

READINESS
Post hosts FRGs
to help close gaps,
educate



FUTURE
Youth fair prepares
teens for future



BASKETBALL
Warriors dominate
Guardians 95-39



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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 21, 2013

Secretary of the Army: *Aviation critical to Army future*

By U.S. Army Public Affairs

Secretary of the Army John McHugh was at Fort Rucker on Monday where he assured Soldiers and families members that, despite budget concerns, those going into harm's way will be properly trained, fully equipped, and ready for their missions.

McHugh was at the U.S. Army Aviation Center of Excellence near Enterprise Alabama, where he made multiple stops to meet and spend time with Soldiers at the world class training facilities.

McHugh spoke with students of the Aviation Captains Career Course who he described as a group of energetic leaders who "have taken on incredible responsibility with great professionalism." He also had an exchange with some of the Army's most senior warrant officers at the Warrant Officer Career College who had important questions about the future of the Army.

"We can always learn a great deal about what they are thinking and what they are concerned about and what we need to know with respect to building the Army of the future," McHugh said.

At the Helicopter Overwater Survival Training facility, he observed pilots undergoing simulated escape scenarios in the facility's pool.

"I was impressed, again, with their professionalism, and the calm way in which those young Soldiers - who were being totally



PHOTO BY NATHAN PFAU

John M. McHugh, Secretary of the Army, receives a brief from Col. Stanley Smith, commandant, U.S. Army Warrant Officer Career College, during his visit to Fort Rucker Monday.

submerged and inverted - conducted themselves," McHugh said.

Concerning the budget, sequestration and their potential effects on Fort Rucker, McHugh talked about the tough decisions to be

made at the Army and Department of Defense levels. There are a number of factors at play in terms of dollars and time available affecting how many pilots may be waiting for training between now and end of the year.

"For all of the challenges that we are facing, we are committed to these Soldiers and to ensuring that they are provided the absolute best training possible," McHugh pledged.

"Aviation is an absolutely ir-

replaceable part of our Army formations," he said. "[Aviation] is going to be a critically important part of the Army's future."

"In short," McHugh said, "the Center of Excellence here for Aviation is well named."

USAACE Soldiers compete for top honors



PHOTO BY NATHAN PFAU

Pfc. David B. Coppersmith, B Co., 1st Bn., 11th Avn. Regt., 1st Avn. Bde., rows his canoe during the mystery event of the Soldier, NCO and AIT PSG of the Year competition March 12. Coppersmith went on to win Soldier of the Year for the competition.

By Nathan Pfau
Army Flier Staff Writer

Nineteen Soldiers and NCOs from across the U.S. Army Aviation Center of Excellence had the opportunity to compete against one another through events that tested their physical prowess as well as their mental agility.

The 2013 USAACE Soldier, NCO and Advanced Individual Training Platoon Sergeant of the Year competition March 11-13 pushed Soldiers to their limits, but only three came out on top: Pfc. David B. Coppersmith, B Company, 1st Battalion, 11th Aviation Regiment, 110th Aviation Brigade, won Soldier of the Year; Staff Sgt. Lonnie T. Gilstrap, A Co., 1st Bn. 13th Avn. Regt., 1st Avn. Bde., won NCO of the Year; and Staff Sgt. Alexis Bastidas, B Co., 1st Bn., 222nd Avn. Regt., 128th Avn. Bde., won AIT Platoon Sergeant of the Year.

"It's an honor to just be part of this competition, but to win and represent my unit is the greater honor," said Bastidas.

"It feels great to be able to represent my unit," he said.

"Not only them, but everybody that helped us train to get where we are both physically and mentally."

This year's competition was different from previous years in that it was much more extensive, according to Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major.

"Years previous, it was a much more scaled-down event," he said. "Just some hands-on testing and a board in front of senior NCOs, so we really expanded the aperture and invited more participants to come in."

The Soldiers had to endure several events throughout the competition: a 6-mile foot march, during which each Soldier was issued a 30-pound ruck sack and dummy rifle; land navigation exercise, during which each Soldier was tasked with finding specific points on a map; shooting range events, during which Soldiers were only allotted a certain number of rounds to hit targets with; a mystery event that encompassed physical skills mixed with mental proficiencies; and Soldier, NCO and AIT

SEE HONORS, PAGE A6

All Hazards exercise tests post's security, readiness

By Sara E. Martin
Army Flier Staff Writer

Casualties and bullet casings littered the streets while chlorine gas choked and killed civilians and Soldiers during the All Hazards Exercise March 13 around post.

The artificialities of the exercise tested first responders, Flatiron, Criminal Investigations Command, medical teams, and communications systems throughout the installation, according to Col. Stuart J. McRae, Fort Rucker garrison commander.

"Our public safety [teams], police and fire crews, practice their emergency response procedures on a regular basis during smaller scale exercises. This was the capstone event to those smaller scale train-



Col. Stuart J. McRae, Fort Rucker garrison commander, visits the second site of the All Hazards exercise March 13 and communicates with emergency responders about the simulated shooting at Yano Hall.



PHOTOS BY SARA E. MARTIN

Spc. Jason Clare, 164th TAOG, plays as an injured bystander, and is searched for wounds and weapons during the Fort Rucker All Hazards Exercise March 13.

SEE SECURITY, PAGE A6

PERSPECTIVE



U.S. ARMY GRAPHIC

The Army has made available to Soldiers a new online resource to complement the Ready and Resilient Campaign that launched March 12. The campaign's website is available now at www.army.mil/readyandresilient, and is designed as a "one-stop shop" for resources related to Soldier resilience and readiness.

Ready and Resilient Campaign kicks off

By C. Todd Lopez
Army News Service

WASHINGTON — The Army has made available to Soldiers a new online resource to complement the Ready and Resilient Campaign that launched March 12.

The campaign's website is available now at www.army.mil/readyandresilient, and is designed as a "one-stop shop" for resources related to Soldier resilience and readiness. The new site includes sections for medical readiness, personal readiness and Soldier transition issues.

On the front page of the site is a list of hotlines for Soldiers to call for when "something bad happens," said Col. John Sims, with the Army's Office of the Chief of Public Affairs. Such an event could include a sexual assault, suicide issues, traumatic brain injury or post-traumatic stress disorder.

The Army already has dozens of programs and websites that can help Soldiers improve their readiness, help them become more resilient, and help them deal with crises such as sexual assault, suicidal ideation, post-traumatic stress disorder or traumatic brain injury, for instance. But the new website is meant to bring access to those resources together in one place.

"You can find this information in 500 other different places. But this is supposed to be the one-stop shop for Soldiers," Sims said. "We wanted to make a place where leaders, Soldiers and Family members could go and find information and quick resources, emergency hotlines, and learn to improve their resiliency."

Resilience is an individual's ability to bounce back

when "something bad happens, in the simplest terms," said Sims. A Soldier's resilience, he said, can come from how they were raised, the experiences they had in their lives and how they were trained.

Sims said the secretary of the Army, the chief of staff of the Army and the vice chief of staff of the Army want to show the connection between a Soldier's resilience and a Soldier's readiness for duty. That connection, and maintaining that connection, is the impetus for the Ready and Resilient Campaign.

Readiness, Sims said, is the ability of an individual or unit to accomplish its assigned task or mission.

"We are recognizing that it's not just the training we go through that makes us ready, but all the things that we bring as an individual," Sims said.

Col. Theresa Gonzalez, with Army Medical Command, said for an individual, not being ready could be the result of administrative, medical or mental health issues. Readiness, she said, means that a Soldier is resilient to the many stressors that all Soldiers face.

"The difference between people who do well and sustain their capacity, is what we refer to under the name resilience," Gonzalez said. "A more resilient Soldier is able to accept the same load, allostatic load is the term we would use. They can accept the same allostatic load and continue to perform their mission."

An "allostatic load," she said, describes the physical consequences to one's body that result from repeated exposure to stressors. Those stressors could include, among other things, relationship issues or financial issues, for instance.

Such stressors can affect a Soldier's ability to con-

centrate, Sims added. And long-term exposure to such stressors, and a Soldier's inability to adapt to them and deal with them can also affect his or her health, Gonzalez added.

Additionally, Gonzalez said, Soldiers rarely have just one stressor in their lives, they often have multiple stressors that can affect them. And the Ready and Resilient Campaign website, and program overall, is meant to help Soldiers identify in one place the things that are affecting their lives and then point them to available solutions.

Sims said the Ready and Resilient Campaign offers "nothing new" in terms of programs, but instead aims to take an array of existing Army programs and optimize them, to make them all more effective. Additionally, he said, some programs that are redundant have been eliminated to ensure resources are directed to other more effective programs.

"Really what we are doing is changing how we view these programs," Sims said. "No longer do we view suicide as unconnected to negative behavior, or sexual assault, or other things. We are now seeing them much more holistically."

The Ready and Resilient Campaign website is just one part of a larger Campaign to emphasize how Soldier resilience directly affects a Soldier's readiness, and the readiness of that Soldier's unit. The goal of the Ready and Resilient Campaign is to make it easier for Soldiers, commanders and Families from all components of the Army to find the resources they need to make themselves ready for the war fight, and to help them understand the connection between being resilient and being ready to be a Soldier.

Rotor Wash

“Today marks the second official day of spring. How do you plan to celebrate warmer weather?”



Spc. Eric Maldonado,
6th MP Detachment
“I plan on going surfing.”



Pvt. John Kroft,
6th MP Detachment
“I will start taking lots of road trips. I like getting away.”



Sgt. Damon Mims,
6th MP Detachment
“I will be taking leave and going on a trip to Orlando.”



Pfc. Donovan Jenkins,
906th MP MWD Detachment
“I plan on spending more time outside with my friends and my dog.”



Spc. John Davis,
6th MP Detachment
“I want to go to the beach. So probably take some trips out there.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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Post hosts FRGs to help close gaps, educate

By Sara E. Martin
Army Flier Staff Writer

Family readiness group leaders and advisers came together March 14 at Wings Chapel to share best practices, and to learn about the installation and the resources available to them.

The purpose of the gathering was to get FRG leaders from all over the installation together to inform them and help them network to create even more effective groups, according to Leigh Jackson, U.S. Army Aviation Center of Excellence Family readiness support assistant.

“The day intended to give them information about U.S. Army Training and Doctrine Command, U.S. Army Aviation Center of Excellence, the garrison, how all the units fit together, as well as give them information resources,” she said, adding that FRGs are as informational as they are social.

Many familiar faces were seen at the gathering and many gave presentations, including the Directorate of Public Safety and Army Community Service representatives, Col. Stuart J. McRae, Fort Rucker garrison commander, and Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general.

“Today is all about Family readiness, which is an important aspect of what we do in the Army. Our chief of staff says that the Army is the strength of our nation, our Soldiers are the strength of our Army and our Families are the strength of our Soldiers, and that is absolutely true,” said Mangum.

“Family readiness groups serve three purposes – communication, community, and caring and compassion to take care of one another. This year the Army has invested [more than] \$1.2 billion in Family programs, so the Army Family Covenant is alive and well. We [will have] budgetary and fiscal challenges that we are going to have to face, but the Army will continue to fund Family programs at the maximum extent as possible,” he continued.

Some topics at the event were furloughs, sequestration, the role and responsibilities of FRGs, how Fort Rucker is structured, what type of training is conducted on the installation, safety, organizations and units on post, security and FRG rules.

“The mission is important, the Families are important, but the mission doesn’t happen without your help,” said Angel Mangum, wife of the commanding general.

Another large portion of the day was communication, and that went over well with attendees.

“Communication is key within the



PHOTO BY SARA E. MARTIN

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, speaks with attendees of the FRG meeting event March 14 at Wings Chapel about Family readiness, strength of Army Families and support available to Families.

FRGs. Let [spouses] know that you are there if they need them and reach out to every spouse because everyone has something to offer,” Angel said.

“I know that a lot of [spouses] enjoyed listening to Mangum because of his beliefs on proper communication and reaching out,” said Jackson.

The event also talked about developing single Soldier activities, how to break FRG stereotypes and stigmas, how to get more people involved, successful events and invisible barriers that the FRGs face, such as a spouse’s Soldier’s rank.

“The FRG participants were able to get a lot of good ideas and network and understand that even if they have a really small unit they can partner with another unit and do activities together. I think we created some good friendships and some good networking today and built bridges between the FRGs,” said Jackson.

The main success of the day, according to Jackson, were the breakout sessions where the FRG volunteers broke up into four groups, which served to provide networking and idea sharing.

“It’s about caring for Soldiers and their personal values and needs. The FRG forum is an avenue to educate FRG advisers, FRG leaders and commanders on resources at Fort Rucker, the importance of Family readiness and how to make Family programs successful,” said Jackson.

The garrison commander spoke on many topics, from his role at Fort Rucker to successful on-post programs, from sequestration to potential new facilities such as schools and a lake lodge complex.

“This is a fairly small installation, but it is one of the more important ones when it comes to the capabilities we have,” he said. “We can’t do everything, but we will try to do the things that are most important to

the most people here. That is important to us... to do the most with what we have.”

A lot of times FRGs are only thought of as a part of deploying units that are left behind, but McRae said that is “simply not true.”

“FRGs are the lifeblood of any organization that passes out information and makes sure people know what is going on. No one can really sympathize with the struggles, strains and the challenges that you face, and you are so resilient,” he said.

Many of the attendees thought of their fellow FRG members as Family and that the most important lesson learned from the event was making sure that they welcome new Family members.

“We are Family. I think we need each other all the time, not just for deployments, and it is important to emphasize that,” said Lara Herrera, 1st Battalion, 212th Aviation Regiment FRG leader.

Excellence recognized

Col. Stuart J. McRae, Fort Rucker garrison commander, presents a garrison commander coin to Margaret Johnson, Fort Rucker police officer, Tuesday at the Directorate of Public Safety building for her actions during a recent storm that caused damage on the post. The commander said he and garrison Command Sgt. Maj. Buford E. Noland were checking out the damage when they saw Johnson “scampering around protecting traffic and blocking off the (post exchange) parking lot so people’s cars and people themselves weren’t injured.” He said he had also observed Johnson responding in an excellent manner during other events and crisis situations. “You have your priorities straight, and you have public safety first and foremost in your mind. That’s what we’re supposed to be doing. It’s not about us – it’s about our jobs and responsibilities, and it’s obvious that is what you do.” Afterwards, Johnson received additional honors as the Fort Rucker Police Officer of the Month for February.



PHOTO BY JIM HUGHES

News Briefs

Preparing for furlough seminar

Army Community Service’s Financial Readiness Office hosts a Preparing for Furlough: A Seminar for Federal Civilian Employees Tuesday, March 29, and April 5, 12, 19, 24 and 30 in Bldg. 5700, Classroom 284. The seminar is open to all federal civilian employees and their spouses.

The seminar is designed to provide proactive financial options related to personal money management with an agenda that includes: reviewing cash flow, reviewing financial goals, reducing expenses and ensuring access to credit.

Seating is limited and reservations will be taken on a first-come, first-served basis. To register or to get more information, call 255-9361, 255-2594, 255-2341 or 255-0679, or send an email to Edwin.o.burden.civ@mail.mil. Once capacity is reached, people may register for another date.

Aviation Training Industry Day

The annual Aviation Training Industry Day takes place today 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 com-

munity 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 initiatives 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.

Fort Rucker Women of the Year

The Fort Rucker Women of the Year Awards Ceremony takes place March 28 from 10-11 a.m. at the U.S. Army Aviation Museum.

Guest speaker will be Col. Dana Renta, U.S. Army Aeromedical Research Laboratory commander.

The 2013 nominees in the professional category: Vicki Baxter, Training and Doctrine Command Project Office-Aviation; Melissa A. Gothard, U.S. Army Combat Readiness/Safety Center; Barbara B. Harper, Directorate of Training and Doctrine; Capt. Marina Loshak, Office of the Staff Judge Advocate; Lt. Col. Tewanna K. Marks, Directorate of Public Works; Capt. Megan A. Mueller, OSJA; and Candice S. Vaughan, DPW.

Nominees in the Administrative category: LaMoina “Faye” Brooks, Directorate of Plans, Training, Mobilization and Security; Peggy L. Contreras, Directorate of Public Safety; Charlene Franklin, DPTMS; Linda Frey, DPW; Tonya D. Harris, OSJA; Nelda “Kay” Mackey, DPTMS; Darlene Pena, DPS; and Annette R. Styron, DPT-MS.

Nominees in the Technical category: Margaret L. Rhoades, DPT-MS; and Patsey Smith, DPW.

Nominees in the Other category: Maryk Hawkins, DPS; and Margaret J. Johnson, DPS.

Picerne transitions into 2nd phase of partnership

By Sara E. Martin
Army Flier Staff Writer

The partnership between Picerne Military Housing and the Army is entering its eighth year, which means that Picerne will be slowing down construction and focusing on managing existing properties for the remainder of the 42-year alliance.

“The program has two phases, the initial development period, which is the first eight years of the program where the majority of construction takes place and the homes are being addressed, and the second phase is the outer year development period, where we will still construct new homes, but not at the pace as we did before. It is more geared towards keeping up the homes,” said Jimmy Scott, Picerne Military Housing program manager.

When Picerne assumed operations in 2006, they took control of 1,513 homes. Of those homes, they have demolished and reconstructed 791 new homes, and this year Picerne will build 25 additional homes, Scott said.

“In our end state, we will have [fewer] homes. We took on 1,513 homes, when we are done there will be 1,476. We have 108 homes left in Munson Heights that will be addressed first in the secondary development period; they will be addressed as new homes,” said Scott.

Moving into the outer years, residents will not notice any change other than there will be less construction, according to Scott.

“The commitment that our team has to our Soldiers as far as upgrades, amenities, services, maintenance, that will not change. They will be taken care of just as before,” he said.

Major construction that has taken place on the installation during the last eight years includes the construction of three community centers, entirely new communities, roads, basketball courts and playgrounds.

“All of our communities have their own 7,200-sq-foot neighborhood center. Each center includes a workout room, media room, gathering places, club room and a 25-meter, six-lane pool,” he said. “Neighborhood centers serve as the heart beat and soul of that community where everybody comes and meets socially. Community centers also serve as a one-stop shop for residents’ everyday needs, such as air conditioning filters.”

Picerne has constructed entirely new residential areas and neighborhoods



COURTESY PHOTO

Then-Staff Sgt. Vincent Lizama with his wife, Sonya, and children, Sierra, Skylar and Vincent, pose for a Picerne Military Housing photo at their new home.

over the years, according to the program manager.

“Munson Heights, off of Red Cloud Road, was our very first new development. We constructed 70 new, two-story homes, new roads and new infrastructure. It is a brand new development. We also constructed new homes and infrastructure near Silver Wings Golf Course; there are 13 colonel homes there now,” he said.

Though Picerne will slow down, Scott said the more than \$1.6 million capital improvement programs will still be running strong.

“We will continue to do capital improvement programs. We couldn’t touch every home at one time, so the homes that only received moderate renovations will be the first to be addressed along with the older roads,” he said.

Picerne doesn’t only take care of homes, but the entire neighborhoods.

“We take care of the surrounding areas such as the sidewalks, landscaping, shared areas, bark parks, roads and the community gardens,” he said.

Picerne also tries to take care of the

environment, its residents with events and even provides training locations for the Fort Rucker fire and police departments.

“We try to use the demolitions as training opportunities for the Directorate of Public Safety. We provide those homes for training for firefighters so they can simulate a fire and for police to kick in the doors, as well as for searching the house for criminals or survivors. We also let police plant certain things in the homes for canines to train and search out those things,” said Scott.

The homes that Picerne has demolished were duplexes, but the company decided to replace them with single-Family homes in order to give each Family a sense of ownership.

“We have a process where we cut the slab of the old duplex homes and recycle the slabs to make two separate single-

Family homes. It gives them a since of having their own home instead of being adjoined with another Family,” he said, adding that they also have more privacy.

Officials and representatives at Picerne are also concerned with how their construction affects the local community, specifically local contractors, and were determined to keep them in business when the housing market struggled in 2008.

“We were building 150 to 170 homes a year when the market crashed. That alone stood up those subcontractors outside the gate. They all had a place to come to continue their businesses. With the Army, we had an agreement that 70 percent of the work that we performed here would be done by small and local businesses. And to date that percentage is 96 percent,” he said.

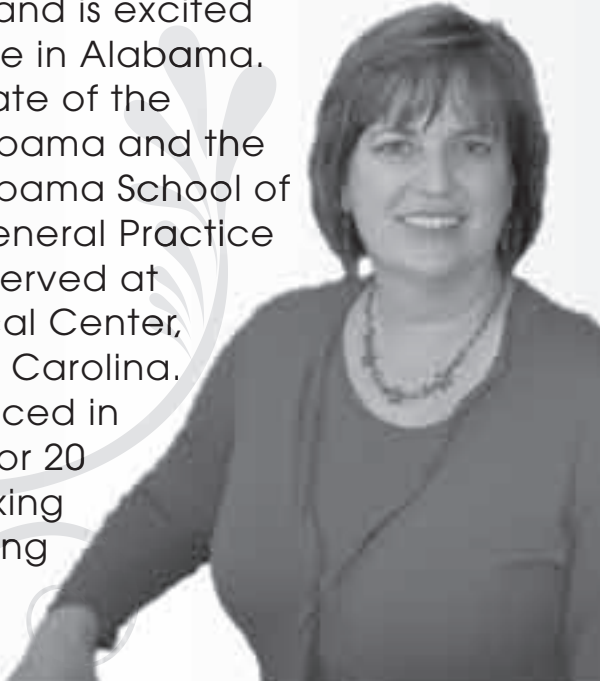
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She is a graduate of the University of Alabama and the University of Alabama School of Dentistry. Her General Practice Residency was served at Carolinas Medical Center, Charlotte, North Carolina. Dr. Spurlin practiced in North Carolina for 20 years and is looking forward to working in Enterprise.



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Army outreach cut by sequestration

By Lisa Ferdinando
Army News Service

FORT MEADE, Md. — Aerial demonstrations have been halted. Army band performances and the Army Birthday Ball are canceled. Communities across America are seeing less of the United States Army because of sequestration.

The across-the-board budget cuts are drastically impacting a very visible mission of the Army, engaging and interacting with the American people.

The Army has a wide range of community outreach activities that support recruiting goals and tell the service's story to the nation, from showcasing aerial precision with spectacular flyovers and parachute jumps to the world-class musical performances of the United States Army Field Band.

For the most part, these activities are being put on hold, although officials said some public performances and outreach events may be approved by special exceptions, depending on circumstances.

Aerial demonstrations, including flyovers, jump team demonstrations, and participation in civilian airshows and military open houses, will cease as of April 1.

The Golden Knights, the Army Parachute Team that has been thrilling crowds for decades, will not be performing public demonstrations for the remainder of the fiscal year.

The Knights were scheduled to perform 70 shows before a projected audience of 3.5 million people across the United States, said Matt Leas, the chief of Marketing Integration with the Army Marketing and Research Group.

"While it is unclear when the demonstrations will resume, the Golden Knights will continue training to maintain required credentials and certification to ensure the team is ready for future opportunities to showcase their capabilities to the American people," he said in a statement.

"The Golden Knights mission is to maintain the Army's connection with the American people and they look forward to resuming that role in the future," said Leas.

The Army Field Band, the musical ambassadors and the premier touring musical representative of the Army, was forced to cancel its spring tour that would have taken it to communities throughout the southeast United States for 139 performances in April and May.



PHOTO BY U.S. ARMY PARACHUTE TEAM

The Golden Knights perform at an airshow in Rifle, Colo., July 10, 2011. Such performances are canceled through September due to sequestration.

The cancellation is a big disappointment for the Soldiers who have practiced for months and the communities that were preparing for and excited about the concerts, said Army Field Band spokesman Jonathan Agee.

He said planning for the tour began about a year in advance and involves sponsors in the local communities who have already spent money for advertising and to secure venues.

"The response has been a mix of understanding, most people are aware of the sequestration measures that are in place right now, and extreme disappointment because the communities look forward to this," said Agee.

He said Soldiers are seeking other ways to fulfill their musical mission. The Army Field Band, based at Fort Meade, can still perform in the commuting area and is

looking to increase its local outreach.

The musicians are also considering doing virtual clinics for schools, which would allow them to interact with the public without incurring any costs. Agee said they are hopeful Congress will reach a deal, allowing the band to go on its summer tour, which would begin in late June.

"We not only are out there telling the Army story to the American public, but we're also engaging schools," Agee said. "Most concerts we invite the top bands people in the area from the local high schools up on stage to perform a piece with us. It's a pretty big event for a lot of people and the disappointment has been running deep."

The Army's Birthday, which is celebrated throughout the country each year with a series of events in June, has seen funding for the festivities slashed. Department

of the Army headquarters has canceled its much-anticipated Army Birthday Ball for this year. In previous years, the ball has brought together Army leadership, Soldiers, wounded warriors, veterans and military supporters for an evening of dining, music and socializing.

Other birthday events will continue, such as cake-cutting at the Pentagon and a Twilight Tattoo ceremony the evening before. There will still be an Army run at Joint Base Myer-Henderson Hall, Va., and a wreath-laying at Arlington National Cemetery.

Other areas impacted by the sequester include military participation in events abroad and civilian monetary awards. The Army has suspended tuition assistance for Soldiers, and Army civilian employees are set to be furloughed one day a week beginning the last week of April.



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Honors: Winners determined by combined event points

Continued from Page A1

PSG boards, which required Soldiers to answer questions regarding their training and Army Aviation.

The early-morning 6-mile road march kicked off the competition, with each competitor having to complete it within 90 minutes to continue through the competition, and the fastest time received extra points, according Thomson.

“Doing that 6-mile ruck march with 30 pounds on your back and running is tough,” said Coppersmith.

Gilstrap agreed, adding that the road march, coupled with the land navigation, was the hardest part of the competition.

“I think in total I went about 11½ miles, and that was pretty challenging,” he said.

The winners were announced during a ceremony at the U.S. Army Aviation Museum March 13.

“Every one of these Soldiers and non-commissioned officers really gave it their all,” said Thomson. “I can tell you that they left their hearts and souls out on that field yesterday.”

All the Soldiers throughout the competition knew of each event they had to compete in except for one — the mystery event.

The mystery event was held at Lake Tholocco and required participants to

complete three challenges. First they had to jump into a canoe, and row their canoe against wind and currents to an island where they had the opportunity to retrieve an arrow. They were able to go back to the island as many times as they could within 15 minutes to retrieve up to five arrows.

After they retrieved their arrows, they were required to report to the next station where they were tasked with completing a puzzle. Based on whether they completed the puzzle or not determined how many points their arrow would be worth, said Thomson.

After the puzzle, Soldiers had to shoot their arrows into a target to make their

points count toward their final score.

The winners were determined by combining points from all events, and Thomson said during the ceremony that the Soldier of the Year was determined within three to four points, and the NCO of the year was determined with a difference of one point.

Each winner said that they would do it all over again if they had the opportunity, no matter the outcome, and some shared advice that they would give to future Soldiers who wish to compete.

“You have to train every single day,” said Bastidas. “We’ve been training since Day 1 — since when we joined the Army — but for something like this, you have to train seven days a week.”

Security: Local community authorities observed exercise

Continued from Page A1

ing drills,” he said.

The capabilities of the post were tested because officials wanted to practice and validate plans in case of an emergency to ensure people are protected to the fullest extent.

“We want to make the exercises hard to make sure we test all aspects of emergency response. If there are new techniques or ideas, we want to test them out to ensure security and its ability to work,” said Willie Worsham, Fort Rucker emergency manager.

The exercise began when two vans infiltrated Tank Hill Gate March 13 around 9 a.m., but the storyline and characters were developed weeks prior to help the Crisis Response Team have a full experience when dealing with hostile situations.

“For this particular exercise, events occurred in Mexico that lead up to today’s exercise. The Houston County Sheriff’s Office received a tip about one of our suspects from this cell. Police searched his living quarters, and they found precursor materials for improvised explosive devices and they found maps of Fort Rucker and Fort Benning, Ga.

“We also found a manifesto that the suspects believed in that was anti-government and anti-military. All this information lead to the belief that he would at least

attempt to harm Fort Rucker and the community in some fashion,” said Worsham.

It was members in that cell that attacked the base, according to officials.

At the first simulated scene, terrorists intended to release gas or a bomb at a heavily populated area but they crashed before they could and accidentally killed themselves while releasing the gas at the corner of Dustoff and Ferrel Streets.

Military police were first on the scene, responding within five minutes and soon a headquarters was set up in the field behind the veterinary clinic. The dogs and handlers at the kennels were contaminated and began having respiratory symptoms such as coughing, and several died in the exercise. There were two simulated Soldier casualties and three terrorist casualties at the immediate scene.

The goals of the exercise were met and valuable lessons were learned by everyone involved, said McRae.

“Though the likelihood of an event of this nature occurring on Fort Rucker is extremely low, we have to be prepared to react to the worst of contingencies should they occur,” he said.

Techniques to ensure that the Installation Operations Center has an appropriate common operating picture for the overall

situation with sufficient detail for senior leaders to be able to make informed decisions in a timely manner was one of the main lessons learned, according to the garrison commander.

“We also honed our ability to use augmentation forces,” he said.

The exercise evolved further with a simulated attack on Yano Hall not long after the initial attack, forcing responders to handle two separate scenes at the same time.

Actors and dummies were scattered across the parking area with medics attending to both. Some were dead while others were severely wounded.

In the second attack, students at Yano Hall were fired upon with RPGs, AR-15s, and 9mm Berettas, according to Master Sgt. Pedro San Miguel, provost sergeant.

“Once the police arrived on scene, they took some shots at the men firing. Once the bad guys ran out of ammo they fled. Several people were shot in the exercise,” he said.

All three terrorists were shot, but one was taken down by a military working dog, Rocky, before so. The dog was also wounded in the exercise, along with another MP, leading to them both being medically evacuated by helicopter.

Though there were a few hic-

cups during the exercise, McRae said that the situation responses were handled appropriately.

“I was very pleased with our first responders. They reacted in a manner that kept the events from escalating and ensured that the impacts associated were reduced to the lowest level possible,” he said.

Local community authorities, such as the Dothan Police, participated as well as observed to learn from the exercise.

“We had the assistance from the Enterprise Police Department, the Houston County EMS, the FBI and the Emergency Management Agencies from Coffee County and the State of Alabama,” said McRae. “These agencies were extremely helpful in making this a successful exercise. Because of Fort Rucker’s proximity to local municipalities, anything that occurs on the installation will undoubtedly have an effect off post.”



GITTIN' STARTED

Fried Green T'maters

You'll be smilin' wider than a bullfrog when ya get yore hands on a plate of the tastiest t'maters around! Served with Homer's Favorite Buttermilk Dressin' fer dip'n. Ya can afford to dip oft'n fer: 4.89

Onion Ranas

A big ol' basket of battered and fried fun. Try 'n toss 'em onto a straw afore ya eat 'em if ya can hold out that long. A real deal at: 4.49

Fried Cheese Stix

Crispy, crunchy outside, ooey, gooeey inside—purely pleasurable all the way through! Served with marinara sauce fer dip'n. Six stix fer a measly: 4.99

Chicken Livers or Gizzards

Take yer pick! Dee-lushus breaded morsels of kuntry goodness fer only: 4.29

Bowl of Dumplings

Warm yore innards with a big ol' bowl of our chicken and dumplings: 4.29

GARDEN FRESH

“The Whole Shebang” Salad

We give this one the works, and that's sayin' sumthin'! We load kuntry-fried steak, grilled chicken and Calabash shrimp onto a big bed of fresh lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges and a breadstick. Purty nye heaven on earth! An' all fer only: 8.99

Yore Choice Salad

Ya gotta pick'n choose with this one: well top a big bed of lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges, a breadstick and yore choice of **Kuntry-Fried Steak, Calabash Shrimp, Fried or Grilled Chicken Breast** fer: 7.49

Garden Patch Salad

Crispy lettuce tossed with t'maters, carrots, onions and croutons, sized to suit yore appetite: 3.49

EATIN' HIGH ON TH' HAWK!

This here's homestyle cookin' like it otter be. We shore are proud ta serve ya our best! These fine dinners come with yore pick of two homestyle veggies, an' choice of warm breadstick, yaller cornbread, hushpuppies or a basket just popped right out of th' oven

Our Famous Kuntry-Fried Steak Dinner

Nuthin's more “kuntry” than our kuntry-fried steak! Folks what knows good cookin' keeps comin' back fer this'n: two slabs of tender beefsteak rolled 'round in our special breadin' and fried up golden. Served with plenty of rich creamy gravy. Pure goodness at: 8.49

Not that honary? Diz into a one-piece dinner fer: 6.99

Pork Chop Dinner

Folks, it jest don' get any better'n this! Two center-cut 6-ounce chops from the finest hawgs this side of the Big Muddy. Served with our rich creamy gravy. Subscribe ta how ya want 'em cooked: Fried • Grilled • Barbee-cued Eat hearty, now, fer just: 9.49

OneChop Dinner: 7.49

Ground Chuck Steak

A half-pound of USDA chuck steak, carefully seasoned, smothered with grilled onions and creamy brown gravy, only: 7.99

Grilled Beef Liver an' Onions

Enjoy a tender half-pound of this Southern specialty fer: 7.49

Kuntry Cookin' Combo

Choose yore own two favorites fer: 8.99

- Kuntry-Fried Steak • Fried Chicken Livers or Gizzards
- 2-Piece Fried Chicken (If ya wanna be sure ta get a breast add \$1.00, or \$2.00 fer two of 'em)
- Fried or Grilled Pork Chop

FROM THE OL' FISHIN' HOLE

When the fishermen come in we're buyin' the best, just fer you! What do ya git with these catches? Two homestyle veggies, hushpuppies and sea sauces make 'em just 'bout perfect!

Whitefish Dinner

Two generous whitefish fillets, tender and flaky, yore choice of grilled or fried fer a mere: 8.49

Gone Fishin' Platter

Ya ain't seen a platter piled up like this'n afore! Ya get ah samplin' of the best catches of the house...fried fish, sweet clams, tender shrimp an' ah crab cake. Shore is a treat at: 10.99

30 Piece Tail-On Shrimp

Thirty golden morsels of tender shrimp jest beggin' to be et! You don't disapp'int them and they sho' won't disapp'int you. Git 'em at the golden price of: 8.99

Seafood Combo

Make yore own combo with yore pick of any two fer only: 9.99

- Fried or Grilled Whitefish • Calabash-Style Shrimp
- Fried Catfish • Clams • Crabcake

Crab Cake Dinner

Sweet crabmeat seasoned and pattied into two cakes: 7.49

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AFTER 4 PM.

Catish Platter

Kiss my grits if this ain't the purtiest platter of whole, bone-in catfish you ever laid a fork to!

3 Piece Dinner 10.99 • 2 Piece Dinner 8.99

Calabash Shrimp

Dee-lishus, tender, bite-sized shrimp fried golden brown Calabash-style. Yores fer only: 7.99

PoFolks Clam Fry

A heap o' hot and crispy clams, three-quarters of a pound in all priced at: 7.49 Half-pound: 6.49

GRANDMA'S CHICKEN DINNERS

We got the best recipes from Grandma's recipe box and we're offerin' y'all some plain good eatin'! Each and ever' one is put on yore table with yore pick of two homestyle veggies, an' choice of wam breadstick, yeller cornbread, hushpuppies or a basket just popped out of the oven.

Nekked Chicken Breast (Boneless)

If yer thinkin' healthy well simply grill this tender chicken breast and serve it nekked or dressed up with barbee-que sauce. If yer cravin' down-home, we can give it a coat of breadin' and throw it in the fryer. Grab it at the choice price of: 8.49

Blue Ribbon Fried Chicken

One bite of this crispy, moist chicken and you'll be shoutin' hallelujah! We're fillin' up yore plate with a breast, thigh, leg and wang. Served at the great price of: 8.49

Two-Piece Chicken Dinner priced at: 6.99 (Add \$1.00 per specified breast)

Chicken Tender Dinner

We heard company's comin' so we rolled these fresh chicken tenders in our special seasoned breadin' and fried 'em up special fer ya! Served up with honey mustard or barbee-que sauce fer darn good dippin'. Six tenders at the golden price of: 8.99

Chicken Livers or Gizzards

Sometimes ya just get a hankerin' fer these crispy critters. We dust 'em up with seasoned breadin' and serve 'em hot from the fryer. Perfectly priced at: 6.99

Chicken 'n' Dumplings

We saved the best fer last! Take yore fork to a big ol' bowl of satisfyin' dumplings laddled up with chunks of slow cooked chicken. Comfort priced cheap at: 5.99

HOMESTYLE VEGGIES

Dinners come with two veggies, an' ya can git an extree one fer just 1.79 If y'druther, ya can trade a side choice fer a salad or fried green t'maters fer only 1.79 extree

French Fries • Baked Po-Tater • Rice an' Gravy • Mashed Po-Taters
Macaroni an' Cheese • Red Beans an' Rice • Corn on the Cob
Black-Eyed Peas • Fried T'maters • Turnip Greens • Baked Beans
Green Beans • Sliced Okra • Cabbage • Colestlaw • Applesauce
Baked Apples • Po-Tater Salad • Cottage Cheese

PO FORKS

These belly-fillin' specials will leave ya plum satisfied without emptyin' yore pockets

Po Plate

Choose four of yore favorite veggies and we'll serve 'em up with yore choice of breadstick, cornbread, hushpuppies or a fresh-baked biscuit fer: 5.49

Red Beans 'n Rice

Have a big ol' bowl of this made-from-scratch Southern specialty. If ya find a bit of ham, just hush up 'bout it, else yer server might charge ya more 'n the goin' price of: 3.99

Turnip Greens

A bowl of greens seasoned and cooked up fer genuine kuntry flavor. Served with cornbread: 3.99

Chicken 'n Dumplings

Tender chunks of chicken plum full of flavor cooked up with some of the best strip dumplings ya ever stuck in yore mouth. Served with homemade cornbread fer: 4.49

SAM WICHES

Great fer lunch or anytime of the day. Served with yore choice of one homestyle vegetable

Our Famous Kuntry-Fried Steak Samwich

It's a doozey! Kuntry-fried steak with lettuce, t'maters and our dressin' on a fresh bun. Best samwich in town, and only: 5.99

Add cheese fer 30 more pennies

Doc McCoy's Chicken Samwich

Doc's pick of the litter! Double boneless chicken breast breaded and fried or grilled plain and simple, laid out onna bun with lettuce, t'maters and mayo. Git the real thang fer: 6.99

Add melted cheese fer six more nickles

Whitefish Fee-Lay Samwich

Hit's a gon' make ya as wild as a junebug on a string! Mild flaky whitefish fee-lay topped with cheese, lettuce 'n tartar sauce, caught on a fresh bun. Have it yore way—grilled or fried fer: 5.99

Half-Pound PoChuck Samwich

Ya git yo'self some downrite good eatin' when ya order this half-pound of USDA chuck steak, specially seasoned and stacked with lettuce, t'maters and mayo on a big big bun fer: 6.99

To git it with cheese, add three thin dimes

Cheeseburger

With lettuce, t'maters and mayo fer: 5.99

LUNCH SPECIALS

Served 11 am–3 pm, Monday thru Saturday

Served with a smile, plus yore choice of two homestyle veggies and choice of breadstick, cornbread, hushpuppies or fresh-baked basket

Grandma's Fried Chicken

Honey, this here fried chicken is finer than frog's hair on Friday. Hit's tender and moist and juicy as all git out. Set yoreself down to two pieces of our outstandin' chicken fer the equally outstandin' price of 5.99

Golden Fried Shrimp

Yore shrimp boat has come in! Git 15 of these purty little morsels, served with cocktail sauce fer: 6.99

Pork Chop Yore Way

Make yore belly happier'n a moth in a mitten! Have a meaty chop cooked yore way: fried, grilled or barbee-cued fer: 6.99

Kuntry-Fried Steak

Gooder 'n grits and just as tasty at lunch as at suppertime. Topped with our rich creamy gravy fer: 5.99

Po Plate

We'll stack four of yore favorite veggies onna plate and add yore choice of breadstick, cornbread, hushpuppies or a fresh-baked basket fer: 5.49

Whitefish

Prescribe as to how ya want it fixed: fried or grilled. A super catch: 6.99

Chicken Tenders

You'll want to stick to this 'un like white on rice! Have three breaded chicken breast tenders fer: 6.99

Chicken Livers or Gizzards

These'll git yore own gizzard a thumpin', sho' nuft Have a heapin' helpin' of the dee-lishus morsels of yore choice fer: 5.49

Chicken 'n Dumplings

So purty they could make a hound dog smile, and only: 5.49

HAPPY ENDINGS

So dee-lishus, you'll be smilin' like a billy goat in a briar patch.

Cobbler of the Day 2.99

Chock-full of fruit with a top and bottom crust so flaky it makes Grandma proud and Mom jealous. Served with 'niller ice cream **Mississippi Mud Pie 3.49**

More excitin' than snuff and not nearly so dusty! Rich fudge chocolate pie over a flaky crust topped with 'niller ice cream **Strawberry Shortcake 3.49**

Purty as a speckled pup an' just as sweet! Our ol' fashioned shortcake is burstin' with berries and just as full of old-timey goodness **Hot Fudge Ice Cream Cake 3.79**

Naughty and nice! Two slices of devil's food chocolate cake with an angelic slab of 'niller ice cream 'tween. Topped with hot fudge, whipped cream and a cherry **Ice Cream in a Cup 1.69**

We put a big ol' scoop of 'niller ice cream in a coffee cup fer ya fer:

LOOKEE HERE:

- We also have a menu fur yur yung'ins for kids age 10 an' younger.
- We prefer the green stuff, but if yore wallet's on the skinny side today, we take plastic, too: Visa, MasterCard, Discover, Diner's Club and American Express
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LUNCH

Lunch Special No. 1 - 4.95
Beef burrito, rice and beans.
Lunch Special No. 2 - 4.95
Chicken enchilada, rice and beans.



Lunch Special No. 3 - 5.20
Burrito, taco and rice.

Speedy González - 5.05

Taco, enchilada and choice of rice or beans.

Lunch Special No. 5 - 5.20

Chicken quesadilla, rice and beans

Lunch Special No. 6 - 5.55

Quesadilla, beef enchilada and taco.

Lunch Special No. 7 - 5.55

Beef burrito, beef enchilada and taco.

8. Burrito Special - 5.05

Beef burrito topped with sauce, cheese, lettuce and sour cream.

9. Quesadilla Mexicana - 5.45

Flour tortilla grilled and stuffed with cheese, beans and chopped beef or chicken. Served with guacamole salad and sour cream.

10. Chimichanga - 5.55

One soft or deep-fried flour tortilla filled with beef or chicken and beans. Topped with nacho cheese, lettuce and guacamole.

11. Lunch Fajitas - 7.25

Chicken or beef fajitas served with beans, rice, tortillas, pico de gallo and sour cream.

12. Taco Salad - 5.05

Crispy flour filled with chicken or beef, lettuce, tomatoes, cheese and sour cream.

13. Grilled Chicken Salad - 6.35

Flour tortilla stuffed with beans, beef and rice.

14. Macho Burrito - 6.15

Flour tortilla stuffed with beans, beef and rice.

Served between 11:00 a.m. and 3:00 p.m., every day.

Topped with chile con carne and cheese.

15. Tacos de Asada - 6.95

Two chopped beef or chicken tacos served with pico de gallo, tomatoes, beans, sour cream and green sauce.

16. Quesadilla Supreme- 6.45

Two 7" tortillas stuffed with grilled chicken, cooked with cheese, mushrooms, onions, served with guacamole salad

17. Mexican Lunch - 6.45

Beef burrito, beef enchilada, taco and tostada.

18. Burrito San Jose - 4.95

A flour tortilla stuffed with pork that has been cooked with tomatoes, onions, bell peppers and enchilada sauce. Served with salad and cheese.

19. Quesadilla, Taco & Chalupa - 5.55

20. Steak Burrito - 6.60

Served with rice, beans, lettuce, sour cream, guacamole and tomatoes.

21. Huevos con Chorizo - 5.60

Two scrambled eggs cooked with chorizo (Mexican sausage). Served with rice, beans and tortillas.

22. Lunch Shrimp Fajitas - 8.25

Served with beans, rice and tortillas.

23. Quesadilla del Mar - 5.95

Quesadilla stuffed with shrimp and crabmeat. Served with guacamole salad.

24. Fajita Sandwich - 6.20

Beef stir-fried with bell peppers, onions and tomatoes. Served on white bread with French fries.

25. Carne Asada - 6.95

Ribeye slices served with rice, beans and tortillas

26. Chile Relleno, Rice & Beans - 5.25

27. Burrito Supreme - 5.55

Flour tortilla rolled & stuffed with ground beef, beans & topped with cheese sauce, lettuce, tomatoes, & sour cream

CHICKEN - MEXICAN-STYLE

Pollo Loco - 9.60

Grilled chicken breast covered with mushrooms, onions, chophotle peppers and cheese. Served with rice guacamole salad and flour tortillas

31. Pollo con Crema - 9.15

Tender chicken strips cooked in our specially prepared sour cream sauce. Served with rice, beans and tortillas.

32. Pollo a la Parrilla - 9.60

Boneless chicken breast marinated in our special sauce. Served with rice, beans, guacamole salad and tortillas.

33. Pollo Adobe - 9.60

Grilled, marinated, boneless chicken breast covered with fresh, sliced mushrooms, spinach, bell peppers and onions, then smothered with our special cheese sauce. Served with rice, beans and tortillas.

Pollo Asado - 7.45

Boneless chicken breasts served with your choice of rice or French fries.

Pollo Monterrey - 9.60

Tender chicken strips cooked in our special chipotle sauce. Served with guacamole salad and rice.

MARISCOS SEAFOOD

34. Camarones al Mojo de Ajo - 13.55

Large shrimp laced with garlic and grilled. Served on a bed of rice with Spanish salad.

35. Camarones a la Diabla - 13.55

Hot and spicy shrimp served on a bed of rice with lettuce.

36. Grilled Shrimp - 13.55

Shrimp prepared in our green sauce. Served on a bed of rice with guacamole salad.

37. Camarones Chipotle - 13.55

Grilled shrimp dipped in a spicy chipotle salsa and served with rice and guacamole salad

38. Shrimp Quesadilla - 10.95

Flour tortillas grilled and stuffed with shrimp, cheese, lettuce and sour cream. Served with rice and beans.

Camarones Mexicanos - 13.55

Shrimp cooked with onions, tomatoes and peppers.

Burrito Camarón - 8.25

Burrito stuffed with shrimp and topped with cheese dip.

Cozumel Special - 9.85

One burrito stuffed with shrimp and rice, then topped with cheese sauce. Served with one crabmeat quesadilla and guacamole salad.

Burrito Acapulco - 10.15

A large flour tortilla stuffed with crab meat and shrimp grilled with onions, tomatoes and peppers. Topped with a special sauce.

Taco Macho - 8.95

Grilled shrimp and crabmeat mixed with onions, zucchini and tomatoes. Sautéed with chipotle sauce and served on a bed of rice, lettuce, sour cream and guacamole.

FAJITAS

Fajitas are marinated in our special recipe and delivered sizzling hot on a bed of tomatoes, onions, mushrooms, zucchini and peppers. All fajitas are served with rice, beans, lettuce, guacamole, sour cream, pico de gallo and flour tortillas.

25. Fajitas Rodeo

For One - 10.80 For Two 19.25

A combination of beef, chicken and shrimp.

26. Beef or Chicken Fajitas

For One - 10.25 For Two 18.35

Strips of beef or chicken.

27. Shrimp Fajitas - 13.35

28. Super Fajita Quesadilla - 10.15

Two flour tortillas grilled and stuffed with beef or chicken, cheese, tomatoes, onions, mushrooms, zucchini and peppers.

29. Fajitas Vegetarian - 9.50

Marinated mushrooms, tomatoes, peppers, onions and zucchini. Cooked to perfection!

30. Parrillada Mexicana

For One - 12.75 For Two 20.95

Main dish consists of carnitas, shrimp, Mexican sausage, chicken and beef, all deliciously cooked with tomatoes, onions, mushrooms, zucchini squash and peppers. Served with rice, beans, guacamole salad, sour cream and pico de gallo.

VEGETARIAN DISHES

D. One bean burrito, one cheese enchilada and rice.

E. One chalupa, one bean burrito and one quesadilla.

F. One bean burrito with nacho cheese and one chalupa.

G. Two spinach enchiladas with cheese, rice and beans.

H. One chalupa, one spinach burrito and one spinach quesadilla.

I. One vegetable quesadilla with rice, beans and guacamole salad

7.50 each

STEAKS

39. Steak Ranchero - 11.25

Rib-eye steak grilled in our special ranchero sauce. Served with rice, beans and tortillas.

40. Steak Rodeo Special - 11.75

Rib-eye steak grilled with onions, tomatoes and bell peppers. Served with rice, beans and tortillas.

41. Carne Asada - 11.15

Rib-eye slices served with rice, beans, tortillas and avocado salad.

42. Cheese Steak Burrito - 9.75

A large flour tortilla filled with sliced steak, grilled onions and ranchero cheese. Served with rice, beans, lettuce and tomatoes.

43. Tacos de Asada - 9.15

Three chopped beef or grilled chicken tacos, served with pico de gallo, tomatoes, beans, sour cream and green sauce.

Steak Mexicano - 11.25

Beef chunks cooked to perfection with tomatoes, onions, jalapeños, cilantro and spices.

Mary Tierra - 14.95

Steak or chicken breast and plump garlic shrimp served with rice and beans.

Carne el Rodeo - 11.15

Beef chunks cooked with tomatoes, bell peppers and onions. Served with rice beans, and guacamole salad.

T-Bone Tampiqueño - 11.75

T-bone grilled with onions and tomatoes. Served with rice, beans and tortillas.

Steak El Tejano - 11.75

Rib-eye steak grilled with mushrooms and topped with sour cream sauce. Served with mixed vegetables and choice of fries or rice.

BURRITOS

52. Burrito California - 8.15

Extra large burrito stuffed with beans, sour cream, cilantro, onions & your choice of chicken or beef. Guacamole salad

53. Burrito Cancún - 8.75

Giant 12-inch flour tortilla stuffed with rice, grilled chicken or beef, melted cheese, beans and grilled, fresh mushrooms. Topped with white creamy sauce.

54. Fajita Burrito - 8.15

Grilled grande 12-inch flour tortilla stuffed with rice, green peppers, beans and your choice of grilled steak or chicken. Garnished with pico de gallo,

sour cream and guacamole.

55. Burrito Supreme - 7.10

Flour tortilla rolled and stuffed with ground beef and beans. Topped with white cheese sauce, lettuce, tomatoes and sour cream.

Spicy Burrito - 7.15

Flour tortilla stuffed with beans, beef and rice. Topped with chile con carne and cheese.

Burrito Rio Grande - 6.65

A burrito filled with carne asada or grilled chicken. Served with lettuce, guacamole, sour cream and choice of salsa verde or ranchero sauce.

Burrito Rodeo - 9.35

Two burritos filled with chunks of beef. Served with lettuce, sour cream, tomatoes

DAILY LUNCH SPECIALS
3.99 and up

DAILY DINNER SPECIALS
6.75 and up

DRINK SPECIALS EVERYDAY!

HAPPY HOUR
Except Friday

Free banquet room available – seats 80!

BEVERAGES

Soft Drinks

Coca-Cola, Diet Coke,

Sprite, Orange Soda,

Pink Lemonade,

Mr Pibb - 1.65

Coffee - 1.25

Milk - 1.85

Iced Tea - 1.65

Daiquiris

Strawberry, Peach, Lime

Regular, 12 oz. - 4.05

Piña Colada, 12 oz. - 4.05

Grande, 22 oz. - 5.95

Jumbo, 46 oz. - 10.55

Half Pitcher, 32 oz. - 8.25

Pitcher, 60 oz. - 17.65

We have your favorite daiquiri flavor. Mixed drinks available. Prices include all taxes.

Wines

By the Glass - 3.15

Sangria Yago, Chardonnay,

White Zinfandel

By the Glass - 3.50

Merlot, Cabernet

Sauvignon

Margaritas

Regular, 12 oz. - 3.95

Grande, 22 oz. - 5.25

Jumbo, 46 oz. - 9.10

Pitcher of Margaritas

Half Pitcher, 32 oz.

Lime - 8.15

Flavored - 9.15

Pitcher, 60 oz.

Lime - 15.50

Flavored - 16.50

Texas Margaritas

Made with Grand Marnier

and Cuervo Gold

Regular, 12 oz. - 4.60

Grande, 22 oz. - 6.90

Jumbo, 46 oz. - 12.45

Beer

Mexican Beer - 3.15

Corona, Corona Light, Dos

Equis (XX), Negra Modelo,

Tecate, Modelo Especial

Domestic Beer - 2.75

Miller Lite, Budweiser,

Coors Light, Bud Light,

Icehouse, Michelob Light,

Michelob Ultra

Daily Lunch Menu

*Choice of 1 Meat, 3 Sides, Dessert & Beverage.
Bread Basket Included (Cheese Biscuit & Cornbread)*

Lil Zack - 1 Meat, 2 Sides, Bread & Drink



Zack's

Family Restaurant

Southern Style Cooking

MONDAY

Baked Chicken
Fried Chicken
Fried Chicken Fingers
Country Fried Steak
Fried Catfish
Hamburger Steak
Fried Green Tomatoes
Fried Okra
Macaroni & Cheese
Mashed Potatoes
Rice
Cabbage
Collards
Dry Lima Beans

English Peas & Potatoes
Stewed Okra & Tomatoes
Vegetable Casserole
White Kernel Corn
DESSERTS:
Banana Pudding
Apple Cobbler
Key Lime Cake
Chocolate Cake
Fruit Bowl
Watergate Salad
Coconut Cake
No Sugar Added Apple Pie

TUESDAY

Baked Chicken
Fried Chicken
Fried Chicken Fingers
Country Fried Steak
Beef Pot Roast
Fried Pork Chops
Fried Green Tomatoes
Fried Okra
Macaroni & Cheese
Mashed Potatoes
Rice, Cabbage
Broccoli Casserole
Candied Yams

Creamed Corn
Green Beans
Turnips
Zipper Peas
DESSERTS:
Banana Pudding
Cherry Cobbler
Key Lime Cake
Peanut Butter Cake
Fruit Bowl
Watergate Salad
Coconut Cake
No Sugar Added Apple Pie

##

REAL ESTATE SHOWCASE

Call me to show any house on the market or to list your house for the Nationwide REALTOR Open House event coming in April!



300 CHOCTAW ~ \$117,500

4 bedrooms. You can't beat the price for a home conveniently located in established subdivision. Landscaped corner with fenced back yard, formal living/dining room & covered patio all waiting for your family. Call & schedule a time to view this great family home priced to sell.



203 MOATES ~ \$134,900

Artfully landscaped & lovingly maintained, 3BR/2BA in established neighborhood. Generously sized family room with gas log fireplace, exposed-beam ceiling opening onto a private screened porch. Formal dining room, split bedrooms, large updated bathrooms, great kitchen with large informal dining area & privacy fence.



117 W EMERALD ~ \$110,000

You'll love this home -- move-in ready! Located in an established neighborhood, this 3BD/2BA with a 2-car carport features a living/dining combination, eat-in-kitchen & a large multi-level deck for entertaining. Updates in 2010 include the windows throughout the house, tile floor in kitchen, carpet in living room and bedrooms & driveway & sidewalk to front entry.

202 FOXCHASE \$84,500

Wonderful townhouse, terrific location between Fort Rucker & Enterprise. Great space in this 2BR/2.5BA townhouse with one-car garage, with appliances including washer & dryer. HOA includes access to clubhouse, pool, lawn care & pest control.



303 LAKE OLIVER ~ \$157,000

Lovely to look at, delightful to live in. 3BR/2BA, 2-car side entry garage contemporary home in mint condition. Beautiful landscaped lot with trees, reflects quality updates...from floors to ceilings to appliances to bath fixtures to heating & cooling system...upgrades & more upgrades have been made.



102 VINTAGE ~ POOL ~ \$194,900

Lovely to look at, delightful to live in. 3BR/2BA, 2 great living areas both with wood burning fireplaces. Updated kitchen with island & dining area. Formal dining room, 2 decks, in-ground pool, shaded, landscaped yard & custom built tree house.

SOLD

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Judy Dunn
301-5656

judydunn@c21regencyrealty.com

531 Boll Weevil Circle

334.347.0048

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View more pictures of these homes at www.c21regencyrealty.com

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\$259,900



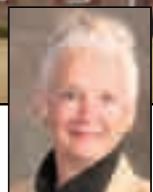
105 WELBORN: Beautiful & spacious with 2 living areas & in like-new condition. Immaculate newer home in Cotton Creek, priced to sell. **Bob Kuykendall 369-8534**



\$131,900



106 W EMERALD: New paint, carpeting & pool liner in November 2012. Enjoy the view out the kitchen window of the pool or just the birds. **Evelyn Hitch 406-3436**



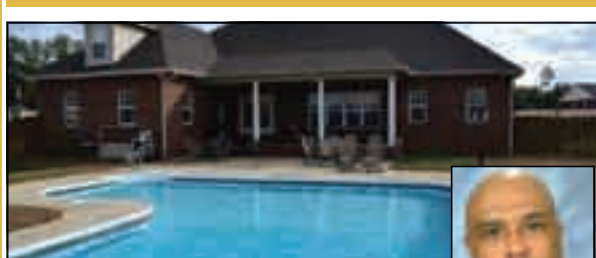
\$95,000



4503 S HWY 123: Large oak shaded lot with 3BR/2BA & a bonus room. Conveniently located. **Pat Leggett 406-7653**



POOL ~ 4BR ~ BRIDLEWOOD



163 COUNTY ROAD 556 ~ \$399,500: Located on 1.5± acres. This spacious home comes with over-size crown molding, open floor plan, new carpeting & many other built in amenities, new roof added in 2011, new salt system pool, large backyard with privacy fence, corner lot! **Jimmy Jones 406-1752**



**NATIONWIDE
OPEN HOUSE
WEEKEND**

April 20-21

Call Century 21 for details! 347-0048

View more pictures of these homes at www.c21regencyrealty.com

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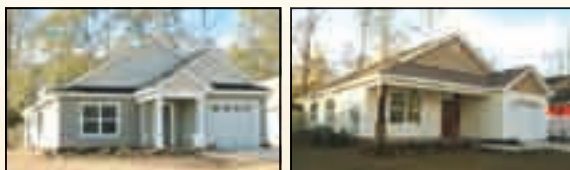
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The Cottages ~ New Construction
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Security system, stainless appliances,
Lowe E windows, irrigation system.

- 203 Winterberry - READY!
- 207 Winterberry - UNDER CONSTRUCTION
- 205 Winterberry - UNDER CONTRACT
- 209 Winterberry - UNDER CONTRACT
- 211 Winterberry - SOLD
- 252 Jasmine - UNDER CONSTRUCTION
- 248 Jasmine - UNDER CONSTRUCTION

OPEN EVERY FRIDAY 12:00 – 2:00
OPEN EVERY SATURDAY 1:00 – 4:00
OPEN EVERY SUNDAY 1:00 – 4:00

**REGISTER ON SAT. & SUN. FOR A
GIFT CARD TO BE DRAWN AT THE
END OF THE MONTH**



ANGIE GOODMAN
464-7869



EVELYN HITCH
406-3436



NICOLE ANNICELLI
464-0782



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On Site Instructor
BEGINS**

APRIL 15TH
5:00PM - 9:00PM

**Call Pat Leggett
347-0048**

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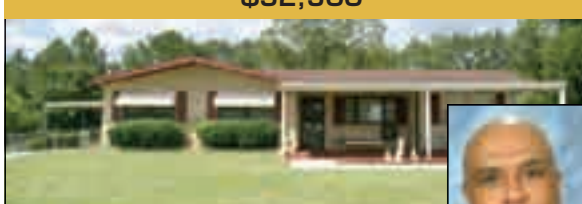
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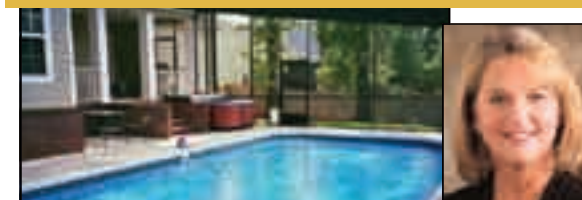
\$92,500



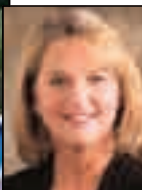
121 FALCON: Brick home on large lot, very clean, large sunroom with detached carport & garage with office or sewing room. Well maintained. **Jimmy Jones 406-1752**



POOL



21 BLUE RIDGE : Perfect summer fun! Salt water pool with screen enclosure. Hot tub & gas grill. Neighborhood with sidewalks & play areas. **TEXT TERRI 406-2072**



GREAT LOCATION!



**FOR RENT
\$495 to
\$575**

201 DIXIE DRIVE ~ CHATEAU VILLAGE

- Several units available • 2BR/1.5BA
- Some include washer/dryer hook-up
- Some are pets negotiable

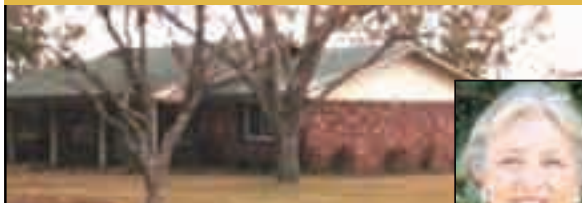
DIRECTIONS: Turn right or left off Rucker Blvd. on Dixie Drive at Enterprise Chevrolet. First complex on the left (with privacy fence) is Chateau Village.



REGENCY MANAGEMENT, INC.

347-0049

HOME ~ BARN ~ LAND



3457 COUNTY ROAD 708 ~ \$249,000: 5.92± level & open acres; separate cottage with living/bedroom space, kitchen & bath; a 30'x40' barn with roll-up doors on each end, porch across the front & shed across the back; large oak trees, pecan & fruit trees & blueberry bushes; 2008 updates include HVAC, flooring, kitchen appliances, windows, bathroom fixtures & interior paint. Schedule a showing of this 3BR/3BA home today! **Judy Dunn 301-5656**





PHOTO BY CAPT. JESSE PAULSBOE

Soldiers from the 1-229th Attack Reconnaissance Battalion at Joint Base Lewis-McChord, Wash., became the first in the Army to field the latest version of the AH-64 Apache attack helicopter Feb. 21. An AH-64 Apache rises from behind a hill during a training exercise at Yakima Training Center, Wash. The AH-64E “Guardian” replaces the AH-64D “Longbow,” and integrates more powerful engines, improved rotor blade technology and advanced electronics.

Guardian rises at joint base

By Capt. Jesse Paulsboe
Army News Service

JOINT BASE LEWIS-MCCHORD, Wash. — Soldiers from the 1-229th Attack Reconnaissance Battalion at Joint Base Lewis-McChord became the first in the Army to field the latest version of the AH-64 Apache attack helicopter, Feb. 21.

During a ceremony in the 1-229th ARB hangar on Gray Army Airfield, project managers from Redstone Arsenal officially turned over the first aircraft keys and logbook to unit commanders signifying the arrival of the world’s premier attack helicop-

ter, the AH-64E Guardian.

The newest model of the heavily-armed, twin engine helicopter replaces the AH-64D “Longbow” model and integrates several new technologies such as more powerful, fuel-efficient engines, improved rotor blade technology and advanced electronics. The upgrades significantly increase aircraft reliability and sustainability by improving the Apache’s range, performance, and maneuverability.

“The AH-64E provides an increased lethality and is a definite game changer on the battlefield,” said Col. Rob Dickerson, 16th Combat Aviation Brigade com-

mander. “It will certainly increase the brigade’s capability to accomplish our mission.”

Since January, 1-229th ARB, nicknamed Tiger Sharks, has received eight of the “Echo” model Apaches and is scheduled to complete its fielding by the end of April with a total of 24. Over the coming weeks, battalion flight crews will train extensively inside the aircraft and in Joint Base Lewis-McChord’s AH-64E flight simulators.

Additional training opportunities later this year will further test the abilities of both pilot and aircraft as the Tiger Sharks prepare for upcoming rotations

to the Army’s National Training Center.

The new AH-64E Apache returns all the power margins lost as a result of adding more than a decade’s worth of critical mission equipment packages, which made the aircraft heavier over time. The Guardian is the first Army rotorcraft capable of hovering at 6,000 feet with a full mission payload. The increased power gives pilots more control in high-altitude areas of operation.

“We are probably looking at the most powerful and fastest rotary wing aircraft in our Army,” said Dickerson.

Before the arrival of the AH-64E, operating in power-restricting higher altitudes often meant making a difficult choice between taking less fuel or less ammunition to the fight.

“The increased power will now allow us to stay on the objective longer and with more ammunition,” said Lt. Col. Geoffrey Crawford, 1-229th ARB commander.

In addition to being stronger than its predecessor, the AH-64E is faster and less constrained in extreme combat conditions. It has a combat speed of around

SEE GUARDIAN, PAGE B4

Natick reveals ‘fighting fuel’ for Aviators



PHOTO BY DAVID KAMM

Barbara Daley, Aircrew Build to Order Meal Module project manager, pictured with two of the ABOMM prototypes designed by the Natick Soldier Research, Development and Engineering Center’s Department of Defense Combat Feeding Directorate.

By Alexandra Foran
NSRDEC Public Affairs

NATICK, Mass. — Eating on the go can be tough, especially when your job requires you to fly an aircraft for the U.S. military.

The Aircrew Build to Order Meal Module, designed by the Natick Soldier Research, Development and Engineering Center’s Department of Defense Combat Feeding Directorate will make refueling these Aviators a lot easier.

The Combat Feeding Directorate has conducted two field evaluations of the prototype ABOMM in-flight meal, first with the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, Fort Richardson, Alaska, and then with the 1st Bn., 229th Aviation Regiment, Joint Base Lewis-McChord, at the Yakima (Wash.) Training Center.

“Natick received repeated requests from

various Aviators who were looking for a nutritious, lunch-type meal that can be easily consumed on the go, in flight, or on the job while performing combat missions for up to five to seven hours per day,” said Barbara Daley, Aircrew Build to Order Meal Module project officer.

“Feedback from surveys and focus groups indicate that Aviators currently bring their own food with them or are issued Meals, Ready-to-Eat, which do not meet their specific mission needs because they are difficult to open in flight, require utensils to eat, and can be messy, with the potential for soiling their cockpit console and electronics. As a result, aircrews were just picking and choosing a few of the snack items to take from these [Meals, Ready-to-Eat], which is a rather costly way to meet their in-flight feeding needs.”

The CFD set out to design an eat-on-the-

SEE AVIATOR, PAGE B4

UH-60 Black Hawks join Colombia’s war on terrorism

By Kim C. Gillespie
USASAC

The Security Assistance Command took another step in building partner capability when it completed a delivery of seven UH-60 Black Hawk helicopters to Colombia March 2.

Included in the delivery were three Black Hawks each for the Colombian national police and the Colombian army, and one UH-60 Black Hawk MEDEVAC aircraft for the Colombian air force.

“The aircraft will provide advantages to the Colombians by enhancing their situational awareness and mission effectiveness in the war against drugs and terrorism through air operations,” Col. Steve Smith, Southern Command regional operations director, said. The aircraft are expected to improve results in the areas of counter-terrorism missions and training, and also in counter-narcotics and counter-terrorism operations.

“They (the aircraft) will also be used for search and rescue operations,” Smith

added.

While the equipment delivery directly supports the needs of Colombia, it also supports the priorities of the Combatant Command, SOUTHCOM, which works with countries in its area of responsibility to promote regional security.

The delivery was made seven months ahead of schedule and enabled the Colombians to begin integrating the aircraft into their mission requirements earlier than expected. Smith credits Army Security Assistance Enterprise team members, which included the Aviation and Missile Command, Utility Helicopters Project Office, Security Assistance Management Directorate, Army Contracting Command and industry partner Sikorsky, the aircraft manufacturer, with increasing the speed of this Foreign Military Sales case.

“USASAC is about people, processes and promises. This case is a great example of how our people in the ASAE execute the promises we’ve made to a country through the FMS process,” Smith said.



COURTESY PHOTO

Six Black Hawk helicopters await transport via ship from Savannah, Ga., to Santa Marta, Colombia, for delivery to the Colombian government for its army and national police. A seventh helicopter for the air force was delivered by ferry flight.

CLASSIFIEDS

(334) 347-9533 • (800) 779-2557

ANNOUNCEMENTS

ENTERTAINMENT

TOURS FOR SENIORS

Key West Florida

April 23-29, 2013

Washington DC/Patriotic Tour

June 27-July 2, 2013

Ride The Rails (West Virginia)

July 22-26, 2013

Best of China (Beijing City)

October 15-23, 2013

For more information, call Merita Stanley

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★ 3-pc. San Lucas Harness smooth rich faux leather upholstery, plush comfortable design. dark brown. 3 yrs old from Ashley Furn, Store \$700. OBO 334-671-1778 706-718-7905

PETS & ANIMALS

DOGS

AKC Brittany Spaniels - Orange/White. 4 males and 4 females. Excellent hunting blood line. (Nolan's Last Bullett). Tails docked and dew claws have been removed. Will be Ready on March 29th. Call (229) 724-8839 if interested.

German Shepherd pups \$750. AKC reg. 6 weeks, first shots, health certified, German bloodlines. 7 males, 1 female. 850-768-9182 or 850-849-3707.

Lab pups: Cute & Cuddly! Yellow & Chocolate. No papers, but parents on premises. 6 weeks old. 488-5000 or 488-3979.

LOST DOGS - Due to a break in at our home, two Welsh Corgis are missing. Both are male, 3 years old, they answer to Freddie and Eddie, both are were wearing plain leather collars. They are my wife's rehab and recovery dogs....please if found call Corey at 334-726-6500 night or day.....reward for safe return.

Miniature Australian Shepherd Puppies
Beautifully marked red merles, blue merle, black tri and red tri. Males and Female. \$400. - \$600. NSDR & ASDR. Call or text for more information. **334-550-9895**

Pre-Spoiled Adorable **AKC CH Sable Sheltie Puppies** for sale to approved homes. Males are \$450 and Females are \$500. 334-718-6840 or tinkersshelties@yahoo.com

SUPER PUPPT SALE ! Chihuahua, Shih-Tzu mix puppies and Morkies.
Now taking deposit on Papillions.
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Enterprise (Farmers Market) N. Main Street	Bellwood (Greenhouse) Powell Street
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Buying Pine / Hardwood in your area.
No tract to small / Custom Thinning
Call Pea River Timber
→ **334-389-2003** ←

EMPLOYMENT

GENERAL EMPLOYMENT

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Civic Center Worker:

Summary: The employee is responsible for cleaning and maintaining the civic center. Prepares the facility for various functions as specified in contracts. Cleans facilities after functions and ensures facility is secured. Maintains grounds and walkways surrounding civic center and performs other duties as assigned.

Starting Salary: \$9.09 PER HR

OPENING DATE: MARCH 15, 2013
CLOSING DATE: MARCH 29, 2013

To apply, Return Completed Application to:
HUMAN RESOURCES, CITY OF ENTERPRISE
CITY HALL, 501 S MAIN ST. ENTERPRISE, AL. M-F, 7:30 - 4:30 EOE

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BMW 1995, leather int. good gas mil. green in color, 4-door \$3,200. firm 334-793-2347

AUTOS FOR SALE

BMW 2005 X3 - white with tan interior, 165,000 miles, V6, auto, excellent condition, full sun-roof. \$10,000, 850-263-4913

CHEVY 1995 CAPRICE - Clean, runs great, cold air, fully loaded \$3,800 OBO **334-355-1085**

Chevy 2010 Impala, Great family car with great fuel mileage, fully loaded. \$300 down \$300 per month. Call Steve Hatcher 791-8243.

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Metallic Blue 6 speed, 405
Excellent Condition
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needs nothing above average \$2500. OBO

★ **Dodge Dakota 1996** very good truck, cold AC new tires \$2500. OBO

→ **WANTED TO BUY Dodge Dakota**
quad cab 1996-2002 334-702-9566

Ford 1985 Mustang - White, good condition, all original parts. 90,951 miles. Call 334-494-0837 or email bccolwell2@aol.com

FORD 2007 EXPLORER XLT - "IRONMAN" - SILVER, 37,000 MILES. SHOWROOM QUALITY, NEW CONDITION. CAN BE SEEN AT LEMON LOT, 166 WESTGATE PARKWAY, DOTHAN, AL AFTER 2-24-2013. PHONE 334-699-1666

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Guardian: Additions improve lethality, survivability

Continued from Page B1

189 mph, about 23 mph faster than the Longbow. The Guardian will also turn faster and tighter, making it significantly more difficult for the enemy to outmaneuver the aircraft. The AH-64E can even operate

unmanned aircraft systems remotely. “AH-64E pilots now have the option to control nearby UAS,” said CW3 Richard Crabtree, 1-229th ARB maintenance test pilot. “They can view UAS camera feeds, adjust their flight path and launch missiles at targets spotted by the UAS.”

With its latest improvements, the AH-64E Guardian more efficiently operates as a safeguard for Soldiers on the ground. It has the ability to seek and eliminate threats that would otherwise be undetectable or indestructible from the ground, allowing units below to complete their missions.

“The capabilities of this new air frame give the Tiger Sharks the ability to be more lethal and at the same time more survivable,” said Crawford. “It’s definitely going to enhance our ability to support the Soldier on the ground, which is why we exist.”

Aviator: ABOMM design considers ease-of-use for Aviators

Continued from Page B1

go meal for aircrews, with the potential for use with vehicle crew, tankers, stationary unmanned aircraft system pilots, and air defense units. It would require no preparation — heating or rehydration — or utensils, is nutritious, generates minimal waste, and is more cost effective.

This tall order involves a simple solution: re-packaging. The ABOMM will be comprised of food components already being procured for other ration systems like the Meals, Ready-to-Eat and First Strike Ration, which means no new product development, shelf-life studies or nutritional analyses are needed.

“This project has minimal (research and development) associated with it,” Daley said. “We are simply trying to find the right

combination of existing eat-on-the-go lunch-type items that will appeal to aircrews, and the right way to package them for use during their typical missions.”

During the Fort Richardson field test, conducted in November 2012, four pre-bundled ABOMM in-flight test meals (packaged either in a zip-top bag or shrink-wrapped package), along with two Grab-N-Go meals, were evaluated. The Grab-N-Go meals consisted of shipping cases where a variety of food items were packed loosely to give study participants the ability to make their own choices as to which food items they would carry with them.

A group of 20 to 50 Aviators consumed either one pre-bundled ABOMM in-flight meal or one Grab-N-Go meal per day during the seven-day testing period. Aviators filled out acceptance ques-

tionnaires each day.

“We were trying to identify the best packaging configuration,” Daley said. “The Grab-N-Go concept was developed to see if aircrews were interested in having cases of different meal components available to them on the flight deck, so they could open, pick from, and place their selections into a zip-top bag.”

Offering the Grab-N-Go option helped reinforce for the CFD why field testing with customers is so important. While the aircrews liked the idea of bundling their own to-go meal with four to five different components, “they realized it wouldn’t work out well in combat due to the potential for early depletion of the more popular items,” Daley said. Data on the pre-bundled meals also showed that the zip-top bag was preferred over the shrink-wrapped bag, as

it is easier to open, resealable and reusable.

In January, for a seven-day testing period, the second field test was conducted in Yakima with a group of approximately eight to 10 Aviators per day. Four varieties of pre-bundled ABOMMs, comprised of easy-to-eat, shelf-stable sandwiches and snack-type items packaged into a zip-top bag, were evaluated.

“Each prototype meal evaluated provided approximately 960 calories and weighed approximately 0.83 pounds (377 grams),” Daley said.

Aviators again filled out daily acceptance questionnaires after eating the test meals. This test data is currently being analyzed by the CFD as well as supporting researchers from Natick’s Consumer Research Team.

“We received a lot of positive

feedback on the compactness of these meals, with users stating that it’s ideal for use in small cockpits and also fits well in their map cases,” Daley said.

Essential characteristics for the final ABOMM design will consider ease-of-use, acceptability, nutrition, weight, cube, packaging, packaging waste, eat-out-of-hand convenience, overall utility, unit cost and final case configuration and assembly.

Later this year, when all user test data is consolidated and analyzed, results and final recommendations will be presented to the joint services for a formal fielding decision. If approved, the CFD will develop and transition ABOMM specifications and other documentation to the Defense Logistics Agency Troop Support to aid in their procurement of the ABOMM.



PHOTO BY PATRICK A. ALBRIGHT

Hooking for the cup

Scout teams board the Chinook helicopter that took them to the the first Inaugural Gainey Cup Scout Competition that began March 5 at Fort Benning, Ga. Five cavalry scouts from U.S. Army Alaska won the inaugural Gainey Cup Competition, earning the right to call themselves the best cavalry scout team in the Army. The five-day event held at Fort Benning, Ga., March 1-5, tested the Soldiers both physically and on the basics of being a cavalry scout. The competition was named for retired Command Sgt. Maj. William J. Gainey, who was the first senior enlisted adviser to the Chairman of the Joint Chiefs of Staff.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bar-B-Que Ribs	Baked Pork Chops	Roast Beef	Baked Chicken	Cubed Steak w/ gravy
Beef Tips	Meat Loaf	Hamburger Steak	Chili-Mac	Fried Chicken
Fried Chicken	Fried Chicken	Fried Chicken	Smoked Chicken	Bar-B-Que Pork
Bar-B-Que Pork	Bar-B-Que Pork	Bar-B-Que Pork	Bar-B-Que Pork	Grilled Chicken Fingers
Grilled Chicken Fingers	Grilled Chicken Fingers	Grilled Chicken Fingers	Fried Chicken	Fried Chicken Fingers
Fried Chicken Fingers	Fried Chicken Fingers	Fried Chicken Fingers	Grilled Chicken Fingers	Dressing
Rice	Rice	Rice Mashed Potatoes	Fried Chicken Fingers	Mashed Potatoes
Mashed Potatoes	Mashed Potatoes	Butterbeans	Dressing	Rice
Butterbeans	Butterbeans	Turnip Greens	Mashed Potatoes	Butterbeans
Turnip Greens	Turnip Greens	Green Beans	Turnip Greens	Turnip Greens
Green Beans	Green Beans	New Potatoes	Butterbeans	Green Beans
New Potatoes	New Potatoes	Macaroni & Cheese	Turnip Greens	New Potatoes
Macaroni & Cheese	Macaroni & Cheese	Yams & Apples	Green Beans	Macaroni & Cheese
Yams & Apples	Yams & Apples	Rutabagas	New Potatoes	Yams & Apples
Rutabagas	Rutabagas	Cream Corn	Broccoli & Cheese	Cream Corn
Black-Eyed Peas	Black-Eyed Peas	Loaded Potato Casserole	Yams & Apples	
Peach Cobbler	Corn		Cream Corn	

DINNER Monday - Thursday Prices: Prices do not include tax				
1 Meat, 2 Sides & Bread - \$6.29 • 1 Meat, 1 Side & Bread \$5.29 • 3 Sides & Bread \$5.29 • Drinks \$1.59				
• Friday Night Special Menu Prices Apply for Baked Fish, Fried Catfish (whole & filet) and Baked & Grilled Shrimp				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Tips	Country Fried steak	Baked Chicken	Baked Pork Chops	Baked Fish
Fried Chicken	w/ gravy	Fried Chicken	Bar-B-Que Pork	Fried Whole Catfish
Bar-B-Que Pork	Fried Chicken	Bar-B-Que Pork	Fried Chicken	Fried Catfish Filets
Friend Chicken Fingers	Bar-B-Que Pork	Bar-B-Que Pork	Fried Chicken Fingers	Fried & Grilled Shrimp
Rice	Fried Chicken Fingers	Dressing	Mashed Potatoes	Rice
Mashed Potatoes	Rice	Rice	Rice	Bar-B-Que Pork
Butterbeans	Mashed Potatoes	Mashed Potatoes	Butterbeans	Fried Chicken Fingers
Turnip Greens	Butterbeans	Butterbeans	Turnip Greens	Rice
Green Beans	Turnip Greens	Turnip Greens	New Potatoes	Mashed Potatoes
New Potatoes	Green Beans	Turnip Greens	Macaroni & Cheese	Butterbeans
Macaroni & Cheese	New Potatoes	New Potatoes	Yams & Apples	Turnip Greens
Yams & Apples	Macaroni & Cheese	Macaroni & Chees	Cream Corn	Green Beans
Cream Corn	Yams & Apples	Macaroni & Chees	Loaded Potato Casserole	Yams & Apples
Rutabagas	Rutabagas	Cream Corn	Pecan Cobbler	Brunswick Stew
Broccoli Rice Casserole	Cream Corn	Broccoli Rice Casserole		Gumbo
	Loaded Potato Casserole	Peach Cobbler		Slaw
	Pecan Cobbler			Potato Salad
				Tater Babies
				Cheese Grits

SHORT ORDERS	Chili Burger (cooked to order).....\$3.69	Baked Potato.....\$3.74
Cutts Famous Chili Dog.....\$1.99	Chili Cheezburger (cooked to order)\$3.99	BBQ (pit smoked pork) or Chicken Finger Plate
Chili Slaw Dog.....\$2.49	Double Hamburger.....\$4.29	2 sides & bread.....\$6.29
Chili Cheez Dog.....\$2.49	Double Cheezburger.....\$4.99	
Chili Cheez Slaw Dog.....\$2.89	Bacon Cheezburger.....\$4.99	SIDE ORDERS:
Hot Dog.....\$1.79	Philly Cheez Steak Sandwich.....\$4.99	Rice, Baked Beans, Slaw, Okra, Potato Salad
Cheez Fries.....\$2.49	Chicken Philly Sandwich (grilled)\$4.99	Onion Rings.....\$2.79
Chili Cheez Fries.....\$2.99	Chicken Salad Sandwich.....\$3.29	Side Salad.....\$1.99
Sweet Potato Fries.....\$2.88	Steak Sandwich.....\$2.99	Daily Desserts (Chocolate, Pecan
Fried Dill Pickles.....\$2.99	Chicken Filet Sandwich.....\$2.99	Coconut or Lemon Pie).....\$2.25
Hamburger (cooked to order).....\$3.79	BBQ Sandwich.....\$3.79	WHOLE PIES: Coconut, Pecan, Lemon,
Cheezburger (cooked to order).....\$3.79	Loaded BBQ Baked Potato.....\$5.99	Sweet Potato, Pumpkin (each).....\$8.99

BREAKFAST		CATFISH & SHRIMP	
SANDWICHES & BISCUITS		Friday Night Only	
Egg Sandwich.....\$1.89		All Plates come with a side of bread	
Egg & Bacon or Sausage Sandwich.....\$2.29		WHOLE CATFISH PLATES:	
Egg, Bacon & Cheese Sandwich.....\$2.79		1 Whole, 2 Sides.....\$6.99	
Biscuit w/ Sausage or Bacon.....\$1.79		2 Whole, 2 Sides.....\$7.99	
Biscuit w/ Meat & Egg.....\$1.89		3 Whole, 2 Sides.....\$9.49	
Biscuit w/ Meat, Egg & Cheese.....\$2.29		4 Whole, 2 Sides.....\$10.49	
Biscuit & Gravy.....\$2.59		1 Whole, 1 Side.....\$5.99	
Bacon, Lettuce & Tomato Sandwich.....\$2.59		2 Whole, 1 Side.....\$6.99	
OMELETTES:		3 Whole, 1 Side.....\$7.99	
Cheese Omelette.....\$2.99		4 Whole, 1 Side.....\$8.99	
Vegetable Omelette.....\$3.49		CATFISH FILET PLATES:	
Omelette All the Way.....\$3.99		1 Whole, 2 Sides.....\$7.99	
PLATES:		2 Whole, 2 Sides.....\$8.99	
1 Egg, Choice of Meat, Grits		3 Whole, 2 Sides.....\$10.99	
Toast & Jelly.....\$3.89		4 Whole, 2 Sides.....\$11.99	
2 Eggs, Choice of Meat, Grits		1 Whole, 1 Side.....\$6.49	
Toast & Jelly.....\$4.29		2 Whole, 1 Side.....\$7.99	
1 Pancake & Meat.....\$3.29		3 Whole, 1 Side.....\$9.29	
2 Pancakes & Meat.....\$3.99		4 Whole, 1 Side.....\$10.49	
Toast w/ Jelly.....50¢		Shrimp & Combo Plates	
Bowl of Grits.....\$1.00		5 Shrimp, 2 Sides.....\$8.95	
Biscuit.....90¢		10 Shrimp, 2 Sides.....\$11.99	
DRINKS		1 Catfish, 5 Shrimp & 2 Sides.....\$11.99	
Tea (Sweet or Unsweet)		Extra Catfish & Shrimp	
or Fountain Drinks.....\$1.59		Whole w/ Plate Purchase.....\$1.75	
Milk (no free refills).....\$2.29		Filet w/ Plate Purchase.....\$2.00	
Water or Ice.....25¢		Whole (fish only).....\$2.75	
Coffee.....\$1.50		Filet (fish only).....\$2.99	
Juice (no free refills).....\$1.50		Extra Shrimp (each).....99¢	
PARTY ORDERS (TAKE OUT)		BUFFET VEGETABLES:	
CUTTS Fresh Pit Smoked Bar-B-Que Pork		Pint.....\$3.29	
(per pound).....\$8.99		½ Gallon.....\$12.99	
CUTTS Homemade Bar-B-Que Sauce		Gallon.....\$24.99	
(per pint).....\$4.29		YAMS & APPLES:	
BRUNSWICK STEW:		Pint (Serves 3-4 approx).....\$4.50	
Pint.....\$6.99		½ Gallon.....\$17.99	
½ Gallon (Serves 10-12).....\$28.99		Gallon.....\$34.99	
Gallon (Serves 20-25).....\$56.99		PINTS OF SIDE ORDERS:	
MISS ELLEN'S FAMOUS		Baked Beans, Slaw, Rice,	
DRESSING/GRavy		or Potato Salad.....\$3.29	
1 Pint (serves 3-4 approx).....\$4.50		CUTTS FAMOUS SWEET TEA	
½ Gallon (serves 10-12 approx).....\$17.99		Sweet or Unsweet Gallon.....\$3.59	
1 Gallon (serves 20-25 approx).....\$34.99			
Giblet Gravy (per pint).....\$2.99			
SALADS:		DINE-IN (just eat it here)	
Chef Salad.....\$4.99		CALL-IN (we'll have it waiting for you)	
Grilled Chicken Salad.....\$4.99		or CATERED (just tell us where you want it and	
BBQ Salad.....\$4.99		we'll do it just the way you want it!)	
Garden Salad.....\$1.99		Monday - Friday	
CHILD'S PLATES:		8:00a.m. - 8:00p.m. (Breakfast cooked to order,	
(10 & Under - Dine-In Only)		Short Orders & Full Country Buffet)	
1 Meat, 2 Vegetables & Bread.....\$4.29		Saturday	
1 Meat, 1 Vegetable & Bread.....\$3.79		10:00a.m. - 2:00p.m. (Short Orders Only)	

MARCH 21, 2013

Youth Fair

Event prepares teens for future

By Nathan Pfau
Army Flier Staff Writer

Growing up is a part of life and gaining independence is part of that process, and the 2013 Youth Job and College Fair helped teens to take that first step into the “real world.”

Fort Rucker’s EDGE and HIRED! programs held their annual Youth College and Job Fair Saturday with vendors from different colleges and local businesses to cater to the installation and surrounding communities youth, according to Denise Honeycutt, EDGE and HIRED! program manager.

“We wanted to have a central location that our teens could come to and look for jobs, find out about colleges and see what they all have to offer,” she said. “Summer is coming up and a lot of these teens are looking for summer jobs, and a lot of them are also graduating soon, so it just made sense to put the college and job fair together.”

The different kinds of jobs that were available at the fair ranged from supermarkets, movie theaters and retail stores.

Shannon Lynch, military Family member who recently turned 16, visited the fair with her mother, Darcy, in hopes of finding a job.

“I don’t do anything really over the summer, so I’m looking for something that can get me a little bit of money while occupying my time,” she said. “I was able to see a couple of opportunities to get a job, and talk to some people to get the experience and see what it’s really like.”

“This gives me the opportunity to get a job and I think it will help me be better prepared later in life,” Shannon added.



PHOTO BY NATHAN PFAU

Rachel Stidley, military Family member, and her mother, Janine, speak with Sandy Henry, director of enrollment at Troy University Dothan, during the Youth College and Job Fair Saturday about what the university has to offer.

Darcy agreed.

“I think it’s good for her to gain some independence and have her own money to spend,” she said. “She just got her driver’s license, so getting a job will help her get out there and become an independent youth.”

Independent youths are exactly what Honeycutt is hoping to cultivate through events like the college and job fair.

“It gives [teens] a sense of pride, and I think it’s important to start now and learn what it’s like to hold a job because it gets

them ready for the real world,” she said. “That’s also the purpose of the EDGE and HIRED! programs.”

HIRED! is a Directorate of Morale, Welfare and Recreation program that offers teens between the ages of 15 and 18 the opportunity to work 12 weeks at any DFMWR facility of their choice, said the program manager. It’s a great opportunity for teens because for those that can’t find jobs, it’s a great way for them to get real-world experience and get some on-the-job training, she

added.

“We tried to get businesses that would hire teens that were 16 and older, and that’s why we even had our HIRED! program there,” said Honeycutt.

Jobs weren’t the only thing that students were able to scope out during the fair, however. They had the opportunity to talk with representatives from colleges like Baker Online, Troy University, Enterprise, Ozark Community College and Auburn University.

Jennifer Owens, military Family member and high school stu-

dent getting ready to graduate, said that the fair was able to give her some insight into where she wants to continue her education after high school.

“I think this was great because I was actually able to talk to some people about what their schools have to offer, and it just makes the whole college application process easier,” she said. “It’s hard enough trying to figure out where you want to go to school, but to have people help you and show you what you need to do is a huge help.”

Fort Rucker yard sale aims for convenience, deals

By Sara E. Martin
Army Flier Staff Writer

Those who like to find a good deal and enjoy the hunt for hidden treasures may find what they are looking for at Fort Rucker’s very first outdoor yard sale April 6 at the festival fields from 10 a.m. to 2 p.m.

The event is free to attend and is open to the public, and rent space is still available for those wanting to sell their wares at the event, according to Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator.

“Held in conjunction with Picerne Military Housing’s first Saturday yard sales, a large turnout is expected, so rent your space early,” she said.

Though it may be more of a task to bring merchandise to the site, officials said that it would be worth it in the long run.

“It’s usually easier for people to set up a yard sale at their house, but then they have to deal with getting people to come to their yard sale and setting up signs. By having a community-wide yard sale, more people will come out and see what you have for sale,” said Janice Erdlitz, DFMWR marketing director.

“I think the advantage of having so many other people at the event will definitely benefit all those selling and everyone buying. This event should be a fun time for all and the location will be perfect,” she added.

The registration deadline to sell wares is April 4 and prices range. For ID holders a 15 x 20-foot space is \$20 and a 30 x 20-foot space is \$30. For the general public a 15 x 20-foot space is \$30 and a 30 x 20-foot is \$40. People can sell anything from household items to collectables and clothes.

If space is available, people can buy more than one spot next to each other, said Erdlitz, as well as partner up with friends and Family.



“It’s a great idea to team up with a friend and share a booth space. We all have items in the back of the garage that we’d love to sell, so teaming up with a friend to have more items to sell at your booth is a great idea,” she said.

Tables are limited and will be allocated based on the date of registration form and payment received. All participants are responsible for their individual change fund and participants may bring canopies, but no tent stakes may be longer than 12 inches according to the rules and limitations.

No retail, commercial vending or business promotion is allowed. Food and beverage, live animal and weapon sales are also prohibited. Electricity is available on the event field on a first-come, first-served basis. Participants are responsible to bring their own extension cords, if needed, according to the release.

Soldiers often travel around the world, and Erdlitz said that many may be selling unique items that buyers may not find elsewhere.

“It’s great to find items from Germany, Korea and other

countries,” she said, adding that she is hoping to find an old potato wagon from Germany. “There will definitely be something for everyone.”

The yard sale, according to the marketing director and the annual events coordinator, will also provide a great opportunity to clean out closets and put some extra cash in sellers’ wallets.

“As an Army spouse, I think this is a great opportunity to get a jump start on spring cleaning,” said Abeln.

“Finding that perfect item that someone is selling for a couple dollars that is actually worth millions is the yard sale hunter’s dream find. Of course, just getting a great deal on items is worth the hunt, too,” said Erdlitz.

“Now’s the time to do some spring cleaning, so having a yard sale is the [ideal] solution. More people will be on post for Picerne’s monthly yard sale, so we thought the timing would be perfect. Yard sale hunters can check out the neighborhood sales and then join the main [event],” said Erdlitz.

For more information, call 255-1749.

ON POST

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

Spouse-to-Spouse Sponsorship Training

Army Community Service hosts its Spouse-to-Spouse Sponsorship Training program Friday 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.

BOSS March Madness Tailgate Party

Fort Rucker's Better Opportunities for Single Soldiers will hold its tailgate party during March Madness Sweet 16 Sunday 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 today 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.

Scream Free Parenting Workshop

In recognition of Child Abuse Prevention Month, the Fort Rucker Family Advocacy Program will offer its Scream Free Parenting Workshop every Thursday in April from 9-11:30 a.m. at The Commons in Bldg. 8950 on Seventh Avenue. Scream Free Parenting is a principle-based approach that is inspiring parents everywhere to truly revolutionize their Families, teaching them how to raise their children by keeping their cool, according to workshop officials.

People need to register for the workshop by April 1 by calling 255-3898. The event is Exceptional Family Member Program friendly.

Financial Readiness Training

Army Community Service offers Financial Readiness Training April 5 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. This free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively, according to officials. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

Blue Day

April is recognized as Child Abuse Prevention Month, and the Fort Rucker community is getting into the spirit by asking people to wear blue every Friday of the month, starting April 5, as part of the Blue Day Campaign. This communitywide effort to recognize the collective responsibility to prevent and confront all forms of child abuse is designed to serve as a visible commitment to support child abuse prevention.

For more, call 255-9641.

BOSS Atlanta Trip

Fort Rucker's Better Opportunities for Single Soldier hosts a spring break trip to Atlanta April 6-9. The cost of the trip is \$200 and includes transportation to and from Atlanta, lodging at a Five-star hotel, the Atlanta City Pass (includes the admission to Georgia Aquarium, Coca-Cola factory, CNN Studio Tour, a visit to either Fernbank Museum of Natural History or High Art Museum, and a visit to either the Atlanta Zoo or Atlanta History Center), and a MARTA Bus and Rail Pass for transportation while in Atlanta. BOSS events are open to single Soldiers and geographical bachelors.

For more, call 255-9404.

Youth sports health fair

The Fort Rucker Child, Youth



FILE PHOTO

Children's Festival

Wyatt Barrs, military child, fights against the tug of a large rubber band as he tries to place a beanbag in the goal of one of the inflatable games during a previous Children's Festival. The Directorate of Family, Morale, Welfare and Recreation hosts the ninth annual Children's Festival Saturday from 1-4 p.m. at the Fort Rucker Festival Fields. This military-Family event offers activities, games, inflatables, crafts, the third annual Diaper Derby and more – including one of the area's largest Easter egg hunts and a chance to meet the Easter Bunny. This year's theme is "Up, Up, and Away!" so people are invited to bring kites or make one on site, while supplies last, and get ready for high-flying fun. Egg hunts will take place at 1:30 p.m. for children ages 4-6 and 1:45 p.m. for children ages 7-9 and 10-12. The event is open to military Families. For more, call 255-1749.

and School Services Sports and Fitness Department hosts its annual Health and Nutrition Fair for CYSS members April 10 from 2-4:30 p.m. in the youth center, Bldg. 2800. The event will feature free eye screenings, hearing screenings, blood pressure checks, and height and weight measurements. There will also be a registered dietitian, physical therapist, nutritionist, and representatives from preventative medicine, the 4-H Club, the dental clinic, EDGE, Family advocacy program, and the military and Family life consultant program. For more, call 255-9105.

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

For more, call 503-0396.

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.

DFMWR Spotlight

Family & MWR Events



March 23rd
1 pm – 4 pm
Fort Rucker
Festival Fields

Open to Military Families
Easter Egg Hunt, Games, Activities & more!

Pinwheels for Prevention Family Fun Run/Walk

Open to the public, adults
and children of all ages!
Registration is FREE

Fort Rucker Physical Fitness Facility
March 23rd
Begins at 9:30 am



Easter Brunch

March 31 • 10 am – 2 pm
The Landing

Adults: \$18.95, Ages 6 – 12: \$8.95,
Ages 3 – 5: \$4.95, Ages 2 & under: FREE
Military Family Special (2 adults & 2 children): \$45



For more information visit www.ftruckerdmwr.com

Chaplain explains consequences of a detached child

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

I am currently reading John Bowlby's lectures compiled into a book called, "The Making and Breaking of Affectional Bonds."

Who is John Bowlby? He was a famous psychiatrist and father of attachment theory. John Bowlby was a pioneer in studying the baby/infant interactions with the parent's presence and absence.

The attachment theory comprises three attachment styles: secure, anxious and avoidance. According to Bowlby, many of the most intense of all human emotions arise during the formation, the maintenance, the disruption, and the renewal of affectional bonds or emotional bonds. It is interesting that this theory proclaims that the early formation of bonds affects one throughout the rest of one's life in some shape or form.

I can personally concur to this theory from my own experiences in life, as I reflect back upon my past. I must confess that of all the theories that I have read, attach-

ment theory is the one that makes sense and is validated when you really think about it and realize how your life reflects this theory.

Now back to the formation of the baby infant into puberty and adulthood. Bowlby discovered that there are serious negative, long-lasting impairments and effects of a detached child developing into maturity later on.

The apparent impairments are the inability or difficulty in forming and sustaining secure relationships. The more serious effects and consequences are the sociopaths or psychopaths behavior within society.

But there are also negative personal side effects of the disrupted bond: sexual promiscuity, addiction, abandoning one's job, attempted suicide, delinquency, depression and suicide. Note: there is a personal trauma going on within the soul when the person contemplates and acts out suicidal ideations. This theory explains my own conclusion that suicides are trauma based.

From a biblical perspective, Bowlby's attachment theory confirms the Book of Genesis for we read, "it is not good for man to be

alone." The Almighty has wired us to be relational beings in our nature. We are made to bond with others in a powerful way and emotions are the vehicle that drives us to our partner or away from our partner, to include the

almighty God himself.

So, I encourage you parents to make yourself accessible to your children, to respond with an emotional connection, to emotionally engage with your children while they are so young and formative.

This works as well for those who are in an adult relationship. If you apply these three principles: accessible, responsive, engage, your relationship will be secure and your emotional bond will be felt.



COURTESY PHOTO

Pick-of-the-litter

Meet Kiki, a 6-year-old, short-hair cat available for adoption at the Fort Rucker stray facility. She is gorgeous and is full of personality. It costs \$81 to adopt Kiki and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/ fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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Sunday,
31 March
0630

2013
Annual Postwide
Easter
SUNRISE SERVICE

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

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

Wings Chapel, Bldg 6036

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hosted by the Fort Rucker
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For more information, call
334-255-2989/2012.

Holy Week Services

Do not join us during special times of reflection 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, 1800, Main Post Chapel
Christian Passover Program, 26 Mar, 1800, Spiritual Life Center (Bldg 8909)
A Walk Thru Holy Week, 27 Mar
- 1200, Soldier Service Center (Bldg 5700), Room 371G
- 1800, Spiritual Life Center (Bldg 8938)
Holy Thursday, 28 Mar:
- Catholic, 1800, 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, 0800, Main Post Chapel (Bldg 8940)

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

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
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efumc@adelphia.net
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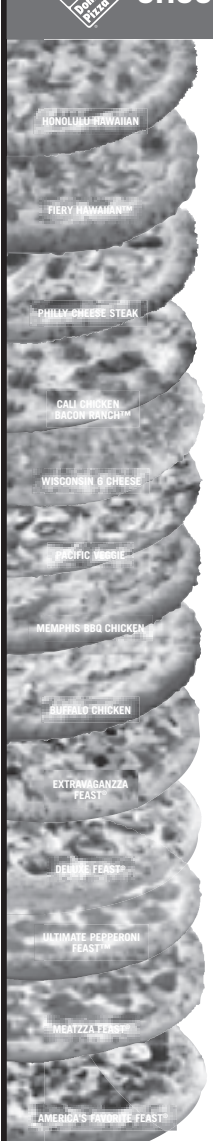
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Providers collaborate to improve patient care

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic and Humana Military hosted the first TRICARE Collaboration Event March 14 at the Aviation Museum to welcome community providers to Fort Rucker and give them a chance to meet the Lyster staff.

More than 80 community doctors, physicians and nursing staff attended the event that included presentations from TRICARE, the U.S. Army Combat Readiness/Safety Center and Col. James Laterza, Lyster commander.

“We rely on our network to get our Soldiers the special-care they require and tonight is a great way to finally put faces to the names we see on patient reports from outside clinics,” Laterza said.

Lyster sends patients to community providers for services such as cardiovascular, dermatology, gastroenterology, general surgery, neurology, obstetrics and gynecology, ophthalmology, orthopedics, otolaryngology and psychiatry.

Laterza spoke to the group of providers about the importance of referrals and complete results being sent back to the clinic.

“Being able to help a Soldier’s primary care doctor determine whether he or she is capable of driving a car versus capable of operating an aircraft is an important part of the communication process. If we send back questions from results you send us, it’s because we are trying to determine the best course of action for that Soldier,” he said.

He thanked the providers for being an extension of Lyster and told them that the clinic’s success is also their success.

“Our No. 1 job is taking care of patients and that’s what motivates us at Lyster,” Laterza said. “If we do quality right, everything else follows.”

Preventing tick bites prevents serious diseases

By Ellen Stromdahl
U.S. Army Public Health Command

Ticks are better at finding you than you are at finding them. Ticks must have a blood meal (you) to live. They are aware of you, so, in order to prevent tick bites, you must learn to be aware of them.

Ticks in the United States can carry many diseases, including: Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, anaplasmosis, babesiosis, viral diseases and others.

But most ticks are not infected with human diseases, and infected ticks have to attach to you and remain on you for a long period of time (one to three days) in order to transmit most diseases, including Lyme. If you prevent tick bites, or remove attached ticks promptly, you can prevent tick-borne disease.

- Tips for prevention**
- Recognize tick habitat. Ticks stay in, or on the edge of, shady, brushy areas. They must stay in a moist microclimate or die. Dry environments kill ticks. You won’t encounter them in a well-mowed lawn or a bright sunny location; they need layered shade and moist air.
 - Use repellent. For maximum protection, use DEET repellent on your skin, and permethrin repellent on your clothing. Permethrin-treated clothing is the best defense against tick bites. When ticks touch the treated fabric, they try to get away as quickly as possible. If they stay on the treated fabric, they die. Look for permethrin clothing spray in hunting sections of stores (use according to the label), or buy permethrin-treated clothing, which is available from major outdoor clothing suppliers.
 - Check your belongings. Ticks can come home with you on your shoes and clothes. If you have been in tick habitat, leave your shoes outside and don’t leave your clothes near your bed. You’ll be giving ticks the whole night to find you. Ticks may survive on clothes in the washing machine, but a cycle (hot) in the dryer will kill ticks.
 - Know tick seasonality. Just as you can learn where to expect ticks, you can learn when to expect a species or life stage. Spring and summer are the periods of peak tick activity, but the adult stage of the blacklegged or deer tick occurs on winter days when the temperature is above freezing. Different species are present in different regions of the U.S. and tick seasonality will likewise be different in different regions.
 - Check yourself for ticks. If you’ve been

in tick habitat in tick season, check for ticks. Bathe or shower as soon as possible after coming indoors, preferably within two hours, to wash off and more easily find ticks that are crawling on you.

- Remove ticks promptly. Remove with tweezers – no burning or soap, gasoline, petroleum jelly, or other chemicals. Wash and apply antibiotic ointment to the bite. Most tick bites cause irritation and itching immediately — this does not indicate disease transmission. Rashes that are symptoms of diseases like Lyme disease appear two to three weeks after the tick bite.
- Save the tick for identification and testing. Military personnel and Department of Defense civilians should take the tick to their military medical treatment facility for pathogen testing by the U.S. Army Public Health Command’s DOD Human Tick Test Kit Program.

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Biscuits:

Sausage, Egg & Cheese 179
Bacon, Egg & Cheese 179
Ham, Egg & Cheese 179
Sausage 149
Plain 79

Breakfast Sandwich on Ciabatta Bread

Sausage, Egg & Cheese 279
Bacon, Egg & Cheese 279
Ham, Egg & Cheese 279

Breakfast Burrito
Egg, sausage, onion, shredded cheese on a flour tortilla with sour cream and salsa on the side..... 329

Southern Breakfast Wrap
Egg, sausage, cheese & sausage gravy wrapped in a flour tortilla..... 329

Biscuit & Gravy 149
Cinnamon Roll 179
Jumbo Mooffin 200

Bagels

Plain or Blueberry 129
Comes with one cream cheese, extra 40

Cowfee Small (12 oz.) 99...Large (16 oz.) 139
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Espresso, steamed milk and foamed milk.		
Milky Moocha	299	324
A Cowpuccino with chocolate		
Latte	279	299
Espresso and steamed milk		
Flavored Latte	299	324
Espresso, steamed milk and choice of flavor		
Moocha Vanilla	329	349
A Cowpuccino with chocolate and vanilla		
Caramel Macchiato	299	324
A Cowpuccino with caramel and vanilla		
Espresso	139	175
Extra shot Espresso 65¢		
Extra flavor or whip cream 25¢		

Iced Drinks 323

Smoothie • Iced Latte • Mocha Frappe
Caramel Frappe • Caramel Mocha Frappe

Milky Moo's



Homemade Ice Cream
The area's only
homemade ice cream shop.

Soup

• Bowl of Soup 359 • Double Bowl 599
Bread Bowl of Soup 569
Soup and Sandwich Combo 689

Wraps

Southwest Chicken Wrap
Chicken Breast, lettuce, tomato, and jalapeno ranch dressing on a flour tortilla 379

Fajita Chicken Wrap
Fajita grilled chicken on a flour tortilla with lettuce, tomato, shredded cheddar cheese, onions and salsa 389

Chicken Bacon Ranch Wrap
Chicken breast, bacon, lettuce, tomato and ranch on a flour tortilla 429

Chicken Caesar Wrap
Grilled chicken, lettuce, shredded parmesan cheese & caesar dressing on a flour tortilla 379

Beef Burrito Wrap
Seasoned Ground Beef, lettuce, tomato, onion, shredded cheddar cheese on a flour tortilla with sour cream on the side 389

Salads

Garden Salad 429 1/2 Size 249
Romaine & Iceberg Lettuce, tomato, carrots, onions, broccoli, salad peppers & croutons

Grilled Chicken Salad 569 1/2 Size 323
Romaine & Iceberg lettuce, tomato, carrots onions, salad peppers, grilled chicken, shredded cheddar cheese & croutons

Caesar Salad 429 1/2 Size 249
Green leaf lettuce, shredded parmesan cheese, homestyle croutons & caesar dressing

Grilled Chicken Caesar 549 1/2 Size 299
Green leaf lettuce, grilled chicken shredded parmesan cheese, homestyle croutons & caesar dressing

Chef Salad 599 1/2 Size 359
Romaine & Iceberg lettuce, tomato, carrots onions, broccoli, salad peppers, turkey, ham, hard boiled eggs, shredded cheddar cheese & croutons

Taco Salad 569 1/2 Size 323
Romaine & Iceberg lettuce, tomato, onions, shredded cheddar cheese, seasoned ground beef, sour cream and salsa

Grilled Chicken Pecan Salad 569 1/2 Size 323
Romaine & Iceberg lettuce, grilled chicken, mandarin oranges, dried cranberries, blue cheese crumbles, praline pecans and Balsamic Vinaigrette dressing.

Sandwiches & Melts

The following are served on Ciabatta bread or in a wrap with your choice of Cheddar or Swiss cheese, lettuce, tomato and your choice of mayo, mustard, honey mustard, ranch or horseradish sauce

Sandwich 359 • Melt 389

Ham & Cheese • Roast Beef & Cheese
Turkey & Cheese

BLT
Bacon with lettuce, tomato and mayo on Ciabatta Bread..... 359

Chicken Salad Sandwich 359

Egg Salad Sandwich 359

Club Sandwich
Ham, Turkey, bacon, cheddar cheese, lettuce, tomato, and honey mustard on Ciabatta bread..... 429

Reuben
Corn beef, swiss cheese, sauerkraut, 1000 Island on Rye bread..... 389

French Dip
Roast Beef, melted swiss cheese with aujus for dipping 359

Hot Dogs

Hot Dog w/ your choice of ketchup, mustard, relish & onions 139

Chili Dog w/ mustard and onions 189

Chili Cheese Dog w/ mustard and onions 199

Polish Sausage Dog 189

Kids Menu

Hot Dog w/ your choice: ketchup, mustard, mayo 139

Cheese Melt 249

Cheese Quesadilla 259

Chicken & Cheese Quesadilla 339

Peanut Butter & Jelly (Strawberry or Grape) 249

Hand Dipped Homemade Ice Cream

Child's Scoop 138

Single Scoop 253

Double Scoop 369

Fresh Baked Waffle Cones 69¢

Waffle Cone Dipped in Chocolate 89¢

Available in Pint and Quart Sizes

Sundaes

Hot Fudge, Hot Caramel, Chocolate, Strawberry, Pineapple, Peanut Butter, Marshmallow

Small 323 Large 392

Hot Fudge or Hot Caramel Brownie 346

Banana Split 461

Smoothies

Several flavors to choose 323

Soft Serve Yogurt

Small 159 Large 219

Flurry

Peanut Butter Cup, Heath, Butterfinger, Oreo, M&M

Medium 349 Large 419

Shakes/Malts

Regular 323 Large 392

Landmark Park hosts Spring Family Days

Landmark Park
Press Release

Families throughout the state will push into the great outdoors as temperatures continue to rise in the coming months and Landmark Park seeks to provide quality programs to entertain and educate audiences of all ages.

Programs begin at 2:30 p.m. Admission to programs is free with paid gate admission. Fee for gate admission is \$4 for adults, \$3 for children and free for park members.

Programs scheduled are as follows:

- **Monday** — Alabama is home to several threatened and endangered species that can be found right here at Landmark Park. You will get to meet our Eastern Indigo Snake, the largest snake native to North America. Come find out why he and other native species are in danger of becoming extinct. Meet at the Interpretive Center Classroom.



- **Tuesday** — Learn how to read a compass in this beginning orienteering class. After a brief introduction, you will be given the opportunity to hunt for buried treasure by following a few clues and using your compass. Feel free to bring your own compass or use one

provided by the park. Meet at the Interpretive Center Classroom.

- **Wednesday** — Spend the afternoon learning how to navigate using GPS units. We will start out with a brief introduction on how the units work and then you will get the chance to

test your skills at finding hidden caches spread throughout the park. Meet at the Interpretive Center Classroom.

- **Monday, April 1** — Cedar Creek runs through Landmark Park and is often home to beaver Families. Come meet this talented architect of the water

and discover all the adaptations that make this animal so interesting. Meet at the Interpretive Center Classroom.

- **April 2** — Landmark Park is home to several varieties of reptiles. We will spend the afternoon learning about several native turtles including the Alligator Snapping Turtle, Red Eared Pond Slider and odd-looking Soft Shelled turtle. Meet at the Interpretive Center Classroom.

- **April 3** — Learn to garden the old-fashioned way with local master gardeners. Several will be at the Park and will be eager to show park visitors the proper way to plant spring vegetables in the Waddell garden. Meet at the Kitchen Garden on the Wiregrass Farmstead.

A special showtime will be held at 1 p.m. daily inside the planetarium. Show is free for park members and \$2 for non-members.

For more information, call 794-3452.

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegiopost80.org.

FRIDAY—TheSCAMHCommunities Caring annual auction will be from 5:30-9 p.m. at the Kiwanis Community Center. For more information, call 393-1632.

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

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 from 4-5 p.m.; and free Make-and-Take Art Saturday from 10:30-11:30 a.m. For more information, call 794-3871 ext. 25 or visit wiregrassmuseum.org.

TODAY — 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/.

TODAY— 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.

TODAY-SATURDAY — 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. Visit www.featuredplayers.webs.com for additional information.

SUNDAY — Troy University hosts "Muslim Journeys" at 2 p.m. Professor Dr. Matt Malczyk will provide insight into Islamic culture through his experiences as a traveler and resident in the Muslim world. Series aims to explain the historical and theological outlines of the Islamic faith in an informal and non-confrontational manner. The lecture attempts to explore Islam in a way that will foster greater understanding. Free to the public. For more information, call 983-6556, ext. 1320 or email shafferc@troy.edu.

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.

SATURDAY — The first Ride for the Big Blue will begin at the Enterprise band parking lot at 9 a.m., first bike out at 10 a.m. Five stops with a free lunch. Cost is \$15 per hand and \$5 per rider. Door prizes, 50/50 drawing, live music, best and worst hand cash prizes. For more information, call 494-1789.

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.

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

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

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

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

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

ONGOING — Disabled American 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

NOW THROUGH SATURDAY — 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.

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 DCCA 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

Pawfest

The sixth annual Pawfest will be held in Headland on the square Saturday from 10:30 a.m. to 2 p.m. People are welcome to bring their four-legged friends and enjoy pet pageants and parades, local shopping and vendors, entertainment, demonstrations, consult with Renee Jones-Lewis about dog behavior issues and eat at local restaurants. Wendy, from KW and Wendy in the Morning,

will emcee.

For more information, visit, www.charmheadland.org.

Running Biking Event

The second annual Judson Baptist Association Running and Biking event will be Saturday. The event consists of 5k and 15k runs and 25- and 40-mile bike rides.

Prizes will be awarded for the top three finishers in all races. The start point for all races is the First Baptist Church on Church Street in Headland. The 25 and 40 mile bike races start at 7:30 a.m., entry fee is \$35.

The 5k and 15k running events start at 8 a.m., entry fee is \$25. Register at jbamissions.com.

For more information, call 648-0817.

Poker Run

Thunder on the Dirt at the Dothan Dragway in Cottonwood will be April 5-6 and will have live music, bike games, bike show, vendors, field games and 50/50. Cost is \$75 for venter electrical hook-ups, \$30 for the weekend and \$20 for veterans, military and one-day pass. For more information, call 263-1076.

Visit us online at www.armyflyer.com.

621 Boll Weevil Circle
Ste 32A
Enterprise, AL 36330



334-348-9464

Sun 11am-9pm

Mon-Thu 11am-10pm

Fri & Sat 11am-11pm

BEEF'S CLASSIC STARTERS

Steak Quesadillas 10.99

Grilled flour tortilla stuffed with a half-pound of Angus skirt steak, Monterey Jack and cheddar cheeses. Served with sour cream and our signature salsa.

Chicken Quesadillas 8.29 • Cheese Quesadillas 6.29

Hand Breaded Chicken Tenders 6.29

4 crispy chicken tenders, hand breaded and fried to perfection. Served with honey mustard or BBQ sauce. Try it Buffalo style

Cheesy Bacon Pub Chips 5.79

Thinly sliced Idaho potatoes topped with cheddar and Monterey Jack cheese and smoked bacon. Served with ranch dressing and sour cream.

Beer-Battered Onion Rings 6.99

Served with Beef's spicy dipping sauce.

Fried Mozzarella 5.99

6 planks of whole milk mozzarella coated with Italian-style bread crumbs, lightly fried and served with marinara sauce.

Chili Cheese Dip & Chips 6.99

Our signature chili mixed with a spicy blend of cheeses, garnished with jalapenos and served with crispy tortilla chips.

Queso Dip & Chips 5.69 • Signature Salsa & Chips 3.79

Potato Skins 7.49

6 crispy potato skins filled with melted cheddar jack cheese and bacon bits. Served with sour cream.

Basket of French Fries 3.99

Curly or straight. Add cheddar & Monterey Jack cheese, queso or chili to fries for 99¢ each.

NEW Chicken Dippers 6.99

Delicious shorbale, bite-sized, all-white chicken served with honey mustard, ranch dressing and Sweet Baby Ray's BBQ Try it buffalo style with bleu cheese: 7.49

AWARD WINNING WINGS

Our award winning, jumbo-sized wings are always made fresh to order, then hand-tossed in one of our 2 NEW dry rubs or 12 famous sauces. Boneless and traditional wings are served with celery or bleu cheese. Dry rubs: Blackened or Lemon Pepper. Sauces: Mild, Medium, Hot, Extra Hot, Nuclear, Garlic, Honey BBQ, Teiyraki, Kickin' Bayou BBQ, Beef's Signature Buffalo Sauce, Garlic Parmesan, Sweet Jalapeno

Boneless

Traditional

8 Wings 8.29

8 Wings 8.29

12 Wings 10.79

12 Wings 10.79

18 Wings 15.99

18 Wings 15.99

25 Wings 21.99

25 Wings 21.99

Larger quantities of wings available.
 Celery bleu cheese or ranch available upon request. (Extra celery, bleu cheese or ranch 50¢ each.)

Boneless Basket 10.49

8 Crunchy boneless breaded chicken pieces tossed in one of our new dry rubs or famous sauces and served with fries, creamy coleslaw and bleu cheese dressing for dipping

Traditional Basket 10.49

8 of our famous Buffalo-style chicken wings tossed in one of our new dry rubs or famous sauces and served with fries, creamy coleslaw and bleu cheese dressing for dipping

THE BURRITO & WRAPS

The Steak Burrito 9.99

A warm flour tortilla filled with grilled Angus skirt steak, seasoned rice, peppers, onions, Monterey Jack and cheddar cheeses and creamy Poblano sauce. Served with crisp tortilla chips and signature salsa.

Buffalo Chicken Wrap 8.29

Crispy fried chicken tossed in our famous Buffalo sauce with Parmesan cheese, lettuce and tomatoes, wrapped in a pressed tortilla and served with bleu cheese dressing.

Veggie Wrap 7.99

Seasoned rice mixed with mushrooms, broccoli, peppers, onions, tomatoes, Monterey Jack and cheddar cheeses and creamy Poblano sauce wrapped in a pressed tortilla.

Fresh Angus Cheeseburger Wrap 8.79

Our fresh Angus Burger with American cheese, mustard, pickle, mayo and tomatoes, wrapped in a pressed tortilla.

Club Wrap 8.29

Thinly sliced ham and turkey with smoked bacon, cheddar jack cheese, lettuce, tomatoes, and mayo wrapped in a pressed tortilla and served with ranch dressing.

Grilled Chicken Wrap 8.29

Marinated grilled chicken, cheddar jack cheese, smoked bacon, mayo, lettuce and tomatoes, wrapped in a pressed tortilla and served with ranch dressing.

Add guacamole for 99¢

BEEF'S NEW FRESH ANGUS BURGERS

All burgers are seasoned with a blend of kosher salt and black pepper served on our new toasted brioche buns with straight cut fries. Each cooked medium, well or well done.

BBQ Bacon Cheeseburger 8.99

Fresh Angus covered with Sweet Baby Ray BBQ sauce, melted American cheese, smoked bacon and two onion rings. Served with lettuce and tomato.

The 'O' Brady Burger 8.69

Fresh Angus seasoned with a blend of herbs and spices, topped with melted provolone cheese and served with lettuce and tomato.

Cheesy Patty Melt 8.49

Fresh Angus topped with American cheese and sautéed onions, served on grilled sourdough bread.

Mushroom Swiss Burger 8.69

Fresh Angus smothered with sautéed mushrooms, melted Swiss cheese, served with lettuce and tomato.

Angus "Pretzel Roll" Sliders 8.99

3 fresh Angus sliders smothered in American cheese, topped with a lettuce and tomato, each served on a pretzel roll.

OMG "Pretzel Roll" Sliders 10.99

2 pretzel rolls each stacked high with 2 fresh Angus sliders cooked to perfection, topped with thick-cut bacon, American cheese, lettuce and tomato

OMG Burger 12.79

12 oz of fresh Angus cooked to perfection, topped with 4 slices of bacon, 4 slices of American cheese, lettuce and tomato.

Build Your Own Burger 7.99

Fresh Angus served with your choice of lettuce, tomato, pickles, onions or mayo at no extra charge.

FRESH SALADS

Grilled Shrimp Salad 9.29

10 seasoned and grilled shrimp, shredded cheddar jack cheese, tomatoes, and cucumbers on a bed of crisp salad greens.

Big Catch Salad 9.29

A generous fillet of white fish served your way. Choose from lemon pepper, grilled, blackened or fried on a bed of crisp salad greens with cucumbers, sliced red onions and chopped tomatoes, topped with Parmesan cheese.

Buffalo Chicken Salad 8.69

Crispy fried chicken tossed in our famous Buffalo sauce and served over crisp romaine lettuce topped with Parmesan cheese and croutons. Served with a side of bleu cheese dressing.

Grilled Chicken Salad 8.69

Marinated grilled chicken and sautéed mushrooms served over crisp salad greens topped with cheddar jack cheese, tomatoes, cucumbers and red onions.

Chef Salad 8.69

Sliced turkey and ham, bacon, Monterey Jack and cheddar cheeses, chopped tomatoes and cucumbers served over crisp salad greens with choice of dressing.

Santa Fe Chicken Salad 8.69

Southwestern grilled chicken served over crisp salad greens topped with Monterey Jack and cheddar cheeses, chopped tomatoes and red onions in a crisp tortilla bowl with sour cream, our signature salsa and our creamy Poblano dressing.

Chicken Caesar Salad 8.69

Crisp romaine lettuce seasoned croutons and shredded Parmesan cheese tossed in a tangy Caesar dressing. Topped with your choice of grilled or blackened chicken.

Make it a Shrimp Caesar: 9.49

Garden Salad 5.49

Crisp salad greens topped with cheddar jack cheese, cucumbers, tomatoes, red onions seasoned croutons.

BEVERAGES

Lemon-Tea Twister

Cherry Limeade Cooler 2.99

Try it sugar free

Strawberry "Skinny" 3.99

Less than 1g of Fat

Fruit Flavored Teas & Lemonades 2.99

Home-style Shakes 3.99

Kids 12 oz. Home-style Shake 2.49 Strawberry, vanilla or chocolate

Pina Colada & Strawberry Smoothies 3.99

Kids 12 oz. Smoothie 2.49

Iced Coffee Drinks 2.99

Try them blended 2.99

\$5.00 OFF or \$3.00 OFF

\$25 PURCHASE

\$15 PURCHASE



Not valid with any other offer, discount or purchase or gift cards. Tax, alcohol and gratuity not included. One offer per table, per visit. Valid for dine in or take out. Total value not to exceed \$5. Expires 5/25/13

O' BRADY'S ENTREES

Big Catch 10.49

A large fillet of mild white fish prepared just how you like it - grilled, blackened or fried. Served with seasoned rice, cocktail sauce and fresh lemons.

Grilled Shrimp 10.99

20 juicy shrimp grilled or blackened and served with steamed broccoli, seasoned rice, cocktail sauce and fresh lemons.

The Dubliner 9.69

Thinly sliced roast beef, sautéed mushrooms, Swiss cheese, grilled sourdough bread and creamy mashed potatoes smothered with our new signature gravy. Served with fresh steamed broccoli.

St. Louis Ribs Full Rack 17.99 • Half Rack 11.99

Our St. Louis style ribs are glazed with your choice of Sweet Baby Rays or Kickin' Bayou BBQ sauce and served with fries and creamy coleslaw.

Grilled Chicken 9.69

2 marinated chicken breasts grilled or blackened and served with seasoned rice, broccoli and your choice of honey mustard or BBQ sauce.

BASKETS & BOWLS

Fish 'N Chips 9.69

4 delicious beer-battered cod filets fried golden brown and served with tartar sauce, fresh lemon fries and creamy coleslaw.

Grilled Veggie Bowl 7.29

A vegetarian's delight with grilled peppers, onions, mushrooms, fresh broccoli and chopped tomatoes over seasoned rice. Topped with cheddar jack cheese and our famous creamy Poblano sauce. Served with a side salad.

Steak Bowl 9.99

Seasoned rice topped with Angus grilled skirt steak, onions, peppers, cheddar jack cheese, chopped tomatoes and our famous creamy Poblano sauce. Served with a side salad. Make it a chicken bowl: 8.49

Hand-Breaded Chicken Tenders 8.69

4 crispy chicken tenders, hand-breaded and fried to perfection. Served with fries, creamy coleslaw and BBQ sauce or honey mustard dressing. Try it Buffalo style

Taco Baskets

Beef's signature soft tacos are served with freshly made tortilla chips and salsa.

Add a side of warm queso dip 99¢

Steak Tacos 2 Tacos 7.99 • 3 Tacos 10.99

Angus skirt steak topped with lettuce, cheddar jack cheese and our famous creamy Poblano sauce.

Chicken Tacos 2 Tacos 6.49 • 3 Tacos 8.59

Southwestern grilled chicken topped with lettuce, cheddar jack cheese and our famous creamy Poblano sauce.

Fish Tacos 2 Tacos 7.69 • 3 Tacos 9.99

Mild white fish, hand breaded and topped with fresh cabbage, cheddar jack cheese and our famous creamy Poblano sauce.

Fried Shrimp 9.99

10 tail-on shrimp fried to a delicious crunch, served with fries, coleslaw, cocktail sauce and fresh lemons.

SAVORY SOUPS

Soup Of The Day

Cups \$3.09 • Bowl \$3.99

Beefs Special Recipe Chili

Cup 3.49 Bowl 4.69

*Prices subject to change without notice.

Soups

1. Spinach Lentil Soup 5
2. Vegetable Soup 5
3. Tomato Curry Soup 5
4. Chicken Soup 5
5. Coconut Soup 5
6. Mulligatawny Soup 5

Appetizer

7. Indian / Italian Appetizer Platter 15
8. Indian Mixed Appetizer Platter 9
9. Samosa (2 pc) 5
10. Samosa Chaat 7
11. Aloo Chaat 7
12. Papri Chaat 7
13. Aloo Tikki (2 pc) 5
14. Chole Bhature 12
15. Pakora (7 pc) 7
16. Chicken Pakora (5 Pieces) 8
17. Fish Pakora (5 Pieces) 8
18. Shrimp Pakora (5 Pieces) 8
19. Paneer 65 (Cheese) 11
20. Chilly Chicken 13
21. Padadam 2
22. Jamsala Padadam 2.5

Naan / Bread

23. Chilly Chicken 13
24. Padadam 2
25. Jamsala Padadam 2.5
26. Roli 2.5
27. Paratha 4
28. Poori 3
29. Bhatura 3
30. Naan 3
31. Aloo Naan 3
32. Peshwari Naan 3
33. Garlic Naan 3
34. Keema Naan 3
35. Onion Kulcha (Onion Naan) 3
36. Bullet Naan / Green Chilli Naan 3
37. Yellow Cheese / Feta / Paneer Naan 3
38. Spinach Naan 3
39. Butter Naan 3
40. Lamb Kababs 3

41. Taj Kabab Platter 18
42. Seekh Kabab 16
43. Lamb or Beef Kabab 16
44. Tandoori Shrimp 15
45. Chicken Tikka 15
46. Tava Chicken 16
47. Lamb Chops (Rack of Lamb) 24

48. Tandoori Fish 15
49. Tandoori Chicken 15
50. Lamb Gyro Kabab 15
51. Cheese Kabab (Paneer Tikka) 14
52. Chicken Curry 12
53. Chicken Vindaloo Curry 12
54. Chicken Tikka Masala Curry 12
55. Chicken Korma Curry 13
56. Chicken Mushroom Curry 13
57. Chicken Saagwala Curry 12
58. Chicken Jalfrezi Curry 12
59. Chicken Mango Curry 13
60. Butter Chicken Curry 13
61. Methi Chicken Curry 13
62. Lamb or Goat or Beef Malai Methi Curry 13
63. Lamb or Goat or Beef Tikka Masala Curry 13
64. Homestyle Lamb or Goat or Beef Curry 14
65. Lamb or Goat or Beef Vindaloo Curry 14
66. Lamb or Goat or Beef Tikka Masala Curry 14
67. Lamb or Goat or Beef Korma Curry 15
68. Lamb or Goat or Beef Mushroom Curry 15
69. Lamb or Goat or Beef Saagwala Curry 14
70. Lamb or Goat or Beef Jalfrezi Curry 14
71. Lamb or Goat or Beef Tikka Masala Curry 14
72. Lamb or Goat or Beef Methi Curry 14
73. Lamb or Goat or Beef Tikka Masala Curry 14
74. Lamb or Goat or Beef Tikka Masala Curry 14
75. Fish Curry 13
76. Fish Vindaloo Curry 13
77. Fish Tikka Masala Curry 13
78. Methi Fish Curry 13
79. Lamb or Goat or Beef Tikka Masala Curry 14
80. Thai Fish Curry 14
81. Shrimp Curry 13
82. Shrimp Vindaloo Curry 13
83. Shrimp Tikka Masala Curry 13
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Face of Defense: Deployed mother stays close to her children

By Army Staff Sgt. Christopher Blakeslee
1st Heavy Brigade Combat Team, 3rd Infantry Division

FORWARD OPERATING BASE APACHE, Afghanistan – When Soldiers deploy, it means months of separation from Family members, loved ones and friends. One of the hardest separations anyone can face is leaving behind a child.

Army Staff Sgt. Bonnie Clark doesn't have time to anguish over missing her children while she's deployed. A human resources specialist assigned to 3rd Infantry Division's Command Group, Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, Combined Task Force Raider, Clark chooses to use this time apart in a positive manner.

"I stay active in my children's lives, even while deployed," said Clark, a Belmont, Miss., native and the proud mother of three young boys. "I could get upset, but that's not going to accomplish anything. Instead, I stay as active in my kids' lives as possible, like emailing their teachers weekly and being involved in every decision which affects them."

Clark's children appear to thrive on their mother's attention and affections back at their home in Hinesville, Ga., excelling in their academics and extracurricular activities.

"My oldest son, Dominique, is maintaining a straight 'A' average in school, and I have next to no discipline problems

with any of them," the single mother said. "It's the little things you do to stay connected with them that makes the difference – the phone calls, sending pictures and just letting them know they are loved, no

matter what, and not forgotten."

Dominique, 7, earned the 2012 Young Georgia Authors Award for penning a story titled "Sam and the Three Hats." He beat out several hundred children

in his age group to take the title – a fact not lost on his mother.

"I'm still so proud of him," she said. "The YGAA award is a great honor, but I would be proud of him even if he didn't win it. All

my children just want to please me, but as a mother, I love them no matter what they do."

Clark is equally proud of her other two boys, Demonte, 4, and Triston, 9 months.

"Demonte is outgoing and brave, and the baby, Triston, is a very happy and well adjusted," said a teary-eyed Clark. "My boys are very well-behaved and well-mannered. I couldn't be more proud of them."

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FRESH FIRE-ROASTED Gourmet Pizza™

Fresh hand rolled dough made with ♥ heart healthy olive oil, fire-roasted in just 3 minutes, for a crisp, golden brown crust.

Sides

ITALIAN BREADSTICKS side / large heart healthy olive oil, roasted garlic, parmesan, Italian herbs \$2.75 \$4.25

MOZZARELLA SUPREMA BREADSTICKS heart healthy olive oil, 100% mozzarella supreme, roasted garlic, Italian herbs \$3.75 \$5.75

FIRE-ROAST TOAST thin & crisp - heart healthy olive oil, roasted garlic, spicy chipotle sauce, parmesan, Italian herbs \$2.95

Bambini (UNDER 10)
KIDS PIZZA OR FHAZANI cheese or pepperoni \$4.25

MEAL with small beverage & bambini gelato \$7.95

FIRE-ROASTED Fhazani SANDWICH

Our ♥ signature flat bread sandwich is fire-baked fresh to order topped with romaine lettuce, tomatoes, cucumbers, & trans fat free house dressing

BUILD YOUR OWN select any pizza Fhazani Style Regular \$7.95

HAM & CHEESE provolone, mozzarella, white cheddar, red sauce, red lettuce, tomatoes & cucumbers, house ranch dressing Regular \$6.95

CLUB mozzarella cheese, ham, chicken, bacon, red onions, red sauce, red lettuce, tomatoes & cucumbers, house ranch dressing

ITALIAN ham, salami, Italian-style sausage, mozzarella, red onions, red sauce, red lettuce, tomatoes & cucumbers, Italian dressing **D** must request "dairy free" cheese

BARBECUE CHICKEN mozzarella, red onions, BBQ sauce, red lettuce, tomatoes & cucumbers, barbecue dressing **D** must request "dairy free" cheese

CHICKEN PESTO ricotta cheese, red & green peppers, red onions, pesto sauce, red lettuce, tomatoes & cucumbers, house ranch dressing

PROSCIUTTO MILANO mozzarella, salami, pepperoncinis, red onions, arugula, olive oil & garlic, red lettuce, tomatoes & cucumbers, Italian dressing **D** must request "dairy free" cheese

ITALIANO CHEESEBURGER finely ground beef, mozzarella, provolone, white cheddar, lettuce, tomatoes, ketchup & mustard

PIZZA GOURMET TOPPINGS

MEATS: **D** Anchovies **D** Bacon **D** Fire-Roasted Chicken

Ground Beef **D** Ham **D** Italian Sausage **D**

Pepperoni **D** Prosciutto **D** Salami **D**

VEGGIES: **D** Artichoke Hearts **D** Black Olives **D** Diced Cashews **D** Green Bell Peppers **D** Spinach

Jalapenos **D** Kalamata Olives **D** Green Olives **D** Mushrooms **D** Red Onions

Pepperoncinis **D** Pineapple **D** Ricotta Cheese

DRESSINGS: House Caesar **D** Italian **D** Ranch **D**

Greek **D** Tangy Oriental **D**

Roasted Garlic **D** Red Bell Peppers **D** Tomatoes **D**

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Build your own

GOURMET DOUGHS
RBP Original ♥ **V**
Acai Berry Multigrain **D**
Whole Wheat ♥ **V**
Gluten-Free ♥ 9" **D** **V**

SAUCES
Barbecue **D** **D**
Buffalo **D** **D**
Chipotle -spicy **D** **D** **V**
Creamy White Garlic **D**
EVO -Olive Oil & Garlic **D** **D** **V**
Pesto **D**
Red **D** **D** **V**
Roasted Red Pepper **D**
Sun Dried Tomato Basil **D**
Thai **D**

PIZZA STYLES
Classic -golden crust, crisp thin center
Rustica -crisp & thin

CHEESES **D** \$5.85 \$8.75 \$12.75
Mozzarella **D** Parmesan **D**
Ricotta **D** Dairy Free **D** **V**
Feta

GOURMET CRUSTS **D**
Classic Pizzas Only 50¢ 75¢ \$1.00
Mozzarella Garlic **D**
Sun Dried Tomato **D**
Chipotle -spicy **D**
Pesto Parmesan **D**
Roasted Red Pepper **D**
Everything **D**

Gourmet Favorites™ **D** Request "gluten-free crust" at time of order

1 FOUR CHEESE mozzarella, provolone, white cheddar, parmesan, basil, red sauce \$6.65 \$9.95 \$14.75

2 MARGHERITA mozzarella, provolone, white cheddar, parmesan, basil, garlic, fresh tomatoes, red sauce **D** **D** suggested gourmet crust \$7.75 \$11.75 \$17.85

3 PEPPERONI SUPREMA mozzarella, provolone, white cheddar, parmesan, red sauce **D** \$7.75 \$11.75 \$17.85

4 PEPPERONI, MUSHROOMS & ITALIAN SAUSAGE mozzarella, red sauce **D**

5 ITALIAN SAUSAGE & PEPPERS mozzarella, mushrooms, red onions, olive oil & garlic sauce **D**

6 BBQ CHICKEN mushrooms, red onions, mozzarella, provolone, white cheddar, cilantro, BBQ sauce **D**

7 ROASTED GARLIC CHICKEN (OR SHRIMP) mushrooms, red onions, red bell peppers, bacon, garlic, tomatoes, mozzarella, parmesan, creamy white garlic sauce **D**

8 THAI CHICKEN red onions, carrots, cashews, mozzarella, cilantro, Thai sauce **D** **D** must request "gluten-free crust" without Thai sauce

9 HAWAIIAN ham, pineapple, cashews, mozzarella, red sauce **D**

10 BACON CHEESEBURGER finely ground beef, red onions, mozzarella, provolone, white cheddar, red sauce **D**

11 VEGGIE GOURMET WORKS™ mushrooms, red onions, red bell peppers, black olives, artichokes, garlic, tomatoes, Italian herbs, mozzarella, parmesan, red sauce (vegetarian), or white sauce (anchovy & garlic)

12 GREEK ham, red onions, kalamata olives, pepperoncinis, mozzarella, feta, olive oil & garlic sauce **D**

13 PROSCIUTTO, MUSHROOMS & ARUGULA mozzarella, parmesan, olive oil & garlic sauce **D**

14 REDBRICK GOURMET WORKS™ pepperoni, ham, bacon, Italian-style sausage, mushrooms, black olives, red onions, bell peppers, mozzarella, red sauce **D**

15 MEAT WORKS pepperoni, ham, Italian sausage, ground beef, bacon, mozzarella, red sauce **D**

16 PIZZA BIANCA™ Italian-style sausage (or fire-roasted chicken), mushrooms, roasted pine nuts, ricotta cheese, mozzarella, olive oil & garlic sauce **D**

17 PIZZA RUSTICA™ perfectly thin & crisp ham, pepperoni, mushrooms, mozzarella, parmesan, fresh basil, spices, olive oil & garlic sauce

18 PIZZA BUFALO™ "red hot" buffalo chicken, red onions, celery, carrots, mozzarella, "red hot" parmesan crust, ranch drizzle (after bake)

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D Dairy Free
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MARCH 21, 2013

Warriors dominate Guardians

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Intramural Basketball playoffs began Monday and the A Co., 1st Battalion, 13th Aviation Regiment Warriors started off on the right foot as they took out the 158th Airfield Operations Battalion Guardians at the Fort Rucker Physical Fitness Facility.

The Warriors dominated the Guardians 95-39, in a game that set the 1-13th as a force to be reckoned with throughout the competition, according to Staff Sgt. Mandrell Douglas, coach for the Warriors.

"I think our team was really ready because this is the first playoff game of the year, and they came out and did what they were suppose to do — they showed a lot of hustle," he said. "We had a lot of good defense out there tonight and since this keeps us in the winner's bracket, other teams will fear us when they play us."

The game started as the Warriors took possession and scored the first basket within seconds of the game. They started the game aggressively as they fought hard to keep their opponents behind.

The Warriors strong early offense coupled with their superior defense allowed them to continually take possession of the ball and pull far ahead of their opponents within minutes of the first half.

The Guardians struggled to keep up and were unable to match the Warriors' pace.

The Warriors continued to dominate through the early portion of the first half and didn't slow their momentum to allow the 158th AOB to breathe.

The Guardians started to seem too eager to make up for lost ground, but were unable to as they continually fouled their opponents. This only allowed the Warriors to sink multiple free throws and extend their lead.

Just seven minutes into the game, 1-13th was 20 points ahead of their opponents, who had yet to score a single basket — a testament to the Warriors' superior defense.

The Guardians tried to play more aggressively, but that didn't seem to affect their opponents as they continued to pull away.

Ten minutes into the game, 158th AOB finally got on the scoreboard with a three-point shot that seemed to boost the team's morale.

This didn't shake the Warriors, however, as they continued to play headstrong and sink shot after shot to stay far ahead. Their superior shooting and ability to defend kept them comfortably ahead, but complacency never set in for the 1-13th.

Well into the first half, the Warriors showcased their strengths and showed that they earned their place in the tournament, and managed to pull more than 30 points ahead of their opponents, 42-11.

The Guardians continued to struggle to keep up, scoring sparingly during moments when the 1-13th briefly dropped their guard, but moments that were negated by continual fouls that allowed the Warriors to regain any ground lost. And despite their commanding lead, they played as if each basket determined the outcome of the game until the half ended, 59-19.

As slim a chance as it seemed, the Guardians still had an opportunity to come back during the second half as they started with possession. But the Warriors weren't letting up as they came back into the half just as they started the first — all in.



PHOTO BY NATHAN PFAU

Alex Lee, player for the Warriors, goes up for a layup during the team's first Fort Rucker Intramural Basketball playoff game of the season against the Guardians Monday. The Warriors beat the Guardians 95-39 to advance to the winner's bracket.

They took the first rebound of the half and returned to score the first shot as they didn't lose any of their momentum during half time.

Despite being down by more than 50 points, the Guardians never gave up.

A strong spirit wasn't enough to bring them out of the depths, however, and the Warriors continued to extend their lead.

With about three minutes left in the game, The 158th AOB managed to pick up some speed and slowly closed

the scoring gap, but their second wind came too little, too late as they were now short on time to close the enormous gap.

As the clock wound down, the Warriors were poised to break 100 points, but they were unable to and they were satisfied with the win.

"This is the most points we've ever scored throughout the whole season," said Douglas. "We did an excellent job. We had good team cohesion, and as long as they keep that up, we'll keep winning games like this."

Crouch, touch, set: Rugby Aviators ground Flyers

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Flyer Rugby team, which combined with the Panama City Beach Hurricanes last month, played the Pensacola Aviators Saturday in a match that was fit for the sky.

The Aviators brought the Flyers back down to earth in a 33-7 game, but Flyers who have been training for weeks said the match boosted morale and helped them see what they still have to work on.

"Rugby is amazing; it is a whole-hearted sport. We had some great plays, but we began to come back too late in the game. Even though we lost, we saw a lot of areas that we can improve on that should work to our advantage in next week's game," said Staff Sgt. Colin Schwalm, 1st Battalion, 14th Aviation Regiment, Headquarters, Headquarters Company.

The Aviators used to be an Air Force team, according to Schwalm, which helped Fort Rucker decide to play as the Hurricanes despite being on the Flyer pitch.

Though the players wore the Hurricanes' shamrock jerseys in honor of St. Patrick's Day, it didn't bring them any luck, for the first try and conversion was made by the Aviators within the first 15 minutes of the game, setting them up for a strong lead.

Possession quickly passed between players and the ball constantly moved up and down the field, but Pensacola held the upper hand most of the first half and made a second successful conversion kick and try 20 minutes later.

Fort Rucker's spirits began to dwindle, but sideline players tried to keep them motivated, and the team refused to be grounded so soon in the game. They pushed hard down the field and came within a few meters of making a try, but they were not able to land the ball and were eventually



PHOTO BY SARA E. MARTIN

Fort Rucker Flyer Michael Smith, playing as wing, attempts to tackle a Pensacola Aviator player during a game Saturday at the youth football field.

pushed back downfield.

As the last seconds of the first quarter slipped away, the Flyers attempted to make a try by gaining possession of the ball in a scrum. But, as the teams' forwards locked together, the clock ran out.

The game was played on a temporary field because the rugby field is being refurbished with new turf, and it provided some unique challenges during the game — for both teams kept kicking the ball so far out of bounds and into the stands, that specta-

tors had to keep collecting the ball.

Within five minutes after halftime, a successful ruck, pass and run by the Aviators helped them take charge of the second half. Making another try and conversion, the Aviators began to really pull away from the Flyers.

Knock-on after knock-on was dealt with both teams beginning to lose momentum, but constant military physical training helped the Flyers gain some ground as the Aviators weakened and their endurance

began to wane. The Flyers made a try and a conversion kick halfway through the second half.

Fort Rucker was not able to maintain that strength and speed, though, and their endurance also began to diminish.

Pensacola, though weakened, was still able to get a successful try, even if the conversion was short. And after going back and forth on the field and both teams giving all they had, Pensacola was able to make a fifth try and conversion.

The Flyers weren't ready to give up, even with only 10 minutes left in the game, and made a good pass, but a Pensacola player was able to grab it and run the ball downfield. Not to be outdone, Fort Rucker pulled the same trick on the Aviators soon afterwards. The player, WO1 Jesse Haddix, Bravo Company, 1st Battalion, 145th Aviation Regiment, managed to make it to the 22-meter mark before being tackled by two Aviator athletes, preventing the try.

The Flyers were determined to close the gap between the two teams, but just did not have it in them to secure another try.

An Aviator player was able to break free of the pack and keep possession of the ball, running the continuous clock out. Snatching the wings of victory, Pensacola was able to fly ahead with the win with a finishing score of 33-7.

Players on both teams donned kilts in celebration of St. Patrick's Day and Nick Deitler, Flyer game captain, said that though the loss was unfortunate, there were no hard feelings.

"I think once we get all the growing pains worked out from the two teams combining we will be so strong. We just need a little more cohesiveness," he said.

The team is currently developing youth and lady teams, interested parties can attend a practice Tuesdays or Thursdays at 6 p.m. at the Rugby field.

DOWN TIME

Our Story So Far...

TRANSPORTED
BACK TO EARTH--
HELD CAPTIVE
IN A TOP-SECRET
GOVERNMENT
INSTALLATION---
DALE ARDEN
IS FREED BY
MEMBERS OF
AN ELITE
ORGANIZATION.



Just Like Cats & Dogs

by Dave T. Phipps



Trivia

test by Fifi Rodriguez

TRIVIA

1. **GEOGRAPHY:** The Gulf of Sidra lies off what African nation?
2. **TECHNOLOGY:** What kind of computer file is indicated by a .htm extension?
3. **MEASUREMENTS:** What is a nanosecond?
4. **MUSIC:** What kind of instrument is an Appalachian dulcimer?
5. **LANGUAGE:** What is an interrobang?
6. **FAIRY TALES:** What kind of poisoned fruit does the evil Queen give Snow White?
7. **U.S. PRESIDENTS:** Which four U.S. presidents were assassinated in office?
8. **INVENTORS:** What is Robert Fulton famous for inventing?
9. **HISTORY:** When was the Magna Carta imposed to prohibit arbitrary royal acts?
10. **GENERAL KNOWLEDGE:** What is the early Roman term for the month of July?

See Page D4 for this week's answers.

Super Crossword

GOING FORMAL

- | | | | | | |
|--|---|---------------------------------------|---------------------------------|--------------------------------|--------------------------------------|
| ACROSS | 46 "Dr." of hip-hop | 82 Aesthete's question, formally? | 127 River to the Oise | 32 — to pick | 83 Play caller |
| 1 Have faith | 49 List the particulars of, to a Brit | 88 Depression | 128 Chaps | 33 Day, to Juan | 84 — Tac |
| 6 Alan of TV and film | 51 Zap with a stunning weapon | 89 Defensive end Antwan | 129 End on — note | 34 Xbox 360 competitor | 85 Far Eastern capital |
| 10 Shish — | 52 Opera house boxes | 91 See 40-Across | DOWN | 35 King topper | 86 Once — time |
| 15 — Stanley Gardner | 54 Owner of an online company, formally? | 92 Furry sitcom alien | 1 A pair of | 39 Weak state | 87 Alter, as a skirt edge |
| 19 Pacific atoll belonging to the U.S. | 59 Digital music pastiches | 93 Stuck to one's decision, formally? | 2 Ice-T hit, e.g. | 41 Referenced | 90 Nitwits |
| 21 "Spenser: For Hire" star | 61 Pollen eater | 99 Japanese dance-drama | 3 Guitar kin | 42 Herald | 94 Even if, for short |
| 22 Brand for hair removal | 62 Away from the wind | 100 Rock's — Tull | 4 Got a feeling | 43 Playa del — | 95 Role player |
| 23 Comedy club event for amateurs, formally? | 64 Baby goat | 102 Suit part | 5 East — (nation since 2002) | 44 I-40, e.g. | 96 Tricycle rider |
| 25 Loretta of country | 65 Damone or Tayback | 103 Having left | 6 Giant in foil | 46 Analytic work | 97 Bowl cheer |
| 26 Unscored | 68 Its students learn road rules, formally? | 104 — & Juliet" (animated 2011 film) | 7 "—di-dahl!" | 50 Wild bunch | 98 Suffix with Canaan |
| 27 Like poison ivy rashes | 73 Crafty | 106 Pay, formally? | 8 Forensic ID | 53 "Well well!" | 101 Makes corrections to |
| 28 Chair creator Charles | 74 Heavy burden | 112 Painting bolder | 9 Citrus drink | 55 Bat's home | 103 Orbs |
| 29 Do a boxing "dance," formally? | 76 Serpent or alp suffix | 113 Prefix with fan or jet | 10 — Kinto | 56 Corrida call | 104 "Angle" star Davis |
| 35 For no profit, perhaps | 77 Ice skater Kulik | 114 Resound | 11 13th-century king of Denmark | 57 Sartre's sea | 105 "Ootomorn" — Suleman |
| 36 "Look what —I" | 78 Tiny charged bit | 115 Site of bliss | 12 Egotists | 58 "Let — down, O Juno!" | 107 "What the Butler Saw" playwright |
| 37 4, on some clocks | 80 Arctic Circle region of Europe | 116 Victor Hugo classic, formally? | 13 Throbbing preservative | 60 Eighth-century pope | 108 Past portly |
| 38 West German city | | 117 Resound | 14 Food | 63 "The Bridge on the River —" | 109 Bawls |
| 40 With 91-Across, tone oneself up | | 118 Resound | 15 Interweave | 65 Long river in Russia | 110 2001 hit for Ja Rule |
| 41 Supporter of drapes, formally? | | 119 Site of bliss | 16 Sci-fi fryers, formally? | 66 Totally | 111 City in Tibet |
| | | 120 Victor Hugo classic, formally? | 17 Creases | 67 Java serving, formally? | 113 Hatcher of "Soapdish" |
| | | 121 Big Apple squad car abbr. | 18 Painter Max | 69 Not al fresco | 116 Hawaii's Mauna — |
| | | 122 Often-dipped cookies | 20 Nile deposit | 71 Not dat? | 117 Car ad abbr. |
| | | 123 Bun or bagel toppers | 24 Peaceful '60s protest | 72 Backs, anatomically | 118 Debt note |
| | | 124 Often-dipped cookies | 28 Antiknock fluids | 75 — pitch | 119 KGB worker |
| | | 125 Bun or bagel toppers | 29 Stiff | 79 — power | 120 Papal name |
| | | 126 Spa sounds | 30 Poem title starter | 81 Beer brand | 121 U. URL end |
| | | | 31 Dog to avoid | 82 Muscle mag display | 122 Former Russ. state |

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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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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



Soldiers on road to healing challenged on ‘Ride 2 Recovery’

By Kimberly Hulett
Mary Ball

FORT LEONARD WOOD, Mo. — The Ride 2 Recovery Challenge looked like a bicycle race.

Its riders were clad in brightly-colored spandex, helmeted and wore reflective eyewear.

It smelled like a race, the bitter odor of new tires unpacked and stretched over high-tech rims, the steady pace of air pumps stretching rubber farther with each “shush” of air.

But to say it was a race would also be a stretch. Because in a race, there is only one winner.

At the Ride 2 Recovery 2013 Gulf Coast Challenge, everyone was a winner.

“Everyone who participated in this event got something from it,” said Capt. Carl Bicskei, General Leonard Wood Army Community Hospital Warrior Transition Unit commander here. “R2R is about having personal goals, and working toward those goals, while both providing, and benefiting from, teamwork.”

The General Leonard Wood Army Community Hospital WTU R2R team who rode in this six-day Gulf Coast Challenge included four transitioning Soldiers and two cadre members.

Staff Sgt. Travis Radtke, Spc. Benjamin Frazier, Sgt. Shelia Moss, and Sgt. 1st Class Samantha Goldenstien, Soldiers assigned to recover at the WTU, began the R2R at the Super Dome in New Orleans, March 3.

Capt. Christopher Forrest, WTU nurse case manger, and WTU 1st Sgt. Ralph Casselli III, completed the six-member team from Fort Leonard Wood as they road from Alabama through Mississippi to Tallahassee, Fla.

Riders traveled between 45 and 75 miles per day.

The last day was the longest. Riders had the option to ride 109 miles to the finish line or be bused a portion of the way.

The Fort Leonard Wood team rode every Tuesday and Thursday for several months prior to the event, as weather permitted.



MARY BALL

Six General Leonard Wood Army Community Hospital Soldiers assigned to the Warrior Transition Unit at Fort Leonard Wood, Mo., and participated in the Ride 2 Recovery. The R2R kicked off at the Super Dome in New Orleans, March 3, 2013, where this photo was taken. (Left to right) Staff Sgt. Travis Radtke, Spc. Benjamin Frazier, Sgt. Shelia Moss, and Sgt. 1st Class Samantha Goldenstien, all assigned to recover, pose next to Capt. Christopher Forrest, WTU nurse case manger, and 1st Sgt. Ralph Casselli III.

“Due to my hips, I can no longer run. Biking was recommended to me,” said Goldenstein. “Training for this challenge was a great opportunity to get into the biking scene. I used to do half-marathons, so this was a nice transition to another endurance challenge.”

The goal of many was to ride every mile, but riders set their own goals and measures for personal accomplishments. The race was really about riding every mile they could, and remaining healthy and injury-free.

“I was told by a plethora of people I

could not do this challenge,” said Frasier. “Then Sergeant First Class Goldenstien and Sergeant Moss talked me into signing up,” he said. “I had knee surgery in early January and once I was cleared to begin riding, I trained like a crazy man to prove I could do it.”

The advantage to participating in a Ride2Recovery Challenge is having support of fellow riders who ride at a similar pace and offer encouragement to each other.

“I am just glad I am doing this challenge with my battle buddies from deployment,”

said Moss. “This is just one more thing I can mark off my bucket list. After this ride, I will either love cycling or I will hate it.”

There are several Ride 2 Recovery challenges slated throughout the year. The Texas Challenge, from San Antonio to Fort Worth, is scheduled for April.

To see more photos or for more information, go to www.ride2recovery.com/.

(Editor’s Note: Mary Ball and Kimberly Hulett are Warrior Transition Unit Family Readiness Support Assistants at the General Leonard Wood Army Community Hospital)



PHOTO BY NATHAN PFAU

St. Patty 5K

More than 350 people participated in Saturday’s St. Patrick’s Day 5k/10k run. The winners of the run were: David Seymour, overall male 5k winner; Dan Nix, overall male 10k winner; Jennifer Woods, overall female 5k winner; and Christine Krueger, overall Female 10 winner.

SPORTS BRIEFS

PINWHEELS FOR PREVENTION

In recognition of Child Abuse Prevention Month, Army Community Service, child, youth and school services and Fort Rucker physical fitness Facilities will host the Pinwheels for Prevention Family Fun Run/ Walk Saturday 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.

FORT RUCKER GROUP CYCLING

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 or 255-3770.

3 FREE BREAK

Rucker Lanes hosts its 3 Free Break special now 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.

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III **SAFE HAVEN** - PG13
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Oasis Web. 3/27 at 7:00 (20) Andalusia



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