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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MARCH 14, 2013

## 597th Co. returns home

By Sara E. Martin  
Army Flier Staff Writer

A special “fast and furious” repair activity team from the 597th Ordnance Maintenance Company returned home Monday from a six-month deployment in the Middle East.

The eight Soldiers from the 164th Theater Airfield Operations Group left Sept. 15 and were deployed to Kuwait, but worked in Afghanistan as well, repairing and replacing air traffic services equipment, according to Lt. Col. David Brooks, executive officer of 164th TAOG.

“This is the 10th year this unit has deployed straight; altogether it has been since 1996. Its one of the longest enduring missions in the entire Army, and this company is the only company in the Army to do this mission,” he said, adding that the detachment has already been replaced

in theater.

The Soldiers traveled to different tactical airfields to inspect the equipment to ensure that it was in good working order, according to CW4 Steven Hess, detachment officer in charge.

“The ATS equipment is in the air traffic control towers, and they deal with radar systems and light controls for the airfields themselves,” he said.

The company accomplished many things while away, but one stands out above the rest.

“Not only were they able to accomplish their task, but two of the Soldiers, Spc. Wigetes Ho and Sgt. Armando Frias, won Soldier and NCO of the Year for the brigade,” said Brooks. “In between fixing equipment and accomplishing their mission, they were able to study and



PHOTO BY SARA E. MARTIN

Grisel and Lily Castillo welcome home Spc. Bernardino Castillo from his six-month deployment. Many Families were reunited Monday when a special repair activity team from the 597th Ordnance Maintenance Company returned home.

SEE 597TH, PAGE A5



PHOTO BY SARA E. MARTIN

## All-Hazards exercise

Col. Stuart J. McRae, Fort Rucker garrison commander, is briefed in the Installation Operations Center and prepares for the Fort Rucker All-Hazards Exercise Wednesday with the Crisis Response Team and staff.

## Army stops tuition assistance

By Master Sgt. William Wiseman  
Army News Service

WASHINGTON – As of Friday, funding for tuition assistance has ceased and Soldiers cannot submit new requests for tuition assistance, according to Lt. Gen. Howard B. Bromberg, deputy chief of staff, G-1.

Approval for the tuition assistance stoppage came from Secretary of the Army John McHugh, and affects Soldiers from both the active and reserve components.

Those currently enrolled in courses approved for TA are not impacted and will be allowed to complete their funded coursework, however.

Soldiers are encouraged to contact their local education centers – the Fort Rucker Education Center is located in Bldg. 4502 and can be reached at 255-2378 – with any questions they may have regarding their education needs and planning, according to officials from the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs/Army G-1. Also, updates on any changes to the TA funding will be posted to [www.goarmyed.com](http://www.goarmyed.com).

This suspension in funding “is necessary given the significant budget execution challenges caused by

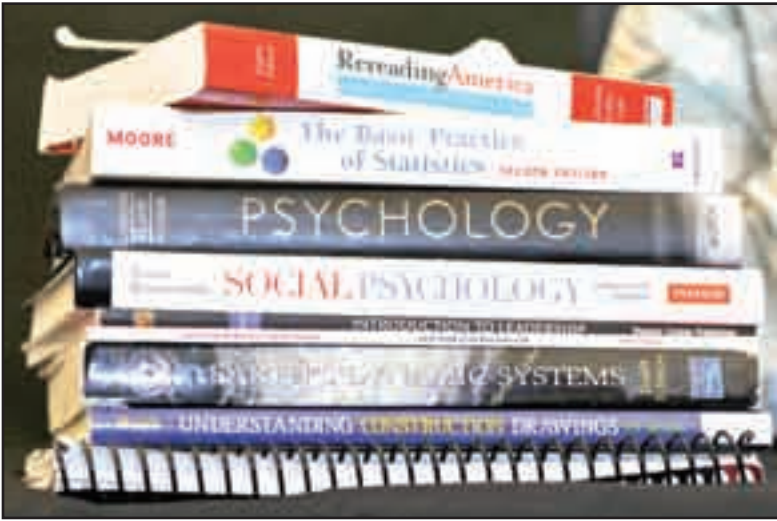


PHOTO ILLUSTRATION BY MASTER SGT. WILLIAM WISEMAN

As of Friday, funding for tuition assistance has ceased and Soldiers cannot submit new requests for tuition assistance.

the combined effects of a possible year-long continuing resolution and sequestration,” the G-1 public affairs office wrote in a released statement today.

The suspension “will remain in effect until the fiscal situation matures,” Bromberg said in the statement. “The Army understands the impacts of this action and will re-evaluate should the budgetary situation improve.”

TA funding, derived from the Army’s budget, is the only education funding affected at this time. Soldiers can continue their education

using alternate methods.

GI Bill funding, which is derived from the Department of Veterans Affairs, is available and Soldiers can continue their education using this benefit. The GI Bill includes the Montgomery GI Bill, Post 9/11 GI Bill and several other education programs listed on their website: <http://www.gibill.va.gov/benefits/index.html>.

Also, National Guard Soldiers may be eligible for state-funded TA benefits. Federal loans or grants are another option for all Soldiers, as well as their Families.

## 10th CAB ATX marks end of era

By Jim Hughes  
Command Information Officer

After 90 Aviation Training Exercises spanning more than 16 years, the 10th Combat Aviation Brigade’s ATX Feb. 26 to March 7 is expected to be the last active-duty exercise of its kind at Fort Rucker.

The ATX era began in 1997 with the 4th Aviation Brigade readying for Kosovo in outdated buildings that no longer exist and ended in the state-of-the-art Seneff facility, with the U.S. Army Aviation Center of Excellence’s Directorate of Simulation running the show to ready units for war with a final collective training event for deploying units, according to Wade Becnel, deputy director of DOS.

The reason for the end of active-duty ATXs is the Army’s move to home-station training, Becnel said, adding it is expected that Guard units will continue to do ATXs at the Seneff since they generally are brought together from different areas when they deploy.

“It’s for all the right reasons,” he said. “Years ago when dinosaurs roamed the Earth and I was still in the Army, we were responsible for our own training. We haven’t done that for more than 10 years now. But now we’re going from an Army at war to an Army preparing for war, which means we’re going to have to do home-station training again.”

He added that the chief of staff of the Army, U.S. Army Forces Command, and U.S. Army Training and Doctrine Command have talked for some time about going back to home-station training, and now it is going into effect.

“They realize that our foundation was always built on home-station training,” Becnel said. “This year, FORSCOM said that after this fiscal year, no more.”

What the reason isn’t is a statement on the value of ATXs, Becnel said, adding that he received a great amount of feedback from commanders and Aviators over the years as to the value of the exercises for deploying units.

“You’ll never achieve perfection – there are always some who won’t recognize the value,” he said. “But for the most part, the overwhelming majority said, ‘Thank God we had an ATX – it really helped us prepare for the mission.’”

Col. David J. Francis, 10th CAB commander out of Fort

SEE ATX, PAGE A5



PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, speaks to members of the 10th CAB March 1 shortly after the Fort Drum, N.Y., unit’s ATX kicked off at the Seneff building. The 10th CAB is expected to be the last active-duty unit to conduct an ATX at Fort Rucker.



# PERSPECTIVE

## Leading Change Team fronts culture change initiative

By Fort Rucker Leading Change Team  
Press Release

The Leading Change Team is the commanding general's culture change initiative that was created to promote participation and collaboration.

The team is comprised of volunteers from all levels and organizations across the U.S. Army Aviation Center of Excellence and Fort Rucker. Its purpose is to identify and remove obstacles, challenges and barriers that hinder great ideas, and connect the right people with the right resources at the right time.

The LCT works with senior leaders to recognize and guide changes that are taking place in order to improve quality of life, and to make USAACE and the Fort Rucker community a better place to work, live and raise a Family.

Ongoing initiatives the Leading Change Team works on are developing Community of Practices, which are collaboration forums designed to bring professionals together by a common specific area of interest, to share knowledge and best practices, solving common problems and developing functional solutions.

To find out more about the Communities of Practices,

log on to <https://www.milsuite.mil/book/groups/usaace-leading-change-team>.

The LCT provides professional development workshops and seminars open to the entire workforce, geared at broadening individual and team skills. The LCT is an avenue that can be utilized to provide assistance to an individual or champion in the identification of ideas to improve the quality of life for the Fort Rucker community.

Find out more about the Leading Change Team at [www.rucker.army.mil/leadingchange](http://www.rucker.army.mil/leadingchange) or by calling 255-0546. Let us be the vehicle for change!

## CID warns of email scam, criminals posing as police

By U.S. Army Criminal Investigation Command  
Public Affairs

WASHINGTON — The U.S. Army Criminal Investigation Command is warning both the Army community and the public about a new Internet phishing scam where criminals are attempting to pose as Army CID officials.

Cyber-criminals are attempting to impersonate members of the U.S. Army Criminal Investigation Command via email, stating that they are from the Office of the Division of Criminal Investigation, or DCI, when no such organization exists within Army CID.

In the email, the perpetrators state that they have discovered fraudulent activities with a company that the targeted victim had contact with. The cyber-criminals then ask the potential victim to acknowledge the email, and provide financial and personal information.

According to CID special agents, these phishing or spear-phishing emails originate from overseas, most likely western Africa, which is home to a number of well-known

Internet scams such as the "Nigerian Scam," "Foreign Lottery Scam" and the "Romance Scam" that continue to plague the public.

Most email scam attempts are easily recognizable as they are usually unsolicited, contain misspelled words, punctuation and grammatical errors, and often ask for personally identifiable or financial information or for money.

Cyber-crime and Internet fraud presents unique challenges to U.S. law enforcement agencies as criminals have the ability to mask their true identities, locations and cover their tracks quickly. Websites and accounts can easily be established and deleted in very little time, allowing scam artists to strike and then disappear before law enforcement can respond.

The ability of law enforcement to identify these perpetrators is very limited, so individuals must stay on the alert, and be personally responsible to protect both themselves and their loved ones, officials said.

CID strongly recommends that Soldiers, civilians and Family members who receive any suspicious or unsolicited emails should delete them immediately without response.

However, if an email is received claiming to be from the Office of the Division of Criminal Investigation, or DCI, take the following steps.

- Do not respond to the email.
- Stop all contact if you have responded to the email and report it to CID.
- Report having received the email to Army CID's "Report a Crime" email address at [usarmy.belvoir.usacidc.mail.crime-tips@mail.mil](mailto:usarmy.belvoir.usacidc.mail.crime-tips@mail.mil).

Other cyber-crime resources available are:

- Internet Crime Complaint Center: <http://www.ic3.gov/default.aspx>; and
- Federal Trade Commission: [spam@uce.gov](mailto:spam@uce.gov).

By reporting this crime, one can assist CID and other law enforcement officials across the United States in their investigations and help bring those responsible to justice.

CID Lookout is a U.S. Army Criminal Investigation Command initiative to partner with the Army community by providing a conduit for members of the Army Family to help prevent, reduce and report felony-level crime.

CID is an independent criminal investigative organization that investigates serious, felony-level crime such as murder, rape, sexual assault, robbery, arson, fraud, and even cyber crime or intrusions into the Army networks (see CID Cyber Lookout).

Solving and preventing these types of crime cannot be achieved solely by CID special agents and the military police. Together, professional law enforcement officers and the Army community must work hand-in-hand to fight serious crime. As such, CID is "on point" for the Army and depends heavily on Soldiers, Family members and civilian employees to "be on the lookout" and provide assistance in keeping the Army strong and safe.

CID Lookout provides the latest information to the Army community aimed at helping Soldiers protect themselves, their Families and to reduce their chances of becoming crime victims.

For more information on CID or to report a felony-level crime or provide information concerning a crime, contact the Fort Rucker CID Office at 255-3108 or visit [www.cid.army.mil](http://www.cid.army.mil).

## Rotor Wash

“Sunday is St. Patrick’s Day. What do you consider to be your luckiest moment?”



**George Fosterii,  
Family member**

“My luckiest moment was getting a job [at a local fast food restaurant].”



**Michael Etheridge  
Steven Jr., civilian**

“My luckiest moment was being able to buy a new car.”



**Pfc. Scott Riggs, HHC,  
164th TAOG**

“I got really lucky once with an awesome tomahawk headshot across the map while playing Black Ops.”



**Zac Weinzierl,  
civilian**

“Things finally worked out for me recently. I got a job as an industrial electrical engineer after being out of work for a little while.”



**Spc. Kim Adams,  
164th TAOG**

“I found \$100 on the ground one time. That was pretty lucky, I think.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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## ACE SUICIDE INTERVENTION

### Ask your buddy

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

### Care for your buddy

- Remove any means that could be used for self-

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

### Escort your buddy

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



# Soldiers help build children’s futures

By Nathan Pfau  
*Army Flier Staff Writer*

Among the Army values, selfless service is one that can make a huge impact both within the Army and to the surrounding communities, and Soldiers in various organizations on Fort Rucker have taken that value to heart.

Soldiers from different organizations ranging from the Basic Officer Leaders Course, Noncommissioned Officers Academy and the Directorate of Training and Doctrine have taken on a project at Rucker Boulevard Elementary to help create an outdoor classroom, according to Sgt. 1st Class Jason Barrett, B Company, 1st Battalion, 13th Aviation Regiment.

“We were looking for something that would allow different people from within our organization [at DOTD] to go out and volunteer on a repeat basis,” said Barrett, who is also a writer and developer for DOTD. “We’ve been going out to Rucker Boulevard Elementary for about four weeks and helping with the construction of their outdoor classrooms.”

The mission of this project is to broaden the minds of the students of Rucker Boulevard Elementary and provide a fun, different learning experience for the children while developing their critical thinking skills, according to Sheree Hardrick, school principal.

“Activity-based learning in the outdoor classroom is a highly powerful tool,” said Hardrick. “It’s not only crucial to a child’s emotional and social development, but presents a whole new educational experience, too.”

The outdoor classroom, which is slated to be completed by Earth Day, will have learning stations that include a formal garden, sculpture garden, charitable garden, rock garden, blueberry garden, butterfly garden, historical garden, sensory garden, performing arts center, weather station, orchard, solar energy station, storytelling corner and a human sundial.

The outdoor classrooms were designed by children at the elementary school, and Barrett said that he and other Soldiers from DOTD have worked with the school staff to help facilitate those designs.

“[This project] is a great fit for us and I like the fact that the school is teaching children useable skills – skills that they’re actually going to be able to utilize for the rest of their lives,” he said.



COURTESY PHOTO

**Soldiers from the Basic Officer Leaders Course help construct the outdoor classroom at Rucker Boulevard Elementary School. Soldiers from various organizations on Fort Rucker volunteer to help construct the classroom, and the outdoor classroom is slated to be completed by Earth Day.**

Staff Sgt. Ryan McFarland, B Co. 1st Bn., 13th Avn. Regt., agreed and said he can’t wait to return to the elementary school to continue the project.

“It just feels great to help out,” he said. “I’ve been out to Rucker Boulevard Elementary twice already, just this past weekend, and we put up a wooden privacy fence, a gate, a rock garden, planted rose gardens and a number of other things.”

Hardrick said the help that the Soldiers have provided has been instrumental in the construction of much of the outdoor classroom.

“They have been an invaluable resource for our project and we have been able to complete most of our projects with the ex-

tra labor,” she said. “They have allowed us to complete several projects that were not scheduled to be completed until next year.

“We are very honored to have Soldiers volunteer with Rucker Boulevard Elementary School to complete our outdoor classroom,” said Hardrick. “It’s such a humbling experience to watch each one dedicate their time and service to us on Saturday mornings.”

Hardrick said that working in conjunction with the Soldiers teaches the children valuable life lessons about selfless service.

“This is another way of exposing our students to different careers and real-life situations,” she continued. “No matter what career a student may choose in life,

the Soldiers are portraying the importance of volunteering and serving the community during their time off.”

A lesson that Barrett is familiar with, and one that he said he is more than happy to share with not only the students, but with others within his own organization and on Fort Rucker.

“I have a long history of volunteering and it’s something that we wanted to set up as an ongoing thing here,” he said. “Volunteerism teaches people how to give back. It gives you a good feeling inside knowing that you’ve contributed, in this instance, to the growth of children, and that’s the overall goal – to selflessly give of ourselves to improve the lives of others.”

## Post seeks to increase motorcycle safety awareness

By Sara E. Martin  
*Army Flier Staff Writer*

So far in 2013, eight Soldiers have been killed in motorcycle accidents according to the Army’s Daily Statistic Spreadsheet, and the riding season is just now approaching.

Fort Rucker officials want to ensure that if Soldiers are thinking of hitting the road or buying a motorcycle that they take all necessary precautions, according to Andrew Smith, lead instructor, traffic safety training program.

“To anybody who says that motorcycling is easy, they either don’t remember or they are lying. We want our Soldiers to have long motorcycling careers as opposed to short-lived ones because, unfortunately, it is not a game and people can get hurt, and we want to avoid that at all costs,” he said.

Officials said there are many factors when it comes to operating a motorcycle safely, beginning with gear.

“If riders are cycling at night, they should wear some sort of reflective gear and they should always try to wear some sort of armored jacket, long-sleeved shirts, long pants, eye protection, gloves and over-the-ankle footwear,” said Sharon Manning,



PHOTO SARA E. MARTIN

**Four students at the motorcycle safety course practice basic skills together before hitting the course Monday.**

installation safety director, adding that shoe strings should be tucked in.

Another safety concern for motorcyclists is to drive defensively.

“The four deadly words are ‘I didn’t see him.’ Always assume that other drivers are not going to see you,” she said.

Those who ride on the back of the motorcycles need to be just as knowledgeable as the driver, according to Manning.

“Passengers should be dressed the same way as the driver and they need to understand the handling characteristics of a

motorcycle, such as leaning,” she said.

Spring is around the corner and showers are generally expected, so while making sure the motorcycle is in proper working condition, Manning said to always check that tires are not over or under inflated and to never ride in rough weather.

“If you plan on a long ride, always check the weather and try to always carry a rain suit in case you encounter an unexpected storm,” she said. “Be very careful when it begins to rain because the rain hasn’t had time to clear the oily film off the road.”

Now that the weather is beginning to become perfect for riding, many cyclists will start to journey to the beaches of Florida. Although the state does not require cyclists to wear helmets, Army regulation does.

“When you are a Soldier, you will wear a helmet while riding, you should want to anyway. People are made famous for thinking, ‘It’s not going to happen to me.’ You can be the safest rider and wear all the equipment and still be in an accident where you are seriously injured,” she said.

Manning also had a few tips for people who are planning to go to local beaches and rent scooters.

“Sand can cover many roads and it is hard to control the vehicle, so be sure to wear a helmet, even though it doesn’t look cool, because you’re not only probably inexperienced but also wearing the wrong gear such as flip flops and shorts,” she said. “Plus, being at the beach you have to contend with all the other activity going on, such as distracted drivers.”

For the rest of the community who sticks to four wheels instead of two, Manning asks them to always be on the lookout for cyclists.

“In this area we have a huge number of riders. If you see one,

have a little more courtesy on the road. Don’t tailgate them and give them more than one car length between you,” she said.

The riders that Smith sees go through the safety course are “responsible and fun, not dangerous risk takers” and said that the safety course has saved money and lives.

“For a relatively low investment in the training, we are preserving the thousands of dollars the Army has invested in Soldiers,” he said.

The motorcycle safety courses are mandatory for riders. There are three types: the basic rider course, the experienced rider course, and the military sport bike course. Manning suggests taking the class sooner rather than later.

“We have a large number of classes available during the spring, but as soon as the weather gets hotter it will not be as easy to get into a class because they are going to fill up,” she said.

Soldiers are notified by their safety officer when they have to take the courses and registration for each course is online.

For more information visit [www.rucker.army.mil/newcomers/motorcycles.html](http://www.rucker.army.mil/newcomers/motorcycles.html) or [www.apps.imcom.army.mil/AIRS/default.aspx](http://www.apps.imcom.army.mil/AIRS/default.aspx).

## News Briefs

### Aviation Training Industry Day

The annual Aviation Training Industry Day takes place March 21 from 8 a.m. to 6 p.m. at The Landing. The event, hosted by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, is open to industry and Fort Rucker aviation community participants and will feature 40 industry exhibits.

Displays open up at 8 a.m., and all speaking events will take place in Legends. Mangum will speak at 8:30 a.m. to welcome participants and introduce training initiatives and challenges. From 9:30-11 a.m., Ellis Golson, Capabilities Development and Integration Directorate, will host a future Aviation challenges panel discussion with Aviation Training and Doctrine Command capability managers and key leaders. From 1-2 p.m., Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major, will discuss Aviation enlisted training initiatives and challenges, and from 2:30-4 p.m., Col. Douglas M. Gabram, deputy commander of USAACE, will host a training initia-

tives panel discussion with training developers, leaders and commanders. From 4:30-5 p.m., Mangum will make a partnering with industry keynote address and make concluding remarks. Display areas will close at 6 p.m.

For more, call 598-5311.

### Unsanctioned TSP app

American Forces Press Service reports there is a free iPhone app for the Thrift Savings Plan available at the Apple App Store that could pose a security risk. A notice on the Thrift Savings Plan website says the “TSP Funds” app, which asks participants for their account login information, is not sanctioned.

“This app is not being offered through the TSP, and the TSP does not recommend using this application to access your TSP account,” the notice says. “Providing this information could result in a security risk to your account.”

The TSP is a retirement savings and investment plan for federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees’ Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans.

### Exchange facilities during sequester

DALLAS – Despite sequestration, the Army and Air Force Exchange Service does not foresee any changes to its day-to-day operations.

“We expect exchange facilities to be fully functional throughout the sequester,” said Col. Thomas Ockenfels, the exchange’s chief of staff. “We continue to remain flexible as we help Soldiers, Airmen and their Families thrive in this environment. Whether it’s a main store, military clothing or a fast food restaurant, all operations will continue.”



# Campbell takes oath as Army's vice chief of staff

By J.D. Leipold  
*Army News Service*

WASHINGTON — After receiving his fourth star, Gen. John F. Campbell was sworn in as the Army's 34th vice chief of staff by Secretary of the Army John McHugh Friday.

Campbell was nominated by President Barack Obama in February to succeed Gen. Lloyd J. Austin III as the Army's vice chief of staff. Previously, Campbell had served as the deputy chief of staff, G-3/5/7 and as commander of Combined Joint Task Force 101 during Operation Enduring Freedom.

In December, Obama nominated Austin to become the head of the joint U.S. Central Command, which oversees all military operations in the Middle East and Afghanistan.

As the son of a U.S. Air Force senior master sergeant, Campbell grew up on military bases around the world before attending the United States Military Academy at West Point, N.Y. He graduated in 1979 with a commission in the Infantry. During more than 33 years of service, he has commanded units at every echelon from platoon to division, with duty in Germany, Haiti, Iraq, Afghanistan and the United States. After his first assignment with



PHOTO BY J. D. LEIPOLD

After receiving his fourth star, Gen. John F. Campbell is sworn in as the Army's 34th vice chief of staff by Secretary of the Army John McHugh Friday. Campbell's wife, Ann, holds the Bible. Campbell succeeds Gen. Lloyd J. Austin III as the Army's vice chief of staff.

the U.S. Army Europe, Campbell was assigned to Fort Bragg, N.C., where he commanded a Special Forces Operational Detachment Alpha in the 5th Special Forces Group and an Infantry company in the 82nd Airborne Division.

Returning to Fort Bragg, he

served as the aide-de-camp to the commanding general, XVIII Airborne Corps, and deployed in support of Operation Uphold Democracy. He later commanded 2d Battalion, 5th Infantry, 25th Infantry Division (Light), at Schofield Barracks, Hawaii.

Campbell commanded 1st Brigade, 82d Airborne Division and led the brigade during Operation Enduring Freedom. Most recently, he served as the commanding general, 101st Airborne Division, Fort Campbell, Ky., and led the division as Combined Joint Task

Force 101 during OEF.

Other significant assignments include: professor of military science University of California, Davis; operations officer, J-33, the Joint Staff; executive officer to the 35th Chief of Staff of the Army; deputy commanding general (Maneuver), 1st Cavalry Division and Multinational Division Baghdad; and deputy director for regional operations, J-3, the Joint Staff; Headquarters, Department of the Army, deputy chief of staff, G-3/5/7.

Campbell holds a bachelor of science degree from West Point and a master's degree in Public Administration from Golden Gate University. He is a graduate of the Command and General Staff College and the Army War College.

Campbell's awards and decorations include the Distinguished Service Medal, the Defense Superior Service Medal, two Legions of Merit, three Bronze Star Medals, two Defense Meritorious Service Medals, six Meritorious Service Medals, the Air Medal, the Joint Commendation Medal, the Army Commendation Medal, the Army Achievement Medal, the Combat Infantryman Badge, the Combat Action Badge, the Master Parachutist Badge, the Pathfinder Badge, the Ranger Tab, and the Special Forces Tab.

## Leading Change Team meets with senior leadership group

By Sara E. Martin  
*Army Flier Staff Writer*

The Leading Change Team met with senior leaders March 7 to inform them of the importance of the LCT's two standing initiatives and how the two groups can benefit from working together.

The primary goal of the meeting was to build a foundation from which the LCT and the senior leaders group can move forward for lasting, positive change throughout the U.S. Army Aviation Center of Excellence and Fort Rucker, according to CW5 Matt Sivacek, an instructor at 1st Battalion, 145th Aviation Regiment.

"This is going to be a great opportunity for us to make a lot of changes within units, to become empowered and to help other people become empowered to make change," he said.

The groups talked about what the LCT is, its history, some of its successful past actions, its mission, how it goes about making change and how it is structured.

"The CG knows he can't do it all, so the more we can get the lowest level people involved in change the more likely that change will last," said Sivacek.

"There are always barriers, challenges and environments that cause frustration because people have no control over it. That is one thing that LCT is phenomenal at. That is one reason the LCT was created, to knock down those barriers," he continued.

The LCT admitted that one of its biggest challenges was operating without or with few senior leaders and that collaborating together will benefit everyone.

"We have learned that without the senior leadership's counsel, we have lost a little bit of the [connectivity] to the hierarchy of USAACE. That is what the senior leader's group is going to bring back. The executive officers and the deputy directors know what is going on in [their] organizations more than anybody," said Sivacek.

According to Wade Becnel, deputy director of the USAACE Directorate of Simulations, guiding coalitions always have to have senior leadership involvement because people don't

manage change, they lead change, and that is why the LCT and the SLG want to work together.

But the LCT wants people, not just senior leaders, to be a part of the positive change that happens on post instead of being a witness and subject to what those changes are.

"People can either be a victim of change or they can be involved in shaping the change," said 1st Sgt. Gabriel Gonzalez, cadre at the NCO Academy.

LCT officials told the

senior leaders that workers' scope is limited if they stay in their "little cubbies," and gave insight into two standing issues that the LCT is working on — professional development and developing Communities of Practice.

"The professional development initiative is specifically dedicated to providing educational opportunities to any personnel on USAACE at no cost," said Christina Parker, supervisor instructional systems specialist for the

Directorate of Training and Doctrine. "We focus on Army Learning Model 2015 strategies, meaning we have workshops on generational influences and how to use PowerPoint as an ALM tool, among other things."

Parker also discussed organizational process improvement.

"We have people bring a process that they use every day within their organization, and we walk them through the process of defining it, analyzing it

and measuring it, as well as coming up with courses of action. We teach people how to work through the process and understand what they are looking at, what it is that they can do and how to present that information to leadership in order to get support," she said.

The other initiative that was discussed was the work the LCT does with developing Communities of Practice, both in person as well as out in [websites] behind the DOD firewall,

such as MilSuite or Mil-Book.

Some of the practices that have already started are the supply community practice, the Instructor Community of Practice and the Defense Travel Administrator Community of Practice.

"Basically it is connecting people that are within the same fields, such as instructors or first sergeants. They can share experiences and knowledge with each other inside their COP," said Gonzalez.

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# 597th: Family thankful for Soldier's return

*Continued from Page A1*

attended the board and they won.”

The competition was brigade wide where participants were quizzed on Soldier and NCO skills, said Hess.

“They did the board via teleconference and we were worried about the connection being lost, but everything went smoothly,” he said.

The Soldiers had to multitask to accomplish this by studying during free time in between missions. And serious multitasking, according to Frias, is something he mastered while away on this first deployment.

“It felt great winning NCO of the Year for the brigade. I studied so hard, it is a great accomplishment for me. It was hard to balance studying for college classes and for the board while I was working and out doing missions. I was doing nothing but studying for over two months,” he said.

But the real highlight of the deployment for the Soldier had nothing to do with awards or celebrations.

“We were sent out to an Air Force airfield and our task

was to help them with their airfield line system. They were told they needed to buy new ones, which would have cost at least \$65,000. We basically looked at their scrap pile of lights and repaired as much as we could with it,” said Frias.

According to Frias, the detachment was uncertain if they could complete the task but that they were able to replace most of the lights and that it was a great accomplishment for the entire team.

This homecoming was extra special for Brooks for he had just returned from a deployment himself last month.

“I spent time during my deployment with these folks and it is bittersweet when you leave people behind when you redeploy and they have to stay. So we came full circle tonight and closed that gap with them returning,” he said.

Spouses were thankful for the return. Grisel Castillo, spouse of Spc. Bernardino Castillo, said she tried to make the days go by by having a routine and taking it day by day.

“If I planned too much ahead, I realized, ‘Man I have

so long to go,’ so I did a lot of things with Army Community Service and Directorate of Family, Morale, Welfare and Recreation to keep busy, but the last two days have been the hardest,” she said.

This was Castillo’s first deployment and the couple was told the day that they arrived that he would be deploying.

“It was a shock at first, but we thought, ‘Better sooner than later.’ It was a little difficult settling in because I had to learn about the things on post and in the area by myself,” she said, adding that she was glad that the support system is so strong for military Families here.

Brooks thanked Col. Douglas M. Gabram, U.S. Army Aviation Center of Excellence and Fort Rucker deputy commander, for coming out to the homecoming and for the support the detachment received from USAACE.

“USAACE always opens their arms for us and makes us feel like one of their own. They always include us and are happy to receive us. I am so thankful for all the help with the 164th TAOG, our sister units and supporting units,” said Brooks.

## ATX: Era ends as Army moves to home-station training

*Continued from Page A1*

Drum, N.Y., is a firm believer in the ATX system.

“The ATX puts units under pressure so that we can find where we need to fine tune our staffs before we go,” he said. “It is our final collective training event and it is an invaluable tool to help us finalize our preparation for deployment.

“The technology that exists now to simulate and put the staff in conditions that you just can’t replicate with live training – to be able to figure out how your staff reacts, processes information and solves problems,” he added. “We’re going to be better because of it.”

And that is exactly what Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, who spoke to the 10th CAB members down for the exercise right before it kicked off, likes to hear from units going through ATXs.

Speaking to the “why” of Army Aviation, Mangum said, “We are and need to be dedicated to and relentlessly focused on honoring the sacred trust with commanders and Soldiers on the ground. That’s why we exist. There is no other Aviation organization on the planet that is dedicated to and relentlessly focused on supporting the Soldiers on the ground like we are. We’re not there for ourselves,

we’re there to make sure that the mission happens whether it’s our job or not.

“Know that no country in the world can do what the U.S. Army can do. No Army can do what the U.S. Army can do because of Army Aviation,” he said. “What we bring to the fight, in the density and the proportion that we do is what sets us apart. The bad guys are scared of us, the good guys love us, and that’s what it’s all about.”

Becnel said the end of the active-duty ATX era leaves a legacy of improving on and proving virtual training as an effective means of readying Soldiers for war.

“I think Aviation is further ahead of other branches (using virtual training) because we rely so heavily on it,” he said. “Everyone wants to fly live, but virtual training can let people make a bad decision and ride it to the crash site — of course you can’t do that in a live aircraft.”

But ultimately, the ATXs were Fort Rucker standing up and accepting a mission given to it by the Army.

“Fort Rucker should be really proud,” Becnel said. “The Army said it needed help, and Fort Rucker stood up and helped. Now the Army is saying, ‘Thank you, Fort Rucker, we’ll pick up the mission again.’”

Becnel said that the end of active-duty ATXs doesn’t mean a reduction in work-

load for DOS, which will continue its primary mission of supporting Aviation training.

“We have plenty of work to do — we’re going to focus on training the warfighters to help them in the field,” he said. “We’ll

be doing more now to help in the future, where this helped in the now. It won’t be as glitzy with everyone running through here, but the results will build future Aviation capabilities and make them better when they get to the units.”

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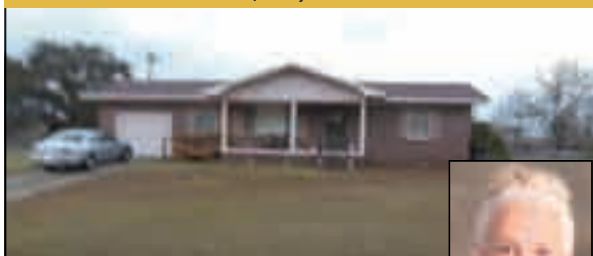


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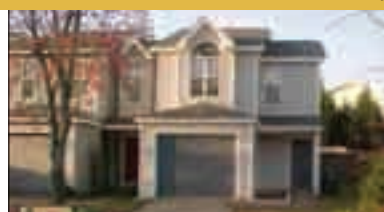
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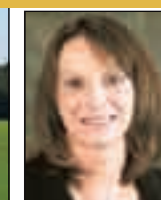
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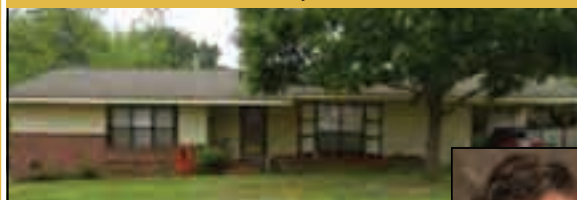
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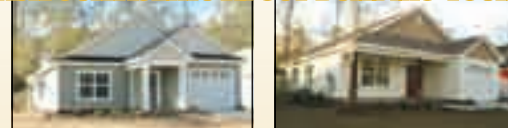
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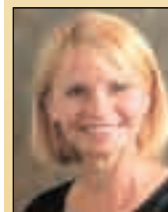
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# Army Aviation looks to overcome ‘degraded visual environment’

By Kris Osborn  
ASA (ALT)

WASHINGTON — Army acquisition officials are pursuing solutions to help aircraft crews navigate through what is called a “degraded visual environment.”

A degraded visual environment is a circumstance wherein weather, obscurants or obstacles thwart the ability of a crew to see properly or accurately know where they are in relation to surrounding terrain, service officials explained.

### Three-pronged approach

Army officials view potential DVE solutions through what could be called a three-pronged approach, which includes:

- improving the existing flight controls systems and handling characteristics to assist the pilot in managing workload when vision or situational awareness is challenged or obscured;
- examinations of “queuing” technologies able to give pilots needed information to make decisions regarding the aircraft; and
- and various sensors able to help aircraft crews see through obscurants.

“One of the key efforts from Program Ex-

SEE AVIATION, PAGE B4



PHOTO BY EJ HERSOM

Soldiers of the 2nd Armored BCT, 1st ID, watch a Kiowa helicopter land in the desert dust at the National Training Center, Fort Irwin, Calif., Feb. 21. Aviators and acquisition officials are exploring sensors, queuing and control methods to better enable flying and landing in what is called a “degraded visual environment.”



PHOTO BY TECH. SGT. JOHN R. NIMMO

# EVACUATION TRAINING

Army medical personnel offload a simulated injured Soldier from an HH-60L Black Hawk helicopter at the Joint Readiness Training Center, Fort Polk, La., Feb. 23. Service members at JRTC 13-04 are educated in combat patient care and aeromedical evacuation in a simulated combat environment.

# UAS Soldiers in Kuwait train to keep ‘eye in the sky’



PHOTO BY SPC. ANDREW INGRAM

Spc. John Vance unmanned aircraft system mechanic, and UAS operators Spc. Luke North and Spc. Adam Carpio, all assigned to A Co., 1st Special Troops Battalion, 1st BCT, 4th ID, mount an RQ-7B Shadow 200 UAS onto its launcher prior to a training mission at Camp Buehring, Kuwait, Feb. 27.

By Spc. Andrew Ingram  
Army News Service

CAMP BUEHRING, Kuwait — “Taking off is a choice, landing never is.”

This is the message CW2 Dustin Hisel, Tactical Unmanned Aircraft System operations officer, A Company, 1st Special Troops Battalion, 1st Brigade Combat Team, 4th Infantry Division, drills into his unmanned aircraft system operators and maintainers daily.

“With any Aviation operations attention to detail is crucial,” Hisel said. “If you miss one step in a checklist you’re looking at a potential loss of a ‘bird,’ and possibly a loss of life.”

At Camp Buehring, the UAS Soldiers can fly and maintain the Shadows constantly, honing their skills in preparation for any mission the brigade requires of them, said Hisel.

“I’m a firm believer that flights in support of real-time combat missions are

the best training for a [UAS] team,” he said. “The downside is that an inexperienced crew can make a mistake and fail to get Soldiers on the ground the information they need. This deployment is a great opportunity for some of my less-experienced Soldiers to get that experience without the stakes being so high, because we are here to on a partnership mission versus a combat operation.”

UAS Soldiers deploy Shadows to facilitate numerous roles during operations, from long-range reconnaissance, to targeting enemy forces for air or artillery strikes.

Pfc. Alfred Townsend, UAS maintainer with A Co., said he relishes the chance to work with the Shadow and improve his expertise on its systems on a daily basis.

“Coming out here six days a week, touching a ‘bird’ every day, gives us an amount of experience we can’t match at

SEE UAS, PAGE B4



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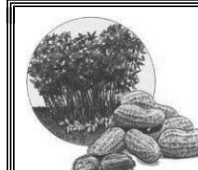
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# Aviation: Approach increases safety, survivability

Continued from Page B1

ecutive Office Aviation is to make sure we take a holistic approach within DOD, so that we fully understand all of the ongoing efforts that are contributors toward a DVE solution,” said Mike Herbst, assistant PEO, Engineering and Technology,

The Army’s strategy for approaching DVE emerged, in part, from the service’s participation in an Office of the Secretary of Defense-led Helicopter Survivability Task Force, which launched a rotorcraft survivability study in 2009, Herbst explained.

“One of the results of this effort,” Herbst added, “was that the individual services were asked to conduct their own studies to see where and how helicopter mishaps occurred.

“The Army brought subject-matter experts together and assembled a working group to dig into accident circumstances. Many turned out to be DVE-related, and this has helped shape the Army’s resolve in addressing this problem,” Herbst explained.

“This working group included experts from the Army’s Training and Doctrine Command, the Army’s Aviation Center of Excellence, the Army Combat Readiness Center, and the Aviation and Missile Research Development and Engineering Center, Redstone Arsenal, as well as program safety officers across the service,” Herbst said.

### Sensor solutions

“Various technological capabilities and ‘sensor’ solutions are a critical component to the Army’s DVE strategy. The approach is to create a common set of technical standards so that different sensing solutions can more quickly and easily be integrated within a common architectural backbone,” said George O’Boyle, Aviation Network and

Missions Planning DVE project lead, Aviation Systems Project Office.

“With any type of future capability, we want to use commonality to leverage software solutions in a modular fashion,” said O’Boyle.

In fact, the overall effort to build hardware and software to a specific set of common Internet Protocol standards is a large part of what Program Executive Office Aviation calls Future Airborne Capability Environment, explained Col. Anthony Potts, former project manager, Aviation Systems and current director, Plans, Programs and Resources, Office of the Assistant Secretary of the Army, Acquisition, Logistics and Technology.

According to Potts, the FACE effort involves a collaborative effort between government and industry to identify an established set of technical standards so that new software and hardware can seamlessly connect with existing systems on Aviation platforms.

The FACE effort has already resulted in substantial savings; it is a key portion of the Army’s Common Operating Environment, or COE approach, a method of identifying and implementing a common set of IP standards as a way to better facilitate integration of emerging capabilities, quicken the developmental cycle and lower costs wherever possible, Potts said.

“The common set of standards for FACE has to do with the process by which software is built and documented. Previously we had to do a lot of code re-writing for every platform because each one had a different operating system,” Potts said.

As a result, the Army’s DVE sensor plan is to establish a common software architecture that is “sensor agnostic,” meaning it will be engineered with a “plug-and-play” capability to accommodate a wide range of sensor

applications. This plan will create an open-architecture backbone able to keep pace with rapid technological change and quickly integrate new solutions as they emerge, Potts added.

In response to a U.S. Central Command Operational Needs Statement issued in 2011, the Army is acquiring a limited number of sensors. These sensors are designed to help crews navigate through “brown-out” or DVE-type circumstances. The Helicopter Autonomous Landing System sensors use 94 Gigahertz millimeter wave radar technology to provide helicopter crews with an ability to see through obscurants, O’Boyle explained.

“The millimeter wave radar technology provides a known penetrating capability,” O’Boyle said.

Over the longer term, however, HALS and other millimeter wave radar technologies will be evaluated by Army developers alongside a wide range of other sensing capabilities. Some of these capabilities may include Forward Looking Infrared technologies, as well as Laser Detection and Ranging sensors which use applications to “paint” or provide a detailed picture of a given landing area.

“Our concept is to move forward with a sensor integration program, depending upon resources and technology. The first phase of the DVE sensor program will be to study all these alternatives once a Materiel Development Decision is completed. We will then turn to the project manager to develop solutions. We’ve got technology in the pipeline to execute a program like this,” Herbst explained.

### Queuing

Various “queuing” technologies can also help helicopter pilots by providing air crews with key navigational information designed

to greatly assist efforts to address DVE conditions.

“For instance, Program Manager Air Warrior, with Program Executive Office - Soldier, is currently developing a helmet-mounted display technology able to provide air crews with a 3D symbology,” said O’Boyle and Herbst.

“This symbology, which provides aircrews with information from inertial navigation and GPS sensors, is designed to assist pilots in flying the aircraft to the ground,” O’Boyle said.

“This helmet-mounted display is an upgrade to the current heads-up display system. The current system is a single-monochrome display fixed to the helmet, whereas the new one has a color display so the pilot will get a clearer picture and be able to see the symbology much better,” said Fred Reed, DVE SME from the Aviation and Missile Research Development and Engineering Center.

“Also, drawing from inertial navigation as well as information from a Digital Terrain Elevation Database, which contains maps of most of the earth’s surface, pilots using this new helmet-mounted display are able to see where they are in relation to the ground and surrounding terrain,” O’Boyle said.

Overall, the Army’s approach to DVE is oriented toward leveraging the best available sensor technologies while simultaneously engineering a technical environment wherein next-generation capabilities can easily be integrated at lower costs. At the same time, the approach is multi-pronged, meaning it will emphasize sensor technology solutions alongside advanced flight controls, and key advances in “queuing” technologies.

In total, this integrated approach is aimed at increasing air-crew safety and survivability while also helping to provide them every conceivable tactical and operational advantage, service officials emphasized.

# UAS: Training will continuously expand as Soldiers sharpen skills

Continued from Page B1

Fort Carson (Colo.),” Townsend said. “We encounter new problems every day, and we find new ways to solve them. We can’t gain that experience from reading a book or a manual; experience has to be gained by doing.”

The UAS platoon’s current training regimen consists of preparing the Shadow for flight, launching it, maintaining a flight

pattern and landing safely.

Hisel said their training program will expand into more complex operations as his Soldiers continue to sharpen their skills.

“Back at Fort Carson we would spend two weeks to a month in the field training, and we may spend half that time getting into a good rhythm,” said Spc. John Szymanski, UAS operator with A Co.

“Here at Camp Buehring, we

spent the past couple weeks working out all the bugs and learning local flight procedures. That means we can spend the rest of our time here flying, training and preparing for whatever mission our command passes down to us.”

While flight preparation time varies depending on a flight crew’s experience, Szymanski said a well-trained team can prepare one Shadow while another flies to facilitate continuous UAS operations.

ous UAS operations.

“Not all of us are at that level yet, but we have some very experienced veterans in this platoon who are squaring us away,” he said.

Hisel said he looks forward to enhancing his Soldiers’ knowledge, skills and proficiency during the platoon’s time at Camp Buehring.

“I expect excellence out of these Soldiers every minute of every day, and I don’t think I

could have asked for a better group of people,” Hisel said. “Some of these guys are pretty junior, but we have enough experience to train this platoon to an extremely high standard. I think we have the potential to be the best UAS platoon in the Army.”

The UAS Soldiers of A Co. will continue training with the Shadow and perfecting their skills throughout the “Raider” Brigade’s deployment.

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MARCH 14, 2013

# Children's Festival

## Upcoming post event promises to colorfully soar

By Sara E. Martin  
 Army Flier Staff Writer

Attendees of this year's Children's Festival can expect to see brilliant colors from thousands of kites, decorated eggs, inflatables, crafts and games that will be featured at the Easter event that celebrates and showcases military children.

The festival is the celebration kickoff to Month of the Military Child in April. It's an opportunity to celebrate and honor the young military heroes, the military children, in the most colorful and fun way, according to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

"Our military youth show incredible strength in their daily lives. We often forget the impact the military lifestyle puts on a child. The Children's Festival is our thank you to the service our youth display daily in their lives as military children," she explained.

The free event will be held at the Festival Fields March 23 from 1-4 p.m. and offers plenty of activities for the entire Family to enjoy. Activities include inflatables, a magic show, crafts, kite flying and even a baby race.

The third annual Diaper Derby is open to all crawling babies no older than 15 months and will be held on physical fitness mats under a canopy where racers will be safe.

More than 4,000 people are expected to attend the ninth annual Children's Festival where more than 14,000 plastic eggs will be stuffed and hidden for children's amusement, and where a festive, white rabbit just might make an appearance for photos.

"This is going to be one of the



FILE PHOTO

Corbin Grey, military child, gets some help from a group of warrant officer candidates as he runs an obstacle course during a previous Children's Festival. The annual event returns March 23 from 1-4 p.m. at the festival fields.

biggest [festivals] in Fort Rucker history," said Kimberly Abeln, DFMWR annual events coordinator. "New to this year's event are a trackless train and a special guest appearance that you won't want to miss."

Patrons will be able to build paper kites, while supplies last, and are encouraged to bring kites from home as the egg hunt field will turn into a kite flying field from 2-4 p.m.

The Easter egg hunt is the signature piece of the event where children can win all sorts of prizes, according to Erdlitz, who added that a special area will be available for children younger than 3 to hunt eggs.

"There will be 50 regular prize tickets hidden within the eggs in each of the four egg hunts, which can win anything from crayons and magic tricks to books and puzzles. There will also be two grand prizes per egg hunt and winners of these will receive anything from remote controlled helicopters to digital cameras," said Abeln.

The egg hunt times are divided by ages. Ages 0-3 can pick up their eggs at the Diaper Derby tent throughout the day, ages 4-6 will begin their egg hunt at 1:30 p.m., and ages 7-9 and 10-12 will each have half of the egg hunt field at 1:45 p.m. For safety reasons, adults and strollers will not

be allowed on the field during the egg hunts.

Though the festival caters to children 0-12 years of age, all ages are welcome to enjoy the event, according to Abeln.

"There will be multiple crafts and activities for children to choose from throughout the day. Kids can participate in beading, painting, sand art, giant games and many other interactive booths," she said. "In addition, there will be a magic show at 2 and 3:30 p.m. and the Warrant Officer Career College will be hosting a confidence course for those kids with a sense of adventure."

The festival is a great event to kick off Month of the Military

Child, according to Abeln, because it is a Family-friendly event where Families can spend time together while having fun.

"DFMWR strives to provide Soldiers, civilians and their Families a quality of life commensurate with their service and sacrifice. One of the many ways we accomplish this is by providing [events like the Children's Festival.] This festival is one of my favorites," she said. "I love organizing and implementing events that create lasting memories for our Soldiers and their Families."

Because Fort Rucker doesn't have a large deploying population, Erdlitz said it is the perfect event for Families.

"The entire event is geared for Families and celebrating our military youth. It's one of the big events where a complete Family unit can attend together," she said adding that officials at DFMWR want the focus to be on military children.

The Pinwheels for Prevention Family Fun Run/Walk will also take place March 23 as part of Child Abuse Prevention Month. The run begins at 9:30 a.m. at the Fort Rucker Physical Fitness Facility. Registration the day of the event is free and will be held at 9 a.m. Participants can run or walk to take a stand against child abuse and then join the fun at the festival.

Multiple food vendors will be serving a variety of food and drinks for purchase at the festival. There will also be a few merchandise vendors for patrons looking for a unique gift.

If there is inclement weather, the event will be moved to the Fortenberry-Colton Physical Fitness Facility. People can check out the event's Facebook page for event updates.

## Travel Extravaganza provides vacation info, deals

By Sara E. Martin  
 Army Flier Staff Writer

Soldiers and Families looking to plan vacations visited the 25th annual Travel Extravaganza March 6 to find new places to journey to while taking advantage of deals and discounts.

The event is growing every year with more explorers wanting to plan, travel and discover the tri-state area, and officials were happy with both vendor and attendee participation and attendance, according to Kristen Hartwell, leisure travel services program manager.

"We had 811 people come this year. The 54 vendors who came from all around gave participants new and updated information regarding their particular venue," she said. "It's a very fun event. It's just for people to see what there is to do in their time off, and people don't have to travel far if they don't want to, to have a good time."

There were booths from all over the South — Georgia, Florida, Tennessee, and Missouri, as well as from local areas such as Enterprise and Foley — to booths about national and international travel where people could get information — and even passport applications — about traveling abroad on open seas or to foreign locales.

CW2 Ian Cock, C. Company, 1st Battalion, 212th Aviation Regiment, and his Family like to stay local when it comes to their adventures and went to the event in order to find a fun trip for his daughter's upcoming birthday.

"This (event) is really helpful. I think Fort Rucker did a great job in putting this together. Its hard being in flight school to go anywhere, so any help is appreciated," he said. "I have never seen a travel event at a

post before. It's really great."

Among the vendors were tourism departments, chambers of commerce, hotels, amusement parks and even representatives from the Directorate of Morale, Welfare and Recreation. Others included Talladega Super Speedway and Medieval Times.

"We have a lot of military personnel that are passionate about NASCAR, so it's a great opportunity for everyone. Anytime a base lets the community come in to educate its Soldiers about what is in the local area is great awareness," said Tom Patterson, senior director of ticket sales and marketing Talladega Super Speedway.

The casino-themed event also featured door prizes and giveaways that ranged from weekend getaways and gift cards to amusement park entries and rounds of golf. Many vendors that were not in attendance still gave away door prizes.

One local vendor from Enterprise keeps participating in the event because it gives people a chance to be educated on what they are all about.

"The event is outstanding; there are so many vendors here offering a lot of opportunities to people who want and like to travel, not only in Alabama but in several nearby states," said Jenny Jones, board member of Coffee County Arts Alliance. "So many people, especially those who live and work on base, don't know what the area offers and this event lets them see all the things that can entertain them."

Some adventurers who attended the event said they came because they like to find good deals, discounts and coupons, as well as find new places to explore.

"I come every year. I like to see the new booths that come. I want to find places that venture off the map a little bit and I can find them sometimes here," said



PHOTO BY SARA E. MARTIN

Dennis Nagel, retired military, stops to speak with Brock and Miriam Wells at the Foley, Ala., booth during the 25th annual Travel Extravaganza March 6.

Stacey Rand, civilian.

"I like to come because I can find good discount coupons and ideas for my upcoming vacations. I like to find places that I didn't know about before. I like to get away from the same-old same-old. I like to explore new places and this event helps me find places that I would have never found on my own," said Shay Collins, civilian.

Leisure travel services also provides discounted tickets to various amusement parks, theme parks, cruises and venues throughout the surrounding states year round for Soldiers and their Families.

"Soldiers are the hardest working people around and if we can do anything to help them and their Families, offer any type of discount we can, that's a benefit to them," said Hartwell. "Holding an event like this for our Soldiers shows that Fort Rucker is very unique and shows that DFMWR is here for our Soldiers."



# ON POST

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

## CYSS Job College Fair

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

For more, call 255-0666.

## Mission IMPROVable – Entertainment Show

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

For more, call 255-9810.

## Understanding Credit Workshop

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

For more, call 255-1037.

## Get REAL

Fort Rucker’s Army Family Team Building hosts its Get REAL class – Rucker Experience, Army Learning – to help those who may be a bit confused by Army life Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. Topics in the class will include acronyms, Army customs and courtesies, military ranks, community resources and more. The class also helps people make new friends and learn more about Fort Rucker. Advance registration is required.

For more, call 255-2382.

## Vegetable Gardening in the South

The Center Library hosts Vegetable Gardening in the South March 30 from 3–4 p.m. The free class will provide information on the basic requirements needed to achieve a healthy and beautiful garden. Topics will include soil preparation, pest control, light and water requirements, understanding information provided on commercial plant labeling, planting times, fertilizer requirements, zone distinctions, mulching and gardening styles.

For more, call 255-3885.

## Easter Brunch

The Landing hosts its Easter Brunch March 31 from 10 a.m. to 2 p.m. in the ballroom. Prices are \$18.95 for adults, \$8.95 for ages 6-12, \$4.95 for ages 3-5, and children 2 and younger eat for free. There is also a military Family special, which includes dining for two adults and two children, for \$45. Reservations are strongly recommended.

For more, call 598-2426.

## Mother Rucker’s Easter closure

Mother Rucker’s Sports Bar



ARMY GRAPHIC BY C. TODD LOPEZ

## Thrift Savings Plan: The Basics

Army Community Service hosts a free seminar, The Thrift Savings Plan: The Basics, March 28 from 6-8 p.m. at the Bowden Neighborhood Center. The seminar will explain what the TSP is, how it works, how it can work best for people and answer other questions covering TSP essentials, to include mutual fund basics and positioning money for long-term growth. Registration for the seminar closes March 27 and space is limited. No childcare will be provided. For more, call 255-2594 or 255-9631.

will be closed on Easter Sunday, March 31 and will return to normal business hours April 1.

For more, call 503-0396.

## Spouse-to-Spouse Sponsorship Training

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

For more, call 255-3735.

## Steak Night

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

For more, call 598-8025.

## Wing Night

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

For more, call 598-8025.

## BOSS March Madness Tailgate Party

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

For more, call 255-9404.

## Teen Book Club

The Center Library hosts its Teen Book Club March 21 from 4-5 p.m. to allow teens to connect and share their passion for reading. A new title is featured every month, and teens meet to talk and share their thoughts on the book. Light refreshments will be served.

For more, call 255-3885.

# DFMWR Spotlight

**GET YOUR TICKETS TODAY!**  
Don’t miss out, get your tickets while they last!

**MISSION: IMPROVABLE** Open to the Public  
Ages 18+  
Comedy & Entertainment Show

**YOUR MISSION.**  
SHOULD YOU CHOOSE TO ACCEPT IT...  
Friday, March 15th  
The Landing Ballroom  
8 pm – 9:30 pm



**TICKETS: \$10 ADVANCE, \$15 DOOR**  
\$10 Advance tickets are available  
at The Landing Zone, 598-8025.  
\$15 tickets will be available at the door.

For more information  
call Family & MWR  
at (334) 255-9810



Fort Rucker FMWR  
www.ftruckermwr.com



# Chaplain: External forces impact body, soul

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

Whether you realize it or not, you are being affected by your surroundings on a daily and nightly basis. The manner you are being affected depends on your situational awareness and resiliency efforts.

For instance, the weather: weather can have a dramatic and even a traumatic impact upon your body and spirit. I guarantee you that if you don't see the sun for 30 days due to inclement weather, your body will suffer from Vitamin D deficiency and your spirit will be gloomy. On the other hand, three days in the sun and you will feel good, energetic and more sociable.

Another instance on how external forces affect you: have you ever walked into a house or room or an abode and felt uneasy, uncomfortable or even fearful?

I remember when I was in Hawaii with my son and we were just about to get into the car. My spirit felt very on guard and my "spidey senses" were on red alert

for some reason. I looked around and saw an individual walking in my direction. I sensed trouble and told my son to get in the car and let's get out of here.

Shortly after, I asked my son if he felt the same way I did, and he did! Again, an unseen force impacted my spirit with fear and my body moved! That's how it works. The body will follow the spirit every time.

Another example in my counseling session with couples: the couple sits down apart from one another. I sense and feel the tension that is between them. The tension is so thick that you can cut it with a knife.

I can go on and on with examples, but I trust you know what I am talking about.

It is imperative that your spirit be sensitive to your surroundings when you are with people or should you be alone. There are seen and unseen forces at work, and you need discernment at all times lest you be caught unawares and unduly suffer any physical or emotional consequences.

There are people hurting inside and it is very easy to slip by them without feeling a thing. If

you pay close attention to their body or facial gestures, you will receive clues. People are like signs, but you need to know how to read them. What rewards there are when you are able to do this with your significant other!

So pay attention to what is going on inside of you and on

the outside. In some mysterious manner, I believe we are connected to everything. We just have to exercise this gift. I believe God has implanted the ability within us to connect to our environment and, more importantly, to people, if we just observe and make an effort to tune in.

So, tune in to people. Get involved in their lives. If you are a leader, this is your responsibility. Tuning in is all about situational awareness or gaining intra-personal skills and inter-personal skills.

May God bless you for being tuned in.



COURTESY PHOTO

## Pick-of-the-litter

Meet King, a male tiger striped cat. He is a nice, big boy with a gentle, loving personality towards people and other cats. He has already been neutered. King is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

JOIN US

Sunday,  
31 March  
0630

2013  
*Annual Postwide*  
**Easter**  
SUNRISE SERVICE

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

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

*Wings Chapel, Bldg 6036*

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

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

Holy Week  
Services

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

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

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

A Walk Thru Holy Week, 27 Mar:

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

Holy Thursday, 28 Mar:

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

Good Friday, 29 Mar:

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

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

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

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

United States Army Aviation Center of Excellence & Fort Rucker  
Fort Rucker, Alabama

Visit us online at [www.armyflyer.com](http://www.armyflyer.com).

Religious  
Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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

MAIN POST CHAPEL, BLDG. 8940

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

WINGS CHAPEL, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 8939

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

BIBLE STUDIES

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

Post housing questions?

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[www.ruckerpicerne.com](http://www.ruckerpicerne.com)

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3) 500 Square Foot Storage

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5) Many Extras *not usually found in a home priced this low.*

6) Appraised at **\$167,000.00** You will have positive equity when you move-in, build additional equity when you make monthly payments *in your own home.*

You Cannot Lose!

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

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Advertise your  
church on this page!  
Call 347-9533 for details.



# ‘Darkness Into Life’ exhibit opening at Troy University’s Dothan campus

**Troy University**  
*Press Release*

**DOTHAN** — An exhibit collecting the stories of Holocaust survivors now living in Alabama opened this week at the Dothan Campus as part of Troy University’s ongoing Year of Holocaust Remembrance.

“Darkness Into Life: Alabama Holocaust Survivors Through Photography and Art,” an exhibit on loan from the Birmingham Holocaust Education Center, will be on display inside the exhibit hall on the first floor of the Library/Technology Building through April 26.

Featuring the stories of 20 Holocaust survivors, the exhibit consists of photos, paintings and narratives by the survivors that

teach the history of the Holocaust and offer a rich understanding of its impact on these individuals and their Families.

“Darkness Into Life” is part of a Year of Holocaust Remembrance at Troy, which has included a number of special events, exhibits and lectures designed to explore the history and lasting effects of the Holocaust.

For more information about the Year of Holocaust Remembrance, contact the office of sponsored programs at (334) 670-3102.

The “Darkness Into Life” exhibit is sponsored by Troy, Temple Emanu-El, the Troy-Pike Cultural Arts Center, the Alabama Humanities Foundation and the Birmingham Holocaust Education Center.



## WIREFGRASS 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.andalusialegonpost80.org](http://www.andalusialegonpost80.org).

### DALEVILLE

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

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

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

### DOTHAN

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

**SATURDAY** — Landmark Park will offer visitors a glimpse into what rural life was like over a century ago during the 30th annual Spring Farm Day from 10 a.m. to 4 p.m. The day’s activities will include demonstrations of plowing with mules and horses, and blacksmithing. Other activities include music, a quilt display, story and poetry reciting, soap making, sewing clothes, weaving and children’s activities. Admission is \$8 for adults, \$6 for senior citizens and active military, \$4 for children and free for children ages 2 and younger. Park members are admitted free. For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com) or call 794-3452.

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

**MARCH**—The Wiregrass Museum of Art will have its Youth Art Month exhibition all month long. Events include free guided gallery tours Tuesday from 11 a.m. to noon; Inspired Studio for Kids: Fun with Sculpture today and March 21 from 4-5 p.m.; and free Make-and-Take Art Saturday and March 23 from 10:30-11:30 a.m. For more information, call 794-3871 ext. 25 or visit [wiregrassmuseum.org](http://wiregrassmuseum.org).

**MARCH 21** — Pumps and Pearls will be held at the Mercedes-Benz of Dothan from 6:30-9 p.m. Benefiting Covenant Hospice, Pumps and Pearls is a Kentucky Derby-themed cocktail party, fashion show and silent auction of art, jewelry, travel packages, health, beauty and fashion products and services to benefit Covenant Hospice’s unfunded and non-reimbursed programs. Prize goes to best in show hat. Tickets are \$50 per person and are limited. To purchase tickets, or for more information, call 794-7847 or visit [www.eventsatcovenant.org/pump-sandpearls/](http://www.eventsatcovenant.org/pump-sandpearls/).

**MARCH 21**— An evening with Pulitzer Prize-Winning Author Rick Bragg will be held at the Bencze Theatre at Wallace Community College. Event includes lecture, reading and book signing. The event is free. Doors open at 6 p.m., event starts at 7 p.m. For more information, call 556-2616.

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

### ENTERPRISE

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

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

**APRIL 6-7** — The Coffee County Arts Alliance presents the annual “Piney Woods Arts Festival” at the Enterprise State Community College. The event features a juried art and crafts show, live entertainment, a children’s fun center, a Civil War display and reenactment, and an antique car show on Saturday. Events are from 9 a.m. to 5 p.m. Saturday and from noon-4 p.m. on Sunday. It is free to the public. For more information, call 406-2787 or 406-1617 or visit [www.CoffeeCountyArtsAlliance.com](http://www.CoffeeCountyArtsAlliance.com).

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

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

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

### GENEVA

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

### MIDLAND CITY

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

### NEW BROCKTON

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

ment 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

**NOWTHROUGHMARCH23**—Dale County Council of Arts and Humanities host the Black and White Show at the Ann Rudd Art Center. For more information, visit [www.ruddartcenter.org](http://www.ruddartcenter.org).

**APRIL 6-MAY 4** — The Dale County Council of Arts and Humanities is hosting the “Make ART...not Trash” Recycle Show at the Dowling Museum/Ann Rudd Art Center. This show encourages the reuse of materials that would normally be discarded. The competition is open to all artists 18 and older, and includes one and two-dimensional works including, but not limited to: paintings, drawings, sculpture, collage, glasswork and metalwork. Entry fees are \$35 for non-members and \$30 for members of DCCAH for the first entry and \$5 for each additional entry, up to three total entries.

The due date for entry fees and artwork is March 30. The opening reception will be held at the Rudd Art Center April 6 from 6-8 p.m.

For questions or additional information, call 774-7145.

### PINCKARD

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

### SAMSON

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

### TROY

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

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

## Beyond Briefs

### Selma Pilgrimage

The 38th annual Historic Selma Pilgrimage is Friday and Saturday. This year’s tour features several downtown and Old Town homes and buildings, most with Jewish heritage. Temple Mishkan Israel and The Harmony Club are among the venues. New this year is the Downtown Walking and Shopping Tour and the Tin Man’s Gallery. For more information, visit [www.selmapilgrimage.com](http://www.selmapilgrimage.com).

### Wing Fest

The 3rd annual Wing Fest will be held at the Exchange Club Fairgrounds in Albany, Georgia Saturday from 11 a.m. to 9 p.m. Live bands, children’s areas, chicken eating contest, wing contest, licking contests, egg tossing contest, helicopter rides, free parking and beverages are available for purchase. Active military get in free. For more information, visit [www.albanyherald.com/events](http://www.albanyherald.com/events).

### Pawsfest

The sixth annual Pawsfest will be held in Headland on the square March 23 from 10:30 a.m. to 2 p.m. People can bring their pets and take part in pageants and parades, local shopping and vendors, entertainment, demonstrations, consult with Renee Jones-Lewis about dog behavior issues and eat at local restaurants. For more information, visit [www.charmheadland.org](http://www.charmheadland.org).



# Surgeon general defines end state of Performance Triad roll out

By Ann Bermudez  
*Army Medicine*

FALLS CHURCH, Va. – Army Medicine senior leaders and industry stakeholders recently met with Lt. Gen. Patricia D. Horoho, the surgeon general and commanding general, U.S. Army Medical Command, to discuss the current Performance Triad pilot program and to gain a better vision of the way forward.

All three of the Performance Triad components – activity, nutrition and sleep – are essential to improving the health of Soldiers, civilians and Families, according to Army Medicine officials. The components of the triad have a significant impact on the readiness of the force.

According to Horoho, even with the budget constraints, the Performance Triad is an organizational imperative that the Army must invest in to improve the readiness and resilience of the Army Family. It is generally agreed that a healthy mind and body are essential to individual and unit readiness.

The Performance Triad complements the Department of Defense's Operation Live Well, the Army's Ready and Resilient Campaign, and the Comprehensive Soldier and Family Fitness Program. Each of these programs encourages Soldiers and Families to be more proactive in developing healthy behaviors for life. Education plays a key role



PHOTO BY DWAYNE RIDER

**Lt. Gen. Patricia D. Horoho, the surgeon general and commanding general of U.S. Army Medical Command, makes comments to Col. Jeffrey Lawson, M.D., and the Command Initiative Group, during a brief about the Performance Triad recently. Respective subject matter experts on each performance pillar were represented at the briefing. In addition to the performance triad subject matter experts, there were several key stakeholders from industry to share best practices.**

in socializing the Performance Triad across the sphere of influence and training packets are being developed for the phased role out.

The life space is where people make decisions about their health related to activity, nutrition and sleep. Army Medi-

cine estimates that most patients visit a doctor one to five times a year, and each visit is about 20 minutes in length. Those 100 minutes are where Army Medicine can impact patient health. The other 525,500 minutes are when people are at work, or at home with their Families, or where health happens. It is in this life space where the choices people make impact their lives and their health.

"This is our moment," said Horoho. "We have the right strategy, the right plan and senior leaders willing to support us. We have to give them a viable plan. When the Army embraces this and it is in our DNA, then and only then can we consider this program a success."

Another key part of the Performance Triad, according to Horoho, is to find innovative ways to incentivize health as it becomes part of the strategic shift moving from a health-care system to a system for health.

The Army and Army Medicine will continue to encourage members of the Army Family to incorporate health-promoting behaviors and decisions into their everyday lives. The success will be measured by the improvement in health, and the reduction of disease and injury among Army team members.

This spring, Army Medicine will implement a Performance Triad pilot program at three installations: Joint Base Lewis-McChord, Wash.; Fort Hood, Texas; and Fort Bragg, N.C.

## Officials suggest ways to help feel rested during travel

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

Do you ever find yourself struggling to fall asleep at night, yet falling asleep during briefings after a day of traveling?

You are probably experiencing jet lag. Jet lag is a common sleep disorder that occurs when crossing time zones and disrupts the body's natural "biological clock" that tells you when to sleep and when to stay awake.

Jet lag is a significant concern for Soldiers, civilians and retirees that travel often for temporary duty assignments deployments or permanent change of station moves. It can take several days to several weeks to adjust for jet lag's effects, leaving the traveler feeling fatigued and prone to accidents related to insufficient sleep.

Sufficient (six to eight hours a night), healthy sleep is one of the Army surgeon general's top priorities for building and sustaining good Soldier and Family mem-

ber health through the "Performance Triad." Sleep, along with a focus on healthy activity and nutrition, is one of the three legs of the triad.

Lack of sleep impedes mission readiness. Incidents of friendly fire and navigational errors have occurred as a result of a lack of sleep. Insufficient sleep also contributes to motor vehicle and machinery-related accidents or deaths in the military and the general population.

Sleepiness impairs the ability to think clearly, perform complex mental tasks, form memories and solve problems. Going 24 hours without sleep is comparable to being legally drunk in all 50 states.

Sleep is a restorative process necessary for muscle repair, memory consolidation, appetite control, hormonal growth and regulation, and is a part of a healthy immune system. Adequate quality and quantity of sleep allow you to wake up feeling refreshed and alert for the day. Sleep is a necessity to perform well and is as crucial

to mission readiness as fuel, food and fire power.

Fortunately, there are some actions you can take to minimize the effects of lack of sleep from jet lag and its impact on performing your duties. The following are tips for travelers from the National Sleep Foundation.

- Choose flights that allow early evening arrival. Stay up until 10 p.m. local time.
- Prepare for time zone changes. Wake up and go to bed earlier several days prior to an eastward trip, or wake up and go to bed later for a westward trip.
- Limit daytime naps. If you must nap during the day, limit the nap to less than two hours in the early afternoon.
- Change your watch to the destination time zone upon boarding the plane.
- Bring earplugs and blindfolds to block out unwanted noise and sound while sleeping.
- Avoid alcohol or caffeine three to four

hours before bedtime. Both act as stimulants that interfere with sleep.

- Avoid heavy meals upon arrival at destination.
- Avoid vigorous exercise close to bedtime.
- Get some sun. Daylight is a powerful stimulant for regulating the biological clock. Staying indoors worsens jet lag.
- Talk to your doctor about sleep aids. There are several over-the-counter and prescription sleep aids that can be taken short-term to minimize jet lag's effects.

So, next time you're on the move, take these tips with you to snag a better night's sleep. For more resources on dealing with jet lag or other sleep disorders, visit these Web sites:

- National Sleep Foundation, <http://www.sleepfoundation.org/article/sleep-topics/jet-lag-and-sleep>; and
- U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/sleep>.

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# Dempsey: Trust keeps troops, communities together

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

WASHINGTON – The chairman of the Joint Chiefs of Staff delivered a message Monday on the trust that bonds troops, and brings those in uniform and their communities together.

Army Gen. Martin E. Dempsey spoke to an audience at the National League of Cities Congressional Cities Conference about how important trust is among service members and between them and their communities.

“Trust is what binds together those who serve,” he said. “But I would also suggest to you today it’s what binds us together – those that wear the uniform and those of you that serve in your communities.”

The chairman presented a slide of an Army staff sergeant and one of his comrades serving in Afghanistan, with a subtitle of trust to emphasize his point.

“You’ll see that someone is watching his flank, and that’s another Soldier,” Dempsey said. “And that squad leader ... doesn’t have to worry about what’s happening on that side, because he knows that he has a Soldier on that side that’s taking care of him, and vice versa. These two men have such trust in each other that they don’t worry about what’s going on around them. They can concentrate on their job, because they know that they are part of a team.”

The chairman pointed out several things in the photograph and shared his thoughts of what these symbolic things meant to him, such as the Soldier using a communication microphone. He has the receiver in his hand,



Gen. Martin E. Dempsey

Dempsey said, and he’s calling for something – perhaps medical support, evacuation or logistics.

The general paused to note that in 39 years of service, he has traveled around the world and met dozens of his counterparts from every nation.

“What that guy needs, what he’s calling for – he’s going to get it,” the chairman said. “And he’s going to get it because the people of the United States have made a commitment that when they send that young man into harm’s way, he will be the best-trained, best-equipped and best-led [military member] on the planet.”

That must be the imperative going forward, Dempsey said, as officials work through budget challenges.

“We can’t ever forget that if we’re going to ask some young man or woman from your communities, from my military, to go out and do that kind of work, we have to support them,” he said.

And that’s not just an option, Dempsey said, because the trust he described is essential.

The chairman lauded community leaders for embracing veterans as they return to their communities following military service, and said that part of the bond of trust runs from the battlefield “back to the institution of the military, and it runs out into your communities.”

“The veterans that come back, I believe, can become an enormous resource for your communities as they bring back those skills of courage, commitment, discipline and strength,” Dempsey said.

“And [they] can be part of your communities in a very extraordinary way,” he said. “They already are this ‘next generation’ of great Americans, and with your help, they’ll be even greater.”

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MARCH 14, 2013

# Eagles fly, remain undefeated

By Nathan Pfau  
*Army Flier Staff Writer*

It's hard enough to become the No. 1 team for the Fort Rucker Intramural Basketball regular season, but to achieve that while remaining undefeated is an accomplished feat.

That's what the 1st Battalion, 11th Aviation Regiment Eagles achieved when they beat the Delegates during their last regular season game at the Fort Rucker Physical Fitness Facility Tuesday, 67-55.

"I feel our team played really hard and I feel like we did a good job this season," said Denzel West, player for the Eagles. "We all came together as a collective unit and we did our thing."

Fellow Eagles player George L. Scott II agreed.

"I feel like tonight's win was just a culmination of the whole season," he said. "When we've had adversity during our games, different players have stepped up and that's exactly what happened tonight."

The game started as the Eagles took possession from the jump, but weren't able to score right away as their opponent's retrieved the turnover to drive the ball down court and score the first shot of the game.

The 1-11th weren't phased, though, as they returned with a 3-pointer to put themselves on the scoreboard and take the lead, a lead that they wouldn't give up for the entirety of the game. They followed up with another 2-point shot to pull away from their opponents early on.

The Eagles offense continued to overpower the Delegates, and their defense went to work to keep their opponents at bay, allowing them to extend their lead further.

As the 1-11th sunk basket after basket, they showed their superior shooting power by taking a 10-point lead just minutes into the game.

As hard as the Delegates pushed to gain on their opponents, the Eagles pushed back just as hard, but continued fouls against the Delegates allowed them to stay close to the opposing team.

Even with the free throws, however, the Delegates seemed unable to match the Eagles' pace, but it seemed enough to help them inch toward their opponents and get on their tail to bring the score to 24-20 with just 5 minutes remaining in the first half.

At this point, it was still anybody's game and it seemed the Delegates weren't going down without a fight.

They continued to play aggressively to stay on the heels of their opponents, but it wasn't enough to sate the Eagles' appetite to stay ahead.

The Delegates started to become too aggressive in their play style, and as fast as they gained on their opponents, they fell behind again and allowed the Eagles to retake their commanding lead at the end of the half.

At the start of the second half, the game was still up in the air and the Delegates had plenty of time to make up for lost ground as they started the half with possession, but were unable to score as the Eagles got the turnover to score the first basket of the half.

The Delegates wouldn't be disheartened, however, as they switched up their play style, hardened their defense and started to slowly close the scoring gap.

But for every inch they would gain on their opponents, the 1-11th seemed to gain two.

About halfway through the second half, however, it seemed the Eagles were losing their momentum as they



PHOTO BY NATHAN PFAU

**Rico Phillips, player for the Eagles, goes in for a layup during their final game of the Fort Rucker Intramural Basketball regular season at the Fort Rucker Physical Fitness Facility Friday. The Eagles defeated the Delegates, 67-55, to remain undefeated throughout the season.**

began shooting brick after brick, allowing the Delegates to come within 1 point, 39-38.

Both teams seemed evenly matched at this point, both determined to pull away from the other, but the Eagles never relinquished their lead.

The game stayed dangerously close throughout most of the half, but the Delegates slowly lost their newfound drive and struggled to keep up with their opponents, eventually falling behind by more than 10 points with less than four minutes remaining.

The Eagles continued their superior play style and began to dominate their opponents toward the end of the game, and continual fouls against the Eagles sealed the Delegate's fate as the buzzer sounded, leaving the 1-11th undefeated.

Scott said remaining undefeated throughout the season was accomplished through teamwork.

"We play hard, we play well together and we just enjoy playing together," he said. "I think we just have the will to win and we're unselfish."

## Spring Boot Camp seeks to change lifestyles

By Nathan Pfau  
*Army Flier Staff Writer*

With many people getting ready for beach season, fitness specialists on Fort Rucker have the perfect way for people to work toward that beach body before they hit the sand.

Fortenberry-Colton Physical Fitness Facility's 2013 spring Boot Camp will begin April 1, but it is no April Fool's joke and will do more than help people achieve the perfect beach body – it will help them get to a new level of fitness and maintain a healthy lifestyle, according to Kristina Rach, Fort Rucker fitness specialist and certified personal trainer.

"I want to get people out of their comfort zones and into a fitness level that they might not be used to," she said. "We push people to their own limitations."

"We like to push people beyond their own mental barriers and help them break through to a fitness level that they are able to achieve and maintain throughout the year," said Rach. "Some people set a barrier in their mind that they are either afraid of pushing through or just don't want to, but I tell every participant, no matter what class, that there is no such thing as 'I can't.'"

The boot camp is a six-week program, and will begin with orientations March 29 with two sessions available at 6:30 and 8:30 a.m., and all who sign up are expected to attend one of the two, said the fitness specialist.



PHOTO BY SARA E. MARTIN

**Boot Camp participants bear crawl up a hill during one of their early morning workouts on Fort Rucker. Boot Camp is just one of the many classes the installation offers for people to get in shape, and spring Boot Camp starts April 1 and runs through May 10.**

The program will run from April 1 to May 10 in two sessions – the 6:30-7:30 a.m. or the 8:30-9:30 a.m. session – and the cost to sign up is \$100 per participant. Payment must be presented during signup and spots are limited to 25 people per session, said Rach.

The program will feature a variety of workouts ranging from plyometrics, agility drills, running obstacle courses, cardio and endurance training, and strength training.

Rach said the majority of the workouts associated with the boot camp take place outdoors

to show people different ways to exercise, and with weather warming up, the spring boot camp is more popular than its fall and winter counterparts.

"More people prefer to do the spring Boot Camp because it's usually warmer, and we like to do 99 percent of the classes outside because we want people to realize that you don't have to be in a gym to workout," she said. "We'll do a lot of running on the horse trails and bike trails, as well as doing some cross training."

There will also be days that the participants will spend training in a pool where people will

not only swim laps, but also utilize the pool deck to do pushups, lunges and some weightlifting before getting back into the pool, said Rach.

The program also incorporates many fitness classes that are available at both Fortenberry-Colton PFF and the Fort Rucker PFF, and people that are signed up for the Boot Camp will have access to all the group fitness classes available during the six weeks of the program.

Many facilities on Fort Rucker have gotten involved with the Boot Camp to allow the participants to utilize facilities at Lake

Tholocco, Beaver Lake, The Fort Rucker Riding Stables and even the NCO Academy, said the fitness specialist.

"The NCO Academy has been really helpful in the past and we even got to use some of their facilities for the Boot Camp," she said. "The whole point of the program is to really get people out of their comfort zones."

Another benefit of the Boot Camp is that it gives participants the opportunity to network and make new friends to work out with, said Rach.

"People can get workout buddies and lots of people continue to work out together after the Boot Camp is over," she said, adding that once people sign up, they are granted access to a Boot Camp Web page that they can post schedules of their workouts or simply ask people that are interested to join in a run.

"This Boot Camp is not for the faint of heart or for people who like to pick and choose the days they want to attend," said Rach. "To get the maximum result out of the program, people need to show up and perform every day, eat healthy and take the classes offered at both gyms – it's 100 percent commitment from both them and us."

The program is available to anyone that has access to the fitness facilities, including active duty and their Families, retirees, Department of the Army civilians and contractors

For more information or to register, call 255-3794.



# DOWN TIME



## T R I V I A

1. GEOGRAPHY: In which country is Mount Ararat located?
2. LITERATURE: Who wrote the novel "The Color Purple"?
3. DANCE: Who wrote the score for the American ballet "Rodeo"?
4. U.S. PRESIDENTS: Which president served as a congressman in the House of Representatives after finishing his presidential term?
5. HISTORY: What was the year of the first Thanksgiving feast in the New World?
6. MEASUREMENTS: How many inches are in a hand?
7. MEDICAL: What is a common name for the medical condition alopecia?
8. TELEVISION: What was the theme song to "The Mary Tyler Moore Show"?
9. ART: In what U.S. city is the National Gallery of Art located?
10. MOVIES: What was the name of the 2004 movie with the tagline, "A True Underdog Story"?

See Page D4 for this week's answers.

## Super Crossword WILLIAM VII

- ACROSS**
- 1 Dilapidated condition
  - 10 Hawaii-born U.S. president
  - 15 Acute
  - 20 Unlike death and taxes?
  - 21 Marsh bird
  - 22 One healing
  - 23 Former Philippine president going around something?
  - 25 Baseballer Pee Wee
  - 26 "A," in Arlos
  - 27 Scriptwriter Ephron
  - 28 "— minutel"
  - 29 Mambo king Puente
  - 31 Had food
  - 32 "Who Said Gay —?" (song from "Car-Can")
  - 34 Tender of Andean animals?
  - 37 Lummoxi
  - 41 "— mell"
  - 42 Many-acred home
  - 43 Things keeping baby sheep from straying?
  - 47 Actor Waggoner
  - 49 Newspaper opinion piece
  - 50 Prefix that means "egg"
  - 51 Caustic cleaners
  - 52 Zaragoza's river
  - 55 "— buco (veal meal)
  - 57 Spilled the beans
  - 59 Medusa's activity?
  - 65 Not open
  - 67 At the acme
  - 68 See
  - 69 Cow noise
  - 70 Proclaims, biblically
  - 71 Wicked
  - 73 High-tech greeting
  - 75 Flurry
  - 76 "Friday Night Fights" airer
  - 79 Id of infamy
  - 80 Car houser
  - 82 People trying out covered wagons?
  - 86 Turn to mush
  - 88 Hammered item
  - 89 Word repeated after "que"
  - 90 Big name in synthesizers
  - 92 HDTV
  - 93 Walked
  - 96 Staff symbol
  - 98 Silky fabric worn by a primate?
  - 101 Stop up again, as a wine bottle
  - 103 "S'il — plait"
  - 106 Portable PC
  - 107 Be cleverer than a famed candy man?
  - 110 Ivy League
  - 114 Simple card game
  - 115 Spot for a mail slot
  - 116 67-Across, in poetry
  - 117 Neighbor of N. Dak.
  - 120 "— do not!"
  - 121 Conveyed via a conduit
  - 123 They're hidden in seven long answers in this puzzle
  - 127 Pianist's exercise
  - 128 "The stage —"
  - 129 Absolve
  - 130 Turf again
  - 131 Unfeeling
  - 132 Velodrome competitions
- DOWN**
- 1 Block the flow of
  - 2 A former Mrs. Trump
  - 3 More tender
  - 4 Singer
  - 5 He played TV's Al Bundy
  - 6 Old El — (taco brand)
  - 7 Shortened form, for
  - 8 Kovalchuk of the NHL
  - 9 Salesperson, for short
  - 10 Response to a great retort
  - 11 "— Mucho" (1944 #1 hit)
  - 12 Movers of the screen
  - 13 Every 30 days or so
  - 14 Hollywood's Dickinson
  - 15 Young haddock
  - 16 Color tone
  - 17 Hiker's guide
  - 18 Paraphrase
  - 19 Dressed up fustily
  - 24 Suffer
  - 30 Sticky pine product
  - 33 Diminish
  - 34 Zodiac beast
  - 35 Sterling silver, say
  - 36 Tavern chair
  - 38 Singer Crystal
  - 39 Plant — of doubt
  - 40 "Hey — you"
  - 43 Ton
  - 44 Guacamole base
  - 45 Hundred cubed
  - 46 One next to you on a plane, e.g.
  - 48 Soft throws
  - 53 Plant that flowers
  - 54 Act of retaliation
  - 56 More cunning
  - 58 Point
  - 60 Hockey actor
  - 61 Wiggling fish
  - 62 Mental pictures
  - 63 Electric razor brand
  - 64 The Almighty
  - 66 The Beatles "— Woman"
  - 70 Baglike part
  - 71 Verb suffix
  - 72 Pantry raider
  - 74 Vid shooter
  - 77 Stay with, as a decision
  - 78 Gallup —
  - 80 Aggregation
  - 81 After — (kind of)
  - 83 Fund
  - 84 Regarding
  - 85 Samms or Watson
  - 87 Khaki
  - 91 Fly ball's antithesis
  - 93 Touring actor
  - 94 Bring back together
  - 95 Ink squitter
  - 97 Earth's highest peak
  - 99 Tarzan actor Ron
  - 100 PC software
  - 102 Relieved (of)
  - 104 Golf tourney
  - 105 Kind of pony or pooch
  - 108 Pueblo builders
  - 109 Prior to, in poetry
  - 111 Computer of the 1940s
  - 112 Nick of "Affliction"
  - 113 Butler on "The Nanny"
  - 117 Skirt type
  - 118 "How are you?" reply
  - 119 Goose of Hawaii
  - 122 Tokyo, previously
  - 124 Bear, in Madrid
  - 125 Neighbor of S. Dak.
  - 126 Playtex item



See Page D4 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 D4 for this week's answers.

# KID's CORNER







COURTESY OF HOME BASE PROGRAM

Service members are among participants each year in the Run-Walk to Home Base presented by New Balance, which raises funds to support those affected by post-traumatic stress and traumatic brain injuries.

# Heading for home to help veterans

By Bob Reinert  
USAG-Natick Public Affairs

BOSTON — How often does one get the chance to run on the field at Fenway Park, cross home plate, and help Iraq and Afghanistan veterans and their Families — all on the same day?

The answer is once a year, during the Run-Walk to Home Base presented by New Balance. The fourth annual event will take place May 4 to raise funds for the Red Sox Foundation and Massachusetts General Hospital Home Base Program, which since 2009 has helped veterans and Families coping with post-traumatic stress and traumatic brain injuries.

Each of those organizations contributed \$3 million in seed money over three years to launch the unique partnership, which had been born during visits that Red Sox players, management and owners had made after their World Series wins in 2004 and 2007 to young veterans at Walter Reed Army Medical Center. Home Base is the first partnership of its kind between an academic medical center and Major League

Baseball to offer clinical care, community education and research.

The 2013 event, limited to 4,000 entrants, will feature a 9 km run and a three-mile walk that start and finish at Fenway. While most participants must raise a minimum of \$1,000 a piece, up to 500 active-duty military members can enter for just a \$50 registration fee. Participants and sponsors have raised more than \$7.3 million since 2010 for the Home Base Program.

Among the thousands who lace up running and walking shoes each year are service members and veterans seeking to help their brothers and sisters in arms. Some have their own special reasons for toeing the starting line, including Army Sgt. 1st Class Jeffrey Coots II, running for the first time.

Currently stationed at Fort Riley, Kan., Coots will be heading for home in more ways than one May 4: He's a Pawtucket, R.I., native, and he will join Family members who have done the Run since 2009 in memory of his brother-in-law, Capt. Anthony Palermo Jr., who was killed in Iraq by an improvised explosive device, April 6,

2007.

"It's important to do this run for me for remembrance," said Coots, "not only for the ones we lost, but for the ones who still fight today, whether it be on a battlefield or at home with the memories and/or injuries."

Dan Kemp is no longer in uniform, but he works on behalf of those who still are. The chief of the Information Management Branch at the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center in Massachusetts has taken part in the run since its inception.

"It sounded like a good thing to do, like my little way to give back," said Kemp, a former Soldier and an Operation Iraqi Freedom veteran. "I've decided to make that my thing."

Though he grew up in Carlisle, Pa., and does the event each year wearing a Phillies cap, Kemp enjoys running through Boston and into Fenway.

"It's a great atmosphere," Kemp said. "Fenway's an iconic park. It's a great event, it's a fun crowd, and it's for a good cause."

Spc. Kim Belskis of the Massachusetts

Army National Guard will run in the Home Base event for the fourth consecutive year.

"The race has been close to my heart for the last few years," Belskis said. "I thought this is a way for me to give back to those that are serving overseas."

Belskis recalled running into the historic ballpark for the first time, in 2010.

"I've never been able to actually touch the field at Fenway Park before," said Belskis, "so it was a fantastic experience."

Belskis said she has no plans to stop supporting the Home Base Program. She added that she has seen what the program has done for veterans and Families.

"They do a lot for everybody," Belskis said. "This is something that I could actually see myself doing for a very long time. When you join the military, you essentially join a Family."

For more information on the 2013 Run-Walk to Home Base presented by New Balance, go to [www.runtohomebase.org](http://www.runtohomebase.org). To learn more about Home Base services for veterans and their Families, visit [www.homebaseprogram.org](http://www.homebaseprogram.org) or call (617) 724-5202.

## FORT RUCKER GROUP CYCLING

B  
R  
I  
E  
F  
S

Cyclists who would like to participate in group rides (10-25 miles) beginning in April on Monday, Wednesday and Friday mornings should contact Michael Negard at [michael.negard@us.army.mil](mailto:michael.negard@us.army.mil) or 255-3770.

## GOBBLER CLASSIC TURKEY HUNT

Outdoor recreation will host the Gobbler Classic Turkey Hunt Friday to April 30. Cost is \$25 per person. People can still register for the event today at outdoor recreation. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Turkeys are scaled on weight, beard length, and left and right spur.

For more, call 255-4305.

## 3 FREE BREAK

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

For more, call 255-9503.

## LADIES NIGHT

Rucker Lanes hosts its Ladies Night Saturday from 8 p.m. to midnight. The special includes \$5 unlimited bowling, \$0.75 small sodas, \$1 fries and \$1.25 hot dogs for ladies - regular pricing will apply for men.

For more, call 255-9503.

## ST. PATRICK'S DAY RUN

The St. Patrick's Day 5K/10K run and 1-mile fun run will take place Saturday from 9 a.m. to noon beginning at the Fort Rucker Physical Fitness Facility. Race day registration begins at 7:30 a.m. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children, and will begin after the 5k and 10k are completed. Each fun run participant will receive a medal. Registration for the 5K and 10K is \$25 with a shirt and \$100 for a team of eight. The event is open to the public.

For more, call 255-2296.

## EASTER GOLF SHOP SALE

Silver Wings Golf Course will host its annual Easter golf shop sale March 29-31.

For more, call 598-2449.

## DISC GOLF

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf - played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try.

There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more, call 255-2296.

## PAN FISH TOURNAMENT

Outdoor recreation will host a Pan Fish Tournament March 30 from 6-10 a.m. Registration is ongoing and the cost is \$10 for ages 16 and older, and \$3 for ages 15 and younger. Participants must follow creel limit size for Lake Tholocco. Prizes will be awarded to the top three total weights. Participants older than 15 must have an Alabama fishing license and Fort Rucker post fishing permit. The event is Exceptional Family Member Program friendly.

For more, call 255-4305.

## PINWHEELS FOR PREVENTION

In recognition of Child Abuse Prevention Month, Army Community Service, child, youth and school services and Fort Rucker physical fitness Facilities will host the Pinwheels for Prevention Family Fun Run/ Walk March 23 from 9:30-11 a.m.

Registration the day of the event will take place 9 a.m. at the Fort Rucker Physical Fitness Facility. Participation awards will be given to all children ages 16 and younger at the end of the race. The event is open to the public and Exceptional Family Member Program friendly.

For more, call 255-3898.

# PUZZLE ANSWERS

Super Crossword  
Answers

DISREPAIR	OBAMA	SHARP
AVOIDABLE	HERON	CURER
MARCOS	BYPASSING	REESE
UNE	NOR	IN
PAR	ELL	MAHER
SI	GAPE	PELL
LAM	BLASSOS	LYLE
QVI	LYES	EBRO
TOLO	LETHALE	VEBALLING
CLOSE	ATOP	ESPY
SAITH	IMMORAL	ECARD
ADD	ESP	AMIN
CON	ESTOGATE	STERS
NAIL	SERA	MOOG
TROD	CLEF	LEMURRAY
RECO	VOUS	LAPTOP
OUT	WITHERS	SHEV
UNO	DOOR	OER
PIPED	PEOPLE	NAMED
ETUDE	ISSET	EXONERATE
RESOD	STONY	BIKERACES

Weekly SUDOKU  
Answer

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

Answers

1. Turkey
2. Alice Walker
3. Aaron Copland
4. John Quincy Adams
5. 1621
6. Four inches
7. Bulldress
8. "Love Is All Around"
9. Washington, D.C.
10. "Dodgeball"

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III IDENTITY THIEF - R  
Mon - Fri 7:00 & 9:15  
Sat - Sun 2:00, 7:00 & 9:15  
IV 21 AND OVER - R  
Mon - Fri 7:00 & 9:00  
Sat - Sun 2:00, 7:00 & 9:00  
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3D - Mon - Fri 7:00 • Sat - Sun 2:00 & 7:00  
2D - Mon - Fri 9:15 • Sat - Sun 9:15  
III SAFE HAVEN - PG-13  
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Sat - Sun 2:00, 7:00 & 9:20

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Video Game Spotlight >>



COURTESY SCREENSHOT

# Kratos fights back

By Jim Van Slyke  
Contributing Writer

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

It’s time to go back to the beginning. Everybody’s favorite ancient god-battling hero is here for the seventh time, but this “God of War: Ascension” takes place 10 years before the original game, and six months after Ares tricked Kratos into murdering his wife and child.

The third-person action-adventure with plenty of combat, puzzle solving and quick-time events keeps things on a high level, especially since this time around “God of War” has multiplayer options.

As usual, gamers control Kratos, a former servant of the God of War, Ares. While in previous games Kratos has been a nearly one-dimensional – and none too smart – killing machine, this time in “Ascension” we get to see him as man who laughs, cries and still tries to pummel all who oppose him. He has sworn to avenge his wife and child, breaking a blood oath that bound him to Ares. But oaths are not easily broken in Olympus and Kratos is sentenced to a prison for the living damned where he tries to remain sane while battling the Furies.

The story is good, the combat is fun and the graphics are fantastic. Truly a game to show off to friends and even enemies, “Ascension” is eye candy for those who enjoy great battles that end with bloody

results. While there are puzzles and quick time events to solve, the emphasis is on combat. So it’s good that Kratos has a lot of incredible attacks.

The online multiplayer allows up to eight gamers in each group to face off in objective-based combat. Gamers first ally themselves with Zeus, Ares, Poseidon or Hades, with different benefits for the god they choose. With each battle, the gamer’s character earns experience to unlock new customization options for their warrior. There are also a variety of power ups and plenty of game options to keep things interesting.

“God of War: Ascension” has served notice that it should be considered an early runner for game of the year. It’s a brutally fun ride.



<b>Publisher</b> Song Computer Entertainment	<b>Systems</b> PS3
<b>Rated</b> Mature	<b>Cost</b> \$60
	<b>Overall</b> 3.5 out of 4

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