PREPARATION

Antiterrorism Awareness Month promotes vigilance

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Riding Stables hosts competitions, exercise, Family fun

REINING IN FUN

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PUNT, PASS, KICK Youth advance to

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sectionals





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

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FORT RUCKER ★ ALABAMA

AUGUST 15, 2013

Furlough days cut:

Operations begin to normalize on post

By Jim Hughes

Command Information Officer

While full paychecks earn top billing for many, the Department of Defense's Aug. 6 decision to reduce civilian furloughs to six days from the scheduled 11 also means some other essential Fort Rucker entities are soon to return to their previous schedules.

Previously closed gates will reopen, Fort Rucker youngsters will get school days back and the commissary will resume normal hours next week.

The Faulkner and Newton gates closed when the furloughs started, but Lt. Col. Madeline Bondy, director of the Directorate of Public Safety, said that with DOD's change the Faulkner Gate will reopen Monday and the Newton Gate will reopen, however there is construction ongoing at both gates.

The hours for Faulkner, and Newton will be 4:30 a.m. to 8:30 p.m. weekdays. Bondy advised people to keep an eye on the gate status section of the www.rucker.army.mil website – it's on the right-hand side of the main page. Due to the ongoing

construction of the Newton gate, hours there could be minimally impacted.

The Department of Defense Education Activity originally intended to shorten the school years for the Fort Rucker Primary and Elementary schools' by five days each because of the furloughs, but because of the reduction, that is no longer necessary, according to Dr. Christy Cabezas, superintendent for the DODEA Georgia-Alabama School District.

"We're back to the full year again – 180 school days," she said. "Everyone's thrilled, obviously for several reasons. It doesn't affect their pay, and also the value in having students a full 180 days – we were going to have to plan on cutting fun activities to make up for instructional time that was going to be lost."

Field trips and other activities like father-daughter day, hero's day, military child day and other celebrations looked headed for the chopping block, but received a reprieve once the furloughs were reduced, and that is a good thing, according to Cabezas.

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PHOTO BY NATHAN PFA

TRADOC CSM visits post

Command Sgt. Maj. Daniel Daily, command sergeant major of U.S. Training and Doctrine Command, is briefed by Sgt. 1st Class Johnathan Squires, C Company, 1st Battalion 13th Aviation, and Command Sgt. Maj. Patrick A. Blair, 1st Aviation Brigade command sergeant major, on the air traffic control training at Yano Hall during his visit to Fort Rucker Monday and Tuesday.

ACLC earns air conservationist award

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker's Aviation Center Logistics Command was recently awarded the Air Conservationist of the Year award by the Alabama Wildlife Federation Governor's Conservation Achievement Awards Aug.2 in Prattville for its implementation of the Spray Technique Analysis and Research for Defense program.

"The Aviation Center Logistics Command at Fort Rucker has the mission to provide superior maintenance on helicopters and ground services equipment, and at the same time, these services must be conducted safely and insure the integrity of the work and natural environment," read an AWF press release. "(ACLC) is preventing the unnecessary exposure of employees to hazardous materials and the unnecessary generation of hazardous waste and volatile organic compound emissions to the environment through incorporation of the STAR 4D paint-

er training program."



PHOTO BY NATHAN P

Jon Elmond, special project officer for the STAR 4D program, demonstrates the use of the STAR 4D paint simulator program at Cairns Army Airfield Monday.

from any single person or even organization, said Col. Michael C. Aid, ACLC commander, but the efforts of many.

"ACLC is honored to be recognized, but this was really a team effort," he said. "ACLC has an environmental team on site that is matrix support from

The honor and effort isn't Aviation and Missile Command from any single person or even rganization, said Col. Michael G4."

The team ensures that ACLC

and contract partners, such as Army Fleet Support, comply with all environmental goals and objectives, but it was the garrison that noticed the efforts of ACLC and its partners.

Each year, the Alabama De-

partment of Environmental Management hosts nominations for the AWF awards, and the Fort Rucker garrison nominated ACLC for the award, according to Genie Jones, AMCOM G4 ACLC environmental group

"That just shows the team effort of the entire installation because we all do work very closely for our efforts," she said. "It puts a smile on your face because recognition is always nice, but the fact that others that we work with recognize that we've done something right and done something good for us, as well as the community, is nice."

Although the recognition is nice, said Jones, the efforts behind them aren't for recognition, but for sustainability of resources and conservation.

"We have limited resources, and in today's world those resources aren't just environmental resources – it's financial resources as well," she said. "If we can find ways to continue what we're doing, grow what

SEE AWARD, PAGE A5

110th Avn. welcomes command team

By Nathan Pfau Army Flier Staff Writer

As Soldiers lined in formation and aircraft from Fort Rucker's fleet adorned the field, hundreds gathered at Howze Field to welcome a new command team to the 110th Aviation Brigade.

The brigade received its new leaders during a change of command and responsibility ceremony Friday as Col. Jayson A. Altieri assumed command from Col. Kevin J. Christensen, and Command Sgt. Maj. Stanley D. Singell assumed responsibility from Command Sgt. Maj. John L. Chandler.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, was among the first to welcome the new team to Fort Rucker, as well as say his farewells to the outgoing leaders.

"It's not often that we change the commander and command sergeant major of a unit at the same time," said Mangum. "Today it is my honor to be the one to salute some farewells to the Christensens and Chandlers, and welcome the Altieris and Singells."

Both Altieri and Singell have extensive military careers with a wealth of leadership experience to bring to the installation, and Mangum said he was very confident in both of them.

"I know the Army has prepared you well for the task at hand, and I am confident that I will continue to sleep well at night with the brigade under your leadership," he said to the new command team. "Angel and I look forward to serving with and alongside you and your ladies as we move forward in our quest to take care of business, take care of Soldiers and take care of Families."

Altieri began his military service when he enlisted into the Army in 1984, and since then has served in many different positions ranging from an operational planner with the Multi-National Corps-Iraq in Camp Victory, Baghdad, during Operation Iraqi Freedom; to the deputy chief of staff for Strategic Plans, NATO Regional Command East, in Bagram, Afghanistan.

SEE TEAM, PAGE A5

PERSPECTIVE

Why lead change?

By Master Sgt. Gabriel A. Gonzalez Leading Change Team

Why should little old me lead change? That is probably a question anyone asks themselves when they hear of the Leading Change Team.

While I have been involved with the LCT for more than two years, I find myself still struggling to express to people why it exists. While the team has worked on a vision and guiding principles, it has failed in answering clearly the reason it exists.

This fascination with why came about when I was introduced to a video by Simon Sinek and later his book, "Start with Why." In his book, he posits that in order to maintain a strong, successful and lasting organization, members must clearly understand why they do what they do. This also applies equally to those who consume that organization's product or service.

The reasoning behind this is actually biological. To keep this simple, the bottom line is control of our feelings and decision-making abilities, but not language, lie in our primitive brain. He uses the words "feel" or "believe," and these are words that are not tangible, but conceptual and emotional. I do not want to spoil the entire book in this article, so I encourage you to read this book.

The connection is that if you can explain a feeling or a concept to others, they will make your cause theirs. This is because they believe what you believe and regardless of any other factors, you will stay with this organization or consume its products or services as long as they continue to believe what you believe.

With all this in mind, I set out to answer the questions: "Why lead change?" or "Why should I support the Leading Change

Team?"

I formed my answer over the last several months as the nation's budget crisis and cuts moved from concept to reality. We are beginning to see secondary and tertiary effects not imagined in the mitigation of sequestration, which adds angst and anger about the future. What became apparent to me in these hard times is that this is nothing new to the American Soldier, or Americans in general.

In our storied 237 year history, the United States has been through hard times: the American Revolution, the Civil War, World War I, the Great Depression, World War II, Korea, Vietnam and the war on terrorism to name a few. Why did the nation, in such dire times, remain? The answer struck me like a bolt of lightning. Americans felt strongly about their country and their way of life; they believed in something greater than their own livelihoods. We define this in sociological terms as patriotism.

Webster defines patriotism as "love for or devotion to one's country." This love is not something that can be physically touched, but rather something that only a person's heart can understand. It's like when you say, "I love my children," and someone says, "Prove it." It cannot be weighed or measured, but you know it exists because you feel it. What you do in response to why is care for your Family, protect them and improve them. This same love can be applied to our country and in the context of this article, the U.S. Army Aviation Center of Excellence and Fort Rucker.

Having explained myself, I will now share my answer to my stated question. I lead change because I feel a sense of pride in guiding USAACE and Fort Rucker onto a path that leads to greater success and prosperity. I support the Leading Change Team because I believe that being a citizen of this great Nation takes more than just paying taxes and electing officials. It takes hard work, cooperation, and sacrifice – just like our founding fathers and all the other great Americans that followed their example.

We expect so much to be given to us, but I think we lose sight of the fact that it takes hard work and dedication to make these things come to fruition. I believe in improving organizations knowing that I will not be paid or otherwise acknowledged for doing so, and I am content.

Now it comes to it. Why should you care about this article? Why should the LCT cause be your cause?

If we honestly take stock of ourselves, we may find that we are not doing all we can to make the Army, USAACE and Fort Rucker, as Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, says, "a better place to live, work and raise a Family."

This is a team effort and, collectively, we can make things better to that end. Laziness and indiscipline are our enemies and we need to work as a team to combat them. The deeper and much more difficult reasoning is that many of us, to include myself, are frustrated with the way things are right now. We say things like, "What can I do?" or "Who would listen to me?" My answer is, the LCT

Having worked with the team for more than two years now, I can say that it is making a difference. To the public eye, members seem to be taking baby steps forward, but there is much more going on behind the scenes. The tasks we are taking on range from local to strategic, and the time and energy it takes increases exponentially as the scope widens.

The LCT is committed to changing USAACE and Fort Rucker, and just as a baby learns to take bigger steps and becomes more confident in that task, so will the LCT with your help.

This is much more than an initiative or fad. The LCT believes that the culture must change, which means people must change. No one likes changing something, nor is it easy if people have done something the same way for years.

We do not desire to change things for change's sake. We desire to change things because the status quo is not working. Look at the larger world around us – the status quo is not working. We need real change, but it starts with each of us.

I challenge you to ask yourself this question and answer it honestly: Am I OK with the way things are, or are there better ways to do it? This question, if you take it seriously, requires you to make an honest effort to evaluate yourself and garner the input of others around you, which requires you to be open-minded and open to criticism.

Change is uncomfortable and requires discipline to continue through the discomfort to reach the desired outcome. In some cases, we don't need to change something, and that is OK, but be strong and determined to change things you feel need to be changed.

The LCT is here to help and we believe in empowering people to be champions of change who will make a marked difference in the status quo. As the commanding general said in a meeting with the LCT recently, 'It isn't a job, it's a quest.' Join us on our quest, and you will feel a sense of accomplishment and pride knowing little old you made a difference.



Army Community Service offers financial readiness training Sept. 6 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. How can you adjust your household budget to meet the demands of the nation's current economic climate?



CW3 Thomas Barnes, 45th Sustainment Brigade, Hawaii

"Be responsible and just budget accordingly."



Charlotte Fuller, retired Army spouse "Cut out the frills."



Helen Kosman, Army spouse

"My Family budgets, and if you're new to it, my suggestion would be to check out ACS because they have programs that can help with that."



Spc. Shekia Griggs, 787th Combat Support Unit

"Just watch your spending."



Joyceline Robinette, civilian

"Using coupons has truly helped me save more than \$500 a month in groceries, and health and beauty products."

COMMAND

Maj. Gen. Kevin W. Mangum

FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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



Ask your buddy

- Have the courage to ask the question, but stay
- 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-
- 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.

Antiterrorism Awareness Month promotes vigilance

By Nathan Pfau Army Flier Staff Writer

Each month represents awareness for countless organizations and causes, but the Army is recognizing one cause throughout August to keep its Soldiers, Families and civilians "Always Ready. Always Alert."

August is Antiterrorism Awareness Month and the Army is looking to promote awareness and vigilance through its training efforts and bring the topic to the forefront of people's minds, said Tom Solem, Fort Rucker Training and Doctrine Command antiterrorism officer.

"A month like this is necessary because people get into a routine, and even though they know that they have to train for this kind of thing, they just become (complacent) after a while," said Solem. "With this month dedicated to antiterrorism, it forces people to be more open-minded and get more aggressive in the purpose of training and break the mundane cycle of normal training."

Banners are posted throughout the installation to help promote awareness and remind people to be vigilant about potential threats and offer advice on how to combat potential threats.

People should develop personal security habits, understand risks and take proactive measures



Simulated victims move to be medevaced from Yano Hall by Flat Iron after a shooting scenario during the Fort Rucker All-Hazards Exercise March 13.

to ensure the safety of themselves and their Families, explained Solem.

Some preemptive tips include: never travel alone, travel in groups of two or more; carry a cellular phone whenever possible and know local emergency numbers; maintain situational awareness of surroundings and pay attention; and take precautions with social media networks and avoid posting personal identifiable information.

"Just because we have Antiter-

rorism Awareness Month doesn't indicate that there is a bigger threat, but you just never know," said the antiterrorism officer. "People need to force themselves to be more cognizant of their surroundings."

One of the main features that the Army wants to focus on throughout the month is community involvement - not only Soldiers, but civilians as well, said Solem, and one way the Army has stepped up to push involvement is through its iWatch pro-

iWatch Army is an antiterrorism program that focuses on encouraging Army-wide community awareness and outreach efforts to address important topics related to protecting communities. It's a partnership between the community and local law enforcement through which people can report behaviors and activities that they find suspicious.

"If you see something, then say something," said Solem. "People tend to get complacent and sometimes become too trusting. They go into a store and forget to lock their car, and the next thing they know, they come out and their car is gone."

Mike Whittaker, installation antiterrorism officer, agreed and said that law enforcement are limited to their resources to what they can see, so it's the job of citizens to help make sure that the installation stays safe.

"Police officers have to cover an area of about 600 houses, so we have our limitations," he said. "(People on Fort Rucker) are our first responders - they are our eyes and ears - and we are the best protection that we have."

Although the month is Antiterrorism Awareness Month, it doesn't focus only on what people my traditionally think of as terrorism.

"It's not so much that Al Qaeda or the Taliban are in the Wiregrass, and it's not just threats from abroad that we have to worry about," said the antiterrorism officer. "There are local groups throughout the United States that might harbor ill will toward the government.

"That's not to say that every fraternal organization is bad," he continued, "but if they have an agenda that could disrupt the normal way of life, then people have to watch out for things like that and report it if necessary."



AER scholarships

The 2013-14 Army Emergency Relief scholarship recipients: front row, Jennifer Saringo Paris, Christina Shaw, Ashley Tevebaugh, Jessica Wilson, Ashley Halverson, Susanna Mendia Encarnacion; second row, Mimi Brooks (AER Officer), Tanja Olsen, Elizabeth Kosman, Caitlin Ray, Jana Haas, Allyson Van Vleck, Victoria León, Victoria Boyle, Corrie Owens-Cline; and back row, Patrick O'Brion, Samuel Wainwright, Gramond McPherson, Thomas Stockhausen, Robert Stockhausen, Stephen Hamilton. AER's secondary mission is to provide scholarships for dependent children and spouses of active duty, retired and deceased Soldiers. Applications are accepted each year from Jan. 1 to May 1. This year, 77 Fort Rucker area Families were awarded a total of \$140,850 in scholarships. For more information on Army Emergency Relief scholarship programs, log onto www.aerhq.org.

Girl Scouts offer a lifetime of leadership skills

By Michele Watson Contributing Writer

Girl Scouts are known for making many adventurous memories a girl will remember throughout her lifetime. However, the one fact the Girl Scouts take pride in is teaching leadership skills to young girls ages 5-17.

The Girl Scouts offers young women the opportunity to not only build leadership skills, but friendships in a fun, educational environment, and Fort Rucker youth have the chance to sign up for the organization Saturday at a membership drive on post.

"The Girl Scouts offers so much to today's girls," said Rebecca Benson, Girl Scouts field executive for the Fort Rucker area. "My daughter participates in the programs, and she loves it. It is a great way for girls to learn in a fun way. That is why I encourage any girls between the ages of 5 to 17 to attend our recruiting event. The event is scheduled for Saturday in the Commons, Bldg. 8950."

Girls attending the recruiting event will see first-hand some of the fun-filled activities Girl Scouts participate in.

The recruiting event has been broken into three different timeframes. Girls in kindergarten through first grade will meet at 9 a.m.; second-third grade, 10 a.m.; and fourth-12 grade at 11 a.m. Individuals interested in volunteering are also encouraged to attend the recruiting event.

"The Girl Scouts are not just about camping anymore," said Karlyn Edmons, chief operating officer with the Girl Scouts. "Participants of the Girl Scouts enjoy many activities – activities that involve anything from science to archery. Our programs keep girls interested in science, technology, engineering and math curriculums. Not to mention the confidence of getting out of their comfort zone and learning how to interact with girls from all over the state and nation."

Each year, Girl Scouts of Southern Alabama serves more than 9,000 girls and more than 3,000 volunteers through programs and events designed to accomplish its mission of building girls of courage, confidence and character who make the world a better place, according to a press

release issued by the organization. The Girl Scouts recently celebrated its 100th anniversary. During the Girl Scouts' existence, thousands of girls have participated in its programs. These programs not only taught the girls skills, but also help them make strong friendships that are still in existence following their completion of

the Girl Scouts program. For more information regarding the Girl Scouts recruiting event, call (800) 239-

News Briefs

Corvias safety fair

Corvias Military Living sponsors a safety fair at the Bowden Terrace Event Field Friday from 4-6 p.m. Information at the fair will include pet and fire safety. Additionally, there will be games and activities for children, and free food and refreshments. This event is free and open to all Fort Rucker housing residents.

For more information, call 503-3800.

Girl Scout recruiting

The Girl Scouts of Southern Alabama will hold a recruitment event Saturday at The Commons, Bldg. 8950, on Seventh Avenue. Times are 9 a.m. for kindergarteners through first graders, 10 a.m. for second and third graders and 11 a.m. for fourth through 12th

Girls between the ages of 5-17 and adult volunteers are welcome to become Girl Scouts to have fun, make new friends, and change the world, according to Meghan Cochrane, the organization's director of marketing. Girl Scouts offers young women the opportunity to build lasting leadership skills and friendships in a fun, educational envi-

For more information, call 1 (800) 239-6636, Ext. 2907.

Lyster parking

Lyster Army Health Clinic officials advise people that the parking lot and entrance by the MRI facility and the behavioral health clinic are for those departments only and may not be used as a pass through to the rest of the clinic, and also ask for people to not use the behavioral health clinic entrance in-

side the clinic to exit the building.

Pharmacy volunteers

The Lyster Army Health Clinic Pharmacy is looking for Red Cross volunteers to assist patients in the waiting area with ticket selection, and also questions about drop off and refill prescriptions.

For more information, call the patient advocate, at 255-7229 or send an email to jan.i.carolan.civ@mail.mil.

Opportunity knocks

The following positions are available on Fort Rucker: Instructional Systems Specialist, SCEG13656333926349, GS-1750-12, closing date Aug. 22; Management and Program Assistant (Office SCEG13640919941297, Automation), GS-0344-07, closing date Aug. 23; Assistant International Military Student Officer, SCEG13650735928093, GS-0301-11, closing date Aug. 20; Firefighter (Hazardous Materials Technician), SCEG13649264929016, GS-0081-07, closing date Aug. 15; Security Guard, SCEG12049170672729S, GS-0085-04, closing date Sept. 13.

For more, check out www.usajobs.gov.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Westphal discusses fiscal challenges during TRADOC visit

By Airman 1st Class Austin Harvill 633rd Air Base Wing Public Affairs

FORT EUSTIS, Va. – Under Secretary of the Army Joseph Westphal, Ph.D., visited Fort Eustis, Va., Aug. 7, to get an update on U.S. Army Training and Doctrine Command missions, and speak with leaders about the future of the Army.

During his visit to the 128th Aviation Brigade, to view Aviation maintenance training, Westphal reflected on the fiscal environment of the Army, why there needs to be a change and how the Army plans to move forward with these new challenges.

"It is a serious challenge to all the services, not just the Army, to provide for a people-centric organization," said Westphal. "We are working through myriad scenarios to reshape the force, find efficiency and look for ways to do things differently both as a joint force and certainly as an Army."

Westphal expressed his confidence in U.S. Army Training and Doctrine Command to move the Army in the right direction.

"We are reshaping the future of the Army, and this command is key to that," said Westphal. "[TRADOC] is diligently working to shape the Army of the future. It is an intellectual challenge and it requires innovation and creativity; all of which they have here."

More specifically, Westphal praised the efforts of Gen. Robert Cone, TRADOC's commander.

"Having confidence in TRA-DOC's work allows us to give them the flexibility and resources to do the creative thinking for us concerning requirements, leadership development and training," said Westphal. "Those faculties then become the lynchpins for every other operation in the Army. Focusing resources in the right di-



PHOTO BY STAFF SGT. BERNARDO FULLER

Under Secretary of the Army Joseph W. Westphal thanks Soldiers and Airmen from a Black Hawk helicopter maintenance class for their service while visiting one of the 128th Aviation Brigade's training hangers at Fort Eustis, Va., Aug. 7.

rection is what TRADOC will help us achieve."

TRADOC and the Army budget are not the only things on West-phal's mind, however. He spoke more on the effect of civilian furloughs, its ineffective nature and the problematic budget issues.

"We have always had an incredibly strong faith in our civilian work force," said Westphal. "This furlough situation is something very negative, and an ineffective way to deal with the future ahead."

Westphal followed with assurances that the Secretary of Defense noticed this shortfall and has put substantial efforts into finding a way to pull back from further fur-

loughs. Westphal said measures have been taken to evenly disperse Department of Defense spending across the services.

"We are in the throes of a fiscal dilemma," said Westphal. "There was a point where the Army was projected to run out of money by the end of the fiscal year due to our major contribution to the mission in Afghanistan. Thanks to the Secretary of Defense, Congress allowed us to redistribute defense spending more evenly to solve the problem."

Regardless of Congress's decision, Westphal still believes the number-one influence on stopping furloughs comes from each indi-

vidual base.

"We went to all our commanders everywhere and said they need to do everything possible to shift as much to next year, which has given back a few days of furloughs," said Westphal. "Our next job is to accept this [furlough] is not the right tool, and to find other ways to solve the budget issue and not let this happen again."

Westphal added that the president's plans have extended the budget cuts over a longer period of time, which reduces the severity of the cuts each year and allows the natural rate of attrition for the Army to decrease the total force. Westphal hopes this means fewer

furlough days or other negative responses from cropping up in the future.

Westphal concluded with sharing his appreciation for all civil servants, and his faith in the Army.

"Public service, uniformed or not, is an honorable profession, and I think we are blessed to have so many people who are willing to sacrifice by putting their life on the line and providing service to the American people," said Westphal. "We have a tremendous tradition of great productivity, and I think we are going to rely more on TRADOC, our civilians and the rest of the total force to weather the effects of sequestration."



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NCUA

Not a member? If you live, work, worship or attend school in most Wiregrass areas, you can join.



*APR means annual percentage rate. Offer good for a limited time with approved credit only for loans new to AACFCU. **Autos: 72 months available on new units and 1 year old on \$20,000 or more; 84 months available on new units and 1 year old on \$30,000 or more. Used Autos are considered 2 and 3 years old. AACFCU will finance up to 110% MSRP (new) or NADA (used) plus tax and title on autos only. Certain restrictions may apply. Contact AACFCU for more information.

Furlough: Gate status available on Web

Continued from Page A1

"It's important to educate the whole child – social, emotional and academic – we're so excited about that,"

The schools were originally scheduled to take furlough days on Aug. 23 and 26, and Sept. 9, 26 and 27, but now get all of those days back, with the exception of Aug. 26, which becomes the staff professional development day originally scheduled for Aug. 27 and that day becomes a school day.

Cabezas said that she understands some parents may have taken advantage of the school calendar days lost to the furlough to plan extended vacations, adding that the schools will work with those parents.

The updated school calendar is available on each school's website.

The Defense Commissary Agency announced shortly after DOD's decision that its stores would resume normal operations, meaning the Fort Rucker commissary is back in business on Tuesdays starting this Tuesday.

The Fort Rucker store resumes its normal hours of 9 a.m. to 7 p.m. Tuesdays-Fridays, 9 a.m. to 6 p.m. Saturdays and 10 a.m. to 5 p.m. Sundays.

"This is welcome news for us all," said Joseph H. Jeu, director and CEO of DECA. "We recognize the disruption that furloughs presented to our patrons as far as access to their commissary benefit. We also understand the economic hardships many of our employees faced with the pay they lost during the furlough period."

The Fort Rucker store website can be accessed at www. commissaries.com.

Team: Leaders praise unit's commitment to excellence

Continued from Page A1

He is a Master Army Aviator rated in the OH-58 Kiowa, UH-1 Huey and UH-60 Black Hawk helicop-

Singell also entered the Army in 1984 and attended Basic Combat Training at Fort McClellan. He is no stranger to Fort Rucker as he trained at the installation for the OH-58-A/C Helicopter Repairer Course Advanced Individual Training. His leadership career has taken him through various leadership positions through multiple units and countries before returning to Fort Rucker.

"It is a singular honor to be standing here on this beautiful morning leading the great Americans who you see before you," said Altieri during the ceremony. "The 110th Aviation Brigade is daily on the nation's front line teaching and mentoring Aviators ... they are the tip of the spear of our United States Army. Command Sergeant Major Singell and I are eager to lead the sons and daughters of our nation, and continue building on its last 10 years." great future.'

The 110th Avn. Bde. launches 500 aircraft a day, has trained nearly 4,500 students, runs five base fields and operates 16 stage fields throughout Southeast Alabama, said Mang-

The unit flies or supports close to 1,000 flight hours per day across its 83,000 square-mile training area, added Christensen.

"You might think that mission load and risk exposure would keep me up at night," said the commanding general, "but thanks to the steadfast and tireless leadership of Colonel Christensen and Command Sergeant Major Chandler, I sleep quite well."

Mangum said due to the leadership of Christensen and Chandler, Fort Rucker has some of the lowest accident rates across the Army. Fort Rucker flies 25 percent of the Army's flying hours with an accident rate less than half the Army average, he said, adding that "it's the best accident rate we've experienced in the

That commitment to excellence is directly contributed to the teamwork of the entire brigade, said Chris-

"Any success that this brigade has had is directly contributeable to their unmatched skill and leadership," he said. "Teamwork is what makes USAACE such a great place and I'm truly blessed to have been surrounded by so much talent.

"I know that the legacy of Aviation training and excellence is in good hands as Jayson and Shelle assume the leadership of the Warrior brigade," Christensen continued as he spoke directly to Altieri. "Jayson, your leadership will take this unit to new levels of excellence. I've very much enjoyed our time together during the transition, and wish you and Command Sergeant Major Singell the very best."

Christensen will move on as the chief of the Force Support Division, Joint Cheifs of Staff J-8, at the Pen-



PHOTO BY NATHAN PFAL

Col. Jayson A. Altieri assumes command of the 110th Avn. Bde. from Col. Kevin J. Christensen as Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, passes him the unit colors during a change of command and responsibility ceremony at Howze Field Friday.

Award: Program eliminates hazardous waste, emissions

Continued from Page A1

we're doing, grow with the mission and not increase any costs or resources, to me, that's what sustainment is and that's why it's important to the Army."

Part of that process was the implementation of the STAR 4D program, added Aid.

"The command determined that consistent quality painter training techniques and methods were critical to meeting the expanding mission set, as well as chang-

ing environmental and safety requirements," said the ACLC commander. "Implementation of this program improved painter skills while also improving quality controls to generate less hazardous waste, consume less coating materials and improve corrosion prevention on aircraft."

STAR 4D is a paint-training program that ACLC has had in place for about a year that utilizes state-of-the-art virtual reality technology to simulate the application of paint to various surfaces, and recent upgrades even allow the program to account for waste management and much more, said Tom Elsbernd, technical trainer for Army Fleet Support and certified Star4D instructor.

"The upgrades were quite intensive," he said. "The virtual reality machine brings into reality exactly what painters are doing in the field."

The program allows painters and instructors to dial in variables such as pressure of the gun, pressure of the pot, paint tip size, viscosity of the paint, and even data of the exact paint that would be used on aircraft, so that things like waste, overspray and costs can be calculated.

So far, the program has eliminated more than 10,000 pounds of hazardous waste, reduced coating materials by more than 300 gallons, reduced volatile organic compound emissions by more than 13 percent, and generated an estimated annual cost avoidance of \$49,990 in operations costs, said Aid.







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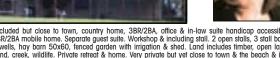
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AUGUST 15, 2013

Task force hosts crash, fire training

By Staff Sgt. Todd Pouliot 10th Combat Aviation Brigade Public Affairs

MAZAR-E-SHARIF, Afghanistan — As the searing sun slowly fell below the dusty horizon, the call that began the exercise came in, with the scenario that a U.S. CH-47 Chinook helicopter had crashed just off the runway at Mazar-e-Sharif Airfield.

Firefighters from the German fire department and the American fire department quickly put on their protective clothing, stepped into their respective trucks, and moved toward the fiery scene.

Despite the early evening darkness, the temperature remained over 100 degrees as the firefighters set up a perimeter around the aircraft with their vehicles, dismounted, and began attacking the flames with water cannon and hoses.

In a matter of minutes, the flames were contained and the rescue team began recovering the aircrews who suffered vari-

ous injuries – unconsciousness, broken bones and minor injuries. The rescuers had to disconnect safety restraints and radio communication cords before attempting to extract the Aviators. Once they were free of straps and cords, the Aviators were pulled out of the aircraft, and carried or dragged to a safe distance from the smoldering helicopter.

Fortunately the flames were simulated, as were the injuries and the crash. Task Force Iron Warrior, a Pennsylvania National Guard Aviation unit flying in support of 10th Combat Aviation Brigade, conducted the crash drill in partnership with the American and German fire departments July 29-30 at Mazar-e-Sharif Airfield.

"This is good training for everyone," said David Fritchie, assistant chief of operations for the American fire department at Mazar-e-Sharif Airfield. "It is important that we learn to work together."

SEE TRAINING, PAGE B4



PHOTO BY STAFF SGT. TODD POULIOT

American fire rescue personnel pull a simulated injured Aviator from an HH-60 medical evacuation helicopter during fire and crash drill training July 29 at Mazar-e-Sharif in Balkh province, Afghanistan.



PHOTO BY SPC. TRISTAN BOLDEN

JOINT TRAINING

Georgian army soldiers of B Company, 31st Georgian Light Infantry Battalion dismount a 12th Combat Aviation Brigade UH-60 Black Hawk while conducting load training during a mission rehearsal exercise at the Joint Multinational Readiness Center in Hohenfels, Germany, Aug. 7. The Batumi and 31st Georgian Light Infantry Battalions conducted an MRE in order to train and be evaluated on the battalions' ability to conduct combat and counterinsurgency operations, and integrate into a Marine Corps regimental combat team deployed in support of International Security Assistance Force operations in Afghanistan.

Training event develops 25th CAB leaders

By Capt. Richard Barker

25th Combat Aviation Brigade Public Affairs

SCHOFIELD BARRACKS, Hawaii – Company and battalion commanders of the 25th Combat Aviation Brigade conducted a road march and stress shoot as part of a leader training event hosted by Col. Kenneth Hawley, brigade commander, on Schofield Barracks Aug. 2.

The event consisted of an early morning road march from Wheeler Army Airfield to ranges on Schofield Barracks, followed by advanced preliminary marksman instruction and live fire with the M4 rifle and M9 pistol.

"This leader training event was designed to show company commanders an example of the type and quality of training they are expected to provide their Soldiers," said Hawley. "The event started with the planning phase six weeks ago."

The leader event showed commanders the scope of planning and execution of training, to include scheduling the PMI, selecting coaches, analyzing safety concerns and executing the training.

"The event helped me realize the resources that are available for company-level training, such as advanced level ranges and air support," said Capt. Brandon Nixon, commander, B Troop, 2nd Squadron, 6th Cavalry Regiment, 25th CAB. "This broadened my scope for what I am able to do at my level."

cope for what I am able to do at my level."

The advanced marksmanship training was



PHOTO BY CAPT. RICHARD BARKE

Company commanders of the 25th Combat Aviation Brigade practice engaging a target from behind a barrier during advanced preliminary marksmanship taught by tactical weapons course instructors with the Lightning Academy, Headquarters and Headquarters Battalion, 25th Infantry Division, at Schofield Barracks, Hawaii, Aug. 2.

conducted by instructors from the 25th Infantry Division Lightning Academy.

"It's about building confidence and helping leaders improve their ability to make decisions," said Sgt. 1st Class Morse Dawson, a tactical weapons course instructor with the Lightning Academy, Headquarters and Headquarters Battalion, 25th Infantry Division.

During the advanced marksmanship train-

ing, commanders learned to fire from positions behind barricades and during target approach, and to continue target engagement while changing magazines and weapons systems.

Hawley stated a similar event is now being planned for 25th CAB company first sergeants following the success of the company commander road march and stress shoot.

Odierno recognizes Patriot Soldiers

By Staff Sgt. Jerry Saslav and Sgt. Eric Provost 4th Brigade Combat Team Public Affairs

LAGHMAN PROVINCE, Afghanistan – It was a simple ceremony, but for eight Soldiers with 4th Brigade Combat Team, 10th Mountain Division, Task Force Patriot, it was something they will be able to talk about for years.

During a visit to Forward Operating Base Gamberi, Gen. Raymond Odierno, U.S. Army chief of staff, recognized their efforts by presenting them with his official coin.

In the military, service members are presented with a coin for performing an outstanding deed.

Spc. Michael Rogers, who isn't part of Task Force Patriot but still a member of the 10th Mountain Division in the 10th Combat Aviation Brigade, was honored by the chief of staff.

Rogers stood out for his efficiency in the nightly refueling and rearming of all aircraft on FOB Mehtar Lam. FOB Mehtar Lam is a blackout FOB, which means that everything done at night is done without man-made light.

Spc. Christopher Ward singlehandedly developed an energy plan that will save the brigade an estimated \$430,000 over the course of the deployment.

"That gives me a lot more motivation to keep doing what I'm doing," said Ward, a generator mechanic, G Company, 5th Battalion, 25th Field Artillery Regiment, "It makes it worthwhile knowing that it's appreciated, that people do see it, and they don't just take it for granted."

Ward also rebuilt multiple generators on both Gamberi and Forward Operating Base Mehtar Lam.

"It was a really big honor," said Sgt. Scott Sayce, a native of Pembroke, Mass., operations sergeant, Headquarters and Headquarters Company, 4th Brigade, 10th Mountain Division. "For him to give his time and come see us here, it really means a lot."

Sayce received the symbol of appreciation for his service acting, not only as his company's operations sergeant, but also its armorer, clerk and sometimes even its executive officer.

Spc. Mitchel David, 5th

SEE PATRIOT, PAGE B4

B2

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Training: Crews work to become proficient team

Continued from Page B1

Fritchie explained that the German fire department is overall responsible for airfield coverage and there is a mutual aid agreement between the two departments. The German firefighters are located on one end of the airfield where international aircraft are based and the Americans are located on the opposite end where the U.S. aircraft are located.

According to CW4 Hogan, TF Iron

Warrior safety officer who organized the training, the American fire department arrived in April when additional U.S. aircraft arrived. Within the first few months of their arrival, Hogan invited the American firefighters to participate in the drill in order for them to gain familiarization with the unit's aircraft.

"Since the Germans are the primary responders for the airfield, I felt I should talk to them," Hogan said. "The Americans are closer, so they'd likely respond sooner. The Germans observed the previous drill and asked to be involved with future drills."

Hogan added that the training is very helpful because the German's rotation cycle is relatively short, ranging from a few weeks to a few months.

German Fire Chief Walter Martin spent two months at the northern Afghanistan airfield a year ago and arrived 14 days ago for a three-month rotation.

"The German firefighters provide ser-

vice to the entire airfield," Martin said through a translator. "We do not have these aircraft in Germany, so we must practice rescuing aircrews from these aircraft."

Hogan said his goal is for the American and German fire departments to be able to respond as a team.

"This training keeps each crew, day and night, proficient," Hogan said. "Most importantly, if something bad happens, it won't be the first time they've seen each

Patriot: Recognition inspires Soldiers to reach higher

Continued from Page B1

Battalion, 25th Field Artillery Regiment, Task Force Thunder, and Pfc. Omar Ross, a medic attached to 2nd Battalion, 4th Infantry Regiment, Task Force Warrior also received Odierno's coin.

David not only served as his battalion commander's gunner, but he is also his unit's resident expert in the new Capability Set 13, the Army's new networked suite of individual Soldier devices designed to increase battlefield command and control. David trains many of his fellow battalion Soldiers on the suite.

Pfc. Ross distinguished himself by stabilizing casualties after an improvised explosive device injured seven Afghan National army soldiers and civilians. Ross also assisted in getting the victims to a higher level of care.

Each Soldier was nominated by their peers and leaders to receive the chief of staff's coin.

Some of the Soldiers said they were only successful because of the people supporting them and accepted the symbol of appreciation, from Odierno, on behalf of the colleagues who nominated them

"I was just lucky enough to be the recipient of a coin that I believe was for the efforts of a lot of people," said Sgt. 1st Class William Cossins, an adviser for the 201st Afghan National Army Corps Tactical Operations Center. "The pat on the back really felt good and I wanted to make sure that my guys knew that even though it was me standing there, the pat on the back was for all of us."



PHOTO BY SGT. ERIC PROVOST

U.S. Army Spc. Michael Rogers, 10th CAB, receives the Army Chief of Staff Coin during a handshake with U.S. Army Gen. Raymond Odierno on Forward Operating Base Gamberi Aug. 6. Rogers was recognized for his efficiency in refueling and rearming all aircraft of Forward Operating Base Mehtar Lam on a nightly basis.

Supply specialists Sgt. Timothy Rogers, of Task Force Warrior, and Pfc. Elizabeth Adan, a member of HHC, 4th BCT, 10th Mtn. Div., were also recognized for their work in helping to facilitate Task Force Patriot's recent transfer of authority in Regional Command East.

"Not a lot of people got a coin, and especially me, a private first class, who hasn't even been in the Army a year. It feels pretty awesome, I don't know any other way to explain it," said Adan, a native of Orange County, Calif.

Some of the Soldiers said the recognition inspired them to work toward even greater goals. Ward plans on applying to become a warrant officer once the deployment ends.

Odierno briefly met with the leadership on Gamberi after pre-

senting the Soldiers their coins, and reaffirmed his confidence in them and the rest of the Army.

"Today, we're the best Army in the world. Five years from now, we'll be the best Army in the world," said Odierno.





Story on Page C5

AUGUST 15, 2013



Rylie Benehan, military Family member, does a trick on her horse, Spanky, an American Quarter Horse, at the Fort Rucker riding stables.

Riding Stables hosts competitions, exercise, Family fun

By Sara E. Martin Army Flier Staff Writer

Fort Rucker is home to many types of people and four legged Family members, but many citizens seem to overlook that there is a full compound on Hatch Road dedicated to Family members who don't exactly fit in a backyard.

The Fort Rucker Riding Stables offers a full range of services to horses and their riders, such as boarding, entertainment for seasonal events, birthday pony parties, Western-and English-style riding competitions, and trails, said Marty Haverfield, recreation aide at the riding stables.

There are more than 10,000 acres of wooded trails, a clubhouse with bathroom and kitchen facilities, four community pastures, a hay barn, 40 duplex barns with individual tack rooms, 67 stalls, paddocks, two regulation dressage rings, two breaking pens, a lighted western arena and lighted jump and show arena, a covered farriers shed and double wash stalls with warm water.

A feed service program is also available for patrons, and hay and stall bedding may be purchased from there as well.

"The opportunity out here is fabulous," said Dany Benehan, military spouse. "There is no waiting list to board right now, which is crazy because the stables offer everything: lessons, fields, parties, and miles and miles of trails."

The boarding of privately owned horses is open to the public, but active-duty military have priority, and pricing depends

on a person's rank and the type of stall they wish to have their horse boarded in, said Haverfield, adding that immunization for all horses that are boarded is required and proof must be furnished to the stable office.

Benehan and her daughters, Rylie and Kiera, have their horses boarded at the stables, and enjoy coming out to ride and compete because it is good for their minds and their bod-

"We've been riding since we were 8 years old," said Rylie. "It's fun to come out here and ride with other people. I get exercise and so do the horses."

The riding stables also offers riding lessons. The price is \$35 per lesson and is taught in a one-on-one style.

"We do have one instructor on contract right now that offers lessons and she will furnish the horse," said Haverfield. "She teaches both English- and Western-style riding."

The facility is described as being very unique and a one-ofa-kind facility, especially for the military.

"Most boarding stables may be able to offer the stabling and the work arenas, but they don't have the trails that we do," said the recreation aide.

The trails offered are cross-country preliminary, crosscountry beginner novice, cross-country novice and crosscountry training.

The riding stables is also a place where Families can come and enjoy children's birthday parties with a birthday pony party with Tony the pony.

The birthday pony party consists of access to the facility and the clubhouse for three hours, and one hour with Tony the Pony and his handler, said Haverfield.

"The pony parties are for toddlers and preschoolers up to 40 pounds. Price is \$85 per party for up to 10 children," she

The clubhouse has bathrooms, grills, refrigerators and a kitchen for people to use during parties, said Aida Diaz-Carter, business manager for the community recreation division.

Along with everything else the riding stables offers, it is also getting ready for its Halloween special - Fright Night Haunted Hav Ride.

"Fright Night is an amazing time where people will come out here and we'll take them on a hayride into the woods and around a graveyard," said Carter. "It takes months to put this on because we have over 200 volunteers that help us put it

The facility is looking for volunteers to sign up and help with the event, she said. Anybody over the age of 16 can volunteer to help with building, make-up and costumes, and acting to scare patrons.

The stables are located near Bldg. 20090 on Hatch Road, and the office is open Mondays through Saturdays from 8 a.m. to 5 p.m.

For more information on boarding, pricing, riding instruction, volunteering or birthday parties, call 598-

Mind Candy to gratify mental sweet tooth

By Sara E. Martin Army Flier Staff Writer

Fort Rucker's mental sweet tooth is about to be satisfied because Wayne Hoffman, the illusionist and hypnotist, will return to the installation with his show, Mind Candy, Aug. 23 for the second time in as many

The show will be held at The Landing's ballroom at two times -7 and 9 p.m. Advance tickets are currently for sale at The Landing for \$10, but patrons can also pay at the door for \$15. The show is open to the public, ages 18 and up.

"People are going to see a celebrity act at this show," said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager. "It is something that is not common in our area and people requested it. We booked him right away after last year; people wanted to see him

The shows last an hour and a half each, and food and beverages will be available for purchase before and during the show.

Hoffman has performed for Disney cruises, toured world-wide, and has been featured on Phenomenon, The A-List, The Howard Stern Show, The Glenn Beck Show, Pawn Stars and the Ellen DeGeneres Show.

"It is an interactive show," said Jackson. "His shows are so entertaining; he is very impressive. Patrons are a part of the show, and he interacts with everyone, from people in the VIP sections to people in the far corners of the room."



Wayne Hoffman successfully bends a quarter inside the hand of Sgt. 1st Class Shawn Redondo, then a senior small group leader at the NCOA, during a performance last year at the NCO Academy.

For those wanting a closer look during the performance, VIP tables are positioned on the main floor and sell for \$150. Each table seats 10 patrons.

"You get to pick which VIP table you want when you buy the table," said Jackson. "If you wait too long and the tables for the 7 p.m. show are all gone, chances are there are open tables for the later show."

Jackson said that the show is worth the ticket price because this type of show would cost anywhere from \$30 to \$50

there was a major power outage in The Landing, but Hoffman continued his show with a little help.

"Not a single patron got up and left," said Jackson. "They got out their cell phones and helped light up the room. He was still able to finish the show and people loved it. They were hooked.

"To get a show like this you would have to go to Atlanta, Chicago or Las Vegas," he added. "His material is original, - it is something different."

"I will be paying to see him again," said During Hoffman's performance last year LeighAnn Dukes, DFMWR sponsorship

and advertising sales manager. "I thoroughly enjoyed myself, though the lights went out. It was all-around good

entertainment." Jackson said that people will be skeptical of what he does, but that when they find out that he can name a patron's dog from when they were 7 years old they have a change of heart.

"He is not doing old card tricks you might see at a typical magic show. He will have a mixture of things that he did last year, but he has new material as well," he said. "His show is really never the same twice anyway, though."

Compared to some of the theaters that Hoffman has performed in, the setting in The Landing will be very intimate and will add a lot of atmosphere to the performance, according to Jackson.

"People will be able to have more of a personal experience with him," he said. "When he performed here last year, it was his first time performing at a military installation, so Wayne is very excited to be coming back."

Hoffman will perform sleight of hand tricks and mindreading, but mind control and predictions are also a part of the show.

"I told him two things about myself and he knew I was a football kicker before I got this job," said Jackson. "When I see people's reactions to him, I know they are as excited as I was."

Contact the catering office at The Landing for possible party combinations for VIP table seating at 598-2426.

For more information, call 255-9810.

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

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.

Back to School Bash

Child, youth and school services will host its Youth Center Back to School Bash Saturday from 6-11 p.m. There will be music, food, games, prizes and more. Parents and guardians are welcome to join the fun. CYSS will also host an outdoor baseball game featuring youth vs. staff and parents.

For more information, call 255-2245.

Getting crafty

Center Library will host a craft-making activity for children ages 3-11 Tuesday from 3:30-4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served.

For more information or to register, call 255-3885.

Illusionist show

Wayne Hoffman, illusionist and hypnotist, returns to Fort Rucker to put on what he USAR-Active Guard, Reserve describes as a "high-energy shock to the brain" interactive, 90-minute show Aug. 23 during two performances at The Landing. The first show will be from 7–8:30 p.m. and Code. the second from 9-10:30 p.m. The show is further described as providing "displays of mind medical and special education reading, mind control, predictions and even time travel. Not to mention visual illusions that ily member with a special need will leave you questioning your senses." Tickets will be on sale at The Landing 5-Star Catering office. Costs are \$10 in advance and \$15 the day of the shows – beginning at 2 p.m. Cost for main VIP tables is \$150 per table with a limit of 13 at the VIP tables. For more information, call 255-9810.

EFMP Lunch and Learn

The Exceptional Family Member Program hosts a free lunch and learn session Aug. 27 from 11:30 a.m. to 12:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue. Registration deadline is Aug. 23. The topic will be homework and studying techniques for children with Autism Spectrum Disorders. The presenter will be Chikondi Saiwa, a boardcertified applied behavior analyst. Attendees should bring their own lunch.

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

Spouse Sponsorship Training

Active duty, retiree and Army civilian spouses interested in sponsoring other spouses who are new to the community should attend Army Community Service's spouse sponsorship training Aug. 23 from 9-10 a.m. at The Commons.

For more information, call 255-3735.

EFMP child and Family find

The Exceptional Family Member Program is in the process of identifying active duty military Families with special needs. Special needs can include physical, intellectual,



FILE PHOTO

Freebies

Randy Varner (right), a mechanic for hire at Fort Rucker's Auto Skills Center, helps Lancaster, Pa. native WO1 James Kerwin (left), 1st Battalion, 150th Aviation Regiment, Pennsylvania National Guard, troubleshoot mechanical problems with a car. The center offers a Back to School automotive class special throughout August. With the special, youth ages 14-17 may attend an oil change or tire maintenance class free of charge with a paid adult. For more information, call 255-9725.

developmental delays or emotional impairments that require special treatment, therapy, education, training or counseling.

Enrollment is mandatory for Soldiers with exceptional Family members, including those who are active duty Army, Army Reserve in the program and other Soldiers on active duty exceeding 30 days, and Army National Guard personnel serving under authority of Title 10, United States

When possible, Soldiers are assigned to an area where the needs of their EFM can be met. If you are a Soldier with a Famor disability, or have knowledge of someone who is disabled or with a special need, call EFMP at Lyster Army Health Clinic at 255-7431. Lyster's EFMP conducts EFM screenings, enrollments, updates and disenrollments. Army Regulation 608-75, Exceptional Family Member Program, requires Soldiers to update EFM enrollment every three years, or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

Girls' Night Out

The Landing will host Girls Night Out Sept. 6 from 6-9 p.m. The night features shopping for the latest trends with fashion, health and beauty vendors, and more. There will be more than 100 door prizes given out during the event. Tickets cost \$10 and include one drink stub. People can buy tickets at The Landing.

For more, call 598-2426.

Financial readiness training

Army Community Service offers its financial readiness training Sept. 6 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. This free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial readiness training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

DFMWR Spotlight



Eye exams recommended to preserve children's vision

By Dr. Robert N. Kang U.S. Army Public Health Command

According to the National Eye Institute, vision disorders are the most common handicapping conditions in childhood in the United States. Yet, fewer than 15 percent of all preschool children receive an eye examination.

Also, studies have shown that preschool vision screenings reduce vision disorders among school-age children. For these reasons, many primary care and pediatric clinics, as well as, schools provide vision

The purpose of vision screening is to identify children who would benefit from a comprehensive eye examination. But how effective are these screenings in identifying those children? And, as a parent, can you trust the vision screenings or should you take your preschooler for an eye examination regardless?

A large clinical study on preschoolers conducted by the NEI found that specially trained nurses and lay people were as effective in vision screenings as licensed eye care professionals. Importantly, however, the results depended on the specific tests and equipment used, as well as the specific vision condition being tested.

This study clearly showed the value of vision screening when properly done but also showed some of its limitations. So, what should a parent do?

The chairperson of the NEI study recommends that parents "question which eye problems are being screened for, the accuracy of the tests," and, more importantly, that "parents should be aware that vision screening programs do not substitute for a comprehensive eye examinations by a licensed eye care professional."

The American Optometric Association recommends eye examinations for infants and children at six months and 3 years of age. For school age children, eye examination is recommended before first grade and every two years thereafter.

Of course, infants at higher risks, for example from Family history, should have an examination as soon as medically practicable. Similarly, children with symptoms or higher risks should also be examined more frequently.

It is estimated that up to 5 percent of 3 to 5 year olds have amblyopia, or lazy eye, and about 4 percent have strabismus or "squint" where one of the eyes is not aligned straight with the other eye. Also, 10-15 percent of children have significant refractive errors needing correction with

Overall, 15 percent of children have an eye or vision problem that, if not corrected, can result in reduced vision. Eye examinations during the early years of any child's development are a must.

Unfortunately, vision problems do not usually hurt and children do not know how well they should be seeing. Vision screenings may be very valuable in identifying children with potential eye and vision problems.

However, until much more accurate and effective screening tests and equipment become available, parents should be aware that vision screenings do not replace the need for eye examinations. The precious gift of children's eyesight should be protected and nurtured with comprehensive eye examinations.



MEANS

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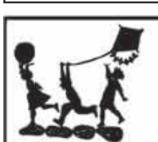
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We welcome our new associate, starting August 12, 2013: Dr. Charity E. Dugan

Dr. Dagan was born in Louisville, KY, then grew up and graduated high school in Naples, FL. She graduates from college in Florida then Osteopathic Medical School in Pennsylvania. She just finished her surgical residency in Brooklyn, NY this June. She married Sean Dugan, a 1st Lt Ranger in the US Army, in March She is a member of the American College of Ostropathic Surgeons and the Association of Women Surgeons. Her special interest, from her NY training, is the care and treatment of breast cancer.



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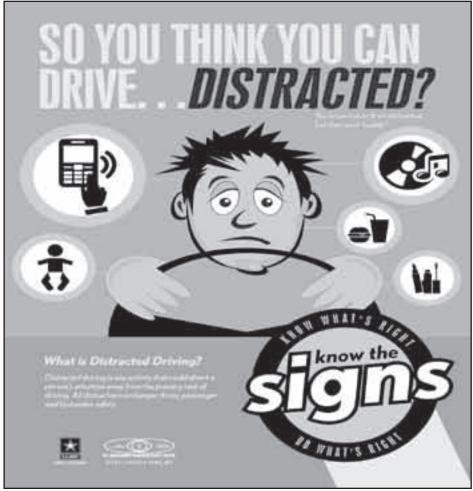
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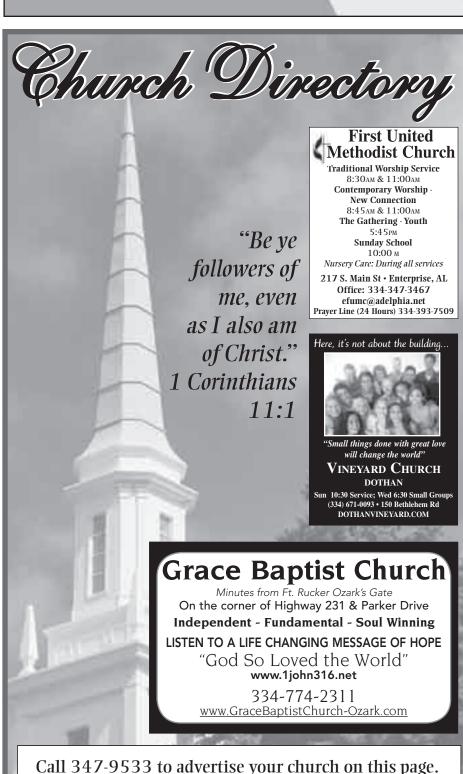
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Abbeville: Yatta Abba 'Yella Fella' tour

By Marilyn Jones Stamps

Alabama Tourism Department

Abbeville, a small town tucked away in the southeastern corner of Alabama since 1823, was shrinking into obscurity. Thanks in part to the commitment and passion of a man you have seen on television many times, it is being revitalized.

Jimmy Rane, the big guy wearing the bright yellow hat and cowboy boots in TV commercials, known as the "Yella Fella," headed up a posse of business leaders dedicated to saving their hometown. The changes they've made are quite striking.

As other merchants and citizens worked to restore Abbeville's small-town charm, Rane focused his attention on turning an old Standard Oil Filling Station into office space for his company, Great Southern Wood Preserving, Inc. He also made a 1950s-style restaurant named Huggin' Molly's a local mainstay and gave many downtown buildings a facelift.

Each April, and at various other times during the year, you can follow the antics of the Yella Fella. You can also meet a "hugging ghost," see the former home of a civil rights pioneer, and discover the history and heritage of the place Native Americans called "Yatta Abba," meaning "a grove of dogwood trees."

Old Standard Oil filling station

Probably one of the first sites you'll reach is the old Standard Oil filling station on Washington Street. You can't get gas here nor can you tour the interior of the building. It houses some of the Yella Fella's company offices. You can, however, pull in and view the exterior, filling up on a slice of Americana when you do.

Downtown Abbeville is where you will see much of the handiwork of Rane. He has lovingly restored many of the storefronts and office buildings, including the facade of the Archie Theater where he used to watch western movies on Saturday afternoons. As the founder and CEO of the world's leading producer of pressure-treated lumber products, Rane never minds slipping into his whimsical Yella Fella cowboy character to promote the history of Abbeville and bring vivid memories to life for a new generation of residents and visitors

Experience a Yatta Abba weekend

Abbeville is enjoyable anytime of the year. However, Yatta Abba weekend in late April provides an even greater

reason to visit. During this special spring event, you can spend time with area artists and craftsmen, hear live music in various venues, take a driving or walking tour of historic homes and churches (held as part of the Yatta Abba experience and the statewide Saturday Walking Tours), see a parade of antique vehicles and sample food provided by local restaurants, all while strolling through the beautiful and historic area nicknamed "the City of Dogwoods."

In addition to enjoying a variety of activities, you're invited to take a trip through time at the Pioneer Cemetery located behind First Baptist Church at 100 Columbia Road. Re-enactors stationed at the cemetery will entertain you with stories of the area's early settlers, prominent Families and others. You'll meet brigadier generals and war veterans, and even learn about Abbeville's own Cinderella. A burial plot at the cemetery bears the name of one Cinderella Phoebe Hutto Epsy. Of course, it's not a memorial to the Cinderella from the fairytale, but the mere thought of having perhaps the only burial site dedicated to a Cinderella gives Abbeville boasting rights.

The stories from the grave are endless. One marker bears the names of seven children all in one grave. Another tells of a local citizen who lived to be 110 years old, and yet another remembers Abbeville's real Huggin' Molly.

Visitors are invited to take a guided tour to see historic homes and churches in the area or walk along lamp-lit sidewalks, where classics from the Big Band era flow from local storefronts and beckon you to explore even more of beautiful and historic Abbeville. On your journey, you'll discover retail establishments offering great discounts and diverse shopping opportunities, such as Town Square Shoppes and Dogwood Abbey's. You'll also get to meet wonderful people who value friendships and Family traditions and are always willing to give you a glimpse of life in their hometown.

Unique dining experiences

While in Abbeville, be sure to visit Huggin' Molly's Restaurant, 129 Kirkland St.; 585-7000. Legend has it that the town was once inhabited by a friendly ghost named Molly. She was supposedly seven feet tall and "as big around as a bale of cotton." As told by the Yella Fella, Molly would walk the city streets at night and if she saw you, she'd chase you down, scream in your ear and give you a huge hug – hence, the name.

You can't always count on a big hug from Molly, but

what locals and visitors have come to count on is getting a cherry Coke, some Molly's Fingers and a heaping helping of home fries at the restaurant named in her honor. An old-timey soda fountain beckons guests to sit, sip and enjoy. On any given day, you could probably feel the spirit of Molly lurking about, and if it's left up to Jimmy Rane, you might even spot the Yella Fella dining at the table next to you. Huggin' Molly's is open Mondays through Saturdays, with extended hours for the soda fountain on certain days.

Another dining option and local favorite is Jimmy's Barbecue and Smokehouse, 103 Kirkland St.; 585-0312. This eatery, owned by Jimmy Money, in downtown Abbeville is about as famous for its pizza as it is for its barbecue, if not more so. The restaurant is open Mondays through Saturdays, 11 a.m. to 8 p.m., and Sunday, 4-8 p.m.

More to explore

Before leaving Abbeville, be sure to pull to the side of the road to read and photograph the historic marker, one mile west of U.S. Hwy. 431 on AL Hwy. 10, near the farmstead where Rosa Parks lived as child. While many people tend to connect Montgomery with the 42-year-old seamstress who made history as the "Mother of the Civil Rights Movement in America," few realize that the little girl born Rosa Louise McCauley in Tuskegee spent a short part of her childhood in Henry County.

Parks moved with her Family to her grandparents' 260-acre farm on the outskirts of Abbeville shortly after she was born on Feb. 4, 1913. In 1915, she and her mother moved to Pine Level. She married Raymond Parks in 1932. In 1943, she joined her husband as a member of the NAACP. Parks championed her first cause for civil rights when she returned to Abbeville and Henry County in 1944 to investigate the alleged rape and abduction at gunpoint of a young African-American woman by seven white men.

Today, a small rundown wooden house with a battered tin roof in the middle of Abbeville farmland is all that remains of the place that cradled Parks as a baby. The road-side marker, however, serves as a testament to the genteel woman who was not afraid to fight the giants of racism and prejudice in the South. In taking on the case of injustice in Abbeville, Parks was already in the process of launching a movement that would ultimately change the world.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

FRIDAY — Foster Fest will be held the third Friday now through November from 6-9:30 p.m. A free downtown evening celebration, there will be street vendors, shops, drinks, festivities, live music and

antique cars. For more information, call 793-3097 or visit www.thedowntown-group.com.

SATURDAY— The Knights of Columbus will have an ice cream social and a LifeSouth Blood Drive from noon to 4 p.m. at St. Columba Catholic Church. The public is invited. Call the church for details, 793-5802.

AUG. 22 — The Wiregrass Area United Way Food Bank will host an open Empty Bowls Dothan night at the food bank from 5:30-7:30 p.m. Everyone who is interested in supporting the Empty Bowls Dothan project is invited to visit the food bank and make a pottery bowl to be sold at the Empty Bowls Dothan event on Feb. 8, 2014. Attendance is not limited, but responses are requested in order to make sure supplies are available. For more information, call 794-9775.

ENTERPRISE

AUG. 22 — The Rural Domestic Preparedness Consortium is offering a free Department of Homeland Security-certified course on media awareness and response from 9 a.m. to 4 p.m. at the Enterprise Civic Center.

The course provides valuable insight into helping to understand how the media works and how best to work with available media outlets. This six-hour instructor-led course will be in a classroom-lecture. Registration deadline is today by noon. Register online at www.ruraltraining.org/training/schedule/2013-08-22-awr209-enterprise-al-001/. For more information, call 606-677-6000 or email info@ruraltraining.org.

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 — 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 Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

OZARK

FRIDAY AND SATURDAY — Ozark hosts the 19th annual South Alabama Pro Rodeo Classic at the Dale County AgPlex Arena at the intersection of Highway 123 and 231 South. Gates open at 6 p.m. and the rodeo starts at 8 p.m. Advance tickets, available at Fort Rucker's Leisure Travel and other businesses in Ozark, cost \$8 for adults and \$6 for children ages 6-12, and children five and younger are admitted for free. Tickets at the gate cost \$10 for adults, \$8 for children ages 6-12, and children 5 and younger are admitted for free.

The rodeo will feature bull riding, barrel racing, saddle bronc riding, breakaway roping, bareback riding, steer wrestling, calf roping, team roping and more.

For more information, call 774-9448 or 797-9754.

OCT. 5 — A Run For Your Lives Fun Run where zombies chase humans in a 5K event will be held downtown. The event, held in conjunction with the city's annual Claybank Jamboree, includes a zombie costume contest commencing at 1:30

p.m., with the race start at 2 p.m. For more information and to download an entry form, email pfenn@troycable.net or call 432-3466.

Entry forms are also available at http://www.ozarkalchamber.com/home/Forms.

OCT. 5 — Back Street Art celebrates its third year as part of Ozark's annual Claybank Jamboree. Artists of all media are encouraged to enter this juried art exhibition held in a shady park-like setting away from the hustle and bustle of the downtown festivities. Back Street Art will include demonstrations by various artisans and hobbyists, music, a poetry workshop, Family photos and a child's potting station.

Artists interested in entering the juried art exhibition or artisans interested in showcasing their hobbies should call 618-3006 or email windingroadptry@yahoo.com.

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

Ice Festival in August

Celebrate cool at Apalachicola's Festival of Ice Saturday in Apalachicola as the town salutes Dr. John Gorrie, the inventor of the ice machine. This year's event will feature a lecture at the Apalachicola Maritime Museum by author and photographer Elli Morris about her book Cooling the South and ice carving, ice cream and snow cones at the Gorrie Museum.

BeachFest 5K

During the SEC BeachFest Saturday, a 5K and a one-

mile fun run will be held in Gulf Shores during this Family-friendly event. Race participants are asked to celebrate their school and wear their favorite teams' colors.

Check-in will take place at The Hangout with both races starting on West 1st Avenue near The Steamer. The 5K begins at 8 a.m. while the fun run starts at 9 a.m. Both races will end at The Hangout for a waffle breakfast. Registration is \$50 on race day. The one-mile fun run is limited to students ages 18 and younger. One-mile fun run participants will be charged \$20 on race day. For more information, visit www.secbeachfest.com.

SEC BeachFest

SEC Beach Fest is scheduled today through Sunday at

Gulf Shores main public beach. BeachFest features a golf scramble, FanZone, fishing tournaments, appearances by legendary coaches and players, alumni happy hours at local restaurants, a 5K and 1-mile fun run and concerts on the beach. Event is Family friendly.

For more information, visit www.secbeachfest.com.

Fight Against Cancer

Making Strides Against Breast Cancer's 5k non-competitive walk will be held Oct. 26 at Aaron Bessant Park. Registration is at 7 a.m. with the walk beginning 8 a.m. in Panama City Beach.

For more information, call (850) 236-6023 or visit www.baypointwyndham.com

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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

MAIN POST CHAPEL, **BLDG**. 8940

9 a.m. Catholic Mass,

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

WINGS CHAPEL. BLDG. 6036

Saturday

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

SPIRITUAL LIFE CENTER, BLDG. 8939

9:30 a.m. Protestant **Sunday School**

HOT NIGHT-OUT

Thursday, August 22nd • 9am-8pm

HIGHLANDS

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Entire Wall

One Day Only!

Free Food served at

4:00pm

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday

11 a.m. Above the Best Bible Study, Yano Hall, Wednesday

10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday

6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

MOPS is a Christianbased mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday at 9 a.m. at the Spiritual Life Center, Bldg 8939. For



Pick-ofthe-litter

Meet Lady, a female, eight-week old, black and tan kitten available for adoption at the Fort Rucker stray facility. She is very social and playful. It costs \$80 to adopt Lady and other animals at the facility, which includes all up-to-date shots, the first round of ageappropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. 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 stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/ fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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Fort Rucker Family & MWR

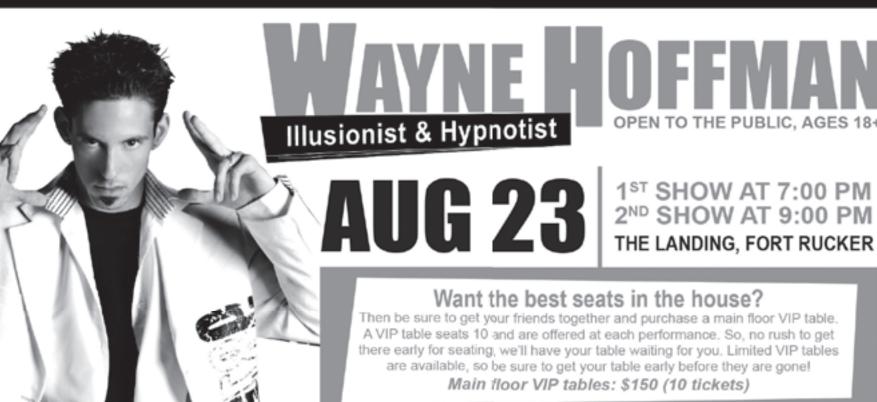








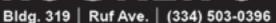
DON'T MISS OUT, GET YOUR TICKETS WHILE THEY LAST!



Then be sure to get your friends together and purchase a main floor VIP table. A VIP table seats 10 and are offered at each performance. So, no rush to get there early for seating, we'll have your table waiting for you. Limited VIP tables are available, so be sure to get your table early before they are gone!

Advance tickets available for purchase at The Landing until, August 23rd at 2 pm. Regular tickets:\$10 advance, \$15 at door

Ticket information, (334) 598-2426 | Event information, (334) 255-9810





Mother Rucker's Sports Bar is open for lunch Monday - Friday, and offers an expanded lunch time menu. During the lunch hours, kids can come too! Starting at 4 pm Mother Rucker's returns to an 18+ facility.

Mon - Fri: Lunch 11 am - 2 pm Daily: 4 pm - 11 pm, Ages 18+

FORT RUCKER SILVER WINGS **GOLF COURSE**

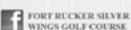
BLDG. 20067 | COMBAT RD. | (334) 598-2449

It's time to dust off those golf clubs and get out to Silver Wings Golf Course. Open to the public, seven days a week

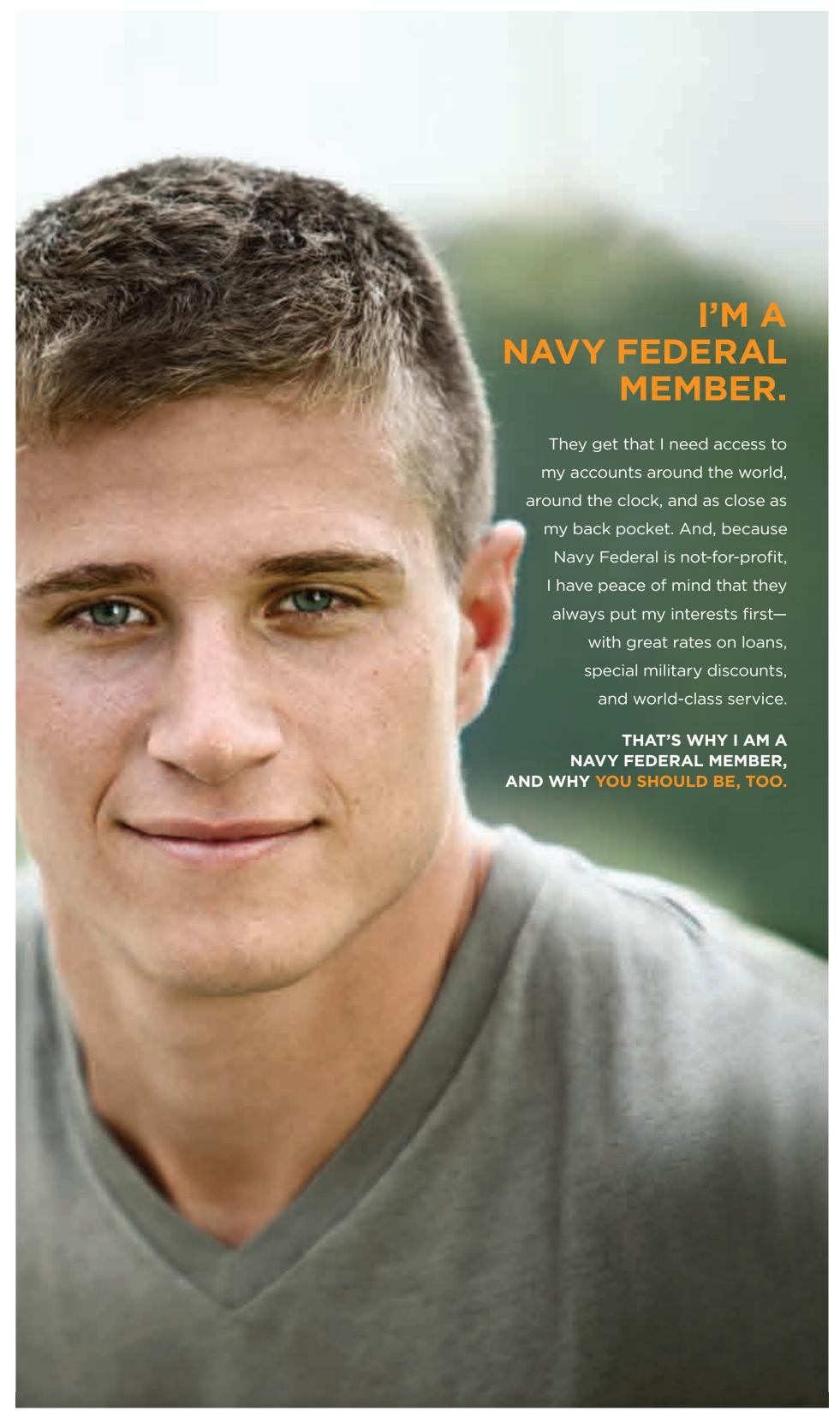
- · PRO SHOP
- MEMBERSHIPS TOURNAMENTS DRIVING RANGE

GOLF LESSONS

· DIVOTS RESTAURANT & GRILLE







REFER AN ELIGIBLE FRIEND, FAMILY MEMBER, OR FELLOW SERVICEMEMBER FOR MEMBERSHIP, AND YOU'LL EACH RECEIVE





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Story on Page D3

AUGUST 15, 2013

Youth advance to sectionals

By Nathan Pfau Army Flier Staff Writer

Fort Rucker Youth Sports provides an avenue for children of all ages on the installation to compete in friendly competitions, but it also provides a setting for some to advance to a high level of competition.

The youth sports program held the Punt, Pass & Kick competition, which was developed by the National Football League, Saturday at the youth football field for children ranging from 6 to 15, and the winners for each age group gets the opportunity to advance to sectionals and beyond.

The winners of the competition are: Corbyn Stone, boys 6-7 year-old winner; Hayden Stowe, boys 8-9 year-old winner; Jordan Hawkins, boys 10-11 year-old winner; Kyla Tynan, girls 10-11 year-old winner; Josh VonEschenbach, 12-13 year-old winner; and Andrew Osteen, 14-15 yearold winner.

"I feel really good about winning because I like football," said VonEschenbach. "I've been playing football for about three years and I like to play with my brothers."

"It feels good to see him play because we weren't sure what sports would be like when we moved here," said his mother, Melissa. "We're so thankful that they had an opportunity like this for them to come out and play."

Fellow parents W01 Joey Dean Edwards, B Company, 1st Battalion, 145th Aviation Regiment, and his wife, Candice, agreed.

"We just wanted him to get out here, compete and get ready for the football season, and this was a good way to see where he was at," said Joey of his son, Jordan, who won in the 10-11 year-old boys cat-

egory. "It's been fun to watch him compete against the other children. We really enjoy watching him play," added Candice. "Promoting things like this really encourages kids to stay active and competitive in sports and other activities, and I just enjoy that."

During the competition, each participant was allowed one punt, one pass and one placekick as part of the competition, and and accuracy, according to the programs website, www.nflppk.com.

If a participant throws the ball 100 feet, but the ball lands 30 feet to the right or left of the measuring tape, the final score for that portion is determined by deducting 30 from 100 for a score of 70, according to



PHOTO BY NATHAN PFAU

Kyla Tynan, girls 10-11 year-old winner, kicks the ball during the NFL Punt, Pass & Kick competition at the youth football field Saturday.

the site. The final scores are determined by the sum of the three classes of scores.

The top finishers of each age category the scores were based on both distance have the opportunity to move on the sectional round where they will compete against other boys and girls of the same age group from other local competitions. From there, participants will compete to move onto the Team Championships, then the NFL Punt, Pass & Kick Team Championship, where they will compete for a spot

in the National Championship.

The NFL developed the program as a way to teach the fundamentals of the game and help children better understand teamwork, but an added benefit is that it promotes fitness and wellness in today's youth, said Leroy Minus, child, youth and school services youth sports assistant fitness director.

"This is one of those activities that we thought could reach out to children and

get them involved," he said. "It teaches the children about the game, but it also encourages children to learn about fitness and keeping their bodies in shape.

"We want the children to not be afraid of conditioning, and learn that health and fitness are important," Minus continued. "We want to make sure and encourage the fitness aspect, but the main thing is for them to have fun. I think we had a good turnout for the competition."



PHOTO BY SARA E. MARTIN

New Splash! hours

Starting Saturday, Splash! and West Beach will be open weekends only from 11 a.m. to 6 p.m. due to school being back in session. On Sept. 3, all outdoor aquatics facilities close and the Fort Rucker Physical Fitness Center indoor pool reopens, with the hours being Mondays through Fridays from 5:30 a.m. to 7 p.m., and Saturdays and Sundays, along with holidays, from 11 a.m. to 5 p.m. For more information, call 255-2296.

DOWN LIME











Just Like Cats & Dogs by Dave T. Phippe I TAKE IT THIS WAS ONE OF THOSE

"THINK BEFORE I SPEAK" MOMENTS?

1. ENTERTAINERS: What are the first names of the comedian duo Abbott and Costello?

2. GEOGRAPHY: Which Caribbean island's capital city of Plymouth was destroyed by an active volcano in 19957

3. ART: What is cloisonne?

4. LANGUAGE: What is unusual about the word "facetiously"?

5. ANIMAL KINGDOM: What is an ungulate? 6. TOYS: What was the name of Bar-

bie fashion doll's best friend? 7. ENTERTAINMENT: What are

PATSY awards? 8. ADVERTISEMENTS: What

company's logo is "Because you're worth it"?

9. HISTORY: What was Annie Oakley's nickname?

10. SCIENCE: What is the name for the process when a liquid becomes a 228

See Page D3 for this week's answers.

Super Crossword

TRIPLE **FEATURES**

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See Page D3 for this week's answers.

106: 107

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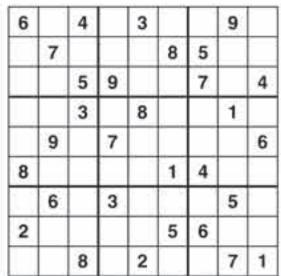
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Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: * * *

* Moderate ** Challenging * * * HOO BOY!

© 2013 King Festures Synd., Inc.

See Page D3 for this week's answers.

KID'S CORNER

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1 E E before 2 many 10 many 10 months for the Africa Personal parent And the across 2 months 2 months for the across 1,2,2 or 47



OCORY 16 points for using all the letters in the world below to flavor two complete world:

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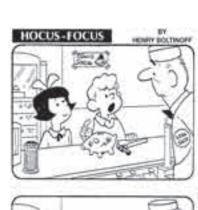
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6,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

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Video Game Spotlight >>

'Dragon's Crown' immersive, fun

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.)

Aren't 2D side-scrolling video games supposed to be dead? After all, it is 2013. Be glad they are not and that "Dragon's Crown" was still created.

It is a 2D side-scrolling role-playing game that was put together very well, and is a lot of fun to play. As you might expect, it's set in a medieval world of swords and sorcery. Gamers get to pick from a fairly standard set of six char-

Amazon and sorceress. Each comes with their own strengths and weaknesses. Their abilities can get stronger as they progress through the game and they will also use items found throughout the levels to become more power-

"Dragon's Crown" features branching paths that are based on the gamer's decisions. Running from an enemy will lead one direction, while engaging that enemy will lead to another, for example.

The game has the option for four gamers to explore the game together online via the Play-Station Network. There is also local multiplayer, and gamers who own both the PS3 and the

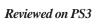
PUZZLE

ANSWERS'

acters, including a fighter, dwarf, wizard, elf, PlayStation Vita may start their game on one system and then continue it on the other - as long as they buy the game for both the console and the handheld.

> While the plot is straightforward, the visuals and audio for "Dragon's Crown" are impressive on both the PS3 and the Vita. Don't be afraid to show this one off.

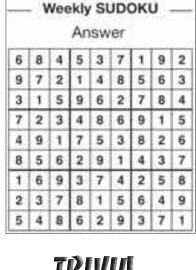
> "Dragon's Crown" is a great game that will make new fans of the 2D side-scroller genre. It's immersive and incredibly fun. The replay value is high due to the multiplayer options and the ability to play as other character classes. Gamers shouldn't hesitate to put on this crown.





Publisher: Atlus Rated: Teen Systems: PS3, PS Vita

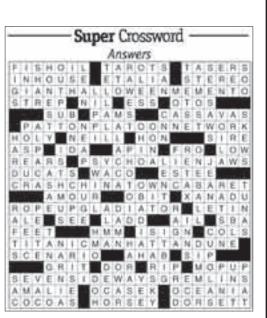
Cost: \$40-50 Overall: 3 out of 4



TRIVIA

Bud Abbott and Lou Concilo Mentiorral Enamel decoration of metal It contains all six yowels, includ-ing 'y,' in alphabetical order.
 A manufal with booves. Best animal performances in file

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SWIMMING HOURS CHANGE

Starting Saturday, Splash! and West Beach will be open weekends only from 11 a.m. to 6 p.m. due to school being back in session. On Sept. 3, all outdoor aquatics facilities close and the Fort Rucker Physical Fitness Center indoor pool reopens, with the hours being Mondays through Fridays from 5:30 a.m. to 7 p.m., and Saturdays and Sundays, along with holidays, from 11 a.m. to 5 p.m.

VOLLEYBALL COACHES MEETING

The Fort Rucker Physical Fitness Center will hold a men's and women's volleyball coaches meeting Tuesday at 9:30 a.m. and 5:30 p.m. All coaches need to attend. Pre-season begins on Sept. 16 and the deadline to sign up is Sept. 23.

For more information, call 255-2393.

SILVER WINGS CLUB CHAMPIONSHIP

Silver Wings Golf Course will hold its club championship Sept. 7-8 with tee times beginning at 7 a.m. Price is \$50 per player, plus cart fee. A U.S. Golf Association handicap is required. The deadline to register is Sept. 5 before 4 p.m. The club championship is stroke play and for members only.

For more, call 598-2449.

FAMILY BOWLING

Army Community Service's Exceptional Family Member Program and Relocation Readiness Program Hearts Apart invites all active duty military Families with special needs or disabled member, or Families with Soldier's deployed or serving an unaccompanied tour to attend a night of bowling at Rucker Lanes Bowling Center Sept. 12 from 5-10 p.m. The cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior

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

HISPANIC HERITAGE GATE TO GATE

The Fort Rucker Physical Fitness Center will host the annual Gate to Gate run in conjunction with Hispanic Heritage Month Sept. 28. Race day registration will be from 7:30-8:30 a.m. in the parking lot by the Daleville Gate on Third and Raider. The run will begin at 9 a.m. Participants will be bused to the Ozark Gate from the Daleville Gate. The last bus will leave at 8:40 a.m., so participants are encouraged to arrive early. Participants are encouraged to pre-register prior to race day. Forms will be available at either physical fitness center. Bicycle riders are also welcome to participate - no awards given - and will start the race at 8:55 a.m. Bikes must be staged at the Ozark Gate and bikers will return to the Daleville gate to register and bus to the start. Costs will be \$20-25 for individuals and \$120-160 for teams.

For more, call 255-2296.

Outdoor recreation hosts its next ATV Trail Ride Sept. 28 from 7 a.m. to 2 p.m. Pre-registration is required and cost is \$20. The trail ride is open to the public, ages 16 and older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305

FALL BOOT CAMP

Fortenberry-Colton Physical Fitness Center hosts its six-week Boot Camp Sept. 30 to Nov. 8. The program meets five days a week with two sessions to choose from - 6:30-7:30 a.m. or 8:15-9:15 a.m. The cost is \$100 per person, The Boot Camp includes

weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts available to all participants who complete the training. Orientation will be held Sept. 27 at 6:30 a.m. and 8:15 a.m. at the fitness center. There will be limited space in each session. Registration forms are available at either fitness center.

For more information, call 255-2296.

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 information, call 255-2296.

ENTERPRISE BASEBALL

The Enterprise baseball team needs high-school aged and older players for its ongoing season. For more information, call Joe Jackson at 347-4275.

RIDING STABLES RULES

The Fort Rucker Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

DRV NOW, TXT L8R



information about animal adoptions, call the Veterinary Clinic at 255-9061.

The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

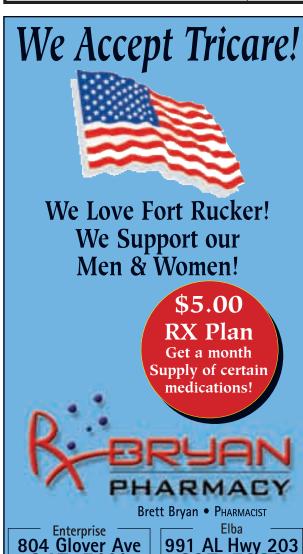
Donations can be dropped off at the Veterinary Clinic.



- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.



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Classes start Aug. 21

LBWCC in Opp (only 35 miles from Fort Rucker, 25 miles from Enterprise)

To get started or more information:

Candy Watkins, Program Director 334-493-5318. cwatkins@lbwcc.edu



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III PARANOIA - PGTS Fri, Sat & Sun: 2:00, 4:15, 7:10 & 9:15

Mon - Thurs: 7:10 & 9:15

