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597th welcomes new commander



VOLUNTEER
Post salutes good Samaritans



HEROES
Fort Rucker runs to honor survivors, fallen heroes



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ARMY FLYER

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

VOL. 63 ■ NO. 16

FORT RUCKER ★ ALABAMA

APRIL 25, 2013

Aviation Branch turns 30

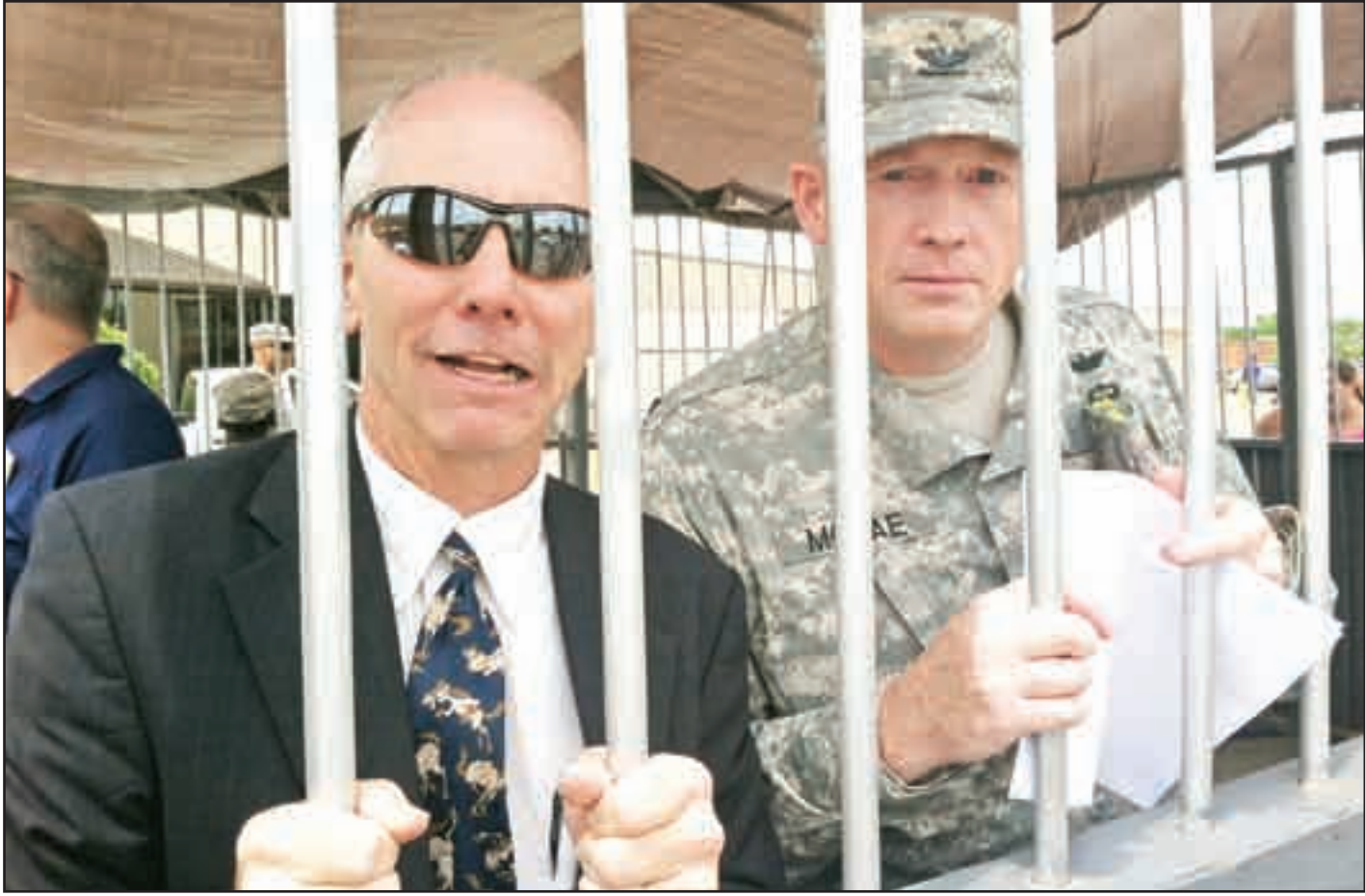
Aviation Branch Command Sgt. Maj. James H. Thomson; CW5 Michael L. Reese, chief warrant officer of the Aviation Branch; retired Lt. Gen. Ellis D. Parker; and Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, cut the Army Aviation 30th birthday cake at the birthday ball Friday at The Landing. For more, see Page A3.



PHOTO BY SARA E. MARTIN

Locked up:

Post officials jailed for good cause



COURTESY PHOTO

Justin O. Mitchell, Fort Rucker deputy garrison commander, and Col. Stuart J. McRae, Fort Rucker garrison commander, serve their time behind bars in a makeshift jail at the post exchange parking lot during Fort Rucker AER's Jail-a-Thon April 18.

By Nathan Pfau
Army Flier Staff Writer

Many people found themselves under arrest and incarcerated during the Fort Rucker Army Emergency Relief Jail-a-Thon April 18.

More than 100 people were arrested and \$4,750 was raised for Fort Rucker's AER program during the event that found many, including many of the installation's leaders, guilty and behind bars, according to Maj. Anthony J. Whittaker, AER campaign coordinator.

"This is my second year participating, but from what I saw, people had a lot of fun with it. Some people try to hide, but everyone really enjoys it," he said. "People have been asking about it since the campaign started — it's always the first thing people ask about."

Amid those arrested and found guilty were the garrison command team, including Col. Stuart J. McRae, Fort Rucker garrison commander, Command Sgt. Maj. Buford E. Noland, garrison command sergeant major, and Justin O. Mitchell, Fort Rucker deputy garrison commander.

All but Noland of the three had to spend the allotted time in the makeshift jail at the

SEE LOCKED, PAGE A5

1-212th welcomes commander

By Nathan Pfau
Army Flier Staff Writer

As clouds filled the sky and rain threatened to soak Soldiers standing in formation, Fort Rucker welcomed the new commander of the 1st Battalion, 212th Aviation Regiment.

Lt. Col. Raymond J. Herrera took the reins of the battalion from outgoing commander Lt. Col. Ronald L. Ells during a ceremony Friday at Howze Field.

"We're here today to celebrate the accomplishments of the 1st-212th under the great leadership of Lt. Col. Ron Ells, and welcome Lt. Col. Ray Herrera to this great team," said Col. Kevin J. Christensen, commander of the 110th Aviation Brigade.

SEE 1-212TH, PAGE A5



PHOTO BY NATHAN PFAU

Lt. Col. Raymond J. Herrera (far right), 1st Bn., 212th Avn. Regt. commander, troops the line with Col. Kevin J. Christensen, 110th Avn. Bde. commander, Maj. Salamasinaleilani T. Strokin, 1st Bn., 212th Avn. Regt. executive officer, and Lt. Col. Ronald L. Ells, outgoing 1st Bn., 212th Avn. Regt. commander, during a change of command ceremony at Howze Field Friday.

Foley leaves behind lasting impact, legacy

By Jim Hughes
Command Information Officer



COURTESY PHOTO

Retired CW5 George W. "Bill" Foley during his active-duty Army days.

Impact. George W. "Bill" Foley made tons of it within Army Aviation and with countless people, and now the loss of the man reverberates throughout the Branch and beyond.

Foley, a retired chief warrant officer 5 and Aviation project officer for the U.S. Army Aviation Center of Excellence Directorate of Training and Doctrine, passed away from an illness April 16.

Foley directly influenced many major Aviation programs over his 30 years of active service, according to Robert D. Carter, deputy director of DOTD.

"He was instrumental in the fielding of the night vision goggles, the testing and development of tactics, techniques, and

SEE IMPACT, PAGE A5

PERSPECTIVE

Fort Rucker OSJA celebrates Law Day

By Capt. Tanga Bernal
Fort Rucker Office of the Staff Judge Advocate

Law Day is an annual event, which was originally conceived in 1957 when the American Bar Association president, Charles Rhynes, envisioned a special national day to mark our commitment to the rule of law.

In 1958, President Dwight D. Eisenhower established the first Law Day as “a day of national dedication to the principles of government under law.” Law Day was made official in 1961 when Congress issued a joint resolution

designating May 1 as the official date for celebrating Law Day. Since then, every president has taken the occasion of Law Day to proclaim our nation’s ongoing commitment to the democratic rule of law.

This year’s Law Day theme, “Realizing the Dream: Equality for All,” provides an outstanding opportunity for the nation to reflect on the importance of our national ideal of equality under the law and the role it plays in ensuring our freedom. From addressing issues such as unequal pay, racial discrimination and religion prejudice, our legal system has played an important part in many

disputes over what is “fair.”

As we have seen throughout history, fairness under the law is not an easy or exact concept to define. Our courts and our legal system must consider various aspects of a situation when ensuring and protecting equality and fairness — although not perfect, our legal system is the best resource we have to ensure equality for all.

Wednesday, take the time to reflect how our laws have positively impacted and formed our society.

For more information, contact legal assistance at 255-3482.

JAG: Beware of identity theft

By Capt. Edwin Caban Jr.
Fort Rucker Office of the Staff Judge Advocate

Unfortunately, all too often service members are victims of identity theft. In fact, many identity thieves specifically target service members and their Families.

Phishing is a common tactic used to obtain personal information in order to steal identities. Phishing occurs when a fraudulent email is sent claiming to be from a legitimate business — often a bank, Ebay, Amazon, or even the Internal Revenue Service.

The email message normally states that your account information needs to be updated or verified, and then it will direct you to a link where you are required to enter your personal information. But the link is not what it seems — in reality the link directs you to a fake site where the personal information you enter is used to steal your identity.

Often, the email will contain threats that your account is facing suspension or closure if you do not comply with the email’s demands. If you receive a phishy email, forward it to spam@uce.gov.

Hacking is another tactic used by identity thieves. The identity thief hacks into your email or other online account to access your personal information, or into a company’s database to access its records.

In order to protect yourself from hackers, avoid using an obvious password like your birth date, your mother’s maiden name, or the last four digits of your Social Security number.

Last year, the Red Cross published a press release warning of another type of scam directed at service members’ Families. The scam involves a caller contacting the Family of a deployed Soldier, claiming to be from the Red Cross. The caller will tell the Family member that the Soldier was either injured or killed, and will immediately ask for the Soldier’s personal information.

The caller may also request money to help cover alleged medical expenses of the injured Soldier. Beware, this is just another scam! The Red Cross will never contact the Family members of a Soldier to request information or money. If you receive such a call, contact your Family readiness group or the local military personnel office.

While you generally cannot avoid being contacted by individuals attempting to use these types of scams, you can protect yourself by following the below recommendations.

- Be skeptical. If something sounds too good to be true, it is probably a scam. Avoid providing personal information over the phone or via email unless you know who you are dealing with.
- Never click on links sent in unsolicited emails; instead, type in a Web address you know.
- While deployed, you can have an “Active Duty Alert” on your credit report. This alert requires creditors to verify

your identity before granting credit in your name and it will last for one year. A Power of Attorney can place or remove the alert — see www.ftc.gov for more information.

- Keep a close eye on your credit report, bank accounts and credit card statements by visiting www.annualcreditreport.com, or calling (877)-322-8228.

If you are a victim of identity theft, file a police report and a complaint with the Federal Trade Commission at www.ftc.gov/idtheft or by phone at (877) ID-THEFT. You should also contact the security or fraud department of each company where an account was opened or charged without your approval.

Service Members and their Families can also file a complaint with the Military Sentinel at www.ftc.gov/sentinel/military/.

Finally, you may contact a legal assistance attorney at 255-3482 for free legal advice.

Rotor Wash

“Thunder on Tholocco kicks off Saturday at 11 a.m. What safety tips should Soldiers and Families follow while enjoying aquatic activities this spring and summer?”



Spc. Andre Johnson,
597th Maintenance
Detachment

“Have an additional person in your group that will not be participating in the activities that will call 911 if needed.”



Pfc. Kenneth Saucedo,
1-58th AOB

“Bring an additional person to supervise while your party swims, or try to have a person who has had some type of aquatic profession in your party— someone that is a strong swimmer or has been a lifeguard before.”



Staff Sgt. Damian Wiles,
1-58th AOB

“People need to pay attention to things they were taught in the boating safety courses. Make sure you do not drink while boating, make sure everyone on the boat has a floatation device and do a proper risk assessment before going out.”



Sgt. Braxton Henry,
164th TAOG HHC

“Don’t swim during bad weather. Always swim with someone, never swim alone. Use a lifejacket if you need to. Do not mix alcohol with swimming or boating.”



Spc. Dafeney Williams,
164th TAOG

“Be cautious with children, since they will be on spring and summer break. Make sure they are able to swim and if they are not they should have a swimming aid and a parent or guardian watching over them.”

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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

Ball celebrates branch’s 30th birthday

By Sara E. Martin
Army Flier Staff Writer

Army Aviation celebrated its 30th birthday Friday with a birthday ball held at The Landing as retired and active Soldiers, Families and Department of Defense civilians celebrated with cake and dancing in their finest attire.

Ball attendees commemorated the historic accomplishments and the extraordinary contributions of the men and women of Army Aviation since its inception as a combat arms branch April 12, 1983.

Gloria Hendricks, retired Army, said she loved the party for the “great company, amazing food and fun atmosphere.”

“This is my first ball as a civilian. Everyone is happier tonight and the speeches were as nice as the people. This will definitely not be my last ball,” she said.

The many contributions of Army Aviation were recognized during the evening along with the heroic exploits of Army Aviators, which were said to be “truly awe inspiring” by guest speaker Lt. Gen. Daniel B. Allyn, commanding general of XVIII Airborne Corps and Fort Bragg, N.C.

Aviation has a relentless focus on and dedication to honoring a sacred trust with commanders and Soldiers on the ground, and officials thought it would be fitting to have one of those ground commanders speak about what Aviation means to him.

“[While serving in Afghanistan in 2011-2012] I and the heroes I was privileged to serve and lead felt the daily impact of the exemplary service that Army Aviation provides. Aviation helps us maintain a decisive edge in



PHOTO BY SARA E. MARTIN

Gloria Hendricks and Kim Holton, retired Army, celebrate their retirement at the Army Aviation 30th Birthday Ball with dancing and socializing Friday at The Landing.

every battlefield,” he said.

Allyn said that it was humbling to be asked to come to the Aviation Center of Excellence and celebrate the evening with Aviators.

He added that Aviation has unique capabilities as a highly mobile and integrated member of the combined arms team.

“I guarantee you, if you ask any Soldier who served in Iraq and Afghanistan during the past 11 years, he or she will tell you how valued and empowering the Army Aviation presence is for them on this battlefield,” he said. “Whether providing lethal fire, conducting reconnaissance,

executing air assault operations, delivering critical resupply or bringing life-saving evacuation to the wounded, [Aviators] remain relentlessly focused on and dedicated to honoring that sacred trust with commanders and Soldiers on the ground.”

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general and 14th Aviation Branch chief, hosted the event as three former branch chiefs attended the ball as well, including the branch’s third chief – retired Lt. Gen. Ellis D. Parker.

“Here we are celebrating not only 30 years of the [Aviation]

Branch, but what Army Aviation has done and continues to do for our Army and our nation since the end of World War II,” said Mangum.

Aviation operations maneuver in the most extreme conditions imaginable and in the most demanding of environments since its construction and ground operations do not take that for granted, said Allyn.

“The constant Aviation presence you provide serves as a steady source of courage and reassurance to the troopers on the ground while serving as a constant reminder of coalition presence and our resolve to the

enemies of our nation,” he said.

Ground operations have asked a lot of Army Aviation in the past 11 years of persistent conflict, according to the commander, adding that Aviation has constantly delivered on time and on target.

“You make a decisive difference and I congratulate you on a job you do like no other nation on the planet. As we wade through this era of uncertainty and transition as an Army, I am certain of one thing: Army Aviation will continue to provide lethal, flexible and unrivaled Aviation support to ground forces anywhere in the world,” he said as he toasted the Branch.

597th welcomes new commander

By Sara E. Martin
Army Flier Staff Writer

The Fast and Furious 597th Maintenance Detachment of the 164th Theater Airfield Operations Group received a new commander Friday during a ceremony at Bldg. 25105B at Knox Airfield.

CW3 Timothy C. Tripp took command from CW4 Steven M. Hess, who said that Tripp was taking over the best job the Army has to offer – commanding the men and women of the 597th Maintenance Detachment.

“[Tripp], I wish you continued success. Command is always a privilege and an honor, and I have enjoyed my time as commander of this great unit,” he said. “I am proud of all [that this unit has] accomplished.”

Col. Michael L. Shenk, 164th TAOG commander, also remarked on the accolades of the small detachment and the privilege of being its commander.

“I am proud of this small, yet important detachment of Soldiers. This [position] is offered to very few highly qualified warrant officers across our Army. The 597th is a one-of-a-kind unit with an expansive mission,” he said. “The Army counts on these Soldiers and their leaders to troubleshoot, repair and reset highly complex and critical air traffic services equipment.”

The new detachment commander said that it was indeed a privilege to take com-



PHOTO BY SARA E. MARTIN

CW3 Timothy C. Tripp takes command of the Fast and Furious 597th Maintenance Detachment of 164th Theater Airfield Operations Group from CW4 Steven M. Hess through Col. Michael L. Shenk, 164th TAOG commander, Friday at Knox Airfield.

mand and that he was “truly honored.”

“As a warrant officer, we don’t get many chances or opportunities like this. I look forward to deployment, getting them ready to go and to just taking care of the Soldiers,” he said.

Tripp has spent the last 30 days with the detachment getting used to daily business. He began his career at Fort Jackson, S.C., as a radio repairman and has taken part in five deployments since his enlistment in 1993.

Nine members of the unit are currently

forward deployed in support of Operation Enduring Freedom, where they are performing air traffic support services, equipment repair and supply support.

In the last 18 months, the detachment has gone through several changes, according to the outgoing commander, who will be returning to Fort Hood, Texas.

“Nearly 18 months ago I took over as detachment commander in a historic event. Capt. Brad DeLoach cased the company colors as the last company commander of the 597th and I encased the detachment

colors and took over as first detachment commander,” said Hess during his outgoing speech.

Due to the restructuring of the detachment, the 597th has transitioned 24 Soldiers into new areas in their careers, he said.

“Even with the loss of personnel, our mission has never faltered. Soldiers have stepped up to the challenge of doing more with less,” he added.

Some of the detachment’s major accomplishments under Hess’s command have been: the construction of four Tactical Terminal Control Systems, the repair and fabrication of the unit’s own mockup 7A tactical tower into a fully functional system, four deployments and redeployments, and numerous deployment reset missions.

The Soldiers of the detachment have received numerous awards as well.

“Soldiers have been recognized as distinguished honor graduates, honor graduates, have made commandants lists and have even earned leadership awards. We have also had the NCO and Soldier of the year for the brigade last year,” said Hess.

Tripp said that their achievements are proof that Soldiers can perform sustainment level maintenance.

“We will continue to have the challenge of ongoing deployments, training exercises and an assortment of unorthodox maintenance support requests. They will never be easy, but I know that each of you will rise to the occasion,” he said.

News Briefs

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the service of the Soldiers, civilians and their Families.

Father-daughter ball

The Fort Rucker Religious Support Office will host its annual Father-Daughter Purity Ball Saturday from 5-8:30 p.m. at the Spiritual Life Center in Bldg. 8939. The event will feature a dinner and dance designed to give fathers and daughters an opportunity to build and strengthen their relationships. The guest speaker will be Rev. Nick Peeples, Center Pointe Community Church in Orlando, Fla. Tickets are available at suggested donations of \$12 per person for father-daughter, and \$10 for each additional daughter. The event is for daughters ages 4 and older. Attire is formal or Sunday best.

For more, call Jorge Jimenez at (931) 220-6017.

ACAP relocates

The Fort Rucker Army Career and Alumni Program Center will move Monday and Tuesday from its location in Bldg. 5700, Rm. 185 to the second floor of Bldg. 4502. The move will result in limited ACAP services Monday to Wednesday.

Under the Vow to Hire Heroes Act, more classroom and office space was needed to accommodate new ACAP staff members and the number of classes required under the act.

Under the VOW Act, three two-day voluntary classes for the transitioning Soldiers will be phased in throughout fiscal year 2013: Boots to Business, taught by the Small Business Administration, began April 13; the education center will teach a class for Soldiers who desire to go to school after they transition; and the Veterans Administration will conduct a class for Soldiers who want technical training after they transition.

For more on ACAP, call 255-3932.

Army health care survey

The Army Provider Level Satisfaction Survey is now available to active duty Soldiers and Family members through Army Knowledge Online e-mail. Surveys are still mailed to retirees and retiree Family members, as well as to active duty and active duty Family members whose emails are unavailable.

Lyster open on DONSA

Lyster Army Health Clinic is now open on all days of no scheduled activities. Clinic hours are from 7:30 a.m. to 4:15 p.m. Mondays–Fridays.

Picerne changes name

Corvias Group, a privately-owned, vertically-integrated real estate solutions group, announced April 2 that its military housing

division will now be called Corvias Military Living, advancing a corporate rebranding that began in July with the introduction of the company’s new student housing division, Corvias Campus Living.

The switch from Picerne Military Housing to Corvias Military Living will help Corvias Group reinforce its brand by unifying the names of the established, award-winning, military housing division with that of the new student housing division under the parent company name.

“Our name is changing, but our leadership, partnership and innovation will not,” said John Picerne, founder and CEO of Corvias Group. “For us, providing our service members and their Families with improved housing is more than a job; it’s a vocation. Our commitment to them remains unchanged, and our customer’s best interests remain at the heart of our business decisions.”

The brand transition, including the introduction of all new signage, is expected to take about one year to 18 months to complete.

Asian Pacific Heritage

The Fort Rucker Main Exchange hosts the Asian Pacific Heritage Month kickoff event May 3 from 11:30 a.m. to 1 p.m. The Alabama Kenjinkai (Okinawa Organization) will perform a traditional dance and music, and the event will also feature a Korean Fan dance, Hula dance, Korean alphabet writing, and martial arts and kimchi demonstrations. Equal opportunity will host a sampling of a variety of ethnic foods provided by local volunteers and some donations from a local Asian restaurant.

For more, call 598-9423.

Distracted driving potentially deadly

By Nathan Pfau
Army Flier Staff Writer

As temperatures rise, more people are hitting the outdoors, increasing the potential for encounters with distracted drivers, but Fort Rucker's Directorate of Public Safety wants to make sure motorists and pedestrians are safe while on the installation.

When most people think of distracted driving, most think about using cell phones and texting while driving, but Peggy Contreras, Fort Rucker Community Police supervisor, said a host of other things qualify as distracted driving.

"There are many things that some people don't consider to be distracted driving," she said. "Fooling with the radio or [global positioning satellite device], driving down the road and putting on makeup or fooling with the mirror, or even eating on the run are all considered distracted driving."

Distracted driving is anything that takes the driver's attention away from his or her responsibilities to properly operate

a vehicle, according to Contreras. Falling prey to any of these distractions while operating a motor vehicle can lead to dire consequences, including death.

Other examples of distracted driving include loud music, driving with earphones in, talking on the phone, texting and even having a conversation with other people in the car.

"A lot of people don't realize how distracting having a conversation with someone in the car or even with someone through a hands-free device can be," said the community police supervisor. People get really engrossed in their conversation and almost forget about what they are doing, she added.

"That split second that it takes to have an accident can change your life and possibly somebody else's life, and it's not something that we can take back once it's done," she said. "It's not something that I would want on my hands, and I'd imagine that other people don't want it on theirs."

With the warmer weather also come motorcyclists, who require extra awareness and responsibilities from their four-

wheeled counterparts, said Contreras, so people need to use extra caution while on the road during the summer months.

Contreras said prevention is the key to combating distracted driving and offered some advice on how to avoid some situations where a driver my get distracted.

"Before going on a trip, make sure to set the radio and GPS up before you drive off and don't mess with them while you're driving," she said, adding that people shouldn't take calls while driving.

"I don't think that there are too many conversations that are so important that we can't return the call at a later time," said Contreras. "If the conversation is urgent, then people should pull over to the side of the road safely, or stop somewhere."

She also suggested that if people are travelling on long trips to let other people know that they will be traveling, and that they will return their calls whenever they get to a stopping point.

Distracted driving as well as distracted walking is also an issue among Fort Rucker's youth, and Contreras suggests

that parents on the installation make sure their children know the consequences of being distracted.

"We need to talk to our children about these things," she said. "A lot of children are getting to the driving age and they all have cell phones and things like that, and we need to teach them to be responsible with those devices."

"If you think about the consequences of distracted driving, it will make you look at it differently from the start," she continued. "To know, regardless of whether it was an accident or not, that you're responsible for taking somebody's life – that's a heavy load to carry around."

Even for the aware driver, there are a lot of children on Fort Rucker that will be out near the roadways during this time of year, and people need to be on the lookout for them, said Contreras.

"When I drive, I always look for an out. I'm always asking myself 'where's my out?'" she said. "You should always have a way to get out of a situation and try to prevent getting into that situation by being an aware driver."

Annual off-duty safety awareness presentation available

Directorate of Communication
and Public Affairs

U.S. Army Combat Readiness/
Safety Center

With spring here and summer rapidly approaching, the U.S. Army Combat Readiness/Safety Center recently released an update to the Off-Duty Safety Awareness Presentation,

a tool designed to help Soldiers recognize hazards during these high-risk seasons.

Data from previous years show accidental fatalities generally rise between April and September, with a majority of those deaths occurring off duty.

"During the last five fiscal years, the Army has lost an average of 133 Soldiers to off-duty accidents annually," said USACR/Safety

Center Command Sgt. Maj. Richard D. Stidley. "As an institution, we can and must change this trend."

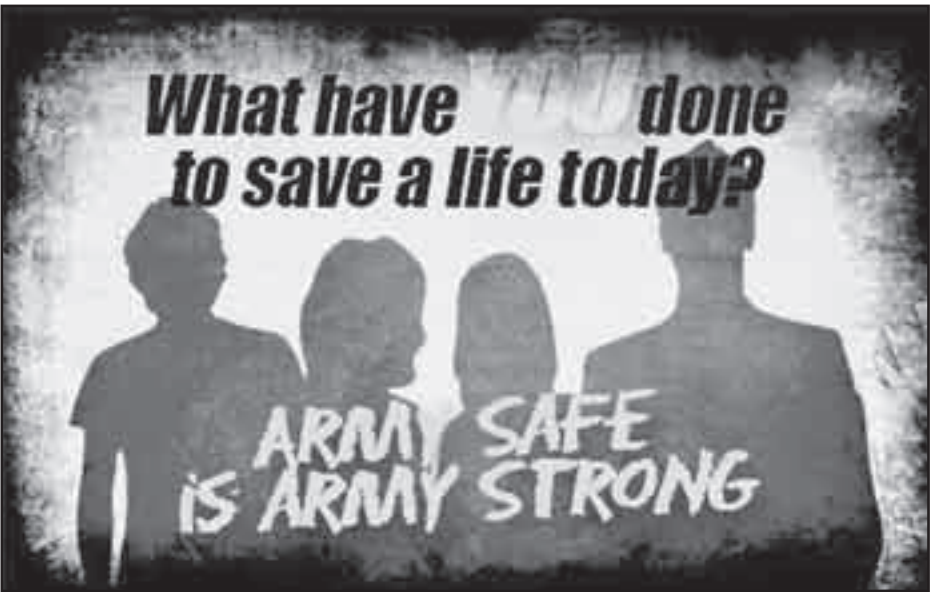
The 2013 version of ODSAP, themed "What Have You Done to Save a Life Today?" contains materials and statistics that highlight the role of safety in off-duty activities, address risky behaviors and emphasize the often deadly consequences of fatigue and alcohol. Developed for use at battalion level and below, the package features embedded videos from actual Soldiers telling their safety stories, as well as speaker notes to prompt briefers during their presentation. While the complete briefing kit may be used as-is, leaders can tailor the information to reflect trends specific to their formations.

"Soldiers can be part of the solution in preventing the next accident and senseless loss of life," said Lt. Col. James Smith, director, USACR/Safety Center Ground Directorate. "This presentation provides great conversation starters for young leaders by sharing real-world stories Soldiers can relate to and talk about."

"Our goal is to help Soldiers recognize the off-duty hazards they face," Stidley said. "We need to ensure they apply the principles of

training, discipline and standards, which they embrace on duty, to their off duty activities as well."

The 2013 presentation is available at <https://safety.army.mil/ODSAP> (AKO login is required).



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Locked: Campaign sets goal to raise \$125,000

Continued from Page A1

post exchange. Noland was able to post bail and was set free, and even paid an extra \$10 to have Mitchell serve an extra 10 minutes in jail.

The AER campaign season doesn't end with the Jail-a-Thon. The campaign will continue through May when the Army Aviation Center Federal Credit Union will host its annual golf tournament to benefit AER.

"The tournament is hosted by Army Aviation Center Federal Credit Union, but we are there to represent AER,"

said Mimi Brooks, Fort Rucker AER officer. "There will be prizes given away to the winners and anybody can register to play."

The tournament will be May 10 and played as a four-man scramble. It will cost \$60 per person to play. Last year's tournament had a grand prize of a new car to the first person to shoot a hole-in-one.

Last year's AER campaign raised more than \$110,000, and this year's campaign goal is \$125,000, according to Whittaker.

"AER is a commander's program and every commander

can tell you story after story about the successes of AER," he said. "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."

"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," said McRae during the campaign kickoff event earlier this year. "If you add in their Family members, that number jumps to nearly 200,000, and if only 2,100 of those 200,00 donated \$5 a month, the goal would easily be reached."

1-212th: New commander humbled by opportunity

Continued from Page A1

"When we lose a great leader like Ron, we'd normally be very concerned, except for the fact that we are confident that the great leader we have coming in to replace him is going to pick up right where he left off."

Herrera served as Christensen's executive officer before taking command of the battalion, an assignment that he said prepared him to be a leader.

"Thank you for the opportunity to be your executive officer prior to taking command," he said to Christensen. "It's been a demanding but truly worthy experience, and I've learned a lot from you and appreciate your mentorship and support."

The new commander began his military career as a member of the Texas A&M Corps of Cadets before he was commissioned May 15, 1994, as a Distinguished Military Graduate. From there, he attended and graduated

from courses such as the Aviation Office Basic Course, Initial Entry Rotary Wing and UH-60A course, Air Assault School, Aviation Maintenance Manager's Course, Combined Logistics Officer Advanced Course and the Command General Staff College.

Herrera is no stranger to being a leader as he's held positions such as Alpha Company executive officer; C Co., Command and Control platoon leader; F Co., Army Airspace Command and Control liaison officer while assigned to 4th Bn., 227th Avn. Regt. in Fort Hood, Texas; and D Co., Aviation unit maintenance commander while deployed with the 3rd Bn., 158th Avn. Regt. in 2003 during Operation Iraqi Freedom.

"It does my heart well to know that the Wings of Freedom team will be in good hands with you at the helm," Ells said to Herrera and his wife. "I'm confident that you are the perfect team to take this great unit to the next level."

Ells will be transitioning to an MD-500 and moving on to Saudi Arabia where he will be training troops there, according to Christensen, who had nothing but praise for the outgoing commander.

"Ron led our transformation efforts. He helped us with our 40-day model where we were able to, through his efforts, optimize the amount of training simulation and synchronize our efforts, ultimately resulting in a 25-percent reduction in demand of our aircraft," said Christensen. "The real measure of what he's accomplished is not anything that we could give him here at Fort Rucker as an accolade."

"The true measure of what he's accomplished comes from the combat Aviation brigades that he served," he continued. "We continue to get nothing but the best feedback on the quality of the combat Aviators that this fine battalion produces."

Ells offered three pieces of advice to be

successful in the Army profession before saying his final goodbyes. First, he said there is no way to be successful in the profession without a battle buddy. Second, he advised to "leave your foxhole better than you found it."

Third, he paraphrased a quote by Gen. George S. Patton, widely known as America's greatest combat general during World War II — "Lead, follow or get out of the way."

"I'm thoroughly humbled and honored to have had the privilege of leading this great team, and I've learned so much following the great leaders here at Fort Rucker, but now's it's time for me to get out of the way," said Ells.

"It's truly an honor to take command of such an accomplished battalion," said Herrera. "You cannot ask for a better group of Soldiers, civilians or contractors to work with."

Impact: Soldiers, coworkers recall Foley's contributions

Continued from Page A1

procedures for air-to-air combat, the development of the Aircrew Coordination Program that greatly enhanced Aviation safety, and the development of the AH-64 initial test and evaluation training program," Carter said. "He also conducted a comprehensive review of the simulation devices for the Aviation Branch that resulted in an increase in funding priorities at the Department of Army."

He also stretched his reach beyond U.S. borders by developing Aviation training programs for The Netherlands, Egypt, Greece, and Bahrain, and while assigned to the Royal Netherlands Air Force, accomplished a total rewrite of their Aviation doctrine, Carter added.

"He always found a way to challenge himself and be the first at what the Army or his units needed," he added.

Foley began his Army Aviation journey in 1969, serving in Vietnam as an AH-1 Cobra pilot, and also flew the UH-1 Iroquois, OH-6 and AH-64 Apache. After retiring from active duty, he took a civilian job with DOTD, where his impact continued, according to Teresa Strickland, operations officer with DOTD, and Barbara Harper, project management supervisor with the directorate, who both said they worked with him for about 20 years.

"He was our supervisor for a while when he was the deputy director and then, of course, as a civilian coworker we were in daily contact with him. I would say we were friends," Strickland said. "He was a person of absolute integrity and he wanted to be the best at anything he set out to do. He took a great deal of pride in doing things in an excellent way. Professionally and personally, he went out of his way to do whatever he could, and whatever he did, it was done right."

Strickland and Harper said Foley mentored and helped many young Aviators during his career.

"He helped a lot of people who were nameless to us — they know who they are, but we don't know," she said. "But he mentored them — young warrant officers especially, and sometimes helped them with their careers or their personal issues He had impact on a lot of people."

One of those young Aviators was retired Col. Rich

Knapp, the director of USAACE Quality Assurance, who recalled a time in 1985-86 with CW4 "Wild Bill" Foley at Fort Carson, Colo.

"He truly was a mentor to myself and all of the young lieutenants serving at their first duty station," he said. "He taught us how to be professional Army officers, cavalrymen and Aviators, while at the same time enforcing the respect due to commissioned officers from the numerous warrant officers he also mentored," Knapp said.

Foley's reach extended

well beyond the U.S. Army, as well, according to Australian Lt. Col. Stephen Jobson, liaison officer for his country at USAACE.

"Bill Foley was the definition of professional," Jobson said. "He was always well presented, knowledgeable and hard working to ensure the liaison officers were effective. He always made the time to listen, engage and assist with our requirements."

Jobson then listed numerous programs and ways Foley helped the Aviation communities of difference countries, and then summarized, "the

next time you wonder who did the work to bring the numerous Army Aviation capabilities of the major allies of the United States together as a harmonious fighting coalition, think of Mr. Bill Foley."

But while Foley proved masterful at guiding and assisting the foreign Aviators at Fort Rucker, it was his personal touch that created the most impact.

"Bill genuinely cared for us and our Families," Jobson said. "In the days before a hurricane or in the event of impending tornadoes, Bill would drive to our homes

and check in with our Families to ensure we were well prepared. If our spouses or children were sick or hospitalized, he would always take the time to visit and bring a smile to our faces. All the liaison Families came to love Bill, because they all came to experience the love Bill had for them. That is why we regard ourselves as a Family."

That feeling stretched through his many American coworkers, as well, said Strickland.


"He was not an angel, he was not a perfect person," she said. "He was one of

those people that are larger than life. He wanted to be the best at everything ... he knew everyone ... and he was accustomed to being the sharpest guy in the room — in dress and mentally — he was very smart.

"We have fond memories of him, but he was special to a lot of people. It's not always what a person said or did for you — it's how they made you feel."

And Foley, "had that way of making you feel special — it's just what he did," Harper added. "We are greatly missing him."

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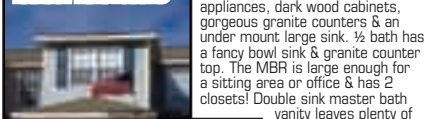
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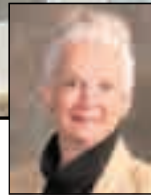
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APRIL 25, 2013

Army, universities partner



Auburn University mascot Aubie learns how to hand-launch an RQ-11A Raven with engineer Daniel Hiatt, holding a Puma, during a 2012 visit to the U.S. Army Aviation and Missile Research, Development and Engineering Center at Redstone Arsenal, Ala.

PHOTO BY MERV BROKKE

By Heather R. Smith
AMRDEC Public Affairs

REDSTONE ARSENAL, Ala. — College students conducting research into remotely piloted unmanned aircraft systems are testing their ideas on actual Army hardware.

In 2012, four Raven-A small UAS were transferred to Middle Tennessee State, Mississippi State, Alabama A&M and Auburn University.

This unique opportunity is the result of partnerships between the Program Manager of UAS; the Aviation and Missile Research, Development and Engineering Center and the four universities.

Under Educational Partnership Agreements, each university was provided with an RQ-11A aircraft, ground control station and Toughbook computer.

According to AMRDEC chief of aero-

dynamic technology, Lamar Auman, the Center anticipates the partnerships and hardware transfers will lead to future research collaboration and opportunities to speed transition of innovative technologies from academia to the field. Auman sees the potential for students to develop new payloads and new sensors to fit into existing and future systems.

In addition to promoting science, technology, engineering and mathematics education, these efforts could lead to new or expanded lower-cost capabilities for all UAS platforms.

Odeal Richardson, technical chief for External Programs for PM UAS, said the memorandums with the program manager and the EPAs with AMRDEC are important steps to take today to develop engineers and technology for tomorrow.

SEE PARTNER, PAGE B4



PHOTO BY STAFF SGT. APRIL CAMPBELL

SLINGLOAD TRAINING

An 82nd Combat Aviation Brigade UH-60M Black Hawk helicopter descends over Spc. Patrick Connelly as he waits to attach a 3,500-pound concrete block to the aircraft during slingload training at Fort Bragg's Marshal Landing Zone in Fayetteville, N.C., April 10. Connelly was assigned to the 2nd Battalion (Assault), 82nd Aviation Regiment.

Communication training translates to life or death

By 1st Lt. Kat Kaliski
166th Aviation Brigade, Division West, Public Affairs

FORT HOOD, Texas — What do Soldiers do when they helicopter crashes and armed civilians are rapidly approaching and firing small arms fire in their direction? In this instance, their ability to make speedy decisions, as well as quickly employ their communication gear is of life or death consequence.

The 166th Aviation Brigade, in its training of mobilized Army National Guard and Reserve units, tests and retests such skills in a practical application setting in its personnel recovery lanes at North Fort Hood.

The 166th Avn. Bde.'s 3rd Battalion, 383rd Aviation Regiment from St. Louis traveled to North Fort Hood to train and prepare C Company, 1st Battalion, 168th General Support Aviation Battalion (Medevac), a National Guard unit from California. Comprised of members from California, Washington and Nevada, the 168th is set to deploy to Afghanistan in the weeks ahead.

Sgt. 1st Class John Steffey, of the 166th Avn. Bde.'s 1st Battalion, 383rd Avn. Regt. out of Des Moines, Iowa, along with 1st Lt. Jamie Battle of the 3rd Bn., 383rd Avn. Regt., teamed as observer/controllers for one of the 20 groups practicing the downed aircraft scenario.

Steffey said the training is like a "mini Survival, Evasion, Resistance and Escape school" for the Soldiers to practice preparing their aircraft for destruction (to keep it out of the enemy's hands), employment of the specialized Combat Survivor Evader Locator Radio, breaking enemy contact, and land navigation.

Traversing the Texas Hill Country in Gatesville, small four-Soldier teams tread as quickly and quietly as possible in the same gear they would wear in a combat zone while using hand and arm signals to communicate with each another.

Meanwhile, opposition forces, replicated by members of 166th Avn. Bde., lurk in the brush waiting to compromise the friendly force's position at any given moment — adding further mission challenges.

The goal is to successfully evade capture, employ their essential equipment and hone procedures that may have gathered dust.

To ensure safe evacuation, each member of the team



PHOTO BY 1ST LT. KAT KALISKI

Sgt. 1st Class John Steffey of the 166th Avn. Bde.'s 1st Bn., 383rd Avn. Regt., provides team leader 1st Lt. Servando Maldonado of the California National Guard's C Co., 1st Bn., 168th GSAB (Medevac) with tactical feedback as they move through the personnel recovery lanes at North Fort Hood, Texas, April 17. The 168th GSAB is training for a deployment to Afghanistan.

implements the techniques they learned the previous day in class, such as authentication, changing frequencies, proper placement of the antenna, manually inputting GPS points, and sending and receiving messages.

In addition to the practical application and team building, a key take-away, according to 1st Lt. Servando Maldonado, a team leader for C Co., 1st Bn., 168th GSAB (Medevac), is getting accustomed to the gear — what Soldiers need, what they can do without, and how to arrange it so they can move expeditiously over a sustainable period of time.

Maldonado, as the leader of this group, and facing his fourth-upcoming deployment, made sure to check that everyone had all of their gear before they left the crash site.

Maldonado has his Ranger tab and graduated from the SERE school. Despite his good-faith efforts, his seat belt jammed, and with the role-playing enemy fast approaching, he, of all people, left his bag in the helicopter as they ran for cover.

SEE TRAINING, PAGE B4

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South Korea to buy AH-64E Apache Attack helicopters

By USASAC
News Release

REDSTONE ARSENAL, Ala. — The Republic of Korea's Defense Acquisition Program Administration announced it will purchase 36 U.S. Army AH-64E Apache helicopters through Foreign Military Sales. The value of this FMS is estimated at \$1.6 billion.

"We are very proud our Korean partners selected a U.S. aircraft," U.S. Army Security Assistance Command's PACOM Regional Director Col. Stephen Smith said. "We received an LOR to submit a proposal last year, and DAPA competed these proposals through a very rigorous process. We were not only competing against other nations, but also private industry from other nations," Smith explained.

The AH-64E Guardian is the most recent platform of the Army's Apache attack helicopter, which means its systems are the most technically-advanced version available to the U.S. Army.

"This purchase by the Koreans means continued interoperability at the highest level, and it may also have an 'economies of scale' benefit for the U.S. Army if we are also purchasing this model," Smith stated.



ARMY PHOTO

The Republic of Korea's Defense Acquisition Program Administration (DAPA) announced it will purchase 36 U.S. Army Apache (AH-64E) helicopters through Foreign Military Sales (FMS). The value of this FMS is estimated at \$1.6 billion.

While USASAC oversees security assistance and the FMS process for the Army, numerous other organizations that support the Army Security Assistance Enterprise also support this case.

"AMCOM (Aviation and Missile Command) Security Assistance Management Directorate,

PEO Aviation (Program Executive Office Aviation) AAHPO (Apache Attack Helicopter Project Office), ACC (Army Contracting Command), CECOM (Communications-Electronics Command), JMC (Joint Munitions Command) and our industry partners are supporting this acquisition in the same

way we support our Army's acquisitions," Smith noted.

For the Army, this purchase by South Korea is expected to account for almost one-tenth of Army FMS for this fiscal year.

"The purchase of a U.S. product through Foreign Military Sales is always a credit to the quality and

professionalism of our Army's equipment and personnel. But this also speaks to the long-standing relationship we have with Korea and supports PACOM (U.S. Pacific Command) priorities and the DOD's (Department of Defense's) rebalance toward the Pacific," Smith said.

Partner: RQ-11A will serve as Army ambassador

Continued from Page B1

"We are in the process of identifying gaps that the universities that they can pursue on their own," Richardson said.

Additional partnerships with other universities are being discussed.

The Raven-A is a great choice for loaning to universities because it's small, man-portable and requires two people to operate, Auman said.

"It's a small portable platform that has a lot of capability for its size," he explained. "It is also the size and class of remotely piloted aircraft that many schools across the nation have been using as teaching aids in

their curricula."

Many colleges and universities compete in programs like AIAA's Design, Build, Fly and AUVSI student competitions. Our obsolete RQ-11A systems will serve as 'ambassadors' to the colleges and will challenge the students to design to the harsh and rugged demands that are placed on these systems."

At the end of the five-year EPA, the university will return the hardware to the Army.

"Our goal is to have new low-cost technology ideas coming back to AMRDEC for future systems," Auman said. "We are taking small steps in that direction and we've got a long way to go before we will realize that goal. While it's not called out in the EPA, it is my per-

sonal hope that the schools will use the Raven hardware to develop a form, fit, function, and communication solutions for a host of sensors applications."

"When someone comes to AMRDEC with a new UAS sensor payload, I believe we should be positioned to partner with them to assist with payload integration and flight tests performance evaluation," Richardson said. "We could develop special sensors to look for a host of things, so that when the next natural disaster occurs we could send in support teams to search for stranded survivors, hazardous leaks from industrial sites, or a variety of other things. I believe that would be a great product that AMRDEC could provide to PM UAS and the nation."

Training: 20 teams complete simulations

Continued from Page B1

"Even leaders need to be checked," said Maldonado.

The teams are generally comprised of a typical Army aircrew (two pilots and two crew chiefs). Before beginning the exercise, they receive a mock pre-flight brief, and conduct team briefings similar to how they would in combat.

Once they have experienced the simulated crash sequence and prepared their aircraft for destruction, the team sets out to evade enemy detection and achieve extraction by a friendly force. Teams designate an individual on the compass, one to monitor the radio and

another to provide first aid.

While an actual incident might take days for the aircrew to reach safety, this exercise lasts approximately only three hours but ensures that every Soldier is familiar with the equipment, techniques and procedures that could serve them well on their worst day.

Twenty teams went through the lanes over two days.

As an observer, Steffey said what he appreciated most was his group's discipline, motivation, and how hands-on they were with the training. One point in particular, which he emphasized to them, is that "you aren't safe even after you've been extracted, so remain vigilant."

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APRIL 25, 2013

VOLUNTEER

Post salutes good Samaritans

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Family gathered to salute individuals who selflessly serve the community Monday at The Landing during the 2012 Volunteer Appreciation ceremony.

Volunteers often give days, months and years of their time to Fort Rucker or other installations, and although they do not work for recognition, the award ceremony honors their service.

Although all volunteers give time and sacrifice personal needs for the betterment of the community, many were recognized for their overwhelming amount of volunteer hours, and Fort Rucker officials tipped their hats to those who freely gave so much.

Volunteers take the time personally to engage the welfare of others, according to Col. Douglas Gabram, deputy commander of the U.S. Army Aviation Center of Excellence, and they bring with them their life experiences, abilities, skills, compassion, intellect and humor.

“You provide [these things] to give someone enjoyment, hope and strength, and perhaps even the courage to face another day,” he said. “Volunteers can be one of the most influential resources we have at an installation in affecting change and improving the lives of those around us. Your valued contributions played a large part in Fort Rucker receiving the [Chief of Staff of the] Army Community of Excellence Gold Award and together you were able to log over 36,000 hours.”

Angel Mangum, wife of U.S. Army Aviation Center of Excellence and Fort Rucker commanding general Maj. Gen. Kevin W. Mangum, said that the amount of time volunteers have put into the installation is enormous.

“If you think about 36,000 hours, that is 18 full-time positions, or 36 part-time positions,” she said after thanking the volunteers.

Volunteer of the Year awards were presented in six categories: Active Duty Volunteer of the Year,



PHOTO BY JANE ARMSTRONG

Darcy Lynch stands with Angel Mangum, wife of U.S. Army Aviation Center of Excellence and Fort Rucker commanding general Maj. Gen. Kevin W. Mangum; Col. Douglas Gabram, USAACE deputy commander, Aviation Branch Command Sgt. Maj. James H. Thomson Jr., and Jennifer Thomson as she accepts her Fort Rucker 2012 Lifetime Achievement Award during the Volunteer Appreciation Ceremony Monday at The Landing.

Volunteer Family of the Year, Lifetime Achievement Volunteer of the Year, Youth Volunteer of the Year, Helping Hand Award and Adult Volunteer of the Year.

Active Duty Volunteer of the Year, Sgt. 1st Class Jorge Jimenez, is a driving force as the praise band leader for the contemporary worship services, directing weekly rehearsals, selecting songs and training new members. He also serves as the lead projects officer for the Wings Chapel annual Purity Ball.

Volunteer Family of the Year was awarded to the Simmons Family. They were recognized for their significant impact on the Fort Rucker community through the Protestant Chapel. They assisted in the kitchen with preparation, purchase and safety of food. They also devoted time to vacation bible school, children’s church, Sunday school, youth of the chapel ministry, dramas and religious education programs and seasonal

education programs.

Darcy Lynch was recognized as the Lifetime Achievement Volunteer of the Year. Lynch was presented the award for her continuous dedication and commitment to the total Army Family, spanning 14 years and six duty stations. She has contributed more than 10,000 combined hours as an Army volunteer. Locally, Lynch helped the Holiday Bazaar raise more than \$10,000 for scholarship and welfare programs, making it the Fort Rucker Spouses Club’s most successful fundraiser in history, has served as the “Flightlines” editor and she is the director of the children’s ministry. Nationally, Lynch acted as the fundraiser chair for Parent-Teacher Association in Hawaii, the senior Family readiness adviser in Kentucky and even served as the community mayor in Kansas.

The Youth Volunteer of the Year, Colin Wright, dedicated his time to the Wings Chapel contempo-

rary service. He plays the drums Sunday mornings and helps other youth to develop their musical skills. Along with his time with the praise band, Wright helped start up a youth ministry prayer team. Wright has dedicated 684 hours to the Fort Rucker Chapel and community. His service projects include helping senior adults with yard work, collecting shoe boxes filled with supplies for the annual Christmas Child ministry and helping with seasonal chapel programs.

Adult Volunteer of the Year, Gretchen Levine, was nominated by two separate entities and volunteers with multiple organizations on the installation. Notable among her commitments is her service as the second vice president of the Fort Rucker Community Spouses Club, chairman of the thrift shop board and Worthwhile Information Needing Distribution meeting representative. She also concurrently teaches Army Fam-

ily Team Building and the “Get Real” class for Army Community Service. She has helped the Thrift Store raise more than \$30,000 in scholarships and about \$40,000 in welfare to Fort Rucker communities annually. This year, Gretchen has contributed more than 1,100 hours while assisting seven different organizations.

The Helping Hand award recipient, Christin James, demonstrated initiative, creating a program to reach out and provide learning tools for Family members. She is a leader within the Army Family Team Building Program and the Army Family Action Plan process. James also serves as the volunteer program manager for AFTB and she participated in the Army’s Master Trainer Program. She is the only volunteer chosen by Fort Rucker to receive that certification and training.

Volunteers with more than 100 hours were also recognized at the ceremony.

Security guards go outside gates to help children

By Nathan Pfau
Army Flier Staff Writer

Security guards are often seen as the first line of defense for Fort Rucker, but behind their stoic looks and authoritative presence, many support the local community in their off-duty hours.

Several Fort Rucker Department of the Army security guards volunteered their time to read to children at the Enterprise Head Start program April 16 as a means to give back to the community during their time off, according to Marvin Brandon, Fort Rucker DA Security Guard Branch chief.

Brandon said he has friends that work for Enterprise Head Start, and when they told him about some of the children’s situations, it prompted him to take action.

“This project is just something that we thought would be good to do for the children,” he said. “We want to be able to give back to the community, and when we heard some of the stories about how unfortunate some of these children are, it just made us want to do something about it.”

The project started about three years ago around Christmas when Brandon got together with other post security guards for a social get together. It was decided that each person coming to the event should bring a small gift for either a boy or a girl.

“We took those gifts down to the En-



COURTESY PHOTO

Fort Rucker DA security guards stand with children of the Enterprise Head Start program April 16. Fort Rucker security guards visit the children once a year, and read books and stories to them as a means to give back to the community.

terprise Head Start Center,” he said. “We gave the gifts to the teachers at the center and told them to hand them out to any children that they thought might need them.”

During their visit, they were approached by one of the teachers who asked if they were interested in volunteering to read to the children during their off time.

“Of course we said yes, and it’s something we’ve done each year since,” said Brandon.

Sgt. Elaina Provost, Fort Rucker security guard, was one of the volunteers to read to the children and said it gives her a lot of joy to see the children’s faces when

she reads to them.

“The [children] are really curious and they get really excited when we come out there,” she said. “I think it’s good for us to come out there and see them because it shows them that they can do something better for themselves.

“A lot of them tell us that they want to be police officers or firemen, and things like that,” she continued. “It’s nice to see them get excited about us caring enough about them to come out and spend time with them.”

Provost said it didn’t take much to influence her to give back to the community,

and she wanted to set a good example for the children.

“My children have been fortunate and I was fortunate growing up, and we see a lot of children that don’t have things we’d like them to have,” she said. “It’s about being able to be a good role model or being able to talk to them to make the biggest difference.”

The books that the volunteers read are chosen by the children from their in-house library, and Brandon said no matter the selection, it’s always enjoyable for them to read.

“Last year we went through a lot of Dr. Seuss books,” he said. “Those same books that I read growing up, I now had the chance to read to these kids, and it just made me feel good.”

Although the main goal of the project is to give back to those in the community that are less fortunate, another aspect of the project is to show that law enforcement, including security guards and police officers, are there to help.

“A lot of children are scared of police officers and security guards,” said Provost. “We want to show them that we’re the good guys and that we’re there to help, and that’s a big deal to me.”

Brandon agreed.

“A child’s first reaction when they see the badge is to be scared, and I think it’s very important to [change the perception],” he said.

ON POST

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

Financial Readiness Training

Army Community Service offers Financial Readiness Training May 3 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. The free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

Mother's Day craft making

The Center Library hosts a Mother's Day craft making activity May 7 from 3:30-4:30 p.m. for children ages 3-11. Supplies will be available and light refreshments will be served. Space is limited to the first 65 children. People may stop by or call to register.

For more, call 255-3885

Home buying and selling workshop

Army Community Service offers a home buying and selling workshop May 7 and 9 from 6:30-8 p.m. at The Commons. The workshop will cover these topics: the home buying and selling process, including credit histories; shopping for a mortgage; types of mortgages; closing costs; buyers' and sellers' agents; preparing to sell your home; avoiding foreclosure; short sales; and other pertinent information. The workshop is presented by ACS accredited financial counselors.

Seating is limited, so people should preregister by calling 255-9639.

Military Spouse Day

In recognition of Military Spouse's Day, The Landing Zone will be offering a free slice of cheesecake to all military spouses with the purchase of an entrée May 10. Spouses will be required to show ID for the free dessert. If a spouse has a Blue Star Card, no purchase will be necessary to receive the offer. Also, all of Coffee Zone locations will be offering 50 percent off of any sized coffee or tea beverage to spouses and a free tall coffee or tea to Blue Star Card holders.

For more, call 598-8025.

Blue Day

April is recognized as Child Abuse Prevention Month, and the Fort Rucker community is getting into the spirit by asking people to wear blue every Friday of the month as part of the Blue Day Campaign. This communitywide effort to recognize the collective responsibility to prevent and confront all forms of child abuse is designed to serve as a visible commitment to support child abuse prevention.

For more, call 255-9641.

End of School Block Party

The youth center will hold its End of School Block Party May 11 from 5-10:30 p.m. The event is open to youth ages 11-18 in grades six through 12. Youth must have an active child, youth and school services membership to participate, but members may bring a guest. Guests must bring photo ID to verify their age. The party will include a live band, tournaments, prizes, eating contest, dance contest, an obstacle course and tug of war. The event is free and reservations are not required.

For more, call 255-2245 or 255-2260.

Mother's Day Brunch

The Landing hosts Mothers Day Brunch May 12 from 10 a.m. to 2 p.m. Moms attending the brunch will receive a free flower. Buffet prices are \$18.95 for adults, \$8.95 for children 6-12 years of age, \$4.95 for children 3-5 years of age, and children 2 years and younger eat for free. There will be a military



COURTESY PHOTO

AER Golf Tournament

Golfers head out for the tees at last year's Golf Tournament for Army Emergency Relief. The Army Aviation Federal Credit Union hosts the 23rd annual Golf Tournament for AER May 10 with registration at 10 a.m. and shotgun start at noon at Silver Wings Golf Course. For more, call 598-2449.

Family special price of \$45 for two adults and two children. Reservations are strongly recommended.

For more, call 598-2426.

ScreamFree Marriage Workshop

The Fort Rucker Family Advocacy Program hosts its ScreamFree Marriage Workshop May 14 from 11 a.m. to 1 p.m. at The Commons in Bldg. 8950 off of 5th Avenue. Officials said a scream-free marriage begins with people calming their own anxiety and focusing on individual self-respect, championing their own personal growth as the key to intimacy. ScreamFree Marriage celebrates the differences between spouses as the foundation for a great marriage.

For registration and child care information, call 255-3898, 255-0960 or 255-9644. Registration is required and opened to the first 16 to register. The workshop is opened to active duty and retired military, Department of Defense employees and their Family members. The event is Exceptional Family Member Program friendly.

Children's Book Week

The Center Library will celebrate Children's Book Week May 12-18. Children can enter a contest to guess how many pieces of candy are in a jar, check out books and enter a drawing to win a prize. They can also pick up a story starter from the library and complete the story using their imaginations. The stories will be judged on creativity in the following age groups: 3-5, 6-8, and 9-11. Stories must be completed and brought to the Center Library by May 17. Winners will be chosen May 20. Participants do not need to be present to win. Story starters can be picked up at the Center Library starting Wednesday.

For more, call 255-3885.

EFMP Information, 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 May 14 from 9-10 a.m. at The Commons. The topic for the meeting is EFMP and PCSing: What You Need to Know. Tips, tools and resources will be discussed that can assist people with their PCS moves. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information or to register, call 255-9277.

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Chaplain: Resources available to help with parenting

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

This week's article will cover the subject of the parenting. I would venture to say that next to marriage, the decision to have and raise children is probably the most important thing you will ever do.

Raising children does not come easy, nor does it come cheap, but it yields wonderful memories and moments if you know that you have done what you could.

The goal of parenting should be to create a secure relationship with your child from Day 1. What is very noticeable and interesting is that a child has an attachment behavior built in, and it is activated especially by pain, fatigue and anything frightening, and also by the mother being or appearing to be inaccessible. In attachment theory, this is all about protection.

It is highly crucial for mothers to be available and responsive to their children. A study was made and it was noticed that "infants whose mothers have responded

sensitively to their (baby's) signals during the first year of life not only cry less during the second half of that year than do the babies of less responsive mothers, but are more willing to fall in with their parent's wishes."

So, it turns out that children will be better adapted socially by the way they are treated by their parent or parents. The principle is referred to as the law of sowing and reaping. Another example from this principle is that if the children's mothers respond to their children's distress signals and provide comfort, these same children will also respond to the distress of others.

It is also very interesting that how mothers were raised in their early years creates a negative impact on how they raise their own children. There was a study done in London many years ago that revealed, "women who, during their pregnancy, give a history of having been separated from one or both parents before the age of 11 years are particularly likely

to have marital and psychological difficulties after their baby's birth, and also to have trouble with their infants' feeding and sleeping."

Unfortunately, a parental bond can be one of abuse. There was a study done at Oxford (1975) upon 25 children who had been physically abused. It goes on to say, "children who had been abused were significantly more likely than their siblings to have been the product of an abnormal pregnancy, labor, or delivery, to have been separated from their mother for forty-eight hours or more soon after birth and to have experienced separations of other kinds during their first months of life."

Hopefully by now you see the high importance and impact of how the parent affects the child and how that can lead to either negative or positive consequences to include the next generation. A secure relationship means quality time with your children; being responsive, being engaged and being available.

If you are struggling with parenting skills, there are many good resources to enable you to be the best parent you can be, such as books and workshops. This will take time and work, but the dividends are well worth it.

I highly encourage you to strive to be the best parent you can be. Remember, they only grow up once and they grow up way to fast! Children are a wonderful blessing of God and He has entrusted you to raise them properly.

There will be a wonderful opportunity at the Fort Rucker Spiritual Life Center for fathers to spend quality time with their daughters Saturday from 5-8:30 p.m. It is called the Purity Ball. It will be a wonderful time and includes a special speaker, dining, dancing and a photographer to capture the moment.

Those who are interested can call the religious support office at 255-2012 to get more information and tickets.

Fathers, this will give you a great opportunity to be with your princess.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday
11 a.m. Liturgical Worship Service Sunday
12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic

Confessions Saturday 5 p.m. Catholic Mass Saturday.

WINGS CHAPEL, BUILDING 6036


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

SPIRITUAL LIFE CENTER, BUILDING 8939



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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study, Yano Hall, Wednesday 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.




Please come join us
as we lift our prayers
across the nation




Thursday
2 May 2013
1200-1300

Headquarters Chapel
Building 109
Shamrock Street
Fort Rucker, AL



PRAY FOR AMERICA



For more information, contact the Religious Support Office
334-255-2989/2012.



COURTESY PHOTO

Pick-of-the-litter

Meet Shirley, a two-year-old female calico available for adoption at the Fort Rucker stray facility. She is the only kitty currently up for adoption and she is very loveable and playful. Shirley is already spayed and front declawed. It costs \$81 to adopt Shirley and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's *Facebook* page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Church Directory

"Be ye followers of me,
even as I also am of Christ."
1 Corinthians 11:1

First United Methodist Church

Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship -
New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
cfumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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www.GraceBaptistChurch-Ozark.com

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2013



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relationship.

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additional daughter

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4 & Up

Dress:
Formal or
Sunday Best

To register or for more information, please contact Jorge Jimenez: 931-220-6017.
Email: ruckerpurityball@yano.com

Gem show comes to Dothan

Wiregrass Museum of Art *Press Release*

Do you examine individual rocks in driveway gravel? Can you pronounce the word chalcedony? Ever pack a pick and shovel when you go on vacation?

Even if you’ve never licked a rock to show off its beautiful colors, the folks in the Dothan Gem and Mineral Club invite you to join them for the sixth annual Gem and Mineral Show Saturday and Sunday at Westgate Park Recreation Center in Dothan.

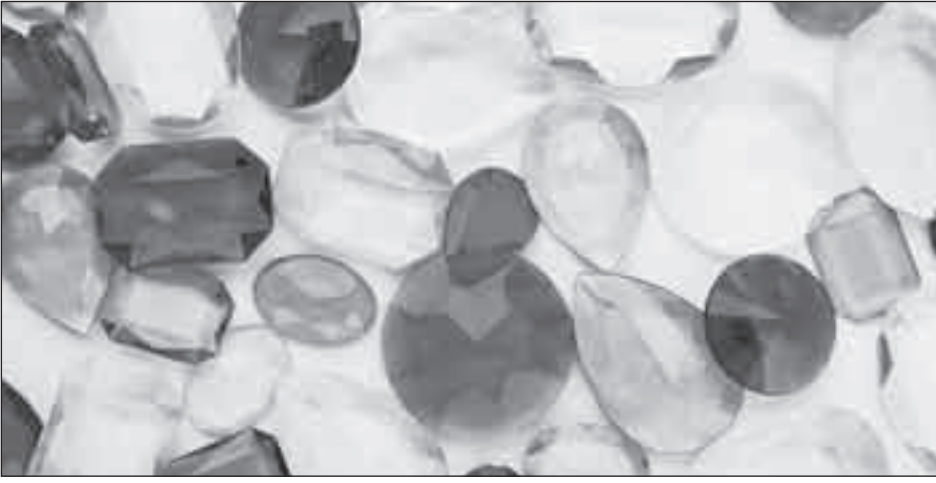
The club will display and sell specimens collected in the Wiregrass — and

other natural treasures from around the world. Throughout the weekend, patrons can see flint knapping and stone cutting/polishing demonstrations. Special activities include activites for kids, hourly drawings for free door prizes, and a silent auction.

It’s a Family-friendly event with something for everyone: gemstones and finely-crafted jewelry, crystals and beads, and more.

Admission and parking is free. Hours are Saturday from 9 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m.

For more information, visit www.wiregrassrockhounds.com.



COURTESY GRAPHIC

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 334-222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

MAY 11 — The first IAMAW district 75 Hawgs for Guide Dogs Ride will begin at local lodge 2003 with day-of registration at 9 a.m. and first bike out at 10 a.m. Cost is \$20 for riders and \$10 for passengers. A pancake breakfast will be held from 7-9 a.m. and is open to the public. There will be a 50/50 drawing, tickets are \$5 each or five for \$20. The poker run event also features horse shoes, cornhole and a dominoes tournament. Cost for the tournament is \$25 for singles or doubles. Lunch will be provided for all participants. All bikes are welcome and all proceeds go to benefit Guide Dogs of America. For more information, visit www.hawgsfordawgs75.harleyt.com.

MAY 18 — The fourth annual “Cruisin’ for a Cure” car and bike show will be at IAM Union Hall from 10 a.m. to 3 p.m. rain or shine. Refreshments and entertainment will be featured, as well. For more information, call 447-0288 or 598-0557.

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. The post can host parties, weddings, and hails and

farewells.

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

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.

DOTHAN

SATURDAY — The fourth annual Blue Moon Café Gumbo Cook off will be held from 5-10 p.m. Teams are still welcome to sign up. Registration fee is \$25 for a team of four. Gumbo can be either seafood or chicken and sausage. For more information, visit www.facebook.com/pages/Blue-Moon-Cafe/215659365120163.

SATURDAY — The Superhero’s 5K and One Mile Fun Run/Walk To Prevent Child Abuse will be held at the Westgate Tennis Center - Trail Run at 8 a.m. Race day registration will be from 6:30 a.m. until 7:45 a.m. in front of the Westgate Tennis Center. The entry fees are \$20 with a shirt or \$15 without. Registration forms are available on-line at www.exchangeap.org. For more information, call 671-1966.

TUESDAY, MAY 7, 14 AND 21 — The Wiregrass Museum of Art will host Play in the Clay, a pottery class for adults on Tuesdays from 10:30 a.m. to 12:30 p.m. Cost is \$75 for nonmembers and \$65 for members. For more information or to register for a class, call 794-3871 or visit www.wiregrassmuseum.org.

MAY 1-4 — The Flagship Theatre presents “The Tempest” at 2 and 7 p.m. May 4. Tickets are \$10 for adults and \$8 for students, senior citizens and military. For more information, visit www.theflagshiptheatre.com or call 699-3524.

MAY 7 — Landmark Park hosts the Life and Work of the Honeybee. Through three different learning stations attendees will explore honeybee communication and life cycle, honey production and harvesting, pollination, and hive environment from 9 a.m. until noon. This program will provide the opportunity to watch a bee-keeper work a real hive of bees and taste

freshly gathered honey. Cost is \$6 per person. For more information, call 794-3452 or visit www.landmarkpark.com.

MAY 18 — The fourth annual Hardees Ride for Hope to benefit Wiregrass Hope Group will begin at the Hardees of Dothan at 9 a.m. Free breakfast and lunch with free refills will be provided. There will be cash prizes and eight stops. Registration fees are \$20-\$40. For more information, visit www.wiregrasshopegroup.blogspot.com.

ONGOING — The Wiregrass Museum of Art hosts “First Saturday Family Day” the first Saturday of every month at 10:30 a.m. The event is recommended for elementary aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ENTERPRISE

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.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer’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.

GENEVA

FRIDAY-SUNDAY — The Geneva Festival on the Rivers is a Family festival at Robert Fowler Memorial Park that features food, sculling contest, tug-of-war, country and gospel music, a coin scramble, arts and crafts, music, worm fiddling and more April 27 from 8 a.m. to 6 p.m. and April 28 from 1-6 p.m. Admission is charged. For more information, call 684-3589 or visit www.genevariverfestival.com.

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 Veterans 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

MAY 4 — The Daisy Games Mush Ball Tournament and Children’s Festivities Fundraiser for Brittany Shepard Pugh Scholarship Fund will be held at Steagall Park at 8 a.m. For more information, call 774-9321.

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

Friday Fest

Friday Fest in downtown Panama City is Bay County’s largest street festival with more than 200 show cars, 50 vendors and live bands — filling up six blocks of Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Mother’s Day

A Mother’s Day brunch at Kingfish Restaurant and Sushi Bar overlooking St. Andrews Bay will be held from 10:30 a.m. to 2:30 p.m. May 12. Featuring house-smoked blackened round of beef, cider brined pork loin, fresh sushi or spicy chilled peel and eat shrimp. There will be breakfast dishes, salads, soups, pasta, desserts and a child’s buffet. Adults are \$29.95 and children 12 and under For more information, call (850) 236-6075.

Weapons That Made America

At Fort King George Historic Site in Darien people can view an extensive collection of reproduction and original weapons ranging from the 16th to the 20th century Saturday, 10 a.m. to 4 p.m. There will also be periodic firing demonstrations throughout the day. Cost is \$4-\$7. For more information, visit GeorgiaStateParks.com or call (912) 437-4770.

Geocaching and Camping Weekend

Saturday from 6:30–9:30 p.m. at the Chattahoochee Bend State Park in Newnan people are invited to join

campers to launch the GeoCamper’s weekend. Luminaries will be set up while campers geocache. As participants wait for sundown the naturalist will engage visitors with an interpretive program about the park’s owl population. Activities include a bonfire, hotdogs and s’more roasting and lighting luminaries. Cost is \$5 plus \$5 for parking. For more information, visit GeorgiaStateParks.com or call (770) 254-7271.

Spring at the Homestead

The Red Top Mountain State Park in Cartersville invites the whole Family to this living history event and discover what life was like for Soldiers and civilians during the Civil War Saturday and Sunday from 10 a.m. to 4 p.m. Staff and volunteers demonstrate cooking, blacksmithing, woodworking, toys and games, candle dipping and more. Free and open to the public. For more information, visit GeorgiaStateParks.com or call (770) 975-0055.

Music Festival

The Little Roy and Lizzy Music Festival will be May 1-4 from noon to 10 p.m. at Elijah Clark State Park in Lincolnton. Event features bluegrass performers and food and craft vendors. Bring lawn chairs.\$5 for parking. For more information, call (706) 864-7203.

Twilight Paddle

Explore Lake Rutledge on this ranger-guided twilight paddle May 3-4, May 17 and May 26-27 from 6-8 p.m. at Hard Labor Creek State Park. People can look for Eagles and watch the changing colors on the water as the sun sets. People should meet at the park office. Register in advance.

Price is \$15 plus \$5 parking.

For more information, call (706) 557-3001.

Southern History Train Ride

Explore history with a departure from Georgia Veterans State Park, followed by an hour layover in Archery at the boyhood farm of President Jimmy Carter May 3 from 10 a.m. to 3:45 p.m. on the SAM Shortline Excursion Train in Cordele. Hop back on the train for a 10-minute ride into Plains for an hour and 20 minutes. The train returns to Georgia Veterans Park. For more information, call (877) 427-2457.

May Day Train Ride

Enjoy May Day festivities at St. Mark A.M.E. Church in Cordele on the Shortline Excursion Train May 4 from 9:45 a.m. to 3:35 p.m. Arriving at 12:30 p.m., people can have lunch, hear choirs, view exhibitors making soap, have a child’s face painted and children’s crafts vendors will be in attendance. There will also be the tradition of planting the May Pole at 1:15 p.m. and guest speakers. (877) 427-2457.

High Falls Historic Walk

People can join the parks naturalist on a short walk and learn about the history of the once-prosperous town of High Falls May 4 from 10-11:15 a.m. at High Falls State Park in Jackson. Hike also includes a tour inside the old powerhouse, which provides photo opportunities of the Towaliga River. People are asked to wear sturdy shoes. Meet at the Visitor Center. Cost for the vent is \$5 per person plus \$5 per vehicle for parking. (478) 993-3053.

Fort Rucker observes National Prescription Drug Take-Back Day

By Chanel S. Weaver
U.S. Army Public Health Command
Public Affairs Office

National Prescription Drug Take-Back Day will be observed locally and nationwide Saturday.

Sponsored by the Drug Enforcement Administration, the day is specifically set aside to allow an opportunity to empty medicine cabinets, kitchen drawers, purses and pillboxes of unwanted, unused and expired prescription drugs, and take them to authorized collection sites in local communities.

Fort Rucker will participate in the DEA's fifth National Drug Take-Back Day Saturday from 10 a.m. to 2 p.m. in front of main post exchange, according to Jesse Hunt, Army Substance Abuse Program prevention coordinator.

Other locations that people can drop off their unused or unwanted medications include Daleville Grocery Outlet parking lot, Enterprise police station's hallway entrance, Ozark Wal-Mart parking lot and the Dothan police station's walkway entrance.

Drug overdoses and brain damage linked to long-term drug abuse killed an estimated 37,485 people in 2009, the latest year for which preliminary data are available, according to a report by the Centers for Disease Control and Prevention.

"Drugs now kill more people than motor vehicle accidents in the U.S.," said Maj. Clifton Dabbs, a physician and epidemiologist at the U.S. Army Public Health Command.

Prescription drug use has increased over the years in the military. About 17 percent of military personnel reported misusing prescription drugs, including stimulants (other than methamphetamine), tranquilizers/muscle relaxers, sedatives/barbiturates, pain relievers, anabolic steroids, and erectile dysfunction drugs, according to the 2008 Department of Defense Survey of Health-Related Behaviors.

As in the civilian population, pain relievers were the most commonly misused/abused type of prescription drug across the military services and in the Army specifically.

According to the 2011 Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health, more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

Dabbs said that the abuse of opiates is becoming more prevalent across the Army.

"Our surveillance shows that there is a rapid increase in the numbers of Soldiers being diagnosed with opiate dependence or abuse since 2005," said Dabbs.

Opiate drugs are narcotic sedatives that depress activity of the central nervous system, reduce pain and induce sleep. When misused, opiates can become deadly.

"Opiates act centrally on the nervous system and can actually suppress your ability to breathe," said Dabbs.

For this reason, it is important to get rid of painkillers as soon as possible.

"It is highly recommended to flush any narcotic pain killer down the toilet when they are no longer needed for the treatment of pain in which they were prescribed," said Dabbs. "This is because the risk of someone stealing them, taking them by accident, and/or the temptation to use them recreationally when drinking is too high and the consequences can be deadly."

While flushing is not a recommended disposal method



for many drugs, Dabbs' advice about opiates is seconded by authorities such as the Food and Drug Administration.

Dabbs also pointed out that drugs can lose potency and effectiveness if they are stored improperly or kept too long.

Since the opportunity to dispose of unwanted and expired medications comes around only once a year, Dabbs thinks it's an opportunity that should be seized.

"In the interests of both health and safety, it's best to rid homes and barracks of unneeded prescriptions," Dabbs said. "Disposing of old prescriptions through the take-back program removes the risk of misuse and precludes accidental overdose by children or pets."

For personnel who are unable to visit an authorized collection site, the Food and Drug Administration recom-

mends disposing of prescription medication by taking the medication out of its original container and mixing with kitty litter or used coffee grounds, then double bagging the item, and putting out with the trash.

Past Prescription Drug Take Back-Days have been very successful, according to the DEA. Last September, more than 488,000 pounds of unwanted or expired medication was collected at 5,263 take-back sites.

For more information on National Prescription Drug Take-Back Day or to locate a collection center near you, visit: Drug Enforcement Administration at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html, or Food and Drug Administration at <http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm107163.pdf>.

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Tutor.com
Press Release

The pressure is on for military students (and their parents) as the final months of school have arrived and everything that comes with them, but military Families can decrease their stress levels and improve their children's grades with personalized tutoring offered online and at no cost to children in military Families.

All kindergarten to 12th grade students in eligible U.S. military Families can access Tutor.com at www.tutor.com/military, which is funded by the Department of Defense Family, Morale, Welfare and Recreation Library Program, the Yellow Ribbon Reintegration Program, the Army General Library Program and the Navy General Library Program.

Available any time, any

day, this DOD-funded resource provides expert tutoring in all core school subjects. Tutor.com allows students to work one-to-one with a live tutor online for help with homework, studying, test preparation, proof-reading, essay writing and more. Instant, on-demand expert support is available in all core subjects, including algebra, geometry, calculus, physics, earth science, language arts, history

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Tutor.com is staffed by more than 2,500 carefully screened experts who are available to work one-to-one with a student online. With an Internet-enabled computer or handheld mobile device, students can connect to a tutor any time, any day from anywhere — no appointment needed. A student and tutor work together in a secure and anonymous online class-

room that features an interactive whiteboard, file sharing and instant messaging.

Students of all skill levels can benefit from using Tutor.com — students can work with tutors for step-by-step help with homework assignments or simply ask a tutor to double-check their work. Parents of younger students can log in to Tutor.com and work alongside their children. Advanced

students can get help with more challenging classes.

Feedback collected from Tutor.com users shows that students who use it are more confident in their schoolwork, complete more homework assignments and improve their grades.

Creating an account and working with a tutor is quick and easy. For more information and to create an account, visit www.tutor.com/military.



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<p>FOR RENT</p>  <p>87 CO RD 740 This 3BD/2 BA home includes a living room, dining area, stove with built in microwave, refrigerator, dishwasher, garbage disposal, utility/laundry room with washer and dryer, double car garage, patio. Pets Neg. with non-refundable pet fee!</p>	<p>JUST RENTED</p>  <p>305 ELM ST, This 4 BD/2.5 BA Home includes a living room, dining area, stove, refrigerator, microwave, dishwasher, garbage disposal, utility/laundry room with washer and dryer, patio, fence and POOL WITH POOL SERVICE! Pets ok with non-refundable fee!</p>	<p>FOR RENT</p>  <p>120 CONCORD, This 2BD/2BA townhome has an open floor plan with living room, dining area and includes stove, refrigerator, dishwasher and microwave/hood combination. Privacy fenced back yard. Pest control, grass cutting and use of clubhouse and pool included. Pets Neg. with Non-refundable pet fee.</p>
<p>FOR SALE</p>  <p>123 COMMONS DRIVE, GREAT INVESTMENT! This 2BD/2.5 BA Town home is FRESHLY PAINTED WITH NEW CARPET THROUGHOUT and comes with all appliances to include washer and dryer, Lawn care, pest control and use of Clubhouse and POOL. PRICED TO SELL AT \$79,000! CALL FOR A TOUR TODAY!</p>	<p>FOR SALE/ON LEASE</p>  <p>111 S SPRINGVIEW DRIVE, This 2BD/2.5BA townhome is FRESHLY PAINTED and includes washer and dryer, refrigerator, microwave, stove, garbage disposal, dishwasher, patio, and fence. Lawn care, monthly pest control, use of clubhouse and community pool included. Pets Neg. with non-refundable pet fee!</p>	<p>FOR SALE</p>  <p>431 SANDY OAK, THIS 3BD/2.5BA TOWNHOME FEATURES A BEAUTIFUL KITCHEN WITH TILED BACKSPLASH AND STAINLESS APPLIANCES! DON'T MISS THIS ONE CALL FOR A TOUR TODAY!</p>

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Army deaths spur successful campaign against supplements

By Donna Miles
American Forces Press Service

WASHINGTON — A “David-and-Goliath” scenario, an Army installation commander standing up to a multi-billion-dollar industry over the deaths of three of his Soldiers, has borne fruit in a national Food and Drug Administration warning and the drug maker’s decision to stop production of a controversial dietary supplement.

Maj. Gen. Dana J.H. Pittard, commander of Fort Bliss, Texas, and the 1st Armored Division, lauded USPlabs’ announcement that it would stop production of Jack3d.

The supplement contains dimethylamylamine, a stimulant popular among bodybuilders and dieters that the Food and Drug Administration last week linked to elevated blood pressure and heart attacks.

Pittard’s crusade against the supplement began in 2011 when two Fort Bliss Soldiers, Pfc. Michael Sparling and Sgt. Demekia Cola, died of heart failure during physical training. Their autopsies reviewed that DMAA use was a contributing factor in their deaths.

In July 2012, another Fort Bliss Soldier, Pfc. David Artis, died of heart stroke during physical fitness training. His death also was linked to DMAA use.

Pittard, who instituted a campaign to reduce suicides and other preventable deaths on arrival at Fort Bliss, immediately demanded that products containing DMAA be removed from the shelves of a commercial vitamin store outlet on the post. It was an unpopular move, he told reporters April 18, raising the ire of the Fort Bliss community, questions from some Army leaders and criticism from manufacturers of supplemental products.

“But regardless, we stood firm in the face of that criticism,” Pittard said. “We felt it was the right thing to do for our Soldiers.”

The pushback, he said, actually strengthened the resolve at Fort Bliss to take the fight beyond the installation’s gates. Partnering with the Consortium for Health and Military Performance and the Pentagon’s Department of Military and Emergency Medicine, Pittard and his staff set their eye on eradicating DMAA products across not only the Army, but also the entire Defense Department.

This unified campaign spurred the Army to ban supplements containing DMAA from all installations in March 2012. Four months later, the Defense Department followed suit, banning them from all U.S. installations. In the next promising development, the FDA issued an advisory in mid-April warning consumers not to buy dietary supplements containing DMAA.

But the biggest victory, Pittard said, was the decision by USPlabs, the manufacturer of Jack3d, to stop using DMAA in its products.

“Yesterday’s action by USPlabs really in many ways vindicates those on Fort Bliss who fought so hard, and fought the supplement and billion-dollar drug industry on this issue,” he said.

Pittard expressed thanks to the Army and Air Force Exchange Service, and Army and DOD leadership for supporting the effort. He acknowledged that it took courage to collectively stand up to powerful drug companies and others who resisted their efforts.

“And we believe this will save countless lives in the future,” he said.



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APRIL 25, 2013

Remembering Heroes

Fort Rucker runs to honor survivors, fallen heroes



PHOTOS BY SARA E. MARTIN

Top: CW4 Wayne Grimes, B Company, 1st Battalion, 13th Aviation Regiment, with his son, Owen, carries an American flag during the second Survivors and Fallen Heroes 5k run Saturday.

Left: Three hundred and seventy seven runners participated in Saturday's Survivors and Fallen Heroes 5k run. The run is designed to honor survivors and those who have made the ultimate sacrifice, and to show Families of those fallen Soldiers that they are still members of the Army Family.



By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker community pulled together Saturday during the installation's second Survivors and Fallen Heroes 5k run and remember.

The run is designed to honor survivors and those who have made the ultimate sacrifice, according to Beth Gunter, financial counselor for Survivor Outreach Services, and to show Families of fallen Soldiers that they are still a member of the Army Family.

"This gives us an opportunity to show survivors of our fallen service members that their loved one is not forgotten. We want to honor those who have fallen," she said, adding that this run is a tribute to the sacrifices that they have made for the rest of America.

The run is a collaborative effort by the Directorate of Family, Morale, Welfare and Recreation, the members of B Company, 1st Battalion, 145th Aviation Regiment and the SOS program.

Gunter said that SOS reaches out to all survivors to provide service and answer whatever questions they may have for a lifetime, rather than just a period of time after a Soldier has fallen.

Some runners, like 1st Lt. Joshua Paille, who ran with a 20-pound rucksack, said they carried their fallen loved ones with them daily and that it was meaningful for Fort Rucker to honor the fallen this way.

"I ran for three people, but the one closest to my heart is Lance Cpl. Justin Mcleese. We went to high school together and he was killed in Fallujah," he said. Paille's running partner was Irish, a black yorkipoo who ran for Pvt. Robert Copeland.

"The run keeps the memory of the Soldiers alive. It is so easy to forget somebody when they are gone, but it means a lot to the Families and friends to see the names of those who [have been] lost on our backs and chests. We have to remember them," he said.

Keeping the memories of those lost alive is something that everyone participating from organizers to on lookers said was one of the most important things about the race. Many agreed that races such as this one are for the good of the country.

People could be seen crying during the competition as well as after the race, but smiles ultimately ran the show.

Lining the road at the start and

finish lines were Wiregrass Patriot Guard Riders and members of local Boy Scout Troops. Many said it was an honor to do their parts.

"We do this out of respect for our fallen heroes and those who are still overseas," said Durl Adkinson, member of the Wiregrass Patriot Guard Riders. "We hope that [the Families] know that we are here to support them and that we respect what Soldiers do and what Families have sacrificed."

Three hundred and eighty six stars were worn and all available stars participated in the race. There were 377 participants this year, beating out last year's 359 total.

"We had [several] Soldiers come out and run for survivors in our area, but we also had blank stars if a runner knew someone and wanted to run in their honor," said Gunter.

Officials kept the tone of the race as upbeat as possible. The DF-MWR helicopter was there, music was playing and a bouncy house was there for children.

Five Gold Star Families were represented at the race, embodying the about 700 Gold Star members that live in the Alabama area, according to Col. Stuart J. McRae, garrison commander.

"We will never forget the ones who paid the ultimate sacrifice for the freedoms that we have. This is just a small symbol of that as we run and remember. In a way we are making sure that our Families are also neither forgotten nor left behind," he said.

McRae ran with Pfc. Ryan Winslow's star. Winslow is one of the 386 fallen heroes from the Alabama area.

CW4 Wayne Grimes, B Company, 1st Battalion, 13th Aviation Regiment, said he enjoyed the run, but that it reminded him of the heavy burden in his heart.

"We are remembering not just those who have fallen in this war but in all wars since the Revolutionary War. I am running for lots of lost friends ... too many," he said.

The overall winners of the race were: Penny Proctor, overall female open winner; Kim Barcelone, overall female master winner; Cassie Logan, overall female grandmaster winner; David Seymour, overall male open winner; Marcus Woody, overall male master winner; and Max Timmons, overall male grandmaster winner.

Bandit Mccarthy, who ran with W01 Mac Mccarthy, B Company, 1st Battalion, 145th Aviation Regiment, was the first canine to cross the finish line.

Thunder returns to Lake Tholocco

By Nathan Pfau
Army Flier Staff Writer

With speeds reaching in excess of 100 mph, Thunder on Tholocco promises to excite.

The multi-class boat race returns to West Beach at Lake Tholocco Saturday and promises to bring entertainment for everyone, young and old, and is sure to get the blood pumping during the drag boat race event, according to Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator.

"Thunder on Tholocco is a multi-boat, outboard drag boat race, and two boats usually go head-to-head on a linear race track on the Lake," she said. "This is our seventh time having the race and we're really excited to have this event come back to Fort Rucker."

The gate will open at 9 a.m., and the races will run from 11 a.m. to 5 p.m. Tickets are \$5 in advance and \$7 at the gate, and the event is open to the public. Children 12 and younger get in free.

These high-performance boats last graced Lake Tholocco's waters in 2011 when seven different classes of boats took

to the water. The same seven classes are expected to participate this year. The different classes are river racers, unlimited, pro-mod, bass and skeet, V-6, pro-max bass and skeet, and pro-drag.

"I don't really know much about boats, but what I do know is that they're all really fast and really fun to watch," said Abeln.

In addition to the boat race, there will be other activities that people can take part in between the racing, including wakeboard demonstrations by H2 Watersports.

"They're going to go out on the water with a boat that creates a pretty big wake, and they will do all their wake boarding tricks for people to watch - it's really exciting," said the events coordinator.

There will also be paddle boats in the swimming enclosure for children that are watching the races to help release a lot of that nervous energy and excitement from watching the boats fly across the water, said Abeln.

Families and friends can also participate in kayak and canoe races to test their speed on the waters of Tholocco, as well.

Although swimming won't be permitted during the race due to safety issues, there will be a way for people to get wet and



FILE PHOTO

Boats race across the water during the 2011 Thunder on Tholocco event. This year's event will be Saturday from 11 a.m. to 5 p.m., but gates open at 9 a.m. Tickets are \$5 in advance and \$7 at the gate, and ages 12 and younger get in free.

stay cool in case the weather heats up.

"We will have an inflatable slip-and-slide out there since people won't be able to swim," said Abeln. "It gets a little warm out there toward the end of April, so if people want to get wet to cool off, that will be available to them."

People are encouraged to bring their blankets and lawn chairs to sit and watch the races, and food vendors will be on-hand to sate any appetites that arise from all the excitement, she said.

In order to keep the beach area and wa-

ters safe for everyone, Abeln reminds people that glass containers are not permitted on the lake, and pets are not allowed on the beach. Pets are allowed on the grassy areas as long as they adhere to Fort Rucker's veterinary standards, she added.

"It's going to be a great day and it's a lot of fun," said Abeln. "Not only is it great for Families, but it's a good time for single Soldiers as well, so bring your buddies and come out for some amazing races."

For tickets, call 255-1749.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Philippe



T R I V I A

1. HISTORY: In what century did the Industrial Revolution begin?
2. ANIMAL KINGDOM: What kind of bird is a harrier?
3. MYTHOLOGY: In Greek mythology, what gift was given to Cassandra by the god Apollo?
4. ENTERTAINERS: Who is actress Shirley MacLaine's equally famous younger brother?
5. TELEVISION: What is the name (and nickname) of the dad on the 1990s sitcom "Home Improvement"?
6. NATURAL WORLD: What color is the mineral malachite?
7. INVENTIONS: When was the modern zipper invented?
8. U.S. STATES: What state is home to Mooshead Lake?
9. GEOGRAPHY: Where would one find the Queen Elizabeth Islands?
10. HIGHER EDUCATION: What is Georgia Tech's official mascot of the student body?

See Page D3 for this week's answers.

Super Crossword

SWITCH UNITS

- ACROSS**
- 1 Requests at bar doors
 - 8 Liquid-filled vessel in which to clean things
 - 15 Map source
 - 20 Smears with animal fat
 - 21 Dish of soybeans boiled in their pods
 - 22 Horse sound
 - 23 Most valuable Scrabble square, reduced?
 - 25 Fish store favorite
 - 26 Peter of film
 - 27 Dress edge
 - 28 To that place
 - 30 Impersonal little kiss, enlarged?
 - 36 Celebs' rides
 - 41 Summer, in Quebec
 - 42 Military order
 - 43 Very quickly, enlarged?
 - 46 "Casino" co-star Joe
 - 51 Williams of tennis
 - 52 Dog, often
 - 53 Time-stamps anew
 - 55 Jails
- DOWN**
- 1 "Tell — the judge!"
 - 2 Flit
 - 3 Ad biz award
 - 4 Fido's food
 - 5 Drum effect
 - 6 Uncool sort
 - 7 Dallas-to-Laredo dir.
 - 8 Visitors' first words
 - 9 "— to the list"
 - 10 Blue
 - 11 Dr. provider
 - 12 La — (city in Bolivia)
 - 13 "Follow Me —" (Kipling poem)
 - 14 Final bowling frames
 - 15 Bit of hijinks
 - 16 Zipper parts
 - 17 Limber
 - 18 Feel similarly
 - 19 "Jaws" peril
 - 24 "All right, I get it!"
 - 29 Snicker bit
 - 31 One-eighty
 - 32 "— di-dah!"
 - 33 Western Amerind
 - 34 Opposite of old, in Bonn
 - 35 La Brea stuff
 - 36 Talks like the cat Sylvester
 - 37 Not reactive
 - 38 2000 #1 hit for Santana
 - 39 Infant's bodysuit
 - 40 Spanish lady
 - 44 See 76-Across
 - 45 Some chess pos.
 - 46 "At once!"
 - 47 — de vie
 - 48 Deadlocks
 - 49 Official doc.
 - 50 Cause adherents
 - 53 Fix, as a loose board
 - 54 They blink
 - 56 Swims with the fishes, maybe
 - 58 A couple of runners at the corners, in baseball
 - 59 — Lingus
 - 60 Sci-fi skipper
 - 61 Singer Lisa
 - 64 Limp as —
 - 65 Icy hazard
 - 69 Lith. and Ukr., once
 - 70 Workweek ender: Abbr.
 - 71 Address of "Dr. No"
 - 72 Infant's toy
 - 73 Hit 1990s computer game
 - 74 Scorch
 - 78 Spaghetti sauce brand
 - 79 Bug causing a sore throat
 - 81 They result in two outs: Abbr.
 - 82 "Lost" actor Daniel —
 - 83 Moo goo — pan
 - 85 Artist Yoko
 - 88 Raised a din
 - 89 "Mother" of Calcutta
 - 92 Mad feeling
 - 93 Big name
 - 94 "Truly"
 - 95 Cato's 1,505
 - 96 100-yr. span
 - 97 Hairy sitcom cousin
 - 98 Liquefied
 - 101 With 110-Across, where divas deliver
 - 102 Prodding person
 - 103 Santa-tracking org.
 - 104 Belief set
 - 105 One feeding
 - 106 Provide, as with a quality
 - 107 Extensive, for short
 - 111 "How stupid —!"
 - 112 Not new
 - 113 Lucid
 - 114 Author Wiesel
 - 115 Macy's logo
 - 118 Suffix with Carol
 - 119 Tellies
 - 120 — polloi
 - 121 Farming sci.
 - 122 Taint



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

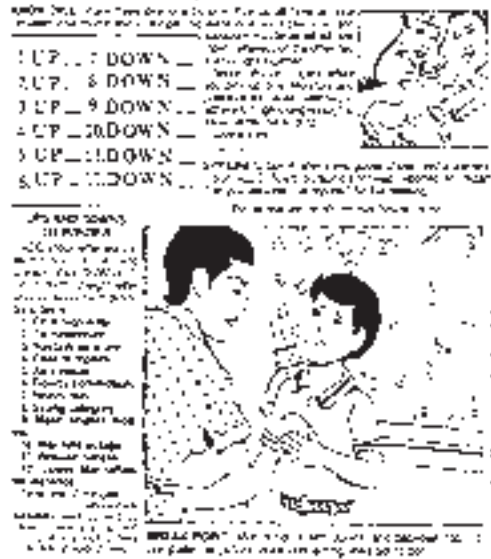
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See Page D3 for this week's answers.

KID'S CORNER

Junior Word

by Hal Kaufman



Wishing Well



HOCUS-FOCUS



Natick employees endure Boston Marathon tragedy

By Bob Reinert
USAG-Natick Public Affairs

NATICK, Mass. — About five minutes earlier, Shivaun Pacitto had crossed the finish line in the 117th Boston Marathon. She was milling about with hundreds of other runners who were waiting to receive their medals and space blankets to ward off the spring chill.

Pacitto, a research psychologist with the Consumer Research Team at the Natick Soldier Research, Development and Engineering Center, was a bit disappointed with her time of 4 hours 3 minutes, 37 seconds, but she otherwise was enjoying the atmosphere before that instant when everything changed.

“All of a sudden, I heard a loud boom, and it shook through my body,” Pacitto recalled. “And I turned back and I said, ‘Oh, my God.’ And then I heard a second one, and I fell to my knees. A runner picked me up and he said, ‘You have to run. There might be another (bomb) at the finish line.’”

Her husband, Gary Pacitto, chief of the engineering division of the Directorate of Public Works for U.S. Army Garrison Natick, also heard the explosions but couldn’t see them from where he was standing. As others ran in the other direction, Gary jumped a fence and sprinted toward the finish line on Boylston Street.

“All I could think of was Shivaun,” Gary said. “When I got there, there was just mayhem. There (were) people coming in wheelchairs without legs. It was devastating to see how many people were injured and how injured they were.”

Gary finally reached the finish line but couldn’t find his wife.

“I walked to the side of the road, and I prayed that she was OK, because I didn’t know where she was,” Gary said. “And then the phone rang, and it was her.”

Pacitto had borrowed a cell phone from another runner and called her husband. They, their young sons and other Family members made it to Boston Common but still didn’t feel safe.

“We got stuck in Boston for hours,” Pacitto said. “We were afraid to take the train home. We didn’t know what was going on with other bombings. My brother came into the city and picked us up and we got home safely.”

The Pacittos said the day after the marathon was worse for them.

“Families that have lost lives and have injured, you know, how do you pray for them in a way that can reach their Families to give them comfort?” Gary said. “That’s the hardest part about today, is realizing that there’s so many people affect by this and so many Families that will never be the same. Today, it was hard realizing there was an 8-year-old boy who died, and others (who) died.”

Lt. Col. Tim Haley, a physician assigned to the U.S. Army Research Institute of Environmental Medicine, knows exactly how Gary Pacitto feels. He was helping elite runners who needed medical treatment earlier in the race and was eating at a nearby restaurant when the explosions took place. In the confusion, first responders wouldn’t allow him back into the medical area.

“I know that an 8-year-old died,” said Haley, a pediatrician by training. “It was sort of frustrating for me.”



PHOTO BY MOIRA ROACH

Shivaun Pacitto, center, of the Natick Soldier Research, Development and Engineering Center, is reunited with husband Gary Pacitto, left, and other members of her Family April 15 after the Boston Marathon. Pacitto crossed the finish line just minutes before the bombs detonated.

At the same time, running between miles 23 and 24 of the race, Mike Nixon came upon spectators on the course and runners walking the opposite way. The ex-Marine wondered what was happening.

“So I was a couple miles away (from the finish line) at that point,” Nixon said. “I had my headphones in. Nobody knew what was going on.”

It soon became all too apparent to Nixon, a program analyst with the Expeditionary Basing and Collective Protection Directorate at NSRDEC.

“I ran into some of my running club friends,” said Nixon, who has run three marathons. “They flagged me down. They were shouting at me because I had my headphones in, and I stopped. They were like, ‘It’s over. A bomb went off at the finish.’ It was kind of like September 11th in the way you’re getting information from other people but you’re not sure what’s really going on.”

Nixon’s thoughts immediately went to his wife, daughter and other Family members, who were planning to meet him after the race.

“And I said, ‘Oh, my God, my Family’s at the finish,’” Nixon said. “And then, of course, I started texting and trying to call, frantically, to make sure everybody was OK. And everybody was OK, thankfully. They hadn’t made it down yet to that point.

“The phones weren’t working very well for obvious reasons, but the text messages were pretty quick, so thankfully, it wasn’t as bad as 9/11, because I remember being in South Carolina and trying to call home. I was in the Marines at the time.”

Behind Nixon on the marathon course in Framingham was Wes Long, an equipment specialist at Natick’s Department of Defense Combat Feeding Directorate. Long was on hand in his capacity as an auxiliary police officer.

“We were able to ensure that marathon ran smoothly and safely through the Framingham section,” Long said. “I am truly saddened by the events that unfolded at the finish line. My thoughts, prayers and support go out to the victims and their Families.

“Also, thank you to all the police officers, firemen, EMTs, first responders, military and anyone else who helped and continues to help during these difficult times. We stand together.”

Earlier in the day, Jenna Scisco, a research psychologist for the Military Nutrition Division of USARIEM, had served as one of the volunteers who guided buses from Boston and greeted runners as they arrived at the starting line in Hopkinton. Fortunately, she wasn’t near the finish line, but she shared some thoughts about the events of the day.

“I am praying for those who lost their lives and were injured, and for their Families and friends,” Scisco said. “It is so difficult to understand what happened yesterday, and so hard to imagine the pain and suffering that those directly affected by this tragedy are experiencing.”

Scisco pointed out that more than 20,000 athletes had taken part in the race and raised millions for charity, and that more than 8,000 volunteers had turned out to help them achieve their goals. Then, when tragedy struck, they went the extra mile for each other.

“Race organizers, first responders, spectators, volunteers, and runners risked their own safety and came to the aid of the injured,” Scisco said. “In the midst of this terrible tragedy, we saw the strength and inherent goodness of humanity shine through.”

After enduring minutes that seemed like hours, Mike Nixon used the GPS in his cell phone and was reunited with his Family. His third marathon attempt had been cut short, but it became apparent it wouldn’t be his last.

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THUNDER ON THOLOCCO

Fort Rucker hosts the seventh annual Thunder on Tholocco Saturday from 11 a.m. to 5 p.m. at Lake Tholocco. People are welcome to bring chairs or blankets and watch multi-class outboard drag boat racing. These high-performance machines reach speeds in excess of 100 mph. For people looking to get in on the action can sign up to participate in a kayak or canoe race, try out a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options. Tickets are \$5 in advance, \$7 day of event, and children 12 and younger get in free. The event is open to the public.

For more, call 255-1749.

OPERATION GOLF 4 LIFE

Silver Wings Golf Course hosts four free golf clinics in May. These one-hour sessions will teach people the basics, winning techniques and how to play the game. People can take part in one session, or all four, as officials say people will learn something new each session. All equipment is provided, and course officials

say it is their way of saying “Thanks for serving!” and “Welcome home!” to Soldiers.

For a schedule of the clinics or more information, call 598-2449.

SUPER DEMO DAY

Silver Wings Golf Course hosts Super Demo Day May 4. The day offers people a chance to experience the latest and greatest that golf technology has to offer, according to course officials. People can use clubs in outdoor conditions to check out performance. The driving range will be equipped with plenty of golf balls. Food and beverages will also be available.

For more, call 598-2449.

DISC GOLF TOURNAMENT

The Fort Rucker Physical Fitness Facility holds its first disc golf tournament May 4 from 9 a.m. to 1 p.m. at the Fort Rucker Disc Golf Course. Trophies will be awarded to first place in the amateur men’s and women’s divisions, and 18 and under, 19–45, and 46-and-older age brackets. Cost is \$12 through May 2 and

includes a T-shirt and \$15. After May 2, T-shirts will be available as supplies last. The Disc Golf Tournament will be 18 holes and people will be paired up randomly, followed by another 18 holes paired by age group and score. People can register at the front desk of the Fort Rucker PFF on Andrews Avenue.

For more, call 255–2296.

GOLF INTRAMURALS BEGIN

The spring-summer golf intramurals begin May 7 and 9 at Silver Wings Golf Course at 5p.m. Cost is a one-time league fee of \$10 per player, and \$10 green and cart fee per player, per outing. Silver Wings members pay \$5 cart fees per outing. Leagues available are Stroke Play on Tuesdays, and a 4-Person Scramble on Thursdays. Intramurals are open to all active duty military personnel, members of the reserve components, and their Family members with a valid ID card. Civilian employees, contract civilian employees, and Family members residing in their households are also authorized. Family members must be at least 19 years of age.

For more, call 598-2449.

PUZZLE ANSWERS

Super Crossword

Answers

1	CARDS	10	WASH POT	11	ATLAS
2	TALLOWS	12	EDAMAME	13	NEIGH
3	TRIPLE	14	WORD DOZEN	15	TETRA
4	TOO	16	HEM	17	THITTER
5	BUSH	18	ELDON	19	THE
6	LIMOS	20	ETEA	21	TEASE
7	INANE	22	NEW	23	HOOR
8	SERENA	24	PET	25	REDATES
9	PRISONS	26	STANLEY	27	QUART
10	STAIR	28	CAB	29	WEE
11	MEASURE	30	FORM	31	MEASURE
12	MBA	32	SBARRO	33	OBI
13	YARD	34	RAGGING	35	LOST
14	SKIP	36	AS	37	ACT
15	TEASE	38	IVY	39	MILE
16	COLLEGE	40	TRIED	41	ARE
17	OUNCE	42	THE	43	PAVEMENT
18	PRORATA	44	NOS	45	HOUSES
19	EGRET	46	WITH	47	ADRAM
20	READ	48	ENVOQUE	49	ARMENIA
21	ARDOR	50	DESIRED	51	RODE
22		52		53	DEER

Weekly SUDOKU

Answer

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

Answers

1. This century
2. A hawk
3. Prophecy
4. Actor Warren Beatty
5. Tim "The Tool Man" Taylor
6. Green
7. JPI
8. Movie
9. Northern Canada
10. The Rambler Wreck, a 1980 Ford Model A Sport Coupe

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III **42** - PG-13
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Sat - Sun 2:00, 4:20, 7:00 & 9:20

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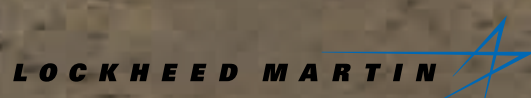
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