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ARMY FLYER

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FORT RUCKER ★ ALABAMA

MAY 9, 2013

ASIAN PACIFIC AMERICAN HERITAGE MONTH

Ethnic observance kickoff highlights past, looks to future

By Sara E. Martin
Army Flier Staff Writer

Not a seat was available at the post exchange Friday during the Asian Pacific American Heritage Month kickoff event where more than 350 people from many nationalities could be seen eating and conversing together while volunteers performed traditional dances and demonstrations.

The day celebrated the cultures, traditions and histories of Asian Americans and the Pacific Islanders in America who have helped defend and develop the United States, said Fort Rucker's garrison commander, Col. Stuart J. McRae.

"For decades, America's story has been tied to the Pacific. Generations of people have crossed the ocean seeking better lives and opportunities, weaving their rich heritage into our cultural tapestry. We want to honor and acknowledge the significant sacrifices and contributions made by AAPI among our ranks," he said.

There was a traditional Okinawa drum show, Hula dancing, Korean traditional dancers and

musicians, singers, a Hangeul writer, a sashin performance, traditional Korean and Japanese martial art demonstrations and several food samplings at the event. Equal opportunity leaders were even dressed in Master Shifu and Po costumes.

"We helped shape this country, so I want people to learn how rich our culture is. It is important to remember that this is the land of immigrants," said Tiyanch Apple Olsen, Army and Air Force Exchange Services visual merchandiser and event assistant coordinator.

Olsen said this year's event was a huge success and added that there is more to the event than eating foreign food and watching people dance.

"You find out a lot about the similarities between your ethnic group and another. Eventually you realize that you are more similar than you are different, and in that way we can work together as a team more effectively," said Master Sgt. Thomas Reid, chief equal opportunity adviser.

Sgt. 1st Class David Kintz,

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PHOTO BY SARA E. MARTIN

Deanna Gudger and Hunter Dover, both of Japanese descent, dance a Hula during the Fort Rucker Asian Pacific American Heritage Month kickoff event Friday at the post exchange.

ACAP moves to benefit Soldiers

By Nathan Pfau
Army Flier Staff Writer

Transitioning out of the military can be a daunting task for any Soldiers, and with the draw down in forces, more Soldiers are entering the civilian workforce.

The Army Career Alumni Program is designed to help those Soldiers transitioning move from military life to civilian life, and Fort Rucker's ACAP program will be able to facilitate more Soldiers at its new location at the Army Education Center in Bldg. 4502 when the move is finalized in June.

The new location, on the second floor of the building, will allow ACAP to help up to 80 students at one time if needed, said

Bryan Tharpe, ACAP transition services manager.

"At Bldg. 5700, we are only able to facilitate 36 students at any given time, and we had to share the classroom with other organizations," he said. "We had to schedule our classes way out in advance and the competition for space can get pretty wild since it's so limited.

"Now we will have our own two classrooms here and a multipurpose room, and we're very excited about the move to the new location," he continued. "Also, with the additional new classes that we have coming online soon, we just wouldn't be

SEE ACAP, PAGE A5



PHOTO BY NATHAN PFAU

Soldiers and civilians participate in the ACAP Department of Labor workshop at Bldg. 5700 Wednesday. ACAP will be moving its classes to the second floor of Bldg. 4502 where the program will be able to facilitate more Soldiers.

Expo addresses Family health, fitness concerns

By Sara E. Martin
Army Flier Staff Writer

The Army is all about all-around health not only for its Soldiers, but their Families.

In order to promote "mind, body and soul" of everyone in the local area, Fort Rucker will hold its first Health and Fitness Expo May 16 from 2-7 p.m.

The expo includes free health screenings, demonstrations, children's activities and a bounce house, and distribution of educational material and other information to help promote wellness and health awareness, according to Leigh Ann Dukes, Directorate of Family, Morale, Welfare and Recreation sponsorship and advertising sales manager.

"We will promote what we have on post as far as medical treatments, but we also want the surrounding community involved, and it is good for people new here to know what is available in the surrounding areas," she said.

The expo will be held at the Fort Rucker Physical Fitness Facility and is open to the public.

There will be a number of different types of health physicians and representatives in attendance from the local area as well as health officials from eight different departments from Lyster Army Health Clinic.

"We have chiropractors, massage therapists, pharmacies, health care providers, fitness centers, hospitals, optical shops, OBGYNs and pediatricians to name a few," said Dukes. "We will also have TRICARE representatives at the expo to talk about changing co-pays and benefits," she added.

Different health screenings, such as blood pressure and body-mass index, will be available for attendees. Fitness demonstrations, such as Zumba, will also be showcased.

A children's art contest with the theme of

"Be Healthy" is also part of the expo. Submissions will be displayed at the expo and is open to Fort Rucker school student's kindergarten through sixth grade.

Artwork must be completed on 8.5 x 11 inch, vertical plain paper. One winner will be selected from each grade. Turn in artwork to DFMWR in Bldg. 5700 or to the principal's offices. Deadline to enter is Monday.

"Children can win a \$50 gift certificate to the post exchange. Artwork can be in pencil, pen, paint, crayon or charcoal. Include name, grade and phone number on back of entry," said Dukes.

The winners will be announced at 5 p.m. For questions, call 598-5311.

The fire department will be present outside the gym to help promote fire safety to children as well as adults, said Brian Jackson, DFMWR program manager.

More than 40 vendors will be in attendance at the health and fitness expo, which was once two separate events.

"We combined the two health and fitness expos because our Families let us know that it would be easier for them if we focused on Family health all at once. So this health fair is for everyone — men, women, children and the elderly. There will be information for everyone," said Jackson.

"People wanted a holistic event. It's not just for young Soldiers, it is for everyone. People can come casually to see numerous avenues to better your body, mind and soul," he added.

Dukes said that healthy employees are able to do their jobs better because they are not calling in sick all the time, and that healthy people are happy people, and that is a good enough reason for anyone to attend.

"A lot of people will not go to the doctor

SEE EXPO, PAGE A5

PERSPECTIVE

Encouraging all Soldiers to use ACAP a must

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

George Washington said, “The willingness with which our young people are likely to serve in a war, no matter how justified, shall be proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.”

From the beginning, our founding fathers saw how perceptions shaped our military and our ability to defend our nation. The statement made by George Washington is no less true today than it was when our nation was first established.

Most people know that when the Vietnam veterans returned home from war and how badly they were treated upon their arrival. The returning vets did not deserve such a devastating return.

Hundreds of military men and women gave their lives and many thousands of others were wounded because they were asked by our government to go fight in Vietnam and surrounding countries. The men and women of the U.S. military never ask why; they just go and do their duty. They gave all they had and served with honor and valor, but they were still seen by some as vigilantes.

Fortunately, generations later, our brave young men and

women still feel the call of duty and are willing to go whenever and wherever needed to serve our nation. But that might not always hold true. Little things that show appreciation for their selfless service mean a lot to our current and future Soldiers.

According to retired Maj. Gen. Sean J. Byrne, former commanding general of U.S. Army Human Resources Command, “Our nation and our Army owe a debt of gratitude to those Soldiers who volunteer to serve our country. Often that gratitude is best expressed when unit leaders give transitioning Soldiers the time they need and deserve to take advantage of the robust services that the Army Career and Alumni Program offers.

“All Soldiers deserve the best possible start in the civilian world when the time comes to leave the Army, and ACAP provides the knowledge and skills to smooth the way. There is no better recruiting influence in the community than a retiree or veteran whose Army experience includes being treated with respect and being supported even after making a decision to transition to civilian life.”

President George W. Bush, during his inauguration speech in 2004, called the men and women who voluntarily agree to serve in the military during a period of war a hero. He said, in part, “We see America’s character in our military, which finds a way or makes one. We see it in our veterans,

who are supporting military Families in their days of worry. We see it in our young people, who have found heroes once again....”

Although today, while most Americans perceive all Soldiers to be heroes, some Soldiers in the supervisory chain don’t always see it that way. Some supervisors, unfortunately, use the ACAP program only as a tool for good behavior instead of an earned benefit given by Congress and the Department of Defense to help all eligible Soldiers.

Therefore, some Soldiers are not allowed to take full advantage of the ACAP program to help them transition from the military successfully. Consequently, not all Soldiers have an equal chance for success when they leave the military.

Likewise, they don’t leave with a favorable impression of the Army and chances are good that they won’t help recruit other young men and women who are yet to become heroes.

Supervisors, please help all your eligible Soldiers by giving them the benefit of using the ACAP program to the maximum extent possible before they transition. It will reflect well on future generations of Soldiers; besides, under the VOW Act, it’s the law! Encourage them to call the Fort Rucker ACAP Center at (334) 255-2558 or log on to <https://www.acap.army.mil> to register for and sign up for ACAP provided services.



COURTESY PHOTOS

Volunteers of the month

At the Monday Worthwhile Information Needing Distribution meeting, Col. Stuart J. McRae, Fort Rucker garrison commander, recognized the volunteers of the month for April. The month’s top volunteers were: Mary Jane Collins, left, who volunteers with the Fort Rucker Community Spouses Club and the Retired Officers Wives Auxiliary; Corinne Pennington, middle, who volunteers with the NCO Academy and the academy’s Family Readiness Group; and Allie Reddick, right, who also volunteers with the NCO Academy and the academy’s FRG.

Rotor Wash

“Military Spouse Day is Friday, what are the best ways you think the Army supports military Families?”



Jesse Linde,
retired Army

“There are several post exchange programs that support Families and Soldiers.”



W01 Ian Mihlfeld,
B Co., 1st Bn.,
145th Avn. Regt.

“The Family Readiness Groups are probably the best ways Families get support. They do everything from yard maintenance to newsletters.”



Jonathon Weeks,
military Family member

“You get free housing, and if you don’t live on post you get a housing allowance, and Families get nice insurance.”



Sgt. Robert Young,
A Co., 1st Bn.,
11th Avn. Regt.

“There are great events that are held on post for Families to spend time together, such as Freedom Fest and all the shows they put on throughout the year.”



Sgt. Christen Farrar,
HHC, 1st Bn.,
10th Avn. Regt.

“There are programs and events on post that are designed for couples to get closer and strengthen their marriage.”

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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.

IMCOM urges privacy awareness

By Nathan Pfau
Army Flier Staff Writer

In a world where people seem constantly connected to one another by social networking and social media sites, privacy seems a luxury that is hard to come by, but Fort Rucker is working to ensure that people know the importance of privacy.

May kicks off the Installation Management Command Privacy Act Campaign, which is designed to raise awareness about identity theft and personally identifiable information violations, said Lillian Yance, Directorate of Human Resources administrative services division onsite manager.

The Privacy Act of 1974 protects records that can be retrieved by personal identifiers such as name, Social Security number or any other identifying number

or symbol, according to the U.S. Department of Health and Human Services website.

“People on Fort Rucker are pretty well educated on the subject of privacy, but once in a while there is a problem with it,” she said. “When there is a Privacy Act breach, a lot of work goes into having to correct the action.”

The intent of the campaign is to have fewer privacy act violations and incidents across IMCOM and the Army by bringing awareness to the forefront, and although Yance said Fort Rucker hasn’t had an incident in quite some time, it’s still necessary for this type of awareness so that people remain vigilant.

Brochures that hit on issues such as identity theft, scams, copier security and Internet privacy will be available to people on the installation at the post exchange, commissary and Bldg. 5700 atrium.

The installation also hosts monthly Privacy Act Training at the post theater to help safeguard PII, whether it be their own, or others they come in contact with, said Yance.

PII is any information about an individual maintained by an agency that includes things like their name, Social Security number, date of birth, education or medical history, according to Phaedra Lecuyer, privacy act officer.

Lecuyer teaches the Privacy Act training sessions at the post theater that educate participants on the act, explain what privacy means and give an overview of the importance of protecting PII.

When handling PII, she said that it must always be treated as “for official use only,” and must be marked as such. During the training, Lecuyer also goes over

the dos and don’ts of sharing, transporting and disposing of PII. Proper disposal methods include burning, melting, chemical decomposition, pulping, pulverizing, shredding, mutilation, degaussing, and deleting and emptying the recycling bin on a computer.

There are serious consequences to mishandling PII, including a conviction of a misdemeanor and a fine up to \$5,000, said the privacy act officer, adding the civil penalties may also apply, such as payment of damages and attorney’s fees, and termination from employment.

Lecuyer said people can avoid these types of penalties by being educated on the issue, taking privacy protection seriously and respecting the privacy of others.

Yance also suggests that people be extra vigilant while using the

Internet, especially while visiting social networking sites.

“With things like Facebook, people need to be careful because sometimes people put too much information out there,” she said, adding that it makes it just that much easier for someone to have their identity stolen by providing the information so freely.

“Identity theft is on the rise everywhere now,” said Yance, whose mother recently fell victim to identity theft. “She’s 86 and had her identity stolen, and it took her and my sister a lot of time and effort to get it fixed.”

Yance said the best way to combat things like identity theft is prevention and awareness, and people should always know where their information is and where people can access it.

For more information, call 255-1363.



PHOTO BY SARA E. MARTIN

Lt. Gen. Garrett visits 164th TAOG

Lt. Gen. William B. Garrett III, acting commanding general of U.S. Army Forces Command, visited the 164th Theater Airfield Operations Group April 23 and spoke to Soldiers about the growing need for their military specialties in the Army and congratulated them on the “great work [they] do in small teams.” He also awarded three Soldiers, Lt. Col. Terry Meyer, CW3 Jeffrey Collins and Master Sgt. George Webster, with the Meritorious Service Medal, and presented a coin of excellence to two Soldiers, the brigade NCO of the year, Sgt. Armando Frias, and the brigade Soldier of the year, Spc. Widgets Ho. Garrett had lunch on the installation and toured simulators in the Merryman Building before departing.

News Briefs

Bone marrow drive

The 110th Aviation Brigade will host a bone marrow drive May 17 from 9 a.m. to 5 p.m. in the post theater. The drive is designed to identify people, through a simple test, who are able to provide life-saving bone marrow transplants to people in need – including people within the Fort Rucker community.

The test features no needles or blood drawing – a technician rubs a cotton swab inside people’s mouths. After the sample is gathered, the Department of Defense will do a test to see if there is a match and the individual will be placed in a database. The test takes a maximum of 10 minutes.

People between the ages of 18 and 60 can be tested – even people not able to be donate blood are eligible to be tested as a bone marrow donor. DOD civilians, contractors, military members and Family members can participate.

Change of command

The 1st Battalion, 145th Aviation Regiment hosts its change of command May 29 at 8:30 a.m. at Howze Field. Lt. Col. Allen M. Gengler will assume command from Lt. Col. James E. Ward.

EFMP Needs Assessment

The Fort Rucker Exceptional Family Member Program conducts its needs assessment survey now through July 1. The survey is available at <http://www.ftrucker.mwr.com/acs/exceptional-family-member-program/>. Soldiers and Families should fill out the short form online or pick up a paper copy of the survey at Directorate of Family, Morale, Welfare and Recreation facilities.

For more on the survey, call 255-9277.

Mothers Day at AAFES

Diners can spend a little more on mom by dining and saving at Fort Rucker Exchange restaurants this Mothers Day as food orders made with a MILITARY STAR® Card Sunday will be discounted 20 percent.

“According to retail estimates, the average shopper will spend more than \$150 on Mothers Day,” said Larry Salgado, Fort Rucker Post Exchange general manager. “We’re offering an opportunity to shave a little bit off the bottom line and, instead of the usual 10 percent off diners enjoy every day when using their MILITARY STAR® Card, for this special day those savings will be doubled.”

In addition to getting more for less at the food court, MILITARY STAR® Card holders receive exclusive savings at the pump with a 5-cents-a-gallon discount every time they fuel up at exchange gas stations.

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.

AAFES, commissary 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.”

Thrift shop

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

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

For more, call 255-9595.

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 the scam.

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's

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.

Suicide prevention

Applied Suicide Intervention Skills Training is a two-day suicide intervention course intended for gatekeepers, such as commanders, first sergeants, chaplains, platoon sergeants and first-line supervisors (military or civilian) held at various times between now and mid-September. The goal of the course is to reach out to gatekeepers to teach them how to respond appropriately if a Soldier or civilian presents to them with suicidal thoughts or actions.

Course dates are June 12-13, with a signup deadline of June 7; and Sept. 11-12, with a signup deadline of Sept. 6. The courses take place 8 a.m. to 4 p.m. each day in the Wings Chapel. Each session is limited to 30 people.

To register or for more information on other suicide prevention training options, call Traci Dunlap at 255-7010, or send an email to traci.d.dunlap.civ@mail.mil.

Fire hydrant testing

The Fort Rucker Fire Department is conducting annual fire hydrant testing through mid-June, affecting the Allen Heights, Bowden Terrace and Munson Heights housing areas. During the testing, occupants may experience some cloudiness in the water. To clear any cloudiness, officials recommend allowing the water to run for two-three minutes.

For more, call 255-0044.

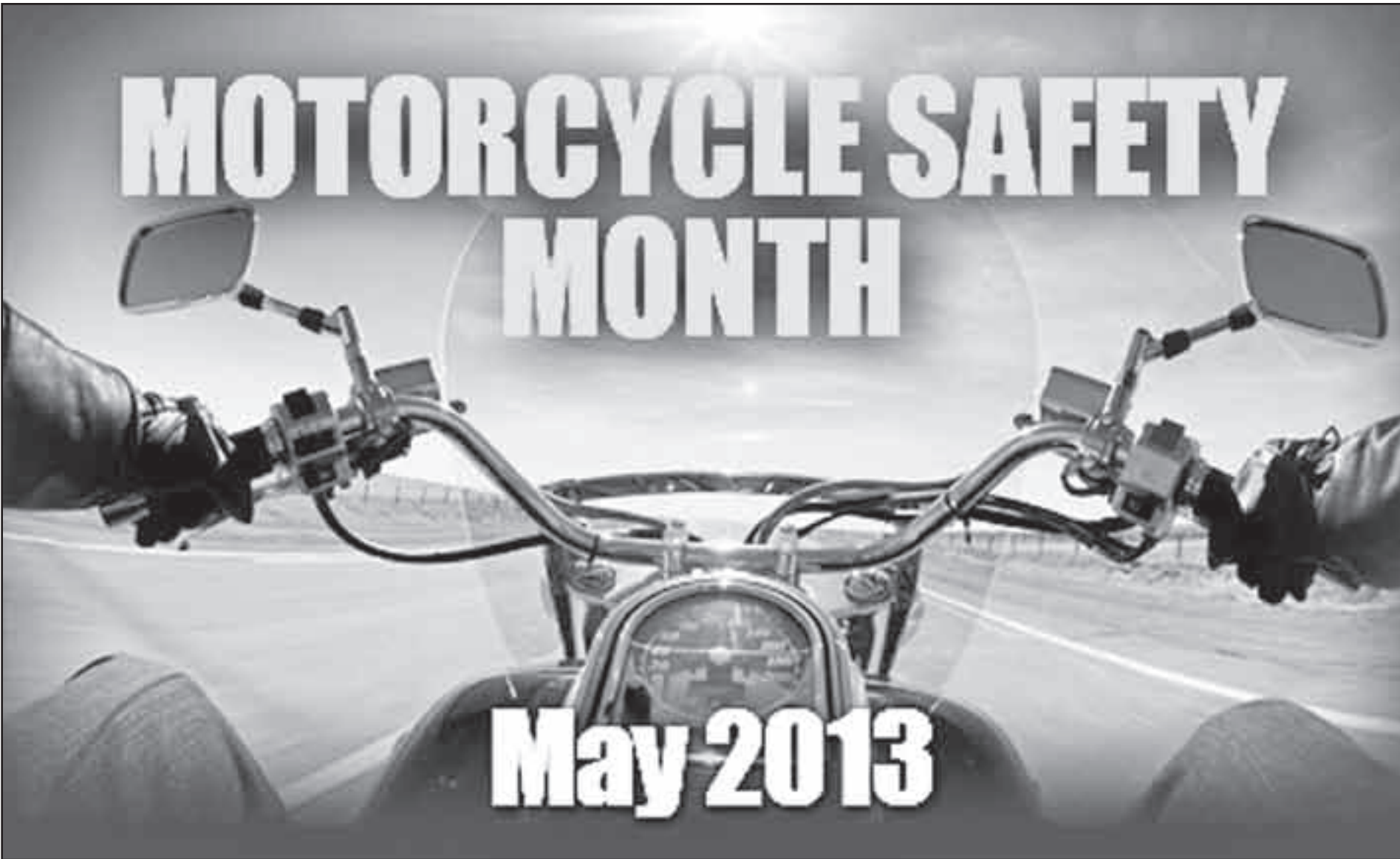
DENTAC hours

The dental clinic’s hours are Mondays-Fridays from 7:30 a.m. to 4:15 p.m., with sick call and examinations from 7:30-10 a.m. The clinic does, however, see Aviators in the afternoons for sick call and examinations because of their flight hours.

The contact number for after hours and weekend emergencies is 1 (877) 418-0983. Soldiers will speak to a triage nurse who will record the contact information of the caller. The nurse will give the contact information to the on-call dentist who will contact the Soldier. The doctor and the charge of quarters Soldier have access to the clinic for emergency care.

The clinic is closed during duty hours once per quarter for training. A sign is placed outside the front entrance to inform visitors on these days.

To reach the dental clinic, call 255-2367.



CR/SAFETY CENTER GRAPHIC

Army focuses on motorcycle safety in May

By Julie Shelley
*U.S. Army Combat Readiness/
Safety Center
Directorate of Communication
and Public Affairs*

May is Motorcycle Safety Awareness Month, and while the nationwide campaign sponsored by the National Highway Traffic Safety Administration urges drivers to “share the road” with motorcyclists, Army officials are placing greater emphasis on personal responsibility while riding.

In general, motorcycle accidents within the Army do not follow national trends, according to Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center.

“Historically, most fatal motorcycle accidents involving Soldiers are single

vehicle,” Edens said, explaining that nationally, many riders are killed when other drivers do not allow them room to maneuver in time to prevent a collision. “Even when we’ve lost Soldiers in multi-vehicle accidents, it’s often been the direct result of indiscipline on the Soldier’s part: alcohol use, excessive speed or lack of personal protective equipment.”

Army accident data show that speeding and other forms of reckless riding, neglecting to wear PPE, and failure to complete required training are among the most common indiscipline-based errors Soldier riders make. Alarmingly, leaders and Soldiers over the age of 25 have comprised the majority of rider fatalities during the past several fiscal years.

Although motorcycle fatalities have fallen markedly in 2013 — current statistics indicate a 59 percent decrease as

compared to this time last year — officials expect numbers to rise through the end of summer.

“We’ve had a great year so far, but it’s also been a long winter in many places,” said Command Sgt. Maj. Richard D. Stidley, USACR/Safety Center. “As the weather warms and more riders hit the road, their risk is going to increase. Managing it is key to staying alive for another riding season.”

The Army-mandated Progressive Motorcycle Program, which promotes life-long learning through staggered riding courses based on proven practices from the Motorcycle Safety Foundation, is now in its second year and has received positive reviews from Soldiers. A complement to that training, the Motorcycle Mentorship Program, is already well established and boasts chapters in 48 states. The MMP

pairs novice riders with experienced motorcyclists to foster an environment where enthusiasts continually learn from and keep one another safe.

“The PMP and MMP are just two of the great programs the Army has in place,” Edens said. “It’s incumbent upon leaders to ensure their riders know about them, get the proper training and ride responsibly. We now have an entire month dedicated to motorcycle safety, so there’s no excuse for not getting a head start on summer.”

Stidley said leaders should also remember their Soldiers are watching.

“Discipline and responsibility are not a function of rank,” he said. “Leaders are just as accountable to the standard as their Soldiers, and they should be setting the example.”

For more information on motorcycle safety, visit <https://safety.army.mil>.



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Heritage: Post hosts several events in May



PHOTO BY SARA E. MARTIN

Etsuko Green performs a traditional Korean drum dance during the Fort Rucker Asian Pacific American Heritage Month kickoff event Friday at the post exchange.

Continued from Page A1

equal employment opportunity, agreed and went on to say that it also gives Soldiers and opportunity to get closer to other Soldiers in their rank.

“We can see how they live and celebrate and the food they eat. It lets Soldiers see the lifestyle of the battle buddy to their left or right,” he said.

There has been significant racial prejudice against Asian Americans, and that is a blight on our country, said McRae. In spite of that, though, he said that these men and women sacrificed and persevered to build a better life for their children and all Americans.

Peter Hara, whose brother served in the 100th Battalion, 442nd Combat Regiment, attended the event and said that it meant a great deal to him that the Army hosts heritage events because it gives insight to all the sacrifices Asians have made for the country.

“When I was 7, my Family was placed in a relocation center. We had to leave everything behind, we only had what we could carry in a suitcase,” he said, adding that the center was basically a concentration camp on American soil.

The relocation center housing was tarpaper barracks, where each Family had one room with one light, and each block, about 27 buildings, shared the bathroom area. The center was fenced in with armed sentries who stood watch around the clock and would shoot them if they tried to escape, Hara said.

“We ate in a dining facility and I remember there being no trees,” continued Hara. “We lived there for three years and when we got back to our home in California everything was burned down.”

Hara said that people didn’t want Asians in the area because of the hostility and racism that followed World War II.

“I know what racism is and means in America. We couldn’t eat at restaurants or go shopping. Eventually, people realized that most of those Asians who were interned never had any incidents being a traitor or intention to expatriate themselves. Everyone there was loyal to the U.S.; they were Americans,” he said.

For the military to appreciate all the different nationalities that fill its ranks is priceless to Hara.

“When my brother was in 442nd Regiment, it was made up of Hawaiians and Japanese. His company is the most highly decorated infantry regiment in Army history – that makes me so proud. They wanted to prove just how American they were,” he said.

Other events will be held on post to celebrate Asian Pacific American Heritage Month. Both dining facilities will have an Asian-themed menu May 17. The price for lunch is \$4.55. There will also be a bowling tournament May 23. The tournament is described as “friendly.”

“We will be giving out prizes to people who answer AAPI heritage trivia questions as well as the best bowlers through the night,” said Reid.

ACAP: Program utilizes 2 on-site VA counselors

Continued from Page A1

able to facilitate everything at our old location.”

The program has also expanded to include on-site Veteran’s Affairs counselors and a financial counselor, so the move facilitates ACAP’s in-house staff as well and gives the program room to grow, said Tharpe.

ACAP now has access to a 28-person classroom, a 25-person classroom and the multipurpose room in which the program will host its employer visits or use as additional class space.

“We host at least one employer visit a month, during which we bring up to six employers at a time for our Soldiers to meet and network with,” said Tharpe. “Some of these Soldiers still have a lot of time before they are out of active duty, so networking with various employers helps – that’s a very important part of the job-search process.”

The program offers five-day workshops, which are now

mandatory under the Vow Act, that teaches Soldiers the transition overview, transition plan and how to write their resume.

ACAP does more than teach job-search skills to transitioning Soldiers. It also brings awareness to those Soldiers of the VA benefits they are entitled to, said Tharpe.

There are now two on-site VA counselors within the program who are there to answer any questions transitioning Soldiers might have about the process, said Dwayne Walters, VA benefits briefer.

“I can’t do the claims for them, but I can help them navigate the system to the best of my ability, and answer any questions and assist with any issues they have about the VA,” he said.

There are three tracks that transitioning Soldiers can choose from: the employment track, the higher-education track and the technical track, which should be available later this year and taught by the VA counselors.

The program also has a small business administration workshop called Boots to Business that teaches the ins and outs of starting a small business, said Tharpe.

“We had our first small business administration workshop in April and it went really well with about 16 Soldiers that went through the course,” he said. “Our partners from the small business administration teach the course, which is a two-day seminar.”

After the seminar, Soldiers have the option to continue on with an eight-day online piece that mentors them through the process of getting their business up and running.

Tharpe said the classes are also available to military spouses who have Soldiers transitioning, and they are more than welcome to attend the classes together as long as they register.

Classes will continue to be conducted in Bldg. 5700 throughout May.

For more information, call 255-2558.

Expo: Vendors will offer wealth of health information during event

Continued from Page A1

if they have a medical problem. They will just keep waiting until the sickness is too bad to ignore,” she said. “Well the health fair is a great opportunity for people who do not like going to the doctor to ask general questions about their problem. They can learn how se-

vere a problem might or might not be.”

The more health conscious people are the better, according to Jeff Adkins, health promotion coordinator for Lyster Army Health Clinic, and besides saving time at the doctors, he said attending the expo can save people money.

“We want people to be more preventive.

To take better care of themselves that way they don’t have to go to the doctor as much. The more informed they are the better choices they can make concerning their health and their Family’s health,” he said.

Besides it being a chance to catch things early, Dukes said that it puts potential patients in an environment that is more conducive with asking questions.

“We are hoping that by putting people in a setting such as this they will feel more comfortable asking about something that may be bothering them. Going to the internet and finding a solution may or may not be the best idea,” she said.

Officials will not be diagnosing anything at the expo, said Dukes, but there will be an “enormous amount of information.”




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PHOTO BY RANDY TISOR

The newly updated Kiowa Warrior aircraft, the OH-58F, made a ceremonial “first flight,” April 30 at Redstone Arsenal. With new cockpit and sensor modifications installed, the OH-58F represents the first major upgrade or modernization to the Kiowa Warrior in 20 years. Perhaps the biggest change to the aircraft is that the familiar sensor ball, which is mast-mounted above the rotor in older models, has been moved down to the front of the aircraft. The nose-mounted common sensor payload includes improved optics, an infra-red sensor, laser pointer and laser spot tracker.

Upgrades alter aircraft profile

By C. Todd Lopez
Army News Service

WASHINGTON — The newly updated Kiowa Warrior aircraft, the OH-58F, made a ceremonial “first flight,” April 30, at Redstone Arsenal. With new cockpit and sensor modifications installed, the OH-58F represents the first major upgrade or modernization to the Kiowa Warrior in 20 years.

The “cockpit and sensor upgrade program,” called CASUP, converts OH-58D Kiowa Warriors into OH-58F models. The CASUP program is “designed to address obsolescence in the aircraft as well as the capabilities

of the sensor,” said Col. Robert Grigsby, project manager, Armed Scout Helicopters.

Perhaps the biggest change to the aircraft is that the familiar sensor ball, which is mast-mounted above the rotor in older models, has been moved down to the front of the aircraft. The nose-mounted common sensor payload includes improved optics, an infra-red sensor, laser pointer and laser spot tracker.

Col. John Lynch, Training and Doctrine Command capability manager for the Kiowa Warrior, said mounting the sensor package on the nose of the aircraft was a decision made after considering

operations over the last 12 years in Iraq and Afghanistan.

“We are really doing a lot more maneuvering flight both in urban and non-urban environments, and the sight quickly reaches the stop limits and it is very difficult to track targets when you are flying in an environment where you are getting much closer to the enemy than we ever envisioned with the mast-mounted sensor in the Cold War-era,” Lynch said.

Lynch did say the aircraft will be “a little more exposed” by using the nose-mounted sight instead of the mast-mounted sight. But other factors in the battle space mitigate that exposure.

“[With] the linkages that are provided through communications, through manned-unmanned teaming in the current generation of aircraft as opposed to the original OH-58D in the late 1980s, and teaming with other aircraft such as the AH-64 Apache, we believe we will be able to overcome that risk and still perform the mission in major combat operation-type environment,” Lynch said. “Based on what we’ve seen in the last 10 years, we can certainly expect to be deployed in more environments like the current operating environment in Afghanistan, or recently, in Iraq.”

The OH-58D Kiowa Warrior

has the highest operational tempo of any Army aircraft in theater. On average, it maintains a monthly operational tempo of about 75 hours. Last year in theater, that number was more than 100 hours a month. The CASUP program, which converts the D model into F models, brings much capability to the well-used aircraft.

The OH-58F also includes a new digital cockpit that can be customized by the crew to display information relevant to the mission. Additionally, the OH-58F brings doubled processing speed to the aircraft, as well as improved

SEE PROFILE, PAGE B4

SMA: Relationship building key to global security



PHOTO BY DAVID VERGUN

Sgt. Maj. of the Army Raymond F. Chandler III interacts with international soldiers at his home at Joint Base Myer-Henderson Hall, Va. The soldiers are students at the Army’s Sergeants Major Academy in Fort Bliss, Texas.

By David Vergun
Army News Service

WASHINGTON — Forging bonds with the soldiers of other countries can pay big dividends, said the Army’s top enlisted leader.

At the front of that effort to build relationships and understanding between U.S. and foreign enlisted troops is the International Military Students Organization, at the U.S. Army Sergeants Major Academy, Fort Bliss, Texas, said Sgt. Maj. of the Army Raymond F. Chandler III.

Each year, dozens of soldiers from different countries attend the 10-month course at the academy. The course is designed to prepare first sergeants and master sergeants to become the next generation of top enlisted leaders in the Army.

While the training is rigorous and essential for leader development, Chandler said it is the interactions between the foreign and

American Soldiers that is important.

Chandler has first-hand knowledge of the academy, as he was the commandant there before being selected for his current assignment.

Today, he often meets with his counterparts from other countries, many of whom went through the academy with him when he was a student or later when he served as the commandant.

The shared experiences of those students are priceless to sergeants major at all levels, from battalion to corps, Chandler said.

National security benefit

Building relationships between American and partner nations is so important, that it is referred to as the “shaping” aspect of the Army’s three-pillar strategy: “prevent, shape, win,” Chandler said.

Shortly after becoming Army chief of staff

SEE SECURITY, PAGE B4

25th CAB reaches out to fallen heroes’ Families

By Sgt. Daniel Schroeder
25th CAB Public Affairs

WHEELER ARMY AIRFIELD, Hawaii — As the morning sunlight washes over Wheeler Army Airfield, Soldiers of C Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, welcome some new additions to their physical training session. This was the first event of many that began the month of the military child.

This particular group of military spouses and children are a part of the Survivor Outreach Services program, which was developed by the Army to help Families of fallen Soldiers hold onto a piece of the Army life.

The Soldiers modified their normal physical training session to bring some fun for the Family members. They worked on their abdominal muscles with the hula hoop and cardio and leg muscles utilizing the jump rope.

“Events like this make me and my daughters feel connected to the military,”

said Brandy Williams, a widow whose husband died in Iraq. Her husband, Sgt. Eugene Williams, was the first service member Hawaii lost since the start of Operation Iraqi Freedom and Operation Enduring Freedom.

The purpose of SOS is to provide dedicated and comprehensive support services to survivors of deceased Soldiers. SOS provides the Army with a useful tool to fulfill its promise of supporting survivors of fallen Soldiers by providing the Families with the support they need and allowing them to remain a vital part of the Army Family.

SOS also brought the Families out to get a first-hand experience with the UH-60 Black Hawk during a visit to Wheeler.

“These events are a great way to show our appreciation to the Families of fallen Soldiers. It brings me a lot of pride in being able to give back to the Families,” said 1st Lt. Christopher Golab, an Aviator assigned to C Co., 2nd Bn., 25th Avn. Regt., originally from Honolulu.

SEE FAMILIES, PAGE B4



PHOTO BY SGT. DANIEL SCHROEDER

Sgt. 1st Class Daniel Ray, C Co. platoon sergeant, 2nd Bn., 25th Avn. Regt., 25th CAB, puts flight gear on a fallen Soldier’s son during an airfield tour as part of the Survivor Outreach Services program kicking off the month of the military child on Wheeler Army Airfield, Hawaii, April 2.

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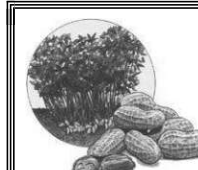
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Profile: Upgrades provide more flexibility

Continued from Page B1

recording and storage capability. Both the pilot and co-pilot will now have their own, separate map and data viewing capability.

The OH-58F is also about 160 pounds lighter than the D model of the aircraft, which means that commanders have more mission flexibility when using the aircraft.

“Understanding where the Kiowa Warrior operates today, which is trading both fuel and ammunition for every mission, I think this provides additional flexibility to the commander and crew,” he said. A weight reduction on the aircraft means it can carry more fuel for increased flight time, or more rockets or ammunition. “I think flexibility is

really the key thing it’s going to provide.”

The OH-58A model appeared in the Army in the late 1960s, during the Vietnam era. Some of the aircraft in the Army inventory today are more than 40 years old. But the CASUP doesn’t “zero-time” the aircraft.

“About 60 percent of the airframe will be replaced,” said Lt. Col. Matt Hannah, product manager, Kiowa Warrior. “But there’s 40 percent that is literally still 42 years old today, and when you finish the production line, 55 years old.”

Grigsby said a decision is pending now in the Army to either go after a replacement for the Kiowa Warrior — that’s the Armed Aerial Scout program — or completely overhaul the Kiowa Warrior with a service life extension program.

Right now, the Prototype Integration Facility at Redstone Arsenal is building the “Prototype Qualification 1” OH-58F aircraft. In the fall, production will transition to Corpus Christi Army Depot, Texas, to build PQ2, PQ3, and PQ4, as the Army prepares for milestone C decision. In the fall of 2014, it’s expected the Army will conduct a limited user test of the aircraft, and by March 2015, the Army will make a low-rate initial production decision. The LRIP Lot 1 set includes 27 aircraft and LRIP Lot 2 includes 33 aircraft. The decision to go into full-rate production will yield a total of 368 OH-58F Kiowa Warriors, to be built between 2017-2025.

“The program is doing well, and we are on track,” Hannah said.

Security: Shaping international environment investment in future

Continued from Page B1

in 2011, Gen. Ray Odierno wrote a commentary about the strategy.

“Our Army must help shape the international environment so our friends are enabled and our enemies contained,” Odierno wrote. “We do that by engaging with our partners, fostering mutual understanding through military-to-military contacts and helping partners build the capacity to defend themselves.

“This is an investment in the future, and an investment we cannot afford to forego,” Odierno continued. “It is cultivating friends before you need them, [and] being a reliable, consistent, and respectful partner.”

That shaping aspect is becoming increasingly important as the Army engages in regional alignments and

builds partner capacity, Chandler said.

Brigades receive culture-specific training prior to becoming regionally aligned, Chandler said. The region-specific training lasts several weeks and continues throughout the time the unit is aligned. Soldiers learn about the region’s populations and their religious beliefs, societal values and customs.

“Once they learn about the region, Soldiers will usually develop a greater appreciation for the area they might be going to,” Chandler said.

“Our officers have been doing this kind of relationship-building for some time now. But now our sergeants major are being asked to do something similar on the NCO level,” he said. “I think we’ll continue to see an expansion in our

partner-nation building.”

Value for partners

While preventing the next war through partnering and shaping is often in America’s best interest, other countries benefit through partnering with the United States and its Army as well, Chandler said.

One example of that, Chandler said, comes from showcasing the Army’s non-commissioned officer corps. The chief of staff often meets chiefs from other armies around the world, and is asked about how they too can get the type of NCO corps the U.S. Army has cultivated.

“They want that, too,” Chandler said.

One reason others admire America’s NCO corps, he said, is that the leadership ability they possess and display frees up time for commis-

sioned officers to do more of the planning and preparation work at a higher tactical and strategic level.

The NCO corps also brings a high level of technology training to the battlefield, Chandler said. And as Army systems are becoming more sophisticated, those skills are proving invaluable.

In addition to leadership and technical expertise, he said, U.S. Army NCOs are tactically well-versed and able to exercise the initiative on the battlefield.

With shrinking budgets — not just in the U.S. Army but in armies worldwide — military leaders see the benefits of further developing their NCO corps to add value to their services; even as funding and manpower shrinks, Chandler said.

In their partnering efforts, Army NCOs train their counterparts

worldwide in small-unit tactics and leadership development, as well as assisting in civil works projects and infrastructure development. That’s a big benefit for them as well as for America’s global security efforts, Chandler said.

“Building an NCO corps takes time,” Chandler said. “It’s taken us 237 years to do this and we’re continuing to grow. You can’t take the American NCO corps and put it into another country and expect them tomorrow to be performing just like American NCOs.

“They need to see what best fits their own country in developing leaders,” he continued. “We don’t want to tell them how to do it. We just want to show them what we do and they can pick and choose what works for them culturally and fiscally.”

Families: Soldiers help survivors keep memories of heroes alive

Continued from Page B1

In continuing keeping families connected with the military, the SOS also hosted a “Bowling with Buddies” event which allowed the Families to bond with Soldiers outside of their military environment.

“Events like this are designed to make military children feel connected to the military after the loss of their Soldiers,” stated Lis Olsen, the Program manager for the SOS in Hawaii.

One of the ways SOS helps Families through hard times is by introducing them to

others who have gone through similar situations.

“Having had to face losing my son, Staff Sgt. Brandon Stagner, and not knowing what was to come, it was really devastating and filled me with anger, frustration and complete helplessness,” said Dr. Ishmael Stagner, Hawaiian scholar, author, and lecturer. “Four years later, I get to work with young Families who are experiencing the same thing I did. I am not happy that we are connected by grief, but I am comforted knowing the Army cares for children like this.”

Many of the Families look for ways to

keep the memory of their Soldier alive.

“We looked at pictures of him, went to memorial services, and events hosted by Tragedy Assistance Program for Survivors,” recalled Williams. “We have been participating in events similar to this for about five to six years. They really help us keep his memory alive and stay connected with the Army.”

Keeping the memory of her husband alive

has given Williams the experience to help others through hard times as well.

“It was hard in the beginning. My heart went out to the new Families,” Williams remembered. “I knew that the road ahead was going to be difficult, but I could help them based on our experiences. I know the journey is different for everybody, but we are living proof you can survive. All you have to do is take it one day at a time.”



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MAY 9, 2013

Lake Fest

Event features sun, surf, sandcastles

By Sara E. Martin
Army Flier Staff Writer

Lake Fest returns this year to West Beach on Lake Tholocco to bring Families closer together with friendly competitions, swimming and outdoor activities.

Fort Rucker's 12th annual Lake Fest is scheduled for May 18 from noon to 6 p.m.

The event began in 2002 and has continued to be a well-attended event with a laid-back atmosphere, said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager.

"There will be various forms of activities such as a volleyball tournament, sandcastle contests, frozen shirt contests and free access to paddle boats and the swimming area. There will also be vendors on site selling food, beverages and crafts," he said.

The event is free and open to the public and patrons are encouraged to bring beach towels, chairs and umbrellas, as well as plenty of sunscreen.

"DFMWR will have a handful of food vendors selling a variety of food and beverages. So there is no need for attendees to bring coolers," said Jackson. "There will also be a handful of crafts vendors with unique items on sale."

Along with the competitions there will be inflatables for children, such as the slip and slide and basketball bungee game.

The sandcastle tournament will have up to 20 slots, and is on a first-come first sign-up basis. It will be held from 1-3 p.m.

"Families can create their best sandcastle in a designated area on the beach. They will have a chance to win passes to [Rucker Lanes] and Splash!," said Jackson.

The frozen shirt contest will be held at 1, 2, 3 and 4 p.m. for children and teenagers.

"The object of this contest is to get the frozen shirt un-frozen as quickly as possible, and the winner [will be] the first one to get the shirt on," said the program manager.

The volleyball tournament will be held



FILE PHOTOS

More than 2,500 people attended Lake Fest at Lake Tholocco last summer. This year's event will be held May 18 from 7-11 a.m.

from the beginning to end of the event and the Physical Fitness Facility staff is in the charge of the tournament.

"There will be prizes for the top three teams, including a first prize of \$80 of DFMWR bucks," continued Jackson.

There is not a specific theme for the event this year, which is DFMWR's yearly special event where patrons can enjoy a fun day in the sun.

"It's also an opportunity for patrons to become aware of outdoor recreation's services and equipment that can be utilized," he added.

Jackson said Lake Fest is a great Family-friendly event that features one of Fort Rucker's best outdoor venues.

"This event is generally the first time new Soldiers and Families stationed at Fort Rucker will get to visit West Beach and explore what the lake has to offer.

There is a variety of activities ranging from swimming and playgrounds to pavilion and boat rentals — this lake has it all," said Jackson.

"Sun, sand and swimsuits are key ingredients included in this great event, and that is a great way to kick off the summer," he added.

Planning a beach trip?

Planning a trip to the beach at Lake Tholocco or elsewhere? Here are some items to consider bringing: ultra violet ray-resistant sunglasses, sun block, water, hat, beach towel, swim suit, shampoo, beach chairs, beach umbrella, fishing poles, cell phone charger, camera, cooler, sanitizer wipes, plastic bags, snacks.



Party like a BOSS: DFMWR hosts masquerade

By Sara E. Martin
Army Flier Staff Writer

The Better Opportunities for Single Soldiers program will host a Black and White Masquerade Ball May 18 at Divots from 8 p.m. to midnight, and attendees are encouraged to be fashionably late.

"A lot of times we have all these balls, but we Soldiers have to wear our uniform," said Spc. Doris Johnson, Fort Rucker BOSS president. "This is an opportunity for Soldiers to enjoy themselves without the traditional military setting."

The ball is a formal and semi-formal event. It includes hors d'oeuvres and a walk down the red carpet. And the event is not just for single Soldiers.

"It is open to the public and married couples, military or not. This event is for everyone in the area," Johnson explained.

Attendees are not required to wear black and white, and attire can be anything from khakis and button-down shirts to ball gowns. Participants are welcome to bring a decorated mask, if desired. A mask is included as part of the \$15 pre-event ticket cost.

"People can wear whatever they choose in whatever color they choose. We just ask that no one wears jeans. We want people, especially Soldiers, to have an opportunity to dress up," said Johnson.



This is the first time BOSS will hold an event like this and its president said the masquerade theme is rooted in the idea that Soldiers could express themselves.

"It is exciting for a lot of Soldiers to be able to get out of their uniforms," Johnson explained. "They want to be creative and dress to im-

press without the military setting. People don't always enjoy going to the typical Army balls. This is their off time; we don't want anyone having to put on the uniform after duty," she said.

Johnson said that it might not seem a big deal, and even silly to civilians, but for military personnel

it is momentous to dress up without the uniform.

"We want to do different things and this is a chance for Soldiers who are so restricted in their dress to be able to put on dramatic make-up, wear tall heels and strut their stuff," she continued.

For Soldiers who have not had

the chance to do this in a long time, it is what they have been waiting for, she said.

"We want people to have fun getting dolled up and creative with their outfit for this masquerade," she added.

There will be a cash bar and pictures are included in ticket price.

A disc jockey will be present throughout the night, which will be conducted as social hour with food, conversation and dancing.

Johnson said having the support of the installation for this event means a lot to the Soldiers because some are stationed here without their Families. Having time to relax and be social with others is an important part of maintaining an effective and competent Army.

"We want people to come and support the BOSS program. It is going to be a fun, classy night for all ages and backgrounds, and the proceeds go towards improving the quality of life for single Soldiers. It is going to be a professional party so come out," said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager.

Tickets are currently on sale for \$15 until the close of business on Wednesday. Ticket price at the door will be \$20.

For more information or to purchase tickets, call 379-4594 or visit DFMWR in Bldg. 5700.

ON POST

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

Military Spouse Day

In recognition of Military Spouse’s Day, The Landing Zone will offer a free slice of cheesecake to all military spouses with the purchase of an entrée Friday. 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 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.

Wing Night

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

For more, call 598-8025.

Newcomer’s Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161 or 255-2887.

End of School Block Party

The youth center will hold its End of School Block Party Saturday 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 Sunday 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.

ScreamFree Marriage Workshop

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

For registration and child care information, call 255-3898, 255-0960 or 255-9644. Registration is required and opened to the first 16 to register. The



PHOTO BY NATHAN PFAU

Wet weather safety automotive special

The Fort Rucker Automotive Skills Center offers a wet weather safety special going on throughout May. The special includes a complimentary wiper blade and tire tread inspection with paid bay fees or Mechanic For Hire service. For more, call 255-9725.

workshop is opened to active duty and retired military, Department of Defense employees and their Family members. The event is Exceptional Family Member Program friendly.

Children’s Book Week

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

For more, call 255-3885.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Tuesday from 9–10 a.m. at The Commons. The topic for the meeting is EFMP and PCSing: What You Need to Know. Tips, tools and resources will be discussed that can assist people with their PCS moves. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

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

AFTB Military Knowledge Training

Army Community Service knows that being new to the Army can be confusing, so it offers Army Family Team Building classes designed to help people gain the knowledge and tools that they need to thrive in Army life. Classes will be Tuesday-Wednesday from 5-8:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 371F. Modules of learning include: military acronyms, chain of command, customs and courtesies and more.

For registration and child care information, call 255-2382.

DFMWR Spotlight

Family & MWR Events



Event is FREE and Open to Everyone

Fort Rucker
HEALTH EXPO

Thursday, May 16th from 2 pm - 7 pm
Fort Rucker Physical Fitness Facility

For event details call Family & MWR, (334) 255-9810.

LAKE FEST

WEST BEACH, LAKE THOLOCCO
SATURDAY, MAY 18
12:00 – 6:00 PM

Admission is FREE, Open to the Public!
For event details call Family & MWR, (334) 255-9810.

For more information visit www.ftruckermwr.com

Chaplain: Remember to make Mothers Day special

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

Hear ye, hear ye! All ye children and husbands and fathers — Mothers Day is a day not to be missed!

Mothers Day, which happens this year on Sunday, is as big, if not bigger, than Valentine's Day. This is the day where mothers should be held up high above anything else that you have going.

I would venture to say that mothers have the hardest job on the planet. The many roles they perform are quite amazing: administrator, adviser, financial consultant, household engineer, fashion designer, chef, psychologist, physician, health inspector, teacher, and morale, welfare and

recreation officer are just a few roles they must constantly perform. On top of all that, they have to find the time to take care of themselves.

I think of my mother from time to time and I recollect how hard she worked in her life raising three wild boys, worrying day in and day out when we got in trouble, or sick, or home late, or bad grades, or torn clothes, or needed money. She is no longer around, and how I wish I could pamper her and tell her how much I love her. I am sure there are many of you who can say the same thing.

Mothers have the special, innate ability to nurture, to soothe, to console, to encourage, to enable, to listen, to challenge, to talk to their children. They are endowed

with the special ability to be patient, to be discerning, to be watchers, to be protectors; to be relationship builders and so much more that children need in life.

I salute those moms who are single parents. We have many single mothers in the military who have to deploy and be away from their children for month after month, or even a year at a time.

Not seeing your children for any length of time has got to be so emotionally difficult. Raising children by oneself is no easy chore and I ought to know because my mother was in that position year after year.

There is an interesting and true saying, "If momma ain't happy, then no one is happy." The mother sets the emotional

tone in the house. Fathers and children, if you see your mother is not herself, then that means you need to provide some tender loving care to as soon as possible.

A mother needs to hear, "I love you and thank you for all you do," and "What can I do to help?"

My recommendation to you fathers and children is to make Mothers Day a very special day for her. Go to the store and get a beautiful card or make one yourself. Give her a break from cooking, cleaning and shopping. Give her hugs and kisses. Bring your mother her favorite flowers. Make her feel special and most of all make her feel loved.

Hear ye, hear ye! Make Mothers Day a special day for your mother!

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)

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



COURTESY PHOTO

Pick-of-the-litter

Meet Romeo, an 8-week old male tabby available for adoption at the Fort Rucker stray facility. He is fun loving and energetic. It costs \$81 to adopt Romeo and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering when old enough. 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 website at <http://www.facebook.com/fortruckerstrayfacility/> for updates on the newest animals available for adoption.



Church Directory

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DOTHAN

Sun 10:30 Service; Wed 6:30 Small Groups
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DOTHANVINEYARD.COM

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

First United Methodist Church

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8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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FOR RENT

FOR RENT, 221 CAMDEN DRIVE, This 2BD/2BA townhome comes with washer and dryer, refrigerator, stove, microwave, garbage disposal, dishwasher, patio, and fence. Lawn care, pest control, use of clubhouse and pool included!

FOR SALE OR LEASE

FOR SALE OR LEASE, 109 S SPRINGVIEW DRIVE, This 3BD/2.5BA townhome comes with washer and dryer, refrigerator, stove, microwave, garbage disposal, dishwasher, patio and fence. Lawn care, pest control, use of clubhouse and pool included. Pets Neg. with non-refundable pet fee! MLS# 20130954

FOR RENT

FOR RENT, 214 FOXCHASE, This 3BD/2BA townhome comes with washer, dryer, refrigerator, stove, garbage disposal, dishwasher, patio and fence. Lawn care, pest control, use of clubhouse and pool included.

FOR RENT

FOR RENT, 87 CO RD 740, This 3 BD/2 BA HOME includes a living room, dining area, stove with microwave, refrigerator, dishwasher, garbage disposal, utility/laundry room with washer and dryer, double car garage, patio, and fence. Pets Neg. with non-refundable pet fee!

FOR RENT

FOR RENT, 50 SCOTTY LANE, This 3 BD/2 BA Home features a living room with fireplace, dining area, stove with microwave, refrigerator, dishwasher, garbage disposal, utility room with washer and dryer connections, two car garage, patio, and fence. Pets Neg. with non-refundable pet fee!

FOR RENT

FOR RENT, 111 INDEPENDENCE, This 4 BD/2 BA Home includes a living room, dining area, stove, refrigerator, dishwasher, garbage disposal, single car garage, patio, and quarterly pest control. Pets Neg. with non-refundable pet fee!

Art show displays father, daughter work

Rudd Art Center

Press Release

The Rudd Art Center in downtown Ozark features its first two-generational art exhibition with father-daughter Frank Thompson and Sarah Barnes.

“Cow, Cats and Critters: a father/daughter exhibition” opens Saturday and runs through June 15.

While the exhibition features more than 60 cows, cats, and other animals, it all started with a violin.

When Barnes was 12 years old, she asked for lessons in oil painting. The only available class was for adults. Her father, who had not painted in 15 years, went so she would feel more comfortable. The first still life was a violin. Thompson painted a realistic image; Barnes more abstract and colorful. She said she wanted to paint more like him; he said he wanted to paint more like her. This exhibit demonstrates that both achieved their goals.

Thompson, known as an Alabama bovine artist, focuses on



COURTESY PHOTO

cows. His paintings are colorful and capture the personality of the cows. He is a returning artist, as he was featured in an earlier one-man exhibition at the Rudd Art Center. His cows have most recently been

the subject of a one-man exhibition at the Eastern Shore Art Center in Fairhope. Thompson and his wife, Trina, live in Enterprise. He teaches marketing at Troy University in Troy.

Barnes earned an art degree at Troy University in 2012. She is known for her pet portraits and her work reflects her love for animals. While she has been previously involved with the Rudd Art

Center, this will be her first time to exhibit. She recently married Troy University graduate Jay Barnes and they live in Dothan.

“We have ended up similar subjects but with very different styles,” said Thompson.

Thompson’s works are oils created with a palette knife and have a more colorful, abstract quality. Barnes works with pencils, markers, watercolors, and a computer tablet. Her works are very detailed and life-like. Some of her works do show her lighter side such as a wolf in a business suit.

“I am excited about exhibiting with my dad,” Barnes said. “My parents have always supported my art and this is a great opportunity to share my work along-side my father.”

The exhibition opens at 7 p.m. Saturday with a reception and will run through June 15. The Rudd Art Center is located 144 East Broad Street in Ozark. The exhibition is made possible and sponsored through the Dale County Council of Arts and Humanities.

The two violin paintings will also be exhibited.

WIREFLIER COMMUNITY CALENDAR

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

ANDALUSIA

FRIDAY-SATURDAY—The Andalusia ballet’s comedy, Coppelia, tells a story of a mysterious life-sized doll, a charming village maiden and a free-spirited young man who is in love with both! Tickets are \$15 and the show beings at 7:30 p.m. at the Dixon Center for Performing Arts.

MAY 17-18 — The Andalusia ballet’s Spring Showcase celebrates the enthusiasm of youth and is a treat of movement, color and sound. The May 17 show will begin at 7:30 p.m. and the May 18 show will begin at 2:30 p.m. Both shows will be held at the Dixon Center for Performing Arts.

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 17-19 — The Armed Forces Native American Pow Wow will be at Culpepper Park. The cultural event features high quality Native American crafts, Native American dances and a showcase of Native customs. For more information, visit www.dalevillechamber.com or call 598-6331.

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.

MAY 25 THROUGH JULY 14 — The Memories of World War II exhibit at the Wiregrass Museum of Art will have its opening reception May 24. The exhibit features the nearly 200 reporters and

photographers that fanned out around the globe to cover World War II. This exhibition is a spectrum of more than 100 photos from all theaters of the war and the home front. For more information, visit www.wiregrassmuseum.org.

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

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

DOTHAN

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

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

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

ENTERPRISE

SATURDAY — The Candlewood Suites’ Thunder for Hope benefit poker run will being at the hotel at 10 a.m. First bike out at 11 a.m. Drawings will begin at 3 p.m. 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 veteran services provided are free. For more information, call 718-5707.

OZARK

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.

Fiesta Family Weekend

A weekend-long event consisting of a treasure hunt, a sand sculpting contest and more fun activities for the whole Family in Pensacola May 18 and 19. For more information, visit www.fiestaoffiveflags.org.

Fiesta Days Celebration

This 10-day annual event celebrates the founding of Pensacola May 30-June 7. Event features boat parades, street parades, parties, a sand- sculpting contest and more.

For more information, visit www.fiestaoffiveflags.org.

Creek Indian Wars

Visit Westville May 25-26 for a reenactment of two important battles of the 1836 Creek Wars that took place just miles from the site.

Visit with the Creek Indians in the historic Wells House that was built by members of the Uchee clan of the Creek Indians. Experience cultural activities such as storytelling, dancing and handicrafts.

Fishing Tournament

D12 will hold its’ two-day Division Championship on Lake Eufaula, going out of Lake Point Marina July 7-8. Registration will be in front of the Marina Building from 3:30-4:45 a.m. Weigh-in will be at the Marina at 2 p.m.

For more information, visit www.lakeeufaula.com

Crawfish Festival

The annual Pensacola crawfish festival will be held May 29. It is one of the largest crawfish boils in Florida and boasts fresh, spicy crawfish, authentic bayou country entertainment and arts and craft tents featuring local and regional artists.

For more information, visit fiestaoffiveflags.org.

Lyster offers low-cost hearing aid program for retirees, Families

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Retirees and their Family members enrolled to Lyster Army Health Clinic may be eligible for hearing aids at a substantially-reduced cost through the Retiree-at-Cost Hearing Aid Program.

The program provides retirees and their Family members older than age of 18 the opportunity to buy hearing aids at government cost, usually around \$1,000. Generally, two hearing aids can run upward of

\$8,000 if purchased through an off-post seller.

“We are able to get the hearing aids for the government rate anywhere from \$700-\$1,000, which saves the retirees a significant amount of money,” said Jamie Crook, licensed clinical chief audiologist at Lyster.

Lyster is even able to offer options when picking out the right hearing aid, including state-of-the-art remote controls and Bluetooth accessories.

“Many military treatment facilities do

not offer the program due to staffing and mission requirements; however, Lyster is able and happy to accommodate our retirees,” Crook said.

Retirees who wish to make an appointment with the audiology clinic need to first be registered in the Lyster system. Registration can be completed by calling the patient administrative division.

Once registered, retirees or their Family members can make an appointment to see an audiologist for a full audiological evaluation and discuss amplification options.

“We are proud of this program as it greatly benefits our retiree community,” Crook said. “We are currently serving retirees from all over the United States – from as far as Colorado, Ohio, New York, Pennsylvania and Nevada.”

People who wish to enroll at Lyster should call 255-7056 or 255-7236. People who are currently enrolled at Lyster and have specific questions regarding RAC-HAP or wish to make an appointment, can call the Lyster Audiology Clinic at 255-7185.

Army medicine offers tips to stay healthy at work

By Lisa Young
U.S. Army Public Health Command

Do you want to feel better and more energized at work? Simple changes to at-work habits can have a positive impact on staying healthy.

Whether trying to manage a chronic condition or maintain a healthy lifestyle, the tips below can make a difference in your overall health and make your workday more enjoyable.

Eat better at work

Pack your lunch and keep healthy snacks on hand. Skipping breakfast decreases metabolism, so if you don't have time to eat breakfast, pack your breakfast as well. Healthy snacks can help you resist the sugary foods that often plague the office. Good alternatives are cut-up vegetables, fruit slices, light popcorn, low fat whole-wheat crackers with peanut butter and low fat soup in a cup.

Burn calories at work

Make office exercise a part of your daily routine by adding active activities or 10-minute exercise blasts to your office routine. Multiple increments of exercise can add up to the 30 minutes of moderate exercise per day that is recommended for health benefits.

Look for opportunities to stand, such as while talking on the phone. Walk to other offices as a substitute for local emails and phone calls. Organize a walking group or schedule walking meetings. Do laps inside your building or take your walking meetings outdoors.

Take a one-minute cardio burst to march or jog in place, do jumping jacks, simulate jumping rope, or walk up and down the stairs.

Turn breaks into a short fitness routine. Store resistance bands or small hand weights in a desk drawer.

Try the below exercises:

- **Arm curls** — Hold weights at your sides, palms facing upward, bend your elbows, bring your hands up. Keep your arms by your side, lower your hands slowly and repeat.
- **Side leg lifts** — Stand straight, lightly brace yourself on a desk. Tighten your abdominal muscles and the muscles on your outer thigh. Raise your leg to the side, knee straight, foot flexed. Do 12 repetitions and then repeat with the other leg.
- **Oblique crunches** — Sit up straight in a chair; clasp your arms behind your head with your elbows back. Tighten your abs as you bring your opposite knee up toward your opposite elbow. Alternate sides.
- **Quad lifts** — Sit in a chair with your abs contracted, extend your leg with your foot up, knee straight. Raise your thigh off the chair, lower and repeat. Alternate legs.

Stretch more at work

For people whose jobs require them to sit for long hours, taking a few minutes to do stretches can relieve stress, increase productivity and make them feel better.

Fit these stretches, along with relaxed breathing, into your schedule.

- **Neck stretches** — Close your eyes. Let your chin drop down to your chest until you feel a stretch along the back of your neck. Slowly bring your shoulders up toward your ears, and then relax them down. Take the right ear to the right shoulder, then roll your head forward and then the left ear to the left shoulder. Keep the shoulders relaxed and do not hurry. Take three to five rolls and then switch directions for another five rolls.
- **Back stretch** — Bring both feet flat on the floor. Bring your hands onto your knees. On an inhale, arch the back and look up toward the ceiling. On the exhale, round the spine and let your head drop forward. Repeat for five

breaths.

- **Seated forward bend** — Push your chair back from your desk. Keep both feet flat on the floor. Interlace your fingers behind your back. Straighten your arms, drawing the interlaced fingers down. Fold at the waist, bringing your interlaced hands over your back. Rest your chest on your thighs and release your neck.
- **Seated spinal twist** — Sit sideways in your chair, feet flat on the floor. Twist towards the back of the chair, holding the back with both hands. Repeat the other way.

By following these simple tips to eat better and move more during the work day, you can improve your overall health.

If you are interested in learning more ways to make the active choice the natural one, contact your health care provider.

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For details call The Landing Zone, (334) 598-8025

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Sunday, May 12th
10 am – 2 pm

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Ages 2 & under: FREE

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Event is **FREE** and Open to Everyone

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HEALTH EXPO

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Fort Rucker Physical Fitness Facility

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The Fort Rucker Health Expo will include screenings, demonstrations, children's activities, distribution of educational material and other information to help promote wellness and health awareness.

For details call Family & MWR, (334) 255-9810.

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Jill Biden praises sacrifices of military Families

By Nick Simeone
American Forces Press Service

WASHINGTON — Dr. Jill Biden, wife of Vice President Joe Biden, told a gathering of military wives Friday that the deployment of her son, Beau, to Iraq in 2008 made her realize the sacrifices military Families repeatedly endure, a hardship she said most Americans will never know.

“I will never forget being at the deployment [ceremony] just trying to keep it together,” Biden said in remarks to the 35th annual Joint Armed Forces Officers’ Wives’ Luncheon in Arlington, Va. “My children were there, and I wanted to stay strong.”

It was a hard year for the Family, she said, coming just as her husband was about to take office as vice president and amid the cycles of deployments driven by the wars in Iraq and Afghanistan.

Her Family experienced only one deployment, she said, unlike many of those in the audience, who have repeatedly sacrificed as husbands, sons, wives and daughters have served multiple tours.

“My son’s deployment gave me a window into your lives, but honestly I don’t know how you do it time and time again,” she told the group.

Biden said the experience of her son’s year-long Iraq deployment also made her realize how much of the nation is unaware of what military Families repeatedly go through, something that inspired her to write a children’s book to help others get through it.

“So many Americans don’t know anyone in the military,” she said. “They haven’t been through the challenges of deployment and they don’t really understand what the military experience is really like.”

To that end, she said her cameo role several years ago on the Lifetime Network’s “Army Wives” program became another opportunity to acquaint Americans with the issues associated with deployments.

“Being part of the show was an incredible platform to share what it’s like to be part of a military Family with people who might not have knowledge of what it’s like,” she said.

Of all her experiences over the last four years, Biden said, one of her most vivid memories took place almost two years ago to the day, when U.S. forces killed Osama bin Laden during a raid on his compound in Abbottabad, Pakistan.

Recalling how her husband had been gone during much of that weekend, out of communication and not home for dinner, she said, she suspected something was in the works,

but didn’t know for sure until the vice president called her late that evening from the White House and told her to turn on the television.

Then, President Barack Obama announced to the nation that bin Laden had been killed.

“I went outside to wait for Joe to come home,” she recalled. “All of a sudden the night came alive, and suddenly I heard

the singing of ‘God Bless America’ from the crowd that had gathered outside our home. I will never forget that.”

Dr. Biden, along with First Lady Michelle Obama, champions the White House’s “Joining Forces” initiative, which seeks support for military Families, and works to connect service members, veterans and military spouses with the resources they need to find jobs at home.

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MAY 9, 2013

Fort Rucker hosts its 1st disc golf tourney

By Nathan Pfau
Army Flier Staff Writer

Rain fell from the sky as disc golf players trudged through puddles to get to the next hole, but weather wouldn't stop participants from finishing the first disc golf tournament on Fort Rucker.

Twenty four golfers endured the cold, wet course conditions to participate in the Directorate of Family, Morale, Welfare and Recreation Flying Disc Golf Tournament at the newly built disc golf course at Beaver Lake Saturday.

The tournament was divided into three separate age categories for both male and female participants with winners from each category who were awarded trophies and honors at the end of the tournament.

Winners in the male category are: Randy Heirs, male 46-and-older winner with a score of 124; James Old, male 19-45 winner with a score of 111; and Terrence Heirs, male 18-and-younger winner with a score of 128

Winners for the female category are: Pam Schmidt, female 46-and-over winner with a score of 180; Laura Ferrairdo, female 18-45 winner with a score of 181.

Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, has had his hand in the creation of the flying disc course on Fort Rucker since its inception two years ago, and said he's proud to see how far it has evolved.

"The turnout was exceptional considering the weather," he said. "It far exceeded our expectations and it is a great indication of the future potential for disc golf league in the area.

"It's nice to see the full development from introducing the idea, building the course and now hosting tournaments," he continued. "It's been rewarding to see it all come together in the last two years."

Players from as far as Panama City came to participate in the tournament and Meinders said that one of the highlights of the tournament was being able to see the players from different areas come together in a course that he helped build.

"The highlight, for me, was the camaraderie of the players," he said. "Every person had a positive attitude and enjoyed the competition."

A lot of time and effort went into bringing the flying disc course to Fort Rucker, from scouring for the right location to working out the funding to get the course built, said Meinders.



PHOTO BY NATHAN PFALU

W01 Joseph Obenschain, throws a disc at the first hole during Fort Rucker's first Flying Disc Golf Tournament at Beaver Lake Saturday.

Meinders and his team spent about four months walking the trails at Beaver Lake to plot out a course that they felt was good enough for the area.

The course at Beaver Lake is an 18-hole, 55-par course that follows the path of the lake trail and is set up to get progressively more difficult.

The last few holes are the most demanding, said Meinders, because they are set up along the lake, so it's easy for players to lose their disc in the water. It was built that way to attract serious players to the course

and make the Beaver Lake course one that people from miles around can enjoy.

"I'm very excited about the future of this course," he said. "DFMWR has been a huge help in getting support and getting the word out for the course, and they are the ones that prepared the course for the tournament and exceeded all the players' expectations with the cleanliness and grooming of the approach areas."

Meinders said he hopes in the future that he will see a Professional Disc Golf Association-sanctioned event at the Fort

Rucker course.

"The Fort Rucker course has the facilities and space to grow into a championship-level course with very little changes needed," he said. "Concrete tees and alternate target locations would make this a top-notch course, ready for some higher-level competition."

The course is open for anyone to participate, and discs are available for rent from the Fort Rucker Physical Fitness Facility for a \$10 deposit.

For more information, call 255-2296.

Running Soldiers – all in the Family

By Nathan Pfau
Army Flier Staff Writer

Running is a great way to exercise, as well as show support for various causes, and one Fort Rucker Family takes it to heart by participating in runs throughout the country to show their support.

Capt. Isaac Wisniewski, D Company, 1st Battalion, 14th Aviation Regiment commander, and his wife, Capt. Jillian Wisniewski, Combined Arms Division, 1st Bn., 145th Avn. Regt., run as a unit, when their schedules allow, during various 5k and 10-mile runs throughout the country in support of causes from breast cancer awareness to veteran support programs.

"It's important to bring awareness [to different causes] because it's a way to be involved with the community," said Jillian. "The typical term is 'giving back,' but you're showing your Family and your community that you're supportive."

"To keep the motivation up to run every day, you have to have a goal," added Isaac. "Running for charity events and races just gives you something to look forward to."

The duo has been running together since high school when Jillian organized a 5k run for cystic fibrosis, and even with the addition of their children, Anna and Isaac, 5 and 1 respectively, they still find time to run as a Family.



COURTESY PHOTO

Capt. Isaac Wisniewski, D Company, 1st Battalion, 14th Aviation Regiment commander, and Capt. Jillian Wisniewski, Combined Arms Division, 1st Bn., 145th Avn. Regt., take their children on a hiking trip last year. One of the Families core values is partaking in activities together as well as participating in runs, marathons and races to benefit various causes.

They include their children by running with them in strollers, and Jillian said she and Anna sometimes run together during "fun runs," which are typically 1-mile races for children after the main run during an event.

Not only do the runs serve as

time to bring their Family together, but also as a time to teach their children about the importance of selfless service, said Jillian.

"It's not about 'oh, look at what mommy and daddy are doing,' but more about teaching them to look at this cause and how great

it is to support people who need it," she said. "We try to instill that sense of compassion in our children."

Although Isaac said his children are still too young to understand the concept of selfless service, bringing them to the races gives a good opportunity for a learning experience.

"There are plenty of people that have been affected [by adversity at these events,] and it helps for [our children to be there with us] because they ask questions," he said.

One of the main reasons the Family enjoys running is also the physical fitness aspect that comes with the high-energy exercise, said Isaac, adding that it's the easiest and most relaxing way for him to stay in shape.

Jillian agreed and said it's also an important aspect to instill in their children, but above that, it's about the Family time there are able to spend while doing it.

"We tend to do better as a Family when we can do active things together and stay active at least once a day," she said. "We've found that over the years, we tend to be happier and function better, and have better communication when we are able to exercise on a regular basis."

The Family's latest venture is to tackle a 15k trail run in The Berkshires, Mass.

"The actual run will be through the Berkshire Hills, so it should be pretty treacherous," said Jillian,

adding that they will also participate in a 5k run the following day.

The entire Family will be flying north to attend, she said, and they were adamant about making sure they could all be there together when they run.

Jillian and Isaac are participating in the race to raise money for Team Red, White and Blue, an organization committed to supporting U.S. veterans who are returning from combat, and enrich their lives by connecting them to their community through physical and social activity.

"It uses physical fitness as part of the healing process and it's great from both sides," said Jillian. "It's about helping incorporate a wounded Soldier back in the community, and it's for the Soldier to allow that therapy to occur through physical fitness."

Funds are raised through donations on their website, <http://www.crowdrise.com/isaacandjillian/fundraiser/isaacwisniewski>, and their goal is to reach \$5,000 before participating in the run.

Isaac said seeing people from all walks of life come together for a common cause makes the entire experience worth it.

"Not everybody that runs in these races are directly involved in the military," he said. "It's uplifting to see that there are people in the communities that support organizations like this one, and that's been the most powerful experience for me."

DOWN TIME



TRIVIA

1. SCIENCE: What is the conversion of water vapor to liquid called?
2. PSYCHOLOGY: What is gymnophobia?
3. LITERATURE: What was the name of the centaur in "Harry Potter And The Sorcerer's Stone"?
4. MOVIES: What does Cruella De Vil want to make out of the puppies in "101 Dalmatians"?
5. TELEVISION: Where does the show "The Gilmore Girls" take place?
6. MUSIC: In what year did the Beatles make their first visit to the United States?
7. GEOGRAPHY: What is the capital of Iceland?
8. ANIMAL KINGDOM: What kind of animal is a macaque?
9. MEDICINE: What is the chief cause of cholera?
10. GENERAL KNOWLEDGE: What is the biggest snake in the world, in terms of weight and girth?

See Page D3 for this week's answers.

Super Crossword REACHING THE FRESH HOLD

- ACROSS**
- 1 Rand
 - 6 McNally book
 - 11 Easy — be
 - 16 Gremlin
 - 19 — apso (dog breed)
 - 20 Proofreading symbol
 - 21 Donald's first ex
 - 22 Shootist's org.
 - 23 Brand-new scientific discovery?
 - 26 Sackable NFL players
 - 27 Attack
 - 28 With 30-Across, attire for the slopes
 - 29 Filmdom's Spike
 - 30 See 28-Across
 - 31 Roth — (savings plan)
 - 32 Let baby cinkers out of their cages?
 - 36 Klee pieces
 - 39 Mystery writer Marsh
 - 41 Lives, as in a house
 - 42 Powerful quartet?
- DOWN**
- 47 Naturist's practice
 - 50 Yofers of "Family Ties"
 - 51 ASAP part
 - 52 Mauna — (volcano)
 - 54 Great Plains tribe
 - 55 Geared for the garage?
 - 58 Water, lime, and rust
 - 60 Prior to, poetically
 - 61 Cousin of a regular Joe?
 - 65 Hidden part of a guitar neck?
 - 67 Lube anew
 - 68 Act segment
 - 69 Yellowbelly's cry of disgust?
 - 74 In a shark costume?
 - 79 Actor Lash
 - 80 Shortage
 - 82 — "Nach" (German "Silent Night")
 - 83 "Pity, pity"
 - 84 Fraternal patrotic org. — just me?
 - 89 Regretful person
 - 90 Continued
 - 92 Had a vocal altercation?
- ACROSS**
- 95 Large artery
 - 98 Rockies' Mountains
 - 99 Motel units: Abbr.
 - 100 Study of deep cuts?
 - 105 Skeleton lead-in
 - 107 Gung-ho
 - 108 Little, to a 6-Down
 - 109 TripTik org.
 - 110 Prioritized, as wounded people
 - 114 Frat letters
 - 115 Ruffie that wins a blue ribbon?
 - 119 "Y"-sporting collegian
 - 120 Odor detectors
 - 121 On — firma
 - 122 Cliff nest
 - 123 Govt. prosecutors
 - 124 Food box abbr.
 - 125 "There's no such thing — publicity"
 - 126 Poodle, e.g.
- DOWN**
- 4 Very, to Vivaldi
 - 5 U.S. rocket launched in 1961
 - 6 Dundee dweller
 - 7 1812 event
 - 8 Tee off
 - 9 Hearing, e.g.
 - 10 Incho
 - 11 Not feel well
 - 12 Gracefully slender
 - 13 Piebes and doodles, e.g.
 - 14 Lara Croft player Jolie
 - 15 No, to a 6-Down
 - 16 Harsh interrogator
 - 17 Top banana
 - 18 People's histories
 - 24 Actress/ writer Fannie
 - 25 Actor/ humorist Shriner
 - 30 Drove away quickly
 - 32 Is the right size
 - 33 Orbison and Clark
 - 34 Like the verb "be"; Abbr.
 - 35 College URL order
 - 36 Top web site?
- DOWN**
- 37 Titanic tusk
 - 38 2200 hours
 - 40 "That's it!"
 - 43 Sir's partner
 - 44 Nourishment
 - 45 Losing tic-tac-toe row
 - 46 Pl. of NYU
 - 48 Spot to save
 - 49 Get together
 - 52 Vivitar rival
 - 53 Knighted physician
 - 56 "I Dream of Jeannie" actor
 - 57 Karate weapon
 - 59 Not those, in Brooklymose
 - 60 Make — in (start working on)
 - 62 "Klute" star Jane
 - 63 More plentiful
 - 64 Hollywood's Kazan
 - 66 1990s NFL running back
 - 69 Cat
 - 70 Robust
 - 71 1979-81 hostage situation
 - 72 Eggy dessert
- DOWN**
- 73 Switch or smack suffix
 - 74 Tony's rival
 - 75 Missy
 - 76 Prefix for element #9
 - 77 Intestinal division
 - 78 Geeky types
 - 81 Mr. Capote, informally
 - 84 Arctic footwear
 - 85 Feng —
 - 87 Inflammation suffix
 - 88 Large load
 - 91 Roman gold
 - 92 Med banner
 - 93 Embryo endoslers
 - 94 Hack's car
 - 96 Least spicy
 - 97 "Not just yet"
 - 100 Well-known
 - 101 Throat dangler
 - 102 Chou En
 - 103 Ukraine port
 - 104 Mail draws
 - 106 Western film
 - 110 Tube spot
 - 111 Author Vidal
 - 112 Sandusky's county
 - 113 Like batik
 - 115 TV's Spike, formerly
 - 116 Q-U divider
 - 117 Ball in space
 - 118 Monkly title



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

STING ALONG! You are challenged to identify six eight-letter words ending in this pre-suffix. Answer with your pen/pencil. Answer from letters in complete sets.

1. STING

2. STING

3. STING

4. STING

5. STING

6. STING

MATH JINGLE

All math problems, the calculation goes down in counting order, it is not complicated by a bonus and multiplication sign. If you're stuck, use the hints. Don't lose your mind!

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TAKE: 10 points each for all words of four letters or more found among the letters.

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HOCUS-FOCUS

BY HEARTY HOLTHOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between the two bottom pictures. How many can you find? Check answers with these hints.

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Warrior Games athlete inspired by abilities found in adaptive sports

By Bob Reinert
USAG-Natick Public Affairs

FORT BELVOIR, Va. — On a sunny Friday afternoon, Maj. John Arbino, sitting in a modified sports wheelchair, pushed himself up a ramp to the uppermost level of a parking deck. With the bright blue sky overhead, he turned around and sped back to the bottom.

When he reached the spot where he'd started, Arbino picked up a piece of chalk — which he otherwise kept tucked away behind a pipe at the bottom of the ramp — and marked a tick on a concrete pillar to record the first of many laps he would do that day while training for the 2013 Warrior Games.

Despite having been diagnosed with secondary progressive multiple sclerosis, Arbino has prepared himself to compete in both air rifle and wheelchair racing events during the games.

A Cincinnati native, Arbino is now assigned to the Warrior Transition Unit at Fort Belvoir. He will be among the more than 200 wounded, ill or injured service members and veterans to compete, May 11-16, at the games in Colorado Springs, Colo.

During the games, teams representing the Army, Marine Corps, Navy/Coast Guard, Air Force and Special Operations Command will compete. Athletes from Britain are also competing.



PHOTO BY LISA FERDINANDO

Maj. John Arbino speeds down the ramp of a parking garage at Fort Belvoir, Va., as he trains for wheelchair racing for the 2013 Warrior Games.

Active, competitive officer receives diagnosis

A decade ago, Arbino noticed his right leg would become weak after he ran five or six miles. He said he thought it was just a sign of getting older, or that perhaps he wasn't training hard enough.

After MRIs, X-rays, and other tests — and after not thinking much about it at all — he received unexpected news from his doctor: a diagnosis of multiple sclerosis. Multiple sclerosis, a neurological disease that affects the central nervous system, and it has no cure.

During his career, Arbino served as an Army intelligence officer, and even applied to join the Special Forces — just before his diagnosis. He said he has enjoyed an active life that includes competitive sports, quality time with his wife and three boys, and military assignments in Germany and the United States.

But things initially changed for Arbino when he found himself needing a wheelchair to get around as a result of his multiple sclerosis.

"When they first gave me the chair, I stopped everything, thinking that was it," Arbino said. "There are people who become disabled and they think they are stuck — and it's true, we sit there. When I got into that chair, I was stuck. I had no idea what I was going to do."

But eventually, the once-active Army officer said he came to realize that it was his choice alone to be active or to "sit around and feel sorry" for himself. What he chose was to be active in adaptive sports.

"Adaptive sports have given me the chance to find a new purpose, to give me something to look forward to," Arbino said. "I can compete again. If it's shooting, or if it's racing this wheelchair, it gets me out."

And the possibility of competing in the Warrior Games, he said, have been ample motivation for him as he works on being as active as he can be. "The Warrior

Games has given me the light at the end of the tunnel," Arbino said.

Knowing he could compete again and that there were things he could still conquer, he promised himself, "I would never stop again," he said.

Abilities, not disabilities

Arbino said when he considers multiple sclerosis, he hasn't allowed it to define him as disabled. Instead, he said, the disease has allowed him to "redefine my new ability — instead of becoming a disability."

With that new ability, he said, he has found new avenues to compete and to push himself.

"It kind of just gave me a chance to redefine me as a person and that's been life-changing," he said.

For instance, with ample experience at shooting weapons in the Army, he said, choosing to compete at the Warrior Games in air rifle shooting would be right up his alley.

"It's an intense sport," he said, while loading a rifle with a pellet during a training session at the Fort Belvoir Archery Center.

Silence. Concentration. Then, pop!

Arbino hit the target.

"The sports I do — the wheelchair racing and the shooting — are complete opposites of each other," he said. With rifle shooting, for instance, "you take a breath, you let it out, and you take the shot. With wheelchair racing, on the other hand, you're going as fast as you can, as hard as you can."

End of military career

Twenty years in the military have come and gone for Arbino, who started off as an enlisted Soldier in 1986. He

later left active duty and went to college, served in the National Guard and Army Reserve, and was eventually commissioned through the Reserve Officer Training Corps.

This year's Warrior Games will be Arbino's "last hurrah" before he hangs up his uniform for good; he retires in July. "It's bittersweet," he said.

Despite having to leave the service, Arbino said he remains grateful to the Army for the years he's been able to serve on active duty following his diagnosis.

When the first visible signs of MS showed up in his right leg, the condition affected his ability to walk.

"But the Army gave me that time to recover," Arbino said. And eventually, "after a few months I could run again."

A subsequent Army medical evaluation came back "fit for duty," he said, "because I could pass the PT test, and the MS wasn't noticeable."

But Arbino said he knew that he wouldn't be able to continue in the Army forever.

"The last few years, it's caught up with me and I can't run anymore and I'm in a chair, so I'm done. I understand, I got my time in and I appreciate that," he said. "The Army's been great to me — the people and the jobs and the places. But it's over. It's time to move on."

After the games, and after the Army, he said, he plans to spend time with his family and will explore continued competition in adaptive sports.

But for now, Arbino is focused on his training and said he is excited to be in his first Warrior Games. He looks forward to the camaraderie, support and solidarity with the 49 other warriors representing the Army at the games.

"There are 50 stories ... I think we're all going for the same reason, the same goals, but (took) a different path to get there," he said.

B
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F
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AER GOLF TOURNAMENT
The Army Aviation Federal Credit Union 23rd annual Golf Tournament for Army Emergency Relief takes place Friday 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 Saturday 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.

MOMMY AND ME 3 FREE BOWLING
Children can bring their moms to Rucker Lanes Sunday where moms bowl for free. Each mom will receive three free games of bowling and shoe rental. Children, ages 13 and younger, will receive three games of bowling and shoe rental for \$4.75 per child when they bowl with mom.

No reservations will be accepted and the offer may not be used for any group functions, birthday parties or combined with discounted rates or coupons.
For more, call 255-9503.

OPERATION GOLF 4 LIFE
Silver Wings Golf Course hosts free Operation Golf 4 Life clinics in May: Tuesday, May 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.

MEMORIAL DAY FLAG TOURNAMENT
Silver Wings Golf Course hosts its Memorial Day Flag Tournament May 27 with tee time from 7-9 a.m. Cost is \$10 entry fee plus green and cart fees, if applicable. Players need a valid U.S. Golf Association handicap to participate. In the tournament, the flag that goes the farthest wins. Players will receive a flag with their name and target score, with the tar-

get score determined by taking 100 percent of the player's handicap and adding it to par. Prizes will be awarded based on number of participants.
To sign up or get more information, call 598-2449.

ENTERPRISE BASEBALL
Enterprise's semi-pro baseball team needs players, high-school aged and older, for its ongoing season. For more information, call Joe Jackson at 347-4275 or 806-6929.

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

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer


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

TRIVIA




Answers



1. Condensation
2. Fear of nudity
3. Firenze
4. A fur coat
5. Stars Hollow, Conn.
6. 1964
7. Reykjavik
8. A monkey
9. Contaminated water
10. The anaconda

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Video Game Spotlight >>



COURTESY SCREENSHOT

MLB 2K13 closely resembles predecessor

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.)

2K Sports has been rather quiet about "MLB 2K13" and apparently with good reason. For a while it looked like the game wouldn't even exist because the license with Major League Baseball had run out. But just a few months back, the license was renewed and "MLB 2K13" became a reality. But a few months aren't much time in

video game design land. So did that give the game's designers much time to craft anything new? Not really. But there is still good news to be had. While PS3 owners are better off getting "MLB 13: The Show," those Xbox 360 owners who must have a baseball game – and didn't buy last year's game – shouldn't feel left out. "MLB 2K13" definitely gets the job done, but instead of being a Major League superstar like Miguel Cabrera, this game is more like a solid, multit talented infielder like Ben Zobrist. Who? Exactly. While it's mostly roster update and graphics polishing, "MLB 2K13" still has total control pitching and hitting. Those

features allow gamers to feel like their skills play a role in determining how each game goes. The My Player feature that allows gamers to create a player and take him from the minor leagues to being a star in the Major Leagues is there, too. Franchise mode is intact and there are dynamic tendencies that show how players' performances can change from at-bat to at-bat. Gamers can even relive the 2012 playoffs and go head-to-head in a home run derby. The problem is that nearly all of that was in the game last year, so gamers who bought it will feel like all they are getting is a \$60 roster update. They would very nearly be right. "MLB 2K13" is a solid baseball game,

but if you still have "MLB 2K12" sitting on a shelf somewhere, you might as well break it out. You'll very nearly have the same game.

Reviewed on the Xbox 360



Publisher
2K Sports
Rated
Everyone
Systems
Xbox360, PS3
Cost
\$60
Overall
2.5 out of 4



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Sat - Sun 2:10, 4:40, 7:10 & 9:40

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