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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MARCH 7, 2013

## 1-223rd Avn. receives Parker Award

By Nathan Pfau  
*Army Flier Staff Writer*

Soldiers and post officials gathered at Cairns Army Airfield Feb. 27 to honor the Soldiers and civilians of 1st Battalion, 223rd Aviation Regiment on receiving an Ellis D. Parker Award.

The unit received the award for Top Aviation Battalion Table of Distribution and Allowances for fiscal year 2012, according to Lt. Col. Demetrios Nicholson, 1-223rd Avn. Regt. battalion commander.

"I'm really proud of my unit because, really, it's the Soldiers and the civilians within the unit that do all the hard work," said Nicholson. "They're the professionals and they're the ones that took all the hard work that we've done and submitted it for the award.

"I know there aren't a lot of TDA units out there, but there are enough to make it competitive, especially here at Fort Ruck-

er in our brigade," he said. "To win it just out of the brigades was honor enough because all these units are great units."

The Ellis D. Parker Award is presented across Army Aviation in four categories: Best Combat Battalion, Best Combat Support Battalion, Best Combat Service Support Battalion and Best Table of Distribution and Allowances Battalion. The winners of each of those categories go on to compete for the title of Top Aviation Battalion of the Year, according to a Department of the Army memorandum.

Winners are chosen based on packets that are submitted starting at the brigade level, according to Nicholson.

"Every battalion in the brigade can do this and there are rules that regulate what your packet must contain," he said. "You have to write about [your battalion's] training, maintenance, operations and

SEE AWARD, PAGE A3



ARMY PHOTO

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, and retired Lt. Gen. Ellis D. Parker present a Parker Award, named for the retired Aviator, to Lt. Col. Demetrios Nicholson, 1st Bn., 223rd AVN commander, along with 110th Avn. Bde. Command Sgt. Maj. John L. Chandler (left), CW5 Michael L. Reese, Chief Warrant Officer of the Aviation Branch, Col. Kevin J. Christensen, 110th Avn. Bde. commander, and members of the 1st Bn., 223rd Avn.

## AER kicks off fundraising campaign

By Sara E. Martin  
*Army Flier Staff Writer*

The Army Emergency Relief program held its annual kickoff event Tuesday at the U.S. Army Aviation Museum to begin raising funds that help Soldiers take care of Soldiers.

Col. Stuart J. McRae, Fort Rucker garrison commander and this year's AER campaign chairman, along with guest speaker Col. Michael L. Shenk and garrison Command Sgt. Maj. Buford E. Noland signed the first allotments at the ceremony.

"Over the last year across the entire Army there were more than 59,000 cases AER helped. It totals to \$85 million in assistance. A little closer to home, here at Fort Rucker, almost \$260,000 was given to [locals.] In addition to that, \$16,650 in scholarships were given out," said McRae.

The program allows Soldiers to take care of their own and is an invaluable tool, according to Maj. Anthony Whittaker, Fort Rucker AER campaign coordinator.

"Money is given out several ways," he said. "There are scholarships and grants, which do not ever have to be repaid, and there are interest-free loans."

AER has gone through many changes over the years, according to the garrison commander, morphing to the needs of Soldiers, retirees and their Families, but always remaining vibrant and responsive to their needs.

The goal for this year's campaign is \$125,000.

"AER is a commander's program and every commander can tell you story after story about the successes of AER. We shouldn't think of \$125,000 as our goal, we should think of that as our starting goal because this program really gives back," he said.

"That may sound like a lot, but we have nearly 6,000 active duty Soldiers on Fort Rucker and in the area we have around 60,000 retirees. If you add in their Family members that number jumps to nearly 200,000," said McRae, adding that if 2,100 of those 200,000 people donated \$5 a month that the goal would be reached.

AER is a safety net for people and it boosts morale, according to McRae, because it is there when no one else is able to lend a helping hand, and Shenk agreed.

"It is no secret that our Soldiers, young and old, enlisted and officer, face unforeseen hardships and emergencies that significantly stress their day-to-day budgets. But, by way of grants and interest-free loans, AER responds to both individual applicants and commanders [for the purpose of] reducing such financial emergencies, reducing personal stress and increasing peace of mind for those who take advantage of what AER has available,"

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PHOTO BY SARA E. MARTIN

AER guest speaker Col. Michael L. Shenk, Air Traffic Services Command and 164th Theater Airfield Operations Group commander, Col. Stuart J. McRae, Fort Rucker garrison commander and this year's AER campaign chairman, and garrison Command Sgt. Maj. Buford E. Noland sign the first allotments for 2013 at the ceremony Tuesday at the U.S. Army Aviation Museum.

## Post prepares for all-hazards exercise

By Nathan Pfau  
*Army Flier Staff Writer*

Fort Rucker is preparing to test its limits during the all-hazards exercise Wednesday.

The exercise is designed to keep the installation vigilant against dangers that range from weather disasters to active shooters on post, but Wednesday's training will focus on anti-terrorism, according to Mike Whittaker, installation anti-terrorism officer.

"On the day of the physical portion of the exercise, the boots-on-the-ground, there will be a mass-casualty caused by a chemical event," he said. "There will also be a simulated armed assault, and people are going to hear gunshots [if they are in the area], so we want people to be prepared for that and not get into a panic."

Throughout the exercise, there will be a simulated chemical released on the installation as if there were a terrorist operation on post, and it's up to installation officials and first responders to deal with whatever situation comes about, said Whittaker.

"Our different factions on post have to come together and do their jobs," he said. "We have to use what we have

like medevac and things like that, depending on how many [simulated] injuries are caused by the attack."

The different agencies on Fort Rucker will need to work together to figure out what type of operation to set up and what course of action to take, said Whittaker.

"They must figure out what it is they must do to respond to the attack," he said. "What type of vans do they need to bring in or what kind of outfits do they need to be wearing? Initially there may be reports of an accident, so the [military police] will report to the accident, but from the accident site there may be a chemical plume, and it's up to them to figure out what to do next.

"While all this is going on, they might get a call from somewhere else where there were reports of gunshots fired," he added. "We're going to spread them out as thin as we can, which is the point of this exercise – to test our limits."

The exercise is also meant to test the different agencies' memorandums of understanding and agreements with Fort Rucker's off-post counterparts.

"After the first response, we will bring in external

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PHOTO BY NATHAN PFAU

Staff Sergeant Jerry Adamson, 6th MP Detachment, inspects a training helicopter at Highbuff Stagefield Friday. Adamson received the Military Fire Officer of the Year Award for 2012.

## IMCOM honors local firefighter

By Nathan Pfau  
*Army Flier Staff Writer*

Motivation to set the standard helped push one local Soldier to become the best in Installation Management Command.

Staff Sergeant Jerry Adamson, 6th Military Police Detachment, was selected as IMCOM's Fire and Emergency Services Military Fire Officer of the Year for 2012.

"I'm very proud of this recognition," said Adamson. "I was very excited when I first found out because this is a rare award, so me being recognized for it, not only from the

IMCOM-level but throughout the Army, it boosts me up a little bit."

Some of Adamson's accomplishments include: responding to a TH-67 helicopter crash, during which he established effective scene safety resulting in zero fatalities or injuries; being hand-selected over senior staff sergeants to hold the position of military fire chief, a sergeant first class position and operating as military fire chief, during which he was responsible for five fire stations that saw significant increase in maintenance and upgrades.

Sgt. 1st Class Tommy Norris, 6th MP Detachment and NCOIC for the

fire department, said he was happy to see one of his own get the recognition that he deserved.

"I'm as happy as can be for him and I'm absolutely proud of him," he said. "I'm proud that he is one of my Soldiers."

Adamson said the recognition has been great and knowing that he is part of an elite few gives him a sense of overwhelming pride, but that's not why he does what he does.

"This is something that just kind of happened," he said. "I just want to make sure I'm doing my job to the

SEE IMCOM, PAGE A5



# PERSPECTIVE

## Recommendations key to job search

By Bryan Tharpe  
Fort Rucker Army Career and Alumni Program

Sometimes an employer will make the decision about who to hire based on how well applicants present their work backgrounds.

Most employers know that if a person is a good worker, reliable and dependable in other jobs, they can probably expect the same job performance.

Of course, an interviewer can call all past supervisors and ask about the quality of an applicant’s work and work ethics. But a smart job hunter will save the prospective employer that trouble. He will get letters of recommendation from supervisors as he moves on.

Getting letters of recommendation will serve dual purposes. An applicant will have letters to give to the employers (and they may not want to contact the supervisor). The applicant will also know the quality of the recommendations as well as the written skills of a possible reference.

This is especially important to military applicants. One

problem military people face is employers who don’t always know why military members hold jobs for such a short time – an average of about two years. Is it because of poor work habits?

Another problem is that military applicants often want to find jobs totally different from those they did while in the military. In that case, they must show the employer their abilities, which are more important than what they did in the military. A third problem is that military personnel are transient; job seekers may not be able to provide employers with a current address or telephone number of former supervisors.

Letters of recommendation can solve all of these questions to an employer’s satisfaction. Even if there is a problem with a boss, it may still be possible to draft a letter that is mutually satisfactory and truthfully states the worker’s talents and accomplishments.

Sometimes a supervisor will ask a service member to write his or her own letter of recommendation for the supervisor’s signature. If that happens, the writer should not

be modest.

The first paragraph of the letter should state the purpose of the letter: to recommend the applicant for a position as (whatever type of job you are seeking). The next paragraph should make general statements about your duties and responsibilities, perhaps mentioning your most impressive abilities.

The third paragraph should be filled with glowing remarks about your talents and accomplishments. This is the place to use all those adjectives that can’t fit onto a resume; it is especially important to mention ways you will be an asset to the organization.

With the job market the way it is today, the wise job hunter will use every means at his disposal to make his qualifications well known. Presenting a folder of letters of recommendation at the interview is a sure way to impress the interviewer with your high qualifications.

For additional information about letters of recommendation or any other job search related topic, call the Fort Rucker ACAP Center at 255-2558.

## This month in Army Aviation history

This month we’re spotlighting the March 1974 issue of the *U.S. Army Aviation Digest*. This issue features:

**NOE at Night**  
In June 1972, the 155th Aviation Company (Attack Helicopter) conducted exploratory training for the Combat Developments Experimentation Command, specifically Experiment 43.78 entitled, “The Attack Helicopter in the Clear Night Defense.” The purpose was to determine capabilities of the present attack helicopter team concept in a night anti-armor role.

**The Army Test Pilot**  
There are many decisions or events that play important parts in deciding the course a person’s military career will follow. But how many of these decisions are made, and how many of these events are actually influenced or caused by the individual whose career is developing?

**I Learned From That Flight**  
It is often said that the day a pilot doesn’t learn something new is the day he should quit flying. In this article, Capt. Louis Fausak discusses some of the lesson she learned from a night

flight in the mountains.

**Light of My Life**  
I was new at my post. My commander had designated me as the safety officer and I assumed this responsibility with pride. I’ve been around long enough to realize that safety is a continuing process and we all need to be reminded of that fact.

**... and more!**  
Download this issue of the U.S. Army Aviation Digest at <http://bit.ly/av8-mar74>



## Rotor Wash

“The Center Library’s Teen Book Club meets today from 4-5 p.m. to help teens connect with each other and share their passion for reading. Why is it important to foster a healthy hunger for reading in the minds of today’s youth?”



**WO1 Stephanie Krabbe, B. Co., 1st Bn., 145th Avn. Regt.**

“Reading is everything. It’s how you get your knowledge and it is how you learn. It is important for teenagers because that is the time you have to figure out what you’re going to do with the rest of your life.”



**Staff Sgt. Daniel Barringer, ACLC**

“It is the basis for all education. It’s not just important to encourage reading, but teach children to have open minds about what they are reading because we want to bring up good, positive and educated Americans.”



**Hugo Griggs, WWII veteran**

“It’s very important because it sets the tone of your future. If you read books and the newspapers you will be more educated on the world around you.”



**2nd Lt. Lucien Lapierre, D Co., 1st Bn., 145th Avn. Regt.**

“Your mind expands through reading. It is how you can get different perspectives and views. It really gets their brains working in ways that they wouldn’t otherwise get by just hearing about it.”



**2nd Lt. Christopher Breedlove, D Co., 1st Bn., 145th Avn. Regt.**

“We always have to develop ourselves personally as people and we want to better ourselves, and reading is a fundamental skill of life. If you can’t read you can’t really hold a job.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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## ACE SUICIDE INTERVENTION

### Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

### Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

### Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.



# Grand opening

## Subway, optical center open at PX

By Sara E. Martin  
*Army Flier Staff Writer*

Fort Rucker is continually partnering with new programs and businesses to make life on post enjoyable, and two such businesses, Subway and the Fort Rucker Optical Center, held their grand openings with ribbon cutting ceremonies Friday at the main post exchange.

The garrison, and Army and Air Force Exchange Service work together to ensure that there are useful and beneficial services for post exchange patrons, according to Col. Stuart J. McRae, Fort Rucker garrison commander.

“[It is all about] accountability and accessibility. By being an AAFES vendor, the vendors have a greater level of accountability with us. AAFES pursues businesses that are in the best interests of Fort Rucker patrons,” said McRae.

Subway gave out sample breakfasts and coffee at the ceremony to customers, and celebratory cake was also provided by AAFES to attendees.

“Business has been excellent and both our soft opening and grand opening have been very successful,” said Melissa Roberts, lead Subway foreman.

Subway is open from 7 a.m. to 7 p.m. Mondays through Fridays, 8 a.m. to 7 p.m. Saturdays and 9 a.m. to 6 p.m. on Sundays.

Eye care was a service that was not being offered on post and officials saw an opportunity for Soldiers to get prescription glasses on the installation with greater convenience. The center also had giveaways, and gave out gift cards, eye cleaner and cloths during the day in celebration of its opening.

“It is more economical to have a service like this offered, plus it is more convenient for Soldiers and their Families because walk-ins are more than welcome. They just need to bring with them a prescription for either contacts or glasses,” said Fannie Shepherd, optical center manager, adding there are several military and children’s specials offered year round at the center.

“Once everyone gets their prescriptions, business will shoot up,” said Laura Hicks, AAFES service business technician. “Having an optical center on post is



PHOTO BY SUSIE ANTONELLO

Col. Stuart J. McRae, Fort Rucker garrison commander, helps cut the ribbon along with Lorenzo Salgado, AAFES general manager (right), Don Walter Jr., post exchange store manager, and Fannie Shepherd, optical center manager, during the optical center’s grand opening Friday at the main post exchange.

a stress reliever for Soldiers because they know their insurance is accepted by us.”

The optical center is open Mondays-Saturdays from 9 a.m. to 5 p.m. and is closed on Sundays.

The new partnerships between the exchange, Subway and the optical center reflect the commitment of the organizations to lead and promote culture of excellence standards — by eating healthy and living healthy.

“A strong mind and body are important to military members and their Families, and the exchange is active in promot-

ing the health and wellbeing of the Fort Rucker community with its ‘Operation Be Fit’ programs and sustainability,” said Susie Antonello, visual merchandiser at Fort Rucker AAFES.

One of the first Soldiers to eat at Subway during the soft opening, 2nd Lt. Keegan Wisehart, D Company, 1st Battalion, 145th Aviation Regiment, was more than satisfied that Subway had opened.

“I am so happy that there is now a Subway on post. It is hard to eat healthy when you are busy, so it is really nice to have this option at a convenient location,” he

said. “Between classes, I know Soldiers will be up here eating.”

There is an added benefit for using the post food facilities and the optical center by way of the exchange — giving back to Soldiers and their Families.

“It’s important to understand that AAFES returns a portion of their dividends back to this local community for Soldier and Directorate of Family, Morale, Welfare and Recreation programs. Last year, [AAFES] gave [more than] \$1.3 million back to Fort Rucker programs,” said McRae.

## Award: Unit earns honor for 6th time

*Continued from Page A1*

other things.”

After the packet is submitted to the brigade, the brigade commander hosts a committee to pick the best from the different battalions. From there, the packet is submitted to the U.S. Army Training and Doctrine Command-level and U.S. Army Aviation Center of Excellence-level where it competes against

other winners from different brigades until a top winner is chosen, according to Nicholson.

“The 1-223rd is probably one of the most diverse battalions here when it comes to Aviation,” said Nicholson. “Out here at [Cairns Army Airfield], we’re the airfield managers, and Cairns is probably the busiest airport in the Army because we have flight school flying primary instru-

The unit is home to many companies that are spread across many different airfields, stage fields and heliports to provide training, maintenance and operations for Army Aviation.

Some of those companies include: Headquarters, Headquarters Company, which oversees primary training in the TH-67 at Cairns; FLATIRON, which does medevac operations, crash rescue and Defense Support to

Civilian Authorities; two companies at Knox Army Heliport, which run Chinook undergraduate and graduate training; and C Company at Knox, which is starting up the MI-17 program, a Russian helicopter that students will soon begin training on.

When it comes to excellence in training, the 1-223rd is no stranger to it, and the unit is also no stranger to winning awards.

“In total, this battalion has

won the Parker award six times, but this time we won it two years in a row,” said Nicholson. “In addition to the Parker Awards, the unit has also received numerous safety awards, including the Order of Daedalians.

“In the end, it just makes me proud because it’s the Soldiers that put in the hard work to earn [all of this recognition],” he said. “I was just lucky enough to be in command when they did it.”

## News Briefs

### NCO and Soldier of Year

The U.S. Army Aviation Center of Excellence hosts its NCO and Soldier of the Year awards ceremony Wednesday at 3 p.m. in the U.S. Army Aviation Museum.

### Lyster care teams

Lyster is in the process of consolidating all flight status beneficiaries onto one team, Team Respect, and many people may have recently received a letter in the mail saying their primary care manager had changed. People who received the letter reassigning them to Team Respect, but who are no longer on flight status should update their profile by coming into Lyster and visiting the registration office located in the patient service center across from Starbucks. People should also bring proper identification.

### AAFES rewards good grades

Army and Air Force Exchange Service feels hard-working students deserve recognition, so it is rewarding military students in grades one to 12 who maintain a B or better average with the You Made the Grade program.

“We love it when military students excel,” said Larry Salgado, Fort Rucker Exchange general manager. “So it’s natural to encourage and reward great grades.”

For the past 13 years, the program has rewarded school children around the world with a You Made the Grade coupon booklet listing a multitude of free products and discounted offers. The 2013 version includes a free Burger King hamburger kids meal, Subway six-inch combo, \$2 off any new release CD or DVD at Power Zone and a complimentary haircut, among other prizes. In addition, qualifying students can register for a drawing to win a \$2,000, \$1,500

or \$500 gift card.

Students can receive a You Made the Grade booklet by presenting a valid military ID and proof of an overall B average at Fort Rucker Exchange customer service. Those eligible may receive one coupon booklet and submit one drawing entry each qualifying report card.

For more, call 503-9044, Ext. 211.

### AAFES Salad Wednesday

Army and Air Force Exchange Service is looking to make Wednesdays something to look forward to as AAFES restaurants are offering \$2 off any salad priced \$4 or more on what it’s named “Salad Wednesdays.”

Now, when picking up a salad at Anthony’s Pizza, Burger King, Charley’s Grilled Subs and Subway on Wednesdays, guests can save money and eat nutritionally at the same time.

“Not only can you eat healthy, but you’ll get more bang for your buck,” said Larry Salgado, Fort Rucker Exchange general manager. “Beyond the \$2 savings on Wednesday salad orders, guests save an additional 10 percent when paying with a MILITARY STAR® card or exchange gift card.”

Salad Wednesdays are part of the exchange’s Operation BEFIT initiative to promote health and wellness through fitness and diet. Fort Rucker Exchange restaurants are open to anyone on the installation – whether military, civil service, contractor or visitor – per Army Regulation 215-8. Salad Wednesdays occur every Wednesday at all participating exchange restaurants.

### Thrift shop

The Fort Rucker Thrift Shop is awarding up to

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

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

The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more, call 255-9595.

### Savings on St. Patrick’s Day

Diners using their MILITARY STAR® Card at Fort Rucker Exchange restaurants on St. Patrick’s Day March 17 will find a pot of savings as 20 percent will be taken off their bill.

“The Irish won’t be the only lucky ones this St. Patrick’s Day,” said Larry Salgado, Fort Rucker Exchange general manager. “Anyone using a MILITARY STAR® Card at an exchange direct-operated restaurant always receives 10 percent off of their entire purchase, but for this one day, those savings will be doubled.”

In addition to getting more for less at the food court, MILITARY STAR® Card holders receive exclusive savings at the pump with a 5-cents-a-gallon discount every time they fuel up at the express. In addition to the everyday savings, steeper discounts are offered periodically throughout the year.



# German Army Aviation chief visits post

By Sara E. Martin  
*Army Flier Staff Writer*

German army Brig. Gen. Reinhard Wolski, branch chief of German Army Aviation and commander of the German Army Aviation School, visited Fort Rucker Feb. 26-28 to tour the post and meet with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

Wolski visited for a number of reasons, according to Tish Williamson, chief of protocol.

“He had an office call with the commanding general, he attended a few briefings, toured the museum and had a cooperation program discussion with the curator there. He also toured Lowe Army Heliport with a UH-60M static display and viewed the Warrior Hall simulators,” she said.

Wolski trained and graduated from flight school at Fort Rucker in 1983 and said he loved being able to come back to see how the post and the nearby cities have changed.

“It feels like home. I have seen the development and upgrades and all the work that has been put into infrastructure. It is really impressive — the output of everyone involved; from the pilots to the quality of the simulators,” said Wolski.

The brigadier general said that his visit was twofold, to brief the international students and staff on German Aviation and to learn more about American Aviation.

“I am here first to visit my colleagues, students and staff, at the international student office to see how the German community is doing here as well as brief them on what has changed in German Army Aviation,” he said. “The other half of my visit is to review and get new information from Fort Rucker

and American Aviation.” Of everything that Wolski experienced during his visit, he was most excited about meeting Mangum.

A surprise lay in store for Wolski. He was, unsuspectingly, presented the U.S. Army Master Aviator Badge by Mangum upon meeting him the day of his departure.

“We have only done this with three other foreign officers. We will present to you Master Army Aviator Wings. It is a pleasure to do so,” said Mangum. “We went to flight school at the same time, and it is great to see that a graduate of Fort Rucker and our flight program is the leader of the Aviation program in his country.”

Wolski said he appreciated receiving the award.

“Thank you so much. This is a great honor for me; really I am speechless. It is a complete surprise. I never expected this,” he said.

A close friend of Wolski, Lt. Col. Martin Geller, German Army liaison officer, had nothing but great things to say about Wolski, whom he went to basic officer leadership course with in 1977.

“He was and is a model of [what] a German officer and Army Aviator [should be]. He is very smart, very disciplined and he is a workaholic. I couldn’t ask for a better comrade,” said Geller, adding that Wolski has always been the “think tank” of German Army Aviation.

“The smile on his face during the ceremony was priceless. He will wear the Master Aviator Wings with pride,” he said.

Besides meeting Mangum, Wolski said that he was looking forward to being briefed on the development of U.S. Army Aviation and to get some input on American Aviation.

“A great thanks to the U.S. Army Aviation since they gave us great help in Afghanistan. We do not



PHOTOS BY SARA E. MARTIN

Capt. Aaron Nichols, company commander of F Company, 1st Bn., 212th Avn. Rgt., shows Brig. Gen. Reinhard Wolski, branch chief of German Army Aviation and commander of the German Army Aviation School, the engine of a UH-60M Black Hawk at Lowe Army Heliport Feb. 28.

know how we can pay that back,” he said. “The hospitality here is great. What Fort Rucker does for Germans here and for the other foreign nations is outstanding. I cannot extend my gratitude more to the United States’ Army Aviation.”

Though Wolski is qualified to fly a wide range of aircraft, he knew little of the UH-60M Black Hawk and was given a tour of the helicopter.

“I was trying to show him about the M model; tell him why we bought it, and show him some of the upgrades on it and why we upgraded it,” said Capt. Aaron Nichols, company commander of F Company, 1st Battalion, 212th Aviation Regiment. “I then showed him a little on how we train the pilots to fly them.”

The captain and the general talked about the differences between German

helicopters and American, and compared the different gauges and the layout of the controls, calling it “very interesting, but definitely different.”

“We had him try out a Cockpit Academic Procedural Trainer, and showed him how we train with it and why. Once he got inside the helicopter, he had a lot of good questions about the aircraft, he seemed really interested,” added Nichols.

Wolski, who began his Army career as a paratrooper, decided he wanted to fly aircraft instead of jumping out of them, so he became a helicopter pilot and his love for flying brought his career to where it is today.



Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presents German army Brig. Gen. Reinhard Wolski, branch chief of German Army Aviation and commander of the German Army Aviation School, the U.S. Army Master Aviator Wings. Master Wings have only been awarded to foreign officers three times on Fort Rucker.



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# IMCOM: Firefighter humbled by recognition

Continued from Page A1

best of my ability and make sure I'm hitting the right steps.”

He said his first priority in any situation is the safety of the people involved.

“When responding to an emergency, like the TH-67 crash, the first thing I think about is the pilot's safety,” said Adamson. “I think of what I can do to save the pilot if something is wrong — life-safety is the first thing that runs through my mind.”

In situations like that is when training kicks in and takes over, he said.

“It's all about muscle memory and remembering my training because it all builds from those basic steps. Also, making sure your crew is properly trained,” said Adamson. “Being a fire officer, not only do you have to roll, you have to make sure those guys are doing the right things.”

Although receiving the award shows that he has proven

himself, Adamson credits his chain of command and said he hasn't always been ahead of the game.

“When I first came here, I was behind on a lot of my certifications,” he said. “It was kind of a slap in the face because being a staff sergeant, I had specialists that were certified higher than me.

“When we're in uniform and in garrison, of course I was in charge, but when we came out here to the field, that guy who is overqualified was the guy that was running the show,” he continued. “It was pretty embarrassing, and if anything sparked something in me, it was that.”

Now, Adamson is not only certified up to standard, he's certified beyond his grade, higher than some senior NCOs, he said.

Adamson, who's currently on his fourth duty station, said he strives to set himself apart as the standout guy, which is what helped him achieve the recognition of Military Fire Of-

ficer of the Year.

He said although he was humbled when he first arrived, he had to try and fix what needed to be fixed to get back on top — advice he would share with other Soldiers in his position.

“Don't fight the regulation,” he said. “You have to know how to follow to be able to lead. The NCOs that are above you aren't trying to hold anyone back; they are looking out for your good so you won't be in the situation that I was in.”

He also advises Soldiers get their certifications as early as possible. They are self-based and self-paced courses that can be completed in a matter a weeks, according to Adamson.

“There's unlimited potential there — I'm proof of that,” he said. “For me, it took that one time for a first sergeant to put me in my place, and that motivated me to strive. If you get knocked down, the best you can do is dust yourself off and pick yourself up again.”

# AER: Jail-a-thon, tourney among fundraising activities

Continued from Page A1

said Shenk.

Soldiers tend to be strong, independent people and some may feel embarrassed to ask for financial help, but McRae said that there is no shame in seeking it.

“There is no embarrassment when it comes to asking for help. That is part of being a strong person—knowing what your limits are and knowing when it's time to ask for help,” he said.

To help bring in the funds in a fun and enjoyable way, AER has two major fundraisers on post — the Jail-a-thon and the Aviation

Center Federal Credit Union Golf Tournament.

The Jail-a-thon will be held April 18 and is an event during which people on the installation can pay to have their co-workers, bosses and even command staff “arrested.”

A suggested donation amount is determined on the rank or civilian pay grade of the arrested individual, and for spouses it is determined by their husband or wife's rank, according to Mimi Brooks, Fort Rucker AER officer.

The arrestees will be escorted to a makeshift jailhouse in the post exchange's parking lot where they will stand before a judge and be sentenced for their “crimes,” said Whit-

taker.

After being arrested, the person can either choose to be put into the jailhouse for the allotted time or they can match the funds that were collected to put them in jail.

“Some people try to hide, but everyone really enjoys it,” added Whittaker. “All forms of payment must be in cash or check, but allotments can be made for active-duty Soldiers.”

The Army Aviation Center Federal Credit Union annual golf tournament will be held May 10.

“The tournament is hosted by Army Aviation Center Federal Credit Union, but we are there to represent AER,” said Brooks. “There

will be prizes given away to the winners and anybody can register to play.”

The game will be a four-man scramble and the cost to sign up is \$60 per person.

During the campaign season, AER has other fundraisers among the organizations that operate on post to help support the cause and to help promote awareness for the various AER programs.

“People have basketball tournaments, a pie in the face and a 5K run — just anything to spark interest and get Soldiers involved, because the ultimate goal is to get the word out on what AER is, what it does and how it helps Soldiers and their Families,” said Whittaker.

# Post: Exercise aims to eliminate complacency, improve readiness

Continued from Page A1

agencies; police departments, fire departments and so on as role players to make it more realistic,” said Whittaker. “This also helps the outside agencies see what we're doing and work with us to help us make it better.”

The exact time and place of the exercise will not be known until the day of, and the reason for that is because the first responders to the scene must respond with no prior knowledge of the incident to make the exercise as real as possible, said

the anti-terrorism officer.

Although people on the installation won't know when the exercise will take place, they should listen for the Giant Voice for instruction when the exercise begins, and Whittaker suggests they practice their specific organization's standards of procedure when that happens.

“People need to do what their office SOPs tell them to do,” he said. “If there is an active shooter or intruder, what is your office procedure for that? Don't try to go out and rubberneck, and if you see

smoke coming from somewhere, that's probably not the best place to go.”

People in the different organizations and offices on the installation should remain where they are and go over their own plans, regardless of whether or not they are part of the exercise, he added.

There will be some traffic delays during the exercise and signs will be posted at the gates to let people know that an exercise is in progress. People should plan ahead to not be caught in a situation where they are late because of the training.

“If you know you have an appointment at a certain time and you wait until five minutes before to come to it, then shame on you,” said Whittaker.

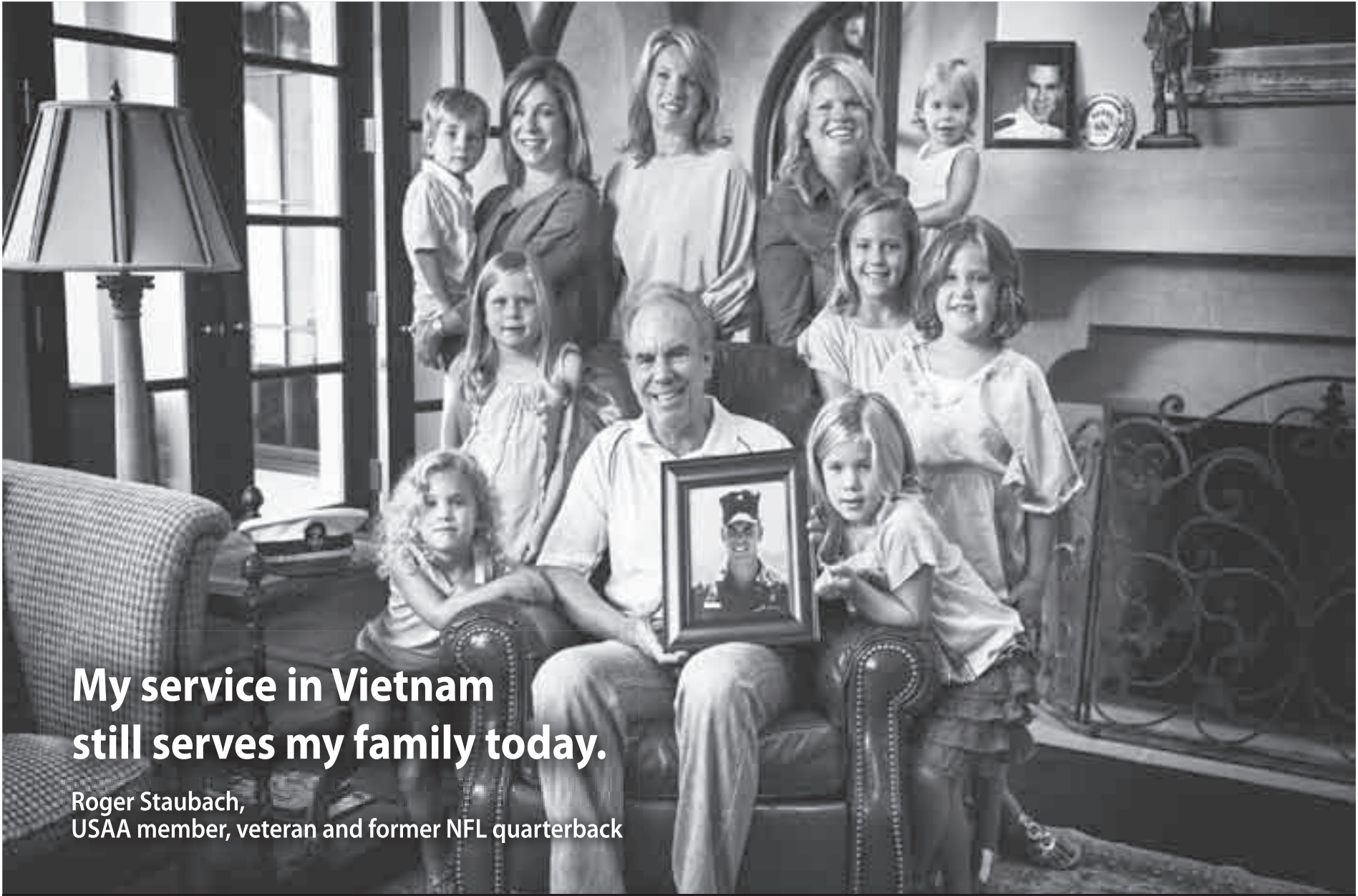
He also said that the gates will be closed briefly and asked that people be patient if they are caught waiting.

“The gate closing should last about three minutes maximum. The reason we close the gates is because if there was an actual incident on post, the post would be closed until we were given the all clear by MPs,” he said. “We have

to close the gates just to prove that we can, and if everyone does their part, everything will go smoothly.”

One of the main things the exercise is meant to fight, besides terrorism and attacks, is a threat that can hurt the installation from within — complacency.

“Nothing has ever happened here, and that's true to a point, but we're in a strange time right now,” he said. “People have to get off their complacency and take part — this is not a joke. Some think that things can't happen here, but we need to be ready if something does.”



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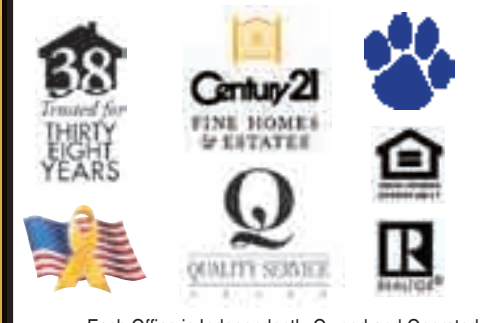
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U.S. ARMY PHOTO

The U.S. Army's Gray Eagle unmanned aircraft system recently completed a successful initial operating test and evaluation at the Army's National Training Center at Fort Irwin, Calif.

## Gray Eagle completes initial testing

By Kris Osborn  
Army News Service

WASHINGTON — The U.S. Army's Gray Eagle unmanned aircraft system recently completed a successful initial operational testing and evaluation at the Army's National Training Center at Fort Irwin, Calif.

During the initial operational testing and evaluation the Gray Eagle platform was operated from Edwards Air Force Base, Calif., and employed in an operational and realistic way in support of a brigade combat team rotation at NTC, explained John Moltenberry, military test plans

analyst, U.S. Army Operational Test Command, Army Test and Evaluation Command.

The basic thrust of the IOT&E is to assess the degree to which a given platform or technology meets its designated requirements, typically as a way to inform anticipated full-rate production decisions, he said.

"We collect data and provide data to the evaluators. The evaluator then does his analysis based on that data. The idea is to exercise the system against a specified set of requirements such as day and night operations, operational tempo, maintenance man hours and mission

load — essentially assessing the types of missions the Gray Eagle would be most likely to perform," Moltenberry added. "Some of the requirements might be the ability to remain on station for a given number of hours or demonstrate an ability to acquire and engage a target."

Operators can control the Gray Eagle through the use of satellite communications — which allow for "beyond-line-of-sight" missions — or through tactical common data link line-of-sight signals, Moltenberry explained.

Timothy Baxter, the project manager for unmanned aircraft

systems, said the IOT&E verified that the Gray Eagle platform was effective, operationally suitable and meeting survivability and force protection key performance parameters. He also added that the beyond low-rate-initial-production report included a handful of worthwhile recommendations.

"The recommendations are associated with improving tactics, techniques and procedures, improving doctrine with respect to UAS, and then next-war preparation," Baxter said.

Baxter explained next-war preparation in terms of examining the implications regarding

what the much-discussed Air-Sea Battle concept might mean for UAS development and deployment.

Among other things, he said, Air-Sea Battle-type deployments might require UAS to operate against hybrid or "near-peer" threats as opposed to performing primarily counter-insurgency operations.

"We'll be returning to mobile operations because we have been kind of forward operating base-centric over the last 10 years or so," he said. "An expeditionary and mobile operations mindset

SEE UAS, PAGE B4

## 166th Avn. female pilots living their dreams



COURTESY PHOTO

Capt. Amy Ferrell, operations officer at 1st Bn., 337th Avn. Regt., 166th Avn. Bde., 1st Army Division West, during pre-flight inspections as she prepares for an evening mission during April 2010, at the National Training Center, Fort Irwin, Calif.

By 1st Lt. Katherine B. Kaliski  
166th Avn. Bde., Div. West Public Affairs

FORT HOOD, Texas — In logistics and intelligence units a fair number of female officers can be found, but at First Army Division West's 166th Aviation Brigade, women Aviators are few and far between.

Capt. Amy Ferrell flies Kiowa Warrior helicopters and works as the operations officer at 1st Battalion, 337th Aviation Regiment, at the 166th. She entered the Reserve Officer Training Corps program of Middleton Tennessee State University, where she received an Aviation degree in Aerospace Administration. Her childhood dream was to be an astronaut.

Enter Maj. Pearl Christensen, who flies Chinook helicopters, also a battalion operations officer at 2nd Battalion, 291st Aviation Regiment. She participated in both JROTC as well as ROTC, and described how she knew she wanted to fly since the

eighth grade.

And finally, Capt. Kyle Campbell, a Black Hawk pilot, is also a battalion operations officer at 1st Battalion, 351st Aviation Regiment, explained that once she decided to join the Army, she knew she wanted to become an Aviator. She also has a JROTC and ROTC background, starting at a young age while attending New Mexico Military Institute.

Initial commonalities between the three are that they all have operational-based jobs; ROTC backgrounds; and the known desire to fly from very impressionable stages in life. What this ultimately means, is that these women have always had a strong drive toward Aviation.

Campbell's parents own a home construction business. She grew up with a mother who operated heavy equipment and machinery. Much like Ferrell and

SEE BARRIER, PAGE B4

## Women make their mark in combat Aviation

By Sgt. April de Armas  
82nd Combat Aviation Brigade

FORT BRAGG, N.C. — Operation Desert Storm saw the first female Aviator in battle when Maj. Marie T. Rossi took the driver's seat flying fuel and ammunition to the Soldiers crossing into enemy territory. Rossi lost her life when her CH-47 Chinook helicopter went down on March 1, 1991.

Her headstone reads, "The first female commander to fly into battle." She certainly was not the last.

Today, women of the 82nd Combat Aviation Brigade continue changing the face of the battlefield by joining the fight as combat Aviators, crew chiefs and helicopter mechanics, showcasing their skills and leadership abilities.

Lt. Col. Gail E. Atkins, commander, 122nd Aviation Support Battalion, 82nd CAB, is no stranger to the changing role of women in combat Aviation. The Westchester, Pa., native has served for almost 18 years as a UH-60 Black Hawk helicopter pilot.

"We are seeing an evolution with regard to women in combat roles, in how our skills have

evolved and how we are exploiting those skills," Atkins said. "In Aviation, we went through this back in 93, when the military opened up attack Aviation to women, so we are 15 years ahead of the curve in Aviation compared to where our other branches are."

Throughout her career, Atkins has seen an increase in the number of women who serve alongside her.

"I have an all-female staff right now and it's just the way it has worked out. But I think it is indicative of the number of women who are joining the service," Atkins said.

Other women have seen changes in their career fields since joining the Army, including CW2 Laura G. Dye, a UH-60M Black Hawk pilot, 2nd Aviation Assault Battalion, 82nd CAB. She began her career eight years ago as an enlisted field artillery Soldier.

"I always knew I wanted to join the Army, but I never had aspirations to be a pilot or work in Aviation," Dye said. "So, when I joined shortly after 9/11, I came in as a field artillery specialist and was the only female in my class."

SEE MARK, PAGE B4



PHOTO BY SGT. APRIL DE ARMAS

Spc. Morgan Mayes, an armament specialist with the 1st ARB, 82nd CAB, communicates with pilots as her team prepares to load ammunition onto AH-64 Apache Longbow helicopters, during an aerial gunnery range held at Fort Bragg, N.C., in mid-February.



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# UAS: Training aims to refine techniques, tactics

Continued from Page B1

will be our focus as we develop a five-year plan for product improvements across the board.” Among the tactics, techniques and procedures being refined is something called manned/unmanned teaming, a technology wherein manned aviation platforms such as helicopters can

share information, data and full-motion video in real time with nearby UAS; explained Baxter and Richard Kretzschmar, the Army’s deputy project manager for unmanned aerial systems. The recent Gray Eagle IOT&E afforded the technology an occasion to demonstrate, test and utilize this latest iteration of the technology.

“We are maturing the manned/unmanned teaming capabilities associated with the Gray Eagle,” said Baxter. “We’re not resting on our laurels and have a robust interoperability profiles. As we learn more about these TTPs and how we want to fight, we can be more efficient,” said Kretzschmar. The IOT&E also further es-

tablished and refined standardized procedures and protocols for what’s called the one system remote video terminal. The terminal is a small, mobile technology that displays real-time full-motion video to warfighters, said Lt. Col. James Kennedy, the product manager for common systems integration. In total, the OSRVTs are

designed to work in tandem with the UAS system and its sensors to provide the warfighter with substantially enhanced capability in combat. The sensors on the Gray Eagle, for instance, can be of greater value and relevance to Soldiers when they are increasingly able to be viewed in a wide range of scenarios, Baxter and Kennedy said.

# Barrier: Family, humor, hobbies helps Aviators keep balance

Continued from Page B1

Christensen, Campbell likes digging her hands in and getting dirty. Experiencing difficulties connecting from the minority position, feelings of alienation are real. Each has her own tactic to deal with such experiences. Ferrell says she simply keeps to herself and focuses on her work. Christensen chooses to work longer and harder than her peers to stay competitive. And much like her bombastic personality, Campbell dives in and breaks up the conversation to force her way into the club. Since Aviators enjoy good competition, breaking male barriers

is no more than a small challenge for these women to face and overcome. What overwhelmingly helps keep each of them in balance is their Families, a sense of humor and hobbies outside of work. As far as these ladies know, no female Aviation mentorship organizations exist in the Army to help foster a more cohesive approach to moving up the ranks. However, none of the women seemed particularly interested in such a concept. The Army Aviation Association of America is the go-to organization to join and offers ample support, gender aside. Only Campbell had a female mentor/role model, Lt. Col. Jenness Steele, her former

executive officer, whom she looks to for guidance and counsel. Steele, currently chief of Air/Special Operations Forces Aviation Plans at Special Operations Command Central at MacDill Air Force Base, Fla., said Kyle is a quick study and a very hard worker. “What impressed me the most was her ability to listen and work through difficult times,” she said. “I still remember what I was told as a young Aviation officer: ‘You have to be twice as good, twice as often to be successful as a woman in Aviation,’” she continued. “Honestly, Kyle helped me too. She showed me this is not true. You just

have to do your job and do it well; nothing more than your male counterparts. Kyle didn’t stand out among her peers because she was a woman. She stood out because she is very good at what she does.” The best part of the job for Christensen is working with the Deploying Expeditionary Forces who are on the brink of deployment and being trained for war by the 166th. For Ferrell and Campbell, it’s the people. “When you have good people with good senses of humor who are good at their jobs, it makes a world of difference, and I am so happy we have this at our unit,” said Ferrell.

# Mark: Positive outlook remains key to success for Aviators

Continued from Page B1

The Wichita, Kan., native has a degree in computer drafting and design and said that field artillery went along with her degree and was of great interest to her. However, when she realized she was not performing the job she was trained for as a field artillery specialist, she started looking at other options. “When I was getting ready to re-enlist, my re-enlistment NCO asked me if I ever thought about being a pilot, and I said ‘no, but I was open to change,’” Dye said. “I took her recommendation and put my (flight) packet in and was accepted; I love it and am glad I did it.” Since her change in career, Dye said she sees more females joining the ranks within combat Aviation and doing what they love.

Sgt. Jessica Day, a 122nd ASB Kiowa helicopter armament non-commissioned officer, joined the Army in 2005 with aspirations of becoming a pilot, but said she wasn’t sure what type of aircraft she wanted to fly. She chose to become a helicopter mechanic so she could learn more about the different types of aircraft. “I always knew from a young age that I wanted to fly helicopters,” Day said. “I chose to work on them so I could see what I wanted to fly.” Day said she has seen a change in the faces of her unit even in the short time she has been in the Army. “When I first joined, I was the only female in my shop,” Day said. “Today, there are several females within this unit alone who are working on the various helicopters.” Although Aviation was one

of the first combat jobs to allow women into the field, there are a few women who can remember a time when it was not an option to them as a choice for their military careers. First Sgt. Desiree T. Lipscomb, 122nd ASB, B Company, first sergeant, has served in the Army for more than 20 years. Hailing from Panama, her career has taken her through many different experiences in the military from drill sergeant to crew chief to her current position. “When I first came in the Army I was a wire systems installer because jobs within Aviation were not open for women at that time,” Lipscomb said. “I wanted to be a Black Hawk mechanic and was able to change my job as soon as it opened up a few years later.” Lipscomb recalls the changes and challenges she faced moving into her role as an Aviator.

“I was leaving for drill sergeant school when the first female Apache pilots were coming here to Fort Bragg and I can remember that it caused an uproar because it was considered a ‘boys club,’” said Lipscomb. “But the female pilots that came in to fly those helicopters, represented their field well and contributed to the overall success of combat Aviation.” Lipscomb said that people tend to be afraid of change, but once they see positive actions within

the changes that are taking place, people are more accepting. For these Aviators, this positive outlook seems to be a key to their success, in the air and in the hangar. “If you come in with a good attitude and do your job, everyone will accept you and see that you can handle any task handed to you. Remember, the military is always changing and what you do today may not be what you do tomorrow,” said Atkins.



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MARCH 7, 2013

# Girls Night Out

## Reviews deem event 'fierce, fabulous'

By Sara E. Martin  
Army Flier Staff Writer

The fifth biannual Girls Night Out Friday did not disappoint the 330 attending patrons, with many claiming the event to be "fierce," and "fabulous."

Girls Night Out, a ladies-only event that provides local women a taste of what the Wiregrass has to offer in terms of shopping, food and spas in a vibrant atmosphere, impressed a first time attendee who believed the event was the perfect opportunity for women to learn what is beyond the Fort Rucker gates.

"I wasn't sure what to expect, but there is a lot to do and see. It's a cool event and is very informative about women's health and local shopping. It's great for military spouses and civilians," said Army spouse Lisa Sargent.

The night offered dozens of prizes, dancing, picture opportunities, a fashion show, complimentary massages and drinks, and more than enough fun, according to Leigh Ann Dukes, Directorate of Family, Morale, Welfare and Recreation sponsorship and advertising sales manager.

"Getting together without the guys is always a recipe for success. It is just a great way for them to shed the stress of the week and get the weekend kicked off right. They can do some window shopping, have some [refreshments] and do a little dancing in a secure atmosphere," she said.

The program was revamped and featured new opportunities this time around with patrons be-



PHOTO BY SARA E. MARTIN

Lisa Sargent, Army spouse, takes a brochure from Michelle Balducci-Connelly, Michelle Marie Photography, at Girls Night Out Friday at The Landing.

ing able to purchase wares from several booths, and that went over really well with business and attendees.

"I love this event because the women coming are my target market and I get a lot of good feedback. It helps me expand my business," said Michelle Balducci-Connelly, Michelle Marie Photography. "People tend to stick with what they know and won't explore a new area or an unfamiliar store; this educates them on what is available to them."

Women were able to purchase

jewelry, bags, cosmetics, hair products, lingerie, candles and accessories.

The Southeast Alabama Medical Center made the night possible, according to Dukes, supplying the 100 door-prize-hipster bags as well as giving away all sorts of goodies to patrons. Vendors also provided door prizes, which included designer bags, health screenings, makeup tutorials and gift certificates.

Some vendors that were in attendance include: Mary Kay, Southeast Alabama Medical Cen-

ter- Women's Medical Center, Scentsy, 2 Girls and a Spa, Uptown Cheapskate, Lock-N-Load and the Pink Poodle.

The fashion show by You Nique Boutique and Stilettos was the highlight of the event to many of the women who attended, and the owner was proud to showcase her styles to fellow Army spouses.

"Military spouses are important because they are the backbone that supports Soldiers to go out and defend our country. Without [spouses], [Soldiers] couldn't

succeed in their jobs," said owner Deanna Mortensen.

Mortensen also agreed that the event brings awareness to the spouses and that if they step out into the community they can find great places.

"It is such a small community and a lot of people, especially military spouses, don't know all the nice things we have available in the immediate area. They think it's all cows and chickens, but there are actually a lot of nice shops in the area," she said.

Women who attended said it was wonderful to take a night for themselves, and get away from the busy hustle and bustle of their daily schedules.

"It's good to have girl time, it's healthy to go out with your friends and leave the stress of home behind for a few hours. It is so worth \$10 and it makes us feel included. It's nice to know that our needs are being thought about," said Sargent.

Fellow Army wife Marcey Periman said that it is often the job of a military spouse to take care of the children and Soldier, and that they often don't make any time for themselves.

"This one night, for just a couple of hours, we get to let loose and have fun. It is a wonderful event. I am so happy they have continued to host it; it is so exciting," she said.

The fun really began with the opening of the dance floor for everyone to dance the night away with friends. This year men were allowed to attend the DJ Dance Party for free.

## Job, college fair focuses path to success

By Sara E. Martin  
Army Flier Staff Writer

For teens looking for a job or the right college, Fort Rucker and child youth and school services put together the second Teen Job and College Fair to help young adults focus in on their intended path.

The event is designed to provide local businesses and colleges the opportunity to recruit teens into the workforce and college, as well as for teens and parents to have an opportunity to speak with prospective employers and college representatives, according to Denise Honeycutt, program manager for the EDGE! and Hire! programs with CYSS.

"Children 15 and older should come and see what the local area has in terms of available jobs and colleges. It will provide different options for teens, no matter where their interests lay," she said.

The fair is free and will be held March 16 from 9 a.m. to 1 p.m.

at the youth center, Bldg. 2800, on Division Road with around 15 businesses and colleges being in attendance from the tri-state area.

Honeycutt advises teenagers who have been in the market for a job or have questions about college life to attend the event because it offers person-to-person interaction.

"The personal one-on-one time teens will receive is something they won't get over the phone or by searching the Internet. Things can get confusing, so, by coming and meeting a real person, it only benefits the teens," she said, adding that the interview process will help sharpen attendees' skills.

The event will offer a variety of information for everyone in the family, according to Honeycutt, because local businesses from post as well as off post will be in attendance, as well as online and traditional colleges.

"This event will be helpful for teens and parents alike. Parents should want to be there because

they sometimes have additional questions that their child might not think about to ask. It is just a great way to explore all the options and learn about financial aid and current job trends with your teen," she said.

The event can help thin out the possible fog that surrounds applying for college, and what looks good on a work or college resume.

"There is testing to get into college and many have different requirements, so the colleges can advise students and answer any questions they may have," she said.

Other college questions concerning tuition, grants, scholarships, courses, loans, financial aid and college life will be addressed at the event.

"There are so many things out there to help with the price of college. The representatives will be able to help the kids make the right decision on where they should go to college or where they should

start their college career based on their interests and needs," she said.

Attendees should bring their academic and professional resumes.

"If a teen needs help preparing a resume, they can go to Army Community Service (Bldg. 5700.) They provide assistance for resume building," said Honeycutt.

Teens should also be dressed in business casual or Sunday best.

"First impressions are important and how you dress reflects who you are. So they should make sure they are dressed and prepared to be interviewed at the fair," said Honeycutt.

Honeycutt had a few pointers for teens who intend to attend the fair concerning proper behavior, speech and interviewing skills.

"The more you know about the company you are trying to get a job at the better. Know its mission, how you fit into that mission and how you can make that mission happen. Know what you want to achieve, and be honest

and straightforward with the interviewer, but be sure to stay true to yourself," advises Honeycutt.

"Make sure to keep eye contact — don't stare them down, though. Be sure to have a firm handshake as well, and don't be afraid to ask questions and be confident. Go in there thinking that you are worthy of the job and can handle the responsibilities," she said.

According to Honeycutt, it is hard for teens in today's economy to find a job and that they should take every opportunity in securing one.

"The job market has been tight for a while and competition is high, so teens need to be prepared to work hard," she said.

Some of the businesses that will be in attendance are Wallace Community College, Baker Online and Center for Graduate Studies, and Directorate of Morale, Welfare, Recreation Sports, Fitness and Aquatics.

For more information, call CYSS at 255-0666.



# ON POST

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

### Mission IMPROVable – Entertainment Show

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

For more, call 255-9810.

### Spouse-to-Spouse Sponsorship Training

Army Community Service hosts its Spouse-to-Spouse Sponsorship Training program March 22 from 9-10 a.m. at The Commons. The training is open to active duty, retiree, and Army civilian spouses that are interested in sponsoring and welcoming new spouses to the Fort Rucker community.

For more, call 255-3735.

### St. Patrick’s Day craft activity

The Center Library will host a St. Patrick’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.

### 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 at 9 a.m. at The Commons, Bldg. 8950. The topic for the meeting is “Life in Balance: Relaxation and Stress Relief,” presented by a military Family life counselor. Tips and techniques will be given on balancing the many roles an individual has and staying healthy. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more, call 255-9277.

### Children’s Festival

The Directorate of Family, Morale, Welfare and Recreation hosts the ninth annual Children’s Festival March 23 from 1–4 p.m. at the Fort Rucker Festival Fields. This military-Family event offers activities, games, inflatables, crafts, the third annual Diaper Derby and more -- including one of the area’s largest Easter egg hunts and a chance to meet the Easter Bunny. This year’s theme is “Up, Up, and Away!” so people are invited to bring kites or make one on site, while supplies last, and get ready for high-flying fun. Egg hunts will take place at 1:30 p.m. for children ages 4-6 and 1:45 p.m. for children ages 7-9 and 10-12. The event is open to military Families.

For more, call 255-1749.

### BOSS March Madness Tailgate Party

Fort Rucker’s Better Opportunities for Single Soldiers will hold its tailgate party during March Madness Sweet 16 March 24 from 11 a.m. to 9 p.m. at Bldg. 8350. This is a free event for single Soldiers.

For more, call 255-9404.

### Babysitting training

The child, youth and school services SKIES Unlimited Program offers a babysitting training course March 25-27 from 8:30 a.m. to 4:30 p.m. for youth ages 13-18 at the youth center in Bldg. 2800. Training will cover American Red Cross, CPR and first aid, home and fire safety, basic childcare, feeding, diaper changing and basic child abuse prevention training.

To attend, people need to regis-



FILE PHOTO

## Pinwheels for Prevention

Runners participate in a previous Family fun run/walk. In recognition of Child Abuse Prevention Month, Army Community Service, child, youth and school services and Fort Rucker physical fitness Facilities will host the Pinwheels for Prevention Family Fun Run/ Walk March 23 from 9:30–11 a.m. Pre-registration continues through Friday. Registration is available at CYSS parent central services, the child development center, the youth center and both physical fitness facilities. Registration is free, but people can order a T-shirt for \$5.50 through Friday. Registration the day of the event will take place 9 a.m. at the Fort Rucker Physical Fitness Facility. Participation awards will be given to all children ages 16 and younger at the end of the race. The event is open to the public and Exceptional Family Member Program friendly. For more, call 255-3898.

ter by March 14. To register, call 255-9638 or 255-2958, or on-line at <https://webtrac.mwr.army.mil>. For more, call 255-9638.

### Thrift Savings Plan: The Basics

Army Community Service hosts a free seminar, The Thrift Savings Plan: The Basics March 28 from 6-8 p.m. at the Bowden Neighborhood Center. The seminar will explain what the TSP is, how it works, how it can work best for people and answer other questions covering the TSP’s essentials, to include mutual fund basics and positioning money for long-term growth. Registration for the seminar closes Wednesday and space is limited. No childcare will be provided.

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

### Teen Book Club

The Center Library hosts its Teen Book Club March 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.

### CYSS Job College Fair

Child, youth and school services hosts its second annual Job College Fair March 16 from 9 a.m. to 1 p.m. at the youth center. The fair is designed to help teens looking for jobs or information on preparing for college. Prospective employers and college representatives will be available at the fair.

For more, call 255-0666.

### Understanding Credit Workshop

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

For more, call 255-1037.

# DFMWR Spotlight

Join Child, Youth & School Services for their second annual

## Teen Job & College Fair

**Saturday, March 16<sup>th</sup>**  
**9:00 a.m. – 1:00 p.m.**  
**Youth Center, Bldg. 2800**  
**Open to the Public**



**Looking for a job?**  
**Need information on how to prepare for college life?**

This event is designed to provide local businesses and colleges the opportunity to recruit teens into the workforce as well as college. Teens and parents will have the opportunity to speak with prospective employers and college representatives.



For details call Child,  
Youth & School Services,  
(334) 255-0666.  
[www.ftruckerdmwr.com](http://www.ftruckerdmwr.com)





# Chaplain offers info, tips on improving sleep

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

This week's subject is sleep. I don't know about you, but my sleeping habits have changed since arriving from overseas, and thus has not been too consistent and rather unpleasant.

Hence, I am motivated to read about sleep and what I can do about it. I would like to share my research with you so that you may benefit as well.

We all know that sleeping well is very important if you wish to be healthy and reasonably rested. Did you know that sleep helps consolidate memory and it processes emotionally charged experiences?

Many studies have shown that inadequate sleep leads to impaired function. For example, when I was a commercial fisherman in Alaska, my first trip out, and what I experienced



thereafter, was indeed a shock to me in every way. Forget about the nine-to-five time window, for I had to work 45 hours straight!

Now, I had never done this before in my life. The only other time I was up for a length of time was an overnighter setting up my brother's

pool table until the next morning. Strange things began to happen to me physically and mentally after the 24-hour mark. I experienced distortion in my vision and became a shell of myself physically, mentally and emotionally. Bottom line: I was not the same person.

Clinically speaking, there are

people who have insomnia and others forms of sleep disorders, such as sleep apnea and restless legs syndrome. In these cases, the person should seek medical attention as soon as possible.

It is interesting that during normal sleep, we cycle through multiple stages of sleep. These stages are divided into rapid eye movement sleep and non-REM sleep. As we fall asleep, we slip into Stage 1 of NREM sleep. Then we gradually go deeper into sleep: into Stage 2 and Stage 3 of NREM sleep, and then back into stage 1 NREM sleep and begin the cycle again. Each cycle takes 75 to 90 minutes, so we have four to six cycles per night.

The good news is that it's normal to awaken one or two times per night, and that usually happens as we come out of REM sleep and start a new sleep cycle. Unfortunately, as we get older, we cannot sleep as well as in our youth.

Let me provide some helpful

suggestions for those who have difficulty sleeping:

- avoid bright light;
- avoid intense exercise in the evening;
- avoid loud music and emotionally charged entertainment;
- try practicing progressive relaxation to quiet both mind and body;
- try taking a warmth bath;
- eat carbohydrate-rich food;
- listen to peaceful music; and
- sleep cool — the ideal temperature for sleep is 68 degrees.

My message is this: getting sleep is vitally important to sustaining oneself. So, if you have trouble sleeping, take the initiative to take care of yourself. You will feel better on the inside and you will feel healthier for yourself and for others.

It is interesting that the Holy Bible talks about a "deep sleep" and "sweet sleep." I hope your sleep is as sweet and deep as it can be.

JOIN US

Sunday,  
31 March  
0630

2013  
Annual  
Postwide  
Easter  
SUNRISE SERVICE

Speaker: Chaplain (CPT) Paul Cartmill  
1-13<sup>th</sup> Aviation Regiment Chaplain  
Fort Rucker, AL

Message:  
The Greatest Victory Ever!  
Matthew 28:1-10

Wings Chapel, Bldg 6036

A non-denominational service  
hosted by the Fort Rucker  
Religious Support Office.

For more information, call  
334-255-2989/2012.

Holy Week  
Services

Come join us during special times of fellowship and remembrance. Let's reflect together on Christ's sacrificial gift and prepare our hearts for the victory that came on Resurrection morning.

Living Last Supper, 24 Mar. 1900, Main Post Chapel

Christian Passover Program, 26 Mar. 1800, Spiritual Life Center (Bldg 8939)

A Walk Thru Holy Week, 27 Mar:

- 1200, Soldier Service Center (Bldg 5700), Room 371G
- 1800, Spiritual Life Center (Bldg 8939)

Holy Thursday, 28 Mar:

- Catholic, 1900, Main Post Chapel (Bldg 8940)
- Protestant, 1200, Headquarters Chapel (Bldg 109)

Good Friday, 29 Mar:

- Catholic, 1500/1700, Main Post Chapel (Bldg 8940)
- Protestant, 1200, Headquarters Chapel (Bldg 109)

Holy Saturday Mass (Catholic), 30 Mar. 2000, Main Post Chapel (Bldg 8940)

Postwide Easter Sunrise Service, 31 Mar. 0630, Wings Chapel (Bldg 6036)

Easter Mass (Catholic), 31 Mar. 0900, Main Post Chapel (Bldg 8940)

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Fort Rucker, Alabama

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Religious  
Services

WORSHIP SERVICES

Except as noted, all services  
are on Sunday.

HEADQUARTERS CHAPEL,  
BLDG. 109

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

MAIN POST CHAPEL,  
BLDG. 8940

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

WINGS CHAPEL, BLDG.  
6036

9:30 a.m. Protestant Sunday  
School  
10:45 a.m. Chapel Next Con-  
temporary Worship Protestant  
Service.

SPIRITUAL LIFE CENTER,  
BLDG. 8939

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

BIBLE STUDIES

9 a.m. Protestant Women  
of the Chapel, Wings Chapel,  
Tuesday  
11 a.m. Above the Best Bible  
Study, Yano Hall, Wednesday

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as I also am  
of Christ."  
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11:1

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New Connection  
8:45 am  
The Gathering - Youth  
5:45 pm  
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10:00 am  
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# Young artists encouraged to enter state fish art contest

**Alabama Department of Conservation and Natural Resources**

The Alabama Department of Conservation and Natural Resources partners with Wildlife Forever each year to conduct the state fish art contest.

Students depict a state fish and write a one-page essay to compete for scholarships and other prizes.

Artists can choose to depict either of Alabama’s state fish: the largemouth bass or the fighting tarpon. Participants can also choose to draw state-fish from other states. In addition to the artwork, all of the artists, except those in grades 1-3, are required to write a one-page essay with facts about the fish, its natural habitat, and the importance of that habitat.

All artwork is judged by Wildlife Forever, which also handles

contest details and awards prizes, such as scholarships, art supplies and fishing gear. Art techniques may include oils, scratch-board, pointillism, chalk, pastels, charcoal, colored pencil, acrylics, dry brush, watercolor, crosshatch, lead, collage, linoleum printing, or crayon. Complete contest rules and the entry form can be found on Wildlife Forever’s website at [www.wildlifeforever.org/contest/enter](http://www.wildlifeforever.org/contest/enter).

Previous Alabama winners and their artwork are archived at [www.outdooralabama.com](http://www.outdooralabama.com) — keyword “state fish art.” The winners are announced May 1 of each year. In 2005, the national “Best of Show” was won by an Alabama entry, Connery Carson’s pencil drawing of a bass pursuing a crayfish.

Entries must be postmarked by March 31 and mailed to Wildlife

Forever, 2700 Freeway Blvd., No. 1000, Brooklyn Center, MN, 55430.

Wildlife Forever is a non-profit organization working to preserve America’s wildlife heritage through conservation education, preservation of habitat and scientific management of fish and wildlife species. Wildlife Forever has funded conservation projects in all 50 states. To learn more, visit [www.wildlifeforever.org](http://www.wildlifeforever.org).

The Alabama Department of Conservation and Natural Resources promotes wise stewardship, management and enjoyment of Alabama’s natural resources through five divisions: Marine Police, Marine Resources, State Parks, State Lands, and Wildlife and Freshwater Fisheries. To learn more about ADCNR, visit [www.outdooralabama.com](http://www.outdooralabama.com).



## WIREFRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto: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.andalusialegiopost80.org](http://www.andalusialegiopost80.org).

### DALEVILLE

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

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

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

### DOTHAN

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

**MARCH 16** — Landmark Park will offer visitors a glimpse into what rural life was like over a century ago during the 30th annual Spring Farm Day from 10 a.m. to 4 p.m. The day’s activities will include demonstrations of plowing with mules and horses, and blacksmithing. Other activities include music, a quilt display, story and poetry reciting, soap making, sewing clothes, weaving and children’s activities. Admission is \$8 for adults, \$6 for senior citizens and active military, \$4

for children and free for children ages 2 and younger. Park members are admitted free. For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com) or call 794-3452.

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

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

### ENTERPRISE

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

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

**FRIDAY** — The Enterprise Futbol Club Academy Program is 5:45-7:45 p.m. for both the 6-10 year old group and the 11-14 year old group at the Henderson Park Soccer Fields. The Coerver Training Program is an intense 12-week program and is the No. 1 soccer training methodology in the world. Cost is \$125. All players must be registered before training. For more information, please visit [www.enterprisefutbol.com](http://www.enterprisefutbol.com).

The “Mighty Mites” soccer for 3-5 year olds will begin as well from 5:45-6:45 p.m. and is open to all current and future soccer players. The “Mighty Mites” program is aimed specifically at the soccer needs of children who just want to learn soccer in a fun way. Program lasts six weeks. All sessions will be 45-minutes in length each Friday night. Required items: Players should have shin guards and cleats/tennis shoes. For more information, email [enterprisefutbol@gmail.com](mailto:enterprisefutbol@gmail.com).

**SATURDAY** — The National Women’s

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

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

**ONGOING** — The American Legion Post 73 meets at the American Legion/Dor’s Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

**ONGOING** — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

### GENEVA

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

### MIDLAND CITY

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

### NEW BROCKTON

**ONGOING** — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

**ONGOING** — Disabled American Vet-

erans Chapter No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station. All veteran services provided are free. For more information, call 718-5707.

### OZARK

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

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

### PINCKARD

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

### SAMSON

**ONGOING** — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

### TROY

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

For more information, call Janet Motes at 808-8500.

## Beyond Briefs

### Bay County Heart Ball

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

### 14th annual Death by Chocolate

The theme for this year’s convention is “Flappers, Gangsters, and Chocolate.” Event will be held Wednesday from 5-8 p.m. at the FSU Holly Academic Center in Panama

City. Evening includes a silent auction, desserts from local restaurants, entertainment and a jewelry raffle. Tickets are \$30 at the door.

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

### Bama Southern Romp

Motorcycle riders and enthusiasts are invited to attend the event held by the American Legion Post 44 in Gulf Shores in conjunction with the Alabama American Legion Riders to raise money for the American Legion Legacy Scholarship Friday through Sunday.

The even features live music; sunset rides; a shrimp boil; a flag ride; fun rides to the USS Alabama and local memorial sites, the National Naval Aviation Museum, and Fort Morgan and Dauphin Island; a silent auction, numerous door prize

drawings and other special drawings; daily observation rides and bug runs; bike games; bike shows; a motorcycle training course and a memorial service. On-site registration is \$35 and will include a T-shirt and patch as supplies last.

For more information, visit [www.Alabamaalr.org](http://www.Alabamaalr.org).

### Panama City Yacht and Boat Show

This three-day show will feature everything from center consoles, runabouts, pontoons, cruisers, deck boats and brokerage boats from March 15-17 at the Panama City Marina.

Attendees will also be able to see engine manufacturers, electronics, boat lifts, tower fabricators and other marine accessories. Yacht brokerage companies will also be in attendance.



# Regular colonoscopy screening can help keep patients healthy

By Katherine Rosario  
*Lyster Army Health Clinic Public Affairs*

Leonard Eichhorn did what most patients do when they don't want a certain routine medical procedure – he ignored it and hoped it would go away.

Almost three years later, after constant reminding from Elizabeth Johnson-Bailey, his primary care manager at Lyster, Eichhorn scheduled his colonoscopy, which is a recommended procedure for those ages 50 and up, done every 10 years to check for colon cancer.

"I didn't think I needed it. I didn't have time. I didn't want something invasive done," he said. "The truth is I was worried they really would find something wrong with me."

Even through all the excuses, Eichhorn said his doctor was able to convince him

that he needed to schedule an appointment. "She reminded me every time I saw her and told me it was important," he said. "I finally decided to schedule it because she really cares about her patients, and I felt like I was letting her down, that I wasn't upholding my end of the doc/patient relationship."

Johnson-Bailey has taken care of Eichhorn since she started working at Lyster and said, "Even when we agreed to disagree, I felt it best to reinforce the key points each visit of the importance of having his colonoscopy done."

During the procedure, the doctor found and removed three polyps, one of which is known to lead to colon cancer, Eichhorn said.

He was relieved to know that the potentially cancerous polyp wasn't yet a problem and was also happy that the doctor didn't

find anything worse, he said.

"If I would have put the procedure off longer, or not had it at all, there is a very real chance that I could have developed colon cancer," he said. "The outcome from that would be much worse."

After the procedure, he was surprised at how easy and pain-free it was, he said, adding the only thing he felt was hunger from not being able to eat the night before the procedure.

Knowing what he does now, he recommends that people needing a colonoscopy not put it off.

"Everybody needs to have the procedure for over-50 screening," he said, adding he will have another follow-up colonoscopy in three years because of the doctor's findings.

His advice to those who are uneasy about the procedure is to "just do it and know where you stand for internal health."

He also recommends a good bathroom book to read during the at-home preparation phase.

If you are older than 50 and are unsure if you need a colonoscopy, call your primary care manager at 255-7000.



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# Nutrition: Eat right, your way, every day

By Tara C. Dombeck  
U.S. Army Public Health Command

Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy, and that you must eat a boring regimen of meals every day.

That can be discouraging, especially if you have certain cultural, ethnic and lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods – you can make small adjustments to your diet while still enjoying the foods you love.

March is National Nutrition Month and the theme for the month is “Eat Right, Your Way, Every Day.” This theme encourages everyone to continue following their food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices.

Good nutrition is also one of the Army surgeon general’s top priorities for building and sustaining good Soldier and Family member health through the “Performance Triad.” Nutrition, along with a focus on healthy activity and sleep, is one of the three legs of the triad.

Choosing to eat a healthy diet has many benefits, including enhancing fitness and performance. As well, consuming a healthy, well-balanced diet may reduce a person’s risk of developing certain chronic diseases, including high blood pressure, Type 2 diabetes and some types of cancer, as well as obesity.

Many Americans do not meet the recommended guidelines for a well-balanced diet, which includes each of the five major food groups: fruits, vegetables, grains, proteins and dairy products.

If you have decided to choose a more healthy diet, here are a few simple tips you should follow every day, no matter your food preferences.

- Add more fruits and vegetables to your diet each day — Place fruits and vegetables in highly visible places on your kitchen counter, pack fruits and vegetables in a cooler to take with you when you are on the go, and choose steamed vegetables as side items when eating at your favorite restaurant rather than choosing vegetables cooked in butter and oil or covered in sauces, which add extra calories from fat.
- Eat more whole grains — Choose whole wheat breads and pastas, and whole grain rice rather than white varieties of these items.

- If you enjoy meat as part of your diet, choose low-fat options, such as lean cuts of beef and chicken, and certain types of fish (such as salmon and trout). If you do not eat meat, you can get protein from beans, soy products, nuts and seeds. Eggs are a good source of protein, but you should limit the amount of egg yolks you consume to no more than one a day since they contain cholesterol and saturated fat.
- Choose low-fat and low-calorie dairy products, such as skim milk, rather than whole milk, and limit the amount of cheese you consume.
- Decrease your intake of salt and high sodium foods. Check labels for low-sodium items.
- Make better beverage choices by drinking plenty of water every day, and choosing calorie-free beverages, 100 percent fruit juices and fat-free milk.
- Pay attention to portion

sizes. Many people eat more than the recommended serving size of foods, so choose smaller portions. Stop eating when you feel satisfied.

- Always practice food safety by washing your hands before preparing and eating food, and by keeping raw meat and fish separate from fruits and vegetables when preparing meals.

Eating right does not mean that you must give up your food preferences. Eating right, your way, every day means taking small steps that will make a big impact on your health no matter what your lifestyle and cultural preferences are.

For more information about eating a healthy, balanced diet, visit these Web sites:

Academy of Dietetics and Nutrition, <http://www.eatright.org/> and Operation Live Well, [http://www.defense.gov/home/features/2012/0812\\_live-well/](http://www.defense.gov/home/features/2012/0812_live-well/).



PHOTO BY SARA E. MARTIN

## Pod 5 play

Pod 5’s annual performance was held at Fort Rucker Primary School Friday. Parents were invited to see their children perform a number of songs about citizenship, good hygiene and counting. The kindergartners each had a chance to be the star of the show, and reveal to their peers and parents what they learned in music and Spanish classes.

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MARCH 7, 2013

# Father-son duo reels in record

By Nathan Pfau  
*Army Flier Staff Writer*

Most fisherman have their story of the one that got away, but one father-son team's big-fish story is one that will go down in the record books for Lake Tholocco's Two-Man Buddy Bass Tournament.

Outdoor recreation held its fishing tournament Saturday despite cold weather, but the cold wasn't the only thing biting this weekend, according to the winners of the tournament, Jeff Aul and his father, Paul, who reeled in a record-breaking bass during the tournament.

The top spots in the tournament went to Jeff and Paul Aul, first place; Chadwick and Richard Boutwell, second place; and Kevin Bryan and Larry Prevninger, third place, but the highlight of the tournament was the 11-pound, 12-ounce bass that team Aul reeled in to set a new record for biggest bass caught during a tournament at Lake Tholocco.

"It feels great [to win]," said Jeff. "We had a really tough day out there and the fish didn't bite that well because of the cold weather, but I'm glad my dad was able to catch that 11-pounder because that fish really won the tournament for us."

The duo fishes in more than 20 tournaments a year, according to Jeff, in lakes all across the state, but this record-breaking bass was the biggest they'd seen, let alone caught.

"I didn't know how big the fish was until it was right beside the boat," he said. "When I finally saw her, I couldn't believe my eyes. That was the biggest bass I had ever seen – it was almost surreal."

The tournament ran from 6 a.m. to 2 p.m., and the Auls were among the last to bring in their haul, but when they did, people could see by the size of their prize-winning fish that they had it in the bag. But the catch didn't come without a few struggles for the team throughout the tournament.

"We didn't have a single bite until 11 a.m., and finally my dad hooks up with a nice five-pound bass," said Jeff. "He wrestled the bass over grass and pads until it was about five feet from the boat."

"I had the net and was ready to scoop it up, but suddenly the bass came unbuttoned and slowly swam away," he continued. "I gave [my dad] a hard time about it, but after he caught the 11-pound fish, I shut up."

Jeff said they owe a lot of their win to determination and preparation – taking the time to scout out perfect fishing spots and knowing where the big fish would be.

"We went out Friday before the tournament and spend all day looking for productive areas to fish and we found some good areas, but those fish were nowhere to be found today," he said. "My dad and I are shallow-water fisherman. We usually stay close to the vegetation in less than six feet of water. Most of the bass in Lake Tholocco stay shallow all-year long, but that doesn't mean they always bite."

Although the feeling of winning the tournament is great, Jeff said the feeling pales in comparison to the feeling of reeling in the big one.

"We enjoy fishing in tournaments for moments like catching that 11 pounder," he continued. "It's an adrenaline rush – scooping that big fish up with the net is something that I will never forget."



PHOTOS BY NATHAN PFAU



**Top:** Mark Yoakum, Fort Rucker Outdoor Recreation facilities manager, weighs the record-breaking fish during the weigh-in of the Two-Man Buddy Bass Tournament Saturday. Father-son team Paul and Jeff Aul took first place as well as biggest fish with their 11-pound, 12-ounce bass.

**Left:** Paul Aul holds his record-breaking catch as onlookers and son, Jeff, take photos during the weigh-in portion of the Two-Man Buddy Bass Tournament Saturday. Father-son team Paul and Jeff took first place as well as biggest fish with their 11-pound, 12-ounce bass.

# Disc golf gains momentum on post

By Nathan Pfau  
*Army Flier Staff Writer*

Golf is a game that is familiar to most across military posts, but one Army captain is working hard to garner more recognition for a sport he and his friends brought to the installation – disc golf.

Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, teamed up with the Directorate of Family, Morale, Welfare and Recreation to get the new course added to Fort Rucker as a way to give Soldiers, Families and civilians something different on the installation.

The course at Beaver Lake is an 18-hole, 55-par course that follows the Beaver Lake trail, for the most part. The beginning of the course starts near the parking lot for the lake, and people can participate in team play or solo play.

The sport has been gaining popularity on post, according to Meinders, which should soon build into league play.

"We are starting weekend matches," he said. "Every Saturday and Sunday at 3 p.m., people can meet on the 1st tee to compete in teams or as individuals."

The rules of disc golf are simple and much like the game of ball golf, said the captain.

"[Similar to] ball golf, disc golf is a recreational sport in which you throw a disc down the fairway and try to make it into the baskets that are set up," said Meinders. "The goal is to get as few strokes as possible."

A lot went into bringing a disc golf course to Fort Rucker, according to Meinders.



PHOTO BY NATHAN PFAU

**Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, throws a disc at one of the targets at the Beaver Lake Flying Disc Course.**

"First, we had to find a good location," he said. "Lake Tholocco was where we initially wanted to put it, but we didn't feel that there was enough visibility there."

"There were a few different locations that we picked out, but we decided on Beaver Lake because the close proximity it had to the physical fitness facility, and the high visibility and foot traffic of the area," said Meinders.

Meinders and his team spent about four months walking the trails at Beaver Lake to plot out

a course that they felt was good enough for the area, and the way they set up the course is to have it start off easy and progressively get more difficult.

"The first few holes are really easy to play because there aren't any trees around and it's very basic," he said. "The next few holes get a little tighter, a little shorter and there are a lot more trees to play through, but the last six holes are very demanding."

The reason Meinders said the last few holes are demanding is

because they are set up right next to the lake, increasing the chance of losing a disc in the water. The course culminates at the 15th hole, which Meinders and his fellow disc golf players have dubbed "The Gauntlet," where players must make a decision shot – play over the water, or around it.

All of these factors were carefully thought out by Meinders and his team, and came from a mutual interest and understanding in a sport that is new to the area.

Disc golf began in the 70s, but

gained most of its popularity in the 90s and early 2000s among the college crowd, according to Meinders. The sport has grown about 15 percent a year for the past decade and there are around 4,000 courses in the U.S., but none close to Fort Rucker.

In total, there are 10 flying disc courses within 100 miles of Fort Rucker – none of which are within 75 miles of the installation, according to Meinders.

"People would have to travel to Auburn, Fort Benning or the beach if they wanted to play, so I realized there was a big need for it," he said.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages.

"Disc golf is a virtually injury-free sport, and anyone from ages 5 to 80 can play," said Meinders. "The course is open to anyone who can get on post and people can even rent discs from the physical fitness facility for \$10," adding that when people return the disc, they get their money back as well.

Playing an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes depending on the amount of players, and costs little to no money, which is beneficial to many Soldiers who are strapped for time and money, said Meinders, adding that his main goal is for the Army to embrace the sport.

"The Air Force and Navy have embraced it, and they have lots of courses on their installations, but there are only two Army installations that have disc golf courses – Fort Benning and now Fort Rucker," he said.



# DOWN TIME



## TRIVIA

1. GEOGRAPHY: Where are the Cape Verde islands?
2. U.S. PRESIDENTS: How many presidents have won Nobel Peace Prize?
3. ANATOMY: Where is the sacrum in the human body?
4. LANGUAGE: What is meant by the term "fifth column"?
5. HISTORY: In what year did the American Federation of Labor and the Congress of Industrial Organizations merge into the AFL-CIO?
6. MILITARY: What is the moral code of the Japanese samurai?
7. GAMES: What kind of game is "Millipede"?
8. FOOD & DRINK: What is arrow-root powder used for?
9. MUSIC: What were the first names of the Allman Brothers?
10. THEATER: Who wrote the play "The Iceman Cometh"?

See Page D4 for this week's answers.

## Super Crossword

ALPHABETICAL ACTS A-TO-A

- ACROSS**
- 1 Wise to
  - 8 Raven calls
  - 12 Solve target
  - 15 Vacation facilities
  - 19 Sticky stuff on a bat
  - 20 Andy's radio sidekick
  - 21 Abnormal
  - 23 Curry does a patisserie job?
  - 25 Ripped open
  - 26 Olds antiques
  - 27 Gains a lap?
  - 28 Big scuffle
  - 29 Petroleum
  - 30 Hopper lifts weights?
  - 35 Lighter fuel
  - 38 Atop, to poets
  - 39 "Swinging on —" (1944 hit song)
  - 40 Wilder picks up a bug?
  - 46 Forget to mention
  - 48 Gain entry to
  - 49 — Lady of Fatima
  - 50 Setback
  - 53 "— right?"
  - 54 "Little Red Book" writer
  - 55 Carrey is amorous with gals?
  - 60 Big name in sportswear
  - 64 Like Smurfs
  - 65 Justice's org.
  - 66 Astor feeds her infant?
  - 73 Lyric-writing
  - 74 Ending for billion
  - 75 Duncan of dance
  - 77 Sniver gets off her soapbox?
  - 84 Tattered cloth
  - 85 — Wan Kenobi
  - 86 City map
  - 87 Suffix with krypton
  - 88 Llama's kin
  - 91 Ostentatious display
  - 93 Aito gets an arena worker's attention?
  - 98 Lord of a manor
  - 101 Tills of song
  - 102 Really annoy
  - 103 Damone
  - 109 Alaskan
  - 110 Dr. Seuss title creature
  - 111 Sour fruit
  - 112 Key near Alt
  - 116 Directed light rays at
  - 118 Brynner divides a site into districts?
  - 122 Slam digs
  - 123 Its cap, is
  - 124 Accommodating (to)
  - 125 USMC NCO
  - 126 "— gratias"
  - 127 Defendant's answer
  - 128 Some photocopies
  - 14 Mother with a Nobel
  - 15 — Lanka
  - 16 Sweeping views
  - 17 Against lawbreaking
  - 18 Embezzled
  - 22 Scuba spots
  - 24 Moral lapse
  - 28 — mortal
  - 30 Morse bits
  - 31 Space chimp of 1961
  - 32 Nearly an eternity
  - 33 Deletes, with "out"
  - 34 Platte River tribe
  - 35 "Stop panicking!"
  - 36 Old 7UP nickname, with "the"
  - 37 No-frills shirt
  - 40 Chess, e.g.
  - 41 "— dare?"
  - 42 Total amount
  - 43 Rankle
  - 44 Western actor Lee Van —
  - 45 Lean— (hovels)
  - 47 "— a pity..."
  - 51 Stinging hits
  - 52 Native Israeli
  - 55 — de mots (pun, in Paris)
  - 56 Henrik who wrote "Peer Gynt"
  - 57 — mo (replay choice)
  - 58 End-of-word add-on: Abbr.
  - 59 Voiced
  - 61 Actor La Salle
  - 62 Pancake pour-on
  - 63 Sluggish sort
  - 67 Jamaican with dreadlocks, often
  - 68 "Yes, —!"
  - 69 Time chunk
  - 70 Contract need: Abbr.
  - 71 "Nick and — Infinite Playlist"
  - 72 Brings honor to
  - 76 Gel for a petri dish
  - 77 Explode
  - 78 Eradicates
  - 79 Aping
  - 80 Prof's aides
  - 81 Shop — you drop
  - 82 Addams family cousin
  - 83 School lobby gp.
  - 88 Dumb — ox
  - 89 Attract
  - 90 Free TV ad
  - 92 Church seat
  - 94 Tullius' 2,020
  - 95 180, slangily
  - 96 Right angle
  - 97 City northwest of Tucson
  - 99 Stupid, clumsy sort
  - 100 Wore away
  - 103 Bodices, e.g.
  - 104 Norwegian currency
  - 105 Brazil's Espirito —
  - 106 Colonel North, briefly
  - 107 Cheesy pie
  - 108 Medical care gp.
  - 112 Italian "dear"
  - 113 Cereal that's "for kids"
  - 114 Lacoste of tennis
  - 115 Fails to keep up
  - 117 Bottom line
  - 118 Sharp bark
  - 119 Online address
  - 120 Ending for phenyl
  - 121 Prefix with tax



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

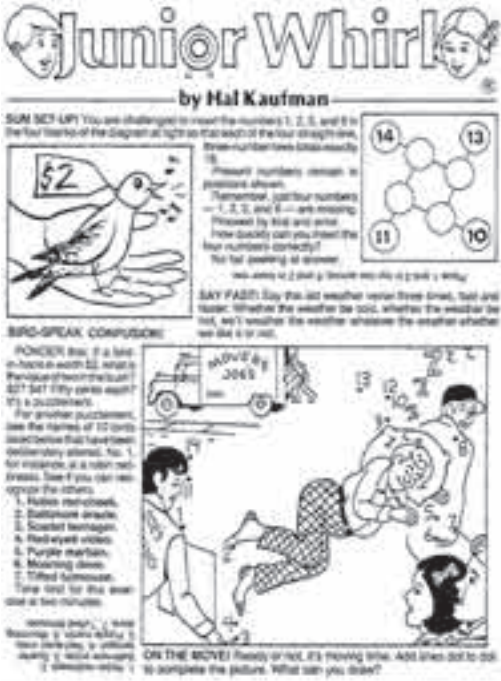
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID's CORNER





# Alaska Soldier named Army's Female Athlete of the Year

By Staff Sgt. Jeffrey S. Smith  
4-25th Airborne Brigade Combat Team

Army Sgt. Ashley A. Walker, a military police officer with the 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, is the Army's Female Athlete of the Year for 2012.

Walker earned the award for her talent and athleticism as a player on the 2012 All-Army Women's Softball Team.

She joins a select group of Army athletes from the Pacific region who swept the Army's annual awards. The awards are selected by Army Installation Management Command Headquarters on Joint Base San Antonio Fort Sam Houston, Texas.

Sgt. Michael Dochwat Jr., of Fort Shafter, Hawaii, an All-Army Softball player, was selected as the Male Athlete of the Year; and Sgt. Angel Rivera of U.S. Army Garrison Yongsan in Seoul, South Korea, was named Coach of the Year for his efforts leading the All-Army Men's Volleyball Team.

Walker credits her teammates for the award and her late husband, Brian L. Walker.

Brian, who was also with the 425 BSTB, was killed by a roadside bomb during combat operations in Afghanistan May 13.

"I didn't win it alone," Walker said. "It was my team that made this all happen, and I had the best angel on my side; my husband, my hero."

The 2012 All-Army Women's Softball Team won its annual tournament against the Marines, Navy and Air Force with an overall record of eight wins and one loss. The players received their gold medals for their victory Sept. 20 at Fort Sill, Okla.

Walker played third base for her team, and she was recognized as one of the best players in the tournament by being selected for the 15-member All-Tournament Team.

In addition to being honored on the All-Tournament Team and winning the gold medal, Walker was selected to play on the All-Armed Forces Team. The All-Armed Forces Team picks the best players from all of the armed services in the tournament.

The All-Armed Forces Team played against top tiered civilian teams from across the nation, and they placed second overall at the national tournament held in Oklahoma City.

Walker has been on three All-Army Women's Softball Teams. Her first team won the gold medal in 2010, the silver medal in 2011, and the gold medal again this past year.

Her active Army enlistment is nearly complete. She will soon be entering into the Arizona National Guard with the 856th Military Police Company in Camp Navajo, Ariz.

Walker said she plans to pursue a criminal justice degree and continue her career in law enforcement as a police officer.



PHOTO BY STAFF SGT. JOEL PENA

2012 Army Female Athlete of the Year, Sgt. Ashley Walker with the 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, poses for a picture with her gold medal just after winning the 2012 Armed Forces Championship in September at Fort Sill, Okla.

## Fort Rucker Family & MWR



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**March 31**  
**10 am - 2 pm**

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Ages 3 - 5: \$4.95, Ages 2 & under: FREE  
Military Family Special (2 adults & 2 children): \$45

For reservations or details call The Landing, (334) 598-2426.

**ST. PATRICK'S DAY**  
**5K/10K**  
**& FUN RUN**

Fort Rucker Physical Fitness Facility  
Saturday, March 16  
Race starts at 9 am  
Open to the Public



Fort Rucker Physical Fitness Facility, (334) 255-3794



Video Game Spotlight >>

MGR: Revengeance provides over-the-top 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.)

How can you go wrong with a main character who is a half-man, half-machine cyborg equipped with a high-frequency katana sword? The answer: You can't.

Well, that's a bit of a stretch. As long as you are a gamer who doesn't need reality with you and have a game controller in your hand, you'll be OK. Otherwise, you might raise your eyebrow a few times.

Gamers become Raiden, the half-cyborg ninja in "Metal Gear Rising: Revengeance." In this future, cyborg technology has become nearly commonplace, although not everybody is a ninja, too. Plus, the technology has created a world full of instability that led to large criminal organizations wreaking havoc on the populace. Raiden is a peacekeeper who is tasked with saving innocent civilians' lives, but the violent world and his quest for revenge has put him on a destructive path.

The game is extremely fast, although it's actually best when it slows down. Raiden has the usual heavy and light combos at his disposal, but he also has the option to slow down time and change the angle of his sword so that his swings dismember his opponents. It can be rather gruesome, but what do you expect from a katana-wielding half-cyborg?

The story is, as expected, quite cool and



COURTESY SCREENSHOT

takes place several years after "Metal Gear Solid 4." Raiden is a hero that many gamers will want to be, but the aggressive nature of the game will feel odd to those used to the normally patient nature of the Metal Gear games. But if you're in the mood for some over-the-top action, "Metal Gear Rising: Revengeance" is worth the price of admission.



**Publisher**  
Konami  
**Rated**  
Mature  
**Systems**  
Xbox 360, PS3  
**Cost**  
\$60  
**Overall**  
3 out of 4

PUZZLE ANSWERS

Super Crossword

Answers

WARE	F	CAWS	CUT	SPAS
PINETAR	AMOS	ABERRANT		
ANNBAKES	CAKE	TORE	INTO	
REOS	SITS	MELEE	DIL	
	DENNIS	EXERTS	FORCE	
BUTANE		OER	ASTAR	
GENEHOLDS	INSECT	DMIT		
ACCESS	OUR	LOSS	AM	
MAO	JIM	KISSES	CLASSES	
ELLESSE	BLUE	ABA		
	MARY	NURSES	OFF	SPRING
IRA	AIRE	ISADORA		
PAMQUITS	RANTING	RAG		
OBI	PLAT	ITE	ALPACA	
POMP	SAMUEL	TAPS	SUSHER	
LIEGE	MEL	HARASS		
VICWORKS	XYLOPHONE			
ESK	LORAX	LIME	CTRL	
SHINEDON	YULZONES	ARE		
TENEMENT	ARIZ	INURING		
SSGT	DEO	PLEA	XEROXES	

Weekly SUDOKU

Answer

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

TRIVIA

- Answers  
1. Off the coast of West Africa.  
2. Fast! — Theodore Roosevelt, Woodrow Wilson, James Carter and Barack Obama  
3. At the base of the spine.  
4. Enemy sympathizers, who sought to aid the revolution.  
5. 1925.  
6. Baseball.  
7. Arcade game.  
8. A blotting agent.  
9. Duane and Verna.  
10. Eugene O'Neill.

SPORTS BRIEFS

Pinwheels for Prevention

In recognition of Child Abuse Prevention Month, Army Community Service, child, youth and school services and Fort Rucker physical fitness facilities will host the Pinwheels for Prevention Family Fun Run/Walk March 23 from 9:30-11 a.m. Pre-registration continues through Friday. Registration is available at CYSS parent central services, the child development center, the youth center and both physical fitness facilities. Registration is free, but people can order a T-shirt for \$5.50 through Friday. Registration the day of the event will take place 9 a.m. at the Fort Rucker Physical Fitness Facility. Participation awards will be given to all children ages 16 and younger at the end of the race. The event is open to the public and Exceptional Family Member Program friendly. For more, call 255-3898.

Youth turkey hunt

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

Gobbler Classic Turkey Hunt

Outdoor recreation will host the Gobbler Classic Turkey Hunt March 15 to April 30. Cost is \$25 per person. People can register for the event now through March 14 at outdoor recreation. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Turkeys are scaled on weight, beard length, and left and right spur. For more, call 255-4305.

St. Patrick's Day run

The St. Patrick's Day 5K/10K run and 1-mile fun run will take place March 16 from 9 a.m. to noon beginning at the Fort Rucker Physical Fitness Facility. Race day registration begins at 7:30 a.m. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children, and will begin after the 5K and 10K are completed. Each fun run participant will receive a medal. Registration for the 5K and 10K is \$12 without a shirt, \$20 with a shirt before March 9, \$25 with a shirt after March 9 and \$100 for a team of eight. The event is open to the public. For more, call 255-2296.

3 Free Break

Rucker Lanes hosts its 3 Free Break special March 15-30 in celebration of spring break. The special includes three free games of bowling and a shoe rental for children 13 and younger when accompanied by an adult paying full price—\$8.50. For more, call 255-9503.

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