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ARMY FLYER

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Concert wows with favorites



PHOTO BY NATHAN PFALZ

Sgt. James Old, 98th Army "Silver Wings" Band vocalist, reads "Twas the Night Before Christmas" to children in the post theater during the Commanding General's Holiday Concert Dec. 10.

By Nathan Pfau
Army Flier Staff Writer

Hundreds of people crammed the seats of the post theater Dec. 10 for a treat that only the 1st Aviation Brigade's 98th Army "Silver Wings" Band could provide with the Commanding General's Holiday Concert.

The concert featured dozens of all-time favorite holiday tunes with sing-alongs, skits, a reading and a visit from a couple very special guests who made their way through the audience.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, kicked off the concert with thanks and tidings for the holiday season.

"Thanks for spending a few minutes with us here at Fort Rucker and listening to our

great 98th Army 'Silver Wings' Band as they perform what is always a great show," he said. "I know that this is a busy time of year with lots of festivities and things going on around town."

This year's concert was heavy on vocal performances, as well as instrumental performances, which included "Jingle Bells," "Let it Snow," "White Christmas," and crowd favorite, "Christmas Eve Sarajevo," made famous by the Trans-Siberian Orchestra.

"I thought the concert was absolutely amazing," said Jessica Jordan, military Family member. "My favorite performance had to be when they played ('Christmas Eve Sarajevo')." That really was an epic performance. I felt like we were in a concert hall

SEE CONCERT, PAGE A5

Post run centers on safety, professionalism

By Nathan Pfau
Army Flier Staff Writer

As Fort Rucker prepares for the holiday season, senior leadership wants to make sure Soldiers get off on the right foot with holiday tidings and the right attitude.

Hundreds of Soldiers braved sub-freezing temperatures and gathered on Howze Field for the post run Friday during which Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, offered words of holiday cheer and encouraged safety.

"On behalf of everybody at Fort Rucker, I want to wish everyone a very merry Christmas and happy holidays," he said before the run. "I know it's a week before we step off for exodus, but I wanted to make sure that we extend our holiday greetings and (ensure) that your individual safety commands will be giving you your safety briefs. We want to make sure to see everybody's happy faces back here for another great year in 2014."

After the brief, Mangum, along with Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch, and CW5 Allen R. Godfrey, Chief Warrant Officer of the Aviation Branch, led the Soldiers to finish out the post run.

"It's important for senior leaders to get involved and express to the Soldiers how important safety is over exodus," said Sgt. Maj. Marvin Pinckney, USAACE G-3. "That's the point of this year's post run – to stress the significance of Soldiers taking care of themselves during these off-duty hours."

Staff Sgt. David Seymour, small group leader instructor at the NCO Academy, agreed that personal responsibility must fall on Soldiers when it comes to the personal safety of themselves and their Families.

"I feel safety is paramount, especially during exodus and off-duty hours because during that time we become more of an individual," he said. "In groups it's much easier to stress safety and practice safety, but when you're by yourself, there are other things to focus on like friends, Family and having fun.

"When that's the case, people tend to not focus on the safety aspect of things. It's important that it is stressed during the holiday season so that you can still enjoy yourself, but do it in a manner that is safe," Seymour continued.

Not only did Mangum express his concern for the Soldiers, but he also took the opportunity to thank the Soldiers for their service, especially during the holiday season.

"The most special thing about the holidays is giving," he said. "Thank you for giving us the most special gift you can, and that's your gift of selfless service to a cause higher than self."

Seymour said it was comforting to see that senior leadership cared enough to take the effort and remind their Soldiers to take care of themselves during their time off.

"You get encouraged and you get that sense of esprit de corps when senior leadership gets involved," he said. "When you incorporate safety with esprit de corps, you get a whole sense of belonging and the feeling that (your senior leaders) care about you."



PHOTO BY NATHAN PFALZ

Maj. Gen. Kevin W. Mangum (center), U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, along with Command Sgt. Maj. James H. Thomson Jr. (left), command sergeant major of the Aviation Branch, and CW5 Allen R. Godfrey (right), chief warrant officer of the Aviation Branch, lead the Soldiers on the post run Friday.



PHOTO BY NATHAN PFALZ

Panel discussion

Col. Frank Tate, director of Aviation office of the deputy chief of staff G-8, Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Maj. Gen. William T. Crosby, program executive officer for U.S. Army Aviation, and Col. John Lindsay, director of Army Aviation office of the deputy COS G-8, participate in a panel discussion regarding the future of Army Aviation with U.S. Representative Martha Roby (R-AL) and Rep. Michael Turner (R-OH), chairman of the House Armed Services Tactical Air and Land Forces Subcommittee, at USAACE Headquarters Tuesday.

ACLC earns AMC award

By Sara E. Martin
Army Flier Staff Writer

The Army has many goals designed to fit into the changing world, from enhancing the quality of life of its Soldiers and their Families to being good stewards of tax dollars, and one of these goals has taken a lead place in urgency – reducing the Army's environmental footprint.

And Fort Rucker was recognized Monday as a leading installation when it comes to helping Mother Earth.

U.S. Army Materiel Command recognized the efforts of the Aviation Center Logistics Command to reduce Aviation's input in air emissions by awarding the Spray Technique Analysis and Research for Defense 4D Team the 2013 Headquarters AMC Sustainability Team Award. The award was for its teaming efforts in fiscal year 2012 in addressing painter training impacts to mission, and the start-up of an on-site satellite training facility.

"We have focused on all sorts of aspects – quality, safety, environmental and we want to sustain our mission. Yes we have reduced air emission, and yes we have reduced waste water treatment, but what we have actually done is given the mission a way to practice to increase and better the skills of painters without any of these negative impacts," said Genie Jones, Aviation and Missile Life Cycle Management Command G4/ACLC environmental chief.

According to Jones, the AMC Sustainability Team award is pre-



PHOTO BY SARA E. MARTIN

William T. Singer, ACLC deputy commander, Col. Michael Aid, ACLC commander, Genie Jones, AMCOM G4/ACLC environmental chief, and Col. Stuart J. McRae, garrison commander, along with Spray Technique Analysis and Research for Defense 4D team members accept the 2013 U.S. Army Materiel Command Sustainability Team Award Monday at the ACLC headquarters building.

sented to the ACLC commander whose support enabled the extraordinary teaming efforts of two Star4D Teams made up of ACLC and contractor (Army Fleet Services) representatives.

"The Star4D Teams enhanced mission by: recognizing a need for change, envisioning and researching alternatives for change, developing and selling a business case justification, obtaining start-up funding, training over 30 painters, and sustaining a new-to-Fort Rucker process that enhances and standardizes aircraft paint quality product and painter techniques, while decreasing Fort Rucker's environmental footprint," she said.

STAR4D training methodology consists of state-of-the-art virtual reality technology to simulate the application of coatings in a hazardous-free classroom training environment.

"Implementation of STAR4D, a commercial-off-the-shelf painter training and certification program, has reduced coatings consumption by 30 percent and generation of hazardous waste by 30 percent within the Cairns Painting Operations. And it has eliminated approximately \$50,000 per year in operational costs in a budget-constrained environment," said William T. Singer,

SEE AWARD, PAGE A5

PERSPECTIVE



Gen. Robert W. Cone

TRADOC CG issues holiday safety message

By Gen. Robert W. Cone
U.S. Army Training and Doctrine Command
Commanding General

The 45 days between the Thanksgiving holiday and the beginning of the New Year are a period of intense activity, holiday celebrations and travel. It is also a period of increased risk for our Soldiers, civilian workers and Family members.

Increased travel correlates to increased exposure to accidents, while the festive atmosphere of the season can lead to alcohol abuse and its associated dysfunctional behavior.

Good planning, leader involvement and communication can raise awareness of hazards associated with the season, and provide alternatives to avert disaster. Increased law enforcement efforts should target drunk drivers on the roads, while commanders and leaders at every level should address prevention of sexual assault and suicide. Let no Soldiers or civilian workers leave work without a safety briefing from their supervisor.

Battle buddies are another effective countermeasure to avert poor decisions and reckless behavior. Empower battle buddies and charge them with the responsibility to care for each other. This is a matter of life or death, and we must instill the mentality that demands responsible behavior and individual accountability.

This is a time of great anticipation, celebration and joy, but it can quickly turn tragic if we fail to adhere to and enforce the high standards expected of us as leaders, co-workers, buddies and individuals.

I sincerely extend my appreciation for your continued dedication to the defense of our great nation, and best wishes to all for an enjoyable and safe holiday season.

Victory starts here!

Government travel charge card not for holiday spending

By Kitty Keener
U.S. Army Aviation Center of Excellence
Agency Program Coordinator

The Government Travel Card Program was implemented to provide a more efficient means of paying for official travel or temporary duty related expenses for government travelers.

The Directorate of Resource Management and USAACE units and organizations manage the USAACE accounts for the program at Fort Rucker and remain committed to offering the highest standard of service to their cardholders – both active duty Soldiers and Department of the Army civilians.

Use of the travel card for other than official government travel and travel related expense is considered misuse or abuse. Abuse and misuse seems to prevail during the holi-

day season, especially during the months of December and January. In the past, some cardholders have used their charge cards to pay for Christmas presents, hotels and for that flight back home for the holidays.

Cardholder accounts are monitored monthly to identify negative spending trends. If abuse or misuse is suspected, the cardholder's card may be deactivated to prevent further misuse. Sometimes a purchase may appear questionable upon initial review, however, with further investigation, it may be determined a valid official expense.

It is extremely important that cardholders understand the penalties that could occur if their charge card is abused or misused – not only during the holidays, but all year long. Commanders, directors and supervisors shall not tolerate abuse or misuse of the charge card.

Consequences for abuse or misuse for service members may include verbal or written counseling, which could result in a reprimand, Uniform Code of Military Justice action or separation from service. Civilian cardholders could face verbal or written warnings, which could result in a reprimand, suspension or removal.

Cardholders – think before you swipe that travel card. It is the cardholder's responsibility to ensure the card is used only for its intended purpose, that is, official TDY expenses. If in doubt, don't use it. Also, keep your charge card in a safe location and do not let your spouse or significant other use the travel card.

For questions regarding the GTCP, call me at 255-3133, or visit DRM in Bldg. 5700, Rm. 140. Have a safe and merry Christmas and a happy new year. We look forward to serving you in 2014.

This month in Army Aviation history

This month, we're spotlighting the December 1979 issue of the *U.S. Army Aviation Digest*. This issue features:

The Helicopter – Design Frontier, Airborne Visibility

The helicopter as a tank killer has long been the dream of visionaries in the Army. How close it is coming to being a tank killer may be gleaned from an examination of combat experiences and the basic components in the attack helicopter weapons system.

The Ultimate Survival Kit

The ultimate piece of survival equipment that you can ever have has already been issued to you – the few kilograms of tissue you carry around under your SPH-4. The central nervous system with which you were born is perfectly adapted to keep you alive in a variety of situations if you let it do its job.

Hurricane Commancheros

It was a nice Labor Day with all the prospects of everyone having one last fling before starting school — and the usual alternating cycles of division readiness force and brigade battalion Gold Cycle support missions beginning again. As any old campaigner knows, this peace can end with a sudden telephone call.

The Case of the Wayward Bolt

This is the story of a bolt that fell out of a jetliner, but it's not the story you're thinking about. And our story has a happy ending, thanks to the initiative and perseverance of an FAA accident-prevention specialist who takes his job title seriously.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-dec79>.

Rotor Wash

“What are you looking forward to in 2014?”



2nd Lt. Mitchell Daily,
D Co., 1st Bn., 145th
Avn. Regt.

“I am looking forward to completing flight school.”



Robert Schmitz,
retired Army

“I am looking forward to the birth of my first grandchild.”



Sgt. Brandon Noel,
NCO Academy

“I am looking forward to my mother-in-law becoming cancer free. She has been fighting breast cancer.”



Staff Sgt. Junior
Casiloas, A Co. 1st Bn.,
223rd Avn. Regt.

“I am looking forward to moving to a new duty station.”



Kathy Walls,
Army spouse

“I am looking forward to better finances and managing my budget.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

Army celebrates National Guard's 377th birthday

By Nathan Pfau
Army Flier Staff Writer

Though the focus during this time of year is on the holidays, one tradition didn't go by unnoticed with the celebration of an institution that dates back nearly 140 years before the nation was founded.

Fort Rucker celebrated the 377th Army National Guard birthday Friday in the regimental conference room of the U.S. Army Aviation Center of Excellence Headquarters to remember and honor those who served the nation before it was united.

"(The Army National Guard) started in 1636 as the first voluntary militia ... and we are a proud component of the total Army, but we are proud of our history," said Lt. Col. Steve Nicolucci, Army National Guard deputy assistant commandant and senior guard adviser. "To acknowledge the questions of some of the people in the audience, yes, we are more than 100 years older than the regular Army's birthday celebration, and proud of it."

The National Guard was organized from militia and was officially born when the Massachusetts general court declared the colony's existing militia companies be organized into three regiments on Dec. 13, 1636.

Nicolucci also took the opportunity to thank Fort Rucker's senior leadership for the chance to have



PHOTO BY NATHAN PFAU

CW5 Max A. Dean, Warrant Officer Career College Army National Guard deputy commandant, and Pvt. Corey Edwards, A Company, 1st Battalion, 13th Aviation Regiment, cut a cake with a traditional sabre during the celebration of the 377th Army National Guard birthday in the regimental conference room of the USAACE Headquarters Friday.

the ceremony and acknowledge the history of the National Guard.

The celebration kicked off with a buffet-style meal fit for the holiday season with turkey, ham, stuffing and all the trimmings. The banquet even featured edible centerpieces made of marshmallows and candy canes.

After everyone had gotten their fill, the celebration took a more traditional turn by recognizing the oldest and youngest National Guard members among the ranks for the cake cutting: CW5 Max A. Dean, Warrant Officer Career College Army National Guard deputy commandant, and Pvt.

Corey Edwards, A Company, 1st Battalion, 13th Aviation Regiment.

"As tradition dictates, these two Soldiers will cut the cake with a traditional sabre as a reminder that we are a band of warriors committed to carry on so that our nation may live in peace," said the

narrator for the ceremony.

Dean is 52 years of age and has been a member of the Army National Guard for 29 years and 8 months, and Edwards is 18 years of age and enlisted in the New York Army National Guard Feb. 27.

"It feels really good to be able to cut the cake and be a part of a tradition that has been going on for this many years," said Edwards.

"This is a proud tradition for the Army National Guard," said Dean. "This is the first time that I've represented the Army National Guard as the oldest member cutting the cake, but it's an honor that I've enjoyed very much."

Dean and Edwards both feel that traditions, like the celebration of the National Guard's birthday, help keep the force together.

"I believe these traditions uphold morale," said Edwards. "It's always the little stuff that nobody thinks about – simple traditions that we don't really practice that often anymore. It's those that make Soldiers feel good and gives us a feeling of purpose."

Dean agreed.

"I feel that as a military, as a whole, we've sort of gotten away from traditions and customs," he said. "It's good to carry them on to let the future generations understand and know what the past generations went through and sacrificed, and then to be able to pass them on to the next generation after them."

Officials issue winter safety tips

By Sara E. Martin
Army Flier Staff Writer

As holidays approach and Soldiers, Families and civilians prepare for long road trips to airports and distant Family, installation officials want to remind motorists to prepare for increased traffic and poor weather conditions during the holiday season.

To make sure that people reach their destinations safely, officials ask that people make sure their vehicles are in tip-top shape before driving in adverse weather, and to adhere to the following tips and advice from installation officials to help enjoy a safe holiday season.

"Preparing to drive in winter is essential [for safety]," said Sharon Manning, installation safety office. "One of the most important things is to make sure that your car is in good condition and ready to deal with the cold, snow and ice of winter."

Although much of the South doesn't experience winter weather like snow and ice, Manning said it's necessary to be prepared for anything if traveling during this time of year where the weather is often unpredictable.

"If you're approaching the time for a full service for your vehicle, don't procrastinate. Get an oil change, and make sure that you choose the right viscosity for the vehicle for this time of year," she said. "Oil tends to thicken as it gets colder, and if it's too thick, it won't do the best job keeping the engine lubricated."

Manning said that this is the time of year to make sure that your car battery's posts and connections are corrosion-free, and if the battery is more than three years old, have a certified repair shop test its ability to hold a charge.

"When having a full-service check done on a vehicle, make sure that the belts and hoses are checked for wear and tear, even if you are driving a newer car. Cold weather can do a number on the belts and hoses of a car, so they deserve attention around this time of year."

Manning said that tires must be properly inflated to ensure the best possible traction with the road.

"Traction is often severely jeopardized in wet, snowy or icy conditions. You can generally expect that tires will lose one pound per square inch of pressure whenever the temperature drops by 10 degrees," she said.

She also advises people to check the status of the four-wheel-drive system to be sure it's working correctly.

"Most drivers don't use their four-wheel-drive systems in the summer months, so be sure that the system engages and disengages easily, and that all drivers in your household know how and when to activate it."

One aspect of car safety that is often forgotten in the South is the proper amount of antifreeze, said Manning.

"People should aim to have a 50-50 mix of antifreeze, or coolant, and water inside the radiator. This will prevent the mixture from freezing. It's easy to check the sta-

tus of the mixture with a tester that can be picked up at any auto parts store. If the mixture is off, the cooling system should be drained and refilled," she said. "People should also make sure they are equipped to dispose of old antifreeze properly if they do it themselves."

During the winter months, people should prepare a special-emergency kit that they can store in their trunks, she continued.

Some of the items people should have in their kit are: blankets; boots and gloves; warm clothes; water and food, including hard candies; an ice scraper; a small shovel; a flashlight; windshield washer fluid; windshield wipers; flares; jumper cables; a small tool kit; a tire gauge; a spare tire with air in it; tire-changing equipment; a first-aid kit; paper towels; and a bag of abrasive material, such as sand.

Manning's final tip is to only drive during daylight hours and to take 10-15 minute breaks because it can rejuvenate drivers.

Manning isn't the only official who commented about Families on the road for Christmas.

Weather conditions can change quickly, placing extra demands on vehicles and driving skills, so Maj. Joshua Munch, Fort Rucker deputy provost marshal, said that the best advice for road safety is to keep the driver's focus on the road and on other vehicles, and to eliminate all distractions.

"Make sure you have the proper car seat for your child's age and weight," he said. "Have them occupied with a game or movie

so they do not get bored and distract you from driving."

Road rage is another aspect of sharing the road with thousands of other drivers, but Munch advises everyone to be the bigger person and to keep their cool, no matter what.

"Be courteous on the road. If someone tailgates you or cuts you off, don't make the situation worse. People have been shot in road rage incidents. It is not worth it," he said.

Munch continued by saying that technology can also hinder a safe trip.

"A lot of people have global positioning systems. It is vital that [drivers] update them before a long road trip," he said. "It is also a good idea to have a citizens band emergency radio. If you do not have cell service and you are out on the road somewhere, a CB radio can be a priceless tool to get help."

In order to help people on Fort Rucker stay safe throughout the holidays, the automotive skills center is offering free pre-Christmas vehicle inspections. For more information, call 255-9725.

"We conduct these free safety inspections before most major holidays. We want to make sure Soldiers and their Families are safe before they go on long trips," said Tina Barber, auto skills center program manager.

The mechanics will do an overall inspection of the vehicle – checking multiple areas, including engine fluid levels, radiator fans, tire condition, belts and lights.

News Briefs

Holiday season gate hours

From Friday to Jan. 2, the Faulkner and Newton gates will be open from 6 a.m. to 6 p.m., according to Directorate of Public Safety officials. Additionally during that timeframe, the Daleville, Enterprise and Ozark gates will cut down to one open lane.

Pay office closure

The Defense Military Pay Office will close at noon Friday for a holiday luncheon and off-site training. All DMPO customers can visit the DMPO with their pay inquiries or clearance papers prior to the closure. Soldiers with military pay emergencies or who need to clear the DMPO during the closure time should contact James Fails at 379-4973 for assistance. The office will reopen Monday at 7:30 a.m.

Lyster closure

Lyster Army Health Clinic will close at noon Friday for its annual holiday party. The clinic will be closed Tuesday, Wednesday, Dec. 31 and Jan. 1 in observance of the Christmas and New Year holidays, and days of no scheduled activity.

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. 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 or 797-5479, or Bob Slagle at slagleb@alaweb.com or 494-2999.

Nurse advice line

Lyster Army Health Clinic patients needing non-emergent medical attention after duty hours or on the weekends must call the nurse advice line at (877) 418-0983 before going to an urgent care clinic in the area. Upon check-in at the urgent care clinic, patients should inform the staff that they are being referred from TRICARE and are normally seen at LAHC. If receiving medication, patients should remember that Walgreens does not accept TRICARE. If the clinic wants to send a prescription to Walgreens, patients should tell them it needs to go to another pharmacy that accepts TRICARE.

Medication refills

Lyster Army Health Clinic always offers one-time medication refills to TRICARE Prime patients not assigned to the clinic. During the holiday season Lyster officials remind those TRICARE Prime beneficiaries traveling to the Fort Rucker area that they may receive a one-time refill from the LAHC pharmacy should their medications run out while on vacation. Patients should bring in the medication package and their identification card. Restrictions may apply, depending on the type of medication. Narcotics will not be refilled.

Also, Monday is one of the busiest days for the LAHC pharmacy, with patients coming in for last-minute refills before the holiday break. Patients should make sure they refill their routine medications before Monday. The pharmacy is open weekdays from 7:30 a.m. to 5 p.m.

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.c.alvarezestero.mil@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang.mil@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.hulsey.mil@mail.mil.

Opportunity knocks

The following internal positions are available on Fort Rucker: Protocol Officer, GS-0301-12/13, SCEG13785126991347, closes Friday; IT Specialist (CUSTSPT), GS-2210-09, SCEG137623641005736, closes Friday; Social Services Assistant (Office Automation), GS-0186-06, SCEG137623451011468R, closes Dec. 27; Supervisory IT Specialist (SYSANALYSIS/PLCYPLN), GS-2210-13, SCEG137890621008479, closes Dec. 27; Income Tax Preparation Clerk, GS-0303-03, SCEG130781288992474, closes Dec. 27; Quality Assurance Specialist, GS-1910-11, SCEG137730401012992, closes Dec. 27; and Electrical Engineer, GS-0850-12, SCEG137767761008192, closes Jan. 6.

For more, check out www.usajobs.gov.

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 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/press_release/2013/DeCA_72_13.cfm.

Thousands of officers to face boards for early separation

By C. Todd Lopez
Army News Service

WASHINGTON — Nearly 19,000 active-duty captains and majors in the Army Competitive Category will go before either an Officer Separation Board or Enhanced Selective Early Retirement Board early next year.

As part of the Army's plan to meet force reduction obligations, as many as 20 percent of those officers, one in five, may be asked to leave the Army earlier than they had originally planned.

Dave Martino, director, Officer Personnel Management Directorate at Human Resources Command, said the Army's drawdown plan is a "balanced approach that maintains readiness, while trying to minimize turbulence to the officer corps."

The reductions in the officer force are meant to coincide with the reduction in Army force structure, he said. "As the structure reduces in size, the Army officer corps will make a requisite reduction relative to that structure."

He also said the OSB and eSERB will separate "fully qualified and officers who have rendered quality service to the nation. Therefore we will execute the OSB and eSERB with precision, care and compassion."

Beginning in March 2014, about 9,735 captains will go before an OSB. About 699 captains will face an eSERB. Captains going before these boards come from year groups 2006, 2007 and 2008.

Beginning in April, the future of about 6,943 majors will be decided by an OSB, and 1,504 by an eSERB. Majors going before these boards come from year groups 1999, 2000, 2001, 2002 and 2003.

Officers have already been notified of their eligibility for either an OSB or eSERB. It will be late winter or early spring 2015 before officers will begin separating or retiring from the Army as a result of decisions of the boards, officials said.

Among officers selected by an OSB for separation, those with less than 15 years will receive separation pay. Those with more than 15 years but less than 18 years may receive separation pay, but may opt to also apply for Temporary Early Retirement Authority.



PHOTO ILLUSTRATION BY C. TODD LOPEZ

Nearly 19,000 active-duty captains and majors in the Army Competitive Category will go before either an Officer Separation Board or Enhanced Selective Early Retirement Board early next year.

ment Authority.

Officers eligible to go before an eSERB must have 18 or more years of service. If those officers are selected by the board, they are entitled to serve until their 20th year and retire then, or they may choose to apply for TERA so they can retire earlier.

"If an officer is selected by the eSERB board, they will be able to serve until their 20th year," said Hillary R. Baxter, division chief, Leader Development Division. "Then they will have a mandatory retirement date at that point. They still are safe to get a 20-year retirement if they so choose."

Before going before either an OSB or eSERB, officers should have their records up-to-date and accurate, said Col. Stephen C. Sears, deputy director, OPMD. That is something their commanders can help with.

In addition to emails that have been

sent to affected officers, emails have also been sent to commanders in the field at the colonel level, so those commanders can help counsel officers in the zone of consideration.

"That is an important piece — for these commanders to sit down with officers and look them in the eye and help them prepare their records, from that position of experience, and to give them an assessment of where they think they stand in terms of their peers," Sears said.

Sears said officers need to make sure their records accurately reflect their performance, are complete and have an up-to-date photo. For online guidance on how best to accomplish this, Sears said officers may view the CAC-required website at <https://www.hrc.army.mil/officer> and then select "How to prepare for an OSB, SERB, eSERB."

Sears also said assignment officers at Army Human Resources Command are

ready to help officers who call in needing help to repair records and update their file.

Officers who leave the active force before they expected don't necessarily need to take off the uniform forever. The reserve component is ready to take on some of the best officers to put them into either the Army Reserve or the Army National Guard.

Col. Charles A. Slaney, with Army Human Resources Command, said reserve-component career counselors stand ready to help Army officers prepare to move into one of the reserve components following their active-duty career.

He said the Army has put significant investment into developing officers and that one role of RCCCs is to retain that valuable human capital investment.

"We want to preserve that by putting them into the reserve components," he said.

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Heat safety tips

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Also, apply sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or "UVA/UVB protection" on their labels.

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Concert: Biggest surprise caps show’s end

Continued from Page A1

and it gave me chill bumps – I was really impressed.”

Frank Johnston, retired military, was also amongst those who felt the holiday spirit through the concert.

“This (concert) really was something else,” he said. “Hearing all of that music really brought about a nostalgic feeling of when you were a kid and the holidays come around.

“Living in the South, it’s hard to come by that feeling because we don’t get snow during this time of year – the weather barely gets cold,” he continued. “But having something like this reminds us of the season and really gets you into the holiday spirit.”

Jordan agreed. “It’s great to see that we can get some high-quality holiday entertainment here locally,” she said. “You can tell that the performers up there really put their heart and soul into their performances.”

According to CW5 Aaron Graff, commander and conductor of the band, that’s just what they did. The band has been rehearsing and practicing for more than a month, and some members started working on their songs before that, he added.

“We had a lot of vocal tunes tonight, so we had to do all of our rehearsal recordings so that the vocalists could get their words down,” said Graff. “Some of the



PHOTO BY NATHAN PFAU

Megan Emch, civilian vocalist, writes her beloved during a comical skit of the “12 Days of Christmas,” with help from the 98th Army “Silver Wings” Band during the Commanding General’s Holiday Concert at the post theater Dec. 10.

songs were actually arranged by the band, and that process can take a little longer to do, so some of the folks were doing their homework prior (to rehearsals).”

Despite the exhaustive efforts of its members, the band gave a top-notch show that Graff said he could not be more proud of, but also admitted he was relieved it was done.

“It’s always a relief to get done because you put so much into it and it’s wonderful to feel all of that come to fruition,” he said. “I feel like we got a great response from the audience and that’s al-

ways a great feeling for us as performers.”

Graff said his goal is to make people feel an emotional response when they hear the songs performed, and wanted to make sure that there was something for everyone in the performance.

“We tried to cover everyone from adults to the kids,” he said. “I remember what it was like to be a 10-year-old boy and sit there bored, so we wanted to make sure that the children didn’t feel left out.”

The concert didn’t fail to deliver as it catered to the hearts of all

ages with special surprise guests that made their way through the audience. The first surprise of the night was when the Grinch showed up and tried to steal Christmas during a performance of “You’re a Mean One, Mister Grinch.”

The Grinch, clad in his make-shift Santa suit, made his way through the audience stealing people’s candy, snacks and even potted plants, including the Charlie Brown Christmas tree that was featured during one of the performances.

There was also a special in-

terpretation of the “12 Days of Christmas,” during which Megan Emch, civilian vocalist, played a character who acted out her reaction to actually receiving each of the gifts recited in the song.

The comical twist on the traditional song had the audience laughing as well as feeling the holiday spirit.

“I thought the way they did the “12 Days of Christmas” was really clever,” said Jordan. “I never really thought of it that way, but getting all of those different gifts on those different days would be pretty ridiculous – it was really funny.”

As the concert came to a close, the audience was in store for their final surprise – a visit from the big man himself – Santa Claus.

The band played their rendition of “Here Comes Santa Claus” as the jolly man in red made his way through the audience to hand out candy canes and visit with children, and as Santa made his departure and waved goodbye, Graff said he felt a sense that they’d accomplished what they set out to do.

“Everyone puts in the long hours every day and it’s great to have that sense of relief at the end of the day” he said. “Those long hours compounded by the season when we’re trying to get our Families together and get gifts ready, it’s nice to be able to provide these folks with a little rest and relaxation – even if it’s only

Award: Postwide teamwork helps create efficient project

Continued from Page A1

ACLC deputy commander.

“We are also not over painting the aircraft, which has a fuel impact as well. By eliminating access paint weight we are able to get more flying hours for fewer dollars,” he added.

Fort Rucker has been using the system for a little over two years, said Jones. It is

upgraded several times a year, which has reduced Fort Rucker’s hazardous air pollutions to less than one parts per million.

“You guys do great work down there, it is outstanding,” said James Dwyer, principal deputy to the chief of staff of HQ AMC operations. “You help keep our Army trained and provide combat power. What you do does make a difference, it is truly remarkable. Thank you for making our Army

stronger.”

Col. Michael Aid, ACLC commander, said that teams from all over the installation came together and focused on how to sustain this mission, and how they could do it for less while reducing the negative impacts of the paint.

“This is so important for our mission because it helps sustain the aircraft by making sure the paint is applied in the most efficient

and effective manner,” he said. “And that helps the overall Army mission by sustaining Fort Rucker’s overall mission to keep our Soldiers in the air training and to reduce our footprint while still reducing costs.”

The team also won the Air Conservationist of the Year award by the Alabama Wildlife Federation Governor’s Conservation Achievement Awards Aug. 2.

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116 Scott ~ \$99,000

This is a property you must see. Whether you are a first time homebuyer or sizing down, there is nothing that needs to be done other than to move right in. Architectural shingle roof, double pane windows that tilt in for cleaning, new paint, new floor covering, new light fixtures, new kitchen appliances to include refrigerator, half bath off the kitchen/laundry room, crawl space for storing lawn mowers, workshop with power, and huge lot that goes into the trees. *MLS# 20132122*



876 County Road 722 ~ \$237,000

1.81+/- acres of level land, 4 BR/2BA brick home features all new hardwood flooring in all areas except bathrooms, kitchen, laundry and foyer. Oversized double garage with 2 separate doors could easily be converted to a large family room as it has been painted and the floor is an epoxy speckled finish. Doesn't even look like the cars have been parked in here. Enjoy sitting on the front porch in your rocking chairs rain or shine. Enter the front door with sidelights and the foyer opens to the formal dining room and grandroom. Crown molding in the tray ceiling in the grandroom, corner gas log fireplace, and French doors to the covered patio. Kitchen and breakfast area are very open with bar and access to laundry room. The master bath features double vanities with large mirror, as well as Jacuzzi, shower, and closets. Very bright and open floor plan. *MLS# 20131798*



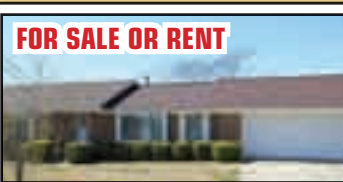
Old Newton Road ~ \$39,900

Daleville: Unspoiled natural beauty surrounds this stunning 9.02 more or less acres. Approved for horses. Priced to sell. *MLS# 20132389*



1621 Damascus ~ \$80,000

Nestled in the cedar trees, garden area, grapevine, pecan tree, inside city limits. *MLS# 20120063*



140 Harrison ~ \$154,000

So many conveniences. Location, location, location. 3 bedrooms and 2 and a half bathrooms and no carpet for those with allergies. Ceramic tile floors in main living areas and wood laminate in the bedrooms. Fenced back yard around house but chain link around property line to pond. Give me a call to see this one before it's gone. *MLS# 20130627*



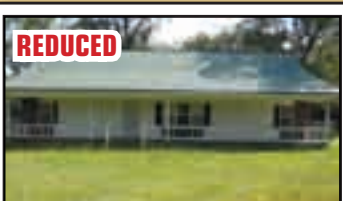
413 W Adams ~ \$154,000

Great entry foyer with wooden banister & hardwood floors. Formal living & dining rooms, ceramic tile in kitchen/breakfast and BA's. Downstairs BA remodeled so possible for master suite up or downstairs with walk in shower, dressing room and bedroom. So many possibilities. Corner lot with trees and privacy fence. Upstairs bedroom has 4 closets. *MLS# 20131459*



603 Chinook ~ \$82,503

Daleville: Cute log cabin on a large fenced lot. Two bedrooms upstairs and one downstairs. Place in living room to put a wood burning stove. Enjoy the cool evenings on the front porch, and BBQ'ing on the back deck. This is a Fannie Mae HomePath property. Purchase of the property will be by cash at the closing or on terms acceptable to the seller. This property is approved for HomePath Mortgage Financing and HomePath Renovation Mortgage Financing. *MLS# 20132524*



4028 County Road 4, Black ~ \$89,900

Very nice cottage style home with beautiful wood floors, huge front and back covered porches, concrete driveway takes you around the house through the carport in the back yard. Nice stairs takes you to the nice loft in the living area. Open floor plan, great for entertainers! You can purchase this Fannie Mae property with only 3% down, approved for HomePath Mortgage Financing. *MLS# 20132163*

121 Deer Run Strut ~ \$385,900

Situated on 2+ wooded lots with a circular driveway and landscaping. Formal living room has hardwood floors, French doors leading into the family room and a beautiful staircase leading to the two bedrooms and so much more upstairs. Formal dining room also features hardwood floors. Chair rail and crown molding accentuate room with another set of French doors leading to the family room. Family room has a wood burning fireplace, built-ins for TV, books, and closets. Storage under stairs. Kitchen updated with cabinets, granite countertops, tile backsplash, center island with drawers and cabinets, and stainless steel appliances. Built-in cabinets with doors to hide small appliances. Breakfast area also has built-ins with glass doors. Countertop for TV or laptop, with area for your table and chairs looking out over the gardens. Guest bedroom is situated on the main level with access to a full bath. Master suite has lots of extras: built-in cabinet for books, double closets, double vanity, Jacuzzi with window overlooking beautifully landscaped yard and mirrored walls on each side, walk-in tiled shower, skylights. Upstairs bedrooms have walk-in closets. Jack and Jill bathrooms has antique cabinets, porcelain washbowls and storage. Screened-in porch features brick pavers, and you can just sit and enjoy the beauty of the master gardener's gardens and walkways, while listening to the birds and watching the wildlife while enjoying your morning cup of coffee. The 2.5 car side entry carport is at the rear of this home with attic storage above, workshop situated among the gardens with electricity (15 outlets and 220 service). Ramp and side cover for storage and another attic area. Buy the two lots across the street and have your own paradise! *MLS# 20131660*



100 Hidden Creek ~ \$408,000

Custom-built traditional home on landscaped corner lot in cul-de-sac at Sommer Brooke Subdivision. Brick, vinyl and synthetic stucco on front, accent lighting, floor lights and exterior outlets have indoor switch. Separate water meter for sprinkler system and outside spigots. Security system. Everything is heated and cooled, including the two-car side entry garage (710 sq. ft.) and the unfinished basement (1,715 sq. ft.). Retaining walls in back. Entry foyer leads to formal living room, formal dining room, upstairs or grandroom. Deep tray ceilings with extra crown molding in formal areas and wainscoting in the living room. There are solid walls for flat screen TV mount on two walls in the formal living room, two walls in the grandroom (which includes over the fireplace) and one wall in the master bedroom. Speaker system in grandroom and on the deck with an 11 closet in the foyer hallway under the stairs, for all electronics. Grandroom has remote receiver. Wired for 7.1 surround sound but has 5.1 surround sound. Gallery with wet bar, fridge drawers and open to grandroom for serving. Kitchen has microwave/convection oven hood, dishwasher, disposal, conventional/convection oven and another microwave. Natural gas cooktop, fireplace and grill outlet on the upstairs deck. Large center island. Granite countertops in kitchen, gallery, laundry room and all baths. Custom cabinetry. Three-way light switches and split receptacles. Half bath on main level is a strong room during tornados. Breakfast area has a bar and for a table. Guest bedroom is private with its own full tiled bath. Laundry room has a chute from the upstairs bath, a laundry tub and custom cabinets. Master bedroom has deep tray ceiling with extra crown molding and two walk-in closets. Bath features all tile and granite with a walk-in shower that has three shower heads. His and her vanities have higher countertops and desk space, Jacuzzi, TV connection and separate toilet room. Tile floors have inlay design. Upstairs are two bedrooms, a Jack and Jill bath, a den and a bonus room. Extra insulation in attic, all interior and exterior walls. All bedrooms have walk-in closets. Basement has exterior entry, single car (or boat) garage, French doors below the deck, insulated ceiling, concrete floors. Pre-wired and ready for expansion. *MLS# 20131790*



106 Newton, Hartford ~ \$50,000

Cute cottage on Newton Street in Hartford. 2 bedrooms, 1 bathroom with 12' by 20' room and deck added on back. Laundry facility but could be used for a large bedroom or family room. Let your imagination make the call. *MLS# 20130737*

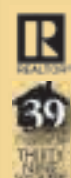


109 Forest ~ \$67,900

Purchase this property for as little as 5% down! Property approved for HomePath Mortgage Financing and HomePath Renovation Mortgage Financing. Split foyer with living room, dining room and two bedrooms, one and a half baths on main level. Downstairs has large walk-in closet, along with bedroom, bath and den. Deck off dining room with metal spiral staircase to patio. *MLS# 20132492*



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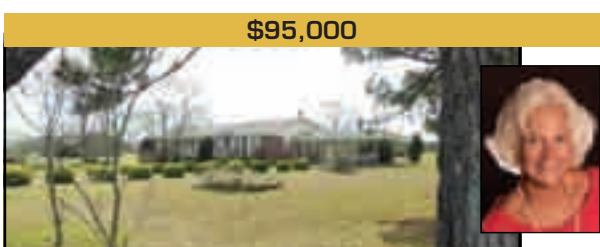
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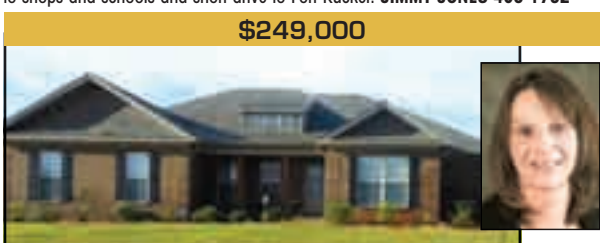
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439 PINE VIEW, SAMSON ~ \$135,000: 6+/- acres in a country setting. Property is fenced/cross fenced and has a security gate at driveway with intercom & remote. Lots of trees. Wrap around deep porch on two sides. Newer laminate wood floors in living/dining area. Five minutes to Geneva. \$1,000 carpet allowance with reasonable offer. Great extra den upstairs, 1,800 sq. ft. of living space. Bring your animals and come live in the country. Washer/dryer to remain if buyer needs them. **DEBBIE SUNBROCK 406-9079**



5 WELBORN ~ \$199,000: Subdivision with sidewalks, street lighting and convenient to shops and schools and short drive to Fort Rucker. **JIMMY JONES 406-1752**



118 TUMBLEWEED: A must see! Enter through foyer with tile details that lead to the formal dining room and open space living room with lots of details on ceiling, from the living room you will see the breakfast nook and great kitchen with tiled backsplash. Bedrooms have big closets with sliding doors and two of them connect to a bathroom with double vanity sink. The hall of the living room leads to the half bath, master suite with Jacuzzi tub, separate shower and huge walk in. Huge back yard with wood deck. **NICOLE ANNICELLI 464-0782**



105 MADISON: Like new - roof & septic tank/field lines, cabinets, toilets, paint and some light fixtures. Nice yard. On the way to Fort Rucker. Priced to sell. 3BR/2BA with living and dining rooms. Large den. **ANGIE GOODMAN 464-7869**

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Gray Eagle joins 3rd CAB

By Sgt. William Begley
3rd Combat Aviation Brigade
Public Affairs

SAVANNAH, Ga. — The 3rd Combat Aviation Brigade has added an interesting new asset to the Family. The addition of E Company, 3rd CAB marks the addition of the fourth fielded MQ-1C Gray Eagle company in the Army. The unit was activated Feb. 16 while a majority of the CAB was deployed in Afghanistan.

The goal of the Army, according to Capt. Jonathan A. Coe, commander E Co., 3rd CAB, is to field every division with a Gray Eagle Unmanned Aircraft System platform to support operations. Gray Eagle will support the reconnaissance, surveillance and target acquisition mission of the brigade.

“The Army definitely did it right here,” said Coe when describing the new facility on Fort Stewart built just for his unit and its mission. “We have a beautiful 90,000-square-foot facility, which allows us enough space to facilitate 12

aircraft.”

High-definition cameras allow the platform to employ payloads like the hellfire missile with great accuracy and effectiveness. With that kind of technology and deadly force capability, it would seem these aircraft would have to be piloted by high-ranking individuals.

Not so, said CW2 Dean Bearfield, flight operations officer in charge, E Co., 3rd CAB. Bearfield pointed out the difference between manned aircraft Aviation pilots and unmanned pilots.

“Manned aircraft Aviation pilots are all commissioned officers or warrant officers. One of the unique things about our organization is that all of our pilots, from the basic pilot to the aircraft commander to the standardization operators, are all enlisted Soldiers.”

Bearfield, formerly an AH-64 Apache pilot, stated it’s a unique dynamic that a lot of the aircraft knowledge, a lot of the warfighting with this platform, is done with the enlisted Soldiers.

“In manned Aviation, you’re

going to have a pilot who is the senior most experienced Aviator who is in charge on that aircraft, and that’s the case regardless of whether or not the pilot outranks the co-pilot,” said Bearfield.

This is similar to the unmanned Aviation world where a Soldier like Spc. Rocco Scinto, a unit trainer, E Co., 3rd CAB, can also be an aircraft commander for a UAS.

“He can be in a ground control station with a platoon sergeant, and because of his UT or AC position, be in a leadership role. What he says goes,” continued Bearfield.

Not one to get carried away with his role or his rank, Scinto takes what he is doing very seriously. It’s important to him what he and his team are doing.

“It’s really good to know that the standard that I’m setting today is the standard that will be held up by Soldiers who follow me. It’s a good feeling to be a part of something that’s bigger than you,” said Scinto.



PHOTO BY SGT. WILLIAM BEGLEY

Spc. Rocco Scinto, UAS unit trainer, and Spc. Jason Adamczyk, unmanned aircraft system maintainer, E Co., 1st ARB, inspect the propeller of a MQ-1C Gray Eagle during a routine maintenance check at the Gray Eagle hangar on Fort Stewart Dec. 11.



NAVY PHOTO BY CHIEF MASS COMMUNICATION SPECIALIST JOHN M. HAGEMAN

SEA KIWANA

A Sailor aboard the guided-missile cruiser USS Lake Erie (CG 70) directs an Army OH-58 Kiowa Warrior helicopter from the 25th Combat Aviation Brigade off the coast of Hawaii during joint training operations. The 25th CAB is expected to participate similarly in other training exercises in 2014. Both 25th CAB air crews and USS Lake Erie flight deck crews have training qualification requirements that can be met by these joint operations.

2-13th Avn. joins 305th MI for joint exercise

By Gabrielle Kuholski
Fort Huachuca Public Affairs

FORT HUACHUCA, Ariz. — Soldiers from the 1st Aviation Brigade’s 2nd Battalion, 13th Aviation Regiment — the Army’s unmanned aircraft training center — and A Company, 305th Military Intelligence Battalion, demonstrated a collaborative effort in November in a first-ever joint culminating training exercise.

The initiative incorporated both units’ missions to develop cooperative training combining the 305th’s imagery analysts and the 2-13th Avn.’s unmanned aircraft systems operators in a simulated tactical environment.

At site Dagger, 2-13th Soldiers set up their ground control station, used as a medium to communicate with the UAS, and its landing equipment.

Soldiers participated by setting up their own equipment, which included satellites and cables that fed into the ground control station and the tactical ground station, a mobile vehicle capable of processing and distributing real-time intelligence and surveillance information to intelligence analysts and commanders.

This is the first CTX scenario to involve the familiarization between the imagery analysts and UAS operators. According to Capt. Jan-michael Guillermo, D Co., 2-13th Avn. Rgt., the CTX involving A Co., 305th MI Bn. was in a “crawl phase,” meaning the exercise was more about explanation and demonstration.

In this phase, Soldiers follow step-by-step instructions on what to do next. This phase differs from a “walk phase,” where Soldiers will execute a task at a slow or practice pace,



PHOTO BY GABRIELLE KUHOLSKI

Spc. Patrick McBee, D Co., 2-13th Avn. Rgt., 1st Avn. Bde., looks at unmanned aircraft system surveillance video inside the main operations room of the ground control station a joint training exercise in November.

or a “run phase,” where a task is performed at full speed as if real combat is taking place, he added.

Sgt. 1st Class Anthony Beck said the CTX was a crawl phase for the A Co., 305th geospatial intelligence imagery analysts, as well.

“For the [35G] community, this is a training event to get the Soldiers familiar with setting up the tactical ground station,” Beck said. “We spend more time than in the past as the

initial steps to see how things look out here.”

Guillermo also explained that holding a joint CTX promotes familiarization between the UAS operator and the imagery analyst. While CTX participants were at the end of their training cycles, once deployed, these Soldiers would work side-by-side in combat.

“The joint CTX makes it a great event

Task Force benefits from Guard experience

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

SHINDAND AIR BASE, Afghanistan — National Guard units are bringing a whole new level of experience to Task Force Nightmare following the task force’s transfer of authority in September with Task Force Apocalypse, 3rd Combat Aviation Brigade, 3rd Infantry Division.

“The amount of experience within these two companies is incredible,” said Lt. Col. Fred Dufault, the task force commander. “The Soldiers and leaders are great at anticipating needs of the task force.”

Task Force Nightmare includes an AH-64 Apache company – C Company, 1st Battalion, 135th Aviation Regiment, with the Missouri National Guard, and a medical evacuation company – C Co., 1st Bn., 168th General Support Aviation, spread between Washington, California and Nevada National Guard.

As Task Force Nightmare took over, much of the maintenance and mission continuity expertise fell on these Soldiers’ shoulders.

These Soldiers have probably seen it all before, and have the experience and wisdom to make the right choices, said Dufault.

“Neither company is one to keep its knowledge or experience to themselves, either,” Dufault said. “Each company brings its unique strengths to the Nightmare Family freely.”

Many of the Soldiers in 135th Aviation Regiment are full-time civilian employees of the Missouri National Guard, doing the same job here as they would back home.

“Most of my Soldiers are depot-level maintenance technicians who fix these helicopters full time back home,” said Sgt. 1st Class Jacob Carter, an Apache maintenance platoon sergeant with C Co., 1st Bn., 135th Avn. Rgt. “Others have prior experience in different airframes and maintenance jobs.”

The medics in C Co., 1st Bn., 168th Avn. Rgt. are

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Guard: Program places additional medic in helicopter

Continued from Page B1

much the same, with most working full time in either emergency medical services or in the medical field back in their home states.

“Out of the 25 medics in my company, 19 are either paramedics or registered nurses who work in the medical field full time back home,” commented 1st Sgt. Joseph W. Loader, himself a combat medic and a certified paramedic. “I even have a trained physician’s assistant filling in as medic.”

The 168th Avn. Regt. Soldiers are “old hands” at the CAB’s back-wall medic program, as well.

The program places an additional medic inside the medevac helicopter to help care for patients, which is “a huge benefit,” said loader and Staff Sgt. Andrew Neal, the company standardization medic.

“Back home, if you call 911 for a homeless drunk, you get four paramedics and a fire truck,” Neal said. “If you don’t treat a patient the right way on the battlefield, death might come later instead of sooner, or a patient’s quality of life after recovery might be worse.”

Two medics are better at evaluating a patient’s condition and providing the proper treatment on the way to the surgeons, Neal added, talking about the additional medical support the guardsman provide.

For 135th Avn. Regt. maintainers, it’s about showing TF Nightmare maintainers the tricks learned through long experience and practice.

“Back home, we maximize our flying hours on the Apaches by replacing the cheap parts more often to make the expensive parts last longer,” said 1st Sgt. Thomas Hintenach. “We’re used to doing more with less, and we know that we can do a maintenance engineering call, which is outside depot-level maintenance, for a part to repair it instead of replacing it.”

“Our Soldiers bring that knowledge and continuity forward. It’s helped us and the



PHOTO BY CAPT. ANDREW COCHRAN

While performing a 25-hour inspection on an AH-64 Apache helicopter, Sgt. Tiara Carr, an Apache maintainer with C Co., 1st Bn., 135th Avn. Regt. (Attack Reconnaissance), Missouri National Guard, inspects the tail rotor gear box in November.

task force fly an average of 550 Apache hours per month and maintain the Blackhawks to a high readiness in support of Regional Command (West) ground forces,” Hintenach continued.

“We put a lot of love into (and) feel wedded to the aircraft, and as soon as an Apache lands, my Soldiers are out checking it for faults and talking with the pilots about the flight,” Carter said. “Lieutenant Colonel Dufault and Task Force Nightmare have made us feel at home and we are happy to share our knowledge in return.”

Despite the success of Afghan National Security Forces, Aviation remains a key enabler to the RC (W) mission. The rapid availability of replacement parts for Aviation assets is a challenge due to the drawdown of forces in Afghanistan.

While ANSF does most of their own casualty evacuation, aerial medical evacuation remains one of the most sought after assets by ISAF and Afghan forces alike due to the proven critical nature of treating injuries quickly by trained medical professionals.

Dufault believes in these “quiet profes-

sionals” bringing their civilian experience to the fight, and respects and trusts them implicitly.

“We are turning a nine day or less, problem-free phase maintenance on the Apache, which is unheard of, and I truly believe the medevac company is the most experienced out there and is at the top their game,” Dufault said.

These Soldiers bring maturity and their own validation to Task Force Nightmare, 1st CAB and the ISAF mission in Afghanistan, Dufault added.

Exercise: Schoolhouse training enhances battlefield results

Continued from Page B1

because they can see what their counterpart is doing before they get into theater,” said Staff Sgt. Miguel Ortiz, D Co., 2-13th Avn. Regt.

CW4 Jeffery Jaggars, 305th MI Bn., 111th MI Brigade geospatial intelligence committee chief, described the CTX as “a perfect

merger of integrated training. They’re going to work and deploy together so it’s a great opportunity to match them up here at the schoolhouse,” he added.

Another benefit of the CTX is the type of tactical ground station system used. Jaggars mentioned it was fielded here last February.

“A lot of the system is actually not out at every brigade in the

Army now,” he said. “So our students may show up at their first duty station and actually train permanent party Soldiers on how to set up and establish communications and employ the system, so that’s [another] advantage for us to do this type of cross-level training here.”

While this CTX may be the first between the units, CW4

Debra Harlow, D Co., 2-13th Avn. Regt. executive officer, is confident joint training exercises like this will continue in the future. She explained future joint exercises would advance to a “walk” or “run” phase.

“I believe our long-term goals together working with 305th [MI Bn.] will be to integrate an S2 (intelligence Soldier) and their

analyst so we can get a little familiarization,” Harlow said. “Right now we’re in the ‘crawl phase’ of learning how to implement and be familiar with each other, but hopefully next year, later in [fiscal year 2014], we can get some more assets into our CTX plan with the 305th and make it a more broad-spectrum training and familiarization.”

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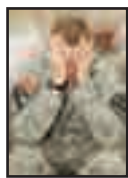
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DECEMBER 19, 2013

Ho-Ho-Ho

Families enjoys breakfast with Santa

By Sara E. Martin
Army Flier Staff Writer

With Christmas just around the corner, children had one last chance to get into Santa's good graces and let the big man in red know what's on their holiday wish list.

The Landing hosted Breakfast with Santa Saturday as a way to get Families to make a memory out of a meal, according to Rachel Murphy, The Landing promotions and marketing assistant for business operations.

"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 hassles of cooking and cleaning up," said Murphy.

People were treated to a buffet-style breakfast that included 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.

CW3 Keith Cox, F Company, 1st Battalion, 212th Aviation Regiment, came out with his wife, Holly, and two children, Aaron and Avery, who asked for a scooter and roller skates.

"I think this is a great event," said Keith. "It's very well put together and the kids are certainly enjoying it."

Keith said he and his Family try to attend most of the events that the post puts together, and Holly likes to take these opportunities to bring her Family closer together.

"I think these events are wonderful and they really help to bring us together and celebrate the season," she said.

Stacy Jones, civilian from Daleville who



PHOTO BY NATHAN PFAU

Second Lt. David Johnson, D Company, 1st Battalion, 145th Aviation Regiment, sits with his wife, Ashlee, and 18-month daughter, Sarah, as they take a photo with Santa at The Landing during Breakfast with Santa Saturday.

brought her two boys, James and Damen, agreed.

"I just love being able to bring my children to see Santa," she said. "They're still at that age where all of this is still so magical to them and for them to see Santa come so close to where they live just lights up their eyes. I know that it's things like this that become such big memories for them."

Along with visiting Santa for Christmas,

the Cox's also participate in their own Family traditions around the holiday season.

"We do a countdown where we let the kids do different activities every night, like reading a book or different things like that," said Holly.

The Cox's aren't the only ones who have their traditions, though. The Jones Family have their traditions as well.

"We have one tradition that I think a

lot of Families do, which is we get to open one present on Christmas Eve every year," she said. "I think that's the one tradition I look the most forward to every year because out of all those presents you only get to pick one. The anticipation builds up and just makes it that much more fun. All of these traditions and Santa make for one great holiday season and I couldn't be happier."

Holidays deliver hazards aplenty for pets

By Sara E. Martin
Army Flier Staff Writer

Things can get hectic during the holidays with visiting Family, travel plans and adjusting to the weather, but officials at the Fort Rucker Veterinary Clinic and the Fort Rucker Stray Facility offer tips on keeping pets safe and happy during these hairy times.

There are a lot of hazards that pets are exposed to during the holidays and keeping pets safe is a continuous duty during the winter months, said Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

"Keeping pets safe should be a top priority in any pet owner's life and we just want to make sure Families are doing everything they can to keep their four-legged Family members safe during the holidays," she said.

Winter poses special risks to all pets. Give your pet a safer, healthier cold-weather season by following these tips.

- Keep indoor pets in a warm, dry area free of drafts. Elevate your pet's bed off the floor.
- Provide outdoor dogs and cats with a dry, warm, insulated shelter out of the wind. Bring your pet inside if the wind chill or other weather conditions become severe.
- Feed your pet extra calories when temperatures drop.
- Cats and kittens often nap on warm car engines. Knock on the hood or honk the car, and then wait a few moments before starting the car.
- Pets like the smell and taste of antifreeze, and a small amount can easily kill them. Thoroughly clean up spills at once. Tightly close containers and store them where pets cannot get to them.
- Groom your dog regularly. Your dog needs a well-groomed coat to keep him properly insulated. Short- or coarse-haired dogs may get extra cold, so consider a sweater or coat.
- Don't leave your dog alone in a car. It gets too cold and carbon monoxide from



PHOTO BY SARA E. MARTIN

Donna Isom, Fort Rucker Stray and Adoption Facility animal health aide, pets the belly of a homeless pot-bellied pig Thursday at the shelter.

an engine left running is dangerous.

"Dogs cannot talk to us when they are sick, so as a responsible dog owner it is important to pay special attention to your dog's wellbeing during the winter season," said Gray.

She reminds pet owners that pets can just as likely get dehydrated in the winter as in the summer, and, though Alabama winters are mild, frostbite is still a hazard.

"To prevent frostbite on ears, tails and paws, don't leave your dog outdoors for too long. Be very careful of supplemental heat sources, also. Fireplaces and portable heaters can severely burn your dog," she said.

She also said that, like people, dogs seem to be more susceptible to illnesses in the winter and to take pets to a veterinarian if any suspicious symptoms arise.

"Don't use over-the-counter medications on your dog without consulting a veterinarian," she added.

Other holiday hazards that pose a threat to pets during the festive season include: holly, tinsel, mistletoe, poinsettia, Christmas rose, philodendron, dieffenbachia, holiday lights

on lower tree branches, electrical cords, glass or edible ornaments, live and artificial Christmas tree needles, alcohol and chocolate.

In addition to these hazards that pets have to put up with, many people think that a new puppy or kitten is the best way to surprise a loved one, but animals and authorities feel otherwise.

"Pets don't always make for the perfect gift for the holidays, and the stressful nature of the season can be too much for puppies, kittens or adult rescues to handle," said Donna Isom, animal health aide at the Stray and Adoption Facility, adding that the added stress of a new pet during the season can also sometimes be too much for people, as well.

"New puppies and dogs require extra attention and a stable environment, which the holiday season doesn't permit. Also, a puppy is not a toy or gift that can be returned," she said.

Animals being adopted need extra time and one-on-one attention from new owners to work on house-training, getting introduced to other Family pets and just overall adjust-

ing to a new environment, she continued.

Isom also advises that getting a pet as a gift for a Family member, even if they indicate they want a pet, may not be a good decision.

"Never gift someone with an animal as a surprise. An animal is a huge time, attention, money and health care investment that can last years. The decision to have an animal is a personal choice, and not to be made quickly or on a whim," she said.

For those determined to get a pet for the holidays, the animal health aide offers tips to care for the addition.

"Make sure you are able to spend focused time on helping the animal adapt to its new surroundings. Be sure you have all necessary supplies and are able to spend time outside with house-training. Take into account that if you are traveling for the holidays you need a plan for taking care of your new pet," she said.

If people plan on traveling with pets, Isom said to make sure to bring all necessary supplies from home —crates, food bowls, litter boxes, leashes and medications.

"Also, make sure you have an escape-proof area if dogs will be off the leash," she added. "Make sure you have your animal microchipped in case they do get lost, and keep your microchip information updated when you move or change phone numbers."

If visiting Family plans to bring pets into your home, Isom reminds that Dobermans, wolf-hybrids, Chow-Chows, Rottweiler's and Pit-Bulls are currently prohibited on Fort Rucker.

A lot of pets are exposed to unfamiliar Family members during the holidays, so she advises to never force an animal reluctant to be petted to make contact.

"Let pets go at their own pace, especially with the smaller breed dogs that are often leery of small children's sudden moves and loud gestures," she said.

If pet owners have concerns or questions regarding care of pets during the winter season and holidays, contact the Fort Rucker Veterinary Treatment Facility at 255-9061.

ON POST

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

AER changes

Starting Jan. 1, sergeants through colonels will be authorized direct access to Army Emergency Relief. Only Soldiers in the ranks private through corporal will be required to submit a routine request for AER assistance through their immediate commander or first sergeant. The policy change only affects routine AER requests (AER Form 700). Soldiers of all ranks will continue to be required to see their commanders or first sergeants for a Commander’s Referral Program loan (AER Form 600).

Soldiers needing assistance should call 255-2341 for an appointment with Fort Rucker’s AER manager. For more information and forms, visit the Fort Rucker AER website at www.ftruckermwr.com/acs/army-emergency-relief/.

Newcomer’s Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30–11 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.

Youth sports batting cages close

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Feb. 17.

For more information, call 255-2254 or 255-2257.

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.

International spouses get together

Army Community Service hosts get togethers

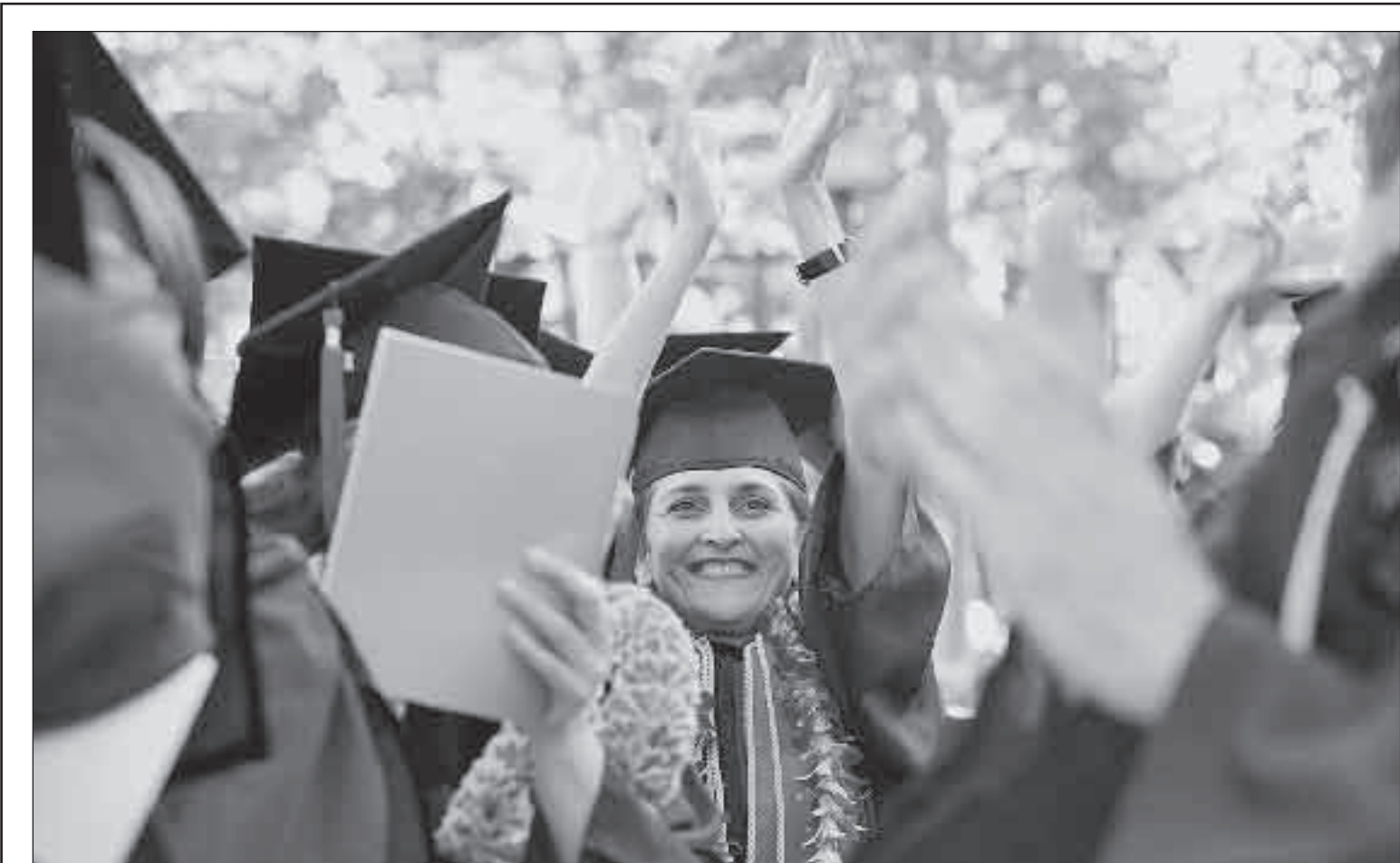


PHOTO BY U.S. DEPARTMENT OF EDUCATION

AER scholarships

Army Emergency Relief awarded 3,469 scholarships for children of active-duty and retired Soldiers, as well as 1,145 scholarships under the Spouse Education Assistance Program earlier this year. AER 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 or call 1 (866) 878-6378.

for international spouses the first Friday of every month at 9 a.m. at the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

If the event falls on a day of no scheduled activity, call 255-3735 to find out the new date.

Financial readiness training

Army Community Service offers its financial readiness training Jan. 10 from 7:20 a.m. to 4:15 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) and spouses are welcome to attend.

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

Comedy Live

The Directorate of Family, Morale, Welfare and Recreation hosts Comedy Live at Rucker, featuring Jay Black and opening comedian Mike Casey, Jan. 10 from 8–10 p.m. in The Landing Ballroom. Regular seating costs \$12 in advance and \$16 after Jan. 9. Cost for a VIP table (seats 10 people) is \$150 and guarantees a seat close to the stage. Doors will open at 7 p.m. People can stay after the show for a meet and greet with both comedians while the DJ keeps the party going from 10–11:30 p.m. The event is open to the public.

For more information, call 255-9810.

Anger management

Army Community Service offers its free anger management class Jan. 14 from 9-11:30 a.m. at The Commons, Bldg. 8950. Attendees will learn about identifying causes of anger, symptoms of anger, techniques to manage anger and developing an anger management plan. Registration is required by Jan. 10. People must pre-register and space is limited to the first 16 participants to register. The workshop is open to active-duty military, retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898, 255-9644 or 255-9641.

EFMP Support Group

The Exceptional Family Member Program invites all active-duty military Families who have an exceptional or special needs Family member to attend the Jan. 14 EFMP Support Group from 9-10 a.m. at The Commons. The topic for the meeting is “available resources for individuals with special needs and disabilities. The 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.

Winter craft making

The Center Library will host a winter craft making activity Jan. 14 from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children ages 3-11 and space is limited to the first 65 children to register.

For more information and to register, stop by or call the Center Library at 255-3885.

DFMWR Spotlight

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FORT RUCKER MOVIE SCHEDULE FOR DEC. 19 - 22

Thursday, Dec. 19

Thor: Dark World (PG-13)7 p.m.

Friday, Dec. 20

Escape Plan (R)7 p.m.

Saturday, Dec. 21

Runner Runner(R)4 p.m.

Sunday, Dec. 22

Ender's Game (PG-13)2 p.m.

Mass flu vaccination campaign improves Soldiers’ readiness

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic started an ambitious four-week flu campaign in October and has since given 99.09 percent of Soldiers on Fort Rucker their yearly flu vaccination.

Keeping Fort Rucker’s Soldiers healthy is important since most of them are flight students and often work long hours, both studying and flying, said Staff Sgt. Jamie Weber, primary care clinic NCO in charge at LAHC.

“We pushed harder this year to get all our Soldiers vaccinated quickly because we don’t want anyone to come down with the flu and risk spreading it throughout the community,” Weber said, adding about 4,000 Soldiers were vaccinated during the four-week campaign. “We only have about 36 Soldiers who haven’t received their

flu shot or mist and we are tracking them down now.”

More vaccinations were ordered this year due to the shortage last year and out of the 9,000 ordered, about 1,700 are still available.

Patients can receive their 2014 flu vaccination at the preventive medicine clinic from 7:30 a.m. to 3:30 p.m. during the week. The clinic closes at noon the third Wednesday of each month, and will be closed Dec. 24-25 and Dec. 31- Jan. 1.

“With the holidays around the corner, many of our patients are on vacation, so, if you’re in the area, now is the best time to come in and get your annual flu immunization,” said Lt. Col. Samuel Jones, chief of preventive medicine at LAHC.

Flu cases most often peak in February, and the flu season doesn’t end until March or April depending on the severity, according to the Centers for Disease Control

and Prevention. There have even been cases of the flu as late as May.

The CDC changed the recommended age for flu shots for children this year from 2 years to 6 months old.

“Children have always been able to receive a smaller dose of the vaccination, and it is safe and recommended for children to be vaccinated against the flu,” said Jan Pridgen, licensed practical nurse at LAHC, adding if a child does become sick, the severity of the symptoms will be decreased due to the vaccination.

Those who work with the elderly, in clinics or hospitals, around children in a day care setting and pregnant women are encouraged to get the flu shot as early as possible.

“We want to keep our community healthy, and making sure you and your Family receive the flu vaccination is a great way to start off the New Year,” Weber said.

Army health officials offer tips on how to beat holiday blues

By Jessica Rawlings
U.S. Army Public Health Command

It’s that time of year again: festive music fills the air, fireplaces crackle and holiday cheer abounds. It’s the most wonderful time of the year, right?

Not necessarily. Many people can find themselves dealing with the holiday blues and can be sad, lonely or even depressed.

There are many reasons that people might find themselves struggling with the holiday blues: pressure to feel merry, reminders of lost loved ones and financial hardships are just a few. Military Families can add one more reason to that list: deployment. Coping with deployments can take a toll on one’s emotional wellbeing and this is only increased when a loved one’s deployment spans the holidays.

The following are a few tips to help beat the holiday blues.

- Take it one day at a time. Try to avoid looking at this time of year as the holiday season. Instead, try to break it down day by day, think of it as Thanksgiving Day, Christmas Day or New Year’s Day. Often, it is easier to think “I can get through this day,” rather than thinking “I can get through this season.”
- Get in touch with Family members by writing letters, visiting or making phone calls.
- Try to avoid retail therapy. Fight the temptation to spend extra money to make you feel better, as this can lead to increased stress or depression when the

credit card bills arrive.

- Give yourself permission to have fun. It is normal to be sociable during the holidays, even if your loved one is not available to attend events with you.
- Ask for help. You don’t need to be Superman or Superwoman – you do not need to wing it alone. Lean on close Family and friends to help you through this time.
- Stay busy. Avoiding unstructured time may help to minimize difficult feelings. Try to fill your calendar with fun events and give yourself something to look forward to.

It is also important to know when the blues are a sign of something more. Depression is common around the holidays and recognizing the symptoms is a key step in getting the help you might need.

Symptoms of depression include lack of sleep or over sleeping, over eating or not eating at all, crying for no reason or any reason and loss of interest in activities. If you are experiencing these symptoms for an extended period of time and are concerned that you may be depressed, contact your primary care provider or patient centered medical home for help.

There are many ways to beat the holiday blues, but remember it is OK to feel what you are feeling. Forcing yourself to be happy can often make it worse. Try to incorporate some of the tips above if you find yourself feeling down during the holidays, and remember: you are not the only person experiencing the holiday blues.



PHOTO ILLUSTRATION BY PFC. WILLIAM HATTON

Soldiers who are away from their loved ones this holiday season need to be especially alert to signs of stress so they can seek help or get others to seek help.

Tips to quit tobacco

Use the 5 Ds to help with urges

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

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

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Families invited to enjoy Athens’ southern splendor

By **Brian S. Jones and Jeanette Jones**
Alabama Tourism Department

Athens is a small city in north Alabama with a charming downtown square full of history.

Those who enjoy the Southern tradition of “exaggerated remembrances” will feel right at home at the Athens Storytelling Festival. The Delmore Days Festival and the Tennessee Valley Old Time Fiddlers Convention have become annual pilgrimages for music lovers.

Foodies make their own pilgrimages to the area to enjoy the nationally award-winning goat cheese produced at the nearby Belle Chèvre creamery.

Where to begin: Athens State University

Begin your tour of the area at Athens State University, 300 N. Beatty St.; (256) 233-8100. Founded in 1822, it is located four blocks from the home of George S. Houston, who served as governor of Alabama from 1874 to 1878.

Athens State began as the Athens Female Academy and later became an institution of the Methodist Church before going coeducational. The state of Alabama took control of the college in 1974, changing its name to Athens State College and then Athens State University.

It is the only two-year upper-level university in the state. It serves as a complement to the state’s junior colleges by offering only junior- and senior-level classes. Athens State offers more than 30 undergraduate majors through three colleges: Business, Arts and Sciences, and Education. It has an enrollment of about 3,500 students. Calhoun Community College, one of the state’s largest, is

in the southern part of the county.

The main building on campus, Founders Hall, was built in 1842. Local legend says the building was saved from burning by Union troops during the Civil War when college President Jane Hamilton Childs produced a letter from President Abraham Lincoln asking that it be spared. Listed on the National Register of Historic Places, it also houses the majestic Altar of the New Testament wood-carvings. The nearly life-size carvings took 12 years to complete and depict Christ and New Testament figures and verses carved in tulip poplar. Tours are available by appointment. This is one of the buildings featured on the annual October Haunts Walks.

The Tennessee Valley Old Time Fiddlers Convention

The Tennessee Valley Old Time Fiddlers Convention takes place each year on the campus of Athens State on the first Friday and Saturday in October. Though officially founded in 1966, its roots date back much further. The Athens area was largely populated by migrant farmers from the southern Appalachian Mountains region. These migrant farmers were descended from immigrants from the British Isles who had a strong heritage and culture of folk fiddle music.

The Tennessee Valley Old Time Fiddlers Convention is noted for its role in reviving the tradition of competition in old-time music. More than 15,000 people, representing more than 30 states, attend the convention each year. In addition to the music fans, the convention brings together some 200 contestants who compete for top prizes. The two days of competition feature 18 categories, including fiddle and guitar, harmonica, mandolin, bluegrass banjo, dulcimer, old-time singing, banjo and buck dancing. The com-

petitions all lead to a “fiddle-off” between the top two fiddlers with the champion taking home a trophy and a cash prize. There are also more than 150 booths packed with vendors, artists and craftsmen. The Tennessee Valley Old Time Fiddlers Convention is known as the “Granddaddy of Midsouth Fiddlers Conventions.”

Explore historic downtown Athens

Historic downtown Athens is just 1.5 miles from exit 351 on Interstate 65. The 1916 Limestone County Courthouse, crowned by a dome in the French Second Empire style, dominates the business district. The courthouse square offers an eclectic mix of shops featuring a wide variety of antiques, gifts, gourmet foods, clothing and hardware. The courthouse square is also home to the annual Athens Storytelling Festival.

One block off the square on Houston Street is the Houston Memorial Library and Museum, 101 N. Houston St.; (256) 233-8770, which was the home of George S. Houston, U.S. senator and governor of Alabama (1874-1878). The facility serves as one of the cornerstones of the historic Athens community and is both a public library and a period museum. The home, said to have “spirits,” is another featured stop on the October Haunts Walks. It is open to the public Monday through Friday, 10 a.m.-5 p.m., and on Saturdays from 9 a.m.-noon.

The U.G. White Mercantile Store, 101 N. Jefferson St.; (256) 232-4540, has been an anchor of the Athens downtown square for nearly a century. The business was started by Ulysses Grant White in 1917. White moved to the area from Tennessee and decided to open the store after being injured in a farming accident. He sold everything from horse-drawn plows and tractors to radios, heat-

ing stoves and cast-iron skillets. The store passed through four generations of White’s descendants to the Aycocks, Derrick Young and Johnny Furline. Today, visitors walk along the hardwood floors and roam the historic store looking at the vintage signs and shopping an eclectic blend of old and new offerings.

Located inside the U.G. White building is LuVici’s restaurant, specializing in Southern cooking. It offers a quiet respite from hours of touring and shopping plus a great meal. Displaying the slogan “Put some South in your mouth,” the restaurant features blackened sea bass, shrimp bisque and a different entrée each week. It is open Monday through Wednesday for breakfast and lunch and Thursday through Saturday for breakfast, lunch and dinner.

Where to stay

Located about 10 miles west of Athens in the Ripley Community is The Drop Farm, 11185 Snake Road; (256) 777-0964. There you will find The Drop Inn, a bed and breakfast. The Drop Farm also offers horseback riding lessons and trail rides.

Take the self-guided driving your along the Civil War trail

The self-guided driving tour of the Athens-Limestone County Civil War Trail travels through sites of the battles of Athens and Sulphur Creek Trestle. The Decatur and Nashville railroads in Limestone County played a vital role in the Civil War, and the Athens to Decatur portion of this route still operates today. In southern Limestone County, visitors will see the Memphis & Charleston, which was the longest railroad line in the Confederacy. This strategic railroad transported soldiers and supplies from

WIREGRASS COMMUNITY CALENDAR

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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.andalusialegiopost80.org.

DALEVILLE

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.

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

DOTHAN

JAN. 25 — Temple Emanu-el Sisterhood hosts the Gala Art Exhibition and Auction at 7 p.m. A champagne preview will be held at 6 p.m. Admission is \$10 per person and a portion of the proceeds will benefit local charities. “Take a Second Look” will be held Jan. 26 from 10 a.m. to 2 p.m. Bagels and coffee will be served. For more information, call 792-5001 or visit www.dothanfirst.biz/event_details/Just_the_Facts_Healthy_Marriage_Workshop/227348.html

JAN. 26 — The Dothan Eagle Bridal Extravaganza will be held at the civic center from 10 a.m. to 5 p.m. The event seeks to provide an assortment of shopping opportunities for brides-to-be and their grooms, including wedding photographers, caterers, formal wear shops, honeymoon destinations and more. For booth information, call 792-3141. For more information, visit www.dothanciviccenter.org.

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 — 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 — 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.tristatecommunity-orchestra.com or call 585-4903.

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

ENTERPRISE

JAN. 25 — The 11th annual Rawls Ball to benefit the S.O.S Animal Shelter will begin at 7 p.m. The event calls for formal attire. The ball is an annual event that celebrates the heritage of historic downtown Enterprise while benefiting a local cause. Tickets must be purchased prior to event. For more information, call www.rawls-bandb.com.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gib-

son 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

ONGOING—Disabled American Veterans Chapter #99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

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

ment test prior to attending class. Call 894-2350 for more information.

TODAY – Disabled American Veterans Chapter #99 plans to conduct its holiday meal at the New Brockton Police Station’s conference room at 6 p.m. Order of the day will include food, “fun,” games and a visit from Santa. All members and their guests are cordially invited. For more information, call 718-5707.

OZARK

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

New Year’s Eve Beach Ball Drop

People can ring in the New Year with Panama City Beach Dec. 31 at Pier Park during the sixth annual Pier Park Beach Ball Drop. An 800-pound glowing beach ball begins the more than 100-foot descent just before midnight. Festivities are free and open to the public and begin at 5:30 p.m. with Family-friendly entertainment. Thousands are expected to gather for an evening of live entertainment, fireworks displays, giveaways and more.

The Family Beach Ball Drop will finish at 8 p.m. after more than 10,000 inflatable beach balls are released onto Pier Park’s boardwalk. The countdown celebration takes place from 8:45 p.m. to 1:00 a.m. when streets will be closed to traffic.

‘A Dickens of a Christmas’

The downtown Panama City festival of Family fun concludes Friday night. 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.

Biggest Loser Half Marathon and 5K

This race will be held at Pier Park in Panama City Beach Dec. 29. The race is described as a chance for new runners or walkers to enjoy a non-intimidating environment and celebrate their healthy lifestyle achievements. The course will end on the beach. There will be live entertainment at the race finish. There is also a Kids Fit 1-Mile Fun Run for ages 4-12. For more information or to register, visit www.biggestloserrunwalk.com.

Soldiers to get expedited airport security screenings

By David Vergun
Army News Service

WASHINGTON – Starting Friday, Soldiers will be eligible for expedited pre-flight screening at airports, meaning they’ll be able to get into the express line where they don’t need to remove their shoes and belts or take laptops out of their baggage.

All service members, including those in the Reserve, National Guard and Coast Guard, will be eligible for the TSA Precheck Program, as the program is known. Those in the Guard and Reserve do not need to be in an activated status, and service members do not need to be in uniform, said Mark Howell, Transportation Security Administration spokesman.

Not eligible are personnel in the Individual Ready Reserve, military retirees, and Army and Defense Department civilians, he added.

Currently, about 10 airports allow service members to show their Common Access Cards and go into the expedited pre-check line, he said. On Friday, “that’s going away,” Howell said.

Instead, service members will need to enter their CAC identification number into the “Known

Traveler” field when booking airline tickets. All airlines have this field on their forms, he said, adding that the Defense Travel System also has a Known Traveler field where the CAC ID number can be added. Soldiers should consult with their DTS representative for more information.

Once Soldiers book their airline ticket, the airline sends the CAC ID number and the Soldiers’ information to TSA’s Secure Flight office, a program that maintains a criminal and terrorist watch list, he said.

When Soldiers print out their boarding passes at the airport, a “TSA Secure Flight” logo will appear at the top, and that informs TSA personnel to allow the Soldiers to get into the expedited, pre-flight line, he said.

So, essentially, the only thing Soldiers need to do, he said, is to ensure they enter their CAC number when booking either through DTS or online for non-official travel, he said. TSA does all the behind-the-scenes security legwork.

A caveat to the program, Howell said, is that non-military spouses are not eligible, nor are their children, except for those aged 12 and younger.

However, Howell said, TSA



PHOTO BY SGT. 1ST CLASS DAMIAN STEPTORE

Beginning Friday, Soldiers will be eligible for expedited pre-flight screening, meaning they’ll be able to get into the express line where they don’t have to remove their shoes and belts or laptops from their baggage. Pictured here are Soldiers going through a non-expedited line. The man on the left is thanking a Soldier for his service.

will soon offer them and the general public the same TSA Precheck Program benefits service members get, but there will be an \$85 fee to be eligible and it’s only good for five years.

TSA is excited about extending the program now to service members, he said, because about 25

percent of TSA’s workforce are military veterans, including Howell, who is an Army veteran.

“In the future, we’d like to facilitate expedited pre-flight screening for more and more Americans,” he said, as TSA is “becoming more like a risk-based, intelligence-driven organization.”

TSA is working on various ways to expedite travelers, but new initiatives are not yet ready to be announced publicly, he said.

“It’s better for us and it’s better for the traveling public, who won’t have to wait as long,” Howell said.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Giblet, a 5-month-old black female kitten who is available for adoption at the Fort Rucker stray facility. She is extremely friendly and flirty. It costs \$80 to adopt Giblet 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.

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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).

2013 FORT RUCKER CHAPEL HOLIDAY SERVICES

Postlude Thanksgiving Service 27 November 1930 Headquarters Chapel, Bldg 109	Thanksgiving Day Mass 28 November 1930 Main Post Chapel, Bldg 8940
Children's Christmas Play 15 December 1930 Headquarters Chapel, Bldg 109	Children's Christmas Eve Mass 24 December 1930 Main Post Chapel, Bldg 8940
Christmas Eve Protestant Service 24 December 1930 Main Post Chapel, Bldg 8940	Christmas Eve Midnight Mass 24 December 2400 Main Post Chapel, Bldg 8940
Christmas Day Mass 25 December 1930 Main Post Chapel, Bldg 8940	New Year's Eve Mass 31 December 1100 Main Post Chapel, Bldg 8940

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Visit: www.rucker.army.mil/holiday/

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Wed - Fri: 7:10 & 9:30
Sat - Mon & Thurs: 2:10, 4:25, 7:10 & 9:30
Tues: 2:00, 4:25 & 7:10 • Wed 7:10 & 9:30

II TYLER PERRY'S A MADEA CHRISTMAS - PG-13
Fri: 7:00 & 9:20
Sat-Mon & Thurs: 2:00, 4:20, 7:00 & 9:20
Tues: 2:00, 4:20 & 7:00 • Wed 7:00 & 9:20

WESTGATE CENTER

III THE HUNGER GAMES: CATCHING FIRE - PG-13
Wed & Thurs 7:00 • Fri 7 & 9:45
Sat & Sun 2:00, 7:00 & 9:45
Mon & Tues 7 Only — Final Tuesday Evening

IV WALKING WITH DINOSAURS - PG
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Tues: 2:00, 4:00 & 7:00 • Wed 7:00 & 9:00

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(In 3D): Fri: 9:15; Sat - Mon: 4:15 & 9:15
Tues 3D 4:15 ONLY

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DECEMBER 19, 2013

Mistletoe 5K kicks off holiday fitness

By Nathan Pfau
Army Flier Staff Writer

‘Tis the season for feasting and festive treats, but people on Fort Rucker lined up to make sure they didn’t let the holiday feasts get in the way of their fitness goals.

More than 300 people participated in the Mistletoe 5K run and fun run in front of the Fortenberry-Colton Physical Fitness Center Saturday as a way to kick off the holiday season and stay in shape at the same time, according to Lynn Avila, fitness programs coordinator.

“This (run) helps keep morale going and start off the holiday festivities with fitness,” said Avila. “With the extra parties, celebrations, food and eating, this is a good way to counterbalance that and remember that even through the holidays we have to stay fit.”

People were dressed in Santa hats and holiday sweaters to help get in the festive mood, and even the weather held out to make sure the run went off without a hitch. The forecast had shown early morning showers, but not a drop fell as the runners crossed the finish lines.

“We’d been very hopeful for the weather and it’s held out for us and I’m so excited about that,” said the fitness coordinator.

The winners of the run in separate categories are: Myles Osborne, male overall winner, with a time of 17:38; Jeanne Davis, female overall winner, with a time of 20:28; Benjamin Duncan, male master winner, with a time of 19:13; Sharon Whitcher, female master winner, with a time of 23:22; Richard Webb,



PHOTO BY NATHAN PFUAU

Runners sprint off the line in front of Fortenberry-Colton Physical Fitness Center during the Mistletoe 5K Saturday.

male grandmaster winner, with a time of 21:34; and Nina Korges, female grandmaster winner, with a time of 26:06.

“It felt good to win the race,” said Osborne. “There were a lot of hills to overcome, but it was a good race overall.”

Osborne, who is a 16-year-old military Family member, said he runs for the fitness aspect, but also hopes to gain a scholarship through running.

“I like these events because it gets people out to do something and lets them just have fun,” he

added.

The run serves a greater purpose than just providing a platform for people to participate in physical fitness, said Louisa Spears, civilian from Enterprise.

“I think this is a great way to bring people together,” she

said. “I came out to support my friends, and it gives us a chance to get together and have fun doing something that we all love to do. When you have a group of friends that can share in something that you love to do, it just makes relationships that much

Rucker Lanes Gatsby’s it up on New Year’s

By Sara E. Martin
Army Flier Staff Writer

People can bowl in the New Year in lavish style Dec. 31 with a special evening for everyone that attends.

Inspired by the extravagant parties that were brought to life in the pages of the “Great Gatsby,” Rucker Lanes will host a New Year’s party that is sure to be the talk of the town when 2014 rolls in.

“There were a number of factors that we considered when planning this event. We wanted to offer something that would be cost effective for our military Families,” said Ron Cook, Rucker Lanes business manager. “There was a great amount of focus in planning something that would be suitable for all ages, and then pushing it further to where it would be a great experience for the Family as a whole.

“(We wanted to provide) something that’s not the ‘norm’ in bowling,” he continued. “If we succeed on all of these goals, we will have provided the military Family a truly special event that will be memorable

for (everyone).”

The Pin Down Countdown will have two events – a Family countdown from 6-9 p.m. and a late-night countdown from 10 p.m. to 1 a.m., with “Great Gatsby”-era attire highly recommended at both parties.

“We know that there are a number of Families out there that have small children where a late-night (or later) event wouldn’t be practical,” said Cook. “As a facility, we’re dedicated to making sure that every member of the Family, big or small, can come out and have fun with us, and in providing the earlier event, I feel that we have another opportunity to deliver on our commitment to the overall Family.”

Cook said that Rucker Lanes is committed to delivering on its promise to provide Soldiers, civilians and their Families a quality of life commensurate with the quality of their service. In holding to this value, he said the parties were designed around the entire Family, and welcome all ages.

The Family countdown is \$50 per lane with a maximum of six guests. The reservation includes unlimited bowling, shoe

rental for all guests, one 16-inch pizza with one topping, one pitcher of fountain soda or tea, and New Year’s party favors.

The late-night countdown is \$100 per lane with a maximum of five guests. The reservation includes unlimited bowling, shoe rental for all guests, soup and salad and entrée for each guest, dessert selection, one pitcher of fountain soda or tea and New Year’s party favors.

“Our (very important person) experience is something new that we get to offer this year, and it allows us to deliver an even more relaxed and comfortable bowling experience,” said Cook. “Guests who reserve the VIP Lounge for the event will have two lanes for the event rather than our standard one lane reservation, as well as a couch and coffee table style seating rather than our normal barstools and tables. We only have one of these experiences available for each event, so reserve early!”

The VIP Countdown Experience is \$75 for the Family countdown and \$150 for the late-night countdown. Each lane is allowed six guests. A non-refundable deposit of \$5

per person is due at the time of any reservation.

In the event that there are open lanes the night of the celebration, lanes will be offered to people on the stand-by list and walk-ins at the full advertised price.

No true 20s party is complete without being properly dressed and a number of prizes will be awarded to the guests that come in the style of the day.

“We are planning on offering a number of free food and bowling passes, with our grand prize being our Gatsby’s Gift, where the best dressed lane can win a full reimbursement of the original reservation price, said Cook.

Cook said that in developing this year’s theme they wanted to focus on something lavish, exciting and over-the-top.

“We will be serving steak and chicken dinners, providing full lane side service, and bringing our bowling experience to a whole new level. With this being our mindset for the event, the “Great Gatsby” became a natural fit,” he said.

For more information, call 255-9503

PIGSKIN PICKS



	Miami vs. Buffalo	New Orleans vs. Carolina	Indianapolis vs. Kansas City	Dallas vs. Washington	Arizona vs. Seattle	New England vs. Baltimore	Chicago vs. Philadelphia
 Jim Hughes Public Affairs (66-39)							
 Brian Jackson DFMWR (61-44)							
 John McGee CDID (72-33)							
 Capt. Mike Simmons Directorate of Public Safety (60-45)							
 Sharon Storti Network Enterprise Center (62-43)							



TRIVIA

1. POP CULTURE: What is Barbie's (the doll) last name?
2. LITERATURE: Who wrote the thriller novel "The Day of the Jackal"?
3. MOVIES: The film "Lady Sings the Blues" was the story of what singer?
4. ANATOMY: What are succedaneous teeth also known as?
5. GEOGRAPHY: Where does the Gulf of Oman lie?
6. BUSINESS: What is an oligopoly?
7. LEGAL: What does it mean when a case is heard "en banc"?
8. PSYCHOLOGY: What is coprolalia?
9. LANGUAGE: What is a "Catch-22"?
10. ANIMAL KINGDOM: What kind of bird is a bobwhite?

Super Crossword

**NOW ZEE
HERE**

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 of the Jack-
 Lady Sings
 what sing-
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 e does the
 an oligopo-
 mean when
 it is copro-
 is a "Catch-
 OM: What
 s answers.

by Linda Thistle

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

★ Moderate ★★ Challenging
★★★ HOO BOY!

1	2	3	4	5	6		7	8	9	10	11	12	13	14		15	16	17	18	19
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23							24									25				
26				27						28					29					
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108								109						110				111	112	113
114							115						116	117				118		
119							120									121				
122							123									124				

See Page D4 for this week's answers.

KID'S CORNER



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



Soldiers dominate World Cup bobsled competition in Utah

By Tim Hipps
Installation Management Command

PARK CITY, Utah – U.S. Army World Class Athlete Program Soldiers defended home snow as if Olympic dreams depended upon their performances at the International Bobsled and Skeleton Federation’s 2013 World Cup stop Dec. 6-7 at Utah Olympic Park.

Capt. Chris Fogt, Sgt. Nick Cunningham, Sgt. Dallas Robinson and Olympic gold medalist Sgt. Justin Olsen all solidified their chances of being selected for the U.S. Olympic bobsled team that will compete at the 2014 Olympic Winter Games, scheduled for Feb. 6-24, in Sochi, Russia.

Led by former World Class Athlete Program bobsled driver and hometown hero Steven Holcomb, the reigning Olympic and five-time World champion, Soldiers past and present occupied the top four spots on the two-man bobsled podium Friday night. Holcomb and Fogt won the event with a two-run cumulative time of 1 minute, 35.51 seconds.

Cunningham and Robinson earned their first career World Cup two-man medals by finishing second in 1:35.76. The WCAP duo powered the 24 Hour Fitness-branded BMW sled off the starting block in 4.86 seconds, and Cunningham drove them into second place among 25 sleds with a first run of 47.84 seconds. Despite a few mistakes in the second heat, they managed to claim the silver medal.

Germany’s Francesco Friedrich and Jannis Baecker took the bronze with a time of 1:35.80. Team USA civilians Cory Butner, of Yucaipa, Calif., and Chuck Berkeley, of Walnut Creek, Calif., finished fourth in 1:35.93.

“You can tell the depth and drive



PHOTO BY TIM HIPPS

Former U.S. Army World Class Athlete Program and reigning Olympic bobsled champion driver Steven Holcomb (right) and WCAP Olympian Capt. Chris Fogt win the two-man bobsled event, Dec. 6 at the 2013 International Bobsled & Skeleton Federation World Cup stop at Utah Olympic Park in Park City, Utah.

of this team,” said Cunningham, of Monterey, Calif. “Our results really do show that we are here, we know it is the Olympic season and we all have to work a little harder. We all have to work as a team to get these kinds of results. I think we did all come together this week. The sled techs have been working around the clock. They have really showed why we are one of the best teams in the world. We have great coaching, support staff, sled builders, mechanics. It has really shown that we have the tools to win.”

Robinson, of Owensboro, Ky., was elated to win the silver medal.

“I’m really fortunate to have this opportunity to represent the United States and serve the United States through the Army World Class Athlete Program,” Robinson said. “As a Soldier-athlete, I couldn’t be more proud. This is Nick’s first podium finish, my first podium finish and we’re going into an Olympic year. I’m just blessed beyond recognition.”

“It is a great day for the United States, finishing 1-2-4,” Holcomb added. “It is the right time to have everyone doing well, and seeing everyone click is really good. My guys are motivated and pumped up

in seeing our success today. I think it is going to motivate them even more tomorrow. We’ve worked really hard on these sleds since October and we are starting to see them really come around.”

Dec. 7, Holcomb drove his Night Train 2 team of Curt Tomasevicz, Steve Langton and Fogt to his fourth consecutive victory of this young World Cup season with a two-run cumulative time of 1:34.76 in the four-man event. Holcomb’s squads also won both the two- and four-man races at the season opener in Calgary, Canada.

“Overall, it was a really good

race,” Holcomb said. “It is nice to come home and show that my home track is still my track. We have to keep our momentum going. At this point, it is real easy to get complacent. The second we ease up, the rest of the field will jump up and stop us. It is only going to get harder and harder the rest of the season.”

USA-1 powered through the steadily falling snow as the first sled down the hill and was tied with two other sleds for the lead with a run of 47.36 seconds after 24 sleds

SEE DOMINATE PAGE D4

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Dominate: Team sets eyes on Olympic competition

Continued from Page D3

completed the first heat.

The German squad of Maximilian Arndt, Marko Huebenbecker, Alexander Roediger and Martin Putze, along with Russians Alexander Kasjanov, Philipp Egorov, Maxim Belugin and Aleksei Pushkarev, threatened to end Holcomb's winning streak by posting the identical time for a three-way tie after Heat 1.

"A three-way tie for first place was huge," Holcomb said. "That is what racing is all about."

Holcomb, Tomasevycz, Langton and Fogt responded in the second run with a push time of 4.78 seconds, 0.06 seconds shy of the track record, to separate from the field at the start.

"My brakemen were great," Holcomb

said. "To push a 4.78 in snow is great. In good weather my push crew would be hunting down the track record. I cleaned up my second run. The push crew did their job, I did my job and we came away with the victory."

Maximilian's quartet of Germans finished second (1:35.11), followed by Kasjanov's Russian crew (1:35.12).

Cunningham, Olsen, Johnny Quinn and Abe Morlu finished in a tie for 15th place with Germany's second sled in 1:35.48.

"The guys gave me a good push in the first run, but I made a few crucial driving errors and the time showed," Cunningham said. "You never want to fall back in the second run, especially after we were already at the back of the pack. Hopefully we will go into Lake Placid with a little chip on our shoulder

and we can compete better there. We'll have to throw this one away and focus on next week."

Olsen was surprised that being just .34 seconds off the lead pace of the first heat put the squad in 16th place after the first run.

"Thirty-four hundredths is not that much time to make up, so I thought we were in a good position," said Olsen, a native of San Antonio. "I was pretty shocked that we were in 16th place, being just three-tenths back. It's a little frustrating to know that, but it's pretty cool knowing that in our sport you've got 18 people that can win the race – that's what we're talking about – that's racing."

"Our start times were good on the first heat. We made a little change and decided not to go as deep [on the push start] and it ended up

hurting us a little bit," said Olsen. "We won't know until we get to watch the video, really, what happened, but I'm proud of Sergeant Cunningham today, and this is my first opportunity to get to race this season."

Olsen, a member of Holcomb's gold-medal winning four-man team at the 2010 Olympic Winter Games in Whistler, British Columbia, Canada, made his season debut after recovering from an off-season injury.

"I know there are tough decisions to be made, but I feel like when I'm healthy, I'm one of the best left-side pushers in the world," Olsen said.

Team USA plans to announce its Olympic bobsled roster Jan. 19, after World Cup stops in Lake Placid, N.Y. (Dec. 14), Winterberg, Germany (Jan. 5), St. Moritz, Switzerland (Jan. 11), and Igls, Austria (Jan. 19).

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	Alamo Bowl	Chick-Fil-A Bowl	Rose Bowl	Sugar Bowl	Cotton Bowl	Orange Bowl	BCS National Championship
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Youth sports batting cages close

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Feb. 17.

For more information, call 255-2254 or 255-2257.

Cobra Demo Day

Silver Wings Golf Course will host a free Cobra Demo Day Saturday from 9 a.m. to 3 p.m. at its driving range. The event is designed to help people experience the latest and greatest that golf technology

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For more information, call 598-2449.

Golf shop holiday sale

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

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Roberts
- Frederick Forsyth
- Bellie Holiday
- Permanent teeth
- Between Oman and Iran
- An industry dominated by a few sellers
- A hearing by all judges of a court
- A disorder characterized by uncontrollable sweating
- A illogical or absurd predicament
- A quail

Super Crossword

Answers

LOCALE	PRELOADS	INPEN
INAFIX	COLOMBIA	NAIVE
ZINGTHE	BISMARCK	STEAM
ATE	TARS	ANAT
PEARCE	BLUR	MONICA
ZEALOUS	RIFLES	SOD
ITS	GEE	UNREST
TREE	FARM	OKIES
LIEUTENANT	ZULU	ONA
ETE	DET	SEMINAR
MELS	ISAN	CUD
RES	RECOLOR	ZAPSUCKERS
DOCTOR	ZEUS	ATIPTOE
YON	NOL	YEGG
GENE	ORIOLES	AAH
IRA	CDS	QUARTERBACK
ZAC	BASTE	USTROOPS
LUCENT	INC	FAN
ROE	FEASTS	ZOO
FORD	DAMAGES	RUSS
ATTIRE	LOLA	ATIT
OF	RHINE	ACAPPELLA
ZINGER	READS	MOTHERED
ECARTE	ERNST	PASADENA
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