

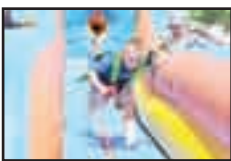
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ARMYFLIER

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

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FORT RUCKER ★ ALABAMA

APRIL 4, 2013

Gen. Odierno visits Fort Rucker

By Sara E. Martin
Army Flier Staff Writer

Army Chief of Staff Gen. Raymond T. Odierno visited Fort Rucker Monday and Tuesday to get a firsthand look at the U.S. Army Aviation Center of Excellence and talk about sequestration effects on the community.

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, hosted the visit that consisted of tours of different training facilities, briefings, a flight tour of the installation, meetings with students from the U.S. Army Warrant Officer Career College and flight school, and a town hall meeting that was open to Soldiers, Department of the Army civilians, contractors and family members.

“Aviation continues to change and adjust. How do we best utilize Army Aviators? This is the place where we have to put that to the test,” he said.

The chief also toured the Aviation Center Logistics Command at Cairns Army Airfield where he was shown how Fort Rucker maintains its aircraft and how business is conducted.

Odierno said that Aviation plays a major part in the Army’s future because of its unique mission.

“One of our great advantages is our ability to conduct air-ground operations and having the best rotor wing capability in the world,” he said. “Nobody has been able to move around the world, move forces or have significant mobility like we do. You play a key role in sustaining these asymmetrical advantages that we already have. In my mind, that is what makes Fort Rucker so important.”



PHOTO BY SARA E. MARTIN

Robby Cain, Cairns Army Airfield engine shop employee, speaks with Army Chief of Staff Gen. Raymond T. Odierno and Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, about his job and his training during the chief of staff’s visit to the airfield. For more on the visit, see Page A4.

During a press conference, Odierno said that he visited Fort Rucker to discuss budget difficulties and how the base is going to move forward.

He spoke about the Soldiers for Life program, the Pacific threat, how the Army will move into the future without damaging its readiness and sequestration.

“I am proud of the people [who

work at Fort Rucker] that continue to improve the capacity we have here, and they do it in such a way where they understand the importance of doing it with [fewer] dollars and still get a lot of capability out of it— that is impressive,” he said.

He added that the Army has to sustain its ability to train Aviators in order to create an Army that is

regionally engaged and globally responsive.

“If we don’t sustain Fort Rucker, we will lose our readiness for our Aviation capabilities. If we have to reduce it, we will try to mitigate that as much as we can,” he said.

Maintaining economic strength means reducing debt and investing in things that are important to

the country and Odierno said that as the Army is asked to reduce its budget, it is his duty and that of others like him, to ensure it is done the right way.

“We have to make reductions in a way that does not hinder our capacity or capability to deliver Army capabilities where they are

SEE GENERAL, PAGE A4

Post honors Women of Year during ceremony



PHOTO BY SARA E. MARTIN

The winners of the 2013 Fort Rucker Women of the Year Award: Mary K. Hawkins, other category; Patsey Smith, technical category; Annette R. Styron, administrative category; and Candice S. Vaughan, professional category.

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker honored its professional women during its annual Women of the Year Awards March 28 at the U.S. Army Aviation Museum.

The women were nominated by their peers and supervisors, and each has made contributions to the Army and represents its core values, according to Cynthia Lockhart, U.S. Magistrate Court liaison and victim witness liaison.

“All of the women nominees are leaders in their field and are all talented in their areas. They are great Americans,” she said.

There are five categories in the competition — professional, administrative, technical, clerical and other, but this year there were no nominees for clerical.

Col. Dana K. Renta, commander of the U.S. Army Aeromedical Research Laboratory, spoke on the triumphs of women through history who made achievements in science, technology, engineering and mathematics, and spoke on why it is important for not only girls to be excited about those topics, but children in

general.

“Teach your kids to reach for the stars and don’t be afraid to make mistakes. Continue to be challenged and consider those challenges as walls that need to be jumped,” she said.

The awards recognize women for their outstanding contributions to the U.S. Army Aviation Center of Excellence, Fort Rucker and the surrounding communities, according to Lesa Willard, special emphasis program committee member.

In the professional category, Candice S. Vaughan, Directorate of Public Works, earned top honors.

“The professional woman of the year provides expert leadership of operations. She has successfully managed numerous projects involving contract management of systems valued in the hundreds of millions of dollars,” said Willard. “She possesses a can-do attitude and uses her outside-the-box thinking strategy to acquire funds for projects that save Fort Rucker thousands of dollars yearly. She is positive and energetic, going beyond the requirements of her job.”

SEE CEREMONY, PAGE A7

USAACE reinstates solo flight incentives after 15 years

By Nathan Pfau
Army Flier Staff Writer

A few Aviators at Fort Rucker had the opportunity to experience for the first time something that hasn’t taken place in almost 15 years.

Solo flying in flight school was re-instituted by Col. Kevin J. Christensen, 110th Aviation Brigade commander as an incentive that limits the potential to solo to only students who score 85 percent or above on all written and flight evaluations, including their final basic warfighter skills check ride.

Two flight students out at Shell Field were among the first to pass all the requirements and take part in the new solo-flight incentives.

“It was foreign to us, but we were told that we were going to get the chance to go out and do what we’ve been training to do without the instructor pilot,” said 1st Lt. Glenn Dorth, 2-228th Gen-

eral Support Aviation Battalion, Indiana National Guard. “All the responsibility was on us and we didn’t have a safety net. At first it was kind of scary and I wasn’t sure if I wanted to do it, but I figured I was in a good position for it and I’ve been working so hard, so I told myself that I might as well take the shot.”

“It was only by chance that we got to be among the first,” said 2nd Lt. Jennifer MacGibbon, recent West Point graduate. “It’s definitely a cool opportunity to be able to conduct a solo flight.”

The flight students trained with the OH-58 Kiowa for about four weeks, and although the incentive is in place to help drive Aviators to excel, Dorth said that wasn’t what motivated him, it was a desire to do well for himself.

“I just wanted to do well regardless of whether

SEE SOLO, PAGE A7



PHOTO BY NATHAN PFAU

Flight students 2nd Lt. Jennifer MacGibbon, recent West Point graduate, and 1st Lt. Glenn Dorth, 2-238th General Support Aviation Battalion, Indiana National Guard, go over their pre-flight checklist in an OH-58 Kiowa at Shell Field Friday. MacGibbon and Dorth were among the first flight students to fly solo after the solo-flight incentives were re-instituted after 15 years.

PERSPECTIVE

IMCOM team links Soldiers to new careers

By U.S. Army Installation Management Command
Public Affairs

SAN ANTONIO — Let’s face it. Major life transitions are never easy, but taking off the Army Combat Uniform and looking for a civilian career is particularly challenging.

In an effort to help transitioning Soldiers, the U.S. Army Installation Management Command established a new headquarters team with a focus on bringing departing Soldiers and prospective employers together.

The G3 Integration/Synchronization Team, established in December 2012, operates under the IMCOM Headquarters G3 Operations Directorate and serves as a liaison between potential employers and the transition service managers who directly help Soldiers at installations around the world as part of the Army Career and Alumni Program.

“The G3 I/ST is the conduit for all employers who have jobs available for hiring Soldiers,” said Mitchell Lee, G3 transition coordinator, IMCOM. “They coordinate the flow of information and communication to Soldiers through the existing transition programs at the garrisons.”

The team is developing a single centralized database that

identifies companies with jobs available.

“Our team will bring together corporate America and our finest Soldiers as they move from military to civilian life,” said Lee. “I anticipate a 20-percent increase in effectiveness this year with connecting Soldiers to jobs.”

Currently the U.S. Army projects nearly 106,000 Soldiers will be leaving the Army in the next five years. The goal of the program is to help Soldiers leaving the Army to transfer to meaningful, lifelong careers and professions.

“We want to enhance the success of the transition program for Soldiers and Families as the Army starts to draw down during the next five years,” said Lee. “A key component of this will be building a foundation for a long-term, value-added relationship between the civilian business community and IMCOM.”

Another benefit of the program will be the reduction in unemployment compensation payments. During the past two fiscal years, the U.S. Army paid unemployment compensation of \$515 million in fiscal 2011 and \$502 million in fiscal 2012.

“We want to make a difference in reducing unemployment compensation payments in fiscal year 2013,” said Lee. “Our team has been challenged to reach out to everyone to inno-

vatively discover ways to successfully lower unemployment costs.”

Recently, IMCOM published a standard operating procedure document and requested information about existing processes at Army installations in an effort to standardize efforts across all the installations. The requested information will be used to begin analysis to see where the Army can better facilitate transitioning Soldiers.

Meanwhile, a transition outreach office was created by the Adjutant General Director, Army Human Resources Command, Deputy Chief of Staff G-1 to support the Veteran Opportunity to Work Act of 2011. The office is a one-stop shop designed to provide outreach fusion for transitioning Soldiers.

Finally, the U.S. Army will use a centralized Department of Defense database to allow transitioning Soldiers to load a resume once and then search for any job available in any state.

“This broadens the transitioning Soldier’s awareness of future job opportunities and dramatically increases their potential for success,” said Lee.

If you are looking to hire veteran please contact the G3 I/ST at (210) 466-0123.

Job search: Success depends on little things

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

The success of a resume is measured by getting an interview. The success of an interview is measured by receiving a job offer.

But in either case, whether the resume gets you in for an interview or whether going through an interview gets you a job offer often depends on the little things.

What do employers look for in a resume? What little things can you do to make yours successful?

Of course, all resumes need to have the information the employers need to determine whether you have the qualifications they need in an employee. Employers expect to see information about your educational level, other training you have received and information about your experience.

Most employers want to know where you got your experience and job titles. That means that they prefer either a chronological or combination resume, so they can see organizations that you have worked for and how much experience you have, based on the dates you worked in each organization.

They want to know that you can do the things that they require, so the write ups in the experience section is extremely important.

Other than these requirements, success is often in the little things. For example, you

don’t want your resume to look hard to read. What can you do to ensure the employer reads it?

The most important thing is to keep it as short as possible considering the amount of experience you have. Most employers prefer that it be one page, but 1 ½ pages is usually acceptable.

There are ways to make resumes fit on the page and ACAP counselors can show you how to make that happen. They can also help you figure out what is important to include and what can be left out of the resume.

Leaving “white space” can make the resume more readable. If possible, leave one-inch margins all around, and double space between sections on the resume. Font size is also important; we recommend 12 pitch when possible.

Many employers wear glasses (or need to), and if the font is too small, it might get eliminated.

It is extremely important to civilianize the resume and use the language that the employer would use. Most of them don’t understand military job titles and acronyms, so you must translate your military jargon into terminology that the employer will understand.

The ACAP counselors are very familiar with civilian equivalents of military titles, acronyms and terminology and will help you make the translation.

As for interviewing, one should always

remember that old saying: “You don’t get a second chance to make a good first impression.”

Personal appearance is very important. If you care about yourself, the employer knows that you will pay attention to what you do at work.

You should always dress appropriately and pay close attention to little details such as haircuts, fingernails and personal hygiene. Applicants should not wear strong perfume or aftershave, and if they smoke, they should be sure that their clothing doesn’t smell like smoke.

Remember to smile when you greet any employee at the company. You never know when the receptionist or others you meet have input into hiring decisions. When you meet the interviewer, give a firm handshake.

Many hiring decisions are made on the basis of chemistry, so you want everyone there to know how happy you would be to work there, and how easy to get along with you are. Smiles and pleasant greetings are the best way to accomplish this.

Be sure to show interest in the company. Ask questions of the interviewer about the company and its plans and goals. However, do your homework first; don’t ask questions to which you should know the answer.

Don’t be negative. Don’t say negative things about your present job or boss, even if asked why you are leaving the company. Always figure out positive ways to express

yourself.

Sometimes interviewers ask questions that call for negative answers, such as “What are your weaknesses?” Be careful how you answer these questions, and try to turn them into something positive. You might say, “Although I have never worked with the computer program you use, I have used other spreadsheet and database programs, and I have always picked up software quickly. I know I could do the same thing with your program.”

Leaving is as important as arriving. Hopefully by the time the interview is over, you have established a good rapport, so always end the interview by telling the interviewer how much you have enjoyed meeting him or her (and any others involved), how impressed you are by what you have learned about the company, and how much you would enjoy working for the company.

After you leave the interview, remember to send a thank you letter. Most applicants don’t do this, so the letter will set you apart from the others interviewed and take your name right to the top of the list.

All these little things can make a big difference in your job search. If you have questions or need assistance with resume writing, interviewing or any other job search questions, your friendly ACAP counselors would love to help you.

Call the Fort Rucker ACAP Center at 255-2558.

Rotor Wash

“April is Month of the Military Child and Child Abuse Prevention Month. What are some ways to prevent and identify the signs of child abuse?”



Lucas Waldrop,
civilian

“A sign of child abuse may be a child being anti-social or bullying others where they used to be friendly and playful with others.”



Sylvia White, B Co.,
Family member

“Look for signs of physical abuse such as bruises or suspicious injuries.”



Madison Lochabay,
Family member

“To identify some people may have bruises on their body so look out for that and for prevention people should get counseling.”



Brittane Hinton,
DEMR management
assistant

“Having a chance in school for [children] to learn what is right and wrong because if a child thinks that what they are living through is normal then they are never going to say that there is a problem.”



Capt. Wes Wilson, 7th
Special Forces Group

“As a father I make sure I properly vet and I trust the people that babysit my children. A way to watch for child abuse, or a sign, would be a child wearing long sleeves and long pants during the summer when it is really hot. They may be covering something up.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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



FILE PHOTO

Sgt. Jamarquis Lewis and Command Sgt. Maj. Steven Green serve their time in the “jail cell” during the 2010 AER Jail-a-Thon. This year’s Jail-a-Thon is April 18.

Jail-A-Thon raises money for AER

By Nathan Pfau
Army Flier Staff Writer

Donating money to help Soldiers and Families in need is cause enough to answer the call of selfless service, but getting the chance to arrest your boss in the process – priceless.

That’s the opportunity that people on Fort Rucker have during the 2013 Army Emergency Relief Jail-A-Thon, where people on the installation can have their friends, coworkers or even boss arrested April 18 for a price, according to Maj. Anthony J. Whittaker, AER campaign coordinator.

“We have arrest warrants that people in various organizations on post can submit that details who they want to have arrested,” he said. “The arrest warrants will be delivered to [Military Police], and the MPs will come and pick up the individuals in the morning the day of the event.”

Upon being issued the arrest warrant, the “accused” will be taken “downtown” to a makeshift

jail in front of the post exchange, where they will be brought in front of a judge to be read their rights and plead their case. After the judge hears the case, he will sentence the accused to jail time for the allotted time paid.

“At that point, the arrestee has two options: they can either post bail or spend their time in jail,” said Whittaker. “If an individual chooses to post bail, then he or she must match the amount that it cost to have the individual arrested.”

Whittaker said that of all the fund raising events, the Jail-A-Thon seems to be the most anticipated.

“This is my second year participating, but from what I saw last year, people had a lot of fun with it,” he said. “People have been asking about it since the campaign started – it was the first thing they asked about.”

Warrant collection runs through April 18 and the arrest prices are: \$10 for E1-E4 and GS1-GS4; \$15 for E5-E6, GS5-GS6, WO1-CW2 and O1-O2; \$20 for E7-E9,

GS7-GS9, CW3-CW5 and O3-O4; \$25 for GS10-GS15; \$30 for O5-O7 and post command sergeant major; and \$50 for deputy commanding general and commanding general. Spouse arrest is equal to service member’s rank or pay grade.

The goal for this year’s Jail-A-Thon is \$6,000, and Whittaker said this is a great way for AER to raise money throughout it’s campaign.

For an arrest warrant, call 255-3639 or 255-2120.

Army Emergency Relief is the Army’s one and only nonprofit organization that provides emergency financial assistance to Soldiers, retirees, Family members and survivors, according to Mimi Brooks, Fort Rucker AER officer.

“Our primary mission is to assist with the various needs of Soldiers and their Families,” she said. “Most of our assistance is in the form of no-interest loans and some grants,” adding that grants are typically awarded under extraordinary circumstances, such

as in situations that the Family can’t take on debt.

Some of the needs that AER assists with are food, utilities, rent, mortgage payments, car expenses and emergency leave. AER even has the ability to offer up to a \$4,000 loan for certain economical pieces of furniture for initial setup of a household due to permanent change of station, marriage or a newborn child.

“We can now assist with all dependent dental needs, so if someone’s child needs braces, we can step in and help,” said Brooks. “We can also assist with certain emergency medical situations and certain medical prosthetic devices like eyeglasses, which is not covered under TRICARE.”

The program also has a secondary mission to provide partial scholarships through the AER scholarship program, which are for dependent children and spouses of active-duty, retired and fallen Soldiers.

The deadline for scholarships this year is May 1, so people still have time to submit packets, said

the AER officer. To apply, people should visit www.aerhq.org.

“It’s one of the easiest scholarships for children to get because they don’t have to write and essay and they can qualify outside of financial needs,” she said. “They can qualify from their grades or any leadership roles they’ve had.”

To qualify for AER assistance, most active-duty Soldiers must go through their company command first sergeant to get approval, but captains and above; CW3s and above; and master sergeants and above do not have to go through their command – they can come directly to AER, said Brooks.

Army Emergency Relief is funded completely through contributions of surrounding communities, so they rely heavily on donations to provide Soldiers and Families with the help they need.

To contribute to AER, contact your unit representative. For more information, call 255-2341.

News Briefs

Birthday ball

The U.S. Army Aviation 30th Birthday Ball takes place April 19 from 6-9 p.m. at The Landing. Cost for the event is \$25 for E-6 and below; \$30 for E-7, WO1, CW2 and O-1-2; \$35 for E-8, CW-3 and O-3; and \$40 for E-9, CW-4-5, O-4 and above, and civilians. Meal choices will include chicken, pork with glazed apples and vegetarian pastry pie. Uniform for the event is dress mess, ASU or Class A with white shirt and bow tie for military; and formal wear for civilians.

For more on the event, contact your unit representative or call 255-2418.

AER campaign

The Fort Rucker Army Emergency Relief fundraising campaign is under way. To donate to the program designed to help Soldiers help Soldiers, people should see their unit representatives. Upcoming events include the AER Jail-a-Thon April 18 from 8:30 a.m. to 3 p.m. in the post exchange parking lot, and the Army Aviation Federal Credit Union 23rd annual Golf Tournament for AER May 10 at Silver Wings Golf Course. More information will be provided on both events in future editions of the “Army Flier.”

Thrift shop

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

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

For more, call 255-9595.

Earth Day

Fort Rucker will host its Earth Day Expo April 24 from 10 a.m. to 3 p.m. at the festival fields. The event will feature exhibitors displaying Earth-friendly ideas and products for work and home. Food vendors will also be on site.

For more information, visit www.fortrucker-env.com or call 255-1657.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony April 26 at 2 p.m. in the U.S. Army Aviation. All are in-

vited to attend and honor the service of the Soldiers, civilians and their Families.

Lyster care teams

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

AAFES rewards good grades

Army and Air Force Exchange Service feels hard-working students deserve recognition, so it is rewarding military students in grades 1-12 who maintain a B or better average with the You Made the Grade program.

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

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

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

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

Lyster construction

Various construction projects are under way or soon to be under way at Lyster Army Health Clinic.

- The behavioral health clinic is undergoing construction. The construction will not interfere with patient care. Once complete, the behavioral health clinic will be 30-percent larger and offer a more patient-friendly atmosphere.
- The physical therapy clinic is undergoing construction. The construction will not interfere with patient care. Once complete, the physical therapy clinic’s gym will be 50-percent larger and offer a more patient-friendly

atmosphere.

- The Lyster Army Health Clinic Pharmacy will temporarily relocate to the front of the Lyster parking lot (Andrews Avenue) in May and operate out of a temporary building during construction. The pharmacy is anticipated to reopen in the clinic in 2014.

Unsanctioned TSP app

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

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

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

AER scholarships

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at www.aerhq.org and are due to be turned in by May 1. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more information, visit www.aerhq.org or call 1 (866) 878-6378.

ID card section

People who need a common access card or military ID card who are in a hurry can make an appointment by calling 255-2437 or 255-2182. When people call for an appointment, they will be screened and advised of any documentation they need to bring. Walk-ins will continue to be served on a first-come, first-served basis. As a reminder, people may experience delays from 11 a.m. to 1 p.m.

Electronic retiree newsletter

The annual retiree newsletter is now available via email. To receive the newsletter electronically, people should send an email to ruck.retirees@conus.army.mil requesting the newsletter, and also include their name and U.S. Postal address.

SMA visits post, talks professionalism

By Nathan Pfau
Army Flier Staff Writer

Sgt. Maj. of the Army Raymond F. Chandler III visited Fort Rucker Monday and Tuesday with Gen. Raymond T. Odierno, chief of staff of the Army, to conduct open discussions with Soldiers about budget constraints, affects of sequestration and what it means to be an Army professional.

During his visit, he recognized Soldiers for their achievements, visited various facilities on the installation and visited with Soldiers, but mostly he talked about bringing professionalism back to the Army.

“My expectation is for you to understand what the Army profession is about and that you’re training your Soldiers routinely on what it means to be a professional,” he said to an audience of NCOs at the Seneff Building. “You have to own this and your responsibility is to lead your Soldiers into ownership also, because the profession touches everything we do.

“Whether it’s talking about suicide, sexual assaults or even doing well on [physical training] tests — you can tie something that we do as an Army to our professional responsibilities,” he continued. “I see many Soldiers not understanding that and I’m not going to solve it — you are.”

Chandler said everything is spelled out in the first line of the NCO creed, which states, “No one is more professional than I.”

“We can get up there and shout it all day long, but shouting doesn’t do squat,” he said. “It’s what you do behind it — it’s your character, your commitment and your competence ... so I ask you, are you committed to the Army and your fellow Soldier?”

Chandler went on to conduct an open discussion with the Soldiers and asked them how they thought the Army was doing against sexual assault.

Some Soldiers expressed concern that things were getting worse, while others said they thought things were getting better.

In 2011, there were 1,695



PHOTO BY NATHAN PFAU

Sgt. Maj. of the Army Raymond F. Chandler III speaks with NCOs at the USAACE Headquarters Building during his visit to Fort Rucker Monday.

reported sexual assaults in the Army, and last year there were a little more than 1,400, according to Chandler, and things are getting better. It’s the Army’s policy to not tolerate sexual assault, he reminded, adding that it comes down to each Soldier’s commitment.

“If you tolerate indiscipline, you’re not committed. If you tolerate sexual innuendo or inappropriate touching, you’re not committed,” he said, adding that only 30 percent of sexual assaults get reported, but that reporting isn’t the problem.

“Why aren’t we getting this thing about commitment to the Army’s policy — why aren’t we getting it?” he asked. “I’m not talking about reporting it, I’m talking about stepping in before

the act occurs.

“We’re supposed to be looking out for each other — we’re part of that check-and-balance process,” he continued. “We’re not successful in our [Sexual Harrassment/Assault Response and Prevention] campaign if we have one sexual assault in our Army.”

Along with sexual assault, Chandler discussed hazing and suicides in the Army, and what Army leaders need to do to prevent and help.

“We’ve also still got a problem with hazing, and I believe that this is junior NCO business,” he said. “I want you to take a look at whether or not you are developing them ... and if you’re not familiar with Army policy on hazing, you need to get familiar

with it.”

Regarding suicides, there have been about 78 suicides in the Army this year, which is about 16 more than there was at this point last year, according to the sergeant major of the Army. He said it’s not going to be classes or presentations that are going to prevent suicides, but the individual NCOs that do so.

“I need your help with this,” he said to the NCOs. “We had more than 300 suicides last year — that’s a small battalion. We have more kids dying from suicide than we do in combat.”

It’s the NCO’s duty to be engaged with Soldiers and look out for anything out of the ordinary with a particular Soldier, said Chandler.

“If something is wrong,

you’ve got to step in and your chain of command will support you,” he said.

Chandler said it’s hands-on interaction with Soldiers that will help prevent suicides.

“That’s how we’re going to turn this around,” he said. “It’s not a program or a policy that will prevent this — it’s you and me being committed to it.”

The first step in prevention is to make sure that junior NCOs are trained to watch out for signs and to know what exactly to look for, said Chandler, and from there things can begin to get better.

“We’ve got to do better. It’s our professional responsibility to do our duty, and that’s to be a noncommissioned officer, so lets get after it,” said Chandler.

General: Chief of staff discusses wide range of topics during visit

Continued from Page A1

needed. We are given the responsibility to save lives, but when necessary to take lives. So we have to work through short-term budget problems and we have to develop the Army of the future while still engaged in combat,” he said.

Though the Aviation Branch must adjust and change as it looks to the future, how the Army trains its Aviators and how

it responds to some of the most difficult conditions will “never change,” according to the general.

“Our Aviation school will be here for a very long time. This is something that is important to us. It is in a great place to train and allows us a lot of flexibility in our ability to train because of the number of airfields, [as well as] the population and what the population provides us in terms of skills,” he said. “One thing I can as-

sure you is that in one year ... two years ... three years from now we will have the best Army in the World.”

At the town hall meeting, the floor was opened up for questions, and everything from the Defense of Marriage Act to the budget beyond 2014, from the new physical test uniforms to slots for special schools was discussed.

Odierno finished his visit with an Association of the United States Army break-

fast, where he again took questions and spoke about budget cuts.

“My goal has and will always be that those forward deployed and those getting ready to deploy have what is necessary to ensure that they will be able to do their jobs— that they will have the right training, the best equipment and leaders that will allow them to move forward,” he said. “But, no matter what, we will lead you through this uncertainty.”

Army chief of staff presents Soldiers Medal to local CW3

By Kelly Pate
Fort Rucker Public Affairs

CW3 Ronald Sandler did not expect he would be standing on stage next to the chief of staff of the Army Monday, but this was no April fool’s joke.

Gen. Raymond T. Odierno presented the Soldiers Medal at the post theater to Sandler, a UH-60 Black Hawk pilot who is currently a platoon leader with 1st Battalion, 212th Aviation Regiment, for a selfless act of bravery in September 2012 when Sandler and two fellow service members saved the lives of two civilians in Florida.

“Chief Sandler’s integrity, personal courage and selfless service represent what is best about our Army,” Odierno said.

The Soldiers Medal is given to individuals who distinguish themselves through acts of heroism and is the highest honor a Soldier can receive for an act of valor in a noncombat situation.

Sandler, his wife, Kelli, and fellow service members were at Florida’s gulf coast having lunch during Labor Day weekend in 2012 when they heard a call for help. A child was caught in a rip current, and Sandler and his comrades were able to bring the child and her father to safety.

“I’d never felt a rip current, but the water was below my knees and it was almost pulling me down,” Sandler said.



PHOTO BY SARA E. MARTIN

CW3 Ronald Sandler, 1st Bn., 212th AVN, stands with Gen. Raymond T. Odierno, Army chief of staff, and Sgt. Maj. of the Army Raymond F. Chandler III, after Odierno presented him with the Soldiers Medal during a town hall at Fort Rucker Monday.

Sandler was surprised to see his wife and her parents, Brian and Gayle Willett, gathered at the post theater, along with fellow Soldiers who had deployed

previously with Sandler who came to the ceremony to show their support. They, along with Sandler’s first sergeant, Sgt. 1st Class Greg Turpin, planned the event

in secret.

“It was a complete surprise,” Sandler said. “They kept it a pretty good secret from me.”

Hagel announces fewer furlough days for civilians

By Nick Simeone
American Forces
Press Service

WASHINGTON — The Defense Department has revised from 22 to 14 the number of days hundreds of thousands of civilian employees could be furloughed this year because of the budget sequester, Defense Secretary Chuck Hagel announced March 28.

In addition, a senior Defense Department official speaking on background, told reporters the start of the furloughs will be delayed until mid-to-late June, after more than 700,000 department employees receive furlough notices now set to go out in early May.

Furloughs would happen over seven two-week pay periods until the end of September, when the current fiscal year ends, the senior official said, with employees likely to be told not to come to work for two days during each of those pay periods.

Department officials say they are still working to determine which employees might be exempted.

Hagel characterized the reduced furloughs, as well as a revised estimate of sequestration's impact on the defense budget, as good news. The changes follow congressional approval last week of a defense appropriations bill that prevented an additional \$6 billion in cuts, ordered under sequestration, from taking effect.

"It reduces a shortfall at least in the operations budget," Hagel told reporters at a Pentagon news confer-

ence. "We came out better than we went in under the sequester, where it looks like our number is \$41 billion [in cuts] now versus the \$46 billion."

But despite a Congressional reprieve, Hagel said the Pentagon is still going to be short at least \$22 billion for operations and maintenance, "and that means we are going to have to prioritize and make some cuts and do what we've got to do," including making sharp reductions in base operating support and training for non-deployed units.

More critical in the long run, he said, is how budget cuts will affect readiness and the department's overall mission. Because of

that concern, he said he has directed Deputy Defense Secretary Ash Carter and Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, to conduct an intensive department-wide review of U.S. strategic interests including how to protect the nation with fewer resources.

"How do we prioritize the threats and then the capabilities required to deal with threats?" he said. "There will be some significant changes, there's no way around it."

Dempsey said the department has already exhausted 80 percent of its operating funds halfway through the fiscal year and characterized the current budget situation

as "not the deepest, but the steepest decline in our budget ever," and warned it will affect military readiness into the future.

"We will have to trade at some level and to some degree our future readiness for current operations," Dempsey said.

He called on elected leaders to give the Pentagon the budget flexibility it needs to carry out institutional reforms.

"We can't afford excess equipment," Dempsey said. "We can't afford excess facilities. We have to reform how we buy weapons and services. We have to reduce redundancy. And we've got to change, at some level, our compensation structure."



PHOTO BY GLENN FAWCETT

The Defense Department has revised from 22 to 14 the number of days hundreds of thousands of civilian employees could be furloughed this year because of the budget sequester, Defense Secretary Chuck Hagel announced March 28. He is pictured here addressing guests during his swearing-in ceremony March 14 at the Pentagon.



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Remain vigilant

DOD releases update to sexual assault prevention, response policy

By Nick Simeone
American Forces Press Service

WASHINGTON – The Department of Defense released updated policies and procedures aimed at combating sexual assaults in the military and improving care for victims March 28.

Senior defense officials said the updated policies and procedures provide a framework that improves safety for sexual assault victims, standardizes victim-assistance services across the force, enhances prevention efforts and provides victims added confidence to come forward to report assaults and seek treatment.

“Today’s release of an updated policy directive underscores the department’s commitment to combating sexual assault on every level within the military,” said Army Maj. Gen. Gary S. Patton, director of DOD’s Sexual Assault Prevention and Response Office.

SAPRO officials said the policy changes came about through a coordinated effort among the services, the National Guard Bureau, the DOD inspector general, military healthcare providers, chaplains and the entire DOD community to improve every aspect of the department’s response to sexual assault.

“We have thousands of victims in the armed forces,” Air Force Col. Alan R. Metzler, SAPRO’s deputy director, said in an interview with American Forces Press Service. “We need to make sure that we prevent sexual assault from happening, and when it does, provide a response system that can care for people and hold people accountable so we can get the perpetrators out of the armed forces.”

The updated policies incorporate expedited transfers for victims, establish a hotline for crisis intervention, and require additional training as well as new, uniform standards for care givers.

“We have worked with the national certification body and codified into our policy that every victim advocate, every sexual assault response coordinator have a level of training and competence and national certification so that they are providing victims the best quality care,” Metzler said.

Senior Pentagon officials emphasize that the department has a zero-tolerance policy for sexual assault. In recent weeks, Patton has met with Capitol Hill lawmakers to discuss the department’s response to sexual assault, emphasizing that the Pentagon needs to do more to combat the crime while welcoming input from outside groups.

A goal of the new policies and procedures is to encourage sexual assault victims to have confidence in the system and to come forward and report crimes, which Metzler acknowledged are “vastly under reported.”

“The department takes this seriously, that when a victim tells us that they have been sexually assaulted, we will believe them,” he said. “We will protect their privacy. They will be able to have help and care because we understand the nature of this crime and we want them to come forward to get help.”



Troops to get commercial tickets for flights

By David Vergun
Army News Service

WASHINGTON – In a change that started this month, service members going on rest and recuperation leave will be issued commercial tickets to their leave destination, instead of seats on charter flights.

Soldiers and others serving in U.S. Central Command, an area stretching from Egypt to Afghanistan, will have greater flexibility in traveling to their preferred destination on R&R, officials said.

A pilot program actually began Jan. 15, offering some service members and DOD civilians commercial tickets when flying home from Kuwait on R&R.

Previously, the only option was to fly charter air to Atlanta or Dallas from Kuwait, said Lt. Col. Dave Homza, chief, R&R Task Force, Army G-1. Now

service members will be issued individual commercial tickets to their approved leave destination, be it stateside or elsewhere in the world.

Full transition to commercial tickets for all R&R passengers begins Monday as charter flights end, a third U.S. Army official said.

The Army has been serving as DOD executive agent for the CENTCOM R&R Leave Program since it started in 2003, Homza said. About 96 percent of the passengers taking R&R flights over that timespan have been Soldiers.

Eligibility requirements for R&R flights remain the same, Homza said. The person must be on at least a 12-month tour within the CENTCOM theater, with at least 270 days on the ground.

At peak troop levels in Iraq and Afghanistan, about 1,000 passengers a day were flying charter air to Atlanta or Dallas,

Homza said. Today, that number has fallen to only several dozen a day.

As the drawdown in Afghanistan picked up last year and as tours began decreasing from 12 to nine months, the Dallas R&R gateway was closed, consolidating R&R passengers going to the continental U.S. in Atlanta, he said.

Also, to further save money, smaller aircraft were chartered.

During peak troop levels, the charters made good economic sense, he added. Now, transitioning to individual commercial tickets is more economical and gives Soldiers, Sailors, Airmen, Marines and DOD civilians more travel flexibility.



PHOTO BY LT. COL. DEANNA BAGUE

Soldiers arrive from Kuwait at Dallas-Fort Worth International Airport in January 2011. That is the month when the number of service members taking rest and recuperation flights from Kuwait passed the 1 million mark. R&R flights began in 2003.



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Ceremony: Recipients humbled by recognition

Continued from Page A1

In the administrative category, Annette R. Styron, Directorate of Plans, Training, Mobilization and Security, claimed the title.

“The administrative woman of the year distinguishes herself daily, earning the confidence and respect of team members as well as installation senior staff by providing confident leadership and quality work. She is committed to achieving excellence in all assigned tasks, and possesses the knowledge and ability to ensure successful mission accomplishment. Her attention to detail and complete understanding of job processes as well as the ability to communicate effectively enables her to resolve problems early,” said Willard.

In the technical category, Patsey Smith, DPW won and, according to Willard, wears two hats.

“The technical woman of the year provides technical and administrative support for two divisions within her organization. She is warm, committed and is a caring individual who demands the very best of herself and others in support of Soldiers, civilians and contractors.

“She is well respected by all subordinates, peers, contractors and the management team. She is responsible for coordinating and consolidating operating budgets, automated systems and completing reviews of designs for construction projects,” said Willard.

And in the other category, Mary K. Hawkins, Directorate of Public Safety,

fire prevention and protection, earned top honors.

“The other category woman of the year has a positive attitude regarding her work and takes her career specialty very seriously. She was very instrumental in developing training materials and conducting training in her career specialty. She utilizes great organizational skills in maintaining oversight of supplies as well as a variety of materials including informational videos and manuals that can be accessed by groups and organizations on Fort Rucker,” said Willard.

Vaughan was surprised that she won, but was appreciative of the acknowledgment.

“It means a lot to be recognized during these financial times we are going through and the threats that we are facing. It is nice

to know we are appreciated for the things we do here,” she said.

Hawkins said she was proud to represent her “brotherhood” of teammates.

“I love the team-oriented cohesiveness of our little Family. I am so appreciative and honored that the extra time was taken to recognize all of us and what we do for the community,” she said.

It is important for the Army to recognize female workers and their achievements, according to garrison Command Sgt. Maj. Buford E. Noland, because civilians, military and Family members all have contributions to make.

“It is important to recognize women in our community because they do great things and Fort Rucker could absolutely not run without them,” he said.

Solo: Flights function as confidence builders

Continued from Page A1

there was a solo flight, incentive or not — that’s just the type of person I am,” he said. “I’m sure that everyone that is [going through flight school] is going to try their hardest anyway because everyone had to try their hardest to get here to begin with.”

Even with sufficient training, MacGibbon said that it was tough to not rely on the instructor pilot when going out for the solo flight with just her stick buddy, Dorth.

“Even when an instructor pilot tells you that he or she is going to be activated copilot — they’re going to rely on you to tell them everything — you still rely on them to make sure everything is safe,” she said. “When it’s just you and your stick buddy in there, all of those things that [the instructor pilot] queued you to do throughout the course is now on you and you have to remember to do it yourself.”

The students weren’t left completely alone, however. The instructor pilot follows the students in a chase aircraft to make sure that everything is going smoothly.

“It’s still definitely a little scar-



PHOTO BY SARA E. MARTIN

Flight students, 2nd Lt. Jennifer MacGibbon, recent West Point graduate, and 1st Lt. Glenn Dorth, 2-238th General Support Aviation Battalion, Indiana National Guard, inspect an OH-58 Kiowa at Shell Field Friday. MacGibbon and Dorth were among the first flight students to fly solo after the solo-flight incentives were re-instituted after 15 years.

ier,” said MacGibbon. “As I saw our IP walk off, I just looked at Glenn and said, ‘We’re by ourselves,’ and that was scary — it was that epiphany moment.”

“When you’re sitting there, you’re just thinking about what you need to do,” added Dorth. “We were sitting there for a while

[during our solo flight] to try and figure out what it was we had to do, and then it just clicked and we said, ‘OK, we’ve got to go and this is what we need to do to go.’”

MacGibbon said that the incentive is not only a great motivator, but great training, too, and a good way to make sure that Aviators are ready to take the next step in their training.

“It’s a great confidence builder and it’s a great time to be able to put everything together and show that you do know how to operate the aircraft — the procedures while you’re flying and what you need to do,” she said. “This is something we do right before we select our main airframes, so we go in feeling prepared that we have the basic piloting skills — it’s a good situation to be in.”

MacGibbon said she doesn’t know what airframe she will be going to, but Dorth said he will be training to fly UH-60 Black Hawks.

“They’re the workhorse,” he said. “I come from a transportation unit and we’ve had lots of experience with flooding pulling people off of rooftops, and that’s [the kind of thing] I want to do with the Black Hawk.”

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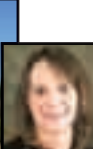

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209th ASB earns Parker award

By Capt. Richard Barker
25th CAB Public Affairs

WHEELER ARMY AIRFIELD, Hawaii – The 209th Aviation Support Battalion, 25th Combat Aviation Brigade, received the Lt. Gen. Ellis D. Parker Award in the Combat Service Support Category during a ceremony March 25 on Wheeler Army Airfield for its outstanding support of the 25th CAB during the brigade’s year-long deployment to Afghanistan.

Commanding general of the U.S. Army Aviation Center of Excellence, Maj. Gen. Kevin W. Mangum, presented the Award to 209th ASB Commander Lt. Col. Keriem Kvalevog during the morning ceremony held in 209th ASB.

“Winning the award shows the dedication, professionalism and hard work the Soldiers put forth every day,” said Kvalevog, originally from Brockville, Ind. “I am

in awe and humbled by what they do. Each and every Soldier played a role in winning the award.”

The Parker Award is a Department of the Army-level award that recognizes excellence at the battalion level, the primary war fighting Aviation force. The 209th ASB was selected in recognition of the 209th Soldiers’ efforts and sense of mission accomplishment.

“It feels pretty great to receive this award,” said Sgt. 1st Class Jose Moreno, the electronic warfare noncommissioned officer for 209th ASB, originally from Fontana, Calif. “This is a great accomplishment for the battalion and just one more piece of evidence the hard work we did paid off.”

In addition to providing support to the other battalions of the 25th CAB during deployment, 209th ASB was instrumental in training and certifying Afghan soldiers of the Kandahar Air Wing, the Avia-



U.S. ARMY PHOTO

Soldiers with the 209th ASB, 25th CAB, stand in formation during the presentation of the Lt. Gen. Ellis D. Parker Award in the Combat Service Support Category March 25 at Wheeler Army Airfield for their outstanding support of the 25th CAB during the brigade’s yearlong deployment to Afghanistan.

tion attack and support force of Southern Afghanistan.

The training and certification included several programs that gave Afghan soldiers valuable skills including wheeled vehicle maintenance, fork lift operations, drivers training and Aviation

maintenance.

The Parker Award is one of many awards received by Soldiers and units of the 25th CAB as a result of their efforts in Afghanistan. The Army Aviation Association of America has awarded 25th CAB Soldiers in

2012 with the Henry Q. Dunn Crew Chief of the Year Award, Rodney J.T. Yano NCO of the Year Award, Medicine Award, DUSTOFF Medic of the Year Award, Aircraft Survivability Equipment Award and the 2012 Avionics Award.



PHOTO BY SGT. DANIEL SCHROEDER

Sgt. Zachary Rice, C Co., 2nd Bn., 25 Avn. Regt., 25th CAB, drops some supplies out a UH-60 Black Hawk helicopter to ground Soldiers at a remote outpost in Kandahar province, Afghanistan, Feb. 22.

Crew chief earns top honors

By Sgt. Daniel Schroeder
25th CAB Affairs

WHEELER ARMY AIRFIELD, Hawaii — A UH-60 Black Hawk crew chief from C Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, was presented with the 2012 Army Aviation Association of America Henry Q. Dunn Crew Chief of the Year Award on Wheeler Army Airfield, Hawaii, March 25.

Sgt. Zachary Rice, C Co., 2nd Bn., 25 Avn. Regt., 25th CAB, originally from Grass Valley, Calif. was presented the award by Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch.

Rice received the award for his actions during a recent deployment to Afghanistan in support of Operation Enduring Freedom

12-13.

“It is a great feeling to be recognized by my command and peers,” said Rice.

As the company’s flight instructor, Rice assisted with the readiness level progression, continuation training, and annual and semi-annual evaluations for 30 non-rated crew members. His actions as a flight instructor contributed to more than 7,500 combat flight hours in at least 1,500 missions in support of Regional Command – South and the Government of the Islamic Republic of Afghanistan.

Rice, who has flown more than 550 combat flight hours in at least 110 combat missions, was selected ahead of more than 2,500 crew chiefs and flight engineers from across the Army.

“Rice goes above and beyond in every

category,” said Sgt. 1st Class Daniel Ray, the platoon sergeant for, C Co., 2nd Bn., 25 Avn. Regt., 25th CAB, and a native of Seven Springs, N.C. “He was requested by name for several high-risk missions due to his ability to adapt to any situation, react quickly to changes, and his sound judgment.”

Rice’s capabilities as a UH-60 crew chief were tested on more than one occasion.

As two UH-60s were taking off after inserting Soldiers to exploit the location of a high-level Taliban commander, the ground force was quickly pinned down by enemy fire. As an attack weapons team engaged the enemy, Rice’s UH-60 noticed two people on a motorcycle heading towards the ground force.

As Rice’s Black Hawk moved to intercept

SEE HONORS, PAGE B4

Real world crashes into exercise

By Capt. Lindsey Elder
2nd Infantry Division

CAMP CASEY, Korea — Eight Soldiers from the 2nd Infantry Division were recognized for their life-saving efforts in Thailand during Cobra Gold 2013 at a ceremony on Camp Casey March 20.

The eight Soldiers were involved in a harrowing real-world rescue mission Feb. 20 when a CH-46E Sea Knight helicopter with Marine Medium Helicopter Squadron 262 (Reinforced), 31st Marine Expeditionary Unit, crashed 20 miles north of Phitsanulok, Thailand, while conducting routine flight operations.

Reports initially reached the Cobra Gold base from Thai locals in the area. The 2nd Infantry Division “Wildcard” Soldiers of C Company, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade, and “Manchu” Soldier Headquarters and Headquarters Company, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, were airborne within 20 minutes.

In addition to every emergency supply they could think of — medical supplies, litters, water, etc. — onboard for the recovery mission was the Manchu battalion surgeon, Capt. Andy Martinez, senior health care specialist, Sgt. John Baah-Mensah, and a Wildcard crew consisting of CW4 Steven Flemister, CW3 Douglas Adams, CW3 Adam McDonough, CW2 Derek Reynolds, Sgt. Christopher Bohatch, Sgt. Michael Ezell and Spc. Hyun Joon Lim.

Another Sea Knight and its Marine crew in the vicinity was first on the site. Reports of the crashed Sea Knight on fire and injured Marines suffering from burns, lacerations and fractures were sent back to headquarters. But the Marines were unable to reach the crash victims because of the difficult landing; the crashed Sea Knight was on the edge of a cliff with a sheer 800 foot drop-off

SEE EXERCISE, PAGE B4

State-of-the-art 3D printers cut costs, turnaround

By Justin Eimers
CECOM

TOBYHANNA ARMY DEPOT, Pa. — Engineers and technicians here use a highly innovative, cutting-edge fabrication process to significantly cut costs and reduce turnaround time.

The depot’s additive manufacturing process uses two, three-dimensional 3-D printers to produce parts out of plastic and other durable materials. Unlike traditional design methods where a part is made from a block of material and the excess is discarded, additive manufacturing uses only material necessary for the part, saving money and minimizing waste.

Electronics Engineer Corey

Sheakoski said the benefits and potential of this process are nearly unlimited.

“Tobyhanna has the ability to make any type of plastic part, as long as we have a 3D model for it and it fits within a certain set of dimensions,” he said. Sheakoski works in the Production Engineering Directorate’s Mission Software Branch.

Recently, a shortage of parts was delaying delivery of Harris radios. The radios required the installation of small dust caps prior to shipping to the customer. Finding and getting the part from a vendor could have taken weeks; so instead, Mechanical Engineer Eugene Haikes de-

SEE PRINTERS, PAGE B4



PHOTO BY TONY MEDICI

Engineering Tech Mikael Mead of Tobyhanna Army Depot, Pa., removes a small production run of finished lens covers from the printing tray of a polyjet 3-D printer. Three-dimensional printers produce parts out of plastic and other durable materials.

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Honors: Sergeant thankful for opportunities

Continued from Page B1

the vehicle, the second individual unveiled an AK-47 and began to fire at the aircraft. Rice did not hesitate and immediately began returning fire. He disabled the motor-

cycle and one of the combatants. The second combatant began to fire at the second UH-60 with a PKM machine gun. Without hesitation, Rice began to provide security for the other aircraft and subdued the hostile force. His actions resulted in the safety

of his crew, the second aircraft's crew, both aircraft, and the ground force. "Every mission you do is different," Rice stated. "I am glad I can help Soldiers who are in difficult places to complete the mission safely so we all can return home."

Exercise: Previous training saves lives during emergency

Continued from Page B1

surrounded by jungle. The Sea Knight landed at the base of the cliff and two of its Marine crew began the ascent to reach the crash site. Requesting Air Force assistance to navigate incoming thunder storms, the 2nd ID Soldiers arrived in the vicinity in 20 minutes, and searched for the crash site for another 10 minutes. The chatter on the emergency channel grew furious until they spotted the crashed crew.

"You don't have to be an Aviation expert to know that was a very difficult landing to make in a steep, jungle area," said Martinez. Smaller than a Sea Knight, the Black Hawk proved to be more maneuverable in this situation. "On one attempt we landed on one wheel, by the second attempt my crew was able to better guide me and we were able to reach them," said McDonough. McDonough was able to

hover the Black Hawk on two wheels, inches away from the tree line, long enough for five of its crew to disembark and start providing medical assistance. "Once there, we had to mobilize [the crash victims] on a very narrow cliff to move them to a safer area where they could be treated," said Martinez. The Wildcard crew loaded and evacuated the Marines with the most severe injuries. The Black Hawk made three round-trips back to the Cobra Gold base with the injured Marines.

"One key to what made this mission a success was the high frequency radio we have that no one else on the ground has," McDonough said. "We were able to communicate 'Over-the-Horizon,' without the limits that cell phones or FM radios have, to maintain real time situational reports back to headquarters." "You can't help but be inspired by this story," said Cardon during the recognition ceremony. "If you look at the heroes of the Army, they often didn't think they would be heroes

that day. But they were ready. These Soldiers demonstrated the greatness of this division by being ready." Although the crash is still under investigation, the division leaders all agree that seven lives were saved because the 2nd ID Soldiers were trained and ready for anything. "These Soldiers' performance in a word is 'awesome,'" said Brig. Gen. J.B. Burton, deputy commanding general — maneuverers, 2nd ID. "In a phrase, it's 'Second to none!'"

Printers: Additive manufacturing cuts costs during 'tough times'

Continued from Page B1

signed a 3-D model of the part and the depot printed 600 dust caps in 16 hours. Mikael Mead, engineering tech in PED's Design and Development Branch, said the decision to make the part at the depot saved a substantial amount of money and precious time. "If the depot wanted to produce the dust caps but didn't have a rubber mold for them, we could have expected to pay anywhere from \$5,000 to \$15,000 for the mold," said Mead. "Because Eugene was able to come up with the model, we were able to produce the caps for only a dollar apiece while trimming days, if not weeks, off of our anticipated delivery date." Haikes, who works in PED's Manufacturing Engineering Branch, said the whole process provides added benefit to both the depot and the customer. "Some parts can be made through 3-D printing that just cannot be produced by conventional methods," he said. "Other advantages with this process are that machine time is not charged to the customer and it can run overnight and during the

weekend." Tobyhanna has been using additive manufacturing since the arrival of the first 3-D printer in the fall of 2006. The process begins with a computerized 3-D model that is programmed into one of two high-tech printers. The machine then builds a part, layer by layer, based on the model's design. The depot's first 3-D printer, a fused deposition modeling machine is capable of making parts out of ABS plastic within a 10 x 10 x 12 in. area. The second machine, a polyjet printer, was purchased in April 2012, and can make parts out of hundreds of composite materials within an 8 x 16 x 19 in. area. The FDM machine produces parts accurate to one one-hundredth of an inch of the computerized model, while the polyjet printer is accurate to .002 inch. This capability also allows depot engineers to print parts to use as prototypes and test pieces. Sheakoski added that the future of additive manufacturing and 3-D printing technology holds nothing but promise. "When you look at some of the benefits of 3-D printing — the cost savings,

reduction in turnaround times, reliability — it's exciting to think where it can go from here," he said. "Additive manufacturing is helping the depot cut costs during tough times while continually supporting the warfighter with high-quality products." Tobyhanna Army Depot is the Defense Department's largest center for the repair, overhaul and fabrication of a wide variety of electronics systems and components, from tactical field radios to the ground terminals for the defense satellite communications network. Tobyhanna's

missions support all branches of the armed forces. About 5,100 personnel are employed at Tobyhanna, which is located in the Pocono Mountains of northeastern Pennsylvania. Tobyhanna Army Depot is part of the U.S. Army Communications-Electronics Command. Headquartered at Aberdeen Proving Ground, Md., the command's mission is to research, develop, acquire, field and sustain communications, command, control computer, intelligence, electronic warfare and sensors capabilities for the armed forces.





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APRIL 4, 2013

MONTH OF THE MILITARY CHILD

Events place military children as center of attention

By Sara E. Martin
Army Flier Staff Writer

April is the Month of the Military Child and to help celebrate, the Directorate of Family, Morale, Welfare and has events planned throughout the month.

Each April, DFMWR and Fort Rucker recognizes the sacrifices and contributions of military children, according Pam Williams, Fort Rucker's Child Youth and School Services coordinator.

"They adjust to frequent moves, parental deployments and many other life transitions that are difficult enough for adults to bear. We take time during the Month of the Military Child in April to recognize their resilience, strength of character and sacrifices with special activities," said Williams.

The Children's Festival March 23 was the kickoff event, but April is full of activities for children and their Families to enjoy.

- Free ice cream at The Landing Zone will be offered all month long. The offer is available to all military children with the purchase of an entree' off of the regular or kids menu.
- The Family advocacy program will be offering Scream Free Parenting workshop every Thursday in April from 9-11:30 a.m. at The Commons, Bldg. 8950. Scream Free Parenting is described as being the principle-based approach that is inspiring parents everywhere to revolutionize their Families, teaching participants how to raise children by keeping your cool.
- The Blue Day Campaign will begin on Friday as a Fort Rucker communitywide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing something blue every Friday throughout the month of April. ACS officials ask the community to band together and wear blue as a visible commitment to support child abuse prevention.
- CYSS sports and fitness department is having its annual health and nutrition fair for its CYSS members Wednesday from 2-4:30 p.m. in the youth center, Bldg 2800. Free



FILE PHOTO

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.

eye screenings, hearing screenings, blood pressure checks, and height and weight measurements will be conducted. There will also be a registered dietitian, physical therapist, nutritionist and representatives from preventative medicine, 4-H Club, the dental clinic, EDGE! program, Family advocacy program, and military and Family life consultant program.

- Outdoor recreation will host a Youth Fishing Tournament at Parours Lake the April 13 from 7 a.m. to 1 p.m. Youth ages 3-15 are allowed to fish in the tournament with an escort. Cost of the tournament is \$10 per person. Live bait is permitted, but no minnows. Prizes will be awarded for first, second and third places.
- The Center Library will cel-

ebate National Library Week April 15-19. Featured activities will include daily prize drawings, an open house April 17 from 11 a.m. to 1 p.m., and a grand prize drawing April 19. All library patrons are eligible to enter in prize drawings.

- The Center Library will also host an Earth Day craft making activity April 16 from 3:30-4:30 p.m. for children ages 3-11. Space is limited to the first 65 children registered. Light refreshments will be served.
- The youth center will be hosting a lock-in for ages 11-18 April 20 from 9 p.m. until 6 a.m. There will be entertainment, food, games and more. The event is described as being a fun-filled night of amazing events. Cost is free for CYSS members. Members may bring

a guest, ages 11-18, but cost is \$10 per guest.

- The youth center will also host a "Harlem Shake" event Wednesday at 4:30 p.m. and an End of School Block Party May 11 from 5-10:30 p.m. For more information or to register, contact the youth center at 255-2245 or 255-2260.
- The School Age Center will be hosting activities as well to celebrate the Month of the Military Child. On April 16 there will be an ice cream social from 5-6 p.m., April 17 from 2-5 p.m. is the Lets Fly a Kite event, on April 18 a pancake supper will be held from 5-6 p.m., April 19 from 3:30-5:30 a Tae Kwon Do tour will be held, and April 20 there will be a movie and an Xbox 360 Dance 4 challenge from 1-3 p.m.

All of the events, according to

Janice Erdlitz, DFMWR marketing director, will help military children understand that they are cared about and that their needs are a concern to the Army as a whole.

"Often we forget the impact the military lifestyle puts on a child. It is overwhelming at times—the stress of numerous moves, ever changing schools, leaving behind old friends and the challenges of making new friends," she said.

"I often hear from off-post coaches and teachers who say how they can pick out a military child from others. Respect, honor, courage — it's instilled in our military children. It's an incredible sacrifice to live the life of a military Family," she added. "It's incredible to watch our youth grow into leaders and to see them excel, be resilient and live up to the honor they see in daily life as a military Family member."

Fair to educate Families on health, nutrition, fitness

By Sara E. Martin
Army Flier Staff Writer

As part of Month of the Military Child, Fort Rucker Child, Youth and School Service's youth sports program will hold the fourth annual Health, Nutrition and Fitness Fair Wednesday from 2-4:30 p.m. at the teen center in Bldg. 2800.

The purpose of the event is to educate Families on where their teens stand on health and fitness, according to Randy Tolison, CYSS youth sports director.

"We want to educate those who attend on various areas of their life whether it be vision, hearing, weight, mental health or nutrition as well as hand out information that they might find useful," he said.

Anyone that is employed at Fort Rucker can attend the event with an accompanying youth.

"We want them to know what it is like to be healthy and how easy it can be to live a healthy or healthier lifestyle, what it means to have a healthy, nutritious diet, and that we are here for them and can help them be better people," said Tolison.

Many different medical representatives will be in attendance such as from the eye, ear, nose and throat center from Lyster Army Health Clinic as well as representatives from active clubs such as Head, Hands, Heart and Health.

"We will have a chef showing attendees sugar amounts in drinks, and we will have height and weight checks, hearing and vision screenings, and the event will also feature blood pressure checks," said Tolison.

"We want [the children] to be knowl-



FILE PHOTO

Yolanda Eddis, Brown Dental Clinic dental hygienist, shows Jordan Brown and Traelon Thornton some examples of proper teeth-cleaning techniques during the 2011 Health and Nutrition Fair. This year's fair is Wednesday from 2-4:30 p.m. at the teen center in Bldg. 2800.

edgeable about where they stand health wise. We are just here to present the information and to help where we can. We want them to make better decisions concerning their health no matter their lifestyle," he added.

The vendor representatives will give out information such as ways to cut out sugars in a child's diet or how to encourage a child to be more active, said Tolison.

"The vendors can tell parents, 'Hey, your child is a little overweight, here is what you can do to get them to a healthier weight.' They will educate people on how to get better, healthy snacking alternatives, low impact and safe exercises, and how to

generally live a healthier life so they can have a longer one," he said.

Though the main focus of the fair is health concerns in teens, the event is not prescription driven, according to the sports director.

"We are not telling parents that they have to take their child to the doctor. They will get printouts at certain booths that have their child's percentile on it, but we are not looking to diagnose anyone," he said.

The fair will not only address health and fitness, but safety will also be a major subject at the event.

Some of the other vendor representatives to help address safety, mental health

and fitness are Fort Rucker Fire and Emergency Services, child and youth behavioral military Family life consultants, community police, Directorate of Public Safety, preventive medicine services, and the auto craft and bowling centers.

"A lot of people might not realize that working on a car might be medicinal for a young teenager. They get stress relief, they get outside and it makes them apply themselves," he said.

Tolison also said that he hopes the fair will help prevent illnesses that are related to unhealthy living habits.

"There are a lot of illnesses related to obesity. Diabetes goes hand-in-hand with obesity and we want to educate everyone how to stay healthy so that it is not a concern. It can be prevented, and if we can help teens prevent an illness, that is what we want to accomplish," he said, adding that it is unfortunate that young people are getting into an obese cycle, but that he is trying his best to turn that cycle around.

It is important, according to the sports director, not only for teens to recognize the importance of healthy living but for the Army to recognize the needs of its military children.

"Whether it is weight, image or illness-es, they have issues on making the right choices on how to live a healthy lifestyle. The Army has a positive influence over them because of their parents who have to stay in shape, and children mimic what mom and dad do. They are not perfect, though, so we cannot become complacent on their health or weight," he said.

For more information, call 255-9105 or 255-2257.

ON POST

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

Youth sports health fair

The Fort Rucker Child, Youth and School Services Sports and Fitness Department hosts its annual Health and Nutrition Fair for CYSS members Wednesday 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.

Blue Day

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

For more, call 255-9641.

Free ice cream

Throughout April, the Month of the Military Child, The Landing Zone offers a free scoop of ice cream to military children. The offer is available to all military children with the purchase of an entree off the regular or children’s menu.

For more, call 598-2426.

Outdoor Yard Sale and Flea Market

The Directorate of Family, and Morale, Welfare and Recreation will host its Outdoor Yard Sale and Flea Market Saturday from 10 a.m. to 2 p.m. on the Fort Rucker Festival Fields. The event provides people the opportunity to buy and sell used household items, clothes, electronics and more. Limited tables are available for rent and today is the last day people can sign up for space. Cost for selling space for active duty military and Family members, reserve, retired, and Department of Defense civilians is \$20 for 15x20-foot, \$30 for 30x20-foot and \$10 per table rental. Cost for selling space for the general public is \$30 for 12x20-foot and \$40 for 30x20-foot.

People need to register for booth space by today. To register or get more information, call 255-1749.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Friday 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.

Special education workshop

Army Community Service’s Exceptional Family Member Program is partnering with the Alabama Parent Education Center to present a special education workshop April 18 from 11 a.m. to 1 p.m. at the Enterprise Public Library. Workshop topics will include



PHOTO BY NATHAN PFAU

Disc golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only. For more, call 255-2296.

Skills for Effective Parent Advocacy and Individualized Educational Plan. The workshop is designed to increase parent’s knowledge of the special education process and special education laws, and will also improve parents’ advocacy skills and the educational outcomes for their children. This is a bring-your-lunch workshop. The workshop is free and open to the public.

People need to register by April 11. To register, people should call 567-2252, or toll free 1-(866) 532-7660, and leave their name, telephone number and mention Enterprise Library.

Youth center lock-in

As part of Month of the Military Child, the youth center will host a lock-in for ages 11-18 years April 20 from 9 p.m. to 6 a.m. There will be entertainment, food, games and more. Youth center staff said it will be a “fun-filled night of amazing events.” The event is free for child, youth and school services members. Members may bring a guest, ages 11-18, and the cost is \$10 per guest. Preregistration is not required, but is preferred.

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

Family Member Resilience Training

Army Community Service hosts Family Member Resilience Training April 23 and 24 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue.

For more, call 255-2382

Earth Day craft making

The Center Library will host an Earth Day craft making activity April 16 from 3:30–4:30 p.m. for children ages 3-11. Space is limited to the first 65 children to register. Light Refreshments will be served.

For more, call 255-3885.

National Library Week

Center Library celebrates National Library Week April 15–19, with featured activities that include daily prize drawings, a library open house April 17 from 11 a.m. to 1 p.m. and a grand prize drawing April 19. All library patrons are eligible to enter the prize drawings.

For more, call 255-3885.

DFMWR Spotlight

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Chaplain gives advice on 2 becoming 1 in marriage

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

Do you know that there are so called 11 animals or creatures that mate for life? Out of all these various animals or creatures, most of them are birds of some sort.

Some examples of creatures that mate for life are albatrosses, wolves, French Angelfish, black vultures, swans, prairie voles, bald eagles, some species of worms and termites, and my favorite, the turtle doves.

When I was in Germany, we would drive past a restaurant and always see two swans next to each other. However, one day one swan was missing. I asked

my wife, "What happened to the other swan?" The answer was that the water dried up, which left a muddy bottom and the swan was found dead.

So, when we would drive by after that, we would see just one and my heart went out to the swan that lost its mate. But the good news is that one day there was another swan that was added. They were not as close as the original pair, but at least they both had each other.

My wife and I love to watch doves together. In fact, we have a couple of ceramic pieces of doves being together. I purposed to attract doves at our present home so we could watch the two lovers side by side. It seems that wherever we go we see two doves together. Our

marriage, in fact, feels like the two turtle doves. It is a wonderful feeling and experience.

Where am I going with this? I hope you have your dove in love. I hope you are a faithful and loving dove to your significant other. I hope your marriage is a wonderful experience. I hope your commitment is strong, and that you are emotionally connected together when trials and tribulations come your way.

Your marriage will be tested by other people, uncontrolled circumstances, your choices, sickness, finances, your relatives, etc.

I believe that marriage ought to bring hope to each other – hope that will enrich, hope that will supply one another's

needs and hope that will heal each other. I believe that marriage should bring a quality of life to one's soul. I believe that marriage should strengthen one another.

If your marriage is the opposite, then it is time to seek help and support. Do it before it is too late. I encourage you to also read books on marriage or training videos if you prefer a visual aid. Some great books are: "Hold Me Tight," by Sue Johnson and "Attached," by Levine and Heller.

Are you and your mate the two turtle doves in life? In the Holy Bible it states, "two shall become one." It is my hope and prayer that you, as a couple, are becoming one in heart. If you are, then all else will follow.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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

MAIN POST CHAPEL, BLDG. 8940

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

WINGS CHAPEL, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday
Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

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

PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel
PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided.
For more information, call 255-9894.

Military Council of Catholic Women
MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.
For more information, call 255-9894.

Catholic Adult Fellowship
CAF meets regularly throughout the year. For more information, call 255-9894.



COURTESY PHOTO

Pick-of-the-litter

Meet Sadie, a young, female torti. She likes to play and snuggle and would love to be adopted. Sadie is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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Lyster patient sheds half his body fat

By Katherine Rosario

Lyster Army Health Clinic Public Affairs

When Randy Welch retired from the Army, he took a break from exercising and soon found his trim figure expanding.

At his heaviest, Welch weighed in at 240 pounds and carried more than 30 percent body fat.

When he took a job as an instructor pilot, he had a hard time passing his flight physical.

“It didn’t take long for me to gain weight and it became more and more difficult to pass a flight physical,” he said. “Each year the doctors would advise me to exercise, but I didn’t take them seriously.”

His solution was to take a pill to fix his health problems, which included onset diabetes and hypertension.

“Each year I got a new medicine or an increase in dosage to attempt to keep my numbers under control so I could pass my flight physical,” Welch said.

Two years ago, he decided to make a lifestyle change, and started exercising again and watching his food intake.

“I started by counting calories on my smart phone,” he said, adding he also found a space to add in exercise and calories burned. “If I walked I could eat more calories, so I started walking every day.”

His competitive spirit led him to walk faster each day until he was able to jog.

“After a couple weeks, I found myself jogging and soon was running 3.2 miles,” he said. “Then I decided I would try to beat my time once a week and did this for 90 days.”

Welch never missed a day and saw the pounds come flying off.

In less than six months, he lost more than 15 percent body fat and dropped 65 pounds.

At a friend’s suggestion, he entered a 5K race. Today, he has run countless 5K and 10K races, 12 half marathons, one marathon and a 200-mile relay race.

He currently weighs 175 pounds and has less than 15 percent body fat.

“I’m completely off some prescribed medication and have significantly reduced dosage of another,” he said. “My numbers resemble those of a young man!”

His provider, Elizabeth Johnson-Bailey, has noticed improvement in his blood pressure as well.

“When I first saw his chart, I thought I picked up the wrong one because I was holding information for a man who weighed more than 200 pounds with all sorts of health issues,” she said.

When Welch told her that he accomplished his weight loss through diet and exercise, she said she was amazed.

“Very few people are determined enough to lose weight the healthy way, but he did it and is keeping the weight off,” she said.

Welch just completed his 13th half marathon and plans to keep running.

“I feel great,” he said. “I now consider myself a runner!”



PHOTO BY KATHERINE ROSARIO

Randy Welch runs toward the finish line during his latest half marathon. Welch has lost half his body fat since starting his diet and exercise routine.

Alcohol, drunk driving can put lives at risk

By Jessica Rawlings

U.S. Army Public Health Command

Drunk driving kills. On average, someone dies as a result of drunk driving every 53 minutes, and someone is injured as a result of drunk driving every 90 seconds.

According to the National Safety Council, at any given moment one in 50 drivers is not just impaired but legally intoxicated – this number jumps to one in 10 on the weekends.

In 2012, there were nearly 300,000 incidents of drinking and driving each day. Drunk driving costs the U.S. an estimated \$132 billion per year, and costs each adult in the U.S. almost \$500 per year in increased taxes because of the higher demand for law enforcement.

In an effort to draw attention to this national tragedy, the National Safety Council has designated April as “Alcohol Awareness Prevention Month.”

Alcohol is a depressant that slows down the brain and body. The first abilities that are altered are judgment and coordination. An impaired driver cannot recognize a dangerous situation and react quickly enough to avoid an accident. Unfortunately, because judgment is impaired, impaired drivers do not often realize they have

had too much.

Heavy alcohol consumption is a problem nationally and in the military. The Institute of Medicine recently reported the use of alcohol has spiked since the wars in Iraq and Afghanistan began. Nearly half of active-duty military personnel report being binge drinkers.

Binge drinking is having five or more drinks on a single occasion at least once in the past 30 days; one drink is equal to 5 ounces of wine, 1.5 oz of 80-proof distilled spirits, or 12 ounces of regular beer. Unfortunately 20 percent of the population still admits to drinking and driving.

Drunk driving can be prevented in these ways: Appoint a designated driver who sticks to non-alcoholic beverages. If a designated driver slips or cannot be decided on, call a taxi (and keep a taxi company telephone number in your cell phone).


If you are throwing a party, offer non-alcoholic drinks, arrange for a cab for someone that has had too much to drink, and do not be afraid to take someone’s car keys. You may save someone’s life.

Even if you have not been drinking, there are ways to protect yourself on the road by knowing what to look for. According to law enforcement officials, there are

several signs of drunk driving: wide turns, weaving, swerving, drifting, driving on the wrong side of the road, driving at a very slow rate, or stopping without reason are just a few. If you encounter someone on the road who you think is driving under the influence, keep a safe distance and call 911.

For more information on alcohol and alcohol abuse or drunk driving, visit:

- Army Substance Abuse Program, <http://acsap.army.mil/sso/pages/public/facts/facts-training-packages.jsp>;
- Mothers Against Drunk Driving, <http://www.madd.org/drun-driving/>; and
- U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/Features/VitalSigns/DrinkingAndDriving/>.



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Sat - Sun 2:00, 4:00, 7:10 & 9:10

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III **OLYMPUS HAS FALLEN** - R
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2D - Mon - Fri 9:10 • Sat - Sun 4:10 & 9:10

III **TYLER PERRY'S TEMPTATION** - PG-13
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Face of Defense: Army civil engineer serves in Afghanistan

By Karla Marshall
*Army Corps of Engineers,
Afghanistan Engineer
District South*

KANDAHAR AIRFIELD, Afghanistan – Linda Murphy said her passion to use her expertise to help Afghans improve their quality of life caused her to trade in her designer pumps for some steel-toed boots.

Murphy is a civil engineer, and she serves here as chief of the water and infrastructure project management branch with the U.S. Army Corps of Engineers Afghanistan Engineer District South.

Murphy said she’s always been driven.

“My best friend and I were always competing in math grades and science fairs,” she said.

Those experiences, she said, taught her the value of working hard, living up to promises and commitments, and doing her best.

So following her dream, she said, was not scary or particularly difficult.

“I liked architecture but my best friend’s dad was a Purdue University engineering alumnus and he convinced many of us from our high school to go into engineering at Purdue,” Murphy said.

Pursuing engineering at Purdue was a logical choice for Murphy, who said she figured out in high school that she wanted to be self-sufficient. Murphy reasoned that attaining a science, technology, engineering and math degree would help ensure that her future was wide open and that she’d always be employed.

After earning her bachelor’s degree in civil engineering from Purdue University in West Lafayette, Ind., Murphy began her career as an engineer with



COURTESY PHOTO

Afghanistan-deployed U.S. Army Corps of Engineers civilian employee and civil engineer Linda Murphy, right, meets with Afghan Minister of Energy Ishmael Khan as part of her duties as the Afghanistan Engineer District-South water and infrastructure program manager.

the USACE Louisville District in Louisville, Ky., in 1983.

Working her way up through the ranks at her home district, Murphy was chief of the civil project management and programs branch of the Louisville District when she deployed to Kandahar Airfield in January 2012.

“Now that I had gotten both my daughters off to college as

fairly self-sufficient women, I decided to deploy to provide assistance to the women and men of the coalition forces, and particularly to the women and men of Afghanistan,” she explained. “I knew that I could contribute to the mission and grow as a person at the same time.”

It’s now one year later, and Murphy said she doesn’t regret that decision. She has

opted to extend an additional nine months to manage one of the South District’s most challenging programs. She leads a team of project managers who oversee construction projects that directly contribute to the improvement of Afghanistan’s infrastructure.

Water and electricity availability, bridges and roads, university facilities and medical

clinics all fall under her purview and leadership.

“I have never been one to back down from a challenge,” she said. “Working in Afghanistan has broadened my experiences, allowed me to do something outside my comfort zone and given me a greater appreciation for what I have back home.”

In addition to a successful career with the Corps of Engineers, four of Murphy’s best female friends are also engineers at the Louisville District. Having that core group of friends, Murphy said, has made her career a rewarding one.

“For young women, engineering probably doesn’t seem like a very glamorous career but if they are given opportunities to see engineers at work, ask questions, and are encouraged to enjoy math and science, more would probably show interest,” Murphy said. “I am grateful that my core group of friends shares a similar background with me. As women who are engineers, we look for opportunities to mentor younger women and share our careers with them.”

The important thing is to be passionate about what you want to do, Murphy said. For her, coming to Afghanistan has enabled her to continue her passion. She believes that she and her fellow women engineers deployed to Afghanistan all serve for a common purpose and goal which emulates the Corps of Engineers’ motto, Essayons, which means “Let Us Try.”

“We are daughters, sisters, aunts, nieces, mothers, and even grandmothers – coming together here for one cause – to make a contribution for a better future for not only the women of Afghanistan but for everyone here,” Murphy said. “And like our corps’ motto states, we will try. We will try our hardest.”

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Mozzarella Sticks	6.45
Breaded, lightly seasoned mozzarella pieces served with marinara	
Spinach & Artichoke Dip	7.75
Served with chips	
Chicken Fingers	7.25
Breaded chicken strips served with blue cheese dressing	
French Fries	5.00
Onion rings	6.75

Wraps - 8.95

All Wraps are Made with Mediterranean Flat bread

Roasted Chicken	
Marinated grilled chicken breast, red onion, feta & Mozzarella cheese with pesto sauce	
Grilled Chicken Caesar	
Marinated grilled chicken breast, romaine lettuce, parmesan & mozzarella cheese with caesar dressing	
Spinach & Artichoke	
Spinach, artichoke hearts, sautéed onion, diced tomato, fresh mushroom, feta & mozzarella cheese	
Meatball	
Homemade meatballs & mozzarella cheese with tomato sauce	
Shrimp	
Shrimp, spinach & artichoke dip with mozzarella cheese	
Roma Special	
Pepperoni, genoa salami, ham, black olive & sautéed onion with mozzarella cheese	

Salads

Choice of dressing: Caesar, Regular Italian, Creamy Italian, Raspberry Walnut Vinaigrette, Ranch, Blue Cheese, Honey Mustard

Italian Salad	sm. 4.50	lg. 7.95
Romaine lettuce, tomato, onion, black olive, pepperoni, green pepper, mushroom, onion and mozzarella with creamy Italian dressing on the side		
Caesar Salad	sm. 4.50	lg. 7.45
Romaine lettuce, croutons and parmesan cheese tossed with Cafe Roma's caesar dressing		

Greek Salad	sm. 4.50	lg. 7.95
Romaine lettuce tomato, onion, feta, black olives and pepperoncini pepper		

Grilled	lg 8.99
Romaine lettuce, mushroom, tomato, black olives and red onion, topped with boneless chicken breast and slice of garlic bread. Served with raspberry walnut vinaigrette or creamy Italian dressing on the side	

Grilled Chicken Caesar Salad	lg 8.99
Grilled boneless chicken breast served on top of our caesar salad with a slice of garlic bread.	

Gourmet Calzones - 10.75

Chicken	
Chicken & mozzarella with marinara sauce	
Shrimp	
Shrimp, spinach & artichoke dip and mozzarella cheese with garlic sauce	
Meatball	
Homemade meatballs & mozzarella cheese with marinara	
Chicken Supreme	
Chicken, spinach & artichoke dip and mozzarella cheese with garlic sauce	

Beverages - 1.99

Iced Tea, Coke, Diet Coke, Sprite, Root Beer

Gourmet Pizza

Small 10.75	
Large 15.95	
Garlic Chicken	
Sautéed chicken strips, roasted garlic, onion & sliced tomato with garlic sauce	
Meatlover's	
Pepperoni, Italian sausage, ground beef, ham, salami & bacon with tomato sauce	
Combo	
Pepperoni, Italian sausage, ground beef, onion, mushroom, green pepper & black olive with tomato sauce	
Spinach & Artichoke	
Spinach, artichoke, mushroom, onion, sliced tomato & feta cheese with garlic sauce	
Orleans Shrimp	
Shrimp, onion, roasted garlic, & sliced tomato with garlic sauce	
BBQ Chicken	
Sautéed chicken strips, sliced tomato, red onion & green pepper with our tangy BBQ sauce	

Pesto Chicken	
Sautéed chicken strips, artichoke & sliced tomato with pesto sauce	
Vegetarian	
Mushroom, black & green olive, tomato, green pepper & onion with tomato sauce	
Hawaiian	
Pineapple, green pepper & ham with red sauce	

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	Small (10")	Large (14")	Calzone
Plain Cheese	6.95	9.25	7.25
Each Topping	.75	1.50	.75
Premium topping	1.25	2.50	2.00

Standard Toppings

Pepperoni, Italian Sausage, Ground Beef, Black Olive, Red Onion, White Onion, Ham, Feta Cheese, Mushroom, Green Pepper, Tomato, Spinach, Bacon, Salami, Artichoke, Jalapenò Pepper, Fresh Garlic, Roasted Garlic, Extra Cheese

Premium Topping

Shrimp, Chicken, Pineapple

Desserts

Turtle Cheesecake	2.99
New York Style Cheesecake	2.99

Sandwiches - 8.45

All sandwiches are served on homemade bread
*Dressed with lettuce, tomato and mayonnaise.

*Turkey	
Turkey & mozzarella cheese	
*Roma Special	
Pepperoni, ham, salami, black olive, onion & mozzarella cheese	
*Ham & Cheese	
Ham & mozzarella cheese	
Pizza Sub	
Pepperoni, onion, mushroom, green pepper, mozzarella cheese & tomato sauce	
Meatball	
Homemade meatballs with mozzarella cheese & tomato sauce	
Spinach & Artichoke	
Spinach, artichoke, mushroom . onion, tomato. feta & mozzarella cheese with our special garlic sauce	
Chicken Caesar	
Chicken breast, mozzarella & parmesan cheese with tomato sauce	

Chicken Parmesan	
Chicken breast, mozzarella & parmesan cheese with tomato sauce	
Chicken Caesar	
Grilled chicken breast & caesar salad topped with mozzarella cheese	
Vegetarian	
Mushroom, onion, green pepper, tomato. black & green olive and mozzarella cheese with our special sauce.	
Pesto Chicken	
Chicken, artichoke, tomato & mozzarella cheese with pesto sauce	
*Roast Beef	
Roast beef & mozzarella cheese	

Pasta - 11.75

All pasta dishes are made to order and served with garlic cheese bread.
Fettucine, angel hair, or penne pasta may be substituted on certain dishes.

Classic Lasagna	
Layers of pasta, ground beef and our own mixture of cheese, smothered in our own marinara	
Chicken Pasta	
Grilled chicken breast, feta cheese, artichoke, tomato, onion and mushroom with angel hair pasta	
Spaghetti & meatballs	
The classic served with homemade meatballs and marinara	
Fettucine Alfredo	
Sliced chicken breast, Jalapenò, red onion and penne pasta with our own alfredo sauce	
Shrimp Pasta	
Shrimp and angel hair pasta with our own alfredo sauce	
Shrimp Pesto	
Shrimp, sautéed mushroom and fettucine with our traditional pesto sauce	
Chicken Parmesan	
Fried chicken and parmesan with angel hair pasta in our own marinara sauce and mozzarella cheese	

cafe roma

‘Friends’ host Ozark-Dale County book sale

By Lael Walding
Press Release

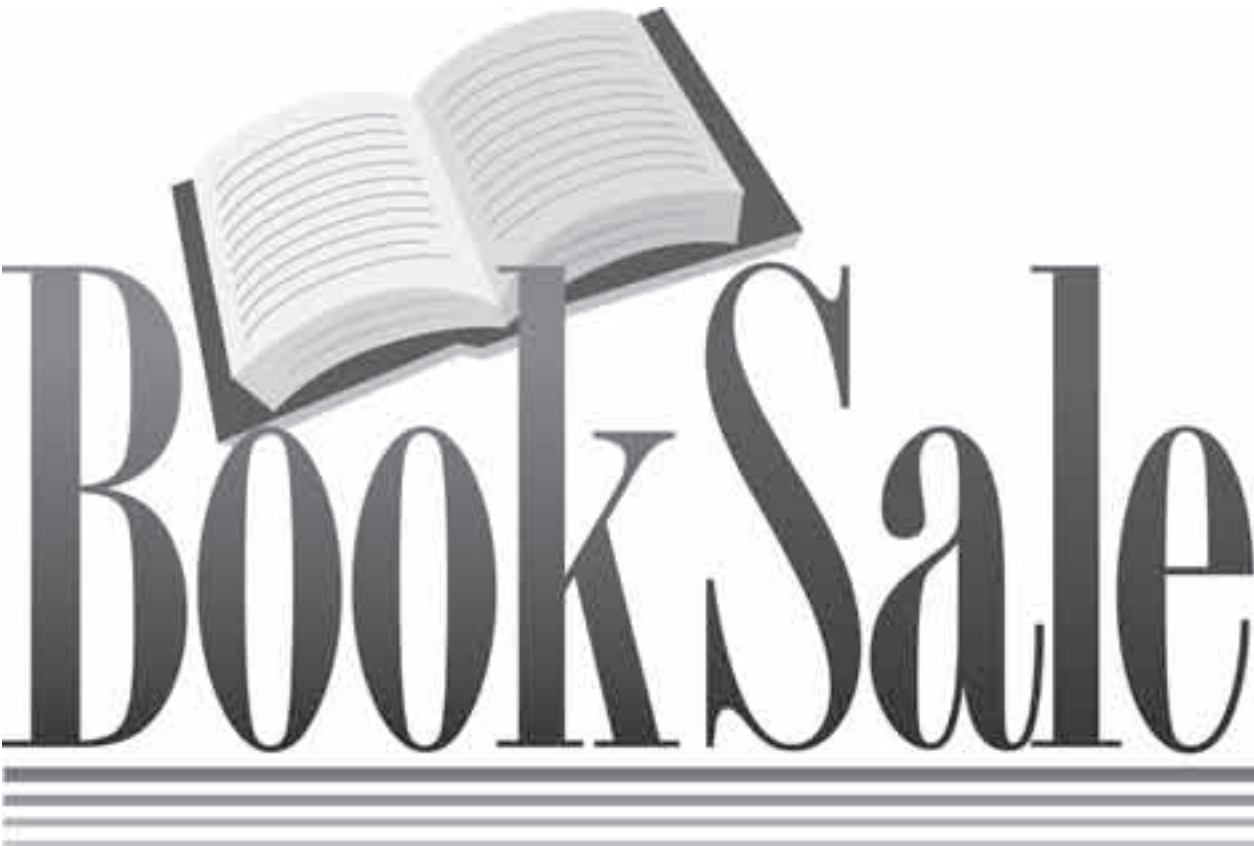
The Friends of the Ozark Dale County Library will have their annual Spring Book-Bake-Plant Sale at the library Saturday from 8 a.m. to 2 p.m.

There are thousands of hardback books, paperback books, best sellers, first edition books, textbooks, reference books, children’s books, gift books, picture books, cookbooks, gardening books, travel books in this sale. There are mystery books, biographies, histories, science, romances, science fiction, satire, westerns, war tales, spy and intrigue, and great classic books in this sale. For teachers, home-schoolers and students there are many textbooks. Besides books there are lots of magazines, VCR tapes, CD’s and even records in this sale.

There is a featured section of “Little Treasurers,” which are collectible books and many of them are gift quality. There are many needlework and craft publications, and back issues of popular magazines. There is a full section of National Geographic magazines.

In the bake sale, The Friends of the Library members will be making homemade cakes, pies, cookies, breads and candies. This bake sale is always a quick sell out, so come early to get the best selection.

The Master Gardeners will be hosting the plant sale on the lawn in front of the library. There will be many “Pass-Along” favorites, which are not usually available in nurseries. Most of these plants are cold-hardy perennials, which will last for years to come. The Master Gardeners



will be on site with their plants, and they will give tips on the plants and how to care for them. This Spring Book-Bake-Plant Sale is the largest fund

raiser of the year for the library. Ozark Dale County Public Library is located on James Street in Ozark right next to Dale Medical Center.

WIREFRASS 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.

DALEVILLE

APRIL 13 — Registration for the third annual Ride to Fight Cystic Fibrosis Poker Run will be noon at the Daleville Veterans of Foreign Wars. First bike out at 1 p.m. The event will happen rain or shine and features cash prizes, an auction, a 50/50 drawing and a free dinner. For more information, call 791-3353.

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays, and games and TVs are available for entertainment. The meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

DOTHAN

SATURDAY — The 11th annual Tri State’s 100 Century bike ride began as a fundraiser for the Children’s Hospital of Alabama. It’s the only century ride of the series that expands through Alabama, Florida and Georgia. The course is scenic and challenging without being difficult. There will be sag support along the way with stocked and manned rest stops, along with showers. Entry fee is \$30. For more information, visit www.tristates100.com.

SUNDAY — Troy University hosts “Muslim Journeys” at 2 p.m. Professor Dr. Matt Malczykcki will provide insight into Islamic culture through his experiences as a traveler and resident in the Muslim world. Lecture will explore which society does a better job of protecting and respecting the rights of women and children: Islamic society or American society. Free and open to the public. For more information, call 983-6556, Ext. 1320 or email shafferc@troy.edu

MONDAY — The Flagship Theatre presents “The Invention of Golf” at 6 p.m. Bored to tears, Colin McGreevey and his

pals invent a new game. They put on their best kilts to compete in the Highland Games and introduce a new sport to Scotland. Cost is \$10 for adults, \$8 for students, senior citizens and military. For more information, visit www.theflagshiptheatre.com or call 699-3524.

APRIL 12-13 — The eighth annual Tri-State BBQ Festival on South Andrews Street will feature food and music featuring a sanctioned barbecue competition with cash prizes more than \$10,000. Spectators can enjoy tasting BBQ, can attend BBQ classes, as well as listen to music, see an antique car show and shop in the vendor village. BBQ for sale, as well as other foods. Entertainment for children such as inflatables, rides, games and crafts. For more information, visit www.tristatebbq.com.

APRIL 14-20 — The Pro Classic tennis tournament at the Westgate Tennis Center includes a Pro-Am, lessons for kids, school field trips, city challenges and the play of more than 50 professional women competing for the purse of more than \$50,000. Sponsors and spectators can take in play during the days and enjoy competitive feature matches at night along with special dining events from 10 a.m. to 8 p.m.

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 AND SUNDAY — 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 [\[yofenterprise.net\]\(http://yofenterprise.net\).](http://www.cit-</p></div><div data-bbox=)

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

APRIL 20 — This year’s annual Festival On The Rivers 5K Run and Walk will begin and end at the junction of the Choctawhatchee and Pea Rivers. Entry fee is \$20 race day. Pre-registration by April 18 is \$15. Military registration is \$10. Registration starts at 7 a.m. Race starts at 8 a.m. For more information, call 684-6843 or email geneva-festivalrun@yahoo.com or visit www.genevafestivalrun.blogspot.

APR 26-28 — The Geneva Festival on the Rivers is a Family festival at Robert Fowler Memorial Park that features food, sculling contest, tug-of-war, country and gospel music, a coin scramble, arts and crafts, music, worm fiddling and more April 27 from 8 a.m.to 6 p.m. and April 28 from 1-6 p.m. Admission is charged. For more information, call 684-3589 or visit www.genevariverfestival.com.

MIDLAND CITY

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

NEW BROCKTON

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

ONGOING — Disabled American Veter-

ans 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

SATURDAY THROUGH 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 metal-work. Entry fees are \$35 for non-members and \$30 for members of DCCAH for the first entry and \$5 for each additional entry, up to three total entries.

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

For questions or additional information, call 774-7145.

APRIL 13— The seventh annual Ozark Crawdad and Music Festival on the square features live entertainment, arts and crafts, a children’s area, food and a crawdad 5K Run, Walk, Crawl. Festival Times are 9 a.m. to 4 p.m. and admission is free. For more information, call 774-2618.

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

Poker Run

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

Grand Opening Concert

The Grand Opening of the Aaron Bessant Park

Amphitheater in Panama City Beach will be Friday at 6:30 p.m. A free, all-ages performance by the Panama City POPS Orchestra will entertain patrons with Family-oriented music, including selections from “Les Miserables,” “Harry Potter” and “Pirates of the Caribbean” until 8:30 p.m.to christen the state-of-the-art amphitheater. The evening will be capped off with a firework display.

Friday Fest

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

Yatta Abba Day

Abbeville will have its annual Yatta Abba Day April 20 to celebrate the beginning of spring. Celebrate the blooming of the Dogwoods with a local festival filled with entertainment, garden items, art, crafts, children’s activities, antique cars, live music, trivia contests, prizes and food vendors.

A sock hop the night before at the community center kicks off the event. Runners and walkers participate in the 5k and fun run.

For more information, call 585-2273 or visit www.cityofabbeville.org/community/yatta-abba-day.

MOMC: Learning to save key to financial responsibility

By Claudette Roulo
American Forces Press Service

WASHINGTON – April is both the Month of the Military Child and Financial Literacy Month, so it’s a good time to shine a spotlight on teaching children financial responsibility, said the Pentagon’s director of the office of Family policy/children and youth in a joint interview with American Forces Press Service and the Pentagon Channel.

“These are life skills that you don’t want to learn when you’re in trouble as an adult,” said Barbara Thompson. “We think financial readiness is one of those life skills that, the sooner you start, the more prepared you are as you enter adulthood.”

Children as young as 3 years old can start learning about the value of money, the importance of saving for something special and how to differentiate between wants and needs, she said.

“When you start to get those perceptions at an early age, it’s easier as they grow up to make those decisions, to make wise financial decisions,” Thompson added.

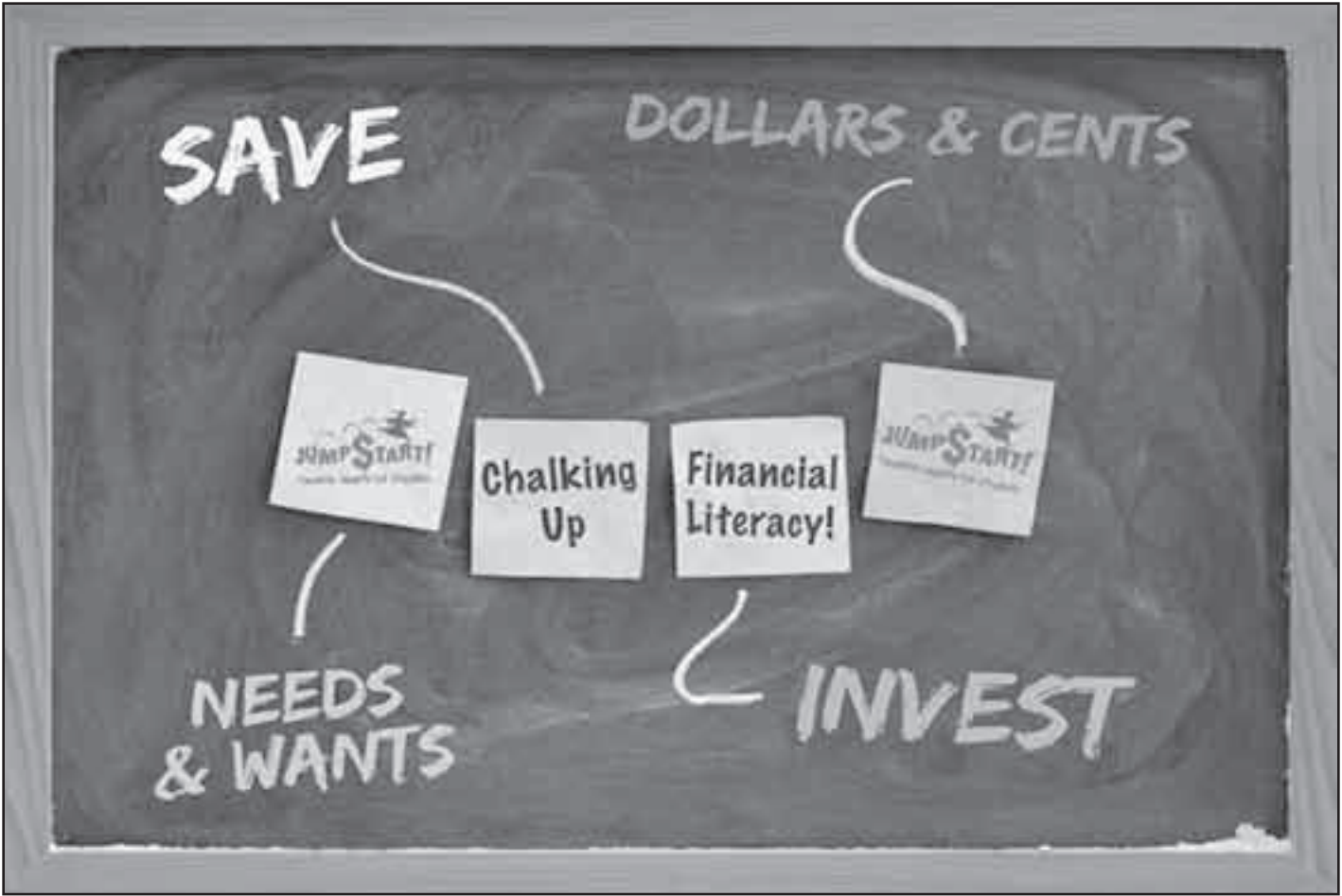
She said statistics on retirement preparation are startling, noting, “People have not been saving at all.”

According to the results of a 2012 survey by the Consumer Federation of America, just 49 percent of working Americans have sufficient retirement savings to provide for a “desirable standard of living.” Just over a third of low- and moderate-income households had savings or money market accounts.

“Right now, it’s a tough time,” Thompson said. “We’re facing some financial uncertainty, and so it’s hard to save. But you have to start small and make it a regular habit.”

Some child development centers, youth programs and schools are using activities to teach children about financial readiness, she said.

“For example, in our dramatic play areas in our child development centers, some-



COURTESY GRAPHIC

times they set up a grocery store, and children learn about money and that you have to have money to buy products,” Thompson said. “What’s important is that they start to see that money just doesn’t shoot out of the ATM machine, that you have to earn it, put it in the bank and then use it to pay for what you think is of value.”

Thompson said learning to save is the foundation of financial responsibility.

“You save for a rainy day. You have an emergency fund [and] you save for something that you want. You don’t go into great debt just because you want it right now; you start to save for it, and you do your research before you buy something. I think those are really important concepts,” she said.

“We want to make sure that [children] have good skills for their futures,” Thompson said, “whether it is recognizing their sacrifice or providing them the tools to be strong adults.”

Thompson said a variety of resources are available for educators, parents and children to learn about financial responsibility. Resources include:

- Military OneSource, which offers free face-to-face or telephonic financial counseling, savings and investment information and educational resources for young people;
- Personal financial managers at installation Family centers are certified financial counselors that can help Families develop their budget, set their financial

goals and can provide classes for military children at youth centers, child development centers or schools;

- SaveandInvest.org can help adults learn financial management skills that they can teach to their children;
- JumpStart provides good resources for educators and bankers;
- Financial institutions that operate on military installations are required to offer financial management resources;
- Money as You Grow provides information for children ages 3 and up to help them make smart financial decisions; and
- Military Youth on the Move includes financial tools for younger children, tweens and teens.

Mine was earned in Vietnam. By my dad.

Barbara Q., USAA member

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Medal of Honor recipients honor citizen-heroes for selfless service

By J.D. Leipold
Army News Service

WASHINGTON—Twenty-one Medal of Honor recipients who put their lives on the line in extraordinary ways and circumstances paid tribute to four citizen-heroes who also went above and beyond for their fellow man.

The first Medal of Honor was presented March 25, 1863, to Union Army Pvt. Jacob Parrott. On the 150th anniversary of that event, more recent Medal of Honor recipients gathered at Arlington National Cemetery, Va., to honor fallen war heroes with a somber wreath-laying at the Tomb of the Unknowns.

March 25 is recognized annually as National Medal of Honor Day in the U.S.

Following the wreath-laying, the Medal of Honor recipients and civilian honorees they had selected from among 23 finalists, moved to the nearby Women in Military Service for America Memorial for another ceremony.

There, those four civilians were honored with the “Citizen Service Before Self Honor.” It was the Medal of Honor recipients who presented the awards – placing the medals around the necks of the four deserving civilian recipients. The event was sponsored by the Congressional Medal of Honor Society and Foundation.

Keynote speaker Marine Sgt. Maj. Bryan B. Battaglia, the senior enlisted adviser to the Chairman of the Joint Chiefs of Staff, opened the event by conveying to attendees what he felt in honoring the fallen at the Tomb of the Unknowns and praising the country’s

men and women service members who have yet to return from the fight.

“The search light will never wear dim,” he said. “For these men and women we mark more than just a mantra, but rather are duty-bound in lifelong obligation that we in fact will never forget ... it’s an extreme honor and privilege to join each and every one of you here on these hallowed grounds where our warriors rest.”

Battaglia directly addressed the 21 Medal of Honor recipients at the event. The Soldiers, Sailors, Marines and Airmen there had served in World War II, Korea, Vietnam, Afghanistan and Iraq. He told them they were the embodiment of what the country’s citizens, through Congress and the commander-in-chief, hold most sacred: the traits of courage, integrity, commitment, sacrifice, patriotism and citizenship.

“Of the medal awarded you, your most often quoted response is, ‘I wear it for others,’” he said. “You wear it for those who came before us, those who bequeathed to us a nation; you wear it for those who stood with you in times of peril and strife. You wear it for those who will come after.”

Speaking then to the civilians who had earned the Citizen Service Before Self Honors award, Battaglia said the program preserves the ideals of the nation and of the Medal of Honor by seeking out those who either demonstrated acts of bravery to save a life or lives or those who have demonstrated extraordinary service to others for an extended time.



PHOTO BY J.D. LEIPOLD

Medal of Honor recipients salute after placing a wreath to honor the fallen at Arlington National Cemetery’s (Va.) Tomb of the Unknowns,

“This program recognizes that the cloth of our nation is woven in its communities,” he said to the four citizen heroes. “Like those who sit with you and before you, you’ve made a commitment to our nation, to our way of life, and like them, you will pass along a personal example of courage, integrity, commitment, sacrifice, patriotism and citizenship.”

This year’s civilian honorees:

- Father Joe Carroll from San Diego, who became known as “the hustler priest” for the millions of dollars he’s raised over 30 years for shelters and programs for the poor and homeless;
- Marcos Ugart, 15 of Troutdale, Ore., who rescued a 7-year-old boy from his burning home by climbing a ladder, breaking through the window and pulling the youngster to safety; and

• Father and son Jesse Shaffer III and Jesse Shaffer IV from Braith-

waite, La., for rescuing 120 people by boat who had been left stranded

in flooded streets during Hurricane Isaac in August.

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APRIL 4, 2013

Lake Tholocco

Facility offers on-post escape for Soldiers, Families

By Nathan Pfau
 Army Flier Staff Writer

When it comes to recreation, Fort Rucker has no shortage of activities, but Lake Tholocco offers an escape that people would be hard pressed to find anywhere else in the area.

Lake Tholocco Lodging offers cabin rentals, a recreational vehicle park where people can reserve spots for months at a time, as well as boat, kayak, canoe rentals, and everything in between, according to Megan Royer, Lake Tholocco Lodging lead customer relations assistant.

"This is kind of a little well-kept secret," she said about the cabins. "We have 22 cabins that are available to rent, 21 of which are two-bedroom cabins, and the last one is a three-bedroom cabin, which only people of a certain rank can rent."

Regardless of rank, however, people can take advantage of everything the cabins have to offer, which include: fully-furnished accommodations, fully-equipped kitchens, screened-in back porches 32-inch flat screen TVs, satellite and DVD players and complimentary wireless high-speed Internet access.

Royer said that there are 12 cabins – the Singing Pines Cabins – on West Beach, where people can enjoy breathtaking sunrises, and 10 cabins along East Beach, where people can enjoy Alabama sunsets.

"Pets are welcome in four of our cabins located on West Beach, but we do ask that pets are kept to domestic animals such as dogs and cats," she added.

The cost to rent the cabins is \$70 a night, Sundays-Thursdays, and \$75 a night, Fridays and Saturdays, but Lake Tholocco Lodging asks that people rent them for both nights on the weekends.

Royer said that the rates can't be beat when it comes to the amenities they offer compared to hotels in the area.

"For what you would pay for a hotel, you can stay in a fully furnished cabin on the lake with multiple bedrooms – you just can't beat that," she said, adding that



PHOTO BY NATHAN PFAU

Lance Oliver, maintenance for outdoor recreation, inspects some of the many boats that are available to rent at Lake Tholocco Tuesday.

the proximity to everything that Lake Tholocco has to offer only sweetens the deal.

In addition to the cabins, Lake Tholocco Lodging also offers 48 sites at the RV park that people can rent, including 18 long-term sites.

The long-term sites can be rented for two to three months at a time, depending on the season, said Royer. The park's sites, located on the west side of the lake, rent for \$18 a night, but patrons might be eligible for a discount.

"We have three different kinds of passes that we accept that give people a discount: the Golden-Age pass, Golden-Access pass and the America the Beautiful pass," she said. "Those passes drop the rate from \$18 a night to \$12 a night."

The long-term sites rent for \$7 a night, but must be rented for two to three months at a time, but although the sites are long-term, homesteading isn't allowed and people are only allowed to rent one specific time period at a time. Cabins and RV sites are available

to authorized patrons only.

Lodging isn't the only thing offered at Lake Tholocco. The Lake also boasts a bevy of recreational activities like boating, water skiing, hiking, biking, swimming, fishing and even hunting.

"Outdoor recreation at Lake Tholocco rents everything from canoes, paddleboats, kayaks, pontoon boats and everything in between," said Royer. "People don't even have to have a boating license to operate the water vessels, they just have to complete the Fort

Rucker boater's safety course."

The course is a 25-question test that people must complete either online or on-site, she said, adding that operators must also be at least 18 years of age. The boats are available to authorized patrons only.

"We treat every guest that we have like a VIP, and people that come out here really have a lot of fun. That's what it's all about, so bring it," said Royer.

For more information or reservations, call 255-4234.

Post shows support for survivors, fallen heroes

By Nathan Pfau
 Army Flier Staff Writer

The Fort Rucker community will show its support for the Families of fallen heroes during the installation's second Survivors and Fallen Heroes 5k run April 20.

In a collaborative effort by the Directorate of Family, Morale, Welfare and Recreation, the members of Bravo Company, 1st Battalion, 145th Aviation Regiment and the Survivor Outreach Services program, the run at the Fort Rucker Physical Fitness Facility is designed to honor survivors and those that have made the ultimate sacrifice, according to Beth Gunter, financial counselor for SOS.

More than 300 people participated in last year's run, which came about after Gunter spoke with B Co., 1-145 Avn. about doing something as a tribute for the fallen heroes and their survivors. When MWR got involved, it was able to be done as a post run, and with the success of last year's run, it was brought back this year.

"B Co. jumped [at the opportunity] because Soldiers said that these were their brothers in combat and it would be great for them to show that they are still thinking about those that we've lost," she said. "It just became a collaborative effort by a lot of people wanting to show that this is a great way to have the community wrap their arms around survivors and show that their fallen heroes have not been forgotten."

The survivors of fallen heroes aren't just the spouses and children, said Gunter, but also parents and siblings, adding that SOS reaches out to all the survivors that are out there to provide the type of service for whatever questions they may have for a lifetime,



PHOTO BY NATHAN PFAU

Children run for survivors and fallen heroes during the 1-mile fun run while the Patriot Guard Riders show their support after the last year's Survivors and Fallen Heroes 5k run at the Fort Rucker Fitness Facility. This year's run will be April 20 at 8 a.m., and people can register at either fitness facility up until 7:40 a.m. the day of the run.

rather than just a period of time after a Soldier has fallen.

"Our goal is to help survivors realize that they are always part of the military Family," she said. "Even though they have lost their [loved one], it doesn't mean that they are any less important to our military Family."

"Just as when a person loses someone within their immediate Family, their Family members are there to provide that support and encouragement to help them work through the grief," said Gunter. "This is a military Family and we are there in the same

aspect – to help them work through the grief and help them move forward."

Survivor Outreach Services is a program that came about on Fort Rucker in April of 2009 when the Army realized that even though grieving Family members have casualty assistance officers to help them through the initial process of losing a service member, the Families still have issues well after CAOs have done their job, she explained.

The program is in place to provide the support, advocacy and financial counseling for the survivors for as long as they need,

said Gunter, and that's one of the main reasons for wanting to put on the run as a means of support.

"We want the community to be [at the run] to show their support as well," said Gunter. "It's a great way for the installation to show its support for the survivors and fallen heroes, as well as the SOS program."

Gold stars will be available with the names of the fallen heroes for the survivors to wear during the race, she said, adding that there will be additional gold stars available for those that wish to run in honor of a friend or comrade that people can write the names of on.

"When a service member goes overseas, they get a blue star flag that symbolizes that there is a service member serving within the military during wartime," Gunter explained. "If the service member dies while serving on active duty during war, the blue star is replaced with a gold star being placed over the top of the blue star."

"That's why we're utilizing the gold stars," she said, "it symbolizes the survivor. We're hoping to have enough runners for every one of the fallen Soldiers."

Breakfast refreshments will be provided and there will be an inflatable for children to play in, as well as awards to be presented after the 1-mile fun run, she added.

The run will begin at 8 a.m. and the cost for pre-registration for the run is \$20, which includes a T-shirt, and people can register at either of the fitness facilities up until April 13. Regular registration costs \$25 and is from April 14 up until 7:40 a.m. the day of the race.

For more information, call 255-3794 or 255-2286.

DOWN TIME

CHARACTER PROFILE!

SECRET AGENT X-9

WRITTEN BY DASHIELL HAMMETT AND ILLUSTRATED BY ALEX RAYMOND. "SECRET AGENT X-9" FIRST APPEARED IN NEWSPAPERS ON JANUARY 22, 1934.

YES—MYO EARS CALL ME GENTLE— BUT MY HANDS DO.

DURING RAYMOND'S TENURE ON "SECRET AGENT X-9" HE WORKED SIMULTANEOUSLY ON TWO OTHER COMIC STRIPS...

...INTERNATIONAL ADVENTURER "JUNGLE JIM" AND A SCI-FI STRIP CALLED "FLASH GORDON."

FLASH GORDON

3-31 BY JIM KEEFE

JUST AS AGENT X-9 PREPARES TO DACE AN EXPLOSIVE ON THE SPACE PORTAL, THE DEVICE OPENS... UNLEASHING A DYNAMO OF FURY!

PUROK... THIS TASER DELIVERS 50,000 VOLTS OF POWER. LET HIM GO.

MY TURN...

DALE... NO!

AND AS THE PORTAL CLOSES BEHIND THEM... X-9 LEAPS!

TO BE CONT'D...

Just Like Cats & Dogs by Dave T. Phipps

WOW, IT'S OUR OLD WEDDING ALBUM. I FORGOT ALL ABOUT THIS. WOW, LOOK AT THAT! YOU USED TO BE A REAL LOOKER.

Trivia test

by Fifi Rodriguez

T R I V I A

1. INVENTIONS: When were the first canvas "sneakers" known as Keds mass marketed?
2. ANIMAL KINGDOM: What is a group of dragons known as?
3. AWARDS: In what field are the CLIO awards given?
4. OPERA: What was the name of the tragic female lead in "La Traviata"?
5. MEASUREMENTS: What is a baker's dozen?
6. FOLKLORE: What tool is Paul Bunyan most often depicted as holding?
7. GENERAL KNOWLEDGE: What is cereology?
8. MUSIC: Who sang the famous theme "Goldfinger"?
9. U.S. STATES: What two states' official popular dance is the shag?
10. HISTORY: Who was the first U.S. president to appear on television?

See Page D3 for this week's answers.

Super Crossword

SMASH HIT FROM "TITANIC"

ACROSS

1 Blouse, e.g.
6 Mountain lion
10 Part of Mao's name
13 Modern
19 Wood-turning tool
20 Of the 123-Across
21 List-ending abbr.
22 Skilled public speaker
23 Baffled
24 Fatherly
26 Series of church petitions
27 Start of a riddle
30 Ballet outfit
31 Male wig
32 Fanciful desire
36 Alert to squad cars, briefly
39 Riddle, part 2
44 Rural retreat
46 Plural "is"
47 Catch sight of
48 — Polo
49 Southern Sioux
50 Full of negatives

53 With 96-Across, fruity rum cocktail
55 Guiltless type
56 Riddle, part 3
62 Barrett of the original Pink Floyd
63 Crooner — "King" Cole
64 Franklin with soul
65 H-bombs and the like
66 Reel partner
68 Riddle, part 4
72 Miss — mile
73 Cast off, as feathers
75 Shops
76 — kwon do (martial art)
78 Memphis-to-Chicago dir.
81 Riddle, part 5
87 — Mae Brown (Whoopi Goldberg's Oscar-winning "Ghost" role)
88 A Stooge
89 Shearer and Talmadge
90 Gambler's IOU

91 Wyoming's — Range
93 "How awful!"
96 See 53-Across
97 Savoie- —
98 End of the riddle
104 — capita
105 "Star Wars" sage
106 Typos, e.g.
107 Curling tool
109 Riddle's answer
117 Fleason
120 Mail rat, typically
121 Amazed
122 Eye piece?
123 Lobe locale
124 Rice-A- —
125 Signs over
126 In the hub of
127 Rd. crossers
128 Wet blanket
129 Artery insert

DOWN

1 Diner side
2 Doth own
3 "— trap!"
4 Butler of "Gone With the Wind"
5 Olympics squad in red, white, and blue
6 Kid's pistol
7 Orem side
8 Goalie glove
9 — deuce
10 Lacking a sound basis
11 Regulation
12 Sun block?
13 Flick director's cry
14 One of the Great Lakes
15 American Indian or wins
16 Homer's H
17 Prefix with proliferation
18 Take a crack at
25 Old paper section
28 "Who am — say?"
29 Jazz saxophonist
33 Equestrian skill
34 Bouncer's door request
35 Nearsighted people
36 Asserts
37 Succinct, as a saying
38 Like kintok
40 Missies
41 Wall St. mavens
42 Lover boy
43 Radiate
45 Old NASA lander
50 Alias letters
51 Beatles hit
52 Lures
53 Title for Gandhi
54 — low ebb
57 Plus
58 Notable time period
59 Mystery novelist
60 Josephine
61 Eklun. —, N.Y.
61 Numbered rite
67 Keats feat
69 Without a — (penniless)
70 Opp. of departure
71 Spy novelist
72 Stinger
73 Not uniform
74 Signature line of Cab Calloway
75 Airport northwest of LAX
77 "Six-pack" muscles
79 French for "black"
80 Step into
82 1970s-'80s Dodge
83 Post-it item
84 Steffi of tennis
85 Jannings of old films
86 Sony rival
92 Inclined (to)
93 Increases the value of, as a benefit
94 Eye angrily
95 Milliners
97 Plays friskily
99 Warm up again
100 Prior to, in 67-Downs
101 Songwriter Sammy
102 Well-drilling equipment
103 Part of NOW: Abbr.
108 Trio tripled
110 Fashion's Saint
111 Hospital unit
112 Assistant of Frankenstein
113 Musical Home
114 Roe v. —
115 "Zoolander" actor Wilson
116 It's bird-built
117 Major record label, once
118 — pah band
119 Cycle or angle starter

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19					20				21			22					
23					24				25			26					
27				28					29								
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117	118	119						120							121		
122							123			124					125		
126							127			128					129		

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

DOWN SOUND! (Larger than the configuration of numbers shown, it is composed of the numbers 1-9 in the same order as the numbers shown, but with a twist: the numbers are arranged in a spiral pattern, starting from the center and moving outwards.)

1. A point is a hole with a small hole in it.

2. A frame is an unframed house.

3. A point is a hole with a small hole in it.

4. A point is a hole with a small hole in it.

5. A point is a hole with a small hole in it.

6. A point is a hole with a small hole in it.

7. A point is a hole with a small hole in it.

8. A point is a hole with a small hole in it.

9. A point is a hole with a small hole in it.

HORSE SENSE SAMPLER

1. A point is a hole with a small hole in it.

2. A point is a hole with a small hole in it.

3. A point is a hole with a small hole in it.

4. A point is a hole with a small hole in it.

5. A point is a hole with a small hole in it.

6. A point is a hole with a small hole in it.

7. A point is a hole with a small hole in it.

8. A point is a hole with a small hole in it.

9. A point is a hole with a small hole in it.

Wishing Well

6 8 3 6 8 2 5 7 4 6 3 6 3
A A V C W L C Y O C I E C
5 8 7 3 5 3 7 3 5 3 4 8 4
H A O T A O U R R Y B Y E
3 8 5 6 2 3 2 8 6 5 8 3 5
I T M P I S F O T E S A D
8 3 8 5 8 5 4 5 6 4 5 4 8
U C C L C I Y F C R E U E
7 3 8 4 3 7 3 3 2 3 2 3 6 7
A H E L I T E E V I E H T
4 7 2 8 7 2 3 6 7 4 6 2 7
E A S D I E D A N S N N G
6 2 6 2 7 2 6 2 7 2 7 2 7
G R E I O C S H A E L D S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS

BY HENRY BOLTNOFF

3

2

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PHOTO BY MARY BALL

Tyler Brown, Ph.D. (left), of the Natick Soldier Research, Development and Engineering Center's Biomechanics Team, is studying Soldiers' movements under different loads. Here, Pfc. Jeremy Vasquez, wearing a suit with sensors to give the researchers information on how the body is reacting, steps on a force plate as Meghan O'Donovan monitors the activity.

Doctor studies the Soldier as an athlete

By Bob Reinert
USAG-Natick Public Affairs

NATICK, Mass. — To better understand how carrying heavy loads affects Soldiers, Tyler Brown, Ph.D., looks at them as if they were athletes.

In the past, biomechanics load-carriage studies typically focused on Soldiers walking over long periods of time in a straight line. But Brown, of the Natick Soldier Research, Development and Engineering Center's Biomechanics Team, has his subjects run, cut, stop and jump — movements that mirror what would actually happen in combat.

Athletes have been studied in this way to assess injury risk, but not Soldiers, according to Brown.

"Nobody's put a load on somebody's back," said Brown, "and asked the Soldier to speed up, slow down or change direction of movement."

Except Brown, who is measuring how 16 human research volunteers are affected when they carry different loads and make "anticipated and unanticipated" movements in the study, part of a three-year effort that began in 2012 and was funded by a Department of the Army competitive In-House Laboratory Independent Research award.

The Soldiers run, cut and jump on force plates — basically, precise weight scales — that measure how much force is created as they move up and down, back and forth, and side to side under different loads. Brown then collects and analyzes the data.

"This is just another data point that shows how much load is affecting our Soldiers," said Jeffrey Schiffman, Ph.D., the Biomechanics Team leader. "Now we're starting to get more into react-to-contact type moments."

Brown has put Soldiers in the study

through their paces with three weight loads: no load, which consists of a helmet and weapon; a fighting load, which includes body armor and a tactical assault panel; and an approach load, which adds a backpack to the fighting load.

"The no load is like six or seven pounds, the fighting load (is) about 40 (pounds), and then the approach load is about 88 pounds," Brown said. "We have basically four or five different movements we're looking at."

Pfc. Jeremy Vasquez of Bronx, New York, took part in the study as an HRV. An accomplished amateur boxer before joining the Army, Vasquez is no stranger to athletic movements, but the heavy loads proved challenging for the 5-foot-3-inch, 153-pounder.

In basic training, said Vasquez, the "biggest problem, I know, for me was the ruck marches and was getting used to that weight. I'm a smaller guy, and when you

get that weight on you, it limits you a lot."

Vasquez said that he hopes his participation in the study will help Soldiers to cope with those loads and to stay healthy.

"I'm really glad I was able to participate in it, because I feel like I did contribute and help future Soldiers, Vasquez added."

The researchers expect that their data will show that Soldiers use different mechanics when carrying heavier loads.

"The idea is if you can anticipate or pre-plan a movement, you're going to perform it better," Brown said. "They've shown that athletes, when they have to react to something, use different mechanics, postures, and they activate their muscles differently, and even without loads."

Schiffman said a follow-up study is already planned.

"We, as researchers, want to make sure we're documenting everything we can about how load affects human performance," Schiffman said.

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.

YOUTH FISHING TOURNAMENT

Outdoor recreation will host a youth fishing tournament at Parcours Lake April 13 from 7-11 a.m. Youth ages 3-15 are allowed to fish in the tournament with an escort. Cost of the tournament is \$10 per person. Live bait is permitted, but no minnows. Prizes will be awarded for first, second and third places.

For more, call 255-4305.

SURVIVORS AND FALLEN HEROES RUN

The physical fitness facility will host the Survivors and Fallen Heroes 5k and 1-Mile Fun Run April 20. Race day registration begins at 6:30 a.m. and the 5k will start at 8 a.m. Participants are encouraged to pre-register at either PFF. Forms are available at either PFF or printable off the Directorate of Family, and Morale, Welfare and Recreation website: <http://www.ftruckermwr.com/recreation/physical-fitness-facilities>. The 1-mile fun run is free and

open to all children and will begin after the 5k is completed. Each Fun Run participant will receive a medal.

For more, call 255-9810.

ENTERPRISE BASEBALL

Enterprise's semi-pro baseball team is recruiting high-school aged and older players. The team hosts tryouts Saturday and Sunday. For location and times, call Joe Jackson at 806-6929 or 347-4275.

THUNDER ON THOLOCCO

Fort Rucker hosts the seventh annual Thunder on Tholocco April 27 from 11 a.m. to 5 p.m. at Lake Tholocco. People are welcome to bring chairs or blankets and watch multi-class outboard drag boat racing. These high-performance machines reach speeds in excess of 100 mph. For people looking to get in on the action can sign up to participate in a kayak or canoe race, try out a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options. Tickets are \$5 in advance, \$7 day of event, and children 12 and younger get in free. The event is open to the public.

For more, call 255-1749.

BEACH BODY BINGO

The Directorate of Family, Morale, Welfare and Recreation hosts its Beach Body Bingo at the physical fitness facility May 1-25. During Beach Body Bingo, people can participate in strength exercises, cardio exercises or fitness classes. Each day people can earn a space on their Bingo cards, and the more Bingos people win, the better their chances at winning a prize. Prizes include: a free personal training package, one month of fitness classes and a five day pass to Splash! The person who wins the most Bingos receives a Beach Body Bingo trophy. People can also participate in the 10-Mile Run Off and Relay May 11 to get a free space on their cards. Beach Body Bingo is free to authorized patrons. People can sign up at either physical fitness facility. For more, call 255-3794.

OPERATION GOLF 4 LIFE

Silver Wings Golf Course hosts four free golf clinics in May. These one-hour sessions will teach people the basics, winning techniques and how to play the game. People can take part in one session, or all four, as officials say people will learn something new each session. All equipment is provided, and course officials say it is their way of saying "Thanks for serving!" and "Welcome home!" to Soldiers.

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

PUZZLE ANSWERS

Super Crossword Answers

S	H	I	R	T		P	U	M	A		T	S	E		R	E	C	E	N	T	
L	A	T	H	E		O	T	I	C		E	T	C		O	R	A	T	O	R	
A	T	S	E	A		P	A	T	E	R	N	A	L		L	I	T	A	N	Y	
W	H	A	T	M	I	G	H	T	Y	O	U	T	I	T	L	E	A				
					T	U	T	U							T	O	U	P	E	E	
A	P	B			S	O	N	G	A	B	O	U	T	S	O	M	E	B	O	D	Y
V	I	L	L	A		A	R	E		S	E	E			M	A	R	C	O		
O	T	O	E		A	L	L	B	A	D		M	A	I		S	A	P			
W	H	O	M	A	K	E	S	S	U	R	E	T	H	A	T	T	H	E	R	E	
S	Y	D		N	A	T				A	R	E	T	H	A		W	M	D	S	
			R	O	D		I	S	A	L	W	A	Y	S	A		B	Y	A		
S	H	E	D		S	T	O	R	E	S					T	A	E		N	N	E
P	I	L	E	O	F	B	U	R	N	I	N	G	E	M	B	E	R	S	O	N	
O	D	A		M	O	E				N	O	R	M	A	S		C	H	I	T	
T	E	T	O	N			U	G	H		T	A	I		F	A	I	R	E		
T	H	E	F	I	R	E	P	L	A	C	E	F	L	O	O	R		P	E	R	
Y	O	D	A		E	R	R	A	T	A					I	R	O	N			
			M	Y	H	E	A	R	T	H	W	I	L	L	G	L	O	W	O	N	
M	O	T	I	V	E		T	E	E	N	A	G	E	R		I	N	A	W	E	
C	O	R	N	E	A		E	A	R		R	O	N		C	E	D	E	S		
A	M	I	D	S	T		S	T	S		D	R	A	G		S	T	E	N	T	

Weekly SUDOKU Answer

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

TRIVIA

Answers

1. 1917
2. Away
3. Advertising
4. Violetta
5. 13
6. Anus
7. The study of crop circles
8. Shirley Bassey
9. South and North Carolina
10. Franklin D. Roosevelt



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Video Game Spotlight >>

Luigi makes big splash with 3DS sequel

By Jim Van Slyke
Contributing Writer

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

The first “Luigi’s Mansion” game was fun and inventive, and while “Luigi’s Mansion: Dark Moon” keeps the feel of its predecessor, it’s a much bigger and adventurous game.

It’s one of the better games on the 3DS, taking gamers on a fun, varied, challenging and hilarious adventure that’s well worth the price of admission.

This time around, a mad professor’s experiments on ghosts go awry and he calls on Luigi to help him get things back to normal. The bumbling plumber seems like a strange choice, but the reluctant hero turns out to be the perfect fit for this ghostly mission.

Luigi goes ghost hunting in big, spooky



Publisher
Nintendo
Rated
Everyone
Systems
3DS
Cost
\$40
Overall
3.5 out of 4

mansions. He also has to solve plenty of puzzles as he tries to help the professor. He only has two tools at his disposal: a flashlight that reveals illusions and hidden objects, and a vacuum that sucks up the supernatural. Both tools get used in new and unusual ways throughout the game. The single-player mode lasts about 12 hours. The multiplayer is fun, as long as you have four gamers battling the ghosts. Less than that makes it extremely challenging to make it through all 25 levels.

The game looks great and features a lot of detail not often seen on the 3DS. The mansions are amazing and fun to explore just to see what’s around the next corner. It’s quickly evident that this game was designed specifically for the 3DS; it makes good use of all the handheld’s capabilities.

3DS gamers shouldn’t be scared to own “Luigi’s Mansion: Dark Moon.” Even though it’s a sequel, it’s one of the best games around for the 3DS.



COURTESY SCREENSHOT

NFL players visit Soldiers in Masum Ghar



PHOTO BY 2ND LT. JENNIFER FRAZER

Soldiers with the 38th Engineer Co., 4th BCT, 2nd Inf. Div., greet Cleveland Browns linebacker D'Qwell Jackson (right), during his visit to Kandahar province, Afghanistan, March 18. The visit was part of a week-long NFL-USO morale-building tour.



Sgt. Maj. Daniel Adle (left), the operations sergeant major of the 4th Brigade Combat Team, 2nd Infantry Division, shares a light moment with Cleveland Browns linebacker D'Qwell Jackson (right), during his visit to Kandahar Province, Afghanistan, March 18.

By 2nd Lt. Jennifer Frazer
Army News Service

FORWARD OPERATING BASE MASUM GHAR, Afghanistan — Players from the National Football League visited the Soldiers of Masum Ghar for a motivational United Service Organization tour March 18 in Kandahar Province, Afghanistan.

The NFL players included Denver Broncos cornerback Champ Bailey, Cleveland Browns linebacker D'Qwell Jackson, Tampa Bay Buccaneers guard Davin Joseph, Denver Broncos linebacker Von Miller, Carolina Panthers wide receiver, Steve Smith and Houston Texans defensive end J.J. Watt.

“Visiting Soldiers, seeing what they do on a daily basis,” said Miller, “it really puts it into perspective, it makes you appreciate what you have stateside. It’s a once-in-a-lifetime experience. I am truly blessed and grateful to be here.”

The players arrived in the early morning and ventured up to Engineer Hill

where they were able to meet a Tactical Explosive Detection Dog and given a demonstration of the dogs’ capabilities. Afterward, they met with the 38th Engineers of Combined Task Force 4-2.

“This is a chance of a lifetime,” said Jackson, “to show our appreciation for the uniform, the men and women who risk their lives and the bravery they show each and every day.”

Following Engineer Hill, the NFL players made it to the highest point surrounding Masum Ghar and were given an opportunity to view the surrounding area.

Lastly, the players spent quality time with the Soldiers in the dining facility. J.J. Watt played catch with some of the dining facility workers while the others signed autographs and posed for photos.

“I felt like a 40 year old woman waiting for ‘Twilight’ to come out,” said Broncos fan Staff Sgt. Jeremiah Hochstedler, a spectrum manager with Headquarters, Headquarters Company, CTF 4-2. “It was amazing.”

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¹Eligible tires: Ecopia EP422, Dueler H/L 422 Ecopia, Turanza Serenity Plus, Dueler A/T REVO 2, Dueler H/P Sport AS, or Potenza RE97 AS. Eligible tires must be purchased from a participating Bridgestone retailer's inventory between April 1 and April 30, 2013. Certain restrictions and limitations apply. Offer excludes Costco and GM dealership purchases. See your participating Bridgestone retailer, bridgestonetire.com or call 1-877-TIRE USA for complete details.
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