

'Shot of Reality'

The Fort Rucker Army Substance Abuse Program hosts "A Shot of Reality," Tuesday and Wednesday at the post theater from 8-10 a.m., 10 a.m. to noon, 1:30-3:30 p.m. and

3:30-5:30 p.m. ASAP officials said the free presentation, put on by the award-winning improv group Mission IMPROVable, will make audience members laugh and think, and

tackles tough topics like alcoholism, binge drinking, social mistakes, assault, drunk driving and more.

To register, send an email to Rebecca.Lobrien10.civ@mail.mil.

TIS THE SEASON

Post lights up holiday season at ceremony



Story on Page C1

ARMY FLYER

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FORT RUCKER ★ ALABAMA

NOVEMBER 28, 2013

Fort Rucker welcomes new CWOB



PHOTO BY NATHAN PFAU

CW5 Allen R. Godfrey, incoming chief warrant officer of the Aviation Branch, holds the certificate of charter that was passed to him by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, from CW5 Michael L. Reese, outgoing CWOB, during a change of responsibility ceremony at the U.S. Army Aviation Museum Friday.

By Nathan Pfau
Army Flier Staff Writer

Hundreds came together at the U.S. Army Aviation Museum Friday to welcome a new chief warrant officer of the Aviation Branch and say farewell to a man that has left his mark on Army Aviation during his three years of responsibility.

CW5 Allen R. Godfrey, incoming chief warrant officer of the Aviation Branch, assumed responsibility from CW5 Michael L. Reese, who has held the position since 2010, as the charter passed from Reese to Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, to the hands of Godfrey.

"He's just the right guy (for the job) — another humble servant with the background, the experience, the expertise and the per-

spective to really take the ball that Mike Reese is handing him and continue to move down the field," said Mangum during the ceremony. "The warrant officer cohort is so much more than just the muscle and the brains. It's the expertise and continuity ... they are the skill players on this team, and we have a great coach in Randy Godfrey as we move forward."

Godfrey comes to Fort Rucker after his most recent deployment in Afghanistan. He's held numerous leadership positions from platoon leader, flight leader and, most recently, as command chief warrant officer of the 3rd Combat Aviation Brigade.

The new CWOB's assignments have taken him all over the world to Fort Rucker, Germany and Korea, and he has been deployed to Kosovo, twice to Iraq and three

SEE CWOB, PAGE A5

New clinic opens to keep Soldiers on duty

By Sara E. Martin
Army Flier Staff Writer

Last year, around \$321,000 was spent on off-post physical therapy care for Soldiers and Family members, but patients can now find that care on post after Lyster Army Health Clinic opened its brand-new physical therapy and chiropractic clinics Nov. 20.

The new clinics took 395 days to complete and the construction doubled the size of the facility while modernizing capabilities and combining complimentary modalities, but that is not the best thing about the clinics according to Col. James A. Laterza, U.S. Army Aeromedical Center and Lyster Army Health Clinic commander.

"Muscular-skeletal injuries are the highest disabling cost in the Army," he said. "We can now increase patient convenience because they will not have to go off post and we will be able to return Soldiers to training quicker."

The clinic may also be able to see veterans if a partnership is created between LAHC and Veterans Affairs.

"We hope to eventually team up with the VA to be able to do some of their physical therapy care, as well," he said. "We don't want our veterans to have to drive to Montgomery for their care. We now have that capacity, so we hope that we can soon provide this type of care for them."

The commander said that LAHC needed major upgrades to several parts of the facility, and around 18 months ago \$12 million worth of projects was funded and construction around the building began.

"That was a credit to our facilities staff and our leadership, but really the service chiefs that were here at the time saying, 'We have got to upgrade and improve this facility,'" he said.

About \$800,000 was put aside from that \$12 million to create the new physical therapy and chiropractic clinics.

"The main thing is convenience, and to keep Soldiers in the air," he

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PHOTO BY SARA E. MARTIN

Operation Celebration

Operation Celebration is an ongoing tradition each holiday season at Fort Rucker Primary School where students make handmade gifts and cards and send them to deployed Soldiers. Here, Sarah Pierce, 7, and her sisters, Elise and Mary Catherine, both 6, make feather angels for deployed Soldiers Nov. 19. For more on Operation Celebration, see A3.

New counselors help victims of sexual assault

By Sara E. Martin
Army Flier Staff Writer

Eliminating sexual assault from the armed forces remains one of the military's top priorities — an effort that requires absolute and sustained commitment to providing a safe environment where every service member and civilian is free from the threat of sexual harassment and assault.

And to help victims understand the military justice system and their rights and benefits, the Army has created a new service for them — the special victim counsel service.

The 1st Aviation Brigade held an installation-wide Sexual Harassment/Assault Response and Prevention program forum Nov. 21 to educate unit victim advocates about the special victim counsel program.

"Once a month, we try to bring in all the victim advocates in the brigade and across the installation. We usually have a



PHOTO BY SARA E. MARTIN

Capt. Edwin Caban Jr., Fort Rucker's special victims counselor, tells unit victim advocates the role of the special victims counselors during a forum meeting Nov. 21.

guest speaker of some sort come in and speak to us on important topics," said Sgt. 1st Class Gerald Emery, Headquarters and Headquarters Company, 1st Aviation Brigade. "They talk to us on what their roles and responsibilities are within the SHARP program, and how it relates to what we do to make sure we are all tied together and educated properly.

"We have to stay current on information, and the most important thing is to make sure our advocates know the procedures if they receive a case," continued Emery. "By doing these meetings we keep them abreast with everything that is going on within these programs."

At the Nov. 21 meeting, advocates learned about the purpose of the special victim counsel

program that they are going to have to explain to the victims that come to them.

"The victim advocates are the ones who deal with the victim first, so they need to know all the services offered to victims, as well as victim rights," said Capt. Edwin Caban Jr., Fort Rucker's special victim counselor. "It is my job to make sure the victim knows the whole military justice process if they decide to take it to court, as well as the (services) they could receive."

Caban said that the JAG office wants all victims to know that they are here to help and are happy to explain why things are done the way they are done.

"The reason I believe the Army is receiving complaints about the system is because people do not understand the system, and that is where counselors like myself come in," he said. "We want victims to understand all aspects of what will

SEE HELP, PAGE A5

PERSPECTIVE

Thirdhand smoke: New tobacco hazard for Families

By BethAnn Cameron
U.S. Army Public Health Command

Have you ever noticed the smell of cigarette smoke in an area where no one appears to be smoking, or the lingering smell of cigarettes in a hotel room previously occupied by smokers?

Cigarette smoke clings to hair, clothing, cushions, carpeting, furniture and toys after a cigarette is put out. It also clings to food and dust. This is referred to as thirdhand smoke – leftover residue with the strong scent of smoke that remains on the surfaces of objects long after secondhand smoke has cleared.

Thirdhand smoke is considered a hazard because it contains toxic gases and chemicals that you cannot see, e.g., nicotine, tar, butane, paint thinners, arsenic, lead and carbon monoxide. These chemicals pose a health risk because they combine with the air and other pollutants to make cancer-causing substances. They are absorbed through the skin by touching contaminated surfaces, inhaling dust or by ingestion (eating or drinking).

Young children can get these chemicals on their hands, especially if they are crawling or playing on the floor. People are also exposed through shared ventilation, air ducts and leaky walls in apartment buildings.

According to the Mayo Clinic, it can take two to three minutes for a smoker to stop exhaling the toxins of smoke after their last puff. Thirdhand smoke can remain on the smoker long enough to settle in places considered smoke-free. Studies have shown that it takes two hours for the air quality to return to normal after a single cigarette was smoked in a



PHOTO ILLUSTRATION BY GRAHAM SNOGRASS

Thirdhand smoke is considered a hazard because it contains toxic gases and chemicals that you cannot see, e.g., nicotine, tar, butane, paint thinners, arsenic, lead and carbon monoxide.

bedroom.

In addition, thirdhand smoke can accumulate. One study showed that thirdhand smoke contamination remained on surfaces to include house dust even after a home was vacant for two months and cleaned.

To reduce the hazard, many parents smoke when their children are out of the house. People turn on fans to ventilate the room or open a window in a car to get rid of the smoke. These ac-

tions do not protect people from thirdhand smoke. The only way to protect non-smoking Family members completely is for all Family smokers to quit.

Protect your loved ones and promote a healthier air space.

If you smoke, the following are some tips to reduce thirdhand smoke contamination.

- Get help with quitting smoking.
- Wash your hands, change clothes and brush your teeth

after smoking, and before holding or feeding babies and young children.

- Keep your home and car tobacco-free. Detoxify your home and car.
- Open windows and doors to let in fresh air or use a high-quality indoor air purification system.
- Do a thorough cleaning. Wash clothing, bedcovers, drapes and furnishings including windows, doors, walls, ceilings,

kitchen cabinets, light fixtures, blinds and shades.

- Steam clean carpets and upholstery with a cleaning agent, not just a deodorizer.
- Remove smoke-filled wallpaper.
- Replace all heating and air conditioning filters regularly.
- Use several coats of non-toxic sealant and paint on walls to prevent odors and nicotine from leeching through the paint.

Rotor Wash

“What are some safety tips for shopping online during the holiday season?”



Staff Sgt. Tiffani Heinrich, F Company, 3rd Battalion, 2nd General Support Aviation Battalion, South Korea

“Make sure the website you are shopping on is a reputable site. Do your research to make sure it is safe.”



Sgt. Christopher Beadles, F Company, 6-101 GSAB, Fort Campbell, Ky.

“Make sure you are home to receive your packages. Shady people will steal your parcels right off your front steps.”



Staff Sgt. Jeremy Williams, F Company, GSAB, Fort Carson, Colo.

“Do not give out any personal identification information like your Social Security number.”



Sgt. Travis Ostler, NCO Academy

“Make sure you use a dependable and safe way of paying.”



Staff Sgt. Brandi Neece, Headquarters and Headquarters Troop, 1st Basic Combat Training, 1st Cavalry Division, Fort Hood, Texas

“I always shop in person that way I can avoid potential identity theft or online fraud.”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

Students send gifts to deployed Soldiers

By Sara E. Martin
Army Flier Staff Writer

Operation Celebration is an on-going tradition each holiday season at Fort Rucker Primary School where students make handmade gifts and cards and send them to deployed Soldiers, and with the program growing in size each year the decision was made to get Families involved for 2013.

Recognizing that many Soldiers do not get to spend the holidays at home with their loved ones, students put some holiday cheer in a box to lessen the holiday blues that some deployed Soldiers may feel, including four parents of current students who cannot get leave for the holidays, said Sylvia Thornton, organizer of the event.

"We wanted to get our entire school community involved this year," she said. "Making it a Family event has made it possible where the parents can create ornaments and gifts with their children and help their child understand the benefits of giving."

The program begins each season with the reading of the book "Operation Celebration," where the children in the book send Christmas favors, cards and gifts to overseas parents. This year, Justin O. Mitchell, deputy garrison commander, read the book at an assembly attended by more than 500 students, siblings and parents Nov. 19.

"I think it is really important for the children to realize how much the installation appreciates their parents for being Soldiers and sacrificing their time, effort and energy, and all the holidays and celebrations they spend apart," said Mitchell.

Operation Celebration serves as a service learning project for the children that teaches them that Christmas isn't just about getting gifts, said Thornton.

"It's great to do it as a Family because the children can really see that they are doing something for someone else who cannot be here with their own Family at



PHOTO BY SARA E. MARTIN

Families glue, glitter and color cards for deployed Soldiers during Operation Celebration at Fort Rucker Primary School Nov. 19.

Christmas time. It makes them appreciate a little more that their Family is together this time of year," she said.

The children, who seemed quite excited about the project, wore smiles as they glued, colored and glittered their many crafts with their siblings and parents.

The students and parents made enough favors for more than 40 Soldiers, which will be sent out to the units of the four parents that have children at FRPS.

This year they made cards, a variety of ornaments, feather angels, wreaths and poppers with secret

notes inside, said Thornton.

"We want to make sure we do something nice for Soldiers overseas to let them know that there are many people thinking about them, and we remember them especially during the holidays," she said. "It is also important for us to show, not just tell, children that giving is better than receiving, and doing something special for someone else is what Christmas is all about."

There will be five packages sent out this year destined for Afghanistan, Korea and Kuwait.

One box is heading to Georgia,

where one Soldier and father is recovering from his injuries incurred in Afghanistan in September.

"My dad has been gone over 14 months, but I feel good that we can help other Soldiers for Christmas that do not get to come home," said Aaron Miller, first grader. "He is still in the hospital right now, but we hope he will be home for Christmas. I miss playing Lego's with him."

Aaron's father, CW4 Andy Miller, was deployed last October and was slated to redeploy home when he was injured on a mission.

He is now recovering at Charlie Norwood VA Medical Center in Augusta, Ga.

"The children miss the love and attention they received from their dad. They are all ready for him to come home. I know Aaron misses the guy talk," said Lori Miller, Aaron's mother. "He has missed two Christmas before, so we don't want to make it three with how old our children are. They are at the age where Christmas is its most magical."

The boxes will be sent off in the next two weeks so Soldiers will receive them by Christmas.



PHOTO BY MATTHEW ROE

Room for improvement

A Corvias Military Living subcontractor crew tears down 11 and 13 Duke Street, the last duplex home in Bowden Terrace and the last demolition of Corvias's Initial Development Period. The IDP began in April 2006, and since then Corvias has built 813 new homes, renovated 552 homes and demolished 121 homes. Although this marks the end of major development work, Corvias will continue projects on a smaller scale in the second phase of development, according to company officials.

News Briefs

Angel Tree

The Fort Rucker Main Post Chapel is hosting the annual Angel Tree that benefits Soldiers and civilian workers at Fort Rucker who need a little assistance over the holidays. This year, there are 399 children ranging from newborns to teens. The Angel Tree is located in the vestibule and chapel officials ask that those who wish to participate take a tag from the tree, purchase an age-appropriate gift and return it unwrapped by Dec. 11. There is no wish list for any of these children, as their information is confidential, and only the age and gender of the children are available.

For more information, call 255-9894.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

Holiday Mocktails

The Army Substance Abuse Program's Risk Reduction Program will host a Holiday Mocktails tasting Dec. 12 from 11 a.m. to 2 p.m. at the post exchange. With the theme, "Christmas Around the World: Wherever You Celebrate, Be Sure to Designate," the tasting is an intervention effort to promote a safe holiday season to those entertaining and hosting parties as well as to those attending these events. ASAP will provide mocktails—non-alcoholic cocktails—and appetizers, along with recipe cards and preventive materials, and safety tips to encourage people to drink responsibly over the holiday season.

For more, call 255-7508.

Black Friday at PX

With a quarter of its work force comprised of military Family members, the Army and Air Force Exchange Service is a true example of Family serving Family, according to Don Walter Jr., Fort Rucker Main Store manager. As such, the focus on Thanksgiving Day will be on Family and shopping will have to wait until Friday.

Customers will not have to wait long to start their holiday shopping as the Fort Rucker Exchange doors open at 4 a.m. the day after Thanksgiving.

"As a part of the military community, the exchange understands that time with Family, for both customers and associates, is a priority," Walter said. "An early opening at the Fort Rucker Exchange on Black Friday will allow shoppers to give thanks with loved ones and still partake in the savings."

Authorized shoppers can get a head start on special promotions, updated throughout the holiday season, by visiting the exchange's "Sale Flyers" page at <http://www.shopmyexchange.com/ExchangeStores/SalesFlyer.aspx>.

Congress recognizes code talkers for wartime service

By David Vergun
Army News Service

WASHINGTON — American Indian code talkers from 566 tribes were honored with Congressional Silver Medals at the Capitol Nov. 20.

Also, leaders from the tribes' 33 nations received Congressional Gold Medals, recognizing the code talkers' important contributions made during the two world wars.

Most of the code talkers have passed away, so Family members were on-hand to accept the awards on their behalf.

While many Americans have heard of the Navajo code talkers because of the 2002 action war film, "Windtalkers," there actually were code talkers from other nations as well, including the Comanche, Kiowa, Creek, Meskwaki, Chipewewa, Choctaw, Cherokee, Lakota, Crow, Sioux, Dakota, Ho-Chunk, Hopi, Kiowa, Muscogee, Oglala, Oneida, Osage, Pawnee, Ponca, Pueblo, Seminole, Apache, Cheyenne, Menominee and Mohawk.

It was the job of code talkers to pass along secret or sensitive information on the battlefield via radio so that the enemy wouldn't be able to understand or decipher the transmissions. It is often said the job they did was so effective that their code was never broken.

Following the ceremony, the honorees visited the nearby National Museum of the American Indian, which is part of the Smithsonian Museum system.

Hopi Veterans Command Post 80 Chairman Leroy Shingoitewa, from Navajo County, Ariz., received the Congressional Gold Star Medal on behalf of his tribe for their code-talking work. He said the last Hopi code talker passed away about 18 months ago. The Hopi, he said, served with Soldiers and Marines in many campaigns, especially in the Pacific during World War II.

Calvin Birdinground Jr. received the Congressional Silver Medal on behalf of his father, Sampson Birdinground, who served in the Pacific with the Army Air Corps during World War II, as a Crow code talker.

Sampson passed away 10 years ago, and his son, Calvin, said he didn't even know his dad was a code talker until three years ago. Calvin said his father had carried his secret with him when he died because he had been told by the Army not to tell anyone.

Calvin's wife and other relatives were with him in their first visit to the nation's capital. Coincidentally, Calvin's wife's father was also a Crow code talker. All of the Family members live on the Bighorn Reservation in Montana.

The late Charles Joyce Chibitty was a Comanche code talker in both the North Africa and European theaters during WWII. His nieces, Marleen Ulloa and Leena Chibitty McClung, were on hand to receive his Congressional Silver Medal.

Ulloa said her uncle's work took him into harm's way a number of times, including during the D-Day landing at Utah Beach in Normandy, France. However, she said her uncle didn't dwell on the battles and the dangers, preferring instead to talk about the lighter moments.

She related one of those stories that she overheard when Chibitty was reminiscing with her father, who was also in North Africa and Europe during the war, but was in the Army infantry, not as a code talker:



PHOTO BY DAVID VERGUN

Soldiers from Fort Belvoir, Va., visit the National Museum of the American Indian in Washington, D.C.

"One day, my father was walking past a group of Soldiers in France who were on the radio. The voice caught his attention immediately because the language was Comanche. He soon realized it was his brother. My father walked over and the Soldiers let him speak so he told Charles in Comanche, 'Hey, I'm the enemy and I've broken your code and I know everything you've been saying.'

"My uncle got really scared, but after listening to my father go on for a minute or so, realized it was his brother speaking. A number of times they spoke about that incident and got a real good laugh over it."

McClung said her father taught his children a lot of Indian dances, which they in turn taught to their own children. Unfortunately, they said they didn't speak much Comanche because their parents went to boarding schools where speaking American Indian languages

was discouraged, and so her parents thought it best not to teach the children. Plus, they grew up in Oklahoma, but not on a reservation.

Both sisters have sons who have served in the Army during Desert Storm, and McClung has two sons who are now serving in the Army in Afghanistan. They said the Family is proud of its long U.S. military service.

Coincidentally, the same day the code talkers visited the museum, a busload of Soldiers and Army civilians from Fort Belvoir, Va., came to visit.

Master Sgt. George Hudson, a combat medic who served in Bosnia and Iraq, was one of them. His mother is Cherokee and his father is part Seminole. He said he's proud of his American Indian heritage and that this is the second visit to the museum, "because I couldn't take it all in with just one visit."

Like historic American

Indians, Hudson said he's into nutrition and exercise, preferring herbs and other "healing foods" rather than pills. He said when the Army surgeon general came out with her Performance Triad, which highlights the importance of sleep, nutrition and activity, he was probably the first one on the bandwagon and pushed as much information out to his Soldiers as he could find because "I truly believe in it."

Master Sgt. Amy Lugo was another visitor from Fort Belvoir. She too was a combat medic with service in Afghanistan. Although she's not an American Indian, she said that she's empathized with American Indians all her life and as a small child, she pretended she was a Cherokee Indian.

"I was always fascinated with Native Americans living in harmony with nature," she said. "I also felt so bad for them when I

learned their history and being forced onto reservations."

Her husband, retired Army Lt. Col. Alcides Lugo, is half Carib Indian and half Puerto Rican. The Caribs lived in the Caribbean Islands, as the name suggests. She said he's proud of his heritage and organizes pow-wows with local Seminole Indians every fall at the VFW Retirement Home in Fort McCoy, Fla. He's the director of that home. In the Army he was a tanker, serving several tours in Afghanistan, she related.

Spc. Xaverie Hildebrandt, another visitor from Fort Belvoir, hails from Cameroon. She said she came to the U.S. when she was 17, became a nurse, and then joined the Army in 2008, where she's now a medic.

Hildebrandt said she's fascinated with the museum and can relate to things she viewed such as

herbal medicines and tools used by American Indians. Although she grew up in a city in Cameroon, she said she used to visit her grandmother's farm where her grandma showed her different types of plants and herbs which had medicinal value. She said she has a great respect for American Indians who have an intimate knowledge of the land they love so much.

Part of the day's activities involved sampling American Indian food at the museum. Hildebrandt said different foods prepared certain ways by each tribe is something she found especially interesting. In Cameroon, Hildebrandt said she often ate a dish that contained a lot of a vegetable known locally as "zung." She said she's never seen that vegetable in the U.S. and the closest thing to it is spinach, so she uses that instead, "but it's just not the same thing."

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CWOB: Warrant officers fill many roles within Branch

Continued from Page A1

times to Afghanistan. He is a Master Army Aviator who has logged more than 5,800 hours and 1,500 combat hours, and has earned the Combat Action Badge and the Air Assault Badge.

"I don't think General Mangum could have picked a better guy to continue this position, and you're going to make an excellent sixth chief warrant officer of the Aviation Branch," Reese said to Godfrey during the ceremony. "I just hope that you enjoy your time here as much as (my Family and I) did."

Godfrey expressed his thanks to Mangum for his selection and patience to allow the new CWOB to finish his most recent deployment before returning to Fort Rucker, and to Reese for his contributions to Army Aviation over the past three years.

Reese implemented and established a number of initiatives, including redesigning the Warrant Officer Advanced Course and implementing the command warrant officer position that placed a chief warrant officer in each of the Aviation brigades, according to Mangum.

"I am honored and humbled to have this opportunity to serve Army Aviation," said Godfrey. "I will work hard to continue these initiatives."

He added that warrant officers are the technical experts, leaders, trainers and advisers, as well as pilots in command, air mission commanders, platoon leaders and maintainers.

"They keep us safe and tactically focused on the combat mission," said the new CWOB. "(Warrant officers) identify the problem, provide solutions to the problem, but we cannot be the problem.

"Twenty four hours a day, seven days a week, our Avia-

tion Soldiers are deployed around the world supporting our brothers and sisters in arms," said Godfrey. "Remember to start our day asking, 'What are we doing for the warfighter?' At the end of the day, the answer is, 'We provide a no-fail support for the warfighter on the ground.'"

Mangum told Godfrey that he's got very big shoes to fill following Reese, but joked that judging from the size of the new CWOB's shoes, he should have no problem.

"No one has done the job better than Mike Reese has these past few years," said the commanding general. "He's truly a selfless, humble servant who has given his all and set a great example as what a chief warrant officer of the Aviation Branch can and should be — a leader of vision, a leader of values, a leader of standards."

Reese will continue serving Army Aviation at Redstone Arsenal in where he'll serve in the AH-64 program manager's office.

Clinic: New resource boosts patient care options

Continued from Page A1

continued. "Sometimes, in the past, when Soldiers needed this kind of care they had to get a down slip and would be disabled for a longer period of time."

Laterza said that many of the muscular-skeletal injuries that Army clinics see are incurred from Army intramural sports, such as football and ultimate disc golf, and that the "nature of the beast" of being a Soldier leads to these types of injuries.

This is the second grand opening this year at Lyster, with the first being behavioral health. The laboratory is slated to reopen in January and in June the pharmacy will reopen, said Laterza, adding that new staff will be hired for the physical therapy clinic in the coming months so Soldiers can get back to work faster.

Many walls came down and several new ones were put up during the last year for the new clinics, all in the effort to make the space more useable and modern for new and returning patients and staff.

"A lot of times you will see the differences between physical therapy and chiropractic medicine. But having them co-located allows them to work together and do the things that they do better than each other, and communicate better for the benefit of the patient," said Laterza.

He added that LAHC continues to be a great facility because it has the best employees and



PHOTO BY SARA E. MARTIN

Capt. Alisha Harvey, physical therapy officer in charge, shows Lt. Col. Samuel Jones, chief of preventive medicine, how to properly work the shuttle balance machine at the new physical therapy clinic Nov. 20.

patients out there, and that it is really satisfying for him, personally, to see the construction come to an end.

"It feels great to see these things start and be completed. Usually you start something and as soon as things start to happen

you (permanently change station) and you never know what happens to that plan. "Lyster has been an incredible

place where things have been accomplished," he continued. "This is all about patient care, which is what we do best."

Help: Soldiers serve as proof of program's success

Continued from Page A1

happen and is happening with their case so they know there is justice."

Caban spoke on sensitive issues, such as victim image, political propaganda, Family and unit support, and investigation. He also spoke about the levels and types of prosecution, and scope of services.

According to the office of the staff judge advocate, the SVC may provide the following services to victims:

- Accompany and advise client during interviews, examinations, hearing and court-martial proceedings;
- Represent client in court-martial, as permitted by law;
- Referral to Trial Defense Service for collateral misconduct, if necessary;
- Advocate client's interest with government counsel on disposition options;

- Assist client with post-trial submission to include victim impact statements;
- Advise client on collateral civil issues arising from the crime; and
- Legal assistance services.

Though he believes the culture on Fort Rucker is a healthy one, Emery believes improvement can still be made with the changing Army culture.

"We go after and we try to prosecute offenders, and we have done a really good job in making sure we go through the right channels and the legal proceedings. We are there doing these types of events to make sure we are meeting the victims' needs," he said.

"The culture is starting to change around the Army as a whole," he continued. "You can see it across all the formations on the installations. People are more aware of their behavior, and others are more aware

of others' behavior and speak up when they see something inappropriate.

"When you see young Soldiers beginning to (speak up), that's when you know you are starting to turn a corner. This training is beginning to work — you can see

it when you see Soldiers correcting other Soldiers when inappropriate things are said or done. And it always starts with the lowest level and goes up. That is where the culture change we want to see happen take root," Emery said.

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Senior leaders review 'deep future'

By C. Todd Lopez
Army News Service

WASHINGTON — How long should a unit be self-sufficient after hitting the ground, and why can't the Army get immediate communications capability using local, established, commercial networks after arriving at a forward location?

These were questions discussed by senior Army leaders who met Nov. 20 at the National Defense University in Washington, D.C., to discuss lessons learned from the Army's Sept. 15-20 "Unified Quest 2013 Deep Futures War Game," held at Carlisle Barracks, Pa.

The war game took predictions about the future strategic environment from insights derived from the National Intelligence Council 2030 study and other sources, including the Army's own studies. The exercise used that information as the foundation for two teams to independently war game the same fictional futures scenario.

Among those in the room were Chief

of Staff of the Army Gen. Ray Odierno, Vice Chief of Staff of the Army Gen. John F. Campbell and Gen. Robert Cone, commander, U.S. Army Training and Doctrine Command. TRADOC hosted the event.

One senior Army officer wanted to know why it takes so much Army equipment and tools to get a communications network going upon hitting the ground in a military operation — "a hundred trucks on the ground," he said. He said al Qaeda uses local network connectivity — cell phone networks for instance — to successfully conduct their operations.

"Why can't I leverage the worldwide network for command and control?" that officer asked.

Another officer said the Army must have a manual backup to using that global network to conduct operations, because if the enemy finds the U.S. is using their network to conduct operations they will simply shut it off.

SEE FUTURE, PAGE B4



PHOTO BY SFC. EDWARD A. GARIBAY

Staff Sgt. Mario Tenario, Company A, 1st Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), trains Afghan National Army soldiers on how to inspect equipment in 2010. Army officials believe that when planning for the future, it is to the U.S. military's advantage to be more involved in the international environment and to develop military-to-military relationships.



PHOTO BY MAJ. KAMIL SZTALKOPER

HOWITZER HOOK UP

Soldiers with B Battery, 4th Battalion, 320th Field Artillery Regiment, 4th Brigade Combat Team Currahee, 101st Airborne Division (Air Assault), hook up a M777 155mm howitzer to a CH-47 Chinook helicopter with B Company, 2nd Battalion, 149th Aviation Regiment, Texas and Oklahoma National Guard at Combat Outpost Wilderness, Afghanistan, recently.

Maintainers painstakingly repair electrical system

By Staff Sgt. Todd Pouliot
10th Combat Aviation Brigade

BAGRAM AIRFIELD, Afghanistan — In any Aviation battalion, D Company is the go-to unit for keeping aircraft in the fight.

With platoons of specialized shops such as: power frame, engines, avionics, hydraulics and sheet metal, D Co.'s mission is to repair the battalion's aircraft as quickly as possible, allowing the unit to continue its Aviation mission. The maintenance its members perform can either be routine or as a result of damage.

Three soldiers from 10th Combat Aviation Brigade's D Co., 3rd Battalion (General Support), Task Force Phoenix, recently completed the repair of extensive electrical equipment damage on a UH-60M Black Hawk helicopter. The damage was caused by an indirect fire attack toward the end of this year's fighting season.

According to Sgt. Anthony Zielinski, an aircraft electrician assigned to D Co., 3-10 GSAB, he, Sgt. Justin Bridwell, and Spc. Clinton Baughman, both avionics mechanics, took on the task of replacing, or repairing, 86 wires, in addition to three terminal blocks and three coaxial data bus lines. The project took almost eight days to complete.

"There was a push to get the aircraft up as soon as possible to get it back on line," said Zielinski, who worked seven 12-hour shifts on the project. "A lot of time was spent figuring out what wires went with what system, which wires were best to replace or to repair. Some wires, because of resistance values, we cannot splice them. In those cases, it's best to run new wire."

Bridwell, who spent 104 hours on the project, spent the first three days prepping by ensuring all necessary parts were on hand.

"We had a giant mess of destroyed wire," Bridwell said. "We had to identify what each specific wire was, involving its system, its purpose, and its termination points, and then came the repair."

According to their platoon leader, 1st Lt. Eric Solomon, after receiving the necessary materials, Bridwell and Zielinski worked alternating 12-hour shifts to repair the electrical system as quickly as possible. Baughman contributed about 70 hours to the project.

"The repair itself took an immense amount of attention to detail and dedication to mission," Solomon said. "Individually inspecting and marking



PHOTO BY STAFF SGT. TODD POULIOT

Spc. Clinton Baughman, avionics mechanic, and Sgt. Anthony Zielinski, aircraft electrician, both assigned to D Co., 3rd Bn. (General Support), TF Phoenix, of the 10th CAB demonstrate the limited space where they, along with another NCO, repaired and replaced electrical wires inside the tail boom of a UH-60M Black Hawk.

entire bundles of wires for damage, and keeping an accurate log of the damaged wires took hours alone."

Not only did the project require technical expertise and dedication to proper maintenance, according to Bridwell, but a lot of caffeine as well. The three would spend dozens of hours working in awkward positions in the tail boom behind the cabin, a space too narrow to sit up, inspecting damage and replacing wires. Most of the work was done alone in the tail boom lying on their back or on their side.

"My hands were getting really tired, and after the

third day, they really hurt," Bridwell said. "We do a lot of work out here, but rarely is it hour-upon-hour, day-upon-day."

Solomon said the efforts of Bridwell, Zielinski and Baughman are indicative of the work they and their colleagues in D Co., have been performing throughout the deployment — production that reduces aircraft down-time.

"The work these Soldiers do is phenomenal, and it allows the task force to continue its full spectrum Aviation support across all of Regional Command-East during this critical time in the history of Afghanistan," said Solomon.

1st CAB trains to protect U.S. consulate

By Capt. Andrew Cochran
1st Combat Aviation Brigade, 1st Infantry Division

SHINDAD AIR BASE, Afghanistan — Aviators with 1st Combat Aviation Brigade, 1st Infantry Division, Task Force Demon and Soldiers with 2nd Armored Brigade Combat Team, 1st Cavalry Division, have continued to train in support of their overall mission of providing protection of a small piece of the U.S. in Afghanistan — the consulate in Herat.

The two units assumed the role of quick reaction force in October and are primarily responsible for the consulate, with the secondary duty of securing other important areas at the order of International Security Assistance Forces-led Regional Command (West).

Col. Matthew Lewis, commander of the 1st CAB, spoke about the role Task Force Demon plays in that mission.

"Task Force Demon stands ready to quickly respond to a variety of security threats against the U.S. consulate in Herat province," Lewis said. "We provide an aerial reaction capability to reinforce onsite security forces, protect the consulate staff and provide a means for the immediate evacuation of the consulate, depending on the nature of the threat and the situation."

Task Force Nightmare, which falls under TF Demon, is no stranger to the political nature of defending the consulate.

During a complex attack on Sept. 13 by insurgents at the Herat consulate, roads leading into the area were closed or blocked by fighting. Task Force Nightmare flew in supplies and additional security assistance, and evacuated the consulate's injured workers until the area was secured and deemed safe by ISAF and Afghanistan National Army personnel.

When asked about assuming this high-profile security mission, Task Force Nightmare's commander, Lt. Col. Fred Dufault, was adamant about its importance.

SEE CONSULATE, PAGE B4

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Future: Army must learn to use in-place assets

Continued from Page B1

But the Army must be able to take advantage of networks already in place when it hits the ground because the amount of communications equipment the Army brings to its fight makes it less deployable, a senior leader said.

He said the global network will increase in size in the future, and the Army must learn to make use of it in order to make itself lighter and thus more deployable.

Another concern addressed: by 2025, will Army equipment be able to connect to such an open-architecture global network, if need be, or will it still be locked in to proprietary Army networks that must be brought in by a unit?

Also addressed was the amount of time a unit must be "self-sufficient" upon arriving at a deployed location, before follow-on logistic support arrives.

Ideas discussed included the importance of decreasing power usage as a way to increase self-sufficiency. Another idea briefly mentioned was the use of 3D printers as a way to create spare parts on hand for units.

The future of the Army also includes an increased emphasis on the Regionally Aligned Forces concept, which "has significant impact on how we support combatant commander's efforts in their areas," one officer said.

The role of RAF operations is not about combat, he said, but rather about developing relationships and ensuring access. The RAF concept allows the Army to bring to combatant commander areas of responsibility its unique

ability to support humanitarian efforts, disaster relief and nation building. The RAF concepts also put an emphasis on increasing partnership capacity.

A critical conclusion reached at the seminar was that the Army must not rely, in the future, on "strategic platforms" to project power. The Army must not depend on investments by other services in these capabilities as a way to get where it needs to be. Instead, the Army must assume there will be less of these platforms, or less access to them.

The Army must "control our own destiny," one officer said, when it comes to its ability to move. The Army must not assume more platforms will be available to move it where it needs to be, but must rather make itself smaller so there is less of it to move.

Consulate: Commander impressed with teamwork

Continued from Page B1

"It is in our interest to protect the consulate's diplomats and what they represent," said Dufault. "The consulate is a statement to people of Afghanistan and the world on how connected and committed we are to this country."

Task Force Nightmare's dedicated assistance to protecting America's diplomats and consulate personnel earned a personal "thank you" letter from James B. Cunningham, ambassador to Afghanistan.

Capt. Michael Porges, commander of Troop A, 4th Squadron, 9th Cavalry Regiment, whose troops operate as the ground force element, sees the affect from his level through his interaction with the consulate's security agents.

"It is a great opportunity to train and execute missions with the Task Force Nightmare team," Porges said. "In this dynamic operational environment, Task Force Nightmare facilitates Apache Troop's combined armed efforts, and the State Department's security agents are impressed with the teamwork and dynamic approach the U.S. Army is bringing to protect the consulate."



Troopers with Troop A, 4th Squadron, 9th Cavalry Regiment, jog to a waiting UH-60 Black Hawk helicopter during training for protecting the U.S. consulate at Herat, Afghanistan, Nov. 6.

PHOTO BY CAPT. ANDREW COCHRAN

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NOVEMBER 28, 2013



PHOTO BY SARA E. MARTIN

Santa Claus gives out candy to children and listens to their Christmas wishes at the Christmas Tree Lighting Ceremony last year. This year's event is scheduled for Dec. 5 from 5-6 p.m. at Howze Field.



Post lights up holiday season at ceremony

By Sara E. Martin
Army Flier Staff Writer

People can grasp a little holiday spirit at the annual Fort Rucker Christmas Tree Lighting Ceremony Dec. 5 at Howze Field from 5-6 p.m. where parents and children can sing, take photos and make holiday memories.

The program features performances by the 98th Army "Silver Wings" Band and choral groups, hot cocoa and visitors from the North Pole.

"This is one of my favorite events of the year because it really gets you in the holiday spirit," said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager. "It is exciting to see numerous smiling faces throughout the

program."

The centerpiece of the night will be the lighting of this year's tree, which will be aided by command team staff, followed by a special dinner, he said.

"A nice element to the program this year is recognizing Month of Military Families," said Jackson. "This year the 2013 military Family of excellence, the Eblen Family, will assist command staff members in the lighting of the tree. We are very excited about this element as it shows how important Fort Rucker military Families mean to this installation along with the Army Family."

The past few years, more than 1,000 patrons have attended, according to Jackson, and each year the event grows and changes for

the benefit of attendees.

"Family and MWR continues a strong effort to maintain quality recreation opportunities for our Soldiers and Families. The Christmas Tree Lighting Ceremony is a free Family event open to the entire community," said Janice Erdlitz, DFMWR marketing director. "I think it's very important to maintain the low- or no-cost events to our community when possible.

"Through the very generous support of our sponsors, we're able to provide these opportunities. So a very big thanks to (our sponsors) for the support this year in making the tree lighting a very memorable event for our Families," she added.

After the lighting of the tree, The Landing will host a spaghetti

dinner. Patrons can call The Landing at 598-2426 for more information.

Families can also head to The Landing to take photos with Santa and Mrs. Claus after they give out candy at the tree. The pictures are free, and will be posted on Fort Rucker DFMWR Flickr and Facebook pages.

"We hope our community will join us as we light the tree and enjoy the holiday music from all our choir groups. We'll have plenty of complimentary hot cocoa and cookies for kids, too," said Erdlitz.

Artwork from local children will also be on display at the event.

"We're very excited to be able to have, on display, all the artwork from our military children

that participated in the Salute to Military Families artwork and essay contests," said the marketing director. "We'll have a special area set up at the tree lighting, so Families can view all the artwork.

"We have some very talented artists among us. We were just wowed by some of the artwork of our military youth," she continued. "I think, for the Families, this will become a very special memory for them — to have a hand in lighting the post Christmas tree to kickoff our celebration of the holiday season. (DFMWR) is proud to be a part of making special memories for our Soldiers and Families. The event provides the perfect time to reflect on holidays past and what the holiday has to bring."

ACS offers tips to keep holiday spending in check

By Sara E. Martin
Army Flier Staff Writer

Many Americans feel the sting of holiday spending well into the new year, so the financial counselors at Army Community Service offer help for people to become responsible consumers while still having a Christmas full of gift giving.

Before drowning in tinsel and debt, people can take advantage of the financial services that the installation offers by learning of the ways to stay within designated financial means, said Mike Burden, ACS accredited financial counselor.

"The holidays are usually an expensive time with the tradition of making expensive gift purchases for friends and Family members, but if people plan ahead, make lists, and make and stick to a budget, then they can really head off some of the financial hangovers that many experience in February," he said.

Some of Burden's tips are to buy in bulk, make homemade gifts, reuse gift bags, use reward points, keep receipts, shop at discount stores, buy gifts all year long at sales and squirrel them away, participate in secret Santa games and take advantage of bargains.

"If you don't have a plan or list now, you need to make one. People need to prepare for the holidays long before the season gets here. People need to have a spending plan and set aside money all year long for holiday purchases," he said.

It can be hard for many people to stay financially disciplined during the holidays, so Burden warns, "If you make \$5, don't spend \$6.

"If you wait until the last minute to buy something you're going to pay more for it. So spend your money wisely. Take advantage of the after-Christmas sales by buying stocking stuffers, small gifts, wrapping paper and decorations to prepare for next year, and know how much you can spend," he said.

Overspending repercussions can not only hinder a Family's springtime activities, it can affect a Soldier's career, as well as the overall Army mission.

"The Army requires Soldiers to be financially responsible," said Burden. "Overspending can cause a number of stressors. Soldiers can be distracted from their job or the overall mission if they are thinking about their money problems. It can also cause relationship issues with

a spouse. And lastly, overspending and a bad credit history can interfere with a Soldier's security clearance."

People should not wait until Black Friday to purchase the majority of Christmas gifts, said Burden. Instead, he advises people to take advantage of sales all year long and to avoid signing up for store cards.

"Stores will give you a discount for opening a new account, and while it might seem like a good deal, the interest rate is usually higher and encourages spending money that you know will be difficult to pay off later," he said.

But staying on budget and planning ahead, said Burden, are people's best chances of staying financially fit during the holiday season.

"When you see something that you think you just can't live without, step back and think about the purchase and see if it is something that is within your budget. You might have to sacrifice another item," he said.

Using a credit card to offset the burden of buying gifts is a tactic often used by parents this time of year. Burden said that using a charge card during the holiday season could be a smart thing to do, if done correctly.

"If you can pay the amount charged in two to three months after the holidays, then you are basically borrowing money for free," he said.

Burden added that everything from challenging purchases to taking advantage of big ticket item deals are benefits to using a credit card during the Christmas season.

"If you buy a gaming system on your credit card, and it doesn't work once out of the box and the company won't issue a refund or exchange, call the credit card company and challenge the purchase.

"You can tell them to not pay the company until the dispute is settled," he continued. "Also, if a person purchases something online and it is damaged or never shows up, the credit card can be used to challenge the shipping fee."

For Soldiers or Family members concerned about holiday spending, a financial readiness training class will be held Dec. 6 from 7:30 a.m. to 4 p.m. in Bldg. 5700, Rm. 284. Financial counselors are also available during business hours in Bldg. 5700 on the third floor in Army Community Service and can be reached by calling 255-9631 or 255-2594.

ON POST

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

Family Member Resilience Training

Fort Rucker Army Community Service offers Family member resilience training Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The Army recognizes the increased sacrifices that Family members make on a daily basis and its resilience classes are designed to provide people the thinking skills and coping strategies needed to meet and overcome life's challenges. The free classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general wellbeing.

For more information or to register, call 255-2382.

Scream Free Marriage Workshop

The Fort Rucker Family Advocacy Program and Lyster Army Health Clinic host the Scream Free Marriage Workshop Wednesday, Dec. 11 and 18 from 11 a.m. to 1 p.m. at The Commons, Bldg. 8950 on Seventh Ave. The free workshop will include free childcare and is open to active duty, retired, Department of Defense employees and their Family members. Registration is required by Monday.

For more information or to register, call 255-9641.

Christmas tree lighting

Fort Rucker hosts its annual Christmas tree lighting ceremony Dec. 5 from 5-6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. After the ceremony, people can enjoy complimentary photos with Santa and Mrs. Claus at The Landing. This event is free and open to the public, and Exceptional Family Member Program friendly. In case of inclement weather, the event will take place at The Landing.

For more information, call 255-1749.

Spaghetti dinner

The Landing hosts its spaghetti dinner Dec. 5 from 6-8 p.m. directly after the Christmas tree lighting ceremony. Dinner prices are \$10 for ages 13 and older, \$5 for ages 3-12, and children ages 2 and younger eat for free. There is also a Family special price of \$25, which includes dinners for two adults and up to two children, ages 12 and younger. Dinner will include a choice of pasta and sauce, salad, garlic bread, assorted cookies, tea and coffee. The event is open to the public.

For more information, call 598-2426.

Financial readiness training

Army Community Service offers its financial readiness training Dec. 6 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The 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.

Winter Wonderland Skate Night

The Fort Rucker School Age Center hosts a Winter Wonderland Skate Night Dec. 6 at gymnasium. The cost is \$20 for safety skate from 6:15-7:15 p.m. (children 12 years old and younger) and \$5 for regular skate from 7:30-10:30 p.m. All children younger than 6 must have a Family member 13 years old or older with them.

For more information, call 255-9108.



PHOTO BY NATHAN PFAU

Breakfast with Santa

W01 Kalob Bowman, B Company, 1st Battalion, 145th Aviation Regiment, comforts his son, Blaire, as his daughter, Jenna, anxiously waits to get her picture taken with Santa at The Landing during last year's Breakfast with Santa. The Landing will host Breakfast with Santa Dec. 14 from 9 a.m. to noon. The event will feature breakfast favorites in buffet style, and children get their photo taken with Santa. Cost is \$10 for ages 13 and older, \$5 for children ages 3-12, and children 2 and younger eat for free. There is also a Family price of \$25, which includes breakfast for two adults and up to two children ages 12 and younger. For more information, call 598-2426.

Christmas craft making

The Center Library hosts a Christmas craft making activity Dec. 10 from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children, ages 3-11, to register.

For more information or to register, stop by the library or call 255-3885.

Thrift Savings Plan: The Basics

Fort Rucker's Army Community Service's Financial Readiness Program will host a Thrift Savings Plan Seminar Dec. 10 from 6-8 p.m. at the Bowden Neighborhood Center. The free seminar will explain what the TSP is, how it works, how people can make it work better for them and answer people's questions about the program. The seminar will also cover the TSP's essentials, to include mutual fund basics and positioning money for long-term growth. People can sign up now, and space is limited and on a first-come, first-served basis. No childcare will be provided. Registration is required by Dec. 3.

For more information and to register, call 255-2594 or 255-9631.

EFMP Support Group

The Exceptional Family Member Program invites all active-duty military Families that have an exceptional or special needs Family member to attend the Dec. 12 EFMP Support Group from 9-10 a.m. at The Commons. The topic for the meeting will be holiday stress, and will include tools, techniques and resources. The EFMP Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more information, call 255-9277.

Christmas Rock & Roll Party

The Fort Rucker School Age Center hosts its Christmas Rock & Roll Party Dec. 17 from 4:30-5:30 p.m. at its gymnasium. The party is free to children and Families enrolled in after-school care. The Fort Rucker band, "Crossfire," will perform songs of the season.

For more information, call 255-9108.

DFMWR

Spotlight

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Christmas Tree Lighting Ceremony

December 5th
4:45 pm – 6 pm at Howze Field

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Special Events, (334) 255-1749

Annual Spaghetti Dinner

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The Landing, (334) 598-2426

Free photos with Santa

6 pm - 8 pm at The Landing

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Lyster offers medical care tips for holiday travelers

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

As college students finish up their final exams and head home for the holidays, the Lyster Army Health Clinic commander wants to remind those traveling away from their primary care doctor that staff is here for them if they need medical care.

Students covered under TRICARE Prime are encouraged to see their college doctor for any routine care needs before heading home to Family, but LAHC is available for those with acute issues while home on vacation, said Col. James Laterza.

"We are happy to see students while they are on holiday break, and want to make sure they stay healthy during their time off," Laterza said. "Students who need to be seen for acute symptoms can call the patient appointment line and we will make sure we service their needs."

Acute symptoms can include ear and sinus infections, a fever that lasts for more than 24 hours, severe coughing or other

conditions that are perceived to be worsening. To make an appointment, call 255-7000.

Those who need to see a provider on the weekend or after normal duty hours may need an urgent care center. Urgent care services are medically necessary services required for an illness or injury that requires professional attention within 24 hours.

Students or beneficiaries who have current or chronic medical conditions and are enrolled to primary care managers outside Fort Rucker should make attempts to bring copies of medical records with them while on vacation.

A good contact phone number and email of the student's college doctor is also important for staff at LAHC to have on hand. This is good practice also if travelers sustained an injury while at school and are still recovering.

Those who need to see a doctor outside LAHC's normal business hours can find TRICARE-approved after-hours urgent

care clinics on the front page of LAHC's website, <http://www.rucker.amedd.army.mil>.

If traveling overseas, patients must call the TRICARE Regional Call Center for the region in which they are traveling to coordinate urgent care. If emergency care is required, students or beneficiaries should call 911 or go to the nearest emergency room.

"Patients admitted to the ER are responsible for notifying their primary care manager or regional contractor within 24 hours or on the next business day," said Maj. Scott Sorquist, managed care chief at LAHC.

Prior authorization is not required for emergency care before receiving treatment. This also applies to patients who receive ER treatment while traveling overseas for vacation.

TRICARE Prime enrollment is portable, meaning the beneficiary can transfer their coverage if TRICARE Prime is available in the beneficiary's new location. The ben-

eficiary should transfer their TRICARE Prime enrollment when they move or if they will be out of the area for more than 60 days. They should not disenroll from TRICARE before they move.

Retirees and their Family members are limited to two enrollment transfers each enrollment year. There is no limit with active-duty Soldiers and their Family members. If Family members live in different regions, split enrollment is an option that allows enrollment in multiple regions and pay only one Family enrollment fee.

For more information on traveling with TRICARE during college breaks, visit http://www.tricare.mil/LifeEvents/College/TravelingSchoolBreaks.aspx?sc_database=web.

For more information on traveling with TRICARE overseas, visit

http://www.tricare.mil/GettingCare/Traveling.aspx?sc_database=web and click on the Traveling with TRICARE Prime Fact Sheet on the right side of the page under Related Downloads.

Lyster, Air Force team up to provide flight physicals

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic has partnered with Fort Rucker's tenant Air Force unit to give Airmen their annual flight physicals.

The Air Force pilots are seen at LAHC for routine medical appointments, but were sent down to Florida for their annual physicals.

"Team Respect will now see permanent party Air Force pilots (about 100 of them) rather than send them down to Tyndall Air Force Base on a temporary duty elsewhere status. This not only saves time for the

Airmen, but also taxpayer dollars," said Lt. Brian Turner, practice manager for the department of primary care.

Airmen now save the four-hour round-trip drive and the government doesn't have to pay for the cost of gasoline, Turner said, adding the annual savings will be about \$15,000.

"We are happy to see the Airmen at Lyster and perform their physicals here rather than make them drive to Florida," he said. "Our ability to conduct their flight physicals supports the DOD initiative to reduce monetary waste."

Coordination between LAHC and the

Air Force flight surgeon started about three months ago when Team Respect agreed to perform the standard flight physicals and the optometry clinic was able to set up the cone contrast test required for USAF flight physicals.

The exam information is entered into the Army medical data system, and the Air Force flight surgeon can then pull the data and enter it into their specific programs. A print out is then generated for the Soldier and given to his or her unit.

"It is much more convenient for us to take care of our routine flight physicals at Lyster," said Maj. Melissa Sprague, assis-

tant operations officer for the 23rd Flying Training Squadron, 58th Special Operations Wing, 58th Operations Group. "We save time and money while gaining the efficiency of having our pilots back to the flight line quicker than if they had to drive to Tyndall Air Force Base. We appreciate Lyster expanding their services to us."

"There are a lot of people that are making this effort a success. Special thanks to optometrist Dr. James Dover, Flight Team chief, Capt. Gale Hobson, MD; and Ms. Debrina Rose and Maxine Williams of physical exams," Turner said.



COURTESY PHOTO

Pick-of-the-litter

Meet Sabrina, a 1-year-old female calico available for adoption at the Fort Rucker stray facility. She is very sweet and has a loud meow. She is extremely social and vocal. It costs \$80 to adopt Sabrina and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

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

WINGS CHAPEL, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING 8939

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

BIBLE STUDIES

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

Mothers of Preschoolers (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

Protestant Women of the Chapel

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

Church Directory

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1 Corinthians 11:1

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Mentone: A mountaintop treasure

By Brian S. Jones

Alabama Tourism Department

Mentone is best described as a mountain resort town with Southern manners and a unique artistic flair.

The small town is located on Lookout Mountain in the northeastern corner of the state, just a few miles from the Georgia border.

The Lookout Mountain Parkway is known for its beautiful waterfalls and great white-water kayaking. An especially popular time to visit is in autumn when native poplars, dogwoods, maples and hickories provide a dazzling blanket of vibrant red, yellow and orange across the mountain.

Discover Mentone

Nestled among the woodlands atop the western brow of Lookout Mountain, the historic and scenic village of Mentone hosts antiques stores, arts and crafts shops, galleries and restaurants. Also tucked away in the mountaintop town are two bed and breakfast lodges. One is the oldest operational hotel in the state — the Mentone Springs Hotel built in 1884. The other is the Mentone Inn, which opened in 1921. Just a short drive south on the tree-covered parkway, you will find DeSoto State Park and its gorgeous waterfall. This beautiful state park offers a lodge and restaurant, rental cabins and a renovated campground. “If you want to rent a cabin, Mentone has them. If beautiful scenery, waterfalls, pretty hikes, neat shops and restaurants sound good, then Mentone

with its cool, clear mountain air is for you. And don’t forget to look for three annual arts and crafts festivals in May, July and October,” says John Dersham, photographer and DeKalb County Tourist Association’s executive director.

Take in the history of Mentone

Mentone is every bit as picturesque as Dersham describes it with the lands surrounding the town providing an element of romance and mystique. It is believed that the ancestors of the Creek and Cherokee tribes inhabited the area dating back as far as 8,000 B.C. Settlers arrived shortly after the Cherokee removal of 1838-1839. The first house, built by Robert Vernon, now forms the central structure of St. Joseph’s-on-the-Mountain Episcopal Church.

The natural spring water from the mountain is said to have health-restoring properties because of its purity and iron content. The development and promotion of the area as a health resort dates from 1872 with the arrival of the John Mason Family from Iowa and Dr. Frank Caldwell from Pennsylvania. Caldwell became convinced of the healing properties of the area’s mineral water after drinking it while visiting the Mason Family and having his own health restored. He returned to Pennsylvania and sold all his possessions so he could move back and build a hotel. Caldwell lived with the Mason family while building the hotel. One night, he was telling the family of his dilemma with coming up with a name for his hotel when Alice, one of the youngest daughters, spoke up.

She had just read of Queen Victoria’s visit to the French town of Mentone and noted that the name meant “a musical mountain spring.” Caldwell loved her suggestion and decided on the name Mentone Springs Hotel. The entire town soon became known as Mentone.

Visit the Mentone Springs Hotel

The Mentone Springs Hotel, 6114 AL Hwy. 117; (256) 634-4040, was built in 1884 and is on the National Register of Historic Places. The hotel is listed in the book 1,000 Places To See Before You Die, which was a New York Times best-seller and has been featured in numerous travel magazines.

The all-wood Victorian mansion serves as a bed and breakfast to visitors wanting to experience laid-back Southern living at its finest. Situated as the centerpiece of Mentone, the hotel is on the top of a small hill and features a sprawling 2,650-square-foot wraparound porch for relaxing. It has five suites with private baths and four bedrooms with shared European-style baths. Dining rooms can accommodate 200 people for weddings and events, and a private dining room on the verandah can host intimate engagements or gourmet meals from May to October. The restaurant at the Mentone Springs Hotel is named “Alice’s” in honor of one of the present owners’ grandmothers and as an acknowledgement to Alice Mason, who named the hotel. Directly behind the Mentone Springs Hotel is the two-story White Elephant Antique Galleries, 6152 AL Hwy. 117;

(256) 634-4529, featuring a treasure-trove of unique gifts.

Wander through Mentone

Across the street from the Mentone Springs Hotel, you will find the Mentone Inn, 6139 AL Hwy. 117; (256) 634-4836. This 12-room bed and breakfast was built in 1921 and features a large front porch and an outdoor meeting pavilion with a fireplace. The Mentone Inn hosts a year-round farmers market every Wednesday from 3-6 p.m. and on Saturdays from 10 a.m.-1 p.m. Area farmers set up their booths in the town square to the left of the Mentone Inn. The market features vegetables, fruits, flowers, plants, cage-free eggs, honey and other locally produced goods.

Directly behind the farmers market is St. Joseph’s-on-the-Mountain Episcopal Church, 21145 Scenic Hwy.; (256) 634-4476. The current building grew around an original log cabin worship site that dates to around 1870. Over the years, additions were built using wood reclaimed from old buildings of the same vintage as the original cabin. Near the altar in the main worship hall are several long dark pews donated by the Advent Episcopal Church in Tuskegee. They were hand-finished by George Washington Carver, with a stain he made especially for them. St. Joseph’s also has several tranquil garden areas for meditation and reflection underneath a canopy of trees. The church and its beautiful grounds have hosted numerous weddings and other events over the past generations.

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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 Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays and games and TV’s are 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

NOVEMBER — November is retired military appreciation month at Landmark Park. Retired military who join Landmark Park during the month of November will receive \$10 off any membership level.

They will also receive a free ice cream cone Saturday and have a free digitarium planetarium program experience.

For more information, visit www.landmarkpark.com.

SUNDAY — Landmark Park will host its Christmas decorating workshop at 1 p.m. A snack will be provided and volunteers will have a chance to create their own old-fashioned ornament to take home. Free with paid gate admission. Registration required. For more information, call 794-3452 or visit www.landmarkpark.com.

DEC. 8 — Experience Christmas past with mulled cider, hot chocolate, a circuit riding preacher, old fashioned decorations, turn of the century desserts and music at Landmark Park’s Victorian Christmas at 1 p.m. Free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — People are invited to play ultimate frisbee with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — The Flagship Theatre is of-

fering voice lessons. Kim Graham will offer 12-week long sessions that can be taken either in private or as a group. For more information, or to sign up, call or text 248-8445.

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

ONGOING — Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ONGOING — Landmark Park hosts a dulcimer club jam session the first Saturday of each month at 1 p.m. Patrons must have a mountain dulcimer, but no experience is necessary. Free with paid gate admission.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children’s groups are also available. For more information, call 792-9814.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gibson Street in Enterprise on the fourth Sat-

urday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call Post Commander Jerry Goodson at 347-5961 or 447-8507.

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

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

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

TODAY — Disable American Veterans Chapter #99 will conduct its holiday meal at Po Folks in Enterprise today at 6 p.m.

A special priced dutch treat buffet style meal will be served. Chapter No. 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

NOW THROUGH DEC. 15 — The New Brockton DAV Chapter No. 99 offers a college scholarship of \$500 to applicants who are the children of a U.S. military veteran who has fallen or been wounded, medically discharged honorably wounded veterans, or spouses of fallen Soldiers in the Global War on Terrorism.

Applicants may be attending college or have been accepted at a certified college or university.

Applications and additional information can be picked up at the DAV counselor of-

vice at the New Brockton Police Department at 202 South John Street, Tuesdays and Wednesdays 10 a.m. to noon. Deadline for applications is Dec. 15.

For more information, call 718-5707.

OZARK

NOW THROUGH DEC. 20 — The Rudd Art Center is sponsoring the second annual Artisan Holiday Show and Sale. Area craftsmen are invited to rent booths to sell their arts and crafts.

All items must be handmade or created by the craftsman. No kits or store bought items are allowed. Booths are limited and will be filled on a first come, first served basis. Booths are approximately 8 feet by 8 feet. The fee is \$50. An opening reception will be Nov. 14 from 6-8 p.m. Call 733-9748 for more information.

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

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

For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

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

Festival of Trees

At the 10th annual Festival of Trees Wednesday through Dec. 6 at the Panama City Rescue Mission volunteers decorate and donate trees, wreaths and centerpieces for silent auction. Mrs. Claus’s Boutique Shoppe offers gifts, treats, clothing, accessories, and decorations for every age. Scheduled entertainment and informational events are described as being engaging. For more information, visit www.festivaloftreespc.com or call 481-1093.

Coastal half-marathon

The Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon, 5K and one-mile fun run will take place Saturday in Gulf Shores. For more information, and to register, visit <http://bit.ly/lj4ydoR>.

‘A Dickens of a Christmas’

In downtown Panama City, a festival of Family fun to celebrate the Christmas season will arrive Dec. 6, 13 and 20. People can enjoy horse drawn carriage rides, free ice skating, carolers, concerts, extended shopping hours,

miniature horse and buggy rides, train rides and bounce houses from 5-8 p.m. For more information, visit www.pcbeach.org/events/events-community.php.

Run for the Redfish

The fifth annual Run for the Redfish half marathon, 5k and fun run will begin and finish at Pier Park in Panama City Beach Dec. 7. All runners of the half marathon and 5k will receive a Run for the Redfish long sleeve T-shirt and swag bag. This is a certified course with professional timing and a professional race day photographer. For more information, visit www.runfortheredfish.com.

Administrative leave authorized for Soldiers seeking same-sex marriages

By C. Todd Lopez
Army News Service

WASHINGTON — As of a Nov. 7 Army directive, Soldiers seeking same-sex marriages are entitled, in some cases, to an amount of administrative leave in order to travel to a location where such marriages are legal.

In the directive titled “Extending Benefits to Same-Sex Spouses of Soldiers,” Secretary of the Army John M. McHugh spelled out some of the policies regarding the administrative leave for Soldiers seeking same-sex marriages.

The directive also details that marriage-related entitlements for same-sex couples are retroactive to June 26 — the day of the Supreme Court ruling that changed the laws.

In the directive, the secretary says that Soldiers who are part of a same-sex couple and desire to get married will be granted administrative leave that allows them to travel to the “nearest state (or the District of Columbia) or jurisdiction that allows the couple to get married.”

Soldiers not stationed in a state or jurisdiction where same-sex marriage is legal, or who are more than 100 miles from such a state, are entitled to as much as two days of administrative leave for travel, if they live in the continental United States; or as much as five days of administrative leave for travel if they live outside the continental United States.

Those Soldiers are also entitled to administrative leave for adherence to the “waiting period” required by those states in advance of a marriage.

The policy is meant “to help cultivate and level the playing field” allowing members to go to the nearest jurisdiction that permits same-sex marriages, said Larry Lock, chief of the Army G1 Compensation and Entitlements Branch.

Chargeable leave used on or after Aug. 13 that would have otherwise been eligible as an administrative absence under the policy may be replaced at the direction of the commander approving the chargeable leave.



PHOTO ILLUSTRATION BY MARINE CORPS SGT. TERIKA KING

According to a Nov. 7 Army directive, Soldiers seeking same-sex marriages are entitled, in some cases, to an amount of administrative leave in order to travel to a location where such marriages are legal.

Additionally, the total amount of administrative leave that can be granted must not exceed seven days.

Soldiers stationed in states like California, Washington, Maryland or New York are entitled to no administrative leave at all. Same-sex marriages are legal in those states.

Soldiers assigned to locations that are less than 100 miles from such a jurisdiction will also not be entitled to the administrative leave. A Soldier stationed at Fort A.P. Hill, Va., for instance, cannot get a same-sex marriage in Virginia. But the installation is about 88 miles from Washington, D.C. That Soldier could travel to the nation’s capital, or to nearby Maryland, to get a same-sex marriage.

If Soldiers stationed in such a state wished to travel to another state to get married, they would also be entitled to no administrative leave. A Soldier stationed in California who wanted to travel

to New York to get a same-sex marriage, for instance, would not be entitled to administrative leave.

“There would be no need for it,” said Lock. “You would treat them just like you would a heterosexual Soldier who wanted to go someplace to get married, when they could get married in the very state in which they are stationed in. These individuals would be charged leave.”

The Army is now working to ensure equity for Soldiers with same-sex spouses, Lock said. Already, same-sex spouses of Soldiers are given dependent identification cards. Same-sex couples can also file for retroactive housing benefits as well. But there may be some areas of difficulty. One such area is for Soldiers who might be assigned to locations overseas.

“The challenge is going to be in overseas areas, where we have Status of Forces Agreements where it can be problematic with respect to whether or not

that particular host country recognizes same-sex marriages,” Lock said.

In those places, it may be difficult for the Army command to sponsor a Soldier’s same-sex spouse, for instance.

Lock said the Army is in about 130 countries where there are uniformed members.

“As you can imagine, this could be a significant problem in overseas areas,” he said. “That will be part of the forthcoming implementation guidance, particularly for people involved with the assignment of Soldiers.”

While the secretary of the Army released an Army directive spelling out his intent, the Army is now working to develop that intent into specific implementation policy to make things easier for commanders to understand, Lock said. The guidance is expected to be available to commanders by the end of November.

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DOD urges Congress to preserve quality-of-life programs

By Donna Miles
American Forces Press Service

WASHINGTON — Recognizing that everyone has to make sacrifices in light of the fiscal challenges facing the Defense Department, a senior defense official cautioned Congress Nov. 20 against measures that would reverse the tremendous strides made in improving quality-of-life programs for military members and their Families.

“Your leadership and emphasis have kept the focus on the programs that help keep our military strong and resilient,” Rosemary Freitas Williams, deputy assistant secretary of defense for military community and Family policy, told the House Armed Services Committee’s Military Personnel subcommittee.

“Today more than ever before,” Williams said, “the members of our military community need to count on the resolve and commitment you have so

consistently displayed over the years for the programs they hold most dear.”

A Marine Corps wife for 20 years, Williams told the panel she is well-versed on the challenges military service places on military members and their Families.

Those challenges underscore the importance of a variety of DOD initiatives: morale, welfare and recreation programs; child, youth and Family programs; and benefits provided through military exchanges and commissaries, Williams told the congressional panel.

“Morale, welfare and recreation programs are critical to their wellness and resiliency,” she said. “Participation in recreation, fitness, sports, cultural arts and other leisure activities leads to improved personal health and well-being, and helps build strong military Families and healthy communities.”

In addition, active lifestyles help reduce stress,

loneliness, obesity and depression, Williams said, while building positive self-esteem and esprit de corps that’s critical to a healthy military environment.

She expressed concern, however, that some services and programs — particularly those funded through appropriated funds — will suffer in light of continual budget cuts and reductions.

“Keep in mind that sequestration has only been in effect for half a year,” she reminded the panel. “Without some relief, the department faces nine more years of steeper funding cuts and ever-more-unprecedented

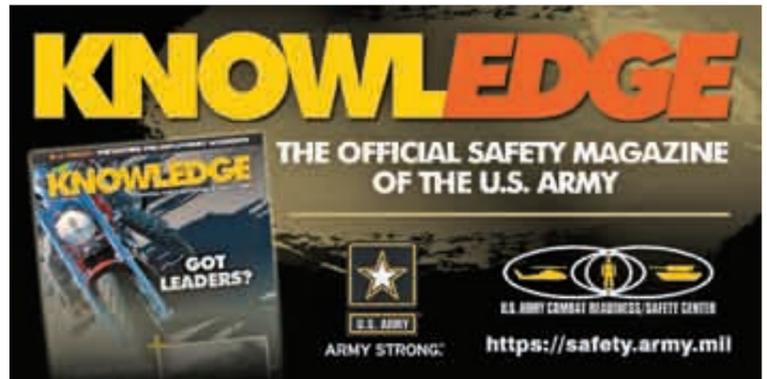
fiscal uncertainty.

“At the time of our people’s greatest need, these funding cutbacks pose great risks to the programs and services on which military members and their Families depend,” Wil-

iams said.

“We are willing to do our part,” Williams said, including ongoing efforts that will improve efficiencies and transform DOD programs to meet the new fiscal realities.

“But we can’t expect the service members past and present and their Families to shoulder this burden alone,” she said, “and to meet these challenges with even more of their personal sacrifices.”



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



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- Build or identify a safe room in your home.
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SURE SHOT
Army Marksmanship Unit instructs with eye toward future
Story on Page D3

NOVEMBER 28, 2013

Waiver Wire schools Old Warriors

By Nathan Pfau
Army Flier Staff Writer

As the holidays approach, two Fort Rucker intramural football teams met on the field to play out their last game before many players leave to meet their Families for turkey and relaxation.

Waiver Wire and the Old Warriors, both of D Company, 1st Battalion, 145th Aviation Regiment, went head to head at the Fort Rucker Physical Fitness Center football field Thursday, and Waiver Wire came out on top, beating their opponents 20-6.

"I think (the Old Warriors) are the No. 1 ranked team, so it was (a good victory), said 2nd Lt. Brennan Rendel, captain and quarterback for Waiver Wire. "Last time we played them we lost. It was a very defensive game and they ended up sacking me in the end zone, so it was nice to beat them this time."

Although both teams are from the same unit, Waiver Wire is made up of flight students and the Old Warriors are made up of cadre and permanent-party Soldiers, so the game was somewhat of a rival match.

The game started slow for Waiver Wire as they received and only managed a short return to start on their 20-yard line. They quickly picked up the pace as they followed up with a more than 20-yard pass that allowed them to get past the 50-yard line.

Rendel was on fire as he threw another 20-yard pass to get within 20 yards of the goal line, and then managed to run the ball for their first touchdown only minutes into the game.

The Old Warriors took their first possession and managed a decent return to start on their 40-yard line and were determined to prove they wouldn't be shown up with a 20-yard pass and 15-yard pass back-to-back.

Despite their aggressive attempt to keep up with their opponents,



PHOTO BY NATHAN PFAU

Second Lt. Brennan Rendel, captain and quarterback for Waiver Wire, runs the ball during an intramural football game at the Fort Rucker Physical Fitness Center football field Thursday. Waiver Wire beat the Old Warriors 20-6.

the Old Warriors faltered on third down throwing an interception that Waiver Wire returned to mid-field.

The flight students managed to push downfield play after play, but the Old Warrior's defense wouldn't be defeated and forced a turnover just yards from the end zone.

After taking possession, the Old Warriors pushed downfield, but Waiver Wire picked off a pass and took the field at the 40-yard line to increase their lead.

With just two minutes remaining in the half, Rendel managed to get close enough to the goal line to run the ball into the end zone for his second touchdown of the game, leading the Old Warriors 14-0.

The team of cadre had their work cut out for them if they were going to get back into the game,

and they took full advantage of the little time they had left in the half.

They came back with an aggressive offense and a Hail Mary pass that resulted in the Old Warrior's first touchdown of the game, but their luck ran out as they missed the extra point.

The touchdown didn't deter Waiver Wire, however, as they took possession with less than one minute left in the half, and they pushed downfield to get close enough to the end zone for a field goal before the half ended, 17-6.

The Old Warriors received to start the second half but weren't able to find the footing they had gained in the last seconds of the previous half as they threw their third interception of the game.

Waiver Wire pushed hard down the field and demonstrated their

superior passing as Rendel rocketed the ball to his team mates with complete pass after complete pass, but the Old Warriors had other plans and forced a turnover at their own 20-yard line.

Although they managed to slow Waiver Wire, the Old Warriors pushed a little too hard as they attempted another Hail Mary pass, which resulted in their fourth interception.

The team of flight students took the opportunity to showcase their speed and agility as they pushed downfield toward the goal line, but penalty after penalty kept pushing them back.

Despite the multiple penalties, Waiver Wire managed to get close enough for a field goal with just 2 minutes remaining to inch ahead, 20-6.

With regulation time now on the clock, the Old Warriors had some time to try and turn things around, but one more interception dashed any of their hopes as the buzzer sounded.

Rendel said that it was his team's teamwork and strong defense, coupled with high energy that helped them pull out a victory.

"None of us really played football on any organized level, but we just had fun and played backyard football (tonight)," he said. "We've got a bunch of young guys with a lot of energy, so I think we just wore them out, and I feel really good about our chances to win the championship."

The Fort Rucker intramural football teams are off this week for the holidays, but will return for regular season games Monday.



PHOTO BY NATHAN PFAU

Calling all coaches

Mario Kirk, player for the Bulldogs, goes for a layup during a Fort Rucker intramural basketball game last year. It's almost intramural basketball season again and the Directorate of Family, Morale, Welfare and Recreation hosts a men's and women's intramural basketball coaches meeting Tuesday for people interested in coaching a basketball team. Meetings will be held at 9:30 a.m. and again at 5:30 p.m. in the Fort Rucker Physical Fitness Center conference room. For more information, call 255-2296.

PIGSKIN

PICKS 

Green Bay vs. Detroit

Pittsburgh vs. Baltimore

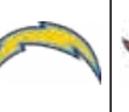
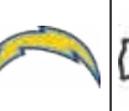
Arizona vs. Philadelphia

Cincinnati vs. San Diego

Denver vs. Kansas City

N.Y. Giants vs. Washington

New Orleans vs. Seattle

	Green Bay vs. Detroit	Pittsburgh vs. Baltimore	Arizona vs. Philadelphia	Cincinnati vs. San Diego	Denver vs. Kansas City	N.Y. Giants vs. Washington	New Orleans vs. Seattle
 Jim Hughes Public Affairs (54-30)							
 Brian Jackson DFMWR (50-34)							
 John McGee CDID (58-26)							
 Capt. Mike Simmons Directorate of Public Safety (51-33)							
 Sharon Storti Network Enterprise Center (48-35)							

Army Marksmanship Unit instructs with eye toward future

By Michael Molinaro
U.S. Army Marksmanship Unit

FORT BENNING, Ga. – Soldiers from the U.S. Army Marksmanship Unit recently spent a week sharing their expert marksmanship skills with the nation's future leaders and competitive shooters.

Members of the USAMU Action Shooting team hosted the annual Action Shooting Junior Clinic at Fort Benning, then packed their bags for the Lone Star state and visited the cadets at Texas A&M University.

"From working with junior shooters to future leaders in our military on how to improve their marksmanship skills, it's been one of the greatest and most rewarding feelings I can say I've had in my military career," said Staff Sgt. Lee Dimaculangan.

The junior clinic's sixth iteration was among the best they have ever hosted, Dimaculangan said.

The event saw an influx of new attendees, as well as participants from previous years, who were eager to learn from some of the nation's best shooters. One of the reasons the camp was introduced was to promote the sport and, by seeing the new faces, USAMU Soldiers believe their efforts are working, he said.

Another major objective of the camp is to leverage the unique capabilities of the USAMU shooters to support Army accessions efforts, specifically through interaction with new participants and their parents. Program success was notable during the camp – two of the instructors, Sgt. Shane Coley and Spc. Matthew Sweeny, were recruited after attending the clinic.

"There was a lot of talent out here," Coley said. "When I came through the clinic all I wanted to do was impress the (USAMU) team, and show them I had the skills and demeanor to be a competitive shooter on the team and serve my country. I saw that same



PHOTO BY MICHAEL MOLINARO

Sgt. Shane Coley, U.S. Army Marksmanship Unit, watches as a junior shooter fires a pistol during the 6th annual USAMU Action Shooting Junior Clinic at Krilling Range on Fort Benning, Ga., in late October. Coley attended the camp when he was a junior and turned that weekend into a career with the Army after impressing the USAMU leadership.

intensity on a lot of the faces out here during the weekend."

After three days of showing juniors techniques on accuracy, movement techniques, transitions, reloads and an introduction to the rifle, three of the team members traveled to College Station, Texas, for a week of instruction with the Texas A&M Corps of Cadets Marksmanship Unit.

"Being in the unit is an opportunity for each cadet to develop and use leadership skills," said Kevin Jimmerson, coach of the team. "As cadets are promoted within the organization they take on more responsibility and earn more of the credit for our success. Competition of any sort is its own reward, and the opportunity to compete on a national level and represent an organization

like the 138-year-old Corps of Cadets at Texas A&M is an even greater challenge with greater rewards."

During the training clinic, the cadets spent four days on indoor and outdoor ranges with the USAMU instructors, Jimmerson said. Each of those days focused on different aspects of shooting, from fundamentals to advanced multi-gun moving and shooting drills, including a 90-minute lecture and discussion on the monumental importance of mental preparation and mental focus.

The majority of participating Cadets Marksmanship Unit cadets will be commissioning into the four branches of the U.S. military in just a few short years, Jimmerson said. Besides the shooting lessons learned, what

stood out was the impression made by the professionalism of the NCOs of the USAMU.

"The cadets on the team were all extremely impressed with not just the shooting ability of the USAMU Soldiers, but their ability to teach, to coach and to communicate their skills in a simple and concise way," Jimmerson said. "I don't think any of them were prepared for the skill level of the USAMU Soldiers, or the very professional manner in which they conducted the training clinic."

After the week of instruction, the Soldiers were guests of the Corps at the Texas A&M football game, before heading back to Fort Benning. The opportunity to pass along their skills to such a range of shooters on many differ-

ent levels of experience left them feeling satisfied with what they accomplished that week.

"There were two things I took away from our week – junior shooters are the future of our sport and it is vital to train our future leaders at their infancy," Dimaculangan said. "It's very gratifying to be involved and making an impact in their futures."

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David C. Agan Jr. PAO (63-28)							
Kent Anger, DPTMS (66-25)							
Wes Hamilton, NEC (66-25)							
Alex Tressler, 1-11th AVN (55-36)							
Jim Hughes Public Affairs (55-36)							

BRIEFS

FALL DUATHLON

Fort Rucker's fall duathlon is ongoing at the Fort Rucker Physical Fitness Center. The duathlon consists of a 2-mile run on a treadmill, followed by 8 miles on a stationary bike ride, and finishing with another 2-mile treadmill run. Participants may complete the duathlon during operating hours of the facility and may reserve the equipment one day prior to their participation in the event, if requested. Participants must be authorized to use the fitness center.

Trophies will be awarded to the overall winner, as well as male and female master (40+) and grand master (50+). First place trophies, second- and third-place medallions will be awarded for the following age categories: 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 and up.

For more information, including sign-up costs, call 255-2296 or 255-3794.

ZOMBIE BOWL

Rucker Lanes hosts its Black Friday Zombie Bowl Friday from 10 a.m. to 1 p.m. Cost is \$50 per lane (up to six people per lane) for unlimited bowling, shoe rental, one large one-topping pizza, and a pitcher of soda or tea. The event is open to the public.

For more information, call 255-9503.

THE REAL IRON BOWL

Silver Wings Golf Course hosts its annual Real Iron Bowl Golf Tournament Saturday from 7 a.m. to 1 p.m. The 36-hole match play will feature two teams – Auburn fans vs. Alabama fans. Entry fee is \$20 per player, plus cart and green fees. Sign up and team assignments will take place the

day of the event. The format is four-person team, best two balls of the four.

For more information, call 598-2449.

GOLF SHOP HOLIDAY SALE

The Silver Wings Golf Course Pro Shop hosts its holiday sale Sunday through Dec. 24. Patrons get to choose a stocking from SWGC's Christmas tree that gives them a discount that can be applied to their purchase.

For more information, call 598-2449.

TURKEY BURN

The Fort Rucker Physical Fitness Center hosts a Turkey Burn session Monday from 10 a.m. to 2 p.m. and again from 4-8 p.m. The event will feature door prizes, fruit and water for all participants as participants workout in a variety of classes with a mixture of instructors every thirty minutes. Classes will include bodyweight strength and cardio, spin, Yoga, Tabata, Zumba and more. Cost is \$3.50 per session for patrons, unless they have a monthly class card. The event is open to all authorized fitness center patrons.

For more information, call 255-2296 or 255-3794.

BASKETBALL COACHES MEETING

There will be a men's and women's intramural basketball coaches meeting Tuesday for people interested in coaching a basketball team. Meetings will be held at 9:30 a.m. and again at 5:30 p.m. in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

YOUTH SOCCER REGISTRATION

Fort Rucker Child, Youth and School Services will hold youth spring soccer registration Sunday through Jan. 3. The cost is \$40, and additional children's sign-ups will be discounted. Participants must meet age requirements by Sept. 1, 2013. A current sports physical and a valid CYSS registration are required for participation. The teams will be broken down into these age groups: 4-5 years old – Training League, 6-7 years old – Pee Wee League, 8-10 years old – Mites League, 11-14 years old – Juniors League. Season starts Feb. 10 and ends March 20. There will be no extension on registration. Special requests for coaches and players cannot be honored. Prospective coaches are needed for all age groups. There will be a spring soccer parents meeting for Families who are new to Fort Rucker Feb. 6 at 6 p.m. at the youth teen center gymnasium, Bldg. 2800, on Seventh Avenue.

For more information, call 255-0950, 255-2257 or 255-9638.

MISTLETOE 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Mistletoe 5k and 1-Mile Fun Run Dec. 14 at 9 a.m. Registration on the day of the event will take place from 7:30-8:45 a.m. at the Fortenberry-Colton Physical Fitness Center. Participants are encouraged to pre-register for the event. The fun run is free and open to all children, and will begin after the 5k is completed. Each fun run participant will receive a medal.

For more information, call 255-2296.

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Thurs, Mon & Tues (In 3D): 7:00 (in 2D) 9:10
Wed, Fri, Sat & Sun (In 3D): 2:00 & 7:00 (In 2D): 4:10 & 9:10
- III THE BEST MAN HOLIDAY - R
Thurs, Mon & Tues: 7:00 & 9:30
Wed, Fri, Sat & Sun: 2:00, 4:30, 7:00 & 9:30

Video Game Spotlight >>



COURTESY SCREENSHOT

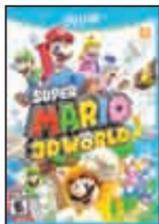
Mario perfects multiplayer recipe

By Jim Van Slyke
Contributing Writer

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

The new Xbox One and PS4 are understandably getting a lot of attention right now, but don't forget about Nintendo's Wii U. It's got some interesting titles on the shelves this holiday season.

One of those is the fascinatingly fun "Super Mario 3D World." The colorful platform game has marvelous music, creative levels, the expected characters and enough challenge to keep things more than interesting. It even bounces back and forth between a fun solo game and impressive competitive co-op play with ease. The solo game starts off rather easy, but will challenge even the most ardent gamer later on. As fun as that is, the best parts of "Super Mario 3D World" are in the multiplayer mayhem. Up to four of the characters



Publisher
Nintendo
Rated
Everyone
Systems
Wii U
Cost
\$60
Overall
3.5 out of 4

— Mario, Luigi, Toad and Peach — are trying to finish first at the end of each of the various levels. Each of the characters has abilities that, when used appropriately, give them a big advantage in various parts of each level. The only miscue in four-player multiplayer is that when someone gets too far from the main group their screen can get obnoxiously small. It's not an issue in smaller groups.

"Super Mario 3D World" more than maintains the solo enjoyment of previous Mario games, but this time Nintendo gets the multiplayer fun right. Everything is set up for fun and laughs, and there are



COURTESY SCREENSHOT

plenty of memorable moments throughout the adventure. This might be the best new Family game out there this holiday season. It's good to see that Nintendo hasn't lost

its touch. Pack your bags for "Super Mario 3D World."

Reviewed on the Wii U

PUZZLE ANSWERS

Super Crossword

Answers

OSCAR	BOLOGNA	SOFABED
HORDE	EBONIES	AVARICE
MAUICHRISTMAS	TENFOLD	
SPED	INSTILL	SIR MAE
APSE	MEETANDCRETE	
SENSES	CHET	ALGORE
EXOCELLO	SAD	ETUDE
RUBIKSCUBA	BALIPARTON	
BRED	DENIES	UNATONED
OBLIGE	ANT	STOLIESS
GUAMWITHTHEWIND		
OKS	TRIAL	IRA NEARBY
ONEACTER	SCALPS	MIRE
HEADHONSHU	MALTAMEDIA	
SETME	OER	LOEWE GAS
ICECAP	EBA	HAVENT
FRANKSUMATRA	PILE	
EEL	TRY	HORSIER RHEA
ENIGMAS	ARUBAGOLDBERG	
DEVIATE	DOTEDON	JAMIE
SWELTER	SEEDERS	SLIER

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Grover Cleveland
- 46 (23 pairs)
- "All in the Family"
- The Joads
- A hard shell covering an animal's back, like a turtle
- Kevin Costner
- John Batterson Stetson
- Edo
- Roland Hedley
- Douglas Fairbanks Sr.

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