

## SAFETY

Post officials urge personal OPSEC during holidays

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## CELEBRATE

Tree lighting sets off string of holiday events

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## FOOTBALL

Bama Bombers smother Waffles

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# ARMY FLIER

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## Show provides 'A Shot of Reality'



PHOTO BY NATHAN PFALZ

Capt. Shamecca Scott, of Lyster Army Health Clinic Department of Behavioral Health, and Sgt. Thomas Holliday, C Company, 1st Battalion, 11th Aviation Regiment, join comedy duo and show hosts Colin Sweeney and Patrick McIntyre on stage as they perform a game show to test their knowledge on alcohol during a performance of "A Shot of Reality with a Comedy Chaser" at the post theater Tuesday.

By Nathan Pfau  
Army Flier Staff Writer

Alcohol abuse is no laughing matter, but Soldiers and civilians on Fort Rucker were left in stitches as they got the opportunity to laugh and learn during a performance designed to educate people on the negative effects of alcohol.

The Fort Rucker Army Substance Abuse Program treated Soldiers to "A Shot of Reality with a Comedy Chaser," which is a two-man show put on by Colin Sweeney and Patrick McIntyre at the post theater Tuesday, as a means to provide an unconventional way of looking at alcohol abuse.

"Over the last three years, we've started doing these alcohol awareness shows that have a comedy element to them, and we came to realize that this was something that was lacking at all these institutions that (we've performed)," said Sweeney.

"The old, boring slide shows and 'death by PowerPoint' doesn't resonate with anybody, so they'll (become easily distracted) and won't pay attention."

The show was heavy with audience participation and full of comedy skits, but the message it provides is one that people found was easier to swallow with the element of laughter.

This form of education entertainment that the duo calls "edutainment" seemed to strike a chord with many in attendance, and Pfc. Janelle Hartley, C Company, 1st Battalion, 11th Aviation Regiment, said it was a form of education that she actually enjoyed.

"It was a really big change from the usual performances for training that we've seen here and I enjoyed it a lot," she said. "This hit me a lot more than just having someone

SEE REALITY, PAGE A5

## Officials warn of holiday hazards

By Sara E. Martin  
Army Flier Staff Writer

Getting caught up in the hectic holiday festivities can cause many people to get careless, but by staying alert and aware people can ensure that their gatherings and merriment will be full of comfort and joy, not ending in a holiday tragedy.

While decorations can bring the holidays into a home, they can create safety concerns, and statistics show that mishaps occur more frequently during the holiday period. But with a little common sense and advanced planning, people can create an accident-proof holiday for children, pets and guests.

From space heaters to ladder safety, there are many things to consider during the holiday season, and officials around the installation want to be sure that everyone stays as safe as possible during this special time of year.

"Tis the season to be jolly, as the holiday standard goes," said Maryk Hawkins, fire prevention and inspection. "In many homes, this means a log on the fire, a trimmed tree or a menorah glowing brightly. But what you may not realize is that they also bring an increased risk of fire in the home."

According to the U.S. Fire Administration, home fires are more prevalent in winter than in any other season, due in part to an increase in cooking, heating, holiday decorations and winter storms.

"When decking the halls, choose decorations that are flame resistant or flame retardant," said Hawkins. "Not all holiday lights are made equal, so be sure that you know whether yours are for indoor or outdoor use, and replace any string of lights with worn or broken cords or loose bulb connections. Use clips, not nails, to hang lights so the cords do not get damaged."

For those living in on-post housing, ornaments and decorations must be noncombustible, and though decorations are encouraged there are a few rules that residents must adhere to.

"People must use plastic clips for hanging outdoor lights. Nails,

SEE HOLIDAY, PAGE A5



PHOTO BY SARA E. MARTIN

## Cutting edge

The Fort Rucker Elementary School Lego Robotics Team competed for the first time in The First Lego League state qualifier in Birmingham Nov. 30. The team is composed of fourth through eighth graders who competed against more than 60 teams from the state. They won the Core Values category for teamwork and cooperation. The theme of the competition was Nature's Fury, and to learn more about the team's accomplishments and the competition, see next week's Army Flier.

## Angel Tree offers chance to help children

By Sara E. Martin  
Army Flier Staff Writer

For more than 18 years, the Angel Tree Program has been providing gifts to children of the Fort Rucker community, and though organizers wish that there were no children in need this season, 399 have been placed on the list this year to receive a Christmas gift.

Officials at the Main Post Chapel ask that members of the Fort Rucker community brave the seasonal crowds to purchase a gift, or even a few, for underprivileged children.

With the tree up and decorated with the tags, Therese Erthal, Catholic parish coordinator, hopes that people will soon be coming in to bring a smile to a young person's face this holiday season.

"This year I have 399 children to collect gifts for. So, we ask that people take as many tags as their heart desires," said Erthal. The ages range from new-



PHOTO BY SARA E. MARTIN

Nancy Jankoski, church community member, takes two tags from the Angel Tree located in the vestibule of the Main Post Chapel Nov. 26. Community members are asked to take a tag, purchase a gift, and return both gift and tag to the tree no later than Wednesday.

borns to 18 years, and gifts are asked to be returned to the chapel no later than Wednesday. The program is anonymous. The only information the giver receives is the gender and age of the child.

"Every year I get a list from (Army Community Service) of the Soldiers, and some civilian workers, that are in need of as-

sistance. I then make gift tags for each child and hang them on our Angel Tree, and ask people in the community to take a tag, purchase an age-appropriate gift and return the gift to the tree," said the coordinator.

Gifts must be new, unwrapped and unopened. Gift cards are an acceptable gift and make for a good choice for the older teens

who are sometimes harder to shop for, but Erthal asks that participants not drop off food-stuffs.

"Please do not bring candy, cookies or treats like that. We cannot give that out and it will be a few weeks before the children get their gifts," she said. "Plus, the child might be diabetic or be on a medical diet. It is best to stick with books, gift cards and toys.

Tags can be taken off or left on the purchases, along with receipts, according to Erthal, who said that it might be easier for the parents who need to re-size clothes purchased for their child.

Donations of tape, bows, gift wrap and gift bags are "absolutely wonderful," she added.

If anyone takes a tag and realizes they cannot purchase a gift, the program coordinator said that they can either call the church at 255-9894 and give the

SEE CHILDREN, PAGE A5

# PERSPECTIVE

## ACAP offers tips for winter job hunt

By Bryan Tharpe  
ACAP TSM

Are you one of those people who feel down around the holidays? Does the lack of sunshine affect your ability to function? If you can answer yes to either of these questions, your winter job-hunting may be hampered.

Let's see what effect the winter conditions have on job hunting and how you might be able to overcome them.

If you hate cold, gray days, you might find it harder to get motivated to complete a thorough job search during the winter months. Many people suffer

from Seasonal Affect Disorder and, as the acronym so aptly implies, they stay sad or depressed most of the winter.

Conducting an effective job search campaign when you are in this state of mind can be self-defeating. You might want to try going to a tanning salon a couple of times each week or at least sitting under some florescence lights during these stressful periods. However, you can still benefit greatly by just getting outside and taking a daily walk, even if the sun isn't shining.

Are you going out of town for the holidays? Don't forget that the job search must continue,

even over the holidays, until you get the job you want. Even though you might want to take the holidays off and just relax and enjoy the season, you really can't afford to do that.

Remember that most people are in a giving mood around the holidays, and if you don't continue your marketing campaign, you might lose out on that good job you are looking for.

Hate to travel in the snow or ice? Most people do. But the jobs are still out there, even though the ground may be white. Use good common sense and take your time, but continue to trudge on toward your

goal. Chances are some of your competitors won't, and you will have an obvious competitive advantage.

Do you feel confined by having to wear bulky winter clothes and would rather wait until it's warmer to job search? Well, as appealing as that may be, it's not a legitimate option. If it's cold or raining, dress appropriately for the occasion. Remember, dressing in layers keeps you warmer than just putting on a bulky coat.

Additionally, if you dress in layers, you may be able to take a few layers of clothing off before visiting with potential employ-

ers. You can always put them back on when you return to your automobile or other mode of transportation.

These are just a few ways that winter job-hunting can affect your ability to lodge a successful campaign. Taking an active role in overcoming the winter "blahs" can take you much farther in reaching your ultimate goal.

Contact your friendly Fort Rucker ACAP Center at 255-2558 for other tips for winter job-hunting. Spouses of transitioning Soldiers are encouraged to use ACAP/TAP services, as well.

## Rotor Wash

“A Christmas tree lighting ceremony takes place today from 5-6 p.m. at Howze Field. How do you get into the holiday spirit?”



**Raquel Briggs,**  
Army spouse

"I like to listen to holiday music."



**Terry Doby,**  
retired Army

"I get into the holiday spirit by thinking about the reason for the season, which is the birth of Jesus Christ. It makes my spirit soar."



**Mercedes Merino,**  
Army spouse

"I like celebrating the birth and life of Jesus Christ and Christianity that is celebrated in different ways worldwide."



**Master Sgt. Gabriel Gonzalez,**  
U.S. Army Combat Readiness/Safety Center

"We like to decorate our house. We put up a lot of decorations. It is really bright."



**CW5 Gerald Manieri,**  
Mississippi National Guard

"We like to decorate and make holiday food like cookies and special dinners."

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**Jim Hughes**  
COMMAND INFORMATION OFFICER

**David C. Agan Jr.**  
COMMAND INFORMATION OFFICER ASSISTANT

### EDITORIAL STAFF

**Jim Hughes**  
ACTING EDITOR...255-1239  
jhughes@armyflieger.com

**Jeremy P. Henderson**  
SYSTEMS & DESIGN EDITOR...255-2253  
jhenderson@armyflieger.com

**Sara E. Martin**  
STAFF WRITER...255-1240  
smartin@armyflieger.com

**Nathan Pfau**  
STAFF WRITER...255-2690  
npfau@armyflieger.com

### BUSINESS OFFICE

**Robert T. Jesswein**  
PROJECT MANAGER...702-6032  
rjesswein@dothaneagle.com

**Brenda Crosby**  
SALES MANAGER...347-9533  
bjcrosby@dothaneagle.com

**Laren Allgood**  
DISPLAY ADVERTISING...393-9716  
lallgood@eprisenow.com

**Mable Ruttlen**  
DISPLAY ADVERTISING...393-9713  
mruttlen@eprisenow.com

**Joan Ziglar**  
DISPLAY ADVERTISING...393-9709  
jziglar@eprisenow.com

CLASSIFIED ADS... (800) 779-2557

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- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

**National Suicide Prevention Lifeline:**  
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TA-095-0510

# DPS urges online safety for shopping season

By Nathan Pfau  
Army Flier Staff Writer

A lot comes to mind when the holidays roll around; hot cocoa by the fire, presents under the tree and holiday dinners with Family, but for many, a common word associated with the holiday season – shopping.

The holiday season is a shopper's dream with deals at every corner, but in the online age we now live, the experience can resemble a nightmare, rife with holiday scammers and the threat of identity theft. There are ways to navigate these threats, however, according to Peggy Contreras, Community Police supervisor for Fort Rucker's Directorate of Public Safety who wants to make sure that people stay safe during the year's heaviest shopping season.

"A lot of people will be shopping online this season, and when they do so, they need to make sure that they are shopping on a

secure website," she said. "Most of the time, they should be able to see a little lock pad in the URL that tells them that the website is secure, but if they have any questions about the site, they should call the phone numbers or do anything they can to verify that it is secure."

Most reputable websites will secure their websites with encryption, especially when dealing with financial information like credit card numbers or bank information. Encrypted websites will start with "https" at the beginning of the web address – the "s" at the end of "http" stands for "secure", according to the Federal Trade Commission website, [ftc.gov/idtheft](http://ftc.gov/idtheft).

The threat of identity theft is everywhere, but people can be more at risk while doing shopping online, said Contreras. If people do their shopping online, she suggests that they only visit websites that they have trusted in the past.

"People need to do their homework when shopping online, or in general," she said. "If you are shopping on a new website that you've never been to before, you need to be extremely careful. If there is any indication to them that the website might be bogus, take the extra step to check it out or avoid it altogether."

People should also be wary of misspelled words in emails and especially web addresses, which are usually telltale signs that the website is fraudulent, she said. Also, people should never divulge personal information through email, phone or text messages, and especially avoid giving out Social Security numbers.

Another threat that people should be aware of are online scammers who will pretend to sell items that they don't really have, said the community police supervisor. Websites that people can buy directly from other people are usually done at their own risk, so she suggests that people

avoid those entirely if possible.

Although the threat of identity theft is out there, Contreras said that responsibility falls on the individual to make sure they are protected, and that protection should also extend to their children.

"It would be wise to think about your children because a lot of times we don't think about it, but their identities can be stolen as well," she said. "You don't want to wait until they're 16 or 18 to find out that they have something on their credit report, so make sure you check up on it while they're young."

An extra preventative measure that people can take is to take on a credit-monitoring service, said Contreras. These companies will monitor your information and any unusual activity to prevent identity theft.

Some red flags people should look out for are: mistakes on bank, credit card or other statements; bills or collection notices

for services never received; calls from debt collectors about debts that don't belong; unwarranted collection notices on their credit report; or even calls and emails about accounts in their child's name, according to the FTC.

If people experience anything like this, they need to contact one of the nationwide credit reporting companies, said Contreras. Even if there is no issue, she suggests that people do this after the shopping season is over to be sure.

Having one's identity stolen is bad enough, but the recovery from the havoc it can cause to a person's credit report can take a long time to bounce back from, so Contreras said the best form of protection is prevention.

"You don't want to way six months down the road to find out that somebody might have used of your information," she said. "We live in a new time now. We used to sleep with the doors open but now you we can't do that. If you leave your information where

## Post officials issue personal OPSEC reminder

By Nathan Pfau  
Army Flier Staff Writer

With holiday hysteria in the air and exodus approaching, people tend to let their guard down, but officials want to remind Soldiers and Families that personal safety during this time of year shouldn't be neglected.

Operational security is something that most people on the installation have become familiar with, but most don't give a second thought to personal OPSEC, and that's why post officials want to make sure that people stay safe throughout this holiday season.

"People let their guard down during the holidays," said Maj. Anthony Whittaker, installation OPSEC officer. "People's Family, friends and others that they love and haven't seen in years are coming in town, and they are just focusing on having a great time, so people aren't focused on their surroundings."

Whittaker said there are a number of things that people need to watch out for during the holiday season when it comes to travel, shopping, social media or just everyday normal activities.

One big thing that people need to be aware of, especially now that the holiday shopping season is in full swing, are people Whittaker calls "shoulder surfers."

Shoulder surfers can be any individual with a camera on their phone or even their watch that can take pictures of credit cards or ATM cards while people are making a purchase or withdrawing money out of an ATM, said Whittaker, adding that people need to keep an eye out for anyone that might be trying to snap an image of their information.

The OPSEC officer also sug-



PHOTO BY NATHAN PFAU

Officer Anthony Strickland, Fort Rucker civilian police officer, and Spc. Edward Ellman, 6th Military Police Detachment, perform a security check of the Munson Heights Neighborhood Center Monday. Fort Rucker residents can opt for courtesy checks of their homes while they are traveling by filling out a form at the Directorate of Public Safety.

gests that people refrain from carrying large amounts of cash during the holidays, and after making a large amount of purchases, people need to make sure to store the items in the trunk of their car so that potential thieves can't see what might have been purchased through the window.

"It also might be a good idea to load up and move your car to a different location in the parking lot," he said. "Just in case someone might have noticed all the (purchases) that you've made, you never know who might have been watching you."

Although people might finally feel safe once they return home after the hectic shopping season, people don't need to let their guard down once they are in their home because houses

can become a prime target for criminals during the holidays, according to Matthew Roe, communications specialist for Corvias Military Living.

"Burglaries are a rare thing on post, but it can still pose a threat, especially during the holiday season," he said. "There's a lot more opportunity during this time of year because people are purchasing a lot of high-value items. Fort Rucker is a pretty safe community, but people still need to remain cautious."

Roe suggests that people avoid bringing too much attention to their home, and one way to do this is by making sure to not stack too many presents under the tree near a window. Presents that are visible from the outside of the house can be very inviting

for criminals, he added.

In order for people to feel safer in their homes throughout this time of year, and year round as well, Roe said people should always make sure to lock their windows and doors, and secure their garage doors.

Many people will be traveling out of town during this time of year and people need to make sure they secure their home before they leave town as well, he added.

"If you're traveling out of town, ask a friend or neighbor to check on your mail and pick up newspapers from the yard," said Roe. "Also, install timers to turn lights on and off during the evening hours, and if others on the installation notice something that is out of the ordinary, they

should call the military police."

Residents can even opt for quarters checks provided by the Fort Rucker Military Police by stopping by the Directorate of Public Safety and filling out a form that would allow police officers to check on their homes while they are out of town. This is a service that is provided year round, not just around the holidays, so people should take full advantage, added Roe.

Another thing people need to be wary of is posting personal information on social media websites, which can provide a wealth of information to any criminal, said Whittaker.

"People need to watch what they are putting (on these sites), especially in regards to where they are going," he said. "These are just opportunities for (criminals). If I'm a criminal and I know when you're leaving or what you're planning to do, that allows me to easily plan and see what it is I'm going to do to take advantage of you."

Whittaker said people should avoid posting this type of information, and also be aware that when they take photos and post them on many of these sites, the photos are geotagged so that the location of the place the photo was taken can be traced. People should go into their settings and disable location-sharing information on their smart phones and devices, he said.

"People aren't expecting to get taken advantage of during this time of year because the holidays are suppose to be about giving and love, but people have to be vigilant and aware of their surroundings," he said. "We live in a different world now and some people have different motives, and they will take advantage if they can."

## News Briefs

### 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 – nonalcoholic 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.

### Commissary holiday savings

The holidays are right around the corner, and special in-store promotions make the commissary the place to go to save on holiday groceries, said the Defense Commissary Agency's director of sales. "Customers will find great savings and quality products for their holiday entertainment and meal needs, thanks to our industry partners," he said.

Chandler also reminds patrons that the holiday season is a perfect opportunity to consider giving the gift of groceries through Commissary Gift Cards. "Anyone can purchase them online through [www.commissaries.com](http://www.commissaries.com) or at a commissary for authorized shoppers to use." Throughout December, the commissary's industry partners – vendors, suppliers and brokers – are collaborating with stores to offer discounts beyond everyday savings. Customers should check with their commissary for programs in their stores. For details, visit [http://www.commissaries.com/press\\_room/](http://www.commissaries.com/press_room/)

[press\\_release/2013/DeCa\\_72\\_13.cfm](http://press_release/2013/DeCa_72_13.cfm).

### AUSA academic scholarships

The Fort Rucker-Wiregrass Chapter Association of the United States Army is offering \$1,000 academic scholarships for the 2014 spring semester to qualifying Army veterans' and Soldiers' Family members in the Wiregrass area.

Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at [www.ausawiregrass.org](http://www.ausawiregrass.org). All scholarship applications (with attachments) must be submitted by mail and postmarked no later than Dec. 31.

For more information, contact Keith Gunter at [keith.gunter61@gmail.com](mailto:keith.gunter61@gmail.com) or 797-5479, or

Bob Slagle at [slagleb@alaweb.com](mailto:slagleb@alaweb.com) or 494-2999.

### Commissary scholarships

Applications for the 2014 Scholarships for Military Children Program are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by the close of business Feb. 28. Packages must be hand-delivered, or shipped via U.S. Postal Service or other delivery methods – not emailed or faxed. This year's award amount has risen to \$2,000 and the program awards at least one scholarship at each commissary with qualified applicants. Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

For more information, students or sponsors should call (856) 616-9311, or send an email to [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

### Contracting 101

The Mission and Installation Contracting Command-Fort Rucker will offer its first Contracting 101 class Jan. 29 from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to [ambrosio.e.alvarezestero.mil@mail.mil](mailto:ambrosio.e.alvarezestero.mil@mail.mil); Staff Sgt. Ye Yang at 255-3746 or [ye.yang.mil@mail.mil](mailto:ye.yang.mil@mail.mil); or Maj. Jason Hulseley at 255-2846 or [jason.e.hulseley.mil@mail.mil](mailto:jason.e.hulseley.mil@mail.mil).

### 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 highly confidential and only the age and gender of the children are available.

For more information, call 255-9894.

# 3D electronic printing holds promise of helping Soldiers

By Audra Calloway  
Picatinny Arsenal Public Affairs

PICATINNY ARSENAL, N.J. – As researchers at Picatinny Arsenal explore the potential of 3D printing, they envision the potential to embed a radio antenna on the side of a Soldier's helmet, or print sensors directly onto a weapon or even an article of clothing.

Over the past few years, advances in 3D printing have enabled scientists to print items ranging from body organs to candy.

At Picatinny, scientists and engineers are using additive manufacturing and 3D printing to print electronics, weapon components and training models.

Additive manufacturing, which includes 3D printing, lets engineers create 3D solid objects based on digital models, explained James Zunino, materials engineer, and Printed Electronics, Energetic, Materials and Sensors, co-chair.

The printers work by using lasers or another heat source to meld gypsum, metal powders, plastic filaments or other materials built layer-by-layer to create tangible 3D objects.

At the forefront of Zunino's 3D research is electronic printing – using an ink-jet printer to print electronics, such as munitions antennas, fuse elements and batteries.

Inks that can conduct electric current, such as silver, are printed in layers onto a film surface, creating conductors, semiconductors or resistors.

This process allows engineers to potentially print sensors directly onto a weapon or an article of clothing. For instance, a radio antenna made of silver nanoparticles printed onto a flexible polyimide substrate could be embedded into a Soldier's helmet, replacing the antenna that currently attaches to the headgear. Or, electronics could be printed on the side of artillery, freeing up space inside the round.

This ability allows printed electronics to use space more efficiently than conventionally made electronics.

Also, electronics created with 3D prints generate less waste.

"Instead of having to machine out the grooves and put the sensor and the wires in



PHOTOS BY ERIN USAWICZ

James Zunino, Picatinny materials engineer, displays a object that was created by an additive printing process.

the model, I can just use our printers to print electronics onto the model so they are already embedded," Zunino said.

"With printed electronics versus conventional you're not chemically etching away all the material, you're printing them the way you want them. It's more environmentally friendly, it's more cost effective and it's more time efficient."

The electronics could also be outfitted with reactive sensors, such as sensors that change properties in the presence of anthrax to detect and warn of the chemical's presence.

Engineers at the Armament Research, Development and Engineering Center are frequently asked to create training pieces that can be used as aids for Soldiers.

"You can actually print a large version of a fuse mechanism to show the inner workings," Zunino said. "You can quickly and cheaply try different designs and change parts. Rather than machining and wasting all that material, we can print them and even put electronics inside."

"You can input the 3D model into the printer, remove a 45-degree slice and print it out," he continued. "With our color printer it will be printed in all the



Zunino displays a modular tool that can be added onto the Multi-Axis Modular Manufacturing Platform for additive manufacturing. Different tools allow the machine to perform different manufacturing techniques.

right colors and have the right markings, so you have a nice training aide."

The engineers are also able to quickly fabricate items such as the wings of an unmanned aircraft system.

Currently, there is no current way to create a UAS wing out of one sheet of metal because the holes for wiring are so intricate. The wings are now made with two pieces that are sealed together. But with 3D printing, engineers can place all the holes while the piece is being created.

Wires and printed electronics can even be em-

bedded into the wings as they are created on the 3D printer.

"You can print UAS wings with the electronics, antennas and sensors in it so that when you're done it's all embedded in one encapsulated system," Zunino said. "It functions the same way, but you don't have to worry about how to seal it, how to package it, how to glue it in. You just embed it inside using additive manufacturing techniques."

One reason 3D printing has so much potential is because it is extremely efficient. Items can be printed in a matter of minutes or

hours, depending on the complexity of the design. This makes it ideal for prototyping and low-rate production.

"I could try out a design on a 3D printer using a cheaper material," Zunino said. "Once I know it works and my holes are good, I can go print it on a metals printer that uses stainless steel or

titanium. So it's a good cost savings, because you don't want to buy metal in bulk. We can try different types of materials. 3D printing allows us to inexpensively test the same design in several different materials and see how they perform."

In the near future, Picatinny scientists hope they will be able to print and assemble entire weapon systems in one manufacturing cube. For example, an entire claymore mine could be printed and assembled in one machine by using various tools and printing processes.

Zunino said it would also be beneficial for deployed Soldiers to have 3D scanners to scan a broken part, then send engineers the file from which engineers could make a new one.

"Ideally, we would have the Soldiers have their own 3D printers in the field so that they could make their own part to hold them over until we send them the part. Normally, if they broke a bracket, it could take two or three weeks to replace it."

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## Reality: Show visualizes various consumption stages

Continued from Page A1

speak to me about alcohol (and it did more than make me laugh). It showed me how people act while they're (under the influence) of alcohol, so it was really informative, too."

Hartley was one of many volunteers that helped throughout the show by putting on a pair of glasses that simulates intoxication and trying to perform normal, everyday actions to depict what it's like when someone is under the influence. And as a person who normally keeps to herself, she said the experience was one she'd remember.

The show isn't meant to com-

pletely deter people from drinking alcohol, said Sweeney, but to do it responsibly, if at all. People were provided with tips like staying hydrated, keeping an eye on their drinks, not mixing alcohol with energy drinks and deleting "their exes" numbers from their phones if they are drinking.

They also hit on the negative effects of alcohol that hinder health and judgment, and even hosted a game show that quizzed Soldiers on their knowledge of the effects of alcohol, alcohol-related diseases and general facts.

One of the main points of the show was the help visualize what the different stages of alcohol consumption might look like, from

someone who has a light buzz to someone who might be suffering from alcohol poisoning.

The comedy duo played out multiple drunken scenarios to also help visualize what people should do in different situations if they find that their friend has had too much to drink.

The show normally tours to college circuit but has moved into the military market because the demographic and culture has its similarities, said Sweeney, but the education isn't just for the younger generation – it's for everyone.

Hartley agreed.

"I think this type of training is important because we have a big group (on Fort Rucker), a mixture

of Soldiers, young and old, and it's good to change things up every now and then," she said. "Especially with exodus coming up and the long break, it's good to relate to the Soldiers here."

Sweeney said that education is tantamount because of the way alcohol has made its way into the culture of the United States as something that is considered normal.

"In our country there is this mentality that alcohol is totally OK, and it's not," said Sweeney. "Because of that, it's kind of like the silent killer. It gets away with a lot of things."

"We're a country that is very hard on everything from prescrip-

tion drug abuse to illegal drugs, but a lot of times, with alcohol, we act like it's not a big deal," he continued. "But it is a big deal and we need to talk about it. We talk a lot about sexual assault and suicides in the military, and although alcohol isn't the reason a lot of these things happen, it makes it easier for those things to happen."

Sweeney said that 50-80 percent of all sexual assaults have alcohol involved, and a large number of people that commit suicide have alcohol in their system at the time of their death.

"Alcohol is like the bad influence friend. They're not making you do it, but they're making it easier for you to do it," he said.

## Holiday: Simple precautions ensure personal safety

Continued from Page A1

spikes, building staples or any other type of fasteners that leaves permanent damage are prohibited," said Matthew Roe, Corvias Military Living communications specialist.

Corvias also does not allow any decoration on the roofs of homes and asks that people do not put decorations, such as trees, in front of any doorway.

One out of every three home Christmas tree fires are caused by electrical problems, according to the U.S. Fire Protection Association, and although Christmas tree fires are not common, when they do occur, they are more likely to be serious. On average, one of every 40 reported home structure Christmas tree fires results in a death.

When picking out a live Christmas tree,

Hawkins said people should choose a tree with fresh, green needles that do not fall off when touched, and before placing the tree in the stand, cut 2 inches from the base of the trunk.

"And always make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles or heat vents," she said.

In accordance to Corvias rules, live Christmas trees are not allowed to remain in homes longer than ten calendar days.

Overloading electrical outlets with strings of lights, whether on a tree or outside, can also be a major danger, so Hawkins advises people to check strands of lights to determine the number of strands that may be connected, and to connect no more than three strands of push-in bulbs and a maximum of 50 bulbs for screw-in bulbs.

"Lights could short and start a fire," said Roe. "So holiday lights for our residents must be turned off by 10 p.m. and all holiday lights should be taken down no later than Jan. 9."

Hawkins also suggests that to keep electrical hazards as low as possible, people should plug electric-powered space heaters or portable fireplaces into outlets with sufficient capacity and never into an extension cord.

"Portable space heaters are so easy to knock over in the dark. They should be turned off when you go to bed," she said, adding that two of every five home decoration fires are started by unmonitored candles.

"Lighting candles, whether for decorating or religious rituals, should always be done with caution," she said. "Candles

should be in sturdy holders and placed on an uncluttered surface. Lit candles should not be placed in windows where a blind or curtain could catch fire. And never leave a lit candle unattended."

Nearly half of holiday decoration fires happen because decorations are placed too close to a heat source and left unattended, she continued.

"Unattended cooking is the leading cause of home fires, though. So, when cooking for holiday visitors, people need to remember to keep an eye on the range to keep something from overheating, or children and pets from touching things that are out of bounds."

For more information on holiday decorating safety, visit [www.nfpa.org/winter](http://www.nfpa.org/winter) or [www.usfa.fema.gov/citizens/home\\_fire\\_prev/holiday-seasonal/winter.shtm](http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/winter.shtm).

## Children: Program provides holiday cheer for Families in need

Continued from Page A1

tag information so a replacement tag can be made, or they can drop by the chapel and hang their tag back on the tree.

"It may seem embarrassing, but none of us know what unexpected expenses might pop up, so it's totally understandable when that happens," she said.

Despite the large community involvement and generosity, Erthal said that last year 45 tags were still left on the

tree.

"We ask that the community come forth to support Soldiers and their Families. Having that many children's tags left on the tree is such a sad thing," she said.

Nancy Jankoski, church community member, said that she loves the program because she knows that it is directly helping people on post who really need it.

"We have people come through the chapel all the time who have various needs, so I know this helps meet some of the needs of those people who live and work here," she

said as she took a few tags from the tree.

"This program really benefits our Families, and Soldiers give so much," added Erthal. "This is a chance for the Army Family to take care of its own, because sometimes we all need a little help and that's OK. Money can only be stretched so far at the end of the month."

Gifts can be dropped off at any time, and if anyone wants to give a gift but does not have the time to claim a tag, they can drop off their gift at the tree and a child that remains will receive the gift, she said.

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**104 NANCY:** Great starter home or investment property. Cozy living room with fireplace, three roomy bedrooms, two baths, updated kitchen with stainless appliances, inside laundry room, large two car garage with a storage room with lots of shelves. Established neighborhood convenient to Fort Rucker/Enterprise gate, schools, churches and shopping. **JAN SAWYER 406-2393**

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## Flying lead

*Afghanis take over instruction of air mission planning course*

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

KABUL, Afghanistan — It has been a year of significant milestones for the Afghan National Security Forces as they have taken a definitive lead in providing security for Afghanistan.

The International Security Assistance Force has moved to an increasingly train, advise and assist role after nearly a decade of combating the enemies of Afghanistan, shoulder-to-shoulder with Afghan forces. The ANSF have not only taken the lead on the ground, but are beginning to become more independent in the air as well.

The Afghan air force achieved several milestones in 2013 to include planning and executing complex resupply missions to remote outposts, evacuating more than 300 villagers during a natural disaster, and launching the largest Afghan-led joint, combined arms operation in more than 30 years. The AAF achieved its most recent

milestone this fall when Afghan flight instructors took the lead in teaching their unit's Air Assault Planning Certification Course, a course instructed by U.S. Army 10th Combat Aviation Brigade advisers since late spring 2013.

"Afghans are now teaching Afghans," said U.S. Air Force Lt. Col. Brandon Deacon, commander of the U.S. Air Force's 438th Air Expeditionary Advisory Squadron, responsible for advising the Afghan Air Force's 377th Squadron based in Kabul. "The (10th CAB) advisers are now assessing the Afghan's capabilities in teaching their own folks. Now that they have the initial capability, we can move on to ensuring they have trained instructors who can assess their ability to train themselves."

The 438th Air Expeditionary Advisory Squadron consists of advisers from the U.S. Air Force, which mentors Mi-17 helicopter pilots; and the Czech Republic, which mentors both Mi-17 and Mi-35



PHOTO BY AIR FORCE MASTER SGT. BEN BLOKER

An Afghan air force aerial gunner communicates Mi-17 helicopter preflight checks to his pilot under early morning moonlight on the first day of Operation Seemorgh in late July in Afghanistan.

SEE LEAD, PAGE B4



PHOTO BY SGT. DANIEL SCHROEDER

## WET HAWK

Soldiers from E Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, assemble a pump device while setting up the micro-forward area refueling system, also known as the Wet Hawk, during the 25th CAB, 25th Infantry Division's first joint service Forward Arming and Refueling Point Rodeo competition on Wheeler Army Airfield, Hawaii, Nov. 20.

## Apache Guardian wins praise from pilots

By David Vergun  
Army News Service

WASHINGTON — The newest model of the Apache helicopter, the AH-64E Apache Guardian, was delivered to Soldiers in January.

Since that time, pilots of 1st Squadron, 229th Attack Reconnaissance Battalion, have had nothing but praise for it, said Lt. Col. John P. "Pat" Davis, battalion commander, who said the pilots flew the helicopter during a period of time with a particularly high operations tempo.

That high OPTEMPO includes three rotations at the National Training Center at Fort Irwin, Calif.; High Altitude Mountainous Environmental Training in Idaho; and the Operation Rising Thunder exercise at Yakima Training Center, Wash. In the latter exercise, 1-229th pilots trained with their Japan Air Self-Defense Force counterparts, who were flying AH-64D Apache Longbow model.

The 1-229th, located at Joint Base Lewis-McChord, Wash., is the first Army unit to field the AH-64E. They own 24. The 1-25th ARB out of Fort Carson, Colo., also received the aircraft.

Together, the two units racked up some 6,000 flying hours in it, said Lt. Col. Tal Sheppard, Apache product manager, Program Executive Office Aviation.

Altogether, the Apache has logged some 3.7 million flight hours since it was first fielded to Army units in 1984, and it has a proven track record of accomplishments in times of war and peace, said Sheppard, who called it the "world's premier attack helicopter."



ARMY PHOTO

A pilot from 1st Squadron, 229th Attack Reconnaissance Battalion, at Joint Base Lewis-McChord, Wash., flies the new AH-64E Apache Longbow.

The Apache is a twin-engine, four bladed, multi-mission attack helicopter. It carries a pilot and a co-pilot/gunner. It carries an M230E1 chain gun, 30mm automatic gun, an aerial rocket system (2.75 inch folding fin), and Hellfire missiles.

Its speed is 164 knots, with a range of 250 nautical miles. Sheppard said the Guardian flies faster and farther than its predecessors, and also has upgraded communications systems. Also, key to the open system architecture of the AH-64E model, is its interoperability with unmanned aircraft systems. This

means that the pilot can now control the flight path, weapons system and sensors of a UAS.

Sheppard added that the older models still in service are doing an outstanding job.

Although the Guardian has not yet seen combat, other Apache helicopters are and have, and Sheppard said he expects the AH-64E to see combat soon.

"Right now there are Soldiers out there in harm's way and they know everything is going to be alright when they hear that Apache flying over the horizon," said Col. Jeffrey Hager, project manager for the Apache.

## Army purchases bird-like, micro-UAS

By David Vergun  
Army News Service

WASHINGTON — The Army recently purchased 36 Maveric unmanned aircraft systems as a result of an urgent request from Soldiers in combat.

The request was made to the Rapid Equipping Force at Fort Belvoir, Va., in March, and Soldiers will receive them by December.

The 36 Mavericks, which are not in the Army's current UAS inventory, cost \$4.5 million and are made by Prioria Robotics, Inc., a technology firm in Gainesville, Fla.

The Maveric is classified in the micro-UAS category because it is smaller than the Army's Raven and Puma systems, according to Tami Johnson, project manager, REF.

Maveric will support Soldiers at the squad level, she added, while Raven and Puma are company-level tactical assets.

Another difference, she pointed out, is Maveric's wings are flexible and enable the system to naturally blend into the environment.

"Puma and Raven are both dependable systems," she said. "However, this requirement called for a small, subtle capability that could be employed by a single Soldier. Maveric meets this unique requirement."

Johnson said the Maveric can be flown for 60 minutes before it needs to be refueled. It also contains sensors for day, night or obscured hazy environmental reconnaissance work. The Maveric cruises at 26 knots and dashes up to 55 knots, but more importantly can fly in sustained winds of 20 knots and up to 30-knot gusts.

At this time, the REF has no plans to purchase more Mavericks, but that could change pending Soldier feedback or additional requirements from theater, Johnson said. She added the REF will continue to work closely with the program manager for Army UAS, informing them of any Soldier assessments or

SEE UAS, PAGE B4

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**Chevrolet 2012 Malibu,** low miles, fully equipped, like new, \$200 down, \$259 per month, call Ron Ellis 334-714-0028.

**Chrysler 2004 PT Cruiser GT Turbo,** leather, sun-roof, loaded, clean, \$5595. 334-790-7959.

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# Lead: Afghan air force continues to progress

*Continued from Page B1*

helicopter pilots. The 10th CAB air assault planning advisers augment the overall 438th AEAS mission. Together they comprise the Kabul Air Wing Partnership.

"Because of the complexity of air assault training, the 377th Squadron would not be to this point so soon had they not been part of this team," Deacon said of the 10th CAB advisers. "To teach air assault and then going with us on training missions to assess the Afghan students, they've been an invaluable asset to (NATO Air Training Command – Afghanistan, the command responsible for training the Afghan air force). Moving forward they are playing a key role to ensure an effective organic sustainable air assault capability exists well into the future."

Two senior Afghan Aviators, both majors, the unit's executive officer and the unit's standardization officer, graduated from Air Assault Planning Certification Class 003 in July. They are now lead instructors for Air Assault Planning Certification Class 005.

The three-week course, designed to increase the efficiency and effectiveness of air operations, includes one week of classroom instruction, one week of simulator training and one week of actual flying. Class 005 success-

fully completed the classroom and simulator portion of its coursework and has completed one training flight as of mid-November. The class is expected to graduate after accomplishing its final capstone flight, which has been delayed in favor of real-world missions.

"Through this course, we teach the fundamental skills required for a helicopter pilot in combat," said Capt. Brandt Anderson, the Task Force Falcon team leader for the Kabul Air Wing Partnership and a CH-47 Chinook helicopter pilot with 10th CAB. "Together we work to shape the pilots' thinking regarding working for the ground force commander, the ability to conduct proper route and mission planning, and to give them the skills to plan and execute a time-on-target with or without the use of GPS (Global Positioning Systems)."

During the classroom instruction, such topics as tactical mission planning, navigation and communication systems, air-ground integration, formation flight, reaction to contingencies, and rules of engagement, were presented to the already highly-skilled pilots. On Day 5, the pilots planned and rehearsed a flight mission that involved flying to multiple bases.

In Week 2, the pilots took their flight plans to the simulator, a state-of-the-art mock up of an Mi-17 helicopter cockpit, situated in a large building nearby, to fly their

mission.

The 377th Squadron currently has four Air Assault Planning Certification Course instructor pilots. Future plans for the Kabul Air Wing Partnership include sling load instruction, for which Anderson is currently creating the syllabus which will be handed to the next group of advisers around the beginning of 2014.

"This is a very rewarding mission – seeing them succeed and seeing them not need us around as much," Anderson said. "I'm looking forward to seeing the Afghan air force continue to progress and working ourselves out of a job."

The Afghan Aviators, already highly-skilled, have developed a greater capability to conduct efficient and effective aerial operations with what they have learned from the Air Assault Planning Certification Course. A cadre of Afghan instructors to carry on the training will enable the AAF to move toward becoming a professional, independent, operationally capable and enduring air force.

"It doesn't matter to me if it's taught by Afghans or U.S. For me everything is the same," an Afghan pilot, one of the students of the first Afghan-led Air Assault Planning Certification course, said with a smile. "But for my flight engineer, it is better to be taught in the Afghan language because his English isn't too good."

## UAS: Systems to be equipped in near future

*Continued from Page B1*

requirements as they come in.

"We anticipate that the systems will be equipped in late 2013 and we are eagerly awaiting Soldier feedback on performance," she said.

Maveric did undergo testing earlier this year at Yuma Test Center in Arizona by the Army Testing and Evaluation Command, which published a Safety Release for Soldier Training, Safety Confirmation and Capabilities, and Limitation report.

Johnson explained the role REF plays in acquiring new technologies:

"As the REF procures emerging capabilities to meet urgent Soldier requirements, we are often inserting technologies for the first time and assessing operational performance," Johnson explained. "Maveric UAS is a good news story for the REF. It demonstrates our ability to validate a unique requirement, canvass emerging commercial-off-the-shelf and government-off-the-shelf technologies, and partner with other Army organizations to quickly place capabilities into the hands of Soldiers."



COURTESY OF PRIORIA ROBOTICS, INC.

The Army recently purchased 36 Maveric unmanned aircraft system vehicles, the same as depicted here, for a special mission. They are smaller than the Raven and Puma, so are considered micro-UAS.

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PHOTOS BY SARA E. MARTIN

Spc. Andrew Webb rehearses with the rest of the Fort Rucker 98th Army "Silver Wings" Band recently for the CG's Holiday Concert to be held Tuesday at 7 p.m. at the post theater.



## Tree lighting sets off string of holiday events

By Sara E. Martin  
Army Flier Staff Writer

With tonight's Christmas tree lighting kicking off Fort Rucker's holiday season, the other events scheduled between now and New Year's are sure to light up this festive time of year.

From Christmas Mass to New Year's parties, Fort Rucker has something for everyone, from single Soldiers to couples with children, and representatives from around post are looking forward to seeing Soldiers, civilians and their Families attend these special events.

First off is the Winter Wonderland Skate Night Friday at the Fort Rucker School Age Center gymnasium. Cost is \$2 from 6:15-7:15 p.m. and \$5 from 7:30-10:30 p.m. All children under the age of 6 must have a Family member 13 years or older with them. For more information, call 255-9108.

A Christmas craft making activity is Tuesday from 3:30-4:30 p.m. at Center Library. Light refreshments will be served.

"We will be making foam gingerbread houses. It is so cute," said Martha McKim, library technician. "It is a good Family affair for the Christmas season. You can make memories and keepsakes for the house that will last forever."

For more information, call 255-3885.

The Commanding General's Holiday Concert will be Tuesday at the post theater at 7 p.m. The event is free and open to the public. The show will last around 90 minutes and includes special guests, concessions and sing-alongs.

"It is going to be different than what we have put on in the past. It is a whole new show, with several vocal tunes and special guest singers," said Staff Sgt. Phillip Andrew, senior operations NCO with the



Santa visits with children and Families during last year's tree lighting ceremony at Howze Field.

98th Army "Silver Wings" Band. "It will be very large this year, with special decorations and a reading of 'A Night Before Christmas.'"

"We like doing this concert because we love to entertain people. This is different from our day-to-day mission. It's just as much fun for us as it is for the audience. Expect a very lively show," he added.

The Fort Rucker Physical Fitness Center will hold the Mistletoe 5K and 1-mile fun run Dec. 14. Cost to register is \$20 before Saturday and \$25 after. Teams of eight are allowed to run for \$120 before Saturday or \$160 after.

"This is a fun run that is free for kids, and each participant will receive a medal," said Lynn Avila, fitness programs coordinator. "This is a good Family holiday event — something that can turn into a Family tradition. It can be a great way to make memories, burn fat and get rid of extra holiday pounds so people can stay on their fitness routine."

Academy gift cards will be randomly given out to three runners,

and hot cocoa will be available for runners and supporters. The race begins at 9 a.m. For more information, call 255-2296.

The Ham Shootout at Silver Wings Golf Course will also be held Dec. 14 at 9 a.m. There will be day-of registration for \$20 per person, plus cart and green fees. The game is an individual stroke play with prizes going out to gross and net winners.

"It is an annual event to spice up the holiday golfing season. The top winners will get a ham," said Chet Hallman, business manager. "If people walk the course it is a good form of easy exercise and a nice way to stretch your legs."

People can enjoy more than just exercise on Dec. 14. The Landing will host its Breakfast with Santa that morning from 9 a.m. to noon. Families can enjoy a buffet-style breakfast meal with Santa and get a photo with him as well. Cost is \$10 for ages 13 and older, \$5 for children ages 3-12 and free to children ages 2 and younger. There is also a Family price of \$25, which

includes two adults and up to two children ages 12 and younger.

"Not only is this event a way to make and capture memories, it's an opportunity in the busiest season of the year to take a seat at the table with Family and friends without the hassle of cooking and clean up," said Rachel Murphy, The Landing promotions and marketing assistant for business operations.

Five Star Catering does its best to ensure that the spirit of the holidays is undeniable with over-the-top decorations, a mouth-watering buffet and friendly servers, said Murphy, adding that the buffet includes items such as eggs, bacon, hash browns, pancakes, ham, biscuits with gravy, assorted fruits and more.

"Breakfast with Santa is an opportunity for the military community to come together, and not only enjoy pictures with Santa, but a breakfast surrounded by fellow Soldiers and Family members. It is events like this one that encourage Families to reach out and meet their neighbors and make new friends over the holidays," said Murphy.

For more information, call 255-2449.

The Fort Rucker School Age Center will host a Christmas Rock and Roll Party at its gymnasium Dec. 17 from 4:30-5:30 p.m. It is free to children and Families who are enrolled in after-school care. The Fort Rucker band "Crossfire" will perform songs of the season. Both events are open to the public. For more information, call 255-9108.

For many, the true "reason for the season" is the celebration of Jesus Christ's birthday, and to honor him there will be several celebrations at the Main Post Chapel, Bldg. 8940.

The Children's Christmas Eve Mass will be held Dec. 24 at 4 p.m. The Christmas Eve protestant ser-

vice will be held Dec. 24 at 7 p.m. The Christmas Eve midnight Mass will be held Dec. 24 at midnight. The Christmas Day Mass will be held Dec. 25 at 9 a.m. The New Year's Mass will be held Dec. 31 at 5 p.m.

The Children's Christmas Play, held at Headquarters Chapel, Bldg. 109, will be Dec. 15 at 9:30 a.m. For more information, call 255-2989.

"As we enter the season of Advent, counting down the days until Christmas we rush around shopping for special gifts, decorating our homes, mailing packages and writing letters to Santa," said Therese Erthal, Catholic parish coordinator. "My hope for everyone is that on Christmas Eve we experience the magic of hearing Santa and his reindeer on our rooftops, and on Christmas morning we share joy and peace of the Christ child in our hearts."

Rucker Lanes will host two parties to bring in the New Year and say 'Goodbye,' to the old Dec. 31. The Pin-Down Countdown parties will be held 6-9 p.m. and 10 p.m. to 1 a.m.

The Family Countdown includes unlimited bowling (up to six people per lane), shoe rental for all guests, one large 16-inch one-topping pizza, one pitcher of fountain soda or tea and New Year's party favors. Cost is \$50 per lane and reservations are required.

Late-Night Countdown includes unlimited bowling (up to five people per lane), shoe rental for all guests, entree choice for each guest, soup or salad for each guest, dessert selection, one pitcher of fountain soda or tea, and New Year's party favors. Cost is \$100 per lane.

The "Great Gatsby" era attire is recommended. People who dress the part will win prizes. To make reservations or get more informa-

# ON POST

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

## Christmas tree lighting

Fort Rucker hosts its annual Christmas tree lighting ceremony today 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 today 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 Friday 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 Friday at its 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 aged 13 years old or older with them.

For more information, call 255-9108.

## Christmas craft making

The Center Library hosts a Christmas craft making activity Tuesday 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.

## 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.



PHOTO BY SARA E. MARTIN

## Thrift shop

Kate Hubbard, Sarah Whitmey and Priscilla Thurman shop for jewelry at the Thrift Shop earlier this year. The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible. For more information, call 255-9595.

## AFTB Leadership Development

Army Community Service's Army Family Team Building hosts leadership development classes Dec. 17 and 18 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. Class topics will include communication skills for leaders, leadership styles, building cohesive teams, managing group conflict and more. Registration is required by Dec. 13.

For registration and childcare information, call 255-2382.

## Newcomer's Welcome

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

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

## AER scholarships

Army Emergency Relief accepts applications for its scholarship program Jan. 1 to May 1 for the 2014-2015 school year. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more information and to apply, visit [www.aerhq.org](http://www.aerhq.org) or call 1 (866) 878-6378.

## Scream Free Parenting

Army Community Service offers its Scream Free Parenting course Jan. 9, 16, 23 and 30 from 9-11 a.m. at The Commons, Bldg. 8950. This two-session course is designed to help people start a revolution within their Family, according to ACS officials, adding that Scream Free Parenting is about teaching people to calm their emotional reactions and learning to focus on their own behavior more than their children's behavior for their benefit. With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children. Registration is required by Jan. 6 and space is limited to the first 10 participants to register. The workshop is free and open to active-duty military, retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898 or 255-3359.

# DFMWR Spotlight

## Family & MWR Events

Breakfast  
with  
**Santa**

Kids get your  
picture taken  
with Santa!

**December 14th**  
9 am - 12 pm  
The Landing

**Prices:**  
Adults ages 13+: \$10  
Children ages 3-12: \$5  
Children 2 & under: FREE  
Family Price: \$25 (2 adults &  
2 kids under age 13)

The Landing, (334) 598-2426 • Open to the Public

Silver Wings Golf Course

**HAM SHOOTOUT**

December 14th • Tee Times: 7 - 9 am  
Cost \$20 per player (plus cart fees and green fees if applicable)

Silver Wings Golf Course, (334) 598-2449

**Mistletoe 5K & 1 Mile  
Fun Run**

Saturday, December 14th • Fortenberry-Colton Physical Fitness Center  
Race starts at 9 am (Race Day Registration from 7:30 - 8:40 am)

Fortenberry-Colton PFC, (334) 255-3794



Fort Rucker MWR

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COURTESY PHOTO

# Pick-of-the-litter

Meet Autumn, a 5-month-old female calico who is available for adoption at the Fort Rucker stray facility. She is very friendly and playful. It costs \$80 to adopt Autumn 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

8:00 a.m. Multi-Cultural Worship Service

#### Main Post Chapel, Building 8940

9:00 a.m. Catholic Mass Sunday  
11:00 a.m. Liturgical Worship Service  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4:00 p.m. Catholic Confessions Saturday  
5:00 p.m. Catholic Mass Saturday

#### Wings Chapel, Building 6036

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

#### Spiritual Life Center, Building 8939

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

### BIBLE STUDIES

#### Tuesday-

9:00 a.m. Protestant Women of the Chapel, Wings Chapel  
5:30 p.m. Youth Group Bible Study, Spiritual Life Center  
6:00 p.m. Protestant Women of the Chapel, Wings Chapel  
7:00 p.m. Adult Bible Study, Spiritual Life Center

#### Wednesday-

11:00 a.m. Above the Best Bible Study, Yano Hall  
11:30 a.m. 164th TAOG Bible Study, Bldg 30501  
12:00 p.m. Adult Bible Study, Soldier Service Center  
6:00 p.m. Adult Bible Study, Spiritual Life Center

#### Thursday-

9:00 a.m. Adult Bible Study, Spiritual Life Center  
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

### 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 Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

### PROTESTANT MEN OF THE CHAPEL (PMOC)

PMOC meets the first Saturday of each month at 8:00 a.m. - 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

### PROTESTANT WOMEN OF THE CHAPEL (PWOC)

PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m. For more information, call 255-2989.

### CATHOLIC WOMEN OF THE CHAPEL (CWOC)

CWOC meets every Wednesday, 8:30 a.m. - 10:30 a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

### YOUTH GROUPS / CLUB BEYOND

Tuesdays, 5:30 p.m., Spiritual Life Center. For more information call 255-9995.

### ALCOHOLICS ANONYMOUS (AA)

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. AA meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center (Bldg 8939, Room 38). For more information, contact the Religious Support Office, 334-255-2989.

## 2013 FORT RUCKER CHAPEL HOLIDAY SERVICES

Postwide Thanksgiving Service  
27 November, 1130  
Headquarters Chapel, Bldg 109

Thanksgiving Day Mass  
28 November, 0900  
Main Post Chapel, Bldg 8940

Children's Christmas Play  
15 December, 0930  
Headquarters Chapel, Bldg 109

Children's Christmas Eve Mass  
24 December, 1600  
Main Post Chapel, Bldg 8940

Christmas Eve Protestant Service  
24 December, 1900  
Main Post Chapel, Bldg 8940

Christmas Eve Midnight Mass  
24 December, 2400  
Main Post Chapel, Bldg 8940

Christmas Day Mass  
25 December, 0900  
Main Post Chapel, Bldg 8940

New Year's Eve Mass  
31 December, 1700  
Main Post Chapel, Bldg 8940

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

Visit: [www.rucker.army.mil/chaplain/](http://www.rucker.army.mil/chaplain/)



## Church Directory

### First United Methodist Church

Traditional Worship Service  
8:30AM & 11:00AM  
Contemporary Worship - New Connection  
8:45AM & 11:00AM  
The Gathering - Youth  
5:45PM  
Sunday School  
10:00M  
Nursery Care: During all services  
217 S. Main St • Enterprise, AL  
Office: 334-347-3467  
[efum@adelphia.net](mailto:efum@adelphia.net)  
Prayer Line (24 Hours) 334-393-7509

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Effective January 1, 2014, Srinivasa R. Chennareddy, MD will no longer be associated with Hearts South, PC. If you are currently a patient of Dr. Chennareddy's, we will be happy to assist you by maintaining your cardiac care here at Hearts South or by forwarding your records as requested by written authorization.

As in the past, Hearts South will continue providing quality service to our patients with cardiovascular problems. New patient appointments with Dr. Darius Aliabadi are being scheduled at this time. If we can be of assistance to our patients or referring physicians, please contact us through our office at (334) 793-5672.

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Call 347-9533 to advertise your church on this page.

# Fort Payne: The view from Lookout Mountain

By Brian S. Jones

Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne, (887) 805-4740.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange.

Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year. Many come here simply to view the beautiful waterfalls; others come to enjoy some of the country's best white-water kayaking.

## History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built here in the 1830s by the U.S. Army and used to gather American Indians, whose Cherokee ancestors had lived in the area for thousands of years, before removal

to the West.

As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of “Sock Capital of the World.” Fort Payne is credited with developing athletic socks. As textile industries began moving overseas in the 1990s, the area around Fort Payne began to diversify again. This time, city leaders used tourism as the means of attracting people to the Lookout Mountain area to enjoy its scenic beauty and nature-based activities.

Today, in addition to being a scenic mountain town, Fort Payne is home to members of the former country music group Alabama.

## Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot, 105 Fifth St. N.E.; (256) 845-5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through

daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Politics and “just a little friendly gossip” was usually the talk of the day at the depot, especially on Sunday afternoons when many stopped to visit after church before heading back to their rural areas. The depot remained in service as a train station until 1970 and was placed on the National Register of Historic Places the following year. Today, the depot serves as a museum of local history with separate collections for railroad history, Native American heritage, war memorabilia and DeKalb County history.

## Fort Payne Opera House

The Fort Payne Opera House, 510 Gault Ave. N.; (256) 845-3137, was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The Fort Payne Opera House has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

## Mountain Music – The Country Group Alabama

“My home's in Alabama,” so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze

statues of group members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

The band was formed in 1969 by Randy Owen and his cousin Teddy Gentry. Their musician friend and Fort Payne native Jeff Cook soon joined them. Although the group has disbanded, in the height of its career, Alabama released 21 gold, platinum and multiplatinum albums, had 42 No. 1 singles and sold more than 73 million records. They have a star on the Hollywood Walk of Fame and were named the Country Group of the Century in 1999 by the Recording Industry Association of America.

## Little River Canyon National Preserve

Little River Canyon was carved out by the river after thousands of years and is one of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I-59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed in 2012 leads you directly to the 45-foot waterfall. Next is DeSoto Falls, which is located on the West Fork of the river and is 104 feet high. Grace's High Falls is the last of the major three and is Alabama's highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

**ONGOING** — The American Legion Post 80 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](http://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 TVs 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

**FRIDAY** — Northside Methodist Academy will host its Chili Cook-off and Silent Auction at 5 p.m. All proceeds will go towards the school's technology initiative. Tickets for this event are \$5 per person. The silent auction begins at 5 p.m. and chili and desserts will be served at 6:30 p.m. The live auction will begin at 7 p.m. For more information, call 794-7273 or visit [www.nmacademy.net](http://www.nmacademy.net).

**SATURDAY** — A downtown Christmas festival will take place on Foster and Troy Street. The events most popular activities and attractions include a snow zone, cookie decorations, marshmallow roasting, local artisans, various food vendors and Santa. For more information, call 793-3097 or visit [www.thedowntowngroup.com](http://www.thedowntowngroup.com).

**SUNDAY** — 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](http://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** — 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](http://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](http://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](http://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 on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. 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

**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 office 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

### 'A Dickens of a Christmas'

In downtown Panama City a festival of Family fun to celebrate the Christmas season will arrive Friday and will continue Dec. 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](http://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 Saturday. 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](http://www.runfortheredfish.com).

### 5K Reindeer Race

The Junior League 5K Reindeer Race and 1-mile Santa Shuffle starts at St. Andrews State Park in Panama City Beach Dec. 14 at 9 a.m. The 5K registration fees are \$30 a person, while the 1-mile run costs \$15. There is no additional fee to enter the St. Andrews State Park for race participants and their families on race day. Race day registration is 7-8:45 a.m. For more information, visit [www.visitpanamacitybeach.com/includes/calendar-of-events/Reindeer-Race-5K-and-Santa-Shuffle](http://www.visitpanamacitybeach.com/includes/calendar-of-events/Reindeer-Race-5K-and-Santa-Shuffle).

# Appointment no-shows are costly in dollars, time

By Katherine Rosario  
Lyster Army Health Clinic Public Affairs

In this busy world, it is understandable that patients will sometimes miss appointments. However, Lyster Army Health Clinic staff asks that patients who cannot make their appointment call to cancel so they are not considered no-shows.

A no-show is defined as an individual – Soldier, retiree or Family member – who misses or is significantly late to an appointment without canceling or rescheduling.

Depending on the care a patient needs, an appointment value can range from \$75 to \$150. No-shows result in unused staff resources that could have been focused on care to other patients.

Currently, no-show rates are about 4 percent at LAHC, or about 279 no-shows per month.

“This fiscal year, about 7,000 patients

did not show up to their appointment and did not call to cancel,” said David Keefer, health systems specialist at LAHC. “No-shows cost Lyster between \$450,000-\$900,000 per year in lost revenue.”

Currently, the physical therapy clinic has the most no-shows, with about 1,900 patients missing their appointments in the last fiscal year.

Multiple visits are booked for patients seen in physical therapy to monitor their healing progress, and adjust their stretching and strength training routine. Often, patients feel better after a few visits and simply decide not to show up to the rest of their scheduled appointments. Without actively canceling the remaining appointments that are reserved for that patient, other patients needing care may be delayed or sent to the TRICARE network because of appointment capacity limits.

Those who call to cancel their appointment allow their reserved appointment

space to be given to another patient who needs to be seen.

Showing up for an appointment (and being on time) also helps appointment clerks, nursing staff and providers in being able to attend to the next patient in a timely manner.

“Missed appointments can also result in impaired continuity of care and possibly continued health problems,” said 1st Lt. Brian Turner, practice manager for the department of Primary Care.

In order to provide timely appointments and continuity of care, it is important for people to cancel their appointments as soon as possible if they are not able to make to them.

Lyster officials consider a patient late for their appointment if they arrive more than 15 minutes after the scheduled time of their appointment. Lyster officials understand that sometimes unforeseen circumstances occur and they will try to

accommodate all patients. If they cannot make an accommodation, patients arriving late will be considered a no-show and be made an appointment at a later date.

Lyster’s goal is to have unneeded appointments canceled 24 hours in advance, but at least two hours prior to the scheduled appointment times. This allows Lyster officials to effectively plan and offer the appointment to another patient.

Patients who made their appointment on TRICARE online can cancel their appointment online, and those who called to schedule an appointment can cancel by calling 255-7000 and choosing Option No. 2.

Lyster officials consider patients an important member of the team at LAHC. The next time people are unable to make it to an appointment, they should call or go online to cancel, because “an appointment missed by you, is an appointment missed by two.”

## Army food inspectors fight intentional hazards

By Jane Gervasoni  
U.S. Army Public Health Command

The intentional contamination of the Department of Defense’s food and water supplies could have serious effects on the mission of the U.S. military, and on individual service members and their Families.

“The primary focus of food defense is the prevention of the intentional contamination of our food supply, while food safety is aimed at preventing unintentional or accidental contamination,” explained Sgt. 1st Class Kevin M. Gill, veterinary food inspection specialist at the U.S. Army Public Health Command.

“Since both food safety and food defense deal with the protection of the food supply, it follows that measures for enhancing food safety and food defense often go hand in hand,” Gill said.

“Although food safety had been a mainstay of the mission of Army veterinary food inspectors, food defense had not even been a focus of discussion until after Sept. 11, 2001,” said Col. Thomas E. Honadel, USAPHC Veterinary Services

Food Protection Program manager. “Since that time, more emphasis has been placed on antiterrorism food defense plans.”

USAPHC VFIs are required to perform annual installation food vulnerability assessments of all Army, Navy and Marine Corps installations, while Air Force personnel perform many of the same functions at their bases.

“Our VFIs identify potential weaknesses and ways to reduce, control or eliminate the hazards. They do so in a very uniform and consistent manner, using highly specific written standards,” said Gill.

“These annual assessments are required by DOD and focus on food from its source to entering the gate (at a military post),” said Honadel. “All Army installations must have a food defense assessment team that conducts food vulnerability assessments and crafts a regularly updated food defense plan.”

A food defense team consists primarily of USAPHC VFI specialists (68Rs), a Veterinary Corps officer and preventive medicine personnel. The team may also include the Defense Commissary Agency; Directorate of Family, Morale,



PHOTO BY CHRISTINA GRABER

Food defense teams check military food facilities to ensure proper food defense practices are in place. Employees-only areas are well marked and used to control access to areas where food is stored or prepared.

Welfare and Recreation; Army and Air Force Exchange Service; local criminal investigation; security; and antiterrorism personnel.

“Our food inspectors, as the primary part of the food defense assessment team, use checklists to target areas of concern and point out common-sense, low-cost solutions to possible areas of vulnerability,” said Gill. “Food defense measures include training for food service personnel, increased physical security of food service areas, and even background and identification checks.”

Additionally, special events require even more scrutiny. These events are defined as “any activity characterized by a large concentration of personnel and/or a gathering where distinguished visitors are involved, often associated with a unique or symbolic event.”

“Special events, such as presidential inaugurations, offer opportunities to assess possible food vulnerabilities,” according

to Gill. “The USAPHC VFIs support these events that are often open to the general public and located outside of military installations.”

During special events, teams of VFIs and preventive medicine personnel are assembled at the local USAPHC regional commands. The teams then deploy to provide pre-assessment surveys aimed at reducing the vulnerability of food and beverage service to intentional contamination or disruption by terrorists or criminals.

Awareness of food supplies and food deliveries as well as potential contamination during food preparation highlights the need for enhanced force protection measures, according to Honadel.

These vitally important measures are accomplished, in part, by a technically trained group of Army veterinary service personnel mostly working behind the scenes and unnoticed by many —the USAPHC VFI specialists and Veterinary Corps officers.



PHOTO BY JAN CAROLAN

## Continued improvement

Lyster Army Health Clinic upgraded its interior recently to include new glass walls. Not only do the walls provide more light into the clinics, they also serve as a better sound barrier to outside noise, according to Lyster officials.



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# Holiday cards bring love, piece of home to deployed service members

By Lisa Ferdinando  
Army News Service

WASHINGTON — Far from home and stationed in a remote outpost in Iraq over Christmas, Sgt. Jonathan Thibault remembered the comfort of receiving cards from school children and other members of the public during the holidays. “You feel the sensation that you get when you receive something great that you weren’t expecting,” he said. “Some of us didn’t have families back home and it doesn’t feel like Christmas when you’re there.”

Thibault was in Iraq on a year-long deployment. He had two small children at home and a wife in the Army at the time. He said those heartfelt messages meant a tremendous amount to him and the others at the small base, Combat Outpost Nimur, in 2008.

“For those guys to receive letters, it was the thing that made Christmas for them in a place where the environment is not covered in snow and cheer, but with sand and fear,” he said.

Members of all branches of the military will likely find that same comfort and joy in similar messages when the Red Cross makes it rounds again this year in delivering bundles of cards for the holiday season.

The Red Cross brings cards with special messages and greetings to veterans, military families and deployed service members worldwide, said Red Cross spokesman Peter Macias, who is the program lead for the Holiday Mail for Heroes program.

The program began in 2006, and has received 6.8 million cards over the past six years, Macias said.

“People send the most wonderful messages,” he said.

Cards come from all segments of society, including from children, faith-based groups and employees who are sending greetings from corporate-sponsored writing events.

“Those card-making and card-signing events take place all across the country,” he said. “Some of them take place in conjunction with the Red Cross office, and some of them are done in a school, in a company, or in a church somewhere. It’s an opportunity to send something that means something.”

National Football League

teams are also involved in the program and have held events for fans to write cards for service members, he said.

Service members who are deployed, forward stationed, or just far from home, take special joy in reading the messages, he said.

The card-writing initiative gives people the chance to thank a service member, send a greeting, and spread cheer, he said.

“There are literally tens of thousands of children across the United States who get together and sit down and will create holiday cards,” he said. “Those are so fun to read. They’re beautiful and they put their heart into the creation of these cards.”

The deadline to send a card for this year’s Holiday Mail for Heroes program is quickly approaching, he said.

Cards must be post-marked by Friday, Macias said. He advises senders to use a generic salutation such as “Dear Service Member” since the cards are distributed around the globe to all military branches.

The Red Cross is also using social media to spread holiday cheer to service members, veterans and military families. Make a video on Vine, take a picture on Instagram, or send a greeting on Twitter, Macias said.

“Hashtag it #Holiday-Mail,” he said. “We’ll post it right under our national blog site. We’ve had some wonderful photos and videos that have gone up so far.”

All cards sent to the Red Cross are screened for dangerous materials. The cards must not include any items inside. The Red Cross advises senders to make sure they sign the card and to not mail cards with glitter, as it can aggravate health issues of ill and injured warriors.

More information can be found on the Red Cross Holiday Mail for Heroes website.

The messages, which take just a few minutes to write, mean so much to service members, Macias said.

Thibault said the cards he and the other Soldiers at his outpost received expressed how proud the nation was of the service members, how much their sacrifices meant, and how Americans could be home safe for the holidays because others were fighting overseas.

The cards put him and his wife at ease, knowing their

sacrifices were for the greater good and their children will later be proud of those

choices, he said.

Those interested in sending cards to service mem-

bers deployed overseas can address them to: Holiday Mail for Heroes

P.O. Box 5456  
Capitol Heights, MD  
20791-5456



**VOLLEYBALL**  
Red, white, blue  
volleyballs fly at  
tourney

Story on Page D3

DECEMBER 5, 2013

## Bama Bombers smother Waffles

By Nathan Pfau  
Army Flier Staff Writer

Back from the Thanksgiving holiday, two Fort Rucker intramural football teams took to the field once again for some friendly competition, but only one would leave victorious.

The D Company, 1st Battalion, 145th Aviation Regiment Bama Bombers beat the 1st Battalion, 11th Aviation Regiment Waffles 26-0 during a game at the Fort Rucker Physical Fitness Center football field that ended in a mercy ruling.

"We're just happy we could compete after a long Thanksgiving break," said 1st Lt. Devin Linch, player for the Bama Bombers. "We didn't know if we would be able to pull it together, but we did and I'm really proud of the guys."

The game began as the Bama Bombers won the coin toss and elected to kick. As the Waffles received, they managed a 20-yard return to start the game off on the right foot, followed by a 10-yard pass on their first play to keep the first down and their momentum going early on.

D Company's defense came back strong, however, and were able to take their opponents to a fourth down to try and force a punt, but that didn't deter the 1-11th as they went for the first down, which they managed with ease.

The Waffles kept up their aggressive play style and get close to the goal line, but ultimately threw an interception that the Bama Bombers took full advantage of.

With the ball in hand, D Co. made its way downfield toward the opposing goal line, and as their opponent's defense remained strong, it wasn't strong enough to stop a 50-yard play by the Bama Bomber's for first and goal.

As they came within yards of the potential touchdown, the Waffles defense tightened up and managed to catch an interception and keep their opponents from scoring.



PHOTO BY NATHAN PFAU

First Lt. Frank Yu, player for the Bama Bombers, runs past players Waffles players during an intramural football game at the Fort Rucker Physical Fitness Center football field. The Bama Bombers beat the Waffles, 26-0.

Starting from the opposing 5-yard line, the 1-11th had a lot of ground to cover if they wanted to get on the scoreboard, but their opponents had other plans.

The Bama Bomber's defense was able to hold the Waffles back and prevent them from gaining a single yard, forcing a punt.

As the clock was winding down in the first half, D Co. took full advantage of their possession and used their superior passing to get right back on the goal line. They

quickly followed up with a running play that sealed their first touchdown and extra point of the game.

With only four minutes remaining in the half, the Waffles had to step up their game if they didn't want to fall too far behind, and managed a 20-yard return from the kickoff. They slowly pushed downfield toward the opposing goal line and reached first and goal with only 36 seconds remaining.

The Bama Bomber's brought their A-game defense back and

managed to force their opponents to try for a field goal, which was missed.

With nine seconds left in the half, the Bombers threw an interception that the Waffles managed to run back the full length of the field before the D Co. defense stopped them on the 1-yard line and ended the half, 7-0.

The Bama Bombers had the advantage going into the second half as they were receiving, and after a short return they completed a 20-

yard pass to put them on the Waffles' side of the field.

Their superior offense continued to dominate the 1-11th's defense as they pushed toward the goal line as their quarterback managed a run to bring the Bama Bombers within one yard of the goal line.

A short toss later and D Co. had their second touchdown of the game.

The Waffles had plenty of time left in the half to make up some ground and stepped up their offense to slowly push past their opponents, but quickly lost any ground they had gained with their second interception of the game that the Bama Bombers ran the full length of the field for their third touchdown.

D Company tried to make up for their missed extra point with a two-point conversion, but were unsuccessful to lead their opponents 19-0.

With their second possession of the half, the Waffles were determined to get back in the game and seemed to once again catch their stride with complete pass after complete pass, but a penalty held them back and resulted in a loss of down, which the team wasn't able to recover from.

Despite a fourth down, the 1-11th decided to try for the goal but were unsuccessful, and as the Bama Bombers took possession, the Waffles couldn't catch a break with another penalty that resulted in a yardage gain for their opponents.

On the following play, D Co. ran a 50-yard play for their fourth touchdown with just minutes remaining in the game, and the mercy rule took effect, ending the game 26-0.

"We're a small team, and some would call that a crutch, but I call it an upper hand," said Linch. "We just like to have fun out here and that's probably our biggest advantage - we just like to have a good time. If we're all here we'd like to make a run for the championship, but we'll see how it goes."

## Mistletoe 5k

Runners compete in last year's Mistletoe 5k. The Fortenberry-Colton Physical Fitness Center will host this year's 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.



PHOTO BY SARA E. MARTIN

## PIGSKIN

PICKS

Houston vs. Jacksonville

Indianapolis vs. Cincinnati

Miami vs. Pittsburgh

Detroit vs. Philadelphia

Seattle vs. San Francisco

Carolina vs. New Orleans

Dallas vs. Chicago

	Houston vs. Jacksonville	Indianapolis vs. Cincinnati	Miami vs. Pittsburgh	Detroit vs. Philadelphia	Seattle vs. San Francisco	Carolina vs. New Orleans	Dallas vs. Chicago
 <b>Jim Hughes</b> Public Affairs (59-32)							
 <b>Brian Jackson</b> DFMWR (55-36)							
 <b>John McGee</b> CDID (64-27)							
 <b>Capt. Mike Simmons</b> Directorate of Public Safety (53-38)							
 <b>Sharon Storti</b> Network Enterprise Center (53-38)							

# DOWN TIME

**Flash Gordon**  
By JIM KEEFE

FLASH AND DALE ARE CAUGHT BETWEEN THE MONSTER AND THE FALLS!  
THE CURRENT IS TOO STRONG!  
GRAB MY HAND!

THE MONSTER'S GONE. WE'RE SAFE.  
BUT...WHAT ABOUT OUR SUPPLIES? WE LOST THEM IN THE RIVER.  
HOW WILL WE BE ABLE TO SURVIVE IN THE WILDS OF MONGO WITHOUT THEM?

DON'T WORRY, MY LOVE. WE'LL FIND A WAY.  
TOGETHER WE CAN OVERCOME ANYTHING.

THE PLANET MONGO.

MEET NEW ADVENTURE

**Just Like Cats & Dogs** by Dave T. Phipps

HI DEAR...WELL, MY ATTEMPT TO GET IN SHAPE BACKFIRED. I JOGGED A WHOLE MILE. NOW I NEED YOU OR AN AMBULANCE TO COME GIVE ME A RIDE BACK HOME.

## Trivia test

by Fifi Rodriguez

# T R I V I A

- MUSIC: Who wrote the song "A Boy Named Sue," which was made famous by singer Johnny Cash?
- U.S. STATES: Which state's capital is Augusta?
- GENERAL KNOWLEDGE: Which fashion designer popularized the miniskirt?
- COMICS: What was L'il Abner's last name in the comic strip?
- U.S. PRESIDENTS: Who was the first president for whom women could cast a ballot?
- GEOGRAPHY: Which Canadian province lies between Alberta and Manitoba?
- ANIMAL KINGDOM: What bird is the fastest runner on land?
- SCIENCE: What was inventor Thomas Edison's middle name?
- LITERATURE: What was the pen name of William Sydney Porter?
- LANGUAGE: What kind of game is "draughts" in Great Britain?

See Page D4 for this week's answers.

## Super Crossword

## JOKE TIME JUMBLES

- ACROSS**
- Joe of "Raging Bull"
  - Boss woman
  - Gabs with flirtatiously
  - Routinely
  - Explorer Leif
  - Carolina of fashion
  - Bought brass and bronze?
  - Swallow greedily
  - Selected passages
  - Mediocre grados
  - Field marshal Erwin
  - Took a chair
  - Where a beautiful woman swims?
  - Jay-Z hit, e.g.
  - Moon of Jupiter
  - Restroom, for short
  - City in central Sicily
  - "Alas, it's true, Ms. Bergen?"
  - Autumn chill
  - Oiled (up)
  - Library of Congress ID
- DOWN**
- Hawaiian Favorites singer
  - Yer darn
  - Show off parquet work?
  - Ocean Spray flavor prefix
  - Take — (chance it)
  - Oil qty.
  - ... some kind of —?
  - Ruminant's chew
  - Guthrie launches a Jedi master into a somersault?
  - Addenda to firs.
  - Blind as —
  - Hesiod's H
  - Like Carroll's "borogoves"
  - Part of TLC
  - Tinkerbell's ancient milky gem?
  - "The Raven" maiden
  - Biasd feeling
  - Yemen port
  - Sugar quantity
  - During each
  - Maneuver to avoid a traffic jam doesn't work?
  - Hot tub locales
  - Succor
  - Beaverlike rodent
  - Driver's peg
  - Inundate Liotta's bucket?
  - Size up from medium; Abbr.
  - Actor Brando
  - Big drink
  - Recurring melodic fragment
  - Scale rangos
  - What each of this puzzle's eight longest answers is a 93-Down of
  - Least nice
  - Hit from behind
  - Rainer of film
  - Classifies
  - Myopic cartoon guy
  - Rocker Bob
  - Prefix with red
  - Pal of Ernie
  - Savings plans, briefly
  - Jazz poet Scott-Heron
  - Cato's 1, 150
  - Withdrawn from people
  - "True Blood" co-star Stephen Adams of photography
  - "Evita" role
  - Title king for the Bard
  - Strong rival of Sparta
  - ... Iooli
  - Homily
  - Spur
  - Simmered Spanish dish
  - Decided to enter
  - "My Gal —"
  - Dandy fellow
  - GI's address
  - Popular Irish ballad
  - Spellbound
  - Like the conga drum, ethnically
  - Destine
  - Manipulate
  - Fishing stick
  - "— girl"
  - 1986 book by rocker Turner
  - Sassy talk
  - Big inits. in fashion
  - Many a sharable PC file
  - Soft as a — bottom
  - Ending for Rock
  - Like the United Way and NPR
  - Locale-specific regulation
  - Meal bits
  - "What's the —?"
  - Molokai or Maui; Abbr.
  - Penny-pinch
  - Municipal pol.
  - Certain female opera solo
  - Writer Dahl
  - Snug eatery
  - Not a bus.
  - Ms. Zadora
  - Size that's the opp. of 108-Across
  - clubs (certain card)
  - Capote, to his buddies
  - Koumikova of the court
  - Quick bark
  - Berlin article
  - Yoko —
  - Sticking by
  - In addition
  - 35mm camera type
  - Maui paste
  - Impassioned
  - Letter shuffle
  - Hwy. crime
  - Old religious scandal inits.
  - Gallery in western CA
  - Sites
  - Big arteries
  - California county
  - Bad; Prefix
  - Capital of Delaware
  - Bee cluster
  - Pied —
  - Fish parts
  - Come after
  - concern
  - "— I" ("Me too")
  - Take — at (insult)
  - Hit with a zapping gun
  - and terminator
  - Aves.
  - Lyric-penning Gershwin
  - Tripod piece

See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID'S CORNER

**Junior Whirl**  
by Hal Kaufman

WEEK OF WORDS: Each square in the diagram on the right contains an odd digit — 1, 3, 5, 7, 9. As a guide, see if you can tell which digit appears most often. Then, using each digit as a clue, make and solve the puzzle. Use the clues to help you figure out which digit is most common. Use the clues to help you figure out which digit is most common. Use the clues to help you figure out which digit is most common.

- AN
- AN
- AN
- AN
- AN

"A" GO ON EXERCISE

WOOD STOCK: What is our woodstock just doing? To feed his wife? To feed his wife? To feed his wife?

**Wishing Well**

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

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

SPYGLASS: What is our spyglass just doing? To feed his wife? To feed his wife? To feed his wife?

**HOCUS-FOCUS** BY HENRY GOLDSTON

CAN YOU TRUST YOUR EYES? There are at least six different ways to identify the man and the woman. Can you tell who is who? Can you tell who is who? Can you tell who is who?

# Red, white, blue volleyballs fly at tourney

By J.D. Leipold  
Army News Service

WASHINGTON — Gung-ho spirits were the norm as wounded-warrior athletes from the four services, U.S. Special Operations Command and the Department of Veterans Affairs clashed at the third annual Joint Services Sitting Volleyball Tournament in recognition of Warrior Care Month.

Held in the Pentagon Athletic Club Nov. 21 and hosted by the Office of Warrior Care Policy, the tourney showcases the services' Warrior Transition units. It also highlights the commitment of wounded, ill and injured service members to their physical and mental well-being through the Military Adaptive Sports Program, begun in 2011.

Before the two final games that pitted the Marine Corps against Air Force and Army against SOCOM, Donna Seymour, acting deputy assistant secretary of defense for warrior care policy, spoke about DOD's commitment to "building a ready and resilient force," the theme for this year's Warrior Care Month.

"Military adaptive sports facilitate stress release, and it provides reconditioning and camaraderie between our veterans and our active-duty service members, and it improves their overall health and wellbeing as they adopt an added healthy lifestyle," she said. "To date in the last year, almost 100,000 recovering service members have participated in daily activities including yoga, wheelchair basketball, cycling, track and field, strength conditioning, swimming and sitting volleyball."

Seymour added that as confidence is built in one area, such as



PHOTO BY J.D. LEIPOLD

An Army wounded warrior attempts a stuff on the U.S. Special Operations Command team at the third annual Joint Services Sitting Volleyball Tournament at the Pentagon Nov. 21 in conjunction with Warrior Care Month.

physical competence, confidence in the emotional domain also increases. DOD Warrior Care Policy intends to expand the number of competitive sports and ultimately allow them to be included in the annual Warrior Games. She said her office also wants to increase participation by female athletes as well as service members with traumatic brain injury and post-traumatic stress disorder.

A large crowd of supporters cheered for their services. While it was apparent to them who the

amputees were on the courts, other players had wounds, illnesses or injuries that were not so obvious. Irrespective of how they came to be members of their service's team, one element all players had in common was their own brand of resilience and fortitude.

Air Force Staff Sgt. Melissa Garcia, 27, was deployed to Spain when one day in January she was diagnosed with breast cancer and returned to her home station at Davis-Monthan Air Force Base, Ariz.

After seeing an oncologist, she opted for surgery, having her lymph nodes removed, coupled with four rounds of chemo and six weeks of radiation every day. So far, Garcia said, she seems to have beaten the cancer, which never got her down.

"There was nothing I could do about it and I'm the type of person who takes things as they come at me," said Garcia who serves as a medic. "I have a husband and 7-year-old daughter, and I thought it was important for me to show

her that I could be strong even when I was sick."

On the surface, Sgt. 1st Class David Hall also appears to be a Soldier devoid of physical injuries, but the pain he continued to feel after injuring his lower back and spine in Iraq in 2003 continued to worsen until it was simply unmanageable. He was also diagnosed with post-traumatic stress disorder, and sent to Walter Reed for psychiatric help and therapy

SEE TOURNEY, PAGE D4

## PIGSKIN PICKS



Louisville vs. Cincinnati

Duke vs. FSU

Ohio State vs. Michigan State

Missouri vs. Auburn

Oklahoma vs. Oklahoma State

Stanford vs. Arizona State

Texas vs. Baylor

 <b>David C. Agan Jr.</b> PAO (68-30)							
 <b>Kent Anger,</b> DPTMS (70-28)							
 <b>Wes Hamilton,</b> NEC (69-29)							
 <b>Alex Tressler,</b> 1-11th AVN (60-38)							
 <b>Jim Hughes</b> Public Affairs (60-38)							

# PUZZLE ANSWERS

### Super Crossword

Answers

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

### Weekly SUDOKU

Answer

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

- Answers
- Shel Silverstein
  - Maine
  - Mary Queen
  - Yokam
  - Warren Harding, 1920
  - Sankatchewan
  - Outrigger
  - Alva
  - O. Henry
  - Checkers

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Sat & Sun: 2:00, 4:15, 7:00 & 9:45

II **HOMEFRONT** - R  
Mon - Thurs: 7:00 Only; Fri: 7:00 & 9:15  
Sat & Sun: 2:00, 4:45, 7:00 & 9:15

**WESTGATE CENTER**

III **THOR: THE DARK WORLD** - PG-13  
Mon - Fri: 7:00 & 9:20  
Sat & Sun: 2:00, 4:20, 7:00 & 9:20

IV **DELIVERY MAN** - PG-13  
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Sat & Sun: 2:00, 4:15, 7:00 & 9:15

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

II **FROZEN** - PG  
(In 3D): Mon - Fri: 7:00; Sat & Sun: 2:00 & 7:00  
(In 2D): Mon - Fri: 9:10; Sat & Sun: 4:10 & 9:10

III **THE BEST MAN HOLIDAY** - R  
Mon - Fri: 7:00 & 9:25  
Sat & Sun: 2:00, 4:25, 7:00 & 9:25

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# Tourney: Teamwork uplifts wounded warriors

Continued from Page D1

on his back.

So much of Soldiering is physical, Hall said, and to have that taken away was tough, especially since he served as a platoon sergeant.

His physical therapist recommended the sitting volleyball team because there's no jumping – a major rule is that one butt cheek remain on the playing floor at all times – and that's tough for someone to do who has all their limbs, he said.

"I was able to make the cut and excited to have the opportunity to play alongside some of my brethren who are lower-extremity amputees, but the biggest complication I had was learning to scoop the ball at the floor and to remain on the floor when going for the ball," he said. "Being part of a team is really big to me, and being able to stay active is also extremely important and gives me the chance to show my fellow Soldiers, who are amputees, that we're in this fight together. I'm just glad to be part of the team."

Spc. Samuel Walley lost his right leg and left arm to a remote-controlled improvised explosive device in Kandahar, Afghanistan in June 2012. He said there was



PHOTO BY J.D. LEIPOLD

Double-amputee Spc. Samuel Walley serves to the U.S. Special Operations Command at the third annual Joint Services Sitting Volleyball Tournament held at the Pentagon Athletic Club Nov. 21 in conjunction with Warrior Care Month.

never any time to be depressed or sad over his bad fortune, though he did get a little down when he was worried about his buddies.

As a member of the Warrior Transition Unit at Walter Reed National Military Medical Center in Bethesda, Md., the 21-year-old Georgia native said when he

meets people at Walter Reed, they talk like the patients are depressed and sad, "but if they could hang around for a bit, I think they'd realize we're just the opposite, we're basically the same people we were."

He plans to continue in the Army after he's through thera-

py and found fit for duty again. Meanwhile he loves playing on the sitting volleyball team, especially the physical fitness part of it.

"There are a lot of things by having two limbs missing that I can't do just going to the gym, but this really gives me a good cardio

workout. That's the main portion of it, and also because I'm competitive in nature, so I love getting out here and competing with the other branches," he said.

While Brent Petersen hasn't served in the military, he's been coaching the Marine Corps sitting volleyball team for three years – the Marines keep asking him back. He knows all his players' stories. Recently he was talking to one of his guys who kept resisting doing something productive. Eventually he came around and started volleyball, and now he's surfing and doing all sorts of things that before he didn't even want to try.

"Adaptive sports re-validates these guys, and rather than a disability, I call it a re-ability because they're re-enabling their bodies to do something different and it puts them back into a unit, back onto a team and gives them hope for the next day," he said. "Hopefully it encourages them to encourage others to be ambassadors in helping get guys out of the darkness."

In the double-elimination battle, the Navy was knocked out of the final competition for the trophy, which the Marine Corps team won by defeating Air Force in two of three games. Army was tipped by SOCOM for third-place honors.

## SPORTS BRIEFS

### Golf shop holiday sale

The Silver Wings Golf Course Pro Shop hosts its holiday sale now 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.

### Youth soccer registration

Fort Rucker Child, Youth and School Services will hold youth spring soccer registration now 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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