while hiding, like turning off cell phone ringers, locking doors and turning off lights.

As a final course of action, they went over the last-case scenario, which would involve the shooter entering their office and the staff having to attack the shooter as a last resort.

English said they should use any type of improvised weapon that they can from letter openers and screwdriv-

ers to pencils and hot coffee. They discussed that they should only attack the shooter, however, if they are in imminent danger, and emphasized that in that moment it would truly be a life-or-death situation and that people should fight for their lives.

The office also reviewed and discussed what to expect when law enforcement arrives on the scene and stressed that everyone should comply with officers' demands.

"The first responders aren't there to assist the injured," said English. "They are there to get the aggressor."

Kristina Davis, lead management and program analyst at PAIO, said walking through the plans made it easier to reinforce the lessons learned.

"I think in emergency situations people can recite the steps, but you really have to take the actions to do the steps," she said. "Actually getting up and walking around and practicing just helps put that in your mind, and you'd be able to draw on that during a real emergency."

Praise: Soldiers volunteer time at Daleville Community Center

Continued from Page A1

and decided, after a walkthrough of the facility and the grounds, that they wanted to try to make the complex an academy-type project for future classes.

"They want to continue to give time to the Daleville Senior Community Center with projects like this, whether it is

clearing things out, yard work, building a gazebo, a porch swing or yard swing or expanding the garden," said Staff Sgt. Michael Enman, 4th Platoon community service leader. "Our hard work has paid off because it has turned into more of a continuous project or donation from the Army side of the house for the community."

Hoffman and Enman are stationed at Fort Rucker and both plan to make appearances at the home to check up on the residences and to make sure that the building is holding up to high standards from time to time.

"We both intend to volunteer personal time. With the high number of retirees that stay in the area, most of the guys that

come in here are prior service military, so that is our way of saying thanks as well as being able to give back to our community," said Enman.

Pizza and drinks were served after the Soldiers were recognized, and the seniors and Soldiers mixed and mingled, each telling stories of their adventures throughout life.

ACS: Class improves couples' communication, conflict resolution

Continued from Page A1

and help them communicate with Family, friends, coworkers or anyone they come in contact with in their lives.

A portion of the class is about assertive communication and how people react to positive news, said Gonzalez.

"It's one of those light-bulb moments that our students get," she said. "A lot of times when we receive positive news from a Family member, we take it for granted."

The program helps people see how they treat their Family members and the difference in reactions they have based on the relationships they have with loved ones.

"We react differently to them. We might blow them off or act nonchalant, but that's how relationships can break up sometimes," said Gonzalez. "It's a real 'aha' moment for some and it's a very enlightening part of class."

As a military Family member, Gonzalez said she has been through resilience training and is able to see how the training has helped in her life.

"I've learned to control some of my reactions and it's just helped me understand why I react to some things," she said. "This training is not designed to change someone and it's a lot of stuff people already know, they just didn't know how to do it."

"If I had this training earlier in

life ... it would have made life a lot easier," she said.

Another part of the class is called "putting it in perspective," which deals with worst-case scenarios.

"This portion of the class is a really hard [part] to go through, but some of our spouses could possibly go through that worst-case scenario," said Gonzalez, adding that it's a necessary part of the training.

Although the training takes people through worst-case scenarios, Gonzalez said that it's still a fun experience for Family members to participate in.

"It's not just sitting in a classroom and having someone speak at you," she said. "We use a lot of videos, a lot of humor and lot of

discussion – real-life examples."

The real-life testimonials that people share help to push the class along and give others something to relate to.

"People will tell their stories and how they worked through it,

and that's what makes it real," said Gonzalez. "Life is messy, but if we use tools to fix it and we see how it works, it'll be OK."

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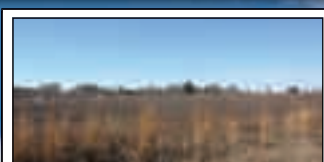


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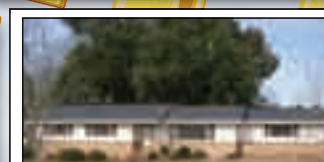
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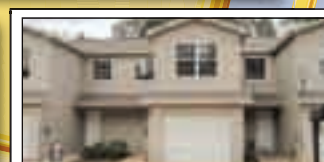
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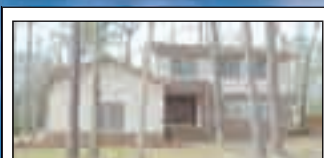
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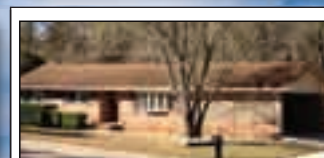
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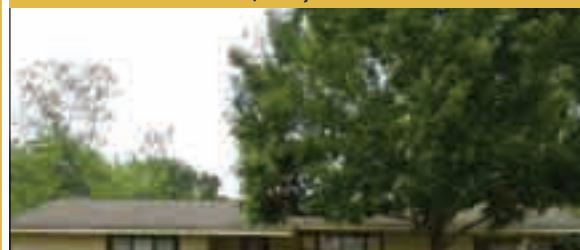
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FEBRUARY 14, 2013



PHOTO BY SPC. ROLAND HALE

An MQ-1C Gray Eagle unmanned aircraft system makes its way down an airfield on Camp Taji, Iraq, before a surveillance mission in the Baghdad area. The Army plans additional Gray Eagle units, one for each of 10 active-duty divisions, and several more for special operations units, aerial exploitation units and the National Training Center.

Army plans Gray Eagle units for 10 divisions, other orgs

By C. Todd Lopez
Army News Service

WASHINGTON — The Army plans additional Gray Eagle units, one for each of 10 active-duty divisions, and several more for special operations units, aerial exploitation units and the National Training Center at Fort Irwin, Calif.

With the current program of record, a purchase of 152 Gray Eagles in total, the Army won't have enough of the aircraft to give a full assignment of 12 aircraft to every one of the divisions it plans on equipping; so some may get

as few as nine aircraft. But when those units go downrange, they will get a full component, Army Aviation officials said.

"The plan is, when a Gray Eagle company deploys, like we have downrange now with F-227 (Aviation), they would deploy with a full complement of three platoons of four aircraft, or 12 aircraft total," said Col. Timothy Baxter, project manager, Unmanned Aircraft Systems, during a media roundtable, Feb. 4.

Those extra aircraft would come from other units who are not deploying.

"[U.S. Army Forces Command] would task organize from other Gray Eagle companies to make sure when they are deployed in harm's way, they would have a full 12," said Jeff Crabb, deputy product manager, Medium Altitude Endurance UAS. "That's the current strategy."

The direction to equip the combat Aviation brigades within all Army divisions with the Gray Eagle came from chief of staff of the Army, Gen. Ray Odierno. But the Army plans to buy 152 of the aircraft to distribute among those units.

"The only way you could do that without buying more assets is to reduce the numbers," Crabb said.

The Army has contracted for 103 Gray Eagles to date.

Today, the Army has one Gray Eagle company already deployed, F Company, 227th Combat Aviation Brigade, 1st Cavalry Division, Fort Hood, Texas. While deployed in Afghanistan, it is assigned to the 101st Airborne Division (Air Assault). F Co., 227th CAB, is equipped now with 12 aircraft, and will retain all 12 when it returns home some time within the next

two months. The 1st Cavalry Division also has an additional company of 12 Gray Eagle aircraft, E Company, 227th CAB.

Another company, F Co., 1st Aviation Regiment, 1st Infantry Division, Fort Riley, Kan., also with 12 Gray Eagles, will replace F-227 within the next 90 days, officials said. They now have an advance party already in theater, and are preparing to deploy soon.

Also in Afghanistan now are two "quick reaction capability" units, each with four Gray Eagle

SEE EAGLES, PAGE B4

Army advances 2 airborne radios



PHOTO BY TECH. SGT. MATT HECHT

Project Manager Airborne Maritime/Fixed Station, assigned to the Army Program Executive Office for Command, Control and Communications-Tactical, is overseeing the development of the two radios known as the Small Airborne Networking Radio and the Small Airborne Link 16 Terminal. The Small Airborne Link 16 Terminal aircraft radio is being developed for the AH-64 Apache helicopter to deliver increased situational awareness.

By Nancy Jones-Bonbrest
PEO C3T

ABERDEEN PROVING GROUND, Md. — As the Army continues to advance its new tactical radio strategy, it is building on lessons-learned from the Joint Tactical Radio System program to drive innovation in radios for service aircraft.

Following the recent Department of Defense decision to disband the Joint Program Executive Office for Joint Tactical Radio System and transfer its programs to the services, the Army is now responsible for two software-programmable radios with the technology to connect rotary wing aircraft with ground units, allowing the transmission of data, voice and video over the wireless, secure network.

Project Manager Airborne Maritime/Fixed Station assigned to the Army Program Executive Office for Command, Control and Communications-Tactical is

overseeing the development of the two radios known as the Small Airborne Networking Radio and the Small Airborne Link 16 Terminal.

Both the Small Airborne Networking Radio and SALT are two-channel radios that will meet the National Security Agency's certification for type one encryption. SALT is being developed for Apache aircraft while the SANR is designed for five aircraft platforms, including the Apache, Chinook, Gray Eagle, Black Hawk and Kiowa Warrior.

"With the SALT radio, because the Apache mission is to fly essentially low and by themselves in support of direct operations on the ground, they need to be able to talk to Intelligence, Surveillance and Reconnaissance asset platforms," said Navy Capt. Nigel Nurse, project manager for AMF. "So the situational awareness of

SEE RADIOS, PAGE B4

Gray Eagle takes flight: 1st UAS company begins deployment

By Mollie Miller
1st Infantry Division Public Affairs

FORT RILEY, Kan. — A company of 1st Infantry Division Soldiers responsible for operating and maintaining one of the Army's newest unmanned aircraft systems departed Fort Riley Jan. 29, destined for Afghanistan.

Soldiers assigned to F Company, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, cased their company colors during a brief evening ceremony in front of Family and friends at the Gray Eagle UAS hangar on Marshall Army Airfield. The ceremony was the final piece of a deployment preparation plan that began less than 12 months ago with the company's activation ceremony at the very same location.

Lt. Col. Ed Vedder, commander, 1-1 ARB, applauded the deploying Soldiers' constant hard work during the past several months and noted that the Fenix Company team illustrates that "excellence can occur."

"This is the best-trained, most prepared Gray Eagle company to ever deploy in the United States Army," Vedder said.

The Gray Eagle is a medium-altitude, long-endurance system designed to perform better at higher altitudes, and designed to see and listen better than its predecessors. New targeting systems and a new engine also allow the aircraft to fly longer and higher and carry more weight than many of the Army's previous unmanned systems.

During remarks at the company's April 12 activation ceremony, 1st CAB commander Col. Mike Morgan celebrated the Gray Eagle's capabilities, adding that the system is a key part of the Army's modern full-spectrum combat Aviation brigade.

"Our missions of today and tomorrow require overhead platforms that provide new, real-time intelligence, surveillance, security and targeting," he said. "Gray Eagle is a state-of-the-art platform that allows ground forces to move farther faster and provides a picture for the commanders so they

SEE UAS PAGE B4



PHOTO BY MOLLIE MILLER

Pfc. Mitch Galvani gives his daughter Sophie, 1, a kiss Jan. 29 before beginning a nine-month deployment to Afghanistan with F Co., 1st ARB, 1st Avn. Regt., 1st CAB, 1st Inf. Div. Galvani is a wheeled vehicle mechanic with the company responsible for maintaining and operating one of the Army's newest UAS, the Gray Eagle.

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Eagle: Program implements maturing tactics

Continued from Page B1

aircraft. Those two QRC units have been deployed since 2009. The first was deployed initially to Operation Iraqi Freedom and stayed though until the end of Operation New Dawn before moving on to Afghanistan to support Operation Enduring Freedom. The second QRC has always been in Afghanistan.

The Army is also fielding another company to the 3rd In-

fantry Division at Fort Stewart, Ga. And by October, another to the 160th Special Operations Aviation Regiment. The 160th may end up with two companies of 12 aircraft each.

Baxter said it's been a "busy year" for the Gray Eagle program, which has culminated with the director of operational testing and evaluation publishing a "beyond low rate initial production" report for Gray Eagle IOT & E that was conducted last July and August.

The report "deemed us effective, operationally suitable,

and meeting our survivability and force protection key performance parameters on the program," Baxter said. Additionally, he said, a "number of recommendations" came out of the Beyond LRIP report, involving maturing tactics, techniques and procedures on the Gray Eagle program, improving training on the program, improving doctrine across the Army on the program with respect to Gray Eagle and all UAS, and also maturing the manned/unmanned teaming capabilities.

Radios: Advancements provide battlefield advantage

Continued from Page B1

not only the information they have, but also being able to determine friend or foe from an Apache out on the forward edge of the battlefield, is critical."

Army aircraft deliver life-saving support, as well as additional situational awareness, to ground units, so equipping these aircraft with enhanced communications tools will benefit Soldiers on the ground as well as in the sky.

The SANR radio will utilize three waveforms with the goal of having two of the waveforms working simultaneously. This allows Soldiers to exchange more information and communicate with additional platforms and elements of their brigade combat team.

Networked radios offer distinct advantages

Both the SALT and SANR use new networking technologies capable of connecting the tactical edge through terrestrial and aerial tier communications not reliant on satellite networks or fixed infrastructure. In mountainous terrain, such as Afghanistan, line-of-sight communication is often unavailable.

"It's the same concept of being able to get the network out to the tactical edge of

the battlefield," said Nurse. "These networking radios do not require any satellite or satellite connectivity. The best way to think of them is sort of like cellular networks without the antenna infrastructure."

Part of the JTRS transition included designating PM AMF as a non-developmental item program, directing it to meet requirements by identifying and integrating technically mature commercial off the-shelf hardware solutions — driven by existing platform size weight and power requirements, which are able to port waveforms housed in the Joint Tactical Networking Center Information Repository.

By using common waveforms, radio manufacturers who want to develop a system do not have to start from scratch and create their own waveform, ultimately driving down cost.

SALT will use Link 16 and Soldier Radio Waveform while SANR will use SRW, Single Channel Ground and Airborne Radio System and a Mid-Tier Waveform that has not yet been determined.

Mid-Tier Waveforms were recently assessed at the Army's Network Integration Evaluation where Soldiers from the 2nd Brigade, 1st Armored Division, used different versions in realistic operational scenarios. How the waveforms performed will help determine which Mid-Tier Waveform

is eventually chosen for the SANR.

While PM AMF is charged with moving the two radio programs forward, they are also looking for ways to leverage existing radios to fill capability gaps for other air platforms.

Currently, there is no network radio for the Shadow unmanned aircraft system. However, the Army has used the NIEs to evaluate the use of the existing Small Form Fit Bravo from the Handheld, Manpack, and Small Form Fit Program for small aircraft. Although primarily designed for use by lower echelon Soldiers during ground missions, the SFF B could also be positioned in Shadow UAS to host aero relays or act as another node in the sky.

Partnering with industry to move radio production forward

The AMF program is now seeking the hardware solutions or radio boxes that will use the waveforms to deliver SALT and SANR capabilities. The technology builds on existing tactical communications capabilities that provide airborne platforms with satellite connectivity and Global Positioning System for navigation and situational awareness information.

The Army will continue to work with industry on drafting formal requests for proposals in an effort to advance a full and

open competition to procure the best industry solution to support the waveforms. In August, PM AMF released a request for information to industry for the development of the SANR and officials are now meeting with the RFI respondents to discuss capability requirements. An RFI also was also released for SALT with the office currently assessing respondents' submissions.

"We're working to determine what are the things that are an absolute 'need to have' that industry is not providing," said Nurse. "Then we'll go back to industry and see, first if it can be provided, and if not, what's the cost to provide it while working within the NDI construct."

RFPs for both the SALT and SANR are slated for release in the fourth quarter of fiscal year 2013 with low rate initial production expected as early as the third quarter of fiscal year 2014.

"We'll continue to leverage existing Army research and development to advance the AMF tactical radio," said Nurse. "The NDI strategy, adopted by the AMF Program Office, is a cost-effective way to capitalize on that investment that provides capable solutions to the Soldier and provides incentives to industry to continue to garner business from their JTRS offerings."

UAS: F Co. Soldiers 'well-trained, ready to go' for deployment

Continued from Page B1

can make more informed decisions for maneuver and security."

Fenix Company is home to more than 120 Soldiers, who represent more than 20 military occupational specialties. Considered "self-sustaining," the company can

pack up, deploy, unpack, launch, get the mission done and move again if necessary all the while fueling themselves, launching themselves, feeding themselves and taking care of the ground force.

The Fort Riley-based company is the first Gray Eagle unit in the Army to train at and deploy from

their home station.

"You exist to support the ground force commander," Vedder said. "Be vigilant and watch out for each other. You will save lives and make a difference (downrange)."

Gray Eagle Operator Spc. Ian Klaiber was the second member of F Company to arrive at Fort Riley.

The young Soldier has watched his company go from occupying a single office with no furniture, to a 100-person strong organization where "things just started to click."

"It took a lot of hard work to get us where we are today," he said. "We are well trained and ready to go."

The Fort Riley Soldiers will assume the Gray Eagle mission from F Co., 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, in Regional Command-East in Afghanistan. The company is expected to be gone for nine months.

The Women's Center Boutique is the region's leader in post-mastectomy care for women of all ages.



The Women's Center Boutique is ready to assist you in recovering your confidence and self-image after treatment or surgery. Our Boutique professionals (shown above), the region's largest staff of nationally certified and state licensed breast prosthesis fitters, help you understand and prepare for appearance changes. A private fitting room is available. We will gladly file insurance for prosthetic merchandise. Give us a call to schedule an appointment for your free personal consultation and fitting.

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Boutique
Southeast Alabama Medical Center



Women's Center

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FEBRUARY 14, 2013



PHOTO BY EVAN DYSON

Hal Runkel, founder of The ScreamFree Institute and licensed marriage and family therapist, leads a session with Army parents last year at Fort Sam Houston, Texas. Runkel will conduct ScreamFree Marriage Feb. 28 from 5:30-7:30 p.m. at Fort Rucker's Wings Chapel. Through the technique, couples are encouraged to focus inwardly and remain calm.

screamfree

Marriage program teaches better communication

By Sara E. Martin
Army Flier Staff Writer

All relationships have their ups and downs and their twists and turns, especially for military Families, so to help strengthen Fort Rucker Families, Army Community Service offers the ScreamFree Marriage Program to help bring Families closer together through respectful communication.

Installation Management Command and the Directorate of Family, Morale, Welfare and Recreation are partnering with ScreamFree Marriage to bring the program to Fort Rucker for free, in hopes of bringing in people who may be worried about the hassle of seeking relationship advice, according to Luticia Trimble-Smith, Family advocacy program manager.

"We hope the workshop will reduce the chances that a partner is being emotionally or verbally abused and won't seek help. People [often] don't realize that when you put your partner down and say negative things to them all the time that that is a part of abuse. Emotional and verbal abuse are types of domestic violence," she said.

The workshop will be held for the first time on Fort Rucker in Bldg. 6036, Wings Chapel, Feb. 28 from 5:30-7:30 p.m. The presentation includes a free chicken dinner provided by Picerne Military Housing and free childcare, but participants must be pre-registered by Feb. 21. People can pre-register by calling 255-3898, 255-9641 or 255-9644.

"At a private institution this program would cost around \$75 per couple, so it is well worth it to come out and improve your marriage. You get the program for free, a free babysitter and a free dinner. Participants will also receive ScreamFree Marriage books and DVDs free of charge," said Trimble-Smith.

The workshop aims to be a "life-changing marriage event" where participants learn different ways to calm themselves down so they can communicate more effectively.

"It is about learning and being calm. It will help people respect each other better. Knowing you react poorly to certain situations is the first step. This workshop will help you look at yourself to see why you respond that way and what ways may be better," she said.

The workshop, developed and conducted by Hal Runkel, calls for people to look inside themselves.

"[Runkel] is trying to teach people to listen and understand before [they] open [their] mouths and say something [they] may regret later because [they] are frustrated or angry. Self-awareness is key in relationships. It is not looking to blame someone else in the relationship, but to take a step back and realize that you are responsible for how you react to your partner, and taking ownership of that and finding ways to calm yourself," said Trimble-Smith.

People do not have to be married to attend the event. It is open to all couples in

the Fort Rucker Family, whether they are dating, engaged or thinking of getting engaged.

"Healthy marriages are good for our Families and if it is good for Army Families then it is good for the Army mission as a whole," said Trimble-Smith. "We want to strengthen Families and classes like this help reduce stress in a household."

The title of the workshop can be misleading, according to Trimble-Smith.

"Some people will think, 'Well, I don't scream at my spouse, so that is not for me.' It is not necessarily about yelling or screaming because in every relationship there is going to be some anxiety and stress. It is for people who argue and for people who don't. Everyone can get a lot out of attending," she said.

Using the silent treatment is one form of communication that is not endorsed by the program that some people may use on their partners, and Trimble-Smith said although people may think it is harmless, that it is a form of screaming.

"A lot of people may think screaming is not harmful, but the emotional neglect that follows is unhealthy and is just as damaging as screaming at your partner," she said.

The workshop is described as being very interactive, not as being lectured at by someone on a stage or having to sit through an endless PowerPoint.

"It is fun and people won't be bored, but it is not an in-your-face-training where people have to disclose personal information about themselves either.

"People loved the ScreamFree Parenting that we held last year, so we believe the sister program will have just as positive feedback," she said.

Officials encourage participants to come with their partners, but that if someone wants to attend and their partner cannot then that is fine as well.

"It is best for couples to attend together, but it is not necessary. If someone is single and feels the need to improve their communication skills for when they do find that special someone then they are more than welcome to attend, as long as they pre-register," said Trimble-Smith.

The buffet-style dinner will be before the workshop. People wanting to eat can show up a little early, but eating is permitted while the workshop is being conducted and is even encouraged.

Though the program is directly trying to improve marriages and romantic relationships, Trimble-Smith said that the workshop will help all inter-personal relationship communication.

"It is about enhancing relationships. It will benefit the entire Family because when the parents are happy and are able to communicate in a respectful, calm manner then the children will see that and hopefully imitate that and learn that there are other, more positive ways to communicate with each other. It can also help in dealing with people in the workplace. It will provide the tools to communicate in any situation where you have to work with others," she said.

EFMP donates materials to school library

By Marion Cornish
Fort Rucker Exceptional Family Member Program Manager

The Exceptional Family Member Program donated more than 40 books and DVDs to the Fort Rucker Elementary School Library in January.

The materials are available for parents, children and professionals. Topics available include allergies, autism, Asperger Syndrome, Attention Deficit Hyperactivity Disorder, Down Syndrome, information for the visually impaired, information for the hearing impaired, information for the physically challenged, a military parents' guide to No Child Left Behind, dealing with deployment, books in Braille, and on loss and grief, etc.

These books can help teachers parents explain to children various types of disabilities in a way that children can understand. Sometimes, teachers and other adults have a difficult time talking to children about disabilities, especially if they are not familiar with the disability.

Several books may be read by children without adult assistance, and some material is also

suitable to teach inclusion and learning about diversity.

Fort Rucker's EFMP serves more than 800 active-duty military exceptional Family members and the staff hopes these books and DVDs will be an excellent resource for them and others in the Fort Rucker community.

For more information about the books and DVDs, contact the Fort Rucker Elementary School located on Red Cloud Road by calling 598-4408.

For information on the EFMP, call Army Community Service EFMP at 255-9277.



COURTESY PHOTO

An example of the books and materials EFMP donated to the Fort Rucker Elementary School Library.

ON POST

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

Newcomer’s Welcome

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

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

Hired! prerequisite training

The Hired! Apprenticeship Program offers paid work experience and training to better equip participants with needed skills for a highly-competitive job market. Prerequisite training is required prior to start a term, with the next session taking place Feb. 26-28 from 4-6 p.m. at the teen center. Valid child, youth and school services registration is required.

People can enroll for Hired! at parent central services in Bldg. 5700, Rm. 193, or call 255-9638 or 255-1093 for more information.

Taco Bar Tuesday

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

For more, call 598-2426.

Sweetheart Dinner

The Landing Zone hosts its Sweetheart Dinner today and Friday 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.

For more, call 598-8025.

Teen Book Club

The Center Library hosts its Teen Book Club Feb. 21 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.

Dueling Pianos

The Landing hosts Dueling Pianos Friday 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. Friday 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 Tuesday and Wednesday 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



FILE PHOTO

New hours at leisure travel

Charlotte Alan, travel clerk with leisure travel services, assists CW4 Ronald Smith, Aviation Center Logistics Command, with planning a summer vacation last year. Beginning Tuesday, leisure travel services will change its hours of operation to Mondays through Fridays from 8:30 a.m. to 4:30 p.m. Leisure travel is located in the Soldier Service Center, Bldg. 5700, on the first floor. For more, call 255-2997.

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.

Scream Free Marriage Workshop

Army Community Service hosts a Scream Free Marriage Workshop Feb. 28 from 5:30–7:30 p.m. at Wings Chapel, Bldg. 6036. The workshop focuses on calming people’s own anxiety and focusing on individual self-respect, championing their own personal growth as the key to intimacy and celebrating the differences between them and their spouse as the foundation of a great marriage. Registration is required and people need to register for the workshop before Feb. 21. The workshop is open to active duty military, retired military, Department of Defense employees and their Family members.

For more, call 255-3246.

Steak Night

Every Monday starting at 5 p.m. is Steak Night at The Landing Zone. The special features an 8-oz. Flat Iron Steak with a baked potato or fries for \$8, with the purchase of a beverage. Add a side salad for an additional \$1. Other sides are also available for purchase. This special is limited to the first 100 guests per night, is available to dine in only and limited to one per guest. The offer is not valid with any other coupons or promotions.

For more, call 598-8025.

DFMWR

Spotlight

COYOTE HUNT ★

★ February 16 – March 3 ★

Fort Rucker Outdoor Recreation

Event Registration Fee:

- \$20 for a one man team
- \$40 for a two man team
- \$30 for an authorized escort and youth team (\$5 for additional youth)

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Total purse goes to the heaviest coyote.

- 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.28th.
- All hunters and trappers must abide by Fort Rucker and Alabama game laws. Hunters must present their game at time of check-in, 8:00 a.m. – 4:00 p.m. daily.



Outdoor Recreation, (334) 255-4305

www.ftruckermwr.com

Valentine's Day: A day, night of love

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

This will be the first of many (God willing) articles from my pen and heart to you, my readers. And I can't think of a better one to start with than this particular subject as we approach that wonderful day called Valentine's Day.

I remember when I was in Germany and having the opportunity to brief the chaplain's "thought for the day" at the commanding general's command and staff meeting. I decided that I would speak a little about the upcoming Valentine's Day.

I gave the men the big warning order that if they fail to execute this mission on that specific day, then their Valentine's Day would become, in fact, their D Day.

Valentine's Day is one of the most important days in the calendar year to have quality moments with your significant other. You have to be very intentional about this if you want to make it special.

It does not have to be something elaborate or expensive. It can be a meaningful hug or touch with these heartfelt words, "I love you and will always love you." Try your best to make that day and evening a significant emotional

event for the both of you. Otherwise, it will be just another humdrum day in your short life together.

Begin that day straightway in the morning when you wake up. Then you sustain this glorious operation all throughout the day and into the night. Let love permeate your words and bodily actions from morning to evening.

While away, text your partner, call your partner, let them know that you are thinking about them and desire to be with them at that moment. You have to create the valentine mood. Have those beautiful flowers and cards for an extra bonus on this day. Yes, I said extra bonus. Don't

make those two items your main priority of efforts. You should have a romantic dinner together where it will be just you two and no children allowed!

Men, I challenge you to be open and honest with your feelings to your wives at least on this day. Think about your relationship and how wonderful it is to have someone to go home to, to be with and to share your day with. It is a terrible thing to be alone in this world. The soul in isolation is like having a cancer inside.

Anyway, treat your significant other in a very special way as you would do so on your anniversary. This day only comes

around once a year and I hope you are planning this out way ahead of time in sustaining your marriage.

If you are not good at this, then you have to learn to be good at this. For some, romance does not come quick or easy. There are significant reasons for this that I cannot go into in this particular article. The point is that you have to try to do this. In fact you should be trying all year long if you have difficulty being romantic.

I speak to you men who may be like Spock of Star Trek: you will have to get out of your head and into your heart in order to make this adjustment. Your wife can help you in the process and will be glad to assist you. Make your words from the heart and aim your words to your partner's heart.

I hope I have encouraged you and persuaded you to make Valentine's Day a significant day in your life. The truth is that there needs to be more Valentine's Days and there can be more special days as this one throughout the calendar year in your relationship. So get out there and make your partner feel like they are the most important person in your life ... because they really are the most important person that God has given to you.

May God bless you as you love one another.

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, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9

a.m. Adult Bible Study, Spiritual Life Center, Thursday.

Mothers of Preschoolers (MOPS)

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

Fort Rucker Protestant Men of the Chapel

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

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

Military Council of Catholic Women

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

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

Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday
1703 JV Club (Sixth - Eighth Grade), Thursday
For more information, call Eric Gillis at (850) 333-3039.



COURTESY PHOTO

Pick-of-the-litter

Meet Scooter, a 5-month-old male, terrier mix. He is sweet, handsome and playful and is ready for his forever home. Scooter is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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New co-pay rates in effect for TRICARE pharmacy customers

Tricare
Press Release

FALLS CHURCH, Va. — New co-payments for prescription drugs covered by TRICARE went into effect Feb. 1.

The Fiscal Year 2013 National Defense Authorization Act requires TRICARE to increase co-pays on brand name and non-formulary medications that are not filled at military hospitals or clinics. There is no increase to co-pays for generic medications.

TRICARE pharmacy co-pays vary based on the class of drug and where beneficiaries choose to fill their prescriptions. The co-pay for generic medications stays at \$5 when a prescription is filled at a network pharmacy.

There is no co-pay when generic prescriptions are filled through TRICARE Home Delivery. The new co-pay for a 30-day supply of a brand-name medication purchased at a retail network pharmacy will be \$17, up from the current \$12. Beneficiaries using TRICARE Pharmacy Home Delivery will pay \$13 for brand name drugs, up from \$9. However, the home delivery price is for a 90-day supply.

The greatest change in co-pays applies to non-formulary medications. The \$25 co-pay for these drugs increases to \$44 at retail pharmacies and \$43 through home delivery. The TRICARE Uniform Formulary is a list of all the medications TRICARE covers.

For fiscal 2014 and beyond, the new law directs that co-pays increase annually by the same percentage as retiree cost-of-living adjustments. In years when a COLA increase would total less than a dollar, it will be delayed a year and combined with the next adjustment so increases will always be \$1 or more.

Pharmacies at military hospitals and clinics will continue to provide medications with no co-pays. Visit www.TRICARE.mil/pharmacycosts for more details.

Prescription cost information based on the type of prescription and where it's filled:

Military pharmacy

Co-payment is \$0 for up to a 90-day supply of most medications.

Not all medications are available at military pharmacies — call first to check on availability.

Non-formulary medications are not usually filled at military pharmacies.

Home delivery

You may receive up to a 90-day supply for more prescriptions at the following costs:

- \$0 for generic formulary medications;
- \$13 for brand-name formulary medications; and
- \$43 for non-formulary medications, unless you establish medical necessity.

For more information on getting medical necessity for



COURTESY PHOTO ILLUSTRATION

non-formulary drugs, visit <http://www.tricare.mil/Prescriptions/Medications/Formulary/MedNecessity.aspx>.

Network pharmacy

You may receive up to a 30-day supply of most medications at the following costs:

- \$5 for generic formulary medications;
- \$17 for brand-name formulary medications; and
- \$44 for non-formulary medications, unless you establish medical necessity.

If you want to have a 90-day prescription filled, you will pay the copayment for each 30-day supply.

Non-network pharmacy

You'll pay more to have prescriptions filled at non-networked pharmacies — including host nation pharmacies — and costs vary based on your plan and the type of prescription.

Active-duty service members will receive full reim-

bursement after they file a claim.

All others enrolled in a prime option pay 50 percent of the cost share after the point of service deductible is met.

Beneficiaries using Standard/Extra, TRICARE Reserve Select, TRICARE Retired Reserve or TRICARE Young Adult pay \$17 or 20 percent of the total cost, whichever is greater after annual deductible is met for formulary-generic or brand-name medications, and \$44 or 20 percent of the total cost, whichever is greater, after the annual deductible is met for non-formulary medications.

TRICARE has partnered with Express-Scripts, Inc., for home delivery and retail network pharmacy services.

People can register online at <http://www.express-scripts.com/TRICARE/> to manage their prescriptions or download the free mobile app at <http://www.express-scripts.com/mobile/>.

Lyster commander seeks feedback

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Over the past few years, receiving a mailed survey from the Army Medical Command Office of the Surgeon General after a recent appointment at Lyster has probably become commonplace.

Most of you know the importance of completing and returning the Army Provider Level Satisfaction Survey. Providing us feedback helps us to improve services at Lyster, fostering a patient-to-primary-care-manager partnership to continually improve and achieve excellent health care.

Listening to you through surveys helps us identify desired and needed new services vital to your health care and to sustain and grow our health care facility.

The APLSS also yields financial incentives to Lyster from the OTSG, which are linked to the scores you give us. These funds are reinvested right back into your health care facility in the form of updated medical equipment, additional medications at the pharmacy, new staff or expanded patient education. For each survey returned, Lyster may receive up to \$500 to put back toward your health care needs.

These funds are absolutely critical to our operations and allow us to continue to reach higher in delivering the “Gold Stan-

dard” of health care to our patients.

Lyster consistently maintains a customer satisfaction rate around 95 percent and ranks in the top three of the 40 Army medical treatment facilities across the world. We strive to ensure that services delivered to all of our patients remain exceptional.

Currently, about 1,000 surveys are sent out each month; however, only 200 to 250 are ever filled out and returned. Taking the time to fill out and return the survey allows the OTSG to see our progress and ensure services delivered to Soldiers and their Family members, as well as retirees and their Family members, remain exceptional.

“Attaining a 95.4 percent satisfaction rate based on returned surveys is exceptional,” said Col. James Laterza, LAHC commander. “However, our return rates are low and we are missing out on valuable feedback from our patients on their experience at Lyster. We are your clinic and ask you to tell us about your care through APLSS when you receive it in the mail.”

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sure we continually have your feedback.

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Handwashing: The ‘do-it-yourself’ vaccine

By Wayne Combs, Ph.D.
U.S. Army Public Health Command
Community Health Nurse

Hand washing with soap is an affordable do-it-yourself vaccine that effectively prevents disease.

The U.S. Centers for Disease Control and Prevention has estimated that proper hand washing could eliminate half of all cases of food-borne diseases.

Scientific research shows that hand washing with soap prevents disease in a more straightforward and cost-effective way than any single vaccine or medical treatment.

Hands touch so many things and must be washed frequently throughout the day. Frequent hand washing with soap is necessary and good hand washing practices must be a part of a daily routine.

So how are we doing? People worldwide rinse their hands with water in the common belief that rinsing with water alone is sufficient to clean hands because it removes visible dirt. But rinsing hands with water alone is much less effective for removing germs than washing with soap.

Unfortunately, hand washing with soap is seldom practiced. Research reveals that the rates of hand washing with soap at critical times – after using the toilet or cleaning a child’s bottom and before handling food – ranges from 0 to 34 percent.

Why are we doing so poorly? In studies around the world, the one major reason for low rates of hand washing with soap is that it is simply not a habit. The challenge we face is how to make hand washing with soap a worldwide habit.

Here are some frequently asked questions about hand washing. The answers will help you and others put good hand washing techniques into practice.

What is the correct way to wash hands?

Proper hand washing requires soap and only a small amount of water. Running water from a tap is not necessary; a small basin of water or cans or plastic bottles with enough clean water to rinse your hands is sufficient.

One should cover wet hands with soap; scrub all surfaces, including palms, back, between the fingers, and especially under fingernails for about 20 seconds; rinse well with water; and dry on a clean cloth or by waving in the air. An easy way to gauge 20 seconds is to find a familiar song that takes about that long to sing; for instance, it takes about 20 seconds to sing the “Happy Birthday” song twice.

Is using antibacterial soap better than using regular soap?

With proper use, all soaps are equally effective at removing the germs that cause disease.

What if I don’t have soap and water?

Washing hands with soap and water is the best way to remove germs. If soap and water are not available,



COURTESY PHOTO ILLUSTRATION

use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands, but sanitizers do not eliminate all types of germs. Also, hand sanitizers are not as effective when hands are visibly dirty.

How do you use hand sanitizers?

Apply the product to the palm of one hand. Rub your hands together. Rub the product over all surfaces of your hands and fingers until your hands are dry.

How can we change people’s hand washing behavior?

Simply telling people to do it may not be enough. You can start by setting up an environment that promotes and encourages hand washing in common bathroom areas. Prepare a positive environment that will help people feel


comfortable enough to stay longer and practice proper hygiene. Make the experience fast and simple. The less people have to touch or do, the more likely they are to wash their hands.

Clean the bathroom from top to bottom. Maintain and refresh the bathroom multiple times throughout the day. Replace liquid and solid soaps with foam soap. Use soaps with no scent or a light pleasant scent.

Replace old soap dispensers with hands-free dispensers. Replace towels with hands-free dryers if possible. Hang posters that advertise proper hand washing and its benefits.

Keeping your hands clean is one of the most important steps you can take to avoid sickness and spreading germs to others. Take advantage of this do-it-yourself vaccine.

For more information about proper hand washing techniques, visit the Global Public-Private Partnership for Hand Washing at <http://www.globalhandwashing.org/>.



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Dancers bring energy, entertainment to stage

Coffee County Arts Alliance
Press Release

Most people tap their feet when they hear music, but some people make music by tapping their feet. TAP – The Show! is a powerhouse production, celebrating the artistry of tap dance from around the globe.

TAP – The Show! is fueled by a non-stop explosion of rhythmic energy. Wrapped in dazzling costumes and backed by a soaring orchestral score, this cast of award-winning dancers and singers travels seamlessly over decades of styles from Broadway and big band to world music and pop/rock.

Each section brings to life iconic tap moments of the past and creates brand new moments that amaze audiences. Included in this extravaganza are recreations of some of your favorite Fred Astaire and Gene Kelly numbers, Broadway showstoppers, smooth and sultry soft shoe, flamenco, tribal, Irish step and more.

Sing along and tap into the beat as you tap your feet with TAP – The Show!

This performance is a presentation of Coffee County Arts Alliance. The Gold Corporate Sponsor for this performance is an anonymous donor. For information, call 406-2787 or visit the web at www.CoffeeCountyArtsAlliance.com

Tickets are \$20 in advance and \$22 at the door.



PHOTO BY SHARON SIPPLE

Members of TAP – The Show! perform during a recent show.

Ticket purchase locations

• David's Westgate Beauty Salon • 406-1617 • Enterprise
• The Framery • 347-7800 • Enterprise
• New Brockton Florist • 894-6737
• Bradley Florist and Gift Shop • 897-3422 • Elba

• Wildflowers Florist & Gifts • 897-3010 • Elba
• The Printing Press, Inc. • 566-4060 • Troy
• MaFoosky's Deli • 598-3030 • Daleville
• Harbin Jewelers • 774-4427 • Ozark

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

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

DOTHAN

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

FRIDAY — Landmark Park hosts Astronomy Night 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.

FRIDAY — Featured Players Theatre features a dinner theatre production of “The Valentine’s Day Housewife Revolt.” Described as a show to be fun for both couples out on a date to celebrate Valentine’s Day or for girl’s night out, especially for those who might be a little disillusioned with the male gender. 18 and up. The production runs Friday, Saturday, Feb. 22 and 23. A meal from T.G.I. Friday’s is available by reservation only. Admission is \$25 for dinner-and-the-show, \$15 for show-only. For reservations or information, call 673-1243.

SATURDAY — The JonJam at Wiregrass Rehabilitation Services will be from 2-10 p.m. Music featuring Dread Clampitt, a chili cook-off, a silent auction and child activities will help benefit the R.E.A.L Project and AMBUCS. For more information or to purchase tickets, visit www.jonjam.com.

ENTERPRISE

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

For more information, call 348-9008 or 347-4663.

FRIDAY — The Enterprise Futbol Club Academy Program and the Enterprise Futbol Club Mighty Mites Soccer Program at

the Henderson Park Soccer Fields begins practice at 5:45-6:45 p.m. Children must be between the ages of 3-14. The ETFCAP is an intense 12- week program and the cost is \$125. The EFCMMSP will consist of six Friday night sessions. Cost is \$70. For more information, visit www.enterprisefutbol.com.

FEB. 22 — The Coffee County Habitat for Humanity Winter Wonderland third annual Father-Daughter Banquet will be held at 6:30 p.m. at the First United Methodist Church. Event includes dinner, dancing and a photo opportunity. Cost for a father-daughter ticket is \$110. The first additional daughter is \$30 and the second additional daughter is \$10. Attire is semi-formal. Recommended ages are 4-16. For more information or to make reservations, call 208-1108 or email ashleyavery@roadrunner.com.

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

MARCH 2 — Disabled American Veterans Chapter #99 will host an indoor yard sale at the Town Hall from 8 a.m. to 5 p.m. Public participation is invited. Booth rentals for an inside 12 X12 foot space is \$20 and outdoor space rentals for \$5 each. Hot dogs, chips and other refreshments will be for sale. For additional information, call 477-9861 or 406-6700.

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

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

ONGOING — Every 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

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments. For more informa-

Beyond Briefs

Car Show

The Florida Mopars third annual car show is Feb. 23 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. The event features music, cars and door prizes. Proceeds will benefit the Animal Rescue Center of Bay County.

For more information, call (850) 866-8964.

Art auction

An art auction will be held at The Boatyard

Restaurant in Panama City Beach Sunday from 6-10 p.m. The event will include heavy hors d’oeuvres, live jazz entertainment and a silent and live auction. Tickets are \$30 in advance or \$35 at the door.

To purchase tickets or for more information, call (850) 763-5437 or visit www.bbbsnwl.org.

Reef Workshop

The Northwest Florida Artificial Reef Workshop will be Tuesday from 10 a.m. to 5 p.m. at the Niceville Community Center in Niceville, Fla. Hosted by the Florida Fish and Wildlife, Sea Grant, Emerald Coast Reef Association and the Mexico Beach Artificial Reef Association, there will be many speakers, including Dr. Bob Shipp.

Learn about artificial reef building in the Panhandle, permitting rules, economic benefits and more. Registration fee is \$40 and includes both days of the workshop, and lunch and dinner.

For more information, visit www.ECReef.org.

Gumbo Festival

The 24th annual Sandestin Gumbo Festival will be tomorrow from noon to 4 p.m. at the Sandestin Golf and Beach Resort in Destin. Prepare a plate while restaurants and businesses vie for the title of “Area’s Best” in gumbo. Live Zydeco music and Family entertainment.

Visit www.SandestinGumboFestival.com for details or call (866) 912-3224.

DOD opens up 24 benefits to same-sex couples

By Karen Parrish
American Forces Press Service

WASHINGTON – Military members and retirees with same-sex partners will qualify for up to 24 new benefits under policy changes Defense Secretary Leon E. Panetta announced Monday.

In a memo to the service chiefs outlining the new policy, Panetta noted the department has “essentially completed” repeal of the so-called “Don’t Ask, Don’t Tell” law that barred gay and lesbian military members from serving openly.

Now, the secretary wrote to the chiefs, military leaders’ work must “expand to changing our policies and practices to ensure fairness and equal treatment and to taking care of all of our service members and their Families, to the extent allowable under law.”

Two of the new benefits are available at the service member’s election: hospital visitation and Family Readiness Group membership. For 22 other benefits, service members and their same-sex partners may file a “declaration of domestic partnership.” That declaration entitles same-sex partners to military identification cards, commissary and exchange shopping privileges, child care and youth programs, sexual assault counseling and other benefits.

Housing, medical and dental care, and overseas command sponsorship for same-sex partners are not included in this round of policy changes. As Panetta noted in a statement, those benefits are restricted under the Defense of Marriage Act, which defines “spouse” as someone married to a person of the opposite sex. The Supreme Court is reviewing the law and is expected to rule on it later this year.

The secretary wrote, “In the event that the Defense of Marriage Act is no longer applicable to the Department of Defense, it will be the policy of the department to construe the words ‘spouse’ and ‘marriage’ without regard to sexual orientation, and married couples, irrespective of sexual orientation, and their dependents, will be granted full military benefits.”

A senior Pentagon official emphasized in a briefing to Pentagon reporters today that benefit changes will happen as soon as possible. Panetta’s guidance to the services directed they



COURTESY GRAPHIC

make “every effort” to have systems in place to accept same-sex benefit requests by Aug. 31.

In no case, he wrote, may the services delay beyond Oct. 1 in rolling out the benefits.

Rolling out a new benefit takes time, the official said, as regulations and instructions, systems and software all have to be updated, and workers will need to be trained in new processes.

“Normally, we’re looking at a year” to make such changes, the official noted. “This is a very ambitious schedule; we’re really pressing hard to do this.”

Another official said the Defense

Department is working to see if the housing benefit can be added to the list and is developing a mechanism to allow burial of same – sex partners at Arlington National Cemetery, Va. The domestic partnership declaration isn’t feasible in cases where one or both partners have died, the second official added.

Retirees and their same-sex partners

will be able to file the declaration once the new systems are in place. The first official estimated that 5,600 same-sex couples include an active-duty service member, 3,400 include a Reserve or National Guard member, and 8,000 include a retired military member. The cost of implementing the new benefits, the official added, would be negligible.

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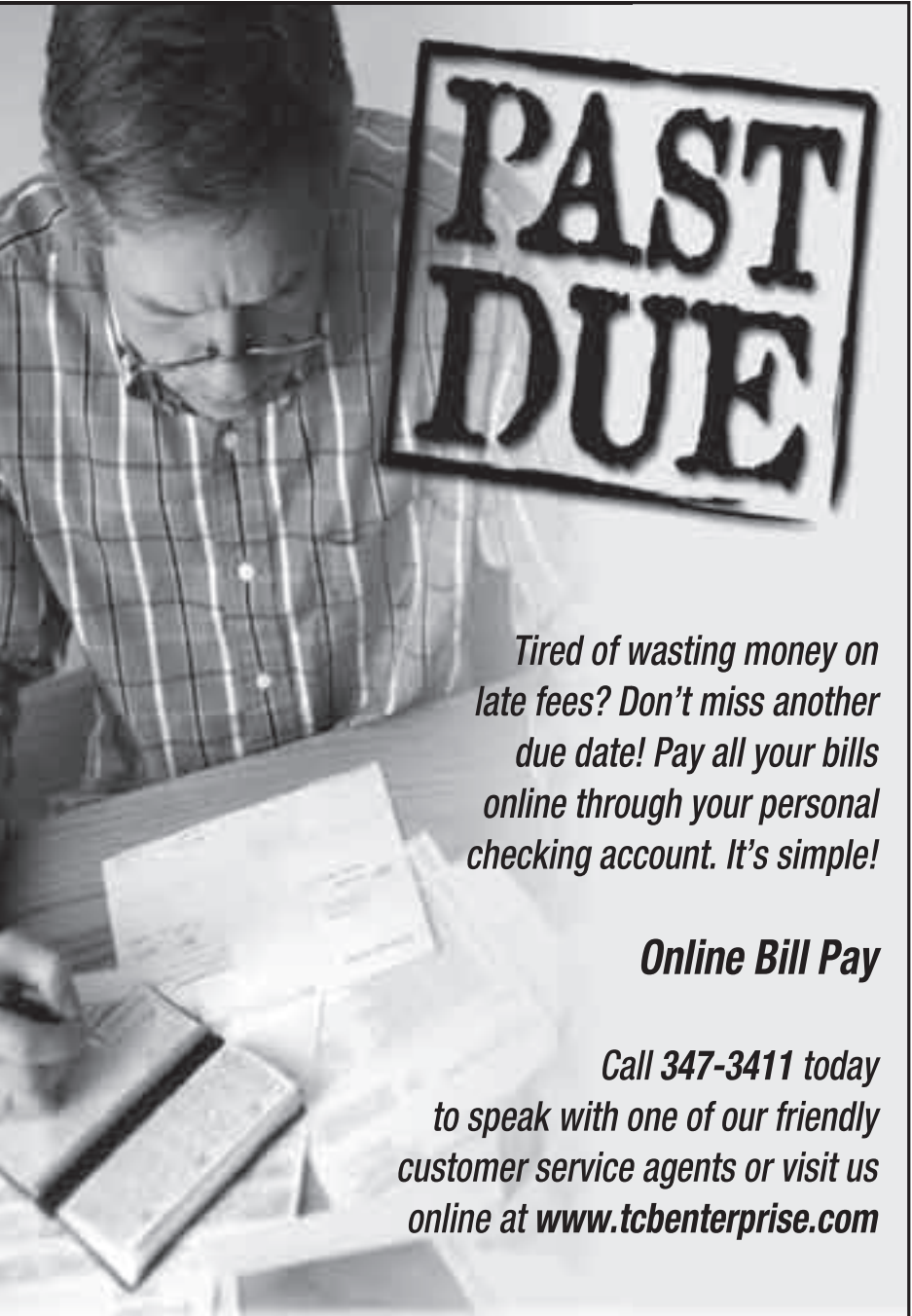


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‘Dog father’ retires

By Margaret Gotheridge
U.S. Army Garrison
Schweinfurt, Germany

SCHWEINFURT, Germany – It was a retirement ceremony like many. The anthem played over the loudspeaker. Soldiers rendered honors. A barking of orders, medals pinned and an old Soldier – unleashed from military service – began a new chapter in life.

However, the retirement ceremony held Feb. 1 on Conn Barracks was different than most. Soldiers and community members from Schweinfurt, Bamberg and Mannheim gathered to honor Lando F620, a military working dog who rose to the rank of sergeant first class and retired from the 94th Military Police Detachment.

“The average lifespan of Lando’s breed is 15 years,” said Capt. Dane M. Hiltner, commander of the 630th Military Police Company, during remarks delivered at the ceremony. Lando, a 12-year-old Belgian Malinois, has been in military service for the past eight years. “Can you imagine? As humans our average lifespan is maybe 80. So, can you imagine serving the Army for 40 years?”

Lando deployed four times in those eight years. At the ceremony he was awarded the Army Achievement Medal for his service to the Army.

“He is the dog father. All the other dogs love him. They won’t bark at him,” said Staff Sgt. Richard McNulty of the 94th MPD, who has worked with dogs like Lando for four years.

Lando entered the military working dog program in December of 2003 at Lackland Air Force Base, Texas, where all military working dogs receive their initial training. He trained as a patrol explosive detection dog in 2005 and was then assigned to the 272nd Military Police Company in Schweinfurt, Germany. He continued his career with the 630th Military Company and finished under the 94th Military Police Detachment.

Lando deployed four times – once in support of Operation Enduring Freedom, twice for Operation Iraqi Freedom and most recently in support of the Kosovo Force. He had 15 confirmed finds while deployed downrange.

“The biggest achievement that he has done is finding explosives downrange,” said McNulty. “There is no way to calculate how he saved lives

– finding the explosives, finding the (improvised explosive devices), getting them off the route the Soldiers were going.”

Lando also provided force protection to the president and vice president of the United States and the secretary of state, said McNulty. But when he wasn’t sniffing out bombs and protecting heads of state, Lando was protecting the Bamberg and Schweinfurt military communities, working perimeter checks and as gate guard.

Military working dogs spend countless hours with their handlers to hone the skills necessary to sniff out drugs or explosives. But now, Lando’s golden years are in front of him as he transitions into retirement. “He gets all excited,” said Staff Sgt. Michael S. Bacon, about Lando’s work ethic even today. Bacon is the kennel master for the 94th MPD. “He wants to do it even though his body can’t really do it for him anymore. Mentally, he is like, ‘Let’s go – let’s do this.’”

One Bamberg Family has now decided to adopt him. At the ceremony, Capt. Rory Thibault, his wife, Johanna, and their Family received Lando’s leash and a certificate of adoption, formally certifying Lando’s transition out of military service and into doggy retirement.

“When we saw a note on the Bamberg community page about a (military working dog) looking to retire, we were intrigued,” said Johanna. “An older and well-trained dog would be a great fit for us. After we met Lando, we fell in love and realized he’d be a great fit for our Family.”

Pet owners can adopt military working dogs once the dogs are removed from service for reasons ranging from medical issues to their own disinterest in sniffing out explosives.

“They want to work,” said McNulty about all military working dogs. “They have a drive to work. It takes them a little longer to go to a home and be a pet. Their job is to just be loyal to that Family, not search for explosives, not to do bite work anymore. It takes them time to adjust to their new life.”

Lando does not have any medical issues, but his new Family should be warned.

“He sleeps on his back with his legs up in the air,” said Staff Sgt. James

A. Hall, the kennel non-commissioned officer in charge, who is familiar with Lando’s antics. “It looks like he is playing dead.”

Although the Bamberg and Schweinfurt communities will no longer be graced with the Dog Father, his new Family already has plans on how Lando will spend the rest of his dog days.

“It’s very clear to us that Lando was well loved in the Schweinfurt and Bamberg kennels. He is a people-oriented dog, and we’re making sure to include him in everything we do. Be it sitting and watching TV or walking to kindergarten, we’re making sure Lando is there with us,” said the Thibault Family.



PHOTO BY MARGARET GOTHERIDGE

Lando, a military working dog, retired from military service at a ceremony Feb. 1 at Conn Barracks in Schweinfurt, Germany. Lando served eight years with the Army, deployed four times, and tallied up 15 confirmed finds downrange.

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FEBRUARY 14, 2013

Eagles soar over Guardians, 55-50

By Nathan Pfau
Army Flier Staff Writer

The 1st Battalion, 11th Aviation Regiment Eagles soared to a win in intramural basketball game with superior shooting and a bit of luck.

The Eagles beat the 1-58th Airfield Operations Battalion Guardians 55-50 in a game that had spectators biting their nails up to the last shot at the Fort Rucker Physical Fitness Facility Monday.

"I feel great about tonight's win," said Michael Delaney, coach for the Eagles. "We have a little bit of everything on our team – big guys down low, good rebounders, great guards and some excellent shooters."

The game started off as the Guardians took possession and drove the ball down the court, but were unable to score. The Eagles grabbed a rebound and tried to open up the game but were also unsuccessful in scoring during their first possession.

1-58th AOB retook possession of the ball and decided to start the game right by scoring the first points with a 3-pointer. Their opponents wouldn't be overshadowed, however, as they quickly returned to show they were in it to play hard and scored immediately after to stay on the Guardian's heels.

As the game progressed, the Guardians managed to slowly pull away from their opponent's just minutes into the first half with their seemingly superior offense, and a foul by the Eagles allowed 1-58th AOB to sink three free throws to extend their lead.

Another 3-pointer later and the Guardians secured a healthy lead against their opponents of more than 10 points.

The Eagles offense seemed unable to keep pace early in the game as they fell further behind, but their defense seemed to strengthen and they went to work to slow down their opponent's momentum.

The strategy seemed to pay off as they were able to creep up on the Guardians and close the scoring gap, but more fouls against the Eagles made it harder for them to make up for lost ground.

Both teams began to find their



PHOTO BY NATHAN PFAU

Rico Phillips, player for the Eagles, goes in for a layup during an intramural basketball game at the Fort Rucker Physical Fitness Facility Monday. The Eagles beat the Guardians 55-50.

footing as they played aggressively, visibly tiring themselves early in the game with more than seven minutes remaining in the first half.

Fatigue seemed to settle in harder for the Eagles, however, and they continued their streak of fouls, which allowed the Guard-

ians to score two more free throws and retake a healthy lead, 20-12.

1-58th AOB dominated their opponents, but that dominance didn't last much longer as they seemed to drop their guard, allowing the Eagles' offense to break through and close the gap.

The Eagles managed to score

shot after shot as their defense went to work as well and held their opponents in place long enough to come within one point of the Guardians with less than two minutes in the half.

It wasn't long before a player for the Eagles fired a 3-pointer to take the lead for the first time in

the game, 27-25.

As the clock wound down, the 1-58th AOB scrambled to regain their momentum and hit a 2-point shot just before the buzzer to tie the game at 27-27 at the half.

The Guardians would have to step up their game if they wanted to retake the lead and they took possession to start the second half and started strong by scoring within seconds.

Not to be outdone, however, the Eagles remained on their opponent's heels and drove the ball down court for a layup to keep the game tied.

Both teams seemed evenly matched at this point, but soon the Guardians' offense slipped as they missed a 2-point shot, allowing 1-11th the opportunity to score and take the lead.

The half was still young and neither team let up their aggressive play as the lead bounced back and forth, but the Eagles streak of fouls continued throughout the second half and allowed their opponents to gain headway with every free throw.

Despite the multiple fouls against them, the game remained tight and neither team showed superiority with less than 10 minutes remaining in the second half.

The Eagles managed to beef up their defense to make up for the free throws they gave up to their opponents, and their offense went to work as well as they recovered the ball to shoot multiple 3-pointers to break the back-and-forth scoring and take the lead.

With two minutes remaining, the Guardians proved they were still in the game as they managed to come back on their opponents and close the gap, staggering the lead for the remainder of the game.

The Eagles managed to take the lead with seconds remaining in the game, but it was a foul by the Guardians that allowed 1-11th two free throws that ultimately sealed their win.

Delaney said it was their superior shooting and good team mix that allowed them to come back and beat their opponents.

"I feel like we're better on the outside shots, but we're just lucky because we've got a little bit of everything," said Delaney. "I think we have a good chance to win this tournament."

Baseball, jump roping registration through Feb. 28

By Nathan Pfau
Army Flier Staff Writer

Providing a variety of activities for children on Fort Rucker to participate in is vital to promoting and maintaining a healthy lifestyle for youth, and providing different avenues for children to reach these goals is equally important, according to child, youth and school services officials.

Registration for baseball and jump roping will go on through Feb. 28 and provide youth with different ways to stay fit and healthy, according to Leroy Minus, assistant youth sports and fitness director for CYSS.

"Jump roping is something new that we're trying this year and we decided we wanted to try it out ever since Buddy Lee, who is a former Olympian, came and visited last year," said Minus. "He trained us on jump roping [during his time here], and he was great with teaching the proper fundamentals of jump roping and staying in shape."

Another reason jump roping was chosen was to provide variety as well as an individual sport for the youth on Fort Rucker to participate in, he said, adding that it helps children learn about keeping their bodies in shape.

This type of jump roping is instructional and participants will learn about speed jumps, how to properly turn a jump rope and general jump-rope technique, said Minus.

"Being an athlete, I didn't even know there was a technique to jump roping until I was introduced to Buddy Lee," he said. "But that's why we want to work with the children and teach them jump roping because a lot of them don't even know how

to jump rope."

The classes are four-week sessions, and when children sign up for jump roping they will be supplied with a jump rope, sponsored by Lee, a jump roping T-shirt and a certificate.

The cost for jump roping is \$25 per child for ages 7-18 and will be divided into groups by age to make sure that those with similar fitness levels can participate with each other.

Although the classes are designed for youth, parents and Soldiers can get involved by becoming volunteers to become certified jump rope instructors.

"We're looking for any volunteer who is willing to work with children and is motivated, encouraging, positive, and has a desire to help teach children about fitness and health," said Minus. "As long as they have a desire to help motivate and help others be better and better themselves, then we're all for it and that's our main goal."

Volunteers must be certified and trained through CYSS and the National Alliance for Youth Sports, and submit to a background check to ensure the safety of the children.

For more information on volunteering, call 255-2257 or 255-2254.

For youth interested in a more competitive, team sport, baseball season is around the corner and provides the same health benefits.

"The main thing about baseball is that it's competitive," said Minus. "It's a team sport and the children don't have to be an expert in the game, they just have to come and get some experience and have fun playing baseball."

Baseball registration is \$40 per child and teams will be created by age groups, which



FILE PHOTO

Children take part in jump roping at last year's Children's Festival. Fort Rucker youth can sign up for jump roping and baseball through Feb. 28, as part of the youth sports program.

are: 5-6 year-old tee ball, 7-8 year-old coach pitch, 9-10 year-old minors, 11-12 year-old majors, 13-14 year-old youth and possibly a 15-18 year-old boys league.

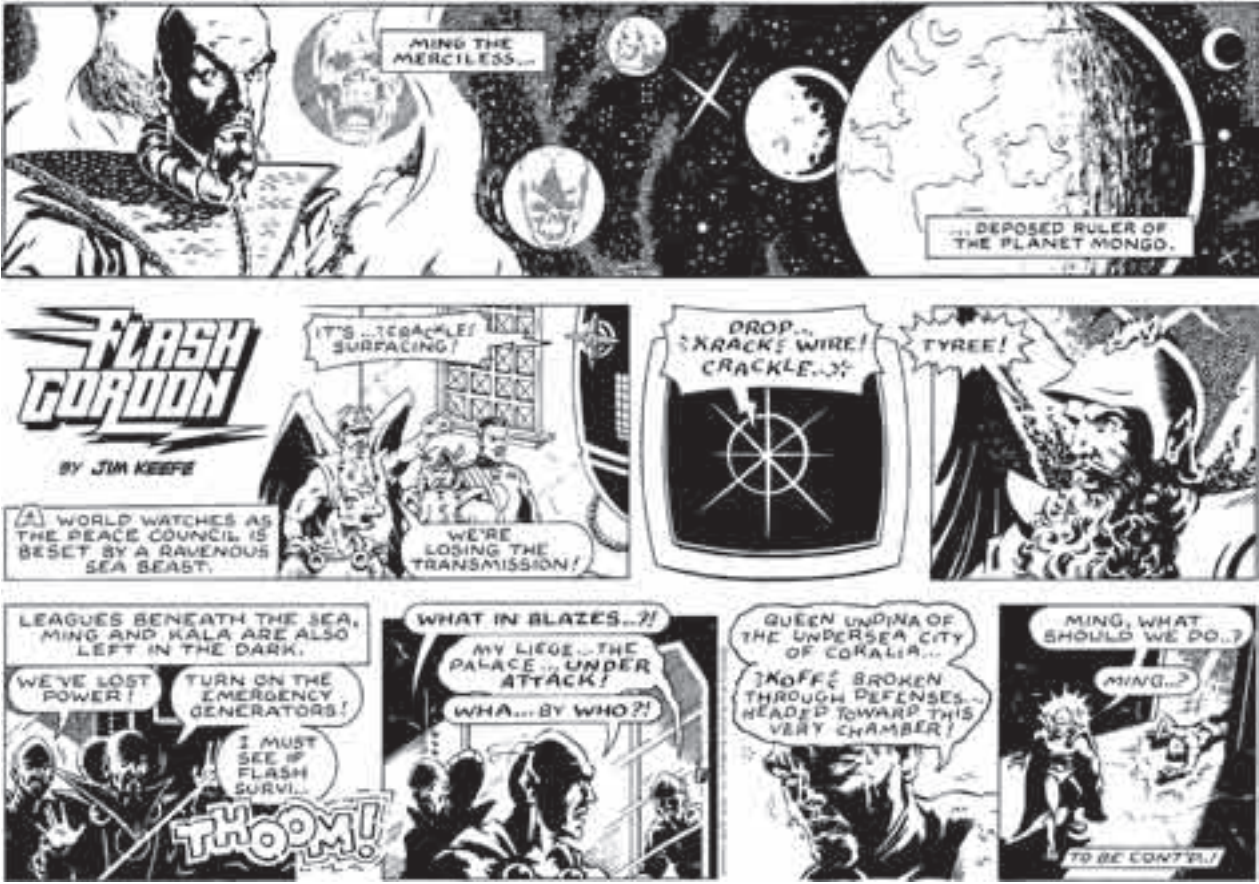
Coaches are also needed for baseball, so any Soldier or parent interested in coaching should contact the youth center, said Minus, adding that coaches must go through the same training and background check

process as volunteers.

All children who wish to participate in CYSS youth sports programs must meet age requirements by Sept. 1, have a current sports physical and a valid CYSS registration, said Minus.

For more information or to register for baseball or jump roping, call 255-9638 or 255-9105.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. GEOGRAPHY: What country lies northwest of Colombia?
2. FOOD & DRINK: What kind of food is fusilli?
3. POLITICS: How many popular votes separated Richard Nixon and John F. Kennedy in the 1960 presidential election?
4. LITERATURE: What 19th-century novel starts with the line, "There was no possibility of taking a walk that day"?
5. TELEVISION: On "Bonanza," what was the name of the character played by Michael Landon?
6. GENERAL KNOWLEDGE: What was the popular name of the Scottish outlaw Robert MacGregor?
7. MEDICINE: What is the function of the chemical substance called heparin?
8. PERSONALITIES: Who is the chef on the "Barefoot Contessa" cooking show?
9. BUSINESS: Which merchant used the five-and-dime-store concept to create one of the largest retail chains in the world?
10. GAMES: What is the standard weight of a shot put used by men in competition?

See Page D3 for this week's answers.

Super Crossword

X-CHANGING

ACROSS

- 1 Original texts; Abbr.
4 Navy VIP
11 Soda giant
20 Kwik-E-Mart clerk
21 In a very angry way
22 "East of Eden" director
23 Jagger and Fleetwood out in a blizzard?
25 Stencil work
26 Inflated self
27 Pay to play
28 Bags used by some opera stars?
29 Faunee counterparts
32 Top draft status
34 Santa — wind
35 Kit — bar
36 King of Thebes gets into a crash?
40 Job detail, briefly
43 Trage areas, briefly
44 Perform the duties of
45 2.0 grades
47 Tibetan city
51 Shia's god

- 52 Golf course on another planet?
55 Concerning
58 Massey of film
60 Knight's mount
61 "Take — from me ..."
62 Fumigated hair?
65 Pageant adornment
67 Palindromic "before"
68 Silk, alternative
69 Opposite of east, in Spanish
72 Of a forearm bone
74 Suffix with 26-Across
75 Actress Teri
79 Dixie rodeo horses?
83 Former New York stadium is Ionike
85 Nasty one
89 Impostor
90 Hits from a loggerhead?
93 Inserted bud — Gyra
96 Delhi dress
97 Came about
98 Suffix with sheep or owl
101 Just barely

- 104 Nails for company use?
107 Solicit
110 Rocker
112 Cereal, in real-estate ads
113 Um's shout
114 Spanish boy grades test papers?
118 Hurts
121 Little hotel
122 Obsessive zeal for a single thing
123 Big trucks for company use?
127 Have supper
128 Like a hand with fingers spread
129 180 hung by a motorist
130 Most hazardously icy
131 Rebuffed
132 Tpk., e.g.

- 4 With 5-Down, hang on a clothesline
5 See 4-Down
6 Papa's other half
7 To put — a nutshell ...
8 Pastors
9 Ethylene or propylene
10 Fleur-de—
11 Soccer icon
12 Kagan of the Supreme Court
13 Rock climbers' spikes
14 Petty tyrant
15 Prez. Eisenhower and singer Turner
16 Irene of "Fame" fame
17 Novelist Cynthia
18 Sri —
19 Teen turmoil
24 TV actress
28 Givers' opposites
29 Rival
30 "Be — and help me out"
31 Big name in ancient geometry
33 Nero's "Lo!"
37 Shower area

- 38 Western cry
39 Spit-off group
41 Pipe shape
42 Potted "pet"
46 Drags to court
48 Rabbit ears
49 Downhiller's accessory
50 Attack with evil reports
51 Golfer Isao —
52 Create
53 Irish actor Stephen
54 QB's pickups
55 Aids
56 Bad traffic accident
57 Walking shakily
59 S.Sgt., e.g.
63 He was attached to Chang
64 Leaky tire sound
66 "Ben- —" (1959)
70 Exceeds
71 Spain loc.
73 Hay holder
76 "Chances"
77 Pull an oar
78 Fan noises
80 Big striped cat, in Spain
81 Grinders
82 Saucy

- 84 Razor name
86 Broccoli —
87 Surgeon's duds
91 Filming area
92 Lip attack
94 Fancy party
97 Fighting a common viral illness
98 "Agreed"
99 Kept from scoring any points
100 Pros. after FDR
102 Fashion giant Giorgio
103 Senator Feinstein
105 Devotee's declaration
106 Song in an opera
107 Pinnacles
108 Tideland
109 Kurta —
111 Blubbers
115 Body of laws
116 Not include
117 Go —
119 Bird's perch
120 Natural wound cover
123 Photo — (Kodak moments)
124 Summer, in Lyons
125 Sm. lge. link
126 The "S" of DOS; Abbr.

DOWN

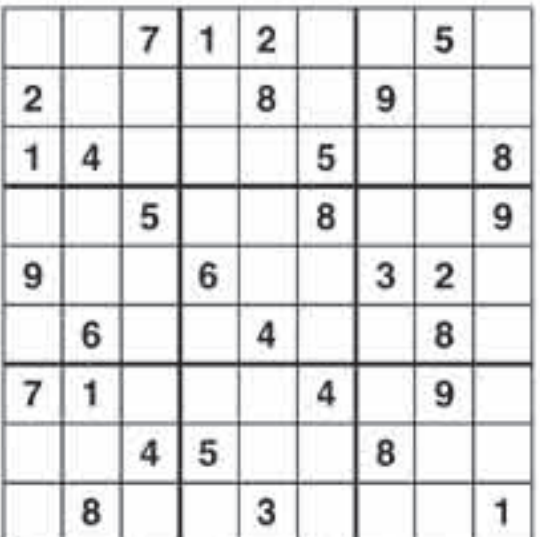
- 1 Animal throat
2 Sales pitch deliverer
3 Sol and Helios



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER



Soldier pushes USA-1 to bronze at Bobsled World Championships

By Tim Hipps
IMCOM Public Affairs

SAN ANTONIO — Sgt. Justin Olsen, with the U.S. Army World Class Athlete Program, helped push former WCAP bobsled driver Steven Holcomb to a track record and bronze medal at the 2013 Bobsled and Skeleton World Championships Feb. 3 in St. Moritz, Switzerland.

Olsen, 25, is a native of Lubbock, Texas, who played quarterback at Sandra Day O'Connor High School in Helotes before joining the military. He teamed with Steve Langton of Melrose, Mass., and Curt Tomasevich of Shelby, Neb., to push the USA-1 sled, driven by Holcomb, of Park City, Utah, from sixth place into third with a track-record time of 1 minute, 4.65 seconds in the final heat of the four-man bobsled event.

"I wish I could have done that in all four heats," said Holcomb, who spent seven years in the U.S. Army World Class Athlete Program honing his craft as an Olympic and world champion bobsled driver. "We were the guys to beat as the defending champions, and it was a tough race. We didn't make it easy on the competition, and I'm happy with how we did."

Olsen was part of Holcomb's "Night Train" team that struck Olympic gold at the 2010 Win-



PHOTO BY JOHN NIELSEN

Army World Class Athlete Program Sgt. Justin Olsen, Steve Langton and Curt Tomasevich aboard USA-1 with former WCAP driver Steven Holcomb take third place in the four-man bobsled event Feb. 3 at the 2013 Bobsled and Skeleton World Championships in St. Moritz, Switzerland.

ter Olympics in Whistler, B.C., Canada, and he has two gold medals from World Championships on his resume. This season, he was honored to be competing on his sport's grandest stage in St. Moritz, where Team USA last won a medal before its 48-year-old bobsled medal drought began. His team brought that drought to an end in 2010.

"I'm extremely excited to have the opportunity to represent both the Army and Team USA at the World Championships here in St. Moritz," Olsen said. "Opening Ceremonies was a blast. Bobsled

is truly part of their culture here."

The bobsled track begins in St. Moritz and ends in the nearby village of Celerina.

"Citizens of both St. Moritz and Celerina have a passion for the sport of bobsled," Olsen said. "It seems that at some point in their lives they will experience the track firsthand, whether competitively or just for fun. The history of our sport here is rich. They have a tradition of Olympic champions, world champions and true legends in our sport. What I was most impressed with is how they incorporate the snow and ice

into everything."

Near the top of the track, an igloo awaits visitors who can step inside and peruse race memorabilia. Away from the track, locals play polo matches atop a frozen lake while bobsleds buzz past them.

"I haven't been able to go watch a match," Olsen said. "But I bet it would be quite the thrill."

The greatest thrill for Olsen, however, remains striking Olympic gold in Whistler.

"The most memorable moment for me was winning the gold medal at the last Olympics," he

said. "That feat hadn't been accomplished since the 1948 Winter Olympics here in St. Moritz. I think it is very rare that a team has as much success as we have had over the past five seasons. I look back at my journey to the top of the sport and it wouldn't have been possible if it weren't for my Family and teammates. They've been there for me when times were tough and have pushed me to be the best."

"I remember being at the top of the track in Whistler for the fourth heat of the Olympic Games and looking around and only seeing my three teammates," he recalled. "We knew that if we put in another good run, the gold was ours. There wasn't any doubt in their eyes or mine. Coming across the finish line and seeing that we were in first place still, and our friends and Families were going absolutely crazy, was amazing. I will never forget getting out of the sled and putting my arms around my three teammates and saying: 'We did it, boys! We won it all!'"

Olsen wants U.S. service members around the world to know "Team Night Train," driven by former Soldier Steven Holcomb, also did it for them.

"I just hope that they look at what we do, and feel a sense of pride," Olsen said. "Competing

SEE BOBSLED, PAGE D4

SWEETHEART BOWL

Rucker Lanes will host its Sweetheart Bowl today 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 Saturday. Tee times will be from 7-9 a.m. For more, call 598-2449.

COYOTE HUNT

Outdoor recreation will host a coyote hunt Saturday 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.

YOUTH BASEBALL, JUMP ROPING REGISTRATION

Registration for youth baseball and jump roping will take place now through Feb. 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.

SWGC MEMBERSHIP DRIVE

Silver Wings Golf Course will conduct a membership drive March 1-31. For more on how to join or the benefits of membership, call 598-2449.

TWO-MAN BUDDY BASS TOURNAMENT

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

YOUTH TURKEY HUNT

Outdoor recreation hosts a youth turkey hunt for children ages 7-15 March 9 from 5-11 a.m. Before the hunt, participants should meet at outdoor recreation. Parents or escorts of participating youth must have a valid Alabama State Hunting License and a hunter education safety completion card. Door prizes and prizes for the top three turkeys will be awarded. The event is open to the public. For more, call 255-4305.

PUZZLE ANSWERS

Super Crossword Answers



Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Panama
2. Pasta
3. Just more than 100,000
4. "Jane Eyre," by Charlotte Bronte
5. Little Joe
6. Rob Roy
7. Prevents blood clotting
8. Ina Garten
9. F.W. Woolworth
10. 16 pounds

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Sat - Sun 2:10, 7:10 & 9:30
WESTGATE CENTER

III **WARM BODIES** - PG13
Mon - Fri 7:00 & 9:10
Sat - Sun 2:00, 7:00 & 9:10
IV **SIDE EFFECTS** - R
Mon - Fri 7:00 & 9:00
Sat - Sun 2:00, 7:00 & 9:00

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Sat - Sun 2:00, 7:00 & 9:15
II **HANSEL & GRETEL: WITCH HUNTERS** - R
3D - Mon - Fri 7:10 • S & S 7:10
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Sat - Sun 2:00, 7:00 & 9:15

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Video Game Spotlight >>



COURTESY SCREENSHOT

Aliens: Colonial Marines delivers fun

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.)

While it's true that "Aliens: Colonial Marines" is based on the Alien movie franchise, gamers don't assume the roles of Ripley or Hicks and they won't be recreating any scenes from the movies. The game fills in a void that the movies don't cover; gamers get to discover what happened on

Hadley's Hope, the unfortunate human colony established on LV-426. Nearly two decades have passed since an entire regiment of Colonial Marines was lost there. "Aliens: Colonial Marines" does a good job re-establishing the world created in the movies, down to the creepy sound effects and things left over from the movie that preceded the events in the game. There are lots of scary corridors to explore as well as audio logs that help piece the horrible puzzle together. However, a lot of the tension that is built up early in the game disappears once the

first Xenomorphs appear. Once that happens, the game becomes a rather standard first-person shooter and loses its fright factor. There are also the almost expected upgrades that go with most first-person shooters, but feel out of place in this world. The multiplayer options are fun, especially one mode called Escape. Four gamers become Colonial Marines and four others become Xenomorphs. There's a time limit, in which the Marines must stay alive and escape to the evacuation area. The Xenomorphs simply have to hunt down

and kill the Marines. The Xenomorphs aren't all the same. Gamers can choose to be a Soldier that is highly resistant to damage, a spitter that sprays acid from a distance and a lurker that is the fastest of the species and has a quick strike option. Gamers can also use co-op during the main story to get through tough spots. "Aliens: Colonial Marines" is a fine game, as long as you don't expect it to replicate the movie experience. This is a first-person shooter set in the world of "Aliens." Scary it's (mostly) not, but it is fun.



Publisher Sega Rated Mature Systems	Xbox 360, PS3, PC Cost \$60 Overall 3 out of 4
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Bobsled: Soldiers aim for spot on Team USA

Continued from Page D1

against another nation's top athletes and being victorious is an amazing thing. I gain inspiration from our troops every day. What [Soldiers] do for the United States is above and beyond what the average person could ever think to achieve. You are a leader and an elite member of society. I am honored to wear the same uniform and to be called the same as you, an American Soldier."

Army WCAP bobsled driver Nick Cunningham teamed with WCAP member Capt. Chris Fogt, Andreas Drbal of Belmont, Calif., and Adam Clark of Owenton, Ky., to finish 19th aboard USA-2.

"I am extremely proud to be a Soldier-athlete," said Cunningham, 27, of Monterey, Calif. "The Army World Class Athlete Program has enabled me to continue my Olympic pursuits and I'm proud to be a part of the program. It's not just me I'm representing when I'm in the sled. I have all U.S. Soldiers behind me as I slide down every track worldwide."

"It is a great honor to represent the USA in world competitions," added Fogt, 29, of Alpine, Utah. "I take extra pride in the fact that I get to represent the Army at the same time. Being a Soldier-athlete helps keep me focused and working hard because I am representing more than just my team and myself. I'm representing the most powerful and respected organization in the world. I need to reflect that in the way I

present myself, train and perform."

Cunningham and Fogt also competed in the 2010 Winter Olympic Games in Whistler. Like Olsen, they have fond memories of that experience.

"Opening ceremonies of the 2010 Olympic Games will always be a highlight," Fogt said. "Walking out of the tunnel with my teammates, following the American flag to 55,000 people cheering and chanting 'USA' is something I will never forget. Five months after that experience, I had the opportunity to deploy to Iraq in support of Operation Iraqi Freedom and New Dawn. The contrast of walking off a C-130 at Baghdad International Airport with my fellow Soldiers obviously had none of the same fanfare — not to mention the difference in climate from a winter sport to Baghdad's heat in July — but I felt a rush and sense of pride that was similar to what I felt at opening ceremonies. Being able to represent our country, with the best men and women our country has to offer, is something I will never forget."

Cunningham can't get over how he found his way into a bobsled, much less representing the U.S. Army in Canada.

"Since I was 5 years old, I had dreamed of being an Olympian in track and field," he recalled. "My dedication in athletics presented the opportunity to compete at the NCAA Division I level at Boise State University. When I graduated college, I wasn't done being an athlete. My parents

joked about turning my upbringing of surfing in California into bobsledding down a sheet of ice. That joke turned into a reality in the fall of 2008. Eighteen months later, I was walking into the Opening Ceremonies at the 2010 Winter Olympics in Vancou-

ver. I finally realized my life-long dream of being an Olympian."

One year from now, these Soldiers intend to be members of Team USA at the 2014 Winter Olympic Games in Sochi, Russia, scheduled for Feb. 6-23.



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