

FAREWELL
Retirement ceremony
honors Soldiers



PURITY BALL
Event brings dads,
daughters closer



GOLF 4 LIFE
Event offers free
lessons



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MAY 2, 2013

EARTH DAY

*Post celebrates day,
makes a difference*

By Nathan Pfau
Army Flier Staff Writer

When it comes to energy conservation and going green, Fort Rucker is no stranger with its Net Zero facilities and recycling programs, but no matter how small, people on the installation are making a difference.

Fort Rucker celebrated Earth Day April 24 with its Earth Day Expo and the planting of trees at the Fort Rucker youth center as a way to give back to the environment and educate people on why conservation is so important, according to Darrell Hager, Directorate of Public Works Environmental Office sustainability program manager.

“We live on a planet with finite resources. The population is going up, resource use is going up, and one of these days we’re going to get to the point where what we have and what we use is going to intersect,” he said. “We need to get to the point where we start to wisely use what we have.”

One way the installation showed people some of those lessons was with the Earth Day Expo where vendors and exhibits were set up to educate people on different ways to go green. From all-electric vehicles to the recycling center, these vendors were on-hand to answer any questions visitors had about energy conservation.

“Some of the exhibitors that we have here are for green products for either the home or office, and they all have something to do with reducing material use and resource conservation,” said Hager.

He also gave some advice to those on and off the installation on what people can do to conserve energy either in their homes or at their offices.

“One of the big things is water conservation,” said Hager. “Don’t turn on your water when brushing your



PHOTOS BY NATHAN PFAU

Command Sgt. Maj. Buford E. Noland, Fort Rucker garrison command sergeant major, and Justin O. Mitchell, Fort Rucker deputy garrison commander, look on as children from the Fort Rucker Elementary School water freshly planted trees they helped put in the ground behind the Fort Rucker Youth Center in celebration of Earth Day.

teeth and take a shower instead of a bath. People can save gallons of water by doing just that.

“People should also remember to turn off lights in rooms that they aren’t in, but one of the most important things is to make sure that your windows and doors don’t leak,” he continued. “The biggest loss of air conditioning and heat is through cracks in doors and windows, so people should make sure they are properly sealed.”

Another way he suggested people help out the environment is by recycling materials that they use rather than throwing them away.

Melissa Lowlavar, environmental management branch chief, was on-hand to answer questions about the recycling center on Fort Rucker, and what sets it apart from other recycling centers.

“In the past on Fort Rucker, we’ve recycled paper, cardboard and a few other commodities, but now we’re taking glass, which nobody in the local communities will take,” she said. “We also take aluminum cans and most plastics,” adding that people should separate glass according to color and plastics according to number. The only plastic the recycling center will not accept is No. 6 plastics, which is polystyrene.



Col. Stuart J. McRae, Fort Rucker garrison commander, drives an all-electric Tesla S April 23. The all-electric vehicle was one of the all-electric vehicles on exhibit at the Earth Day Expo to educate people on the importance of energy conservation.

Along with expanding what the recycling center accepts in terms of recyclable material, the center also launched its new recycling incentive program during the event.

“With the incentive program, different organizations can sign up with the recycling center and people can either bring their personal recyclable materials or their

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‘Rum and Vodka’ production combats abuse

By Nathan Pfau
Army Flier Staff Writer

Eighty thousand is the number of people that can fit into the Olympic Stadium in London, and also the number of people that die from alcohol abuse each year in the United States, according to the U.S. Centers for Disease Control.

Fort Rucker held its annual alcohol abuse awareness training at the post theater Monday and Tuesday to combat statistics like the one above, and did so with an innovative and unconventional presentation of the play “Rum and Vodka” that was meant to spark discussion and pique interest, according to Bryan Doerries, Outside the Wire artistic director.

“We use theater as a catalyst for discussion about difficult topics like public health issues and social justice issues,” he said. “For the last four years, we’ve been touring the world, especially military instal-



PHOTO BY NATHAN PFAU

Brendan Griffin, actor, portrays a 24-year-old living in Dublin and takes audience members on a journey with him through a three-day bender during the alcohol abuse awareness training at the post theater Tuesday.

lations, and we hear the most remarkable things said about the plays we perform by

the people who come into contact with the truth of the [performances].”

The 25-minute dramatic reading by Brendan Griffin, an actor who’s been seen on shows such as “Generation Kill” and “Law and Order,” tells the story of a 24-year-old man living in Dublin, surrounded on all sides by a drinking culture. The production took the audience on a journey with the man as he went on a three-day bender during which he eventually loses his job, cheats on his wife and nearly loses everything in the process.

Doerries said the play wasn’t meant to mirror military culture in any way, but to present a very human story that people might be able to relate to.

“It’s meant to make you ask yourself a very fundamental question,” he said. “What do you recognize that’s truthful in this story? What do you see in yourself?”

After the reading, a panel of volunteers made up of Fort Rucker community mem-

bers shared how the play related to moments in their life and what similarities they noticed.

Tim Jones, Army Substance Abuse Program employee, was among the panel members and shared his experience with alcohol and the adverse effects that it had on his life.

“One of the big things I could relate to was getting married at a young age,” he said. “I got married when I was 19 and I was usually drinking on the weekends. After a while, the drinking grew to drinking on the weekdays and weekends, and then I joined the military.”

Jones said he had a drinking problem when he joined the military and it didn’t help that he was first stationed in Germany where there is a large drinking culture, adding that drinking largely contributed to his separation from the military.

SEE PRODUCTION, PAGE A5

Exercise builds community cohesion with a boom

By Sara E. Martin
Army Flier Staff Writer

About 10 counties from the surrounding area participated in a disaster preparation exercise April 24 at the Fort Rucker Fire and Prevention training grounds, which ended in an explosive fashion.

Fort Rucker hosted the event, lending the installation’s facilities to local emergency responders, as well as participating in the hazardous material portion of the exercise to practice preparedness measures and gain some knowledge with the process, according to Fort Rucker Fire Chief Jay Evett, adding that the day’s training was twofold.

“What we are doing is assisting our community partners – putting faces with names, developing a better relationship. The other part is that we get to demonstrate a new capability we have with our mass decontamination trailer,” he said.

“We can showcase [the mass decontamination trailer] to our partners this way. In case they ever need us, they can activate the mutual aid agreement and we can assist them,” he continued.

The exercise was conducted much like post all-hazards, which was held in March. A scenario was set in place and the responders had to take appropriate action accordingly.

The circumstances that emergency

responders were presented was a terrorist wrecked a tanker truck and it was leaking, causing a hazardous chemical situation that caused civilian casualties – who were volunteer victims that helped with the exercise.

With the threat identified, Dothan, as the regional response team, asked for assistance with the HAZMAT situation, and Rucker responded and supported the operation with the decontamination vehicle.

Rucker began the process of bringing in the walking victims and putting them through the decontamination truck.

Later in the scenario, during the in-

SEE COHESION, PAGE A5



PHOTO BY SARA E. MARTIN

Mark Cedarstaff holds Sophie Evett while Rachael Evett is instructed by Fort Rucker fireman Vincent Guistina to go to a safe area after being simulated disinfected by the mass decontamination trailer during a disaster preparation exercise April 24.

PERSPECTIVE

JAG: 5 tips for getting security deposits back

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

Too often, Soldiers are taken by surprise when they receive a bill rather than their security deposit after they have moved to a new duty location.

Here are five important tips to protect yourself when renting property, so that you will get a full refund of your security deposit.

1. Fill out a move-in inspection sheet.

When you first take possession of your house or apartment, ask your landlord for a move-in inspection sheet to fill out. On this sheet, you can document any problems with the property that were already there when you moved in. Remember to document any and every small scratch or stain. Return the sheet to your landlord or property management company, and have them sign and date a receipt stating that you turned it in. Also, make sure you keep a copy for your own records.

2. Take pictures.

Take pictures of the property when you move in and also when you move out. This way, if your landlord charges you for damages you did not cause, you can prove that ei-

ther the property was in the damaged condition when you moved in, or it was not in the damaged condition when you moved out. Given all the advanced smart phones out there now, you can also take a video of a walk-through of the property both when moving in and when moving out.

3. Document any communications between you and your landlord.

If there are any issues with your property that you want your landlord or property manager to fix, make sure you keep records of the conversations you have with them, either by email or by keeping a log book. With these records, you can prove that you gave your landlord notice of any problems that you may have had during your tenancy. Also, if your landlord or property manager agrees to alter any conditions of the lease, such as letting you move out early without a penalty, make sure you get this in writing.

4. Do a walk-out inspection with your landlord.

When you move out, ask your landlord or property manager to do a walk-out inspection with you to confirm there are no issues with the property. You should ask them to point out any deficiencies so you are aware of any poten-

tial charges. They should also explain their expectations for you when you move out; for example, if you should hire a professional cleaning service or a carpet cleaner, or if you will be allowed to leave furniture or other large items on the property for the landlord to dispose of.

5. Give your landlord notice that you are moving out.

Even though most leases have a termination date, most leases still require that you give your landlord at least a 30-day notice that you intend to move out on the termination date. If you don't give your landlord or property manager notice, they will assume that you want to remain in the property past the lease expiration and become a month-to-month tenant. To avoid being charged an extra month's rent, look at your lease to determine how much notice you need to give your landlord – usually, it will be either 30 days or 45 days. The notice must be in writing, and the best way to ensure delivery is to send the notice through certified mail.

The legal assistance office is open to active-duty service members, retirees and their Family members. If you would like further information regarding renting residential property or would like to speak to an attorney, come to Bldg. 5700, Rm. 320, or call 255-3482 to make an appointment.

Rotor Wash

“The Army 10 Miler Run Off is May 11 from 7-11 a.m. at the Fort Rucker Physical Fitness Facility. What precautions should a person take before engaging in any strenuous exercise or other physical activity?”



Spc. Bryan McMahon,
164th TAOG
“They need to stretch properly.”



W01 Jacob Radke,
B Co., 1st Bn.,
145th Avn. Regt.
“People need to stretch and drink plenty of water.”



1st Lt. Casey Noble,
D Co., 1st Bn.,
145th Avn. Regt.
“Stretching is a good precaution as well being properly hydrated, and having enough to eat is important so you have enough energy.”



CW2 Rebecca Pinckney,
D Co., 1st Bn.,
145th Avn. Regt.
“Make sure you get adequate rest and make sure you know what you're getting into before you do it. Be familiar with the exercise before you do it.”



Sgt. Maj. Marvin
Pinckney, USSACE G-3
“Make sure you use the right equipment for the exercises you are going to be participating in.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-injury.

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

Escort your buddy

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

Retirement ceremony honors Soldiers

By Sara E. Martin
Army Flier Staff Writer

The quarterly retirement ceremony took place Friday at the U.S. Army Aviation Museum where friends and Family gathered to honor Soldiers that served the United States with distinction.

The 15 retirees accounted for more than 356 combined years of service, and some of the notable things that have occurred on these Soldiers' watch include the end of the Cold War and the fall of the Soviet Union, according to Col. Stuart J. McRae, Fort Rucker garrison commander and the ceremony's guest speaker.

"[These retirees] experienced multiple changes to uniforms, transitions to new equipment and standards, and many remember an Army without computers or copiers," he said, adding that over the course of all of their Army careers they all had made an incredible difference.

Col. Richard C. Stockhausen

Stockhausen entered military service in 1983. During his 30 years of military service he served multiple combat tours in support of Operations Desert Shield and Storm, as well as Operations Enduring and Iraqi Freedom. He stated the highlight of his career was serving and leading Soldiers in three major combat operations. He and his wife, Diana, plan to reside wherever life beyond the Army takes them.

Lt. Col. Jeffery B. Henderson

Henderson entered military service in 1981. During his 32 years of military service he has served five combat tours in support of Operations Iraqi and Enduring Freedom. Henderson said the highlight of his career was his final tour where he was the Aviation officer-in-charge for Joint Sustainment Command, Afghanistan. He and his wife, Tavia, plan to reside in Macon, Ga.

Lt. Col. Roderick M. Hynes

Hynes entered military service in 1993. During his 20 years of military service he has served multiple combat tours in support of Operations Iraqi and Enduring Freedom. He stated that the highlight of his career was commanding a battalion in combat and bringing every Soldier home. He and his wife, Allison, plan to reside in Huntsville.

CW5 Ross Morrison

Morrison entered military service in 1978. During his 35 years of military service, he has deployed to the Balkans, and served multiple combat tours in support of Operations Desert Storm and Iraqi and Enduring Freedom. The highlight of his career was his assignment as the Fort Rucker safety director and Aviation Branch safety officer. He and his wife, Sharon, plan to reside in Copperas Cove, Texas.

CW4 Deborah Barthell

Barthell entered military service in 1987. During her 26 years of military service, she has served multiple combat tours in support of Operations Desert Storm, and Iraqi and Enduring Freedom. The



PHOTO BY SARA E. MARTIN

The quarterly retirement ceremony took place Friday at the U.S. Army Aviation Museum to honor Soldiers that have earned special recognition and served the United States with distinction. The retirees are: back row CW3 Scott Ross, Col. Richard C. Stockhausen, Lt. Col. Roderick M. Hynes, CW4 Douglas Warwick; front row 1st Sgt. John Orr, CW5 Ross Morrison, CW4 Deborah Barthell, Master Sgt. James Strickland Jr.

highlight of her career was serving as the course director for the warrant officer candidate course at the Warrant Officer Career College. Upon retirement, she plans to reside in Phenix City, Ala.

CW4 Michael Brewer

Brewer entered military service in 1990. During his 23 years of military service, he has deployed to the Mediterranean Sea and has served multiple combat tours in support of Operation Iraqi Freedom. He stated that the highlight of his career was earning the title of U.S. Marine. He and his wife, Brenda, plan to reside in Enterprise.

CW4 Walter Crawford Jr.

Crawford entered military service in 1991. During his 22 years of military service he has served multiple combat tours in support of Operations Iraqi and Enduring Freedom. He stated that the highlight of his career was being able to serve his country. He and his wife, Cynthia, plan to reside wherever God sends them.

CW4 Douglas Warwick

Warwick entered military service in 1991. During his 22 years of military service he has served multiple combat tours in support of Operation Iraqi freedom. The highlight of his career was having both grandfathers pin his wings on upon graduation from flight school. His wife's name is Misty.

CW3 Joseph Morano

Morano entered military service in 1986. During his 27 years of military service he served multiple combat tours in support of Operations Iraqi and Enduring Freedom. The highlight of his career was serving as an exchange Soldier to Japan and being a part of the first unit to deploy with a UH-60M helicopter. He and his wife, Jodee, plan to reside near the Gulf Coast of Florida.

CW3 Rondia Hill

Hill entered military service



The quarterly retirement ceremony took place Friday at the U.S. Army Aviation Museum to honor Soldiers that have earned special recognition and served the United States with distinction. The retirees are: back row Lt. Col. Jeffery B. Henderson, CW4 Walter Crawford Jr., CW4 Michael Brewer, Sgt. 1st Class William Butler; front row CW3 Rondia Hill, CW3 Joseph

in 1989. During her 23 years of military service she has served multiple combat tours in support of Operations Desert Shield and Storm and Operation Enduring Freedom. She stated that the highlight of her career was being a tactical officer for the WOCC where she influenced future warrant officers and saw them transition into future leaders. She and her husband, Steven, plan to reside in Midland City, Ala.

CW3 Scott Ross

Ross entered military service in 1990. During his 22 years of military service he has served three combat tours in support of Operations Iraqi and Enduring Freedom. The highlight of his career was safely returning from combat and rejoining his Family. He and his wife, Nanette, plan to reside in Enterprise.

CW3 James Henderson

Henderson entered military service in 1993. During his 20 years of military service he has served multiple combat tours in support of Operation Iraqi Freedom. He stated that the highlight of his career was being led and leading some of the best people in the world in defense of the country. He and his wife, Alice, plan to reside in Enterprise.

First Sgt. John Orr

Orr entered military service in 1984. During his 29 years of military service he has served multiple combat tours in support of Operations Iraqi and Enduring Freedom. The highlight of his career was working as an operations NCO for First Army and training the Iraqi Army. He and his wife, Tina, plan to reside in Atlanta.

Master Sgt. James Strickland Jr.

Strickland entered military service in 1989. During his 23 years of military service he has deployed to combat in support of Operation Iraqi Freedom. He stated that the highlight of his career was raising his Family while serving his country. He and his wife, Kathi, plan to reside in Enterprise.

Sgt. 1st Class William Butler

Butler entered military service in 1990. During his 22 years of military service he has served multiple combat tours in support of Operations Iraqi and Enduring Freedom. The highlight of his career was serving in a joint command for United States Forces Afghanistan. He and his wife, Tonja, plan to reside in Enterprise.

News Briefs

ACAP relocates

The Fort Rucker Army Career and Alumni Program Center moved recently from its location in Bldg. 5700, Rm. 185 to the second floor of Bldg. 4502. Under the Vow to Hire Heroes Act, more classroom and office space is needed to accommodate new ACAP staff members and the number of classes required under the act.

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

For more on ACAP, call 255-3932.

MEDPROS phone number change

Lyster Army Health clinic advises people that the phone number to the Medical Protection System office, located at Bldg. 5700, has changed. The new phone number is 255-9916. Those calling the old number will automatically be transferred to the new number for about 90 days.

CDC opens early Friday

The Fort Rucker Child Development Center and School Age Center will open at 5 a.m. this Friday only for Soldiers who need to drop their

children off before taking part in the NCO run scheduled for that morning.

For more, call the CDC at 255-2262 or 255-3564, or SAC at 255-9108 or 255-9127.

AAFES fun, fitness

The Fort Rucker Exchange is bringing giveaways and specials to the third annual Family Fun & Fitness Festival, May 17-18 from 9 a.m. to 4 p.m. Authorized shoppers can join in the fun by visiting the main exchange and entering to win one of 40 \$25 commissary gift cards – with an exchange \$100 purchase for eligibility to receive an entry form — when they gear up to get fit with a variety of specials at the sidewalk sale. In addition to shopping and giveaways, there will be activities for the entire Family and on-site food vendors.

"We anticipate a terrific turnout and an even better time at this year's festival," said Don Walter Jr., Fort Rucker main store manager. "It's going to be a great couple of days for the community to come together to shop, dine and just have some fun."

Property profile scam

Local officials report that there are letters showing up in people's mailboxes around the area that offer "property profiles" containing a "wealth of information useful to understanding a subject property's makeup" for

a fee. The information offered by the scammers is actually public record, officials said, advising people not to fall for it.

Army health care survey

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

Lyster open on DONSA

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

Asian Pacific Heritage

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

For more, call 598-9423.

Officials urge awareness, education for antiterrorism

By Nathan Pfau
Army Flier Staff Writer

When it comes to antiterrorism and keeping the installation safe, Fort Rucker officials want to make sure that people on post remain vigilant, and one way to do that is by making sure they know the Army's strategic plan.

Throughout the year, the Department of the Army's antiterrorism office issues a different theme each quarter to combat threats against the installation, and this quarter's theme is The Strategic Plan, and in order for the installation and community to remain safe, people must understand what the processes are, according to Tom Solem, Fort Rucker Training and Doctrine Command antiterrorism officer.

"Terrorism remains at the forefront of national security, and in the last five years there has been a steady increase of terrorist attacks within the U.S. homeland targeting U.S. military and civilians," he said. "In this era of persistent conflict, terrorist groups will continue seeking innovative ways to conduct attacks, and it's difficult to predict with certainty the actual threat at any given time."

These threats can range from simple one-man attacks, to cyber terrorism and even smaller acts of harassment, such as bomb threats, that waste financial resources and stress emergency responders, according to the antiterrorism officer.

"The Army executes an antiterrorism program to prevent terrorist attacks against the Army community in order to protect personnel and ensure continuance of essential military missions," said Solem. "That is the Army's antiterrorism mission."

For that reason, officials maintain that people on the installation must be educated



PHOTO BY SARA E. MARTIN

Simulated victims move to be medically evacuated from Yano Hall by Flat Iron after a shooting scenario during the Fort Rucker All Hazards Exercise March 13. Fort Rucker officials urge people on the installation to remain vigilant and know the proper plans and procedures in case of an emergency.

on the Army and installation protection programs for dealing with potential threats, and the first way to deal with these threats is to bring awareness to the issues.

The first way to combat the threat is by making sure that all information is disseminated through the different levels of the installation, both military and civilian.

"The program is [in place] but it's developed in a bubble," said Mike Whittaker, installation antiterrorism officer. "Like any other program, it's worthless if it doesn't get down to the lowest levels."

The Army's protection plans and programs accessible to people on the installation on the Army Knowledge Online website through the antiterrorism portal, and that's where people need to start, said Solem.

From there the plan needs to be implemented and tailored for their specific organization for any and all types of threats that

range from terrorist attacks to weather disasters, said Solem, adding that the main focus of the plan is on the training and education aspects.

"We need people to know that there are programs and policies in place to combat all types of situations, and the education needs to get out. Not just to Soldiers, but to the communities as well, whether it's military or civilian," he said. "The strategic plan encompasses training, and the training doesn't have to be a formal one-hour block of instruction,

but there needs to be some sort of education and training within the units and organizations.

"It's no different than taking Soldiers to the range and having them shoot a weapon," he continued. "It's muscle memory and repetition, and eventually you don't have to tell them what they have to do, they just know how to do it."

Solem suggests that units and organizations practice different plans monthly, and wants to remind people that's the reason the installation has Tactical Tuesday, adding that they don't have to wait for those Tuesdays to practice their plans.

"It's very important for people to remain vigilant because bad guys are prodding and probing our defenses daily," said Solem. "They are testing the security at gates all the time and there are people that are sympathetic to our enemies, so people need to be aware."

One of the main ways that the installation hopes to keep people aware is by making sure that these type of trainings stay fresh on their minds.

"The purpose of these themes and the reason they change every quarter is for awareness and education," he said. "It's like a mechanic working on a car. One day you talk about tire inflation and another you talk about oil levels."



PHOTO BY SARA E. MARTIN

Col. Douglas Gabram, U.S. Army Aviation Center of Excellence deputy commander, and Col. Anton Leshinkas, senior Australian representative, lay a wreath down at the 135th Assault Helicopter Company Memorial in Veterans Park April 25 at a dawn service.

Aviators honor fallen Soldiers on ANZAC

By Sara E. Martin
Army Flier Staff Writer

A community of military Aviators from all over the world gathered April 25 at Veterans Park to celebrate Australian and New Zealand Army Corps Day, a national day of remembrance in Australia and New Zealand, which is celebrated much like the American Memorial and Veterans' Days.

The day is celebrated on Fort Rucker with a gunfire breakfast, a dawn service, ANZAC biscuits and a game of two up, according to Australian Army Lt. Col. Stephen Jobson, CSC, Fort Rucker Australian Army Aviation Liaison officer and master of the ceremony.

"This day is celebrated all over the world from Egypt to England, from New Zealand to North America," he said as he thanked the many officers from Germany to Canada for attending the ceremony.

ANZAC Day marks the anniversary of the first major military action fought by Australian and New Zealand forces during World War I in 1915. It honors the ANZAC members who fought at Gallipoli in Turkey. It now more broadly commemorates all those who died and served in military operations for Australia and New Zealand, according to Jobson.

"During the 1920s, Anzac Day became established as a National Day of Commemoration for the 60,000 Australians and 18,000 New Zealanders who died during the war," he said.

More than 8,500 Australians and New Zealanders were killed in the Gallipoli campaign and more than 19,000 were wounded, he continued.

"The ANZAC traditions and the ideals of courage, endurance and mateship are still relevant today. We meet at this bleak hour to honor the heroism, tenacity and resilience of that group of young men whose units were sent to Gallipoli," he said.

Commemorative services are held at dawn, the time of the original landing, with returned Soldiers seeking the comradeship they felt in those quiet, peaceful moments before dawn, according to Jobson.

"With symbolic links to the dawn landing at Gallipoli, a dawn stand-to or dawn ceremony became a common form of ANZAC Day remembrance during the 1920s. Before dawn the gathered veterans would be ordered to 'stand-to' and two minutes

of silence would follow. At the start of this time a lone bugler plays The Last Post and then concluded the service with Reveille," he said.

Another ANZAC Day tradition is the gunfire breakfast, which occurs before many dawn services down under.

"It symbolizes the historical last meal that troops enjoyed before going into battle. It was normally held during the hours of darkness and was often cold fare so that cooking fires did not give away their position," continued Jobson.

It is also customary to wear rosemary, according to Jobson's wife, Tania, which was one of the only herbs to grow on the battlefield.

"The [Soldiers] who served on the Gallipoli Peninsula created a legend," said Jobson. "[Their actions] added the word 'ANZAC' to our vocabulary and created the notion of the ANZAC spirit."

Children called out the names of fallen Australian Soldiers during the calling of the honor roll, and hymns were sung and poems read during the ceremony to honor the dead.

The ceremony was held by the 135th Assault Helicopter Company Memorial at Veterans Park. This Memorial is the only one in Alabama with the names of fallen Australian Servicemen listed alongside their fallen U.S. Allies.

"There is great significance in the 2013 Fort Rucker ANZAC Day commemorations taking place at the 135th Assault Helicopter Company Memorial. It is an honor and a privilege to commemorate ANZAC Day [here] where five Australians died as a result of service with the 135th Assault Helicopter Company," said the master of ceremonies.

ANZAC Day remains one of the most important national occasions of both Australia and New Zealand, and is a rare instance of two sovereign countries not only sharing the same Remembrance Day, but making reference to both countries in its name, added Jobson.

After the wreaths were laid and the benediction read, the service came to a close and people gathered in the U.S. Army Aviation Museum to continue the celebration with a full breakfast and a game of two-up, a traditional Australian gambling game that was widely played by the Soldiers that landed on Gallipoli, according to the liaison officer.

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Earth: Students learn conservation tips

Continued from Page A1

organization’s recyclable materials to be submitted for their specific organization,” said Lowlavar. “At the end of every quarter, we will send a voucher equal to a certain poundage or tonnage quantity that can be used at any of the various [Directorate of Morale, Welfare and Recreation Facilities].”

She urged that it’s important for people to recycle because of the limited amount of landfill space that is available.

During the Earth Day celebrations, people at the expo weren’t the only ones learning about conservation.

Students from the Fort Rucker Elementary School,

with the help of Fort Rucker’s Environmental and Natural Resource Division, the Wiregrass Sergeant Major Association, Command Sgt. Maj. Buford E. Noland, Fort Rucker garrison command sergeant major, and Justin O. Mitchell, Fort Rucker deputy garrison commander, planted trees behind the Fort Rucker Youth Center to help teach about the importance of renewing our resources.

“It’s important to teach our younger generation that we need to protect our renewable resources by planting trees and taking care of the Earth because it’s our home,” said Noland.

The children helped by digging holes, putting the trees in the holes, covering them with soil, putting pine straw

on top of the soil, then watering the trees — an experience that some said made a world of difference.

“One tree can make a difference for two other people,” said Marcus Hanks, FRES student, when asked about the importance of conservation. “I learned that one tree gives enough oxygen for two other people, and without that tree there, there just won’t be enough oxygen for everyone.”

Baily Noland, FRES student, agreed and said her favorite part was making a difference.

“I really enjoyed planting the trees and making a difference because it’s so fun to have that experience,” she said. “Most kids don’t get that experience because they don’t have a home and they don’t have a Family.”

Production: Program engages, educates post audience

Continued from Page A1

He said he was able to relate to the self-centeredness of the character in the play and how nothing was ever his fault.

“One part that I could really relate to is when he cheated on his wife and felt really bad about it, but then it wasn’t his fault,” said Jones.

During the play, the man blamed the woman he cheated with for being at fault because he felt she should have known better since he was a married man, and the idea of putting blame on something or someone else was something that Jones said was easy to relate to.

“My colonel told me, when I got RIF’d out, that the reason he approved it was because I didn’t know how to separate my

on-duty time from my off-duty time,” he said of his removal from the Army during a reduction in forces. “After that, I haven’t found it necessary to take a drink since Aug. 1, 1988.”

After the panel discussion, an open discussion was held with the audience members, during which they were asked questions and were able to share their own experiences.

Christina Parker, civilian, said she was surprised at the way the play sparked discussion and appreciated the fact the installation found a new way to approach alcohol abuse training.

“I actually thought it was really good. It was more engaging than I had anticipated, and I think it was a great way to increase discussion about a topic that’s controver-

sial and not the easiest to approach,” she said. “They did a really good job generating a discussion and getting people involved, and I was truly surprised by the depth of conversation that was facilitated afterward.”

Col. Stuart J. McRae, Fort Rucker garrison commander, was among those to share his experience with the audience.

McRae said he came from a Family of 13 children, 11 of whom were adopted — with most coming from dysfunctional backgrounds, which attributed to a lot of alcohol abuse in his Family.

He confessed to the audience that he had Family members whose lives were affected and ruined by alcohol abuse, including a brother who spent 10 years in prison because of it; another brother whose poten-

tial military career was ruined because of alcohol abuse; and a sister that he lost to alcohol poisoning.

He shared his experience because the Army has been at war for 12 years, and people look for ways to escape, he said.

“We’ve been in constant combat and we’ve asked a lot of folks to do a lot of courageous things, and because of the effects of war, we’ve had the highest suicide rates in years,” said McRae. “A lot of people are trying to escape a painful thing, and alcohol and drugs are one of those means of escape.”

It’s programs like the alcohol awareness training and Outside the Wire productions that help combat that and educate people on awareness, and for that, McRae said he was grateful.

Cohesion: Exercise tests community readiness, communication

Continued from Page A1

vestigation of the truck, an explosive device was found, which was actively engaged and detonated by a robot from the Dothan Bomb Squad.

For exercise purposes, the location was not on Fort Rucker, according to officials.

“The regional exercise took place in ‘Central City,’ a place off Fort Rucker but near enough where if an emergency happened the installation could respond,” said the fire chief. “This way it could activate the mutual aid

agreement, and its capabilities could be tested and simulated.”

The need to get familiar with the outside counties and surrounding areas, according to Fort Rucker Deputy Fire Chief Lonny Keen, is so all units can work better together.

“It is good to do training with them so they can see our capabilities, we can see their capabilities and we can all work together better. We want to form a communication line, we don’t want there to be any barriers in case they ever need our help or if we ever need theirs,” he said. “It gets us talking

together and working through issues together.”

The training was also a good way to fully test out the firefighter’s new asset.

“The vehicle does not go through a full scare exercise often, so the volunteers as well as the firemen were excited to get it up and going,” said Keen.

This is the first year Fort Rucker has participated in the regional exercise.

“They asked us if they could hold it here, but by agreeing it allowed us to participate as well,” said Evett. “We have a controlled

environment here, so it is great for them and us. It facilitates a good working environment for the future, as well. I am really excited that we got to host and participate in it.”

Rachael Evett, a volunteer who went through the decontamination, said she understands the importance of having the full scale exercise.

“I can see how someone would be frightened to have to strip down to nothing and go through a machine that will hopefully save you. I did feel safe, though, and we were given great instruc-

tions,” she said. “I am glad we have these capacities. I think it makes the community safer having this safety resource.”

According to the deputy fire chief, the regional exercise was a success and Fort Rucker Fire and Prevention gained some “awesome” training out of the process.

“It tested our readiness. We learned from the all-hazards exercise and today we proved that we are improving and we opened up valuable communication with our community partners,” he said.



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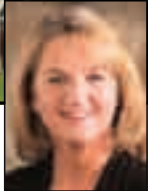
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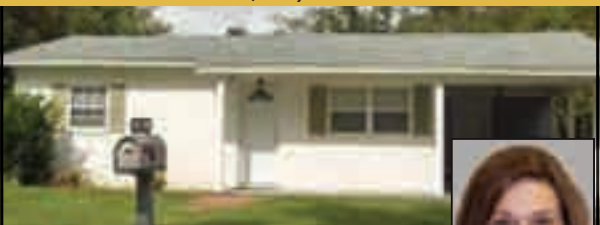
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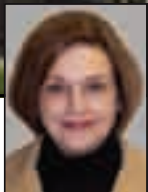
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MAY 2, 2013

Army says no-go on extended Afghanistan tours

By C. Todd Lopez
Army News Service

WASHINGTON — Last month, the Army's senior-most officer told lawmakers budget cuts could result in a decrease in training readiness for follow-on forces to Afghanistan that could result in extended tours for Soldiers already there. That is no longer the case.

During testimony on Capitol Hill April 23, Chief of Staff of the Army Gen. Ray Odierno told members of the Senate Armed Services Committee that "difficult decisions" with regard to the Army budget have eliminated the possibility that Soldiers who are in Afghanistan now might need to stay longer due to the training-related delays of follow-on forces.

Chief among those difficult decisions are the 14 days of civilian furloughs the Army will implement later this year to help reduce costs. The savings there will help the Army train, Odierno said.

"That's allowing us to have enough

money to invest in the training of the units that will be placed in Afghanistan, so we will not have to increase tour length," he said. "We've had to make some very difficult decisions here in fiscal year 2013 in order to ensure we do not extend those tour lengths. So they were tough, difficult decisions; but we believe tour lengths will remain the same and we will be able to train the forces that follow up those units."

Shrinking Army

A primary concern for legislators was the cut in forces the Army will experience between now and the end of fiscal year 2017, coupled with the force cuts that could come with additional sequestration. Right now, the plan for active-duty Army force cuts requires the Army to drop to 490,000 Soldiers by the end of fiscal year 2017. In 2010, the Army was at 570,000 Soldiers. That's a cut of 80,000 Soldiers.

SEE TOURS, PAGE B4



PHOTO BY SPC. JOHN G. MARTINEZ

Secretary of the Army John McHugh and Chief of Staff of the Army Gen. Ray Odierno testified before the Senate Armed Services Committee on the fiscal year 2014 National Defense Authorization Budget Request from the Department of the Army April 23 in Washington, D.C.



PHOTO BY TECH. SGT. MATT HECHT

BLACK HAWK TRAINING

Sgt. Alvin Sanderson, a UH-60 Black Hawk helicopter crew member from the 12th Avn. Bn. prepares for takeoff from the 177th Fighter Wing, New Jersey Air National Guard on April 24. The 12th Avn. Bn. is located at Davison Army Airfield, Fort Belvoir, Va.

4th CAB Chinook Aviators train for wildfires

By Sgt. Jonathan Thibault
Fort Carson Public Affairs Office

FORT CARSON, Colo. — Splash splash — Colorado Springs wildfires could be getting a bath.

Pilots of the 4th Combat Aviation Brigade, 4th Infantry Division, conducted Bambi Bucket training on Fort Carson, April 4.

A Bambi Bucket is a specialized bucket that carries about 2,000 gallons of water, suspended on a cable carried by a helicopter for aerial firefighting. When the helicopter is in position, the crew opens the release valve to battle the fire below.

Officials with 4th Inf. Div. and the Fort Carson Fire Department are working together to receive approval of the Bambi Bucket mission, so the 4th CAB can assist with firefighting efforts in the Colorado Springs area.

"These missions would give 4th CAB the capability to help other agencies fight wildfires," said CW4 James Dowdy, battalion standardization officer and senior CH-47 Chinook pilot, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th CAB, 4th Inf. Div. "4th CAB could help reduce or prevent the loss of lives and property damage due to wildfires."

"We hope to get a positive interac-

tion from the surrounding communities and support them the best way we can," said Capt. Sean Pearl, commander, B Company, 2nd GSAB, 4th Avn. Reg. "We have three crews training for this mission and will train future Chinook crews as they arrive to 4th CAB."

The CAB Soldiers could be a strong reactive force in preventing and fighting wildfires in Colorado.

"Due to our training, we would be able to react quicker than most agencies and our helicopters can get into areas that most aircraft cannot," said Dowdy. "The ability to respond quickly to these emergencies makes 4th CAB versatile and allows our Chinooks to perform at various locations worldwide."

"We are currently discussing protocols with Colorado Springs firefighting agencies to better facilitate our mission to best fit their needs," said Pearl.

The Aviators hope to get the Bambi Bucket missions to get more flight training and prevent the spread of future wildfires. "It is a fairly simple mission because our CH-47 Chinooks are designed to carry external loads, such as the Bambi Bucket," said Dowdy. "This mission would provide 4th CAB Aviators a real-world mission that cannot be done through simulation and

SEE TRAIN, PAGE B4



PHOTO BY SGT. JONATHAN C. THIBAUT

CH-47 Chinook pilots with the 2nd GSAB, 4th Avn. Regt., 4th CAB, 4th Inf. Div., deploy water from a Bambi Bucket at Fort Carson, Colo., April 4. A Bambi Bucket can hold up to a ton of water.

35th CAB transfers authority

By Capt. Kerri Brantley
35th CAB

FORT HOOD, Texas — The 35th Combat Aviation Brigade from the Missouri Army National Guard, has officially transferred authority for command responsibility of Army Aviation Assets to the 36th CAB from the Texas Army National Guard.

The 35th CAB concluded its nine-month deployment rotation to Kuwait in support of Operation Spartan Shield and Operation Enduring Freedom April 18.

This has been a historic deployment, with both immediate impacts as well as lasting impacts. The 35th CAB has trained hard and done amazing things with our partner nations.

This unit was the first CAB to be deployed strictly to Kuwait for this mission, to build and maintain partnerships in the Army Central Command area of responsibility to promote peace and stability in the region.

The 35th CAB broke new ground here, set the stage for years to come by conducted training and missions that are not doctrinal Army Aviation tasks.

"I have done things here that I never dreamt I would do in my lifetime," said Col. Mark McLemore, 35th CAB commander. "I did things like landing a UH-60 Black Hawk helicopter on an U.S. Navy ship, to leading an array of missions with the Kuwaiti military and others in the region. We also broke ground in the overwater personal recovery, something that Army Aviation hasn't done in the past."

When in Kuwait, the 35th CAB continued to rise to new challenges, conducted joint training with the U.S. Navy, Marines and Air Force; as well as conducted combined arms live-fire exercises with sister brigades and regional partners.

The astounding array of mission this brigade has accomplished, proved to be a valuable asset to ARCENT as being a highly capable, adaptable and forward-thinking Aviation unit in the theater of operations.

"The brigade flew over 11,000 hours while deployed and did not have one class-A accident," said Brig.

SEE 35TH CAB, PAGE B4

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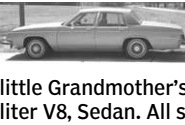
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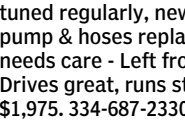
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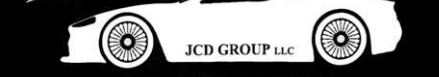
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DOTHAN EAGLE

Real People. Real News.

Tours: Officials discuss reduction effects

Continued from Page B1

Additional sequestration could require the Army to cut even more Soldiers, possibly more than 100,000 troops. Though the cuts would come from all three components, Odierno said that about half of that would come from the active force. Were that to happen, the Army might drop to 440,000 Soldiers. That's a number Odierno said will affect what Americans can expect of the Army.

Industrial base

Coming out of Iraq and Afghanistan, the Army now has “less need to buy things,” Secretary of the Army John M. McHugh told senators. That hurts the ability of America’s industrial base to sustain itself.

“The first step is knowing where problems lie; the second is trying to use diminishing resources to protect it,” McHugh said.

Hollow force

Odierno said the Army, post-Vietnam, suffered from lack of training and a lack of discipline. Then, he said, the Army was a hollow force.

The steepness of cuts from sequestration, he said, “could lead us back to where we were in the late 1970s.”

Right now, “the full impact of not having enough money to train has not fully hit yet. It’s just beginning to hit.” If it continues, he said, there will be training shortages and readiness issues. “We’ll have some real challenges on our hands.”

Training shortages and readiness issues, the general said, could lead to a lack of faith among Soldiers — causing Soldiers who now have great combat experience to want to leave the Army.

BCT reductions

As part of a mandated drawdown of forces — the one expected to take the Army to 490,000 Soldiers, the Army must also eliminate some of its force structure. That means the service will eliminate eight brigade combat

teams. Already, two brigade combat teams, known as BCTs, from Europe have been eliminated. Six more will be eliminated in the future, McHugh told lawmakers.

The Army will also develop a list of criteria it will use to make determinations about what can be cut. That list, McHugh said, should be available in June.

Reorganizations of BCTs, he said, could mean “we might make them larger,” Odierno said. “So we might eliminate flags, but it wouldn’t be a total loss of BCT, because we would add a third maneuver battalion to the BCT. Don’t focus on the flags, focus on the numbers.”

Both Odierne and McHugh told lawmakers they supported the one percent pay raise for Soldiers, as well as an increase in premiums for Tricare. McHugh and Odierne both agreed the cost of Tricare has gone up, with McHugh saying while everybody wants to maintain the “status quo,” the cost of providing Tricare has “skyrocketed over the last 10 years.”

Odierno pointed out that while the benefits associated with Tricare have increased, the cost to beneficiaries has not kept up.

35th CAB: Transition speaks to professionalism, capability of Soldiers

Continued from Page B1

Gen. Charles Taylor, ARCENT chief of staff. "That proves that safety was a priority to this command."

"I have had the privilege of listening to Maj. Gen. Cheek, Task Force Spartan Shield 3.1 Commander, speaking highly about the accomplishments, the out-of-the-box thinking seen time and time again with this unit, and the professionalism as they executed each and every task given to them," said Taylor.

phase of a partnership planned and prepped for them by the 35th CAB. During the relief-in-place process, not only did the Soldiers of the 35th CAB train the 36th CAB on daily operations and procedures, but also briefed them on a big partnership mission to be conducted soon.



PHOTO BY DAVID VERGUN

Col. Mark McLemore and Command Sgt. Maj. Joe Vogel case the colors at the transfer of authority ceremony at Camp Buehring, Kuwait, April 18.

Train: Soldiers use exercises to sharpen skills for real-world emergencies

Continued from Page B1

also make a positive impact on the surrounding civilian population.”

Fort Carson and the 4th Inf. Div. can only deploy military resources to support firefighting efforts when requested by the National Interagency Fire Center and ap-

Base. NIFC can only request Department of Defense support after all other local, state and federal resources have been exhausted.

The advertisement for 'The Diner' is set against a background of a black and white checkered border on the left and top. At the top center, a large white diamond with a red border contains the text 'The Diner' in a bold, dark blue serif font. To the right of the diamond, the text 'OPEN EVERYDAY 6:00AM - 9:00PM' is displayed in a bold, black sans-serif font. Below the diamond, a QR code is located in the top right corner. The main body of the ad features a light blue background with the text 'Breakfast, Lunch or Dinner...' in a bold, black sans-serif font, followed by 'ANYTIME' in a very large, bold, black sans-serif font. Below this, 'HOME OF THE WORLD RENOWN BREAKFAST BURRITO' is written in a bold, black sans-serif font. On the left side, 'SPECIALTY BURGERS' is written in a bold, black sans-serif font. Below that, 'WEEKDAY LUNCH SPECIALS' is written in a bold, black sans-serif font. Further down, 'TAKE-OUT & CATERING AVAILABLE' is written in a bold, black sans-serif font. The phone number '598-1794' is prominently displayed in a large, bold, black sans-serif font. At the bottom, the address '756 N. Daleville Ave, Daleville, AL' is written in a bold, black sans-serif font, followed by '(Outside Daleville/Ft Rucker Gate)' in a bold, black sans-serif font. On the right side, there is a close-up image of a burger with a bite taken out of it, showing melted cheese and a meat patty. A small, tilted banner with the text 'BRAND NEW BURGER!' and 'THE LAKOTA' is overlaid on the burger. Below the burger, a cup of red sauce is visible. At the bottom of the ad, a black banner with white text reads 'Nothing could be finer...than eating at THE DINER!'.

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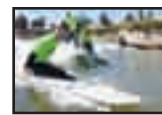
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MAY 2, 2013

Purity Ball

Event brings dads, daughters closer

By Sara E. Martin
Army Flier Staff Writer

In a culture where relationships between parents and children are often strained, especially between fathers and daughters, a new type of affair is beginning to strengthen the bonds between adolescent girls and their fathers.

The Fort Rucker Spiritual Life Center held its second purity ball to help teenage and pre-teen girls continue on a path of chastity until they are married, according to Sgt. 1st Class Jorge Jimenez, event coordinator.

“We want to offer the opportunity for dads and daughters to share a special evening, and hopefully encourage the development of a better relationship and promote Family wellbeing,” he said.

The event’s purpose is to inspire and advise young women to wait to become sexually active until their wedding night to help prevent the spread of disease and pregnancy among teenagers.

The event began in 2011 when Jimenez read the book “Bringing up Girls” by James Dobson. According to Jimenez, the book offers statistical evidence on how important it is for daughters to enjoy a healthy relationship with their dads.

“One of the chapters highlighted purity ball events, and I thought no little girl backs away from the opportunity of [dancing] and spending time with her dad around a dance floor,” he said.

Both balls turned out to be “huge” successes.

“We dads had a beautiful evening with our daughters in a faith-based environment full of laughter and clean fun,” he continued.

Though many of the attending girls were too young to understand the purity vow they took, Jimenez said the opportunity to dress up like a princess and spend time with their fathers was



PHOTO BY SARA E. MARTIN

Adolescent girls of all ages dance with their fathers during the second Fort Rucker Spiritual Life Center Purity Ball Saturday.

priceless.

“The vow does not pertain to them at this stage in their lives, but we cannot get back time lost during deployments and that part is what is important,” he said, adding that male purity vow events, although not popular, are growing across the nation.

“The lack of purity is a bigger concern for young women, in my opinion, because of the risk of pregnancy. Statistically speaking, very few men will stick around. So this event is one way to curb single motherhood,” he said.

Time spent together between fathers and daughters is essential to strengthen the bonds between them, according to Jimenez, and many attendees agreed.

Stephanie Garza, 12, said she and her sister, Kaitlian, appreciated the event because it brought them closer to their stepdad by

helping them understand each other better.

“It shows that the Army understands that we don’t always get to spend time with our dads, and it lets us have fun and cherish the moments that we do have together. We saw a couple people crying, so I know it means a lot to them, too,” she said.

Music that both dads and daughters could enjoy was played, both teaching the other how to groove.

Girls soon began filling the dance floor with bubbles with the help of large fans that were brought in to help cool the room, which despite the high temperatures, helped keep the mood light.

The event is still new to the installation, but it is growing. One hundred and twenty two people participated this time around, which is more than last year, ac-

cording to the coordinator.

“It’s a great event for the community — the girls walk away with a spark. Something will start in their minds and hearts, and that is a small step towards them staying pure [until] marriage,” Jimenez said.

The night also had an important message to lay on fathers, not just their children.

“If we expect so much from [our daughters] we have to be the best. If we expect them to be pure and remain chaste, then we have to be the best husband to their mother. We have to show them that there are godly men out there, men like their fathers who prove to them there are reasons to wait,” said Rev. Nicholas A. Peeples, guest speaker.

Peeples went on to say that the men attending are heroes, not because they are Soldiers, but because they are dads and that

in the mind of their daughters, they are the epitome of the best the world has to offer in terms of men.

“Things we do and say will impact their lives forever. Make them believe they can make a contribution to society because the person that was most influential in their life made them believe it. Think how different the world would be today if everyone grew up knowing that the most influential man in their lives loved them, cared about them, embraced them and believed in them,” he said.

Peeples finished with the purity vow.

“Our daughters can know God’s purpose for purity in their lives because you taught it to them and you lived it out before them. You need to invest in them more than the world has invested in them,” he said.

Be prepared: Experts predict active hurricane season

By Sara E. Martin
Army Flier Staff Writer

There are two keys to weather safety — preparing for the risks and acting on those preparations when alerted, and Fort Rucker officials say that people need to prepare now for a hurricane season that is predicted to be above average.

The Atlantic basin can expect 18 tropical storms and nine hurricanes, four being major hurricanes (sustained winds of 111 mph or higher), according to professor William Gray and research scientist Philip Klotzbach, from Colorado State University’s Department of Atmospheric Science.

“Always be prepared — prepare for the worst and hope for the best. It is a matter of life,” said Willie Worsham, Fort Rucker emergency response manager.

Although, historically, Fort Rucker has been hit by few hurricanes, Worsham stresses the importance of hurricane preparedness.

“You can look at a forecast and say a season is not going to be bad or say we are too inland to get much flooding or wind, but it only takes one hurricane to hit you to make your area bad,” he said.

Worsham said that people need to enter the season prepared with a severe weather kit, which includes plenty of non-perishable food items that do not need to be heated up, small tools, first aid, flashlights and batteries, and a several day supply of medication

that people take daily doses of.

Besides having a kit, people need to have plenty of fuel for vehicles and generators, have a supply of water for cleaning and cooking, pay attention to local weather reports on radio, television, or the Internet, and keep important papers and valuables in a safe place such as in a waterproof lockbox.

“We usually have a lot of power outages, so people need to be prepared to be able to sustain life for 72 hours,” he said.

Working with candles can be dangerous, as well as utilizing generators, so Worsham stresses to be safe and to not cut corners when the power is out.

According to www.ready.gov/hurricanes, never use a generator inside homes, garages, crawlspaces, sheds, or similar areas, even when using fans or opening doors and windows for ventilation because deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.

Other safety precautions include staying indoors and not driving. Fort Rucker, like many coastal military installations, uses the HURCON alert system and will issue instructions based on each level.

Worsham wants the community to be aware that once the installation hits HURCON 1, emergency responders are not sent out for their own safety, another reason people need to be prepared.

“Stay indoors, because if you get in

trouble by driving around we are not going to come out and help because we would possibly be sending more victims into the storm,” he continued.

To prepare for a hurricane, Worsham had several measures that people should follow.

- Make a Family communications plan.
- Identify levees and dams in the area, and determine whether they pose a hazard.
- Be sure trees and shrubs around the home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Bring in or secure all outdoor furniture, decorations, garbage cans and other items that are not tied down so they do not become a hazard.
- Set the refrigerator thermostat to its coldest setting and keep its doors closed in case of power outages. Freeze water in containers and place in freezer to help keep food frozen.
- Turn off propane tanks.
- Close all interior doors, and secure and brace external doors.
- Watch pets closely and keep them under your direct control. Be sure to have enough food and water for pets.
- Fill the bathtub and other containers with water in case the tap water is contaminated for sanitary purposes such as cooking, cleaning and flushing toilets.

“Be alert,” is Brandon Masters’ advice, and the Corvias Military Living communications manager suggests that post residents keep up to date with emergency preparation steps to ensure the safety of their belongings and property.

“Summer storms are unpredictable and weather conditions can deteriorate rapidly,” he said. “Residents are allowed to tape their windows and sand-bag their homes, but the tape needs to be removed once the storm has passed.

“Ensure your garage door is shut,” he continued. “Park your vehicle where it is less likely to be struck by falling limbs and other debris. Water will weigh down tree limbs and loosen anchors on play equipment. That, coupled with high winds, can create problems.”

For Soldiers and Families new to the coastal region and the hurricane season, according to www.ready.gov a tropical depression is a tropical cyclone in which the maximum sustained surface wind speed is 38 mph or less. A tropical storm is a tropical cyclone in which the maximum sustained surface wind is between 39 and 73 mph. A hurricane is a tropical cyclone in which the maximum sustained surface wind is 74 mph or more.

For more information on hurricane preparation, visit www.rucker.army.mil/readyarmy/hurricane.html.

ON POST

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

Taco Bar Tuesday

Every Tuesday, The Landing Zone will offer Taco Tuesday, featuring \$2 tacos (beef or chicken) beginning at 5 p.m. There will be a bar set up for guests to serve themselves with shredded lettuce, tomatoes, cheese, sour cream, guacamole, etc. People can make it a meal by adding black beans and rice for only \$1.95. The LZ will also have \$2 chips and queso. Specials are applicable only with the purchase of a beverage. The special is not valid with any other coupons or promotions and is for dining in the LZ only.

For more, call 598-2426.

Mother’s Day craft making

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

For more, call 255-3885

Home buying, selling workshop

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

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

Military Spouse Day

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

For more, call 598-8025.

End of School Block Party

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

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

Mother’s Day Brunch

The Landing hosts Mothers Day Brunch May 12 from 10 a.m. to 2 p.m. Moms attending the brunch will receive a free flower. Buffet prices are \$18.95 for adults, \$8.95 for children 6-12 years of age, \$4.95 for children 3-5 years of age, and children 2 years and younger eat for free. There will be a military Family special price of \$45 for two adults and two children. Reservations are strongly recommended.

For more, call 598-2426.



PHOTO BY NATHAN PFAU

Operation Golf 4 Life

Aspiring golfers get instruction during last year’s Operation Golf 4 Life. Silver Wings Golf Course hosts this year’s free Operation Golf 4 Life clinics Tuesday, and May 14, 21 and 28, from 5-6 p.m. 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 novice golfers are welcome. To register or get more information, call 598-2449.

ScreamFree Marriage Workshop

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

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

Steak Night

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

For more, call 598-8025.

Children’s Book Week

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

For more, call 255-3885.

DFMWR Spotlight

Friday, May 10th

Specials in celebration of
Military Spouse Day

**FREE
Dessert**
@ The Landing Zone

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Chaplain: Showing kindness makes positive impact

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

As you read the Holy Bible, you will find very interesting and wonderful stories — the kind of narrative that makes you examine yourself and think.

Such a story, I believe, will be found in the book of 2 Samuel, Chapter 9. It is the story of King David of Israel, who desired to show kindness to his best friend's (who was killed in battle) descendants.

The story goes that David's best friend, Jonathan, had a son, Mephibosheth, who was handicapped, being unable to walk. King David wanted to bless — show kindness — Mephibosheth, so he had him stay at his own house, all expenses paid,

for the rest of his life. Now that is showing kindness!

Showing kindness ought to be a natural desire flowing from one's heart. We ought not to struggle with the decision to be kind to someone when the opportunity is at our disposal. If you have the power to bless then you should bless someone. This was clearly demonstrated by King David. He had and he gave, and so should we do likewise.

The beauty about giving is that when we give kindness we receive happiness back. In other words, it is a joy to give when you give out of a heart of kindness. So, you end up being blessed when you bless others. This is God's way.

Being kind is not always easy, but it is

the right thing to do. Sometimes you have to bite the bullet and carry on. Many times you can show kindness and the recipient does not even acknowledge the act! Well, God above sees and knows and takes it to account.

We all have ample opportunities in life to show kindness to someone. It may be through charity, it may be your time, it may be a gesture, it may be a gift or it may be a kind word given in a time of need.

Speaking of kind words, do you realize how easy it is to be kind by your words that you speak? Showing kindness in words costs nothing but your breath, effort and desire. Kind words are words that show appreciation or words that uplift or

encourage or bring hope or bring healing.

We all should realize that we desperately need more acts and words of kindness in this world of pain, turmoil, worry, suffering, sickness and a host of other unwantables that life may bring.

Each of us has the wonderful power to make a person's day better if we choose to be a blessing to others. Kindness is a choice and you cannot go wrong with being kind. It is written in the Bible, "be not overcome with evil; but overcome evil with good."

You will be given an opportunity to be kind to someone. What will you do about it? Don't run away from this opportunity, don't hesitate and don't delay. As the slogan goes, just do it!

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday
11 a.m. Liturgical Worship Service Sunday
12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday.

WINGS CHAPEL, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING 8939

9:30 a.m. Protestant Sunday School

10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

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

Mothers of Preschoolers (MOPS)

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, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

Fort Rucker Protestant Men of the Chapel

Fort Rucker Protestant Men of the Chapel meet 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 provided. For more information, call 255-9894.

Military Council of Catholic Women

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

Catholic Adult Fellowship



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

Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday
1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.


NATIONAL DAY OF PRAYER

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




Thursday
2 May 2013
1200-1300

Headquarters Chapel
Building 109
Shamrock Street
Fort Rucker, AL



PRAY FOR AMERICA



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



COURTESY PHOTO

Pick-of-the-litter

Meet Pippin, a 5-month-old male miniature pincher. It is \$81 to adopt Pippin, 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.

Tips to quit tobacco

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- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.





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Wiregrass hosts glass art show

Wiregrass Museum of Art
Press Release

DOTHAN — “Brilliant: American Cut Glass” from the Collection of Dr. Thomas M. Fortner offers a comprehensive look at the American style of cut glass that emerged during the mid-1800s.

A national symbol of elegance and classic styling, cut glass has become highly sought after in the collecting world, and through the generosity of Dr. Thomas M. Fortner, this exhibition offers wonderful examples of a style which is distinctly American. The exhibition will run from now until July 20.

The early years of American cut glass began in 1771 when Henry W. Stiegel founded the American Flint Glass Manufactory in Manheim, Pa. However, it was not until around 1830 that a national style began to develop as American ingenuity and originality began to influence industry. The American style emerged among competition with the traditional European style during the 1876 Centennial Exposition in Philadel-

phia, where eight American glass companies exhibited a unique style which soon became the preferred style. From 1876 until of World War I, craftsmen of the American Brilliant Period excelled above all others and produced cut glass that will never again be equaled.

Fortner is a native of Dothan, graduating from Dothan High School and the University of Alabama. He finished medical school at the University of South Alabama College of Medicine and completed his internship and residency in General and Plastic Surgery in Memphis, Tenn., where he has lived since 1977.

He has actively collected American Brilliant Cut Glass for more than 40 years, is a member of the American Cut Glass Association and has curated several museum exhibitions of American Cut Glass. He is proud to have assembled this exhibit from his own private collection for the Wiregrass Museum of Art in his native Dothan.

For more information, visit www.wiregrassmuseum.org or call 794-3871.



COURTESY PHOTO

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

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

DOTHAN

MAY 11 — The eighth annual Heritage Farm Day and Trail Ride at Maddox Farm in Newton is a a trail ride and Family fun day on the Maddox Farm. The event will offer guided trail rides beginning at 10 a.m. for riders who bring their horses. Registration is \$30 per rider and proof of negative Coggins is required. Cost

includes lunch. Other activities will include supervised horse rides for kids; educational and fun stations; plowing, hay baling and cultivating demonstrations; butter churning; blacksmithing; chair caning; quilting; corn shelling; face painting; a petting zoo; tractor tricycle race; inflatables; horse drawn wagon rides; live music; craft events and an auction. A FarmFit Challenge will also be held, which includes a children’s fun run and obstacle course. For more details, call 677-7856 or visit www.themaddoxfarm.com.

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

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

TUESDAY — Landmark Park hosts the Life and Work of the Honeybee. Through three different learning stations attendees will explore honeybee communication and life cycle, honey production and harvesting, pollination, and hive environment from 9 a.m. until noon. This program will provide the opportunity to watch a beekeeper work a real hive of bees and taste freshly gathered honey. Cost is \$6 per person. For more information, call 794-3452 or visit www.landmarkpark.com.

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

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

ENTERPRISE

MAY 11 — The Candlewood Suites’ Thunder for Hope benefit poker run will be at the hotel at 10 a.m. First bike out at 11 a.m. Drawings will begin at 3 pm. There will be an auction, a 50/50 and “lots” of door prizes. Cost is \$20, which includes food and poker hand, and \$5 per passenger. Additional poker hands are \$5 each. There will be cash prizes for the best and worst poker hands. Food and drinks will be available after the ride. For more information, call 308-1102.

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

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

ONGOING — Disabled American Veterans Chapter No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station. All vet-

eran services provided are free.

For more information, call 718-5707.

OZARK

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

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

PINCKARD

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

SAMSON

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

TROY

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

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

Beyond Briefs

Friday Fest

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

Triathlon

The 2013 Gulf Coast Triathlon will be May 9-11 at the Boardwalk Beach Resort in Panama City Beach. Individual cost is \$250 and cost for a relay team is \$420. The relay teams are separated into four separate categories, men’s open, women’s open, mixed open and masters open. The swim is in the Gulf of Mexico. For more infor-

mation, visit www.gulfcoasttri.com.

New Moon Kayak Tour

People can join this ranger-led tour of the lake at Hard Labor Creek State Park in Rutledge May 11 from 7:30 – 9:30 p.m. to star-gaze and relax on the water. Register in advance. Cost is \$15 plus \$5 parking. For more information, call (706) 557-3001.

High Falls’ National Kids to Parks Day

People can celebrate National Kids to Parks Day by competing in a number of activities including a miniature golf tournament, backyard Olympics and wildlife trivia at the High Falls State Park in Jackson May 18 at 10 a.m. Cost is \$5 plus \$5 parking. For more information, call (478) 993-3053.

Moonlight Hike

People can join a park ranger on a guided hike under the full moon May 24 from 7–9 p.m. at Hard Labor Creek State Park in Rutledge. Comfortable shoes and insect repellent are recommended. Meet at the Hard Labor Creek Trading Post. Cost is \$5 plus \$5 parking. For more information, call (706) 557-3001.

Swim the Warm Springs

May 25-27 from 10 a.m. to 4 p.m. people will be able to swim in the historic pools built by Franklin D. Roosevelt as a place for therapy at Roosevelt’s Little White House Historic Site in Warm Springs, Ga. The shallow pools will be filled with naturally warm spring water. Space is limited to 80 per session and reservations are suggested. Cost is \$20 for adults; \$12.50 for ages 6-17 and a Family package costs \$80. For more information, call (706) 655-5870.

Wounded Soldiers share journey to inspire Boston victims

By Elaine Sanchez
Brooke Army Medical Center

JOINT BASE SAN ANTONIO - FORT SAM HOUSTON, Texas — Wounded Soldiers recovering here have a message they'd like to pass on to the Boston bombing victims: You're not alone.

They can relate to the devastating aftermath of an explosion and the emotional and physical pain of lost limbs. And they know firsthand the courage and strength required to heal after blast injuries like those at the Boston Marathon.

Still, they have a message of hope to deliver.

"Keep your head up and don't quit," Army Sgt. Christopher Haley said.

Haley lost his right leg and injured his left when a roadside bomb exploded in Afghanistan in September 2011. He remembers the moments after – the shock and disbelief and the quick ride to Kandahar. The doctors induced a coma, and when he woke up in Bagram, he took one look at his legs and cried.

"I thought it was all a terrible dream," he said. "When I realized it actually happened ... that was rough."

Haley was flown to San Antonio Military Medical Center to recover. A few weeks later, an amputee walked into his hospital room and delivered something he'd been lacking in recent days – hope.

"I thought to myself, 'If he can do it, there's no reason I can't,'" he said. "And I realized my life wasn't over; I still have a lot of potential."

This is the exact message he'd like to convey to the Boston bombing victims. "I can't imagine what you're going through," he said. "But plenty of people want to see you succeed. I want to see you succeed."

Army Sgt. Jordan Sisco said he was shocked and horrified when he saw the Boston bombings on the news. The incident that robbed him of his legs and his left thumb last summer was still fresh in his mind.

"I have an idea of what the Boston victims are going through," he said. "I don't know, but I have an idea."

Like Haley, Sisco vividly recalls the moment the blast hit. He was leading his squad on a surveillance mission near the site where his best friend had been injured just hours earlier. He jumped into a ditch and landed on a bomb. Time stopped at that moment, he said.

The explosion lifted him into the air "like a tornado," and a dark wall of sand surrounded him. He landed on his face and his first thought was a calm one, "I'm OK. I'm alive."

Moments later the "unbearable" pain set in, and he began to pray. "God, let me see my mom one more time." While on the chopper being rushed to care, he last remembers reaching out to hold the hand of a female medic. When he next woke up he was in the hospital and the first person he saw was his Mom.

While glad to be alive, those early days of recovery were dark ones. "When I woke up in the hospital and discovered I had no legs ... I was devastated. I didn't think there would be a girl out there for me."

And if there was, Sisco worried about being able to support and protect a wife and



PHOTO BY ROD BRODMAN

Sgt. Jordan Sisco acclimates to a surfboard during a surfing trip to Santa Cruz, Calif., sponsored by Operation Surf April 22. A surfer when he was growing up, Sisco recently rediscovered his passion for the sport.

Family.

"It took a lot to get me out of that," he said. "That was a very dark period for me."

Sisco slowly pulled out of his depression by leaning on his family, friends and caregivers at the Center for the Intrepid, Brooke Army Medical Center's outpatient rehabilitation center here. Talking about his situation helped, he said. "It's good to talk and hang out with people," he said. When alone, he rediscovered his love of movies and classic rock.

Sisco began setting goals for himself – new prosthetics, walking again – and recently decided to again take up surfing, a sport he fell in love with while growing up along the coast of California. He was nervous and scared at first, but when he got on the board and caught the first wave, he popped up and rode inland. "It was absolutely amazing," he said, "pure bliss."

While he's overcome one challenge after another, his biggest accomplishment, Sisco said, is never giving up.

"There were so many times when I felt like life was over," he said. "But it's not the end of the road yet."

"Many people have gone on from here to live happy and healthy lives after a horrible injury," he added. "If I can do it, if the people in front of me can do it, I know the Boston victims can too."

Haley has found healing in talking about his experiences and taking up sports such as running and wheelchair basketball. He began to run, not because he enjoys it, he said, but because he can.

Today, the Soldier's new goal is finding that one thing he can't do. "I haven't found it yet," he said with a smile.

Haley said he has every confidence that the Boston victims will move forward from this difficult time.

"They didn't deserve it," he said. "But the one thing they can do now is come out on top."



PHOTO BY ROBERT T. SHIELDS

Sgt. Christopher Haley works out at the Center for the Intrepid, Brooke Army Medical Center's rehabilitation facility, April 25.

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COURTESY PHOTO

Sgt. Jordan Sisco lost his legs and his left thumb in 2012 when he stepped on a homemade bomb in Afghanistan. Today, he shares his story in hopes of inspiring others facing the same types of injuries.

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Lyster celebrates National Nurses Week

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic will celebrate its 86 nurses Monday through May 12 during National Nurses Week.

During the week, hospitals and clinics throughout the nation will focus attention on the diverse ways America's 3.1 million registered nurses work to save lives and to improve the health of millions of individuals.

This year, the American Nurses Association has selected "Delivering Quality and Innovation in Patient Care" as the theme.

Annually, National Nurses Week begins on May 6, marked as RN Recognition Day, and ends on May 12, the birthday of Florence Nightingale, founder of nursing as a modern profession.

During this week, registered nurses at Lyster Army Health Clinic will be honored by a cake cutting ceremony in each team center, a pizza social during lunch and the opportunity to dress in their white nurse's uniform in memory of the former nurses who helped paved the way to modern nursing practices.

Traditionally, National Nurses Week is devoted to highlighting the diverse ways in which registered nurses, who comprise the largest health care profession, are working to improve health care. From bedside nursing in hospitals and long-term care facilities to the halls of research institutions, state legislatures, and Congress, the depth and breadth of the nursing profession is meeting the expanding health care needs of American society.

LAHC is proud to recognize its registered nurses this week for the quality work they provide seven days a week, 365 days a year.

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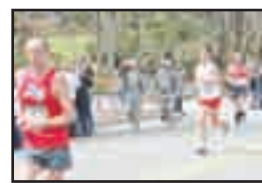
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MAY 2, 2013

Golf 4 Life

Event offers free lessons

By Nathan PFau
 Army Flier Staff Writer

Some would argue that golfing is an expensive sport to get into, but folks at the Silver Wings Golf Course are giving an introduction into the sport for a price that everyone can agree on – free.

Silver Wings Golf Course offers its Operation Golf 4 Life program every Tuesday in May from 5-6 p.m. at the driving range as a way to get people on the installation and surrounding community interested in the game of golf, according to Stan Tanna, SWGC assistant business manager.

“This is a great opportunity to get people interested in the game of golf,” he said. “If it piques their interest, they can continue coming to the sessions or even come out to play a round of golf.”

The sessions are one hour long and are designed to teach the basics of the game to people who aren’t familiar with the ins and outs of golf.

Janice Erdlitz, Directorate of Morale, Welfare and Recreation marketing director, said that the program is the perfect opportunity for people to get involved in something new.

“Golf 4 Life is a great program for our Soldiers and Families,” she said. “Oftentimes, first time golfers are a little overwhelmed with the game, so Golf 4 Life is perfect for novice players to learn the basics.”

Tanna said that there are normally different sessions for different levels of players from beginner to intermediate, but these sessions will cater to beginners who have very little knowledge of the game, adding that people don’t even have to bring their own equipment.

“All they have to do is bring some comfortable shoes to wear, they don’t even have to be golfing shoes,” he said. “We will provide all of the equipment – golf balls, clubs, everything.”

Ronnie Mobley, Professional Golfer’s Association professional instructor, will be conducting the classes and giving participants individual instruction throughout the sessions.

“[Mobley], who is our teaching professional, will give a short class on what to do, then he will have the participants hit the balls as he walks up and down the line giving individual instruction,” said Tanna.

The program is open to all authorized patrons, but ac-



PHOTO BY NATHAN PFau

David Unsicker, former Silver Wings Golf Course business manager and PGA professional, directs the swing of Keith Gunter, retired military and golf newcomer, during the Operation Golf 4 Life program at the SWGC driving range last year. This year’s sessions are held every Tuesday during May from 5-6 p.m.

tive-duty military get priority sign-up, he added.

“We have a great staff at Silver Wings Golf Course that are looking forward to [this year’s] Golf 4 Life program,” said Erdlitz. “They love to teach people to love the game of golf, and we hope our Soldiers and community will take

this opportunity to learn the game.”

Silver Wings Golf Course also offers paid golf instruction for those who wish to continue learning from a PGA professional after the sessions have ended.

For more information, call 598-2449.



PHOTOS BY SARA E. MARTIN

THUNDER ON THOLOCCO

Top: Mallory Genereaux with son, Rylen, play a tic-tac-toe yard game at the seventh annual 2013 Thunder on Tholocco Saturday at West Beach. Thunder on Tholocco is a multi-boat, outboard drag boat race. Other activities included yard games, and water sport activities and demonstrations.

Right: Jackson Augustine, military Family member, plays a yard game at the seventh annual 2013 Thunder on Tholocco Saturday at West Beach.

Bottom: Boats race across the water during the seventh annual 2013 Thunder on Tholocco Saturday at West Beach.



Soldiers recall heroic actions at marathon

By Bob Reinert
USAG-Natick Public Affairs

FRAMINGHAM, Mass. — If you saw news video from the Boston Marathon bombing, you likely witnessed how Massachusetts Army National Guard Soldiers reacted to the attack by running directly toward the scene of the first explosion to help rescue victims.

When those two bombs detonated April 15, 1st Lt. Steve Fiola, 1st Sgt. Bernard Madore and Staff Sgt. Mark Welch, three Massachusetts natives assigned to the 1060th Transportation Company of Framingham, followed their instincts and training without hesitation after the second blast.

“So then it’s game on,” said Madore, who had done two combat tours in Iraq. “You know that these are bombs. So I scanned the area. I was looking for a shooter. I didn’t know what to look for — a trigger man, something.”

One video clearly shows Fiola and Madore rushing across Boylston Street to move the tangle of scaffolding and fencing that separated first responders from the injured on a blood-soaked sidewalk.

“It was really hard,” Madore said. “It was intertwined. It was made to keep people out.”

They acted quickly, with resolve, and without the slightest regard for their own safety in the face of unknown perils.

“People keep asking, ‘What were you guys thinking?’ We weren’t thinking about anything,” Fiola said. “It’s like the switch turns on, and you just go, and you just do what you’re supposed to do to accomplish the mission.”

By 2:50 p.m. when the bombs went off, Fiola, Madore and Welch had already spent a long day helping others. They had set off on the marathon course at 5:22 a.m. as part of a group of Massachusetts Army National Guard Soldiers doing the “Tough Ruck,” marching the 26.2 miles from Hopkinton to Boston, carrying approximately 35 pounds each to raise funds for Families of fallen Massachusetts service members. The end of that effort had put them into position when the unthinkable demanded even more of them.

In an instant, adrenaline replaced fatigue in the Soldiers as they heard the sound of one blast and then another 12 seconds later. The painful blisters that he had developed at mile 14 and that left him limping for another 12 miles didn’t matter to Welch anymore.

“I jumped over the wall, and the pain instantly went away,” said Welch, who, like Madore, had deployed twice to Iraq. “It was like a bolt of lightning. It was just boom, we’re gone. We headed right over towards the first explosion.”

After the barricades were removed, the Soldiers moved to the sidewalk to assist the wounded in any way they could.

“It was just a mess of just stuff that used to resemble people,” Fiola said. “So we just started pulling debris off. There was burning debris everywhere.”

Fiola helped a man whose clothing was still smoldering after the blast. Madore did triage and then watched over a young boy named Noah with a compound fracture to his leg. Welch helped Madore find cloths and waters to treat



PHOTO COURTESY OF MILITARYFRIENDS.ORG

First Lt. Steve Fiola (left) and 1st Sgt. Bernard Madore, both with the Massachusetts Army National Guard, framed by runners, walk along the Boston Marathon course, April 15, 2013, during the annual “Tough Ruck” charity event to raise funds in memory of fallen service members. Fiola, Madore and other Guard Soldiers played heroic roles after crossing the finish line.

the wounded, and he cared for a woman with a bad head wound as a man who had lost both legs was wheeled by them.

“That’s a sight I’ll never, ever forget,” Welch said.

At one point, Madore was kneeling in blood on that sidewalk, and the situation took him back to his experiences in Iraq.

“I do remember looking down and going, ‘Oh, God, we can’t deal with this,’” Madore said. “And then right back to action — fortunately. So I stood fast, and I’m proud of that, because it got kind of real for a second.”

Madore was astounded by how quickly medical personnel moved the injured out of the area.

“Literally, when we turned back around, the emergency workers already had all these people picked up and gone,” Madore said. “It was so fast. Those people were amazing. I couldn’t believe how fast the first responders were in there.”

While their leaders tended to the injured, the 1060th’s junior enlisted helped those in the grandstand across the street, including Families from the Newtown, Conn., school shooting, and the disabled and elderly.

“They created a funnel,” Fiola said of his Soldiers. “There (were) a lot of people there that needed to be assisted. At that time, they could only get out past our Soldiers.”

When there was nothing more that they could do, the Soldiers heeded safety officials, went to the medical tent to wipe off as much blood as possible, and left the area for home. They continue to process what they saw and did

that day, when three people died and more than 250 were injured.

“I’m still kind of [upset], but I’m happy we were there to help,” said Madore, who grew up in nearby Somerville. “I don’t feel that we did anything that any other Soldier wouldn’t do.”

Welch almost didn’t do the ruck march but is glad he was there.

“I don’t ever want this to happen again, but (if) for some ungodly reason it does, I hope I’m there,” said Welch, “or I’m hoping that someone like us will be there to do what we did.”

Welch, an 11-year Guard veteran, pointed out that the tragedy was a lesson to young Soldiers about the importance of training.

“Take pride and learn that stuff,” Welch said. “Know that at some point in your life, you could need it, like we needed it last week. We’ve lived it.”

Fiola agreed, saying, “It’s better to have it and not need it than to need it and not have it.”

All three Soldiers plan to be at next year’s Boston Marathon with their rucks to march again. Eight states and Canada have contacted Fiola about sending Soldiers in 2014. Another six states want to do Tough Rucks at their own marathons.

“There’s a bigger meaning behind it now,” Fiola said. “It’s not just about Boston. It’s not just about the Massachusetts National Guard. It’s about Soldiers, and it’s about resiliency and being strong.”

BRIEF

DISC GOLF TOURNAMENT

The Fort Rucker Physical Fitness Facility holds its first disc golf tournament Saturday from 9 a.m. to 1 p.m. at the Fort Rucker Disc Golf Course. Trophies will be awarded to first place in the amateur men’s and women’s divisions, and 18 and under, 19–45, and 46-and-older age brackets. Cost is \$12 through today and includes a T-shirt and \$15. After today, T-shirts will be available as supplies last. The Disc Golf Tournament will be 18 holes and people will be paired up randomly, followed by another 18 holes paired by age group and score. People can register at the front desk of the Fort Rucker PFF on Andrews Avenue.

For more, call 255–2296.

SUPER DEMO DAY

Silver Wings Golf Course hosts Super Demo Day Saturday beginning at 9 a.m. The day offers people a chance to experience the latest and greatest that golf technology has to offer, according to course officials. People can use clubs in outdoor conditions to check out performance. The driving range will be equipped with plenty of golf balls. Food and beverages will also be available.

For more, call 598-2449.

OPERATION GOLF 4 LIFE

Silver Wings Golf Course hosts free Operation Golf 4 Life clinics in May: Tuesday, May 14, 21 and 28, from 5-6 p.m. 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 novice golfers are welcome.

To register or get more information, call 598-2449.

GOLF INTRAMURALS BEGIN

The spring-summer golf intramurals begin Tuesday and May 9 at Silver Wings Golf Course at 5p.m. Cost is a one-time league fee of \$10 per player, and \$10 green and cart fee per player, per outing. Silver Wings members pay \$5 cart fees per outing. Leagues available are Stroke Play on Tuesdays, and a 4-Person Scramble on Thursdays. Intramurals are open to all active duty military personnel, members of the reserve components, and

their Family members with a valid ID card. Civilian employees, contract civilian employees, and Family members residing in their households are also authorized. Family members must be at least 19 years of age.

For more, call 598-2449.

AER GOLF TOURNAMENT

The Army Aviation Federal Credit Union 23rd annual Golf Tournament for Army Emergency Relief takes place May 10 at Silver Wings Golf Course.

For more, call 598-2449.

ARMY 10-MILE RUN OFF

The annual Fort Rucker Army 10-Mile Run Off and Team Relay is scheduled for May 11 from 7-11 a.m. at the Fort Rucker Physical Fitness Facility. Race day registration begins at 6 a.m. Pre-registration is \$20 before Saturday and will cost \$25 beginning Sunday. Registration fee for a five-person relay team will be \$10 per person. There is also a \$12 no-shirt option.

For more, call 255-3794.

PUZZLE ANSWERS

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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. Tom Hanks
2. “Saturday Night Live”
3. It is a type of cultivated cabbage
4. Marsupial
5. Africa
6. Danny Thomas
7. Bauxite
8. Data transmission speed
9. Walter Reed
10. W.C. Fields

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Video Game Spotlight >>



COURTESY SCREENSHOT

Riptide makes solid ‘bargain bin’ title

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.)

Ready for more zombies? “Dead Island: Riptide” is a continuation of the 2011 survive-the-zombie attack game, “Dead Island.”

The survivors of the first game — because they haven’t been through enough — escape the terrors of the first island only to end up at another zombie-infested location. They left the original island on

a helicopter, landed on a Navy ship, but then a furious storm hits and the ship’s crew gets infected with the zombie virus. The original survivors make it to another island, which, of course, is full of zombies.

Gamers who played the original game know what they are getting with “Dead Island: Riptide.” While there are some new characters and the gameplay has been tweaked, the idea is to survive the zombies by any means necessary. That could mean attacking them head on when the situation favors it, but more often than not it means trying to avoid the flesh eaters.

The game offers co-op gameplay so

you can play with a friend, has role-playing elements and has an open world that — mostly — lets the gamer go where he wants to go. The characters gain weapon proficiency as they progress and there are new vehicles to drive and new weapons to use. Weather conditions play a role. Gamers will encounter times when the rain is so heavy that it’s hard to see a (zombie) hand in front of them.

If you enjoyed the first game and want to continue trying to avoid zombies, then this game is certainly for you. If you didn’t play the first game and think this all sounds interesting, “Dead Island” can be found fairly cheap in bargain bins since

it’s a couple of years old. Then, once you survive it and if you enjoy it, you can go for Act 2.

Reviewed on the Xbox 360



Publisher
Deep Silver
Rated
Mature
Systems
Xbox360, PS3, PC
Cost
\$40-50
Overall
2.5out of 4



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