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Soldiers during  
ceremony



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something sweet  
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Class provides low  
impact, intense workout



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# ARMY FLYER

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

VOL. 63 ■ NO. 5

FORT RUCKER ★ ALABAMA

FEBRUARY 7, 2013

## TAOG Soldiers return home

By Sara E. Martin  
*Army Flier Staff Writer*

Early Tuesday morning a happy gathering of Families and friends came together at the Spiritual Life Center as about 25 Soldiers of the 164th Theater Airfield Operations Group who deployed to Afghanistan and Kuwait last year returned home.

In support of Operation Enduring Freedom, the Soldiers provided airfield oversight overseas, according to Col. Michael Shenk, commander of the 164th TAOG.

“They provided maintenance, standardization, safety and technical expertise to air traffic control units at expeditionary airfields throughout the Army Central Command area of operations in southwest Asia,” he said.

The welcome home ceremony had a party atmosphere with upbeat, patriotic music, decorations, food and big Family smiles.

“We cleaned out the garage for [my stepdad],” said Briana Sims, who was waiting with her brother and mother, “which is a surprise. But, we are ready to have him back. My mom has been taking us out to dinner to help distract us from his absence and we do Family night where we go watch movies or go bowling together, but we are ready for him to do it with us. I am sure [my mom and dad] are looking forward to date night again, too.”

Families consisted of old to young and those who walked on four legs as well as two. There were coloring sheets for children and plenty of things to talk about while waiting for loved ones to be united.

Some Family members, like Monica Preston, who was waiting for her husband who is an air traffic and airspace management tech warrant, said that though they are accustomed to frequent deployments, that there is always a transition period.

“Things change, but that is why we have our time together at first where we both are not overloaded,” she said. “We are going straight to the cabins at Lake Tholocco and spending some quiet time together before he goes home to the kids and all the chaos of home.”

Sgt. Felisha Gomez, who was welcomed home by her Yorkshire Terriers, also agreed that deployments change people, those who are home and those who are away.

“Being away always changes a person, but I can step back into the same mode that I was in before. Everybody grows,” she said.

Preston said that her Family loves the Army life and is thankful for the technology that has kept her Family in touch with each other.

“We’ve Skyped every day, almost. We are in constant communication through emails, messages and phone calls, so the separation is not as difficult as it could be,” she said, adding that she was thankful and relieved to have her best friend back.



PHOTO BY SARA E. MARTIN

CW2 Randy Aguirre meets his newborn baby girl, Amelia May, at the redeployment ceremony Tuesday morning at the Fort Rucker Spiritual Life Center.

The Soldiers that deployed consisted of Soldiers from all three of the 164th TAOG units on Fort Rucker: Headquarters Headquarters Company 164th TAOG, 1-58th Airfield Operations Battalion and the 597th Ordnance Company.

“For some Soldiers it was their first deployment while others had not seen their first born child. We are really happy, though, with how Fort Rucker sent us away and how they welcomed us home. It is a warm community to come back to,” said Shenk.

The last of the deployed Soldiers will return in just over a month, he added.

The unit served as a senior authority on airfields, and traveled around to all the different airfields that

the Army has responsibility for in that theater, which is about 12 to 15, according to Shenk.

“We worked on the equipment and evaluated the air traffic controllers and just how everything was going. We tried to make them safer and more standardized,” he said.

“We had a really sufficient and safe team, the mission itself is pretty safe. The tasks were challenging, but everyone performed really well,” said Shenk.

The Soldiers missed everything from their Families to the food to the sports, but Gomez seemed to sum it up for everyone when she said that she “just missed being in America, the food, the people, the climate. I missed it. It is good to be home.”

## Aviators tackle key issues during conference

By Kelly Pate  
*Fort Rucker Public Affairs*

Army Aviation brigade commanders, their command warrant officers and command sergeants major who were not deployed participated in the Aviation Senior Leaders Conference held at Fort Rucker Jan. 28-31.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, hosted the event that included breakout sessions and guest speakers. Aviation leaders tackled key issues impacting the future of the Branch.

“It’s important for Aviation leaders in uniform today to understand what we’re focusing on and to give us some return fire on where we may be. We absolutely want, need, ask for your feedback,” Mangum said.

With fiscal constraints looming, Aviation’s focus has shifted to sustainment of the fleet, an element that is

“critical for our relevance and survival in the future,” Mangum said.

Maj. Gen. William “Tim” Crosby, Program Executive Officer for Army Aviation, Redstone Arsenal, headed up a panel of PEO and project managers who gave updates on current Aviation issues, including the AH-64E and Kiowa Warrior programs.

Crosby said he also welcomes input from Aviation leaders to help generate solutions.

“As long as I’ve been around, I haven’t seen too many good ideas come from the top; they come from out there in the field. What PEO and the PMs have done is a result of what you’ve enabled,” Crosby said.

Command Sgt. Maj. James H. Thomson Jr., Command Sergeant Major of the Aviation Branch, conducted a breakout luncheon with command sergeants major and



PHOTO BY KELLY PATE

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks to attendees of the 2013 Aviation Senior Leaders Conference Jan. 30 at the Seneff Building on post as CW5 Michael L. Reese, Chief Warrant Officer of the Aviation Branch, looks on before his turn to speak.

SEE CAB, PAGE A5

## Black History Month kickoff event celebrates diversity



PHOTO BY SARA E. MARTIN

Master Sgt. Thomas J. Reid, chief equal opportunity adviser, dishes out home-style cuisine to patrons at the Black History Month kickoff event held at AAFES Friday.

By Sara E. Martin  
*Army Flier Staff Writer*

Fort Rucker held its Black History Month kickoff event Friday at the main post exchange and organizers, entertainers and patrons agreed that the event helped spread diversity and educated the local community.

The main exchange, in conjunction with the Fort Rucker Equal Opportunity Office, hosted the post-wide event, with the goal to help people understand the importance of diversity, according to Sgt. 1st Class Gerald Emery, 1st Aviation Brigade.

“Celebrating the Army’s diverse culture is important because understanding each other is an important piece of the puzzle to how the Army moves forward. Understanding cultural differences helps us come together. Celebrating Black History Month is just one way to help bridge that gap,” he said.

Several patrons at the event felt that Fort Rucker

does a superb job of spreading cohesion between different nationalities.

“I really loved the events that they planned for today. Fort Rucker does a great job in spreading cultural diversity, more so than some of the other units I have been in,” said Capt. Neapolian Brooks, 1st Avn. Bde.

Capt. Justin Barnes, 1st Avn. Bde., agreed.

“Cultural diversity only makes us stronger and better, because by bringing in different ways to do something always improves the final product as a whole,” he added.

Col. Brian D. Bennett, 1st Avn. Bde. commander and guest speaker, recognized the many cultures that make up the Army culture.

“Though we as an Army have a culture of our own, we like to recognize all the unique cultures within our Army because that is what makes our Army as strong

SEE KICKOFF, PAGE A5



# PERSPECTIVE

## Job search: Don't forget to say, 'thank you'

**By Bryan Tharpe**  
*Fort Rucker Army Career and Alumni Program  
Transition Services Manager*

So, you're looking for a job and you just made it through the interview. Now what?

For any job available, many people – sometimes hundreds – apply. Usually the employer limits the numbers who are interviewed to only a few. When you are selected be sure the employer has decided that you have the basic qualifications for the job.

After the interview, writing a thank-you letter gives the employer one more thing to like

about you. Most job hunters will not write a thank-you letter – if you do, you will separate yourself from the competition.

Mail it in time for the employer to receive it two or three days after the interview. If you were interviewed by more than one person or a panel, address it to the person who conducted the interview and who is responsible for hiring. This gesture will greatly increase your chances for a second interview or a job offer; in fact, several ACAP clients have said this sold the employer on them instead of a competitor.

The thank-you letter tells the employer that you are enthusias-

tic about the job and the company, and that you are confident about your ability to do the job.

The letter should be tailored to the company's needs and the interviewer's personality. Personalize it by mentioning particulars about the job or company, or points specifically addressed at the interview.

If the interview went well, the purpose of the thank-you letter is to remind the employer about you and your qualifications, communicate your continued interest in the job and summarize the qualities that make you the best choice.

Sometimes you need to high-

light particular skills or qualifications you possess that the employer considers to be essential. If possible, use a few "buzz words" from the career field that show you will fit in. The letter will leave the employer with a good impression of you, your skills and abilities.

If you forgot to mention some pertinent information or didn't answer an interviewer's question as well as you could have during the interview, the thank-you letter can give you a second chance. In the letter, repeat your strong points and elaborate on the points you failed to mention before. Answer the questions that you did not answer during the interview.

After sending the thank-you letter, no matter how well you thought the interview went, don't sit by the phone waiting to hear from the employer. Job hunting is an on-going process – start working on your next interview.

Always remember that interviewing is a learning experience. Although it will probably never be your favorite pastime, you will improve each time you interview.

If you experience a particular problem or tough question, or you feel you need additional practice, the Fort Rucker ACAP Center will be glad to assist transitioning Soldiers and their spouses.

For more, call 255-2558.

## Protect your heart during winter weather

**By Laura Vasquez**  
*U.S. Army Public Health Command  
Program Evaluator*

Every year, heart attacks claim thousands of lives during harsh winter weather.

Heart disease is the number one killer of both men and women in the United States. Winter weather and winter weather activities, particularly shoveling snow, increase a person's risk of a heart attack due to overexertion. Cold weather, combined with a sudden change in physical activity, increases the heart's workload.

February is American Heart Month and a good time to learn how to prevent or react to a heart attack, particularly during the winter months.

It's important to know your risk factors for a heart attack. The elderly and those

with heart disease are at highest risk. Being male or having a Family history of heart disease also puts you at a greater risk.

Some risk factors are within your control to change by adjusting your lifestyle or taking medications. These include quitting smoking, exercising regularly, maintaining a healthy weight, and controlling high blood pressure or cholesterol.

This winter, before heading out to shovel snow, consider your risk factors and take appropriate precautions. Taking certain precautions can be the difference between life and death.

**Winter weather tips for the heart:**

- Take frequent breaks when shoveling snow.
- Use a small shovel or consider a snow blower.
- Don't eat a heavy meal prior to shoveling to avoid the extra load on your

heart.

- Don't drink alcohol before or immediately after shoveling.
- Be aware of the dangers of hypothermia.
- Consult your doctor prior to exercising in cold weather.
- Learn CPR to increase a victim's chances of survival.
- Learn heart attack warning signs.

Warning signs of a heart attack are often ignored or overlooked. Heart attacks often start slowly with mild symptoms. Many people do not know the warning signs and often wait too long before getting help. Minutes matter during a heart attack, and early treatment greatly increases the chances of survival. Learn the signs of a heart attack and you can help save a life.

**Warning signs of a heart attack:**

- Chest pain or discomfort.

- Discomfort in upper body, including arms, back, neck, jaw or shoulder.
- Shortness of breath.
- Nausea, lightheadedness or cold sweats.

If these signs are present, call 9-1-1 immediately!

This winter, make sure to take precautions to prevent a heart attack — know your risk factors, check on your elderly neighbors and learn the warning signs of a heart attack. Remember, prevention and early action save lives!

For more information and tips on preventing heart attacks, visit these Web sites:

- American Heart Association, <http://www.heart.org>; and
- U.S. Centers for Disease Control and Prevention, [http://www.cdc.gov/heartdisease/heart\\_attack.htm](http://www.cdc.gov/heartdisease/heart_attack.htm).

## Rotor Wash

“February is Black History Month. In what ways can we honor the contributions of African Americans throughout history?”



**Capt. Neapolian Brooks, HHC, 1st Avn. Bde.**

“Just by keeping the memories alive of those who paved the way for us. Being aware of what took place in history can help people understand what it took for them to accomplish what they did when people where not privileged to do so.”



**Capt. Justin Barnes, HHC, 1st Avn. Bde.**

“Just knowing what they went through and how our Army has evolved because now we have a bunch of cultures making our Army, creating that one culture that achieves that mission. By always coming to work, doing the right thing and pushing forward and not letting anybody who went before us go in vain.”



**Sgt. Robert Galloway, HHC, 1st Avn. Bde.**

“Pick up some reading material and recognize and remember what has happened and reflect on it every now and again throughout the year.”



**Capt. Matthew Stockton, D Co., 1st Bn., 145th Avn. Regt.**

“I think if we can just learn the past then we can avoid mistakes that we have made. From what we have learned, it's all about honoring people as people and getting to know who they were and how they contributed to a society.”



**Kathryn Cole, PX employee**

“Unity. By coming together to support the entire community and each other as well as showing love for one another like a brother and sister should honors them. And that is something you can do each month, not just in February.”

### COMMAND

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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# AAAA honors Soldiers

By Nathan Pfau  
*Army Flier Staff Writer*

Soldiers, Family members and senior leaders in Aviation came together at the Landing during the Senior Leaders' Dinner to honor the recipients of the annual Army Aviation Association of America Awards presentation Jan 29.

Among those presenting the awards were Lt. Gen. James O. Barclay III, deputy chief of staff, G-8, Headquarters, U.S. Army, Washington, D.C., and Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

"These are the [Soldiers] both inside the cockpit, outside the cockpit, in those air traffic control towers, in those shelters and in the medevacs," said Barclay. "They are from a lot of different areas of training from Aviation medicine, medevac, air and sea rescue and air traffic control that make us what we are as a great Branch."

The awards were presented in two categories: the Air Traffic Control Awards and the AAAA National Awards, with each including subcategories in which the awards were presented to different Soldiers and units.

"The U.S. Army ATC activity committee annually selects the ATC awardees in five separate categories," said Col. Kevin J. Christensen, 110th Aviation Brigade commander and master of ceremonies. "This dinner, in cooperation with the Army Aviation Association of America, marks another anniversary of an award tradition that began in 1972."

The ATC Awards and the AAAA National Awards were both presented in five separate categories, he said.

## ATC Unit of the Year

The 2012 ATC Unit of the Year Award was presented to 3-58th Airfield Operations Battalion.

"3-58th AOB is the premier operations battalion in the Army and made significant impacts in the safety and efficiency in air operations in Afghanistan's regional command South and West," said Christensen. "They safely executed over 30,000 movements of multination manned and unmanned, fixed-and rotor-wing aircraft, but the unit's most critical impact was the infrastructure and procedural development necessary to prepare the coalition for the impending transition of these facilities to Afghan control."

## ATC Facility of the Year

This award was presented to Shank Tower, F Company, 3rd Battalion, 82nd Aviation Regiment. "Forward Operating Base Shank Tower ran by F Co, 3-82nd provided exceptional meritorious service as a forward-deployed air traffic control facility in support of Operation Enduring Freedom," said Christensen. "Shank Tower provided air traffic control ser-



PHOTO BY NATHAN PFAU

CW5 Michael L. Reese, Chief Warrant Officer of the Aviation Branch, Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Lt. Gen. James O. Barclay III (far right), deputy chief of staff, G-8, Headquarters, U.S. Army, Washington, D.C., present the AAAA Air/Sea rescue award to Sgt. 1st Class Dean Bostick, Staff Sgt. Jesse Allen, Capt. Jerrell Whaley and CW3 Monica Narhi, all of crew DUSTOFF 72, C Company, 3rd Battalion, 82nd Aviation Regiment, Task Force Talon, during the AAAA Awards ceremony at the Landing Jan 29.

vices to U.S. and multinational, rotary-wing and fixed-wing aircraft, commercial air carriers and unmanned aircraft systems in one of the most complex and kinetic airfields in the theater."

They also conducted 24-hour combat operations in a fix-based tower that was constructed from no existing infrastructure to control an airfield consisting of four runways, two helicopter landing zones, an aerial gunnery range and air traffic training area, he added.

## ATC Maintenance Technician of the Year

This award was co-presented to Staff Sgt. James Pierce, F Co., 3rd Bn., 82nd Avn. Regt., TF Corsair, and Sgt. Thomas Spearman, F Co., 5th Bn., 158th Avn. Regt., TF Storm.

"Pierce provided exceptionally meritorious achievements as a senior ATC maintenance technician and examiner for his unit in Operation Enduring Freedom," said Christensen. "His confidence, drive and unmatched knowledge of tactical ATC systems is unparalleled and proved paramount in maintaining 24-hour continuous operations at FOB Shank.

"Spearman's outstanding personal performance, initiatives and innovative solutions to maintenance challenges and dedication to mission accomplishment have contributed immeasurably to the quality and efficiency of air traffic services within the 12th Combat Aviation Brigade footprint in Germany, Afghanistan and the Army Aviation community at large," he continued.

Prior to deployment, Spearman accepted the role of company maintenance supervisor when the acting supervisor was unexpectedly taken out of the fight.

## ATC Manager of the Year Award

The 2012 ATC Manager of the Year Award was presented to CW2 Amanda Edwards, F Co.,

3rd Bn., 82nd Avn. Regt. General Support Aviation Battalion, 82nd CAB, TF Corsair.

"Edwards led a small team within the company in managing the only Army-run C-17-capable airfield in Afghanistan in a tough, combat environment," said Christensen. "Her additional drive and tireless work ethic ensured and expanded via safety efficiency and operating capabilities of the airfield including four runways, two helicopter landing surfaces, an aerial gunnery range, and a rotary-wing training area and a host of 100-tenant units."

## Air Traffic Controller of the Year

This award was presented to Staff Sgt. Plemon Aker, F Co., 3rd Bn., 82nd Avn. Regt. General Support Aviation Battalion, 82nd CAB, TF Corsair.

"Aker's incredible meritorious performance as the Shank ground control approach facility chief and examiner demonstrated his tireless pursuit of excellence and exceptional knowledge at FOB Shank," said Christensen. "He's a passionate professional, subject-matter expert and leader who serves as a great example for all Soldiers and controllers to emulate."

Following the presentation of the ATC Awards, Christensen announced the winners of the AAAA National Awards.

## Trainer of the Year

The AAAA Trainer of the Year Award was presented to CW4 Andy Fisher, B Co., 160th Special Operations Aviation Regiment.

"Fisher distinguished himself over the course of more than 24 years of service in Army Aviation as an aero-scout observer, OH-58D standardization pilot and command chief warrant officer for the Army's only Special Operations Aviation Training Battalion," explained Christensen. "He continues to deploy with the regiment to keep his instruction

relevant and up to date."

## Aviation Medicine Award

This award was co-presented to Lt. Col. Mark S. Crago, HHC, 82nd CAB, and Capt. John M. Kurtz, HHC, 3rd Bn., 24th Avn. Regt., TF Hammerhead.

"Crago served the troopers of the 82nd CAB as well as coalition forces operating in Afghanistan with absolute selfless and unwavering commitment, ensuring the readiness of deploying CAB Soldiers and sustaining their ability to provide continuous Aviation presence, and personally rendering life-saving medical treatment to wounded personnel," said Christensen. "He repeatedly placed his own life at risk to help Soldiers in need.

"Kurtz is a highly-regarded, combat-proven physician assistant who contributed greatly to TF Hammerhead's overall success in providing care during aero-medical evacuation missions during Regional Command South and Southwest in Afghanistan," he said. "While deployed, he led the deployment, training and implementation of the historic Army blood product administration program, co-authored the U.S. Forces Afghanistan blood product implementation standard operating procedures and developed a multiphase program of instruction."

## DUSTOFF Flight Medic of the Year

The 2012 DUSTOFF Medic of the Year Award was presented to Staff Sgt. Jose Pantoja, C Co., 3rd Bn., 25th Avn. Regt.

"Pantoja, a highly-decorated, combat-tested flight medic is the perfect example of the courage, commitment, leadership and skills of an Army flight medic," said Christensen. "During two particular medevac missions, a civilian shooting and a mass casualty incident, his medical expertise and leadership helped

save the lives of multiple critically wounded patients."

## Air and Sea Rescue Award

The 2012 Air and Sea Rescue Award was presented to the crewmembers of DUSTOOF 72, C Co., 3rd Bn., 82nd Avn. Regt., TF Talon, which includes: CW3 Monica Narhi, Capt. Jerrell Whaley, Sgt. 1st Class Dean Bostick, Staff Sgt. Jesse Allen and Capt. Bryan Kozak.

"The crew members of DUSTOFF 72 distinguished themselves by exceptionally valorous conduct as an air ambulance air crew in support of U.S. and Afghan Soldiers besieged by a relentless and numerically superior enemy force during Operation Enduring Freedom," said Christensen. "The courage, teamwork, composure and skilled utilization of the H60 Mike hoist of DUSTOFF 72 to gain access to otherwise inaccessible terrain under intense and sustained direct fire from enemy forces were instrumental in saving the lives of four American Soldiers and one Afghan Army National Soldier, and returned the remains of two U.S. Army fallen heroes to friendly control.

## ROTC Cadet of the Year

The 2012 ROTC Cadet of the Year was presented to 2nd Lt. Darren Walker, graduate of University of Colorado, who received a bachelor's degree in sociology with an emphasis in criminology, according to Christensen. He is currently in the Black Hawk course with follow-on orders to Fort Carson.

"It always amazes me that we continue to have great [Soldiers] and great organizations that step up to the plate and answer the call," said Barclay. "It's a call that's not from outside, but from within that they step up and do what's right, and make organizations better, make themselves better and make the Army better."

# News Briefs

## National Prayer Breakfast

The Fort Rucker National Prayer Breakfast will take place Wednesday at 6:30 a.m. at The Landing in the main dining room. Attendees will gather to pray for the good of the nation, the Army and Army Aviation. The featured speaker will be retired Chaplain (Col.) Sonny Moore. Tickets are available through unit representatives or chaplains. The suggested donation for the event is \$4 for E-6/GS-6 and below, and \$7 for E-7/GS-7 and above. For more, call 255-2012.

## Nutritional commissary tour

The Lyster Nutrition Care Clinic hosts a commissary tour Monday from 9-11 a.m. The commissary isles are reserved for tour members as a diet tech shows people the best foods for meeting their nutritional goals and the best value for their dollar. For more, call 255-7298

## 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.

## National Children of Alcoholics Week

Sunday through Feb. 16 is National Children of Alcoholics Week,

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. For more information, call 255-7909.

## Retiree council meetings

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

## SSA closure

The Logistics Readiness Center Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory Monday through Feb. 15. Normal operations will discontinue Friday at 4:15 p.m. and resume Feb. 19. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions. For more, call Sandra Edwards, accountable officer, at 255-9504.

## Troops to Teachers seminar

The education center hosts a Troops to Teachers seminar Feb. 14 at 9 a.m. in Bldg. 4502, Rm. 112. A TTT representative will conduct the free seminar on teaching as a second career. Reservations are not required. TTT is a federal government program that assists eligible veterans who desire to become public school teachers. For more on Troops to Teachers, visit [www.ttga.net](http://www.ttga.net) or call (404) 413-8199.

## Scholarships available

Applications for the 2013 Our Future Scholarship and 2013 Educational Grant are now available at [www.ourfamilyfoundation.org](http://www.ourfamilyfoundation.org), according to Picerne Military Family Housing officials. The Foundation is committed to supporting military Families in the pursuit of higher education and has awarded more than \$3.5 million since 2006.

Applications for the Our Future Scholarship must be submitted by Feb. 14 and will be awarded to high school seniors with plans of attending a four-year university or college in the amount of up to \$50,000 each. The Foundation will select 10 children of active-duty service members at Forts Meade, Bragg, Polk, Rucker, Riley, Sill, and Aberdeen Proving Ground to receive the scholarships based on merit and need. Recipients of a scholarship will be notified by April 8, according to officials.

Applications for 2013 Educational Grants must be submitted by May 9. Grants are given in amounts up to \$5,000 for the spouse of an active-duty service member at the installations listed above. Applicants may be in any stage of the educational process. Recipients of a grant will be notified by July 12, according to officials.

Applications and all necessary paperwork for both the Our Future Scholarship and Educational Grant must be submitted by the due date in order to be considered. Awards for both the scholarship and grant are for use beginning in the fall of 2013.

People can send an email to [info@ourfamilyfoundation.org](mailto:info@ourfamilyfoundation.org) or call (401) 228-2836 for information about eligibility or the application process. Families do not have to reside in on-post housing in order to qualify for scholarships or grants.



# Tactical Tuesday features active shooter survival training

By Nathan Pfau  
Army Flier Staff Writer

The U.S. has had its fair share of threats, both foreign and domestic, but Fort Rucker officials want to make sure that the installation isn't caught off guard in a life or death situation.

Tuesday's training will stress active shooter office survival, and Jim Lee, chief of plans, operations and mobilization for the Directorate of Plans, Training Mobilization and Security wants people on the installation to take a more hands-on approach to this Tactical Tuesday and learn the procedures: run, hide and fight.

"For this Tactical Tuesday we want to mix it up a bit," said Lee. "Rather than just do the old 'open up the manual and see what force-protection measures we're suppose to do,' we're trying to do something a little bit more real world. What we're going to do this time is take it down to the supervisor level and have them do a crawl, walk, run in their workspace."

The plan for this Tuesday is to have members from each unit, organization and office on the installation go over and implement their own specific force protection measures as if an active shooter were present in their particular building or office, he explained.

"Situations like the Fort Hood, Texas, and Newtown, Conn., shootings are reminders that active violence can and does happen on our installations and on the communities' streets," said Lee. "Such attacks can take place anywhere, and rarely will law enforcement intercede immediately."

For that reason, people need to be able to implement their own force-protection measures in case of an incident, he added.

Lee wants to make sure that people observe the environment that they work in and become familiar enough to know exactly how and where to get out, where they would be able to hide and what they would need to do in a last-resort scenario.

"If you can't get out of the building or you can't evacuate, you're going to have to hunker down in place," he said. "When you read about the force-protection measures, they talk about moving book cases and furniture in front of the doors and things like that, and that's all fine and dandy until you try to pick up that book-case and slide it against the door [never having done it before]."



PHOTO BY NATHAN PFAU

Flatiron members work with members of the Enterprise rescue team to make sure simulated victims are ready for transport in the UH-72A Lakota helicopters during an active shooter mass casualty exercise at Enterprise High School last year. Tuesday's Tactical Tuesday active shooter survival training is expected to take place within individual units, organizations and offices throughout the installation.

In the case that people have to "hunker down" in their offices, they should make sure that they try to alert the authorities as soon as possible and remain "deadly quiet," said Lee. At the least people should call the police and just lay the phone down so that authorities have the opportunity to hear what's going on and trace the call to find their position, he added.

The exercise is designed to figure out what people are capable of doing in case of an actual active shooter incident. If a person has never actively tried to block a doorway before to slow an intruder, they would find themselves in a dire situation if they found they were unable to do so during an actual occurrence, said Lee.

"That's what this [Tactical Tuesday] is for," he said. "We want supervisors to walk through, procedure by procedure, and talk to their people about this. We want them to say, 'This is our plan, now lets walk through everything.'"

One of the things that Lee advises not to do is pull the fire alarm.

"We're taught when we were kids that if we need to evacuate a building to pull the fire alarm, but that's something that you absolutely don't want to do when there's an active shooter," he said, explaining that doing so could put more people into harm's way rather than help.

Lee also spoke about the last-case sce-

nario in the event that people would have to confront an attacker head on. Simply put, they would have to fight off the in-

truder, he said.

"The shooter is there to kill people and supervisors need to [stress] that this is a life-or-death situation," he explained. "They need to talk to their people about weapons that they might be able to use like pens, scissors, bookends – anything that they can throw or hit with."

"In some of these offices, there is usually one exit and one entrance, and if an active shooter enters one of those buildings, there is no hunker down scenario," said Mike Whittaker, installation anti-terrorism officer. "They've got to be prepared to fight off the attacker if they want to survive, and that's the grim reality that they've got to discuss."

Along with going over the types of weapons that they can use against an attacker, Lee and Whittaker stressed that people have to work together as a team in that last-case scenario.

"Hopefully we will never need to implement these procedures, but if and when we do, we want personnel to be fully trained in the correct procedures to follow," said Lee. "And steps learned during the active shooter training creates situational awareness and can be applied anywhere an event may occur."

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# CAB: Officials discuss a variety of Aviation topics

Continued from Page A1

sergeants major who are the talent managers of the Army.

The future enlisted training model includes changes to Advanced Individual Training, tools to track and manage experiential learning, and professional civilian certificates and licenses, Thomson said.

The bottom line is the combat Aviation brigade.

“The heart of Army Aviation are those combat Aviation brigades that are out there supporting the ground Soldiers and com-

manders,” Thomson said. “You don’t want to be operating in a vacuum, making decisions and coming up with great ideas if it doesn’t really meet the needs of those CABs.”

CW5 Michael L. Reese, Chief Warrant Officer of the Aviation Branch, led a session addressing the need for instructor pilots.

“The issue in the Branch we face right now is a shortage of instructor pilots and maintenance test pilots at the junior grades, at the (warrant officer) W2 and W3 grades. We have a lot of senior instructor pilots and maintenance

technical training instructor pilots that are retirement eligible. The branch is trying to fix that deficit. There are barriers that until we do these kind of briefs we might not be aware of, including deployment cycle and available seats,” Reese said.

The main shortage is the AH-64, but the Army has personnel to fill the seats, Reese said. Requirements include aptitude, flight proficiency, judgment and maturity.

“It’s the responsibility of the commanders to identify those attributes, but also for the individual ... just to get in the running,”

Reese said.

The event included a session on soldiering, and leading that centered on character development, shaping conduct in a more positive narrative, and how ethics and value sets drive behavior.

Col. Jeffrey D. Peterson, with the Center for the Army Profession and Ethic, based at the U.S. Military Academy at West Point, N.Y., said being a professional is more than doing one’s job.

“There’s a service component to it, and there’s an ethic component to it,” Peterson said. “We’ve

got to get the incentives right. We truly believe if people have the right identity as a professional that they’ll have the right ethics and values set, and (those) will drive behavior.”

Mangum said every leader has the responsibility to ignite that passion in their people.

“We’ve got to seize the narrative. It’s positive, it’s powerful and we all need to get our arms around it to promote who we are, why we’re a profession and what we need to do to continue to bolster and reinforce that professional ethic,” Mangum said.

# Kickoff: Attendees enjoy hearing about cultural diversity

Continued from Page A1

as it is. From all the different groups, we are America,” he said.

The spirited, enriched event was designed to create awareness and appreciation for diversity in the country while promoting culture, racial harmony and the continued remembrance of African-Americans’ contributions, and Kathryn Cole, post exchange employee, said it did just that.

“Fort Rucker is always so supportive of all the different nationalities and it is always a good event, not just for Black History Month, but for any nationality,” she said.

Performers such as the Sons of Thunder, Lynn Roberts, several choirs, soloists and dancers entertained patrons. There was also a giveaway drawing where prizes ranged from exchange gift cards to artwork, and a free lunch of ethnic food was served out to patrons of every ethnicity.

“These events often get misconstrued as trying to bring together African-Americans, but a lot of the goal is to bring together people who are not black so they can learn about the African-American culture. We want everyone involved so everyone can learn,” said Emery.

Honoring the contributions African-

Americans have made to every area of the country’s life is something that Susie Antonello, Fort Rucker Army and Air Force Exchange Service’s visual merchandiser manager, said is something that the exchange is proud to join in on.

“We had a nice turnout. People are participating by watching and eating and we are very honored to hold such an event, and to be able to provide this to the community and to take a minute to celebrate,” she said. “The people performing are all volunteers so we are very appreciative of them coming out and spending their day with us while providing some spiritual and emotional entertainment.”

The equal opportunity climate here is supported from the top down, according to Capt. Matthew Stockton, equal opportunity leader at D Co., 1st Bn, 145th Avn. Regt., and the command structure makes it a priority, setting Fort Rucker up for success.

“We can see it from our command structure, they make it a priority so we get honored even down to the company level,” he said. “I want my whole company to understand different cultures because even in Enterprise the majority is still white, with 46 percent of the population being black. So people need to understand what the other population here is. Understanding

that just brings us all closer together.”

The EO and Directorate of Family, Morale, Welfare and Recreation will have other events throughout the month for the community to enjoy and to celebrate the achievements of African-Americans, to celebrate cultural diversity and to educate the public on historical events.

On Feb. 21 there will be a luncheon at The Landing with guest speaker Georgette Norman, the director of the Rosa Parks Museum in Montgomery, from 11:30 a.m. to 1 p.m.; and Feb. 22 there will be an observance field trip to the Rosa Parks Museum and Civil Rights Memorial Center in Montgomery.

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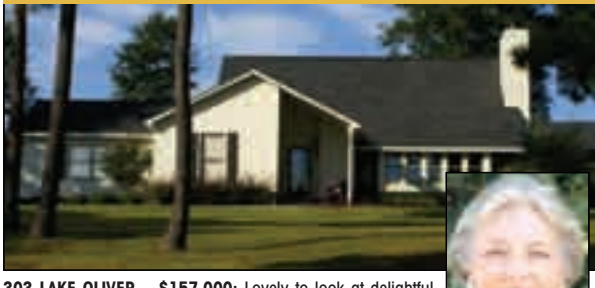
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FEBRUARY 7, 2013

# Army must complete analysis before opening jobs to women

By C. Todd Lopez  
*Army News Service*

WASHINGTON — Last month, the Secretary of Defense announced an end to the Direct Ground Combat Exclusion Rule for female Soldiers.

But the Army wants commanders in the field to know that it will be some time before they'll be able to make any changes in their units.

"There will be no immediate changes," said Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Human Resources Policy Directorate, Army G-1. "In order to open any position that is closed, whether it is due to the military occupational specialty, or the unit's mission, all the services have to submit a detailed request outlining the MOS, the unit, the numbers, and also a legal analysis, that has to go



U.S. ARMY PHOTO

**Pvt. Cicely Verstein practices marksmanship on a Fort Jackson, S.C., rifle range. Verstein will be the first female 91M Bradley Fighting Vehicle System maintainer, one of six military occupational specialties previously restricted to men.**

through the Army leadership to the Secretary of Defense."

The Secretary of Defense then has to notify Congress of the intent to open those positions, and Congress has a specific amount

of time to consider the issue before anything in the services can change, Sheimo said.

"The very soonest that anything could happen would be this summer," Sheimo said.

The Army now has more than 450 MOSs, about 20 of which are currently closed to female Soldiers. Additionally, there are units in the Army that are closed to women, based on the mission of those units. So, within those units, even if there are jobs with MOSs that women are allowed to do elsewhere in the Army, women would not be allowed to serve in those MOSs within those specific units.

The SecDef's announcement is expected to change the current policy, and could open up new opportunities for women in the Army and in the other services, Sheimo said.

"The intent of the policy change is to make every position open, by Jan. 1, 2016, regardless of gender, unless we get an approved exception to policy to keep it closed," Sheimo explained.

Such exceptions, Sheimo said, must be approved by the SecDef

and the chairman of the Joint Chiefs of Staff.

The announcement by the SecDef amounts to a "reversal" of the current policy, Sheimo said. Where today women are excluded from some jobs and units and a special exception must be approved in order to get women into those particular jobs; in the future, the policy will be that all jobs are open to women and if the services want to exclude women they must get a special approved exception that explains why they should be excluded.

The Army has not completed the analysis it needs in order to open any more MOSs or units to women, but the Army already has an effort under way to meet the SecDef's suspense date.

"The Army is pursuing a very careful and deliberate approach,"

SEE ANALYSIS, PAGE B4



PHOTO BY SGT. DUNCAN BRENNAN

**Sgt. Michael Evanson, A Co., 1st Bn., 101st CAB, squad leader gives a salute while leaning into the wind created by the rotors of an AH-64 Apache helicopter as the Apache leaves for a mission at Forward Operating Base Salerno, Afghanistan, recently.**

## Crew chiefs take pride in job well done

By Sgt. Duncan Brennan  
*101st Combat Aviation Brigade*

KHOWST PROVINCE, Afghanistan — The AH-64 Apache helicopter is one of the most feared aircraft in the skies over Afghanistan. The Apache was designed as an anti-armor attack helicopter that was to replace AH-1 Cobra. It first saw service in April 1986 and still supports Soldiers on the ground 27 years later.

The Apache is an amazing machine and extremely capable in a close air support role. The Apache, as amazing as it is, needs Soldiers to get it into the air and keep it there

covering the ground operations in Afghanistan.

The Apache crew chiefs of A Company, 1st Battalion, 101st Combat Aviation Brigade, are the primary support for launching, recovering and troubleshooting the aircraft. In A Co., 1st Bn., 101st CAB, there is a sense of pride among the crew chiefs who work on the Apaches every day.

"I like coming into work," said Spc. James Badgett, one of the company's crew chiefs and a native of Louisville, Ky. "There's the pride of owning and naming your own aircraft, but also the people that help you."

Pride is passed down from the squad lead-

ers to the crew chiefs. Leaders use the tradition of telling war stories to develop and motivate the younger crew chiefs.

"We regale them with tales of what our aircraft was named and what it did when we were in their shoes," said Sgt. Michael Evanson, a squad leader and native of Clarksville, Tenn. "The crew chiefs put their name on the window, they get to name their own aircraft, so they feel like they're more in the fight. They take a lot of pride in being able to troubleshoot pilots on the fly and get them up and to the mission."

The Apaches provide close air support and overwatch to ground forces. Apache

crew chiefs make sure the aircraft are mission ready.

"We fly a lot to support ground troops," said Badgett. "If my aircraft doesn't fly, I don't know what will happen to the guys on the ground. I have to make sure my helicopter is ready to fly."

At the end of the day, being a crew chief in A Co., 1st Bn., 101st CAB, is about taking care of the aircraft as well as each other. Leaders prepare Soldiers to replace them.

"We're a tightly-knit group," said Evanson. "I want to train my Soldiers to the point where they can take the next step without my help. I love watching them steal my job."

## Fighting Eagles deliver legacy to Fort Carson

By Sgt. Keven Parry  
*1st Combat Aviation Brigade Public Affairs*

FORT RILEY, Kan. — The Army's newest combat aviation brigade moved one step closer to being a fully equipped and manned formation Jan. 28 thanks to the Soldiers of the 1st Infantry Division's B Company, 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade.

Flight crews from the Fort Riley-based CAB transferred three CH-47D Chinook helicopters from the northeast Kansas post to Fort Carson, Colo., the home of the 4th Infantry Division's new Aviation brigade.

The movement of aircraft was the second in a series of transfers from the 1st CAB to 4th CAB as part of an effort to establish a full aircraft fleet at the Rocky Mountain Army installation.

"Right now it's time to give these aircraft to a different unit so they can use them, fly them, train on them and prepare for combat," said Lt. Col. Brian Hughes, the commander of 2nd GSAB, 1st Avn. Regt. and a Chinook pilot. "What we give them is populating their fleet. It offers them the ability to train on the legacy platform before they get their F Models."

The 4th CAB is scheduled to receive all of the D Model Chinook helicopters from 1st CAB. Some of the aircraft being given to Fort Carson are original 1st CAB aircraft from the time the unit was established and moved from Germany, Hughes said.

Sgt. Jeremy Ganz, a flight engineer with B Co., 2nd GSAB, 1st Avn. Regt., said that in addition to receiving a full fleet of aircraft, 4th CAB will also be receiving the benefit of experience.

"They'll know first-hand what needs to be done and what has been done so they're not given any kind of surprises," Ganz said.

First CAB Soldiers have been maintaining the D Model Chinooks through a high-paced operations tempo over the past two years, which included several CTC rotations, pilot and crew chief training, as well as support to a wide variety of 1st Inf. Div. operations. Through all of these operations, the aircraft have remained mission worthy.

"Being able to send these over there knowing full well that they're mission capable at all times is a tremendous compliment to the maintainers and to the crews that have worked on these constantly for the last several years," Ganz said.

Hughes praised his Soldiers who have worked day in and



PHOTO BY SGT. KEVEN PARRY

**Sgt. Jeremy Ganz, a flight engineer with B Co., 2nd GSAB, 1st Avn. Regt., 1st CAB, 1st Inf. Div., conducts pre-flight procedures before beginning his trip to Fort Carson, Colo., recently to deliver three CH-47D Chinook helicopters to the 4th CAB, 4th ID.**

day out to ensure the 4th CAB's new aircraft are in top condition.

"The single biggest asset that we have within the 1st CAB, and really within Army Aviation, are the young wrench-turners, the mechanics," Hughes said. "The fact that we have young kids out here making them last that long is a tribute to the American Soldier."



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# Program provides better resilience training tools

By Brian Feeney  
Army News Service

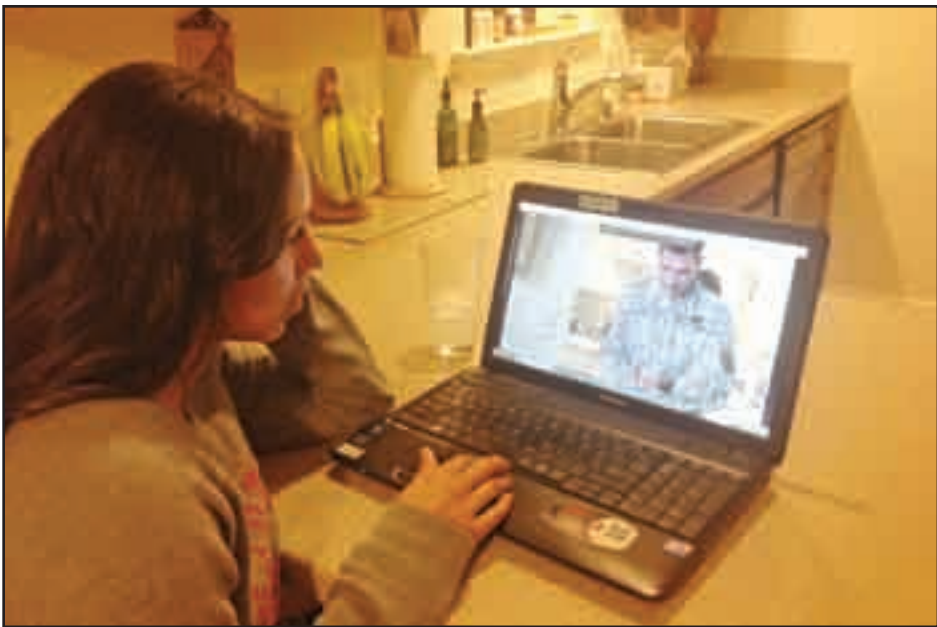
WASHINGTON — “It used to be that when I took the Global Assessment Tool all I got was the entire list of training videos that Comprehensive Soldier and Family Fitness makes available. I didn’t know which ones I should take and felt kind of lost,” said Erica Gantt, wife of Sgt. 1st Class Anthony Gantt.

“Now when I take it, I get three videos recommended to me based on my scores, so it makes more sense to me,” she added.

That’s because Comprehensive Soldier and Family Fitness now provides a new feature for Family members and Army civilians. Starting this month, they receive recommended training modules based on their score when they take the Global Assessment Tool.

These modules, also known as Comprehensive Resilience Modules provide training in the areas of social, emotional, spiritual and Family fitness, and provide ways to enhance one’s resilience skills. Family members and Army civilians have been able to take the GAT for the past few years, but they did not receive customized suggestions for these skill-building training videos until now.

The GAT and viewing follow-on CRMs are encouraged, but not mandatory for Family members and Army civilians. However, every Soldier in the U.S. Army is required



U.S. ARMY PHOTO

Erica Gantt, spouse of Sgt. 1st Class Anthony Gantt, views a Comprehensive Resilience Module recommended to her based on her Global Assessment Tool scores.

to take the GAT at least once a year so that they can track their personal resilience skills development over the course of their career. They also automatically receive follow-on training modules suggested to them based on their individual assessment scores.

CSF2 currently has 42 CRMs available to Soldiers, Family members and Army civilians on its website, and plans to add another 21 by late summer. The training modules provide practical exercises and activities that improve one’s resilience when coping

with the stresses of Army life. They are typically around 15 minutes, but that varies with the user, as many are scenario-based

and self-paced.

Topics range from “blended Families” and “building your teen’s resilience,” to “effective communication” and “goal setting.”

“I especially liked Building Your Teen’s Resilience,” Gantt said. “I have an 18 year old and an almost 13 year old, and it was so realistic that it almost made me cry. It gave me a real-life scenario, the parents break the news of a permanent change of station to their 15-year-old daughter who becomes very upset and won’t come out of her bedroom. It gives two choices; keep talking to her about how you can help make things easier for her, or avoid the topic but suggest something to get her out of her room. The daughter grows increasingly upset and it proceeds to a set of choices on who you should go to for advice. The scenarios and choices go on, ending with the day of the move. It was really good; I’d recommend it to anybody with teenagers.”

For more information and to view any of these CRMs, go to: <http://csf2.army.mil/takethegat.html>.

## Analysis: Leadership key to success of effort

Continued from Page B1

she said. “As we move forward we will open units and/or MOSs as we complete the appropriate assessments, and we will submit those requests to Congress to open those positions.”

When the Army does eventually open units and MOSs to women, the service will focus not only on recruiting from the outside — but will also look for volunteers from inside the Army in order to fill important leadership roles in those units and MOSs, Sheimo said, for both enlisted Soldiers and officers.

“Leadership is a key element of success in this effort,” Sheimo said. “It’s very important to have a leadership cadre in place. Initially

it will have to come from other MOSs and specialties.”

But for now, Sheimo said, commanders in the field should know that no new positions are open to

women.

“The Army will not open any position before congressional notification has been done and the notification period is complete,” Sheimo said.

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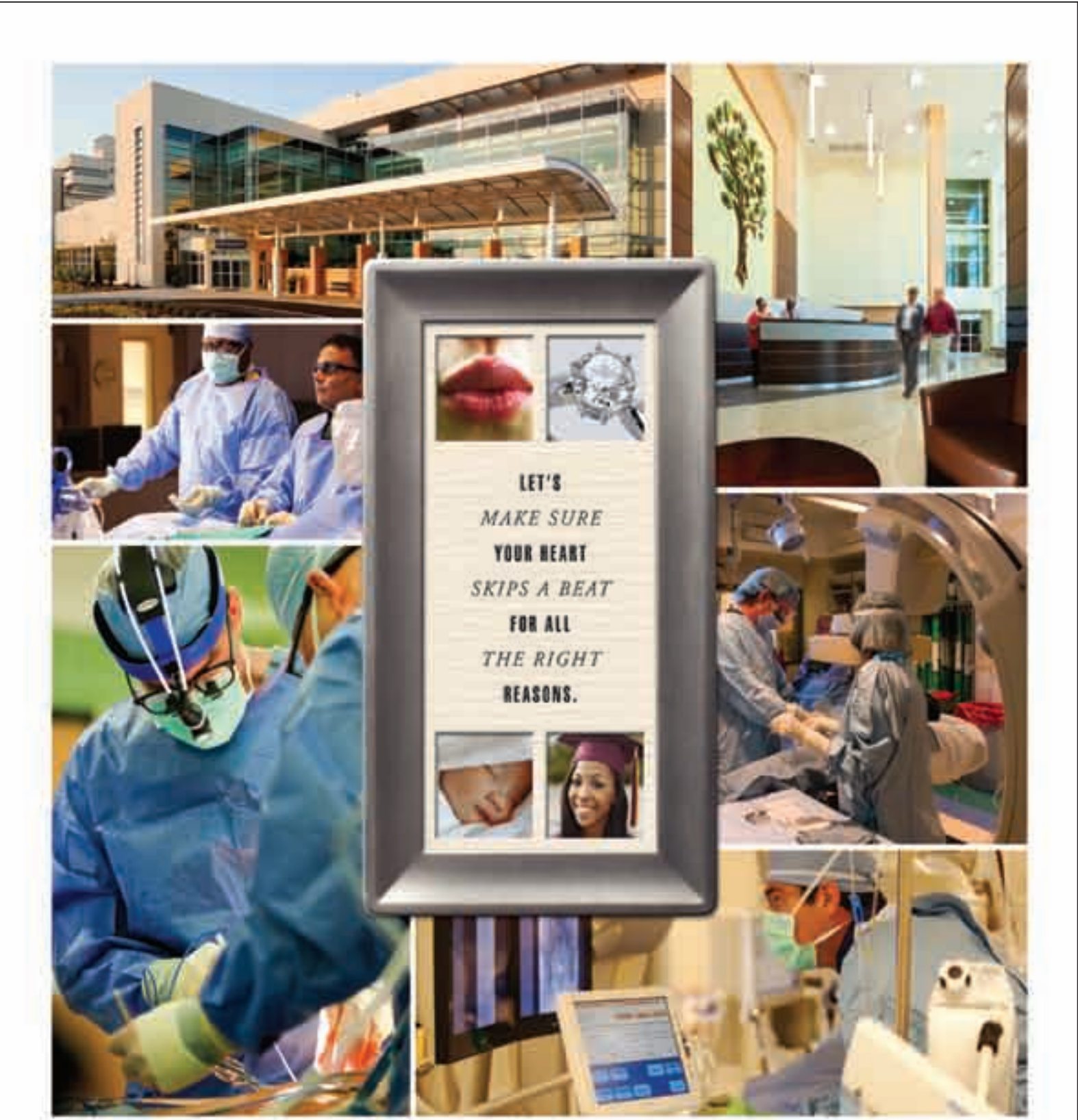
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FEBRUARY 7, 2013



## Holiday events offer something sweet for all

**By Sara E. Martin**  
*Army Flier Staff Writer*

Valentine's Day is approaching and for the busy couple or Family that is unsure where or how to celebrate Fort Rucker offers many romantic and Family friendly events.

Ranging from romantic, candlelit dinners to engaging, lively activities, this year Fort Rucker offers a little something for everyone.

One of the most looked forward to events every year is the Dueling Pianos held at The Landing, which will be held Feb. 15 from 8 p.m. to midnight, and is one that people will not want to miss, according to Janice Erdlitz, marketing director, Directorate of Family, Morale, Welfare and Recreation.

"If you've never been to a dueling pianos event, and you're just not sure if this is for you, my suggestion is, just do it. You'll have a great time. The atmosphere is full of energy and the two pianos on the stage with each pianist trying to outplay the other is just awesome," she said.

Brian Jackson, recreation program manager, said that the event is only held twice a year and that DFMWR has heard nothing but positive responses from attendees.

"This event is very casual and people can come and stay [until] midnight. People aren't required to stay the whole time, but the performers truly value our Soldier's dedication to this country," he said.

And, according to Erdlitz, they know every song a person could imagine.

"We've tried to stump them before with an odd music request, and they always seem to know it. So, get some friends together, pick out some cool songs, and enjoy the evening. You'll love it," she said.

Advanced tickets are available in The Landing Zone for \$10 a person before 2 p.m. Feb. 15, or will be available at the door for \$15. Patrons must be 18 years old or older to attend.

Other events hosted by The Landing will be the Sweetheart Dinner Feb. 14 and 15 and the Valentine's Kid's Night Tuesday.

The Sweetheart Dinner will be set up as a romantic dinner with table cloths, candles and roses. The dinner is \$30 per couple and patrons must RSVP when the ticket is purchased.

"The meal includes shrimp cocktail to share and the entrée choices are: blackened

red fish with a Riesling cream sauce, 8 oz. sirloin, 10 oz. fresh carved prime rib or Cajun chicken with shrimp pasta. All entrées include a baked potato and a side salad. For dessert, people can choose between chocolate, caramel or raspberry sauce on cheesecake to share," said Esther Rodriguez, promotions coordinator.

The dinner is combined with Dueling Pianos as patrons who purchase Sweetheart Dinner tickets can buy a Dueling Piano ticket for \$10 per couple.

Kid's Night, in celebration of Valentine's Day, from 5-8 p.m., offers a special where children eat free with one paid adult entrée, and where a holiday craft can be made and taken home.

"There will be face painting and a craft corner to handprint a child's hand on a heart-shaped card for their parents. It is a fun activity to do with the Family," said Rodriguez. "[Children] in Valentine-themed colors will be entered to win a Family prize of a popcorn machine, board games, movies and candy."

For more information on Kid's Night, Dueling Pianos and the Sweetheart Dinner, call 598-8025.

Rucker Lanes will also hold an event for the first time for the holiday.

The Sweetheart Bowl will be held Feb. 14 from 10 a.m. to 10 p.m. and offers buy-one-get-one-free specials.

"We will have buy-one-get-one-free for bowling, shoe rentals and snack bar items, but it does not include alcoholic beverages," said Ron Cook, Rucker Lanes business manager.

The event is Family friendly as children also get the buy-one-get-one-free special that night and everyone from civilian to Soldier is allowed to participate in the event.

"It is a fun, Family thing to do or something to do even as a couple. It is also a playful event that you don't necessarily have to be good at to have a great time. Bowling is great for a date," he said.

There is no limit to how many times people can bowl, but Cook suggests that patrons know about how many games they would like to play when they get their shoes, "that way they can stay in their lane the entire night."

Games bought or given free that night (if a person buys three games then three additional games are free) have to be used that night.

"You cannot save it for another date," said Cook.

For more information about Sweetheart Bowling, call 255-9503.



## Program offers opportunities, experience for teens

**By Sara E. Martin**  
*Army Flier Staff Writer*

Being thrust into the world as a young adult is oftentimes a daunting experience but Fort Rucker Child, Youth and School Services has an apprenticeship program that helps provide career-exploration opportunities to teens.

The Hired! Apprenticeship Program provides 15-18-year-old youth with meaningful, professionally managed opportunities in Directorate of Family, Morale, Welfare and Recreation operations, according to Denise Honeycutt, Hired! program manager.

"The program offers valuable work experience and training to better equip each participant with the skills needed for a highly-competitive job market. But, just like in the real world, participants must meet certain criteria to be a part of the program," she said.

Prerequisite training is required prior to the start of a term, which is 12 weeks long.

"Training includes workforce preparation, interview skills, resume building, financial readiness, college preparation, customer service and post-secondary education," she said. Six additional training sessions are required during the terms, but will be counted as work hours.



**Justin Ritchie, 18, cleans the windows at the physical fitness facility on Andrews Avenue Monday as part of the Hired! Apprenticeship Program.**

Other qualifications to participate include being registered in the CYSS program, having a clean background check and maintaining a grade point average of 2.0 or higher.

"They need to bring important documents to the workshop such as birth certificates, Social Security cards and school records," she said.

The next training workshop will be Feb. 26-28 from 4-6 p.m. at the teen center. It is mandatory to attend all three days of training, but only has to be done once. Participants will start working on March 24.

The program is year round, and

is open to DOD civilian and contractor children.

"If you are a part of the Fort Rucker Family then your child is eligible for the program," said Honeycutt.

To make the experience as realistic as possible, the program requires mandatory hours, applications and commitment.

"They will fill out applications just like they would for a job. There is an interview process where the children can accept or decline if they are offered a position. They will have to work 15 hours every week whether that is during the week, on the weekends or both," she said.

Participants will receive a \$500 stipend or a \$1,000 stipend if they work 30-hour weeks during the summer.

The teens are considered a part of the staff where they will work, according to Honeycutt, and Justin Ritchie, 18, who works at the physical fitness facility, said that the staff has helped him sharpen his communication skills in person and over the phone, multi-tasking skills, how to keep his workspace clean and have helped with his people skills.

"I am learning a lot. I have talked to my boss and maybe I can get an actual job here when my term ends. I am excited for that," he added.

Children are allowed to participate in the program twice in one year and can do it consecutively if they choose, but Honeycutt said that if the participant cannot fully commit to the program then they need to consider waiting and taking part at a different time.

"There is no vacation or sick days, only a Family emergency or a school function is an excuse for not making hours and even then those hours have to be made up before the term is over," she said.

One teen, Angel Gresham, 16, who works at Rucker Lanes, said that the program has allowed her

to meet a lot of interesting people and that teens should take advantage of the opportunity to expand their experience.

"I am homeschooled, so I can work during the day, which I am fortunate to take advantage of, but I can't wait to do it again. I want to go to the library next because I think it will look better on my resume to have different types of work listed on there," she said.

According to Honeycutt, it is hard for teens in today's society to find a job without having experience but that this program helps provide that.

"It is like a step in the door on their resume. It also gets them out there and gives them a taste of what it is like to juggle Family, work, a social life and school. It is a great experience for them," she said, adding that the teens take away confidence, self esteem and people skills.

The training and the program are free for all participants.

Some of the options that the teens will have to choose from are the Silver Wings Golf Course, Rucker Lanes, the auto craft center, both post gyms and CYSS itself.

To enroll or for more information, contact parent central services, Bldg. 5700 Rm. 193, by calling 255-9638 or 255-1093.



# 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.

### 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 for 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.

### Wing Night

Every Wednesday in The Landing Zone is Traditional Wing Night starting at 4 p.m. The special features six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. The offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

### EDGE! February activities

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

For more, call 255-0666.

### EFMP Information and Support Group

The Exceptional Family Member Program invites all active-duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Tuesday from 9–10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is EFMP respite care. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more, call 255-9277.

### Sweetheart Dinner

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

For more, call 598-8025.

### Teen Book Club

The Center Library hosts its Teen Book Club Feb. 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.



PHOTO BY SARA E. MARTIN

## ATV Trail Ride

Riders line up prior to the All-Terrain Vehicle Trail Ride in September. Outdoor recreation will host another ATV 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.

### Valentine's Day craft making

The Center Library hosts a Valentine's Day craft making activity Tuesday from 3:30–4:30 p.m. for children ages 3-11. Space is limited to the first 65 children to register.

For more, call 255-3885.

### Dueling Pianos

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

For more, call 255-9810.

### Resilience training

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

For more, call 255-2392.

### Military Saves Week

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

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

### AFTB Level I

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

For more, call 255-2382.

# DFMWR Spotlight

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Feb. 15th

**Dueling PIANOS**

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Reservations are required (dinner slots available 5 - 8 pm)

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For details call The Landing Zone, 598-8025  
[www.ftruckermwr.com](http://www.ftruckermwr.com)



# Installation, deployable unit health aided by health promotion officers

**By Lyn Kukral**  
*U.S. Army Public Health Command  
Public Affairs Officer*

Army installations offer numerous programs designed to help Soldiers.

To name just a few, there are programs to manage finances, get legal advice, readjust after deployment, or reduce – whether it's weight, alcohol consumption or tobacco use that needs reducing.

Installation commanders increasingly recognize that Soldiers and Families often need help to get help. To make help more accessible, commanders are using their community health promotion councils to ensure that installation services are “integrated and synchronized,” in the words of Kym Ocasio, program manager for U.S. Army Public Health Command's health promotion officer initiative.

USAPHC is designated by regulation as the Army's subject-matter expert for health promotion. To fulfill that responsibility at installations, USAPHC's health promotion officers facilitate the work of CHPCs. As well, health promotion officers link CHPC members and services to deployable units through brigade health promotion teams.

Ocasio and the health promotion officers in her program fulfill these dual functions by pulling together mission, medical and garrison health and wellness assets to holistically manage issues like work-related difficulties, marital and Family problems, substance abuse and suicide risk.

“Holistically” means that all the installation's health and wellness assets work together to make health promotion, risk reduction and suicide prevention services easily available and mutually supportive,” she explained.

The “integration” of health and wellness services reduces stovepipes and duplication of effort among installation service providers. In other words, CHPC members each know what the others are doing to address an issue through information-sharing and referral.

“Through the vehicle of the CHPC, service providers pull together to create a healthy environment for the individual or the unit,” Ocasio said. “They make sure smooth handoffs occur among members, and that everyone involved knows the goal and is working toward it.”

Wendy Lakso, health promotion officer at Fort Hood, Texas, agrees that CHPC members working collaboratively at her installation have fostered communication and effectiveness among commands and service providers.

“Through the council, leaders at all levels to include service providers have been able to speak candidly about processes, policies and practices that may be beneficial or might need adjustment,” she said. “The Fort Hood council has been able to recommend policy changes and streamline processes to be more effective while creating a stronger link between service providers and commanders.”

USAPHC health promotion officers like Lakso also ensure that health and wellness are addressed in



PHOTO BY SGT. STEVEN SCHNEIDER

**Col. Charles Kibben, 13th Sustainment Command (Expeditionary) rear detachment commander, leads the discussion during the 13th ESC's Health Promotion Forum Jan. 20. Unit-level meetings contribute to the overall community health promotion council process by making timely assessments, and creating or implementing programs that foster resiliency and empower Soldiers and Families.**

installation management plans and have specified goals and objectives. This is what Ocasio calls “synchronization.”

“Synchronization is having a strategic plan for the community health promotion council that aligns with the installation plan and is linked to the commander's priorities,” she explained.

Currently, there are 10 USAPHC-hired and –trained health promotion officers at Forces Command installations in the continental U.S., as well as seven in Germany.

In addition to their CHPC role, these health promotion officers also serve as liaisons for health promotion and risk reduction to brigade health promotion teams. These teams provide continuity in health promotion and risk reduction when the brigade deploys from its

home installation.

“The health promotion officer liaison role helps align brigade needs with garrison and medical service providers and convey the interests of the brigade Soldiers and Families to the council,” Ocasio explained. “The HPO supports the brigade health promotion team, which is designed to provide early detection of risk through systematic surveillance, and implement timely and targeted responses to brigade needs.”

At Fort Hood, commanders like Col. David Hill, 36th Engineer Brigade, appreciate the two-way communication role that health promotion officers fill.

“Our corps health promotion officer ... has advised us on ways to integrate installation and Army-level resources into our health promo-

tion efforts at the brigade and battalion,” Hill said. “Wendy is in touch with the unique challenges of my brigade, and I suspect that is true of brigades across Fort Hood. Because of her knowledge and perspective, I feel confident that in her role as advisor to the III Corps commander and as a liaison outside the corps, she is able to ar-

ticulate our specific challenges to policy-makers and advocate for resources that best fit our needs.”

Lakso credits Fort Hood commanders with a sustained commitment to collaboration that has allowed their units to anticipate and address issues before they become major.

“Creating the structure for health promotion at the corps level has made an impact in bringing prevention activities to the forefront ... for leaders across our installation,” Lakso said. “[These] activities with the CHPC, brigades and agency leaders ... have initiated a different way of doing business. We've moved from taking care of an individual or population after incidents to a proactive approach to holistic health and wellness. We're identifying potential risky behavior trends and looking at ways to implement programs to address those behaviors before they escalate.”

In addition to the roles of informing, advocating and facilitating collaboration, HPOs like Lakso focus command attention on Soldier health and resil-

ience across commands.

“The most important benefit of Fort Hood's HPO from my perspective is how well she helps me to see and understand the health and discipline of my brigade through the visualization tools she develops that indicate wellness trends relative to other units at the installation,” according to Col. Mark Simerly, commander, 4th Sustainment Brigade, 13th Expeditionary Support Command.

As well, Simerly said, health promotion officers pull in the many resources available on an installation to provide a more complete picture of individual commands.

“By bringing together the diverse service providers into a single forum, the HPO creates a robust network of feedback and sensors that enables commanders to make informed assessments about units and individuals, and better decisions regarding command climate,” he said. “The bottom line is we receive a great return on investment from the HPO concept here at Fort Hood.”



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<b>FOR RENT</b>  <b>203 CAMDEN DRIVE,</b> This 3BD/2BA townhome comes with washer and dryer, refrigerator with icemaker, stove, garbage disposal, dishwasher, single car garage, and fence. Lawn care, pest control, use of clubhouse and POOL included. <b>Pets Neg with non-refundable pet fee!</b>	<b>JUST RENTED</b>  <b>106 WEST BRIAR DRIVE,</b> "NEW CARPET AND PAINT" in this 2BD/2.5BA townhome, complete with washer and dryer, refrigerator, microwave, stove, garbage disposal, dishwasher, one-car garage, and patio. <b>Pets OK with a non-refundable pet fee!</b>	<b>FOR RENT</b>  <b>212 CANDLEBROOK DRIVE,</b> CONVENIENT 2BR/1.5BA townhome with washer and dryer, refrigerator, stove, microwave, dishwasher, garbage disposal, quarterly pest control, and lawn cutting.

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# 50 can't-miss Alabama food events — Part 2

**By The Year of Alabama Food Staff**  
*Alabama Tourism Department*

*(Editor's note: This is final installment of a two-part series covering Alabama food events in 2013.)*

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

This week's article continues the list of 2013 can't-miss Alabama food events.

## July

### Grand Bay Watermelon Festival, Grand Bay (July 4)

Celebrate this summertime treat with all the free watermelon you can eat along with arts, crafts, entertainment and the crowning of the winner of the Miss Grand Bay Watermelon Pageant. The children will enjoy an area created just for them.

### Sand Mountain Potato Festival, Henagar (July 4)

This area in northern Alabama is well known for a rich diversity of agricultural products, including potatoes. Celebrate the heritage with live music, entertainment, games, inflatables, a horseshoe tournament and more. The night will end with a bang with a spectacular fireworks display.

### State Farmers Market Day, Montgomery (July 14)

The Alabama Cooperative Extension System, the Alabama Farmers Federation and the Alabama Department of Agriculture and Industries invite everyone to celebrate Alabama farmers during State Farmers Market Day in Montgomery. Shoppers will find produce and other products

available from local farmers and vendors, as well as live music and activities for kids.

### Flavors of the South Food Festival, Robertsdale (July 25)

Get a taste of south Alabama at this festival showcasing food from local restaurants and caterers. Mingle with other festival-goers, listen to live music and enter the silent auction or 50/50 drawing.

## August

### Alabama Restaurant Week, Statewide (Aug. 16-25)

Enjoy the cuisine of your favorite Alabama restaurants during Alabama Restaurant Week. Various eateries around the state – including some of those featured in the “100 Dishes To Eat in Alabama Before You Die” brochure – offer special prices and menus throughout the week for diners who want to experience the flavors of Alabama.

### Stokin' the Fire Barbecue Festival, Birmingham (Aug. 18)

At the heart of Stokin' the Fire is a world-class barbecue competition benefiting Sloss Furnaces National Historic Landmark and Museum. In addition to the cooking battle, which features competitions for chicken, pork ribs and pork butt, the festival includes performances by popular musicians, Cajun dancing demonstrations, barbecue sampling and a kid-friendly zone.

### Black Belt Folk Roots Festival, Eutaw (Aug. 24-25)

Held in the historic Greene County Courthouse Square, this festival is organized by The Society of Folk Arts & Culture. The event celebrates age-old traditions

of west Alabama through music, dance, storytelling and food.

### World's Largest Peanut Boil, Luverne (Aug. 31-Sept. 1)

Recognized as the largest peanut boil in the world for more than 30 years, this festival will have more than 17 tons of peanuts in the boil. Along with peanuts, enjoy a 5K run, car show, beauty pageant, activities for children and music.

### Okra Festival, Burkville (Aug. 31)

The Okra Festival started as a small community event celebrating the only crop that survived an unusually hot summer in 2000. More than a decade later, it is one of the highlights of the summer season, featuring local food, music and cultural arts.

## September

### Eat Drink Read Write, Birmingham (TBA)

Explore literature, food, books and film with opportunities to try different cuisines and tell stories. Various workshops, a food documentary, cooking class and children's activities bring life to learning.

### Riverfest Barbecue Cook-Off, Decatur (Sept. 14)

Decatur's Riverfest Barbecue Cook-off is open to both professional and amateur teams. Folks come for the barbecue and stay for the live music and children's activities.

### PorktoberQue, Dothan (Sept. 27-28)

A combination of Oktoberfest and a barbecue competition, this festival is a unique event with free activities, plenty of food and drinks, music and, of course, a barbecue cook-off.

### Taste of the Bayou, Bayou La Batre (Sept. 28)

Support local fishermen at this event held in one of Alabama's most laid-back fishing communities. Guests can sample fabulous fare prepared by amateur and professional chefs using fresh seafood from the waters near Bayou La Batre.

### Whistle Stop Festival, Irondale (Sept. 28)

The Whistle Stop Festival is acclaimed for its mix of food, live music, and arts and crafts. The event concludes with a beautiful fireworks display illuminating the city's historic downtown, home to Irondale Cafe and its famous fried green tomatoes.

## October

### Alabama Butterbean Festival, Pinson (Oct. 4-5)

You don't have to be a butterbean fan to enjoy this festival, but it certainly doesn't hurt! The Alabama Butterbean Festival hosts more than 150 food vendors, in addition to gospel and contemporary musicians and plenty of other family-friendly activities.

### Cullman Oktoberfest, Cullman (Oct. 5-12)

Cullman's Oktoberfest promises days of food, fun and dancing. Highlights include a car show, bratwurst tasting and the Miss Oktoberfest pageant.

### Cahaba River Fry Down, Trussville (Oct. 7)

The Cahaba River Society brings aquatic learning activities for all ages to this unique gathering on the banks of the Cahaba. The fry-down contest serves up some tasty fried catfish and friendly competition.

### National Shrimp Festival, Gulf

### Shores (Oct. 10-13)

This festival celebrates a seafood staple – shrimp. Drawing more than 300,000 people over four days, it's one of the largest outdoor festivals in the state. Adults can enjoy a variety of food, art and musical acts while the kids play in the Children's Activity Village.

### Break 'n Bread, Birmingham (Oct. 13)

Presented by Birmingham Originals, a group of independently owned and operated restaurants, this event showcases local signature dishes in addition to beverage tastings. Over the years, Break 'n Bread has emerged as one of the premier food and beverage events in the state and benefits Children's of Alabama.

### Evergreen Sausage Festival, Evergreen (Oct. 19)

A celebration of gourmet Conecuh Sausage includes a barbecue cook-off, excellent food, live entertainment and a children's area – all sure to please the whole family.

### Alabama Festival of Flavor, Foley (Oct. 19)

This free event features Alabama's rich culinary heritage with fresh, local foods. Watch cooking competitions by restaurants and learn secrets from local chefs and how to create your own organic garden. The Children's Village will occupy the young guests with inflatables, face painting and more.

### Shelby Blues and BBQ, Pelham (Oct. 19)

Participate in a barbecue competition or sit back and relax in the Tailgating Area to watch football. Listen to live music, enjoy great food and have a great time at this family-friendly event.

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

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

**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 a for girl's night out, especially for those who might be a little disillusioned with the male gender. For ages 18 and older. The production runs Friday, Saturday, Feb. 15, 16, 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 Wiregrass Area United Way Food Bank and The Cultural Arts Center partner for “Empty Bowls Dothan.” For \$10, donors will choose their bowl and receive a basic meal. The proceeds will benefit the Wiregrass Area United Way Food Bank. Bowls created and donated by the community will be sold from 11 a.m. to 2 p.m. at The CAC. For more information, visit [www.facebook.com/EmptyBowlsDothan](http://www.facebook.com/EmptyBowlsDothan) or call 794-9775 or 699-2787.

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

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

Cost is \$2 for members, \$3 for Scouts and their leaders in uniform, \$5 for non-members, and free for children 5 and younger.

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

## ENTERPRISE

**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 practices from 5:45-6:45 p.m. Children must be ages 3-14. The ETFCAP is an intense 12-week program and the cost is \$125. The EFCMMSP consists of six Friday night sessions. Cost is \$70. For more information, visit [www.enterprisefutbol.com](http://www.enterprisefutbol.com).

**FEB. 15** — Enterprise Performing Arts Center presents “The Depot,” a story of the Wiregrass in the 1900s, at 10 a.m. and 7 p.m. Advance tickets are \$6 for the 10 a.m. show, \$20 for the 7 p.m. show with \$5 off with military I.D.

Tickets are available at The Consignment CAT, Yancy Parker's and Healthy Woman Office, or can be purchased online at [www.southernbroadway.com](http://www.southernbroadway.com). Professional audio and lighting as well as special effects are a part of the show.

For more information, call 470-6568.

## GENEVA

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

## MIDLAND CITY

**ONGOING** — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

## NEW BROCKTON

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

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

## Masquerade

The Destin Commons fourth annual Mardi Gras Masquerade is Friday from 6-8 p.m. at Destin Commons. The event is a Family-friendly Mardi Gras celebration. Dr. Zydeco and the Beal Street Bottle Club Band will perform. The event features a Cajun crawfish boil and gumbo from Time Out Sports Bar, dancing, art projects and face painting for the kids. The event tops off with a Mardi Gras parade

and fireworks finale at 8 p.m. For more information, call (850) 337-8700.

## Art auction

An art auction will be held at The Boatyard Restaurant in Panama City Beach Feb. 17 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.bbbsnwf.org](http://www.bbbsnwf.org).





COURTESY PHOTO

# Pick-of-the-litter

Meet Grayson, a 5-month-old male available for adoption at the Fort Rucker stray facility. He is very sweet and loving, just like his sister Cricket. It costs \$81 to adopt Grayson and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

# Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BUILDING 109

8:00 a.m. Multi-Cultural Worship Service

### MAIN POST CHAPEL, BUILDING 8940

9:00 a.m. Catholic Mass  
11 a.m. Liturgical Protestant Service  
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. Wings Contemporary Worship Protestant Service

### SPIRITUAL LIFE CENTER, BUILDING 8939

10:45 a.m. CCD (except during summer months)

### BIBLE STUDIES

9 a.m. & 6 p.m. Protestant Women of the Chapel, Wings Chapel, Tuesday  
6:30 p.m. Wing Bible Study (Meal/Bible Study), Wings Chapel, Thursday  
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday  
12 p.m. Adult Bible Study, Soldier Service Center, Wednesday  
6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday  
5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday

### MOTHERS OF PRESCHOOLERS (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten.  
MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

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# African-American History Month focuses on achievements

By Terri Moon Cronk  
*American Forces Press Service*

WASHINGTON — African-Americans have made and continue to make major contributions to the nation's defense, the director of the Defense Department's office of diversity management and equal opportunity said in a recent interview.

This year's theme for National African-American History Month, which began Feb. 1, "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" is important for two reasons, Clarence A. Johnson told the Pentagon Channel and American Forces Press Service.

"The Emancipation Proclamation is 150 years old, and the March on Washington is 50 years old," he said. "The Emancipation Proclamation freed the slaves, but it also enhanced America's freedom."

Because 1963's March on Washington precipitated the Civil Rights Act, DOD components worldwide will celebrate with those events in mind because of their contributions to diversity and freedom, Johnson said.

National African-American History Month gives people an opportunity to recognize African-Americans who have contributed to the nation's defense, and that recognition is important, he said.

"It gives us the time



**Clarence A. Johnson**  
to appreciate the strides we've made," he added. "I think we pride ourselves in ... [making] sure all our individuals are treated with equality, dignity and respect."

As the military services observe National African-American History Month, Johnson said, there are two things to keep in mind: service and commitment.

Greatness is achieved by serving others, he said, while commitment to diversity is critical to the nation and to DOD. African-Americans have long since left their mark on defending the nation since the Revolutionary War.

In the American Revolution, Johnson said, 51 African-Americans served, and in the Civil War, 180,000 served. Some 35,000 African-Americans died in the Civil War.

"African-Americans continue to serve and distinguish themselves in war and peacetime," said Johnson, adding that 90 African-Americans have received the Medal of Honor and African-Amer-

icans continue to be well represented in DOD.

"Almost 18 percent of our enlisted corps is African-American," he said. "More than 9 percent of officers are African-American. In our civilian workforce, African-Americans [make up] about 15 percent."

Since President Harry S. Truman signed an executive order in 1948 to desegregate the services, DOD has made significant achievements, Johnson said.

"We have led the nation in maintaining and achieving an integrated workforce," he said. "We've made great strides in making sure we select folks

with the highest potential [and] talent to serve, and we continue to find that programs and policies DOD put in place helped us maintain our equal opportunity program to make sure that [people] achieve their maximum [capabilities]."

Defense Secretary Leon E. Panetta has said that diversity is a force of the military's strength and a key to maintaining readiness.

"So as we celebrate and commemorate diversity," Johnson added, "we are celebrating the contributions of all men and women who have contributed to the DOD mission."

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FEBRUARY 7, 2013



PHOTO BY NATHAN PFAU

Participants in the Shred and Tread class use 10-pound dive bricks and aqua joggers to enhance their workout at the Fort Rucker Physical Fitness Facility Monday. Shred and Tread classes are offered Mondays and Wednesday from 10-11 a.m. and 5-6 p.m.

# SHRED AND TREAD

## Class provides low impact, intense workout

By Nathan Pfau  
*Army Flier Staff Writer*

With beach season looming, the fitness facilities on Fort Rucker offer different ways to keep on track with workout goals, and one class is more than meets the eye when it comes to fitness intensity.

Shred and Tread at the Fort Rucker Physical Fitness Facility is a water-based fitness class that uses intense aerobic exercise that utilizes the resistance of the water to give people a total body workout, according to Kristina Rach, certified fitness specialist.

“It’s a lot more intense than basic water aerobics, which you can get a good workout in, but this class is a bit above that – it’s outside the box of other fitness classes,” she said. “We use weights, resistance belts and floatable dumbbells, and we even get out of the water and do squats, pushups, and other workouts on the pool deck.”

The class utilizes workout tools like 10-pound dive bricks, ankle and wrist weights, flippers, aqua joggers and water dumbbells to provide the intense workout.

The aqua joggers are strapped around the participant and cause the user to tread water behind them as they run through the water, providing extra resistance.

“I change up the routine every class,” said Rach. “With the aqua joggers, they will run with them on and they pull you back, so you’re forced to use your core more.”

“When in the water, you use your core a lot more than people think,” she continued. “Your heart rate gets up faster in the water than it does outside because of the added resistance.”

The class also utilizes the use of kickboards and peanuts, which force participants to use their upper body strength, said Rach. The peanuts are placed between the legs with ankles crossed and class members must use their body to balance themselves out.

“We also use the [water dumbbells] to add to our workouts, which threads water through to add a counter-weight effect,” said the fitness specialist. “We also use the regular dumbbells when we do the workouts outside of the pool on the pool deck.”

Along with the increased intensity of the workout, the class has other added benefits for elderly patrons, people that have joint problems and pregnant women since the workout is low impact, according to Rach.

Crystal McDaniel and Helen Bradley, Army spouses, joined the class to reap the added benefits of Shred and Tread because of health issues.

“I have really nasty joints and this class is really gentle on them,” said McDaniel. “I still wanted to be able to get the muscle mass from a good workout and this provided that with a low-impact workout that was easy on my joints.”

“I started out doing this because I couldn’t do high-impact workouts anymore because I have arthritis,” added Bradley. “When I got pregnant, I kept doing it through my pregnancy because my first child had some problems during labor and I wanted to make sure it didn’t happen again.”

Bradley’s doctor said that because she stayed active throughout her pregnancy, it gave her an easy birthing process.

“This is a total body workout,” said Rach. “I think if people want a challenge they should definitely try it out. A lot of people automatically assume that since it’s in the water, it’s something like a senior water aerobics class, but it’s not.”

The classes are offered Mondays and Wednesdays from 10-11 a.m. and 5-6 p.m. to accommodate people’s different schedules. The cost is \$3.50 per class, or \$30 a month for unlimited classes, which also grants access to any class that either fitness facility offers, according to Rach.

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



PHOTO BY NATHAN PFAU

# Black History 5K

More than 200 runners charge off the starting line during Saturday’s Black History 5k at Fortenberry-Colton Physical Fitness Facility in recognition of Black History Month. Winners of the 5k were Jeff Pickett, overall male open winner, with a time of 18:07; Penny Proctor, overall female open winner, with a time of 19:13; Nick Poitra, overall male master winner, with a time of 21:28; Nina Korges, overall female master winner, with a time of 27:29; Sam Patton, overall male grandmaster winner, with a time of 26:54; and Monica Petersen-Smith, overall female grandmaster winner, with a time of 33:52.







# Valor Games quadruple opportunities for disabled vets

By Tim Hipps  
IMCOM Public Affairs

SAN ANTONIO — The Valor Games Midwest, an adaptive sports competition for military veterans and service members with physical disabilities, have been expanded this year into the Southeast, Southwest and Northwest.

Established in 2011 by World Sport Chicago in partnership with the U.S. Department of Veterans Affairs and U.S. Paralympics to provide a venue for wounded warriors and disabled Veterans in Chicago, the 2013 Valor Games Series also will be staged in Durham, N.C., San Antonio and San Jose, Calif.

“We’re proud to expand this great event for veterans that World Sport Chicago has made so popular,” said Chris Nowak, director of the VA office of National Veterans Sports Programs and Special Events. “By offering the competition at targeted regions across the country, we’re not only making it easier for veterans to participate but also more cost-effective.”

The athletes may be active-duty military or veterans from any era. Their disabilities may include: amputation, post-traumatic stress disorder, spinal cord injuries, stroke, traumatic



PHOTO BY TIM HIPPS

U.S. Army World Class Athlete Paralympic Program Sgt. Jerrod Fields, a below-the-knee amputee pictured here stretching on the track at Fort Carson, Colo., is a quintessential candidate for the Valor Games, which are expanding into three more regions this year.

brain injuries or visual disabilities. Anyone with a disability rating from the Veterans Administration is eligible to participate.

“Along with Veterans Affairs and U.S. Paralympics, we are committed to offering more adaptive sports opportunities for veterans and feel the Valor Games events are a great jump start for these

individuals to start living healthier, more active lifestyles in their own communities,” said Scott Myer, the executive director of World Sport Chicago.

The 2013 Valor Games Southeast, scheduled for May 21-23 in the Raleigh-Durham area, will feature archery, air-rifle shooting, cycling, powerlifting, indoor rowing, volleyball,

shot put, table tennis, and more. The venues include the Dean E. Smith Center on the University of North Carolina campus in Chapel Hill, Cameron Indoor Stadium at Duke University in Durham, and Centennial Parkway and Reynolds Coliseum on the North Carolina State University campus in Raleigh.

The Far West Wheel-

chair Athletic Association and Paralympic Sport Clubs of Menlo Park, Sacramento and Silicon Valley, will help play host to the 2013 Valor Games Far West, scheduled for mid-June in San Jose, for veterans and wounded warriors in the San Francisco Bay area. Archery, cycling, shot put, discus and powerlifting will be

offered there.

The 2013 Valor Games Southwest in San Antonio, scheduled for Sept. 24-26, will feature five Paralympic sports: archery, cycling, kayaking, powerlifting and air-gun shooting. The Alamo City venues will be Mission Conception Sports Park, SeaWorld San Antonio and the North East ISD Indoor Shooting Range.

Grant funding for this program was awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympics sport programming for disabled veterans and disabled members of the armed forces.

The Valor Games are not affiliated with the Warrior Games, another mini-Paralympics for wounded service members contested annually in Colorado Springs, Colo. The 2013 Warrior Games are scheduled for May 11 through 17 at the U.S. Olympic Training Center and the U.S. Air Force Academy. More than 200 disabled athletes are expected to compete in archery, cycling, shooting, sitting volleyball, wheelchair basketball, swimming, and track and field.

## BRIS

### MARDI GRAS CARNIVAL AT RUCKER LANES

Rucker Lanes hosts its Mardi Gras Carnival-themed bowling night Saturday from 9 p.m. to midnight. Each lane of bowlers will receive one 16-inch pizza with one topping, a pitcher of fountain beverage, a bowl of tortillas and salsa, unlimited bowling and shoe rentals. There will also be giveaways throughout the night. Cost is \$45 for a lane of up to six people. Reservations are required.

For more, call 255-9503.

### SWEETHEART BOWL

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

For more, call 255-9503.

### PRESIDENT’S WEEKEND SKINS GAME

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

For more, call 598-2449.

### COYOTE HUNT

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

sess 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 Sept. 1, 2012. A current sports physical and valid child, youth and school services registration are required to participate. Coaches are needed for all age groups.

For more, call 255-2267.

### ENTERPRISE BASEBALL

Enterprise’s baseball team is gearing up for an-

other 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.

### RIDING STABLES RULES

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

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| Sat - Sun 2:00, 7:00 & 9:15 |                     |

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### Weekly SUDOKU

Answer

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

Answers

- Thurgood Marshall
- 13 numbered balls and a white cue ball
- Sweden
- 1965
- Nimbus clouds
- Eric Clapton
- Franklin D. Roosevelt, who married Eleanor Roosevelt. They were fifth cousins, once removed.
- Clasp used in surgery
- A breed of horse
- Cube

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Video Game Spotlight >>



COURTESY SCREENSHOT

# Dead Space 3 brings more action

By Jim Van Slyke  
Contributing Writer

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

While “Dead Space 3” drifts off a bit from its “space horror” roots and becomes a little bit more action- and combat-oriented, there is still a lot of fun — and screams — to be had in the third game of this series.

This time around our hero, Isaac Clarke, is a fugitive who is trying to lay low and escape his past. A friend’s disappearance pulls him out of hiding and he joins Soldier John Carver on a quest that takes him to the frozen planet of Tau Volantis to eliminate the vile necromorphs for good. They are also joined by a scientist named Santos who acts as Clarke’s guide and radio contact when he’s exploring the harshness of space as he and Carver try to prevent humanity’s extinction.

The keys to success are on the planet, but the duo must search through the harsh environment for raw materials and scav-

enged parts to create the weapons and survival tools they need. There are also avalanches and other frozen hazards to overcome as well as plenty of deadly enemies.

There is an emphasis on playing co-op in “Dead Space 3,” as some challenges and puzzles can only be overcome if Carver is along for the ride. The game can be played without him and players can drop in and out seamlessly. “Dead Space” fans will probably want to try both since the experiences are unique.

While there is more emphasis on outdoor action in “Dead-space 3,” the scary claustrophobic feel of the first two games in the series hasn’t been totally tossed away. There are portions in the game that will have the gamer on edge, wondering what’s around the next corner.

Carver and his unique personality and gameplay keeps “Deadspace 3” interesting. It’s a fun game that will still scare

the daylights out of most fans and even though there is more emphasis on action this time around, it’s still well worth your time. Don’t be afraid to launch into “Dead Space 3.”



**Publisher**  
Electronic Arts  
**Rated**  
Mature  
**Systems**  
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**Cost**  
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**Overall**  
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