AER

Changes include dental assistance, spouse scholarships

Story on Page A3



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SCALE BACK Program helps kickstart weight loss

Story on Page C1



BOOT CAMP Fitness facility offers boot camp to kick off

Story on Page D1

resolutions



JANUARY 5, 2012



FORT RUCKER * ALABAMA



Spc. Brandon Mosher and Spc. Cody Ford, 1st Battalion, 223rd Aviation Regiment Air Ambulance Detachment, "Flatiron" unit, go through a training exercise in the current Medevac simulators Dec. 14. Officials say, research and demonstrations on future Medevac helicopters will allow for more space, faster speed and reduced risk of fatality in theater.

Research, training Medevac **improves**

By Erin Murray Army Flier Staff Writer

Representatives from the U.S. Army Medical Department, U.S. Army School of Aviation Medicine and the 1st Battalion, 223rd Aviation Regiment Air Ambulance Detachment, "Flatiron" unit, got a glimpse of the future of Army Aviation and a chance to give feedback that may

impact the features and form of future for AH-64 Apache, UH-60 Black Hawk, Medevac aircraft during a study conducted Dec. 14 at Fort Rucker.

Researchers for the Department of Defense Joint Future Vertical Lift study brought a Boeing V-22 Osprey to Fort Rucker's Medevac training facility and demonstrated various configurations to the inside of the craft. The JFVL study is currently researching replacements CH-47 Chinook and OH-58 Kiowa aircraft.

"The Joint Future Vertical Lift study is looking at the next generation aircraft. Speed, range and carrying capacity are the three things that Medevac would like to see included in the next generation of aircraft. We're looking at how to integrate Medevac requirements into what the JFVL

study and the U.S. Army Aviation Center of Excellence is doing," said Mark Robinson, a researcher for the JFVL study.

"The Army Aviation Center is being smart. They're going to the customer and asking what is needed. They're playing with the configuration to find the best options," said Robinson adding

Aviation instructor receives Air Medal with Valor



Col. Jessie O. Farrington, U.S. Army Aviation Center for Excellence deputy commander, presents Sqt. 1st Class Jeffrey M. Day, of the Directorate of Evaluation and Standardization, with the Air Medal with Valor for exceptionally meritorious achievement in valor.

By Nathan Pfau Army Flier Staff Writer

Soldiers and Family members gathered to honor a Fort Rucker UH-60M standardization instructor at the Silver Wings Golf Course clubhouse as he received the Air Medal with Valor Dec. 20

Sgt. 1st Class Jeffrey M. Day, of the Directorate of Evaluation and Standardization, was presented with the medal by Col. Jessie O. Farrington, U.S. Army Aviation Center for Excellence deputy commander, for exceptionally meritorious achievement in valor that was displayed in support of Operation Enduring Freedom May 25, according to Capt. Jonathan Britton, operations officer of the Directorate of Evaluation and Standardization.

"Day displayed complete disregard for his own safety while initiating multiple engagements against an enemy with superior fields of fire over the friendly forces," said Britton. "His actions were decisive in saving the lives of the Soldiers on the ground."

Col. David Fee, director of the Directorate of Evaluation and Standardization, told the Soldiers and Family members the story of how Day came to receive the medal

"We were trying to decide whether he is crazy or stupid," said Fee, "but no matter what, most of the great awards were given somewhere in between.'

According to the colonel's account, there was a unit under heavy fire that had run out of bullets and water, and needed an emergency resupply. These supplies are stuffed into bags, which are then called speedballs, to be delivered by aircraft to the unit in need.

"They needed someone to help push [the supplies] out of the aircraft and, naturally, Day says, 'I'll do it'," continued

It was Day's job to get the speedballs off the aircraft and to the unit. When the aircraft gets close enough to where the unit is to be resupplied, Day is "mission focused," according to the colonel.

SEE VALOR, PAGE A5

Veterinary command inactivates, services remain same

By Nathan Pfau Army Flier Staff Writer

Soldiers traveled from across the gulf coast to attend the inactivation ceremony of the Gulf Coast District Veterinary Command at the United States Army Aviation Museum Dec. 16.

The ceremony kicked off with a welcoming address by Sgt. 1st Class LaShonda Young, operations noncommissioned

"The inactivation ceremony is an event that is rich with tradition, symbolism and heritage," said Young. "The key to the ceremony is the casing of the units' guidon. The guidon is the commanding symbol of authority, representing responsibility to the organization. The casing of the guidon symbolizes the inactivation of the unit."

The GCDVC had command and control of three branches in Alabama, western Georgia, eastern and southern Mississippi, and the panhandle of Florida, according to

Some of the responsibilities of the veterinary command included: providing complete veterinary care for all governmentowned animals; providing public health services to privately-owned animals for authorized customers; and providing Veterinary Corps officer support to the U.S. Air Force Clinical Research Laboratory at Keesler Air Force Base, Miss.

The inactivation of the GCDVC is a result of the merger of the veterinary command with the Public Health Command, according to Maj. Karen Weekes, commander of the GCDVC on Fort Rucker, and is a realignment in the command struc-

"With that realignment, the GCDVC will be officially inactivated and the public health command district ward will be activated," said Weekes, "We are now somewhat of a detachment unit that now falls under that command."

"The U.S. Army veterinary service personnel that made up the command will continue to proudly serve the Department of Defense of the United States, our nations Soldiers, Sailors, Airmen, Marines and their Families," said Col. George Renison, guest speaker and commander of the Southeast Regional Veterinary Command. "I ask that all Soldiers of the GCDVC give the same level of dedication and selfless service to the new public health command.

"We've held inactivation ceremonies for the Southeast Regional Veterinary Com-

mand, the Great Plains Regional Veterinary Command, and the United States Army Veterinary Command in San Antonio, so it seemed only appropriate to hold another ceremony, here with the Soldiers, to commemorate the GCDVC colors at the home of its headquarters here at Fort Rucker," said the colonel.

"The GCDVC had the command and control of the three branches: Fort Rucker, the Naval Air Station and Fort Benning," said Renison, "each with missions to provide the complete spectrum of authorized veterinary services to all of the DOD agencies in Alabama, Georgia, Florida and Mississippi.'

The GDVC also integrated Reserve components into the district, and employed and

SEE INACTIVATION, PAGE A4

PERSPECTIVE • A2 **ARMYWIDE** ■ B1-4 **COMMUNITY** • C1-6 ON POST • C2 SPORTS ■ D1-4

PERSPECTIVE

Kitchen fires may not always start for obvious reasons

U.S. Army Combat Readiness/ Safety Center

Reading the user directions on your new fire extinguisher while facing a real fire isn't the best

"When my children told me they wanted to deep-fry a turkey on their visit for Thanksgiving, I went out and bought a fire extinguisher," said Cheri Sutton, a civilian Department of Defense employee for the U.S. Army Combat Readiness/Safety Center, Fort Rucker, Ala.

Little did she know how important it would be, but not because of a deep-fried turkey.

"I heard a smoke-detector beeping about midnight one night, and thought the battery in it was low," she explained. "It annoyed me so

That's when things got serious. "As I neared the kitchen, I noticed a light. I knew I hadn't left

one on, and then I saw the fire on top of the stove," said the Dothan resident. "The smoke detector wasn't beeping like it does when the battery is low, it was beeping non-stop, which added to the overall stress of the situation."

The foot-high flames were centered on one eye of the stove, so Sutton reached for baking soda in the cabinet, a common household item recommended to quell a fire, but the box was half empty.

"Then I remembered that salt could be used for a fire, and my salt box was there near the stove, but it was empty and I had sat it out as a reminder to buy some more," she said.

Her next thought was to use

water, but she remembered water couldn't be used on a grease fire, which she thought could be the cause of the fire on the burning

It was then she remembered her newly purchased fire extinguisher.

"When I got the fire extinguisher and walked to the fire, I pulled it out of the box and realized I had never read the instructions on how to use it or what type of fires it was designed to fight,' Sutton said. "So, I stood there in front of the fire trying to read the instructions and just went ahead and used it."

Luckily for her, it put out the

Her investigation of the fire scene revealed the plastic handle on a spatula resting in a pan above the stove eye had melted and caught fire when the eye was turned on to the 'high' setting. How could that happen?

"My cat, Fella, loves to walk on the countertop and stovetop when no one is around, and I think he accidentally rubbed up against the control knob and turned it on,"

Fella, who tips the scales at 18 pounds, is the presumed culprit in the incident, but so far hasn't con-

she decided.

"I'm getting a new stove with vertical controls in the rear to help prevent this from happening again, and my advice to everyone is to read the instructions on your fire extinguisher before you need it for a real fire," Sutton explained.

According to Michael Wood, manager, Safety and Occupational Health, Ground Directorate, USACR/Safety Center, you should follow these tips when it comes to home fire extinguishers:

- · There are different types of portable fire extinguishers for different types of fires, but the best extinguisher to buy for the home is a multi-purpose dry chemical unit.
- · Read the directions, which come with the fire extinguish-
- Make sure you place the fire extinguisher where it can easily be seen and retrieved.
- Remember, fire extinguishers work best on small fires, such as a burning wastebasket or a small grease fire.

For more information on fire protection, you can log on to the U.S. Fire Administration at http:// www.usfa.fema.gov/citizens/ home_fire_prev/

This month in Army Aviation history

This month we're spotlighting the Air Combat January/February 1990 issue of the U.S. Army Aviation Digest. This issue

Defining the Army Aviation Total Combat System in the 1990s

There is an old Chinese curse that says, "May you live in interesting times." I don't know what we've done to deserve it, but surely we do live in interesting times. Past threats seem less ominous, political alliances are being adjusted and, in many instances, the size of national military forces is being

Traditionally in Aviation, highperformance, fixed-wing aircraft and pilots have been the attention-getters. Consider, for example, the popularity of movies such as "Top Gun" and "Iron Eagle," and aerobatic teams like the Blue Angels and Thunderbirds.

Extended Operations and Soldier Judgment: A Human-System Design Challenge

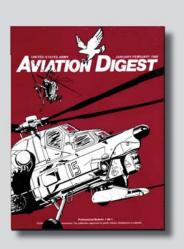
The need for including human engineering in the development of PEARLS military systems has always been intuitive and a part of major systems acquisition. Further, the U.S. General Aeromedical Aspects of Helicopter Accounting Office continues to promote Aviation Digest at http://bit.ly/av8-jan90.

the growth of human engineering efforts in the military.

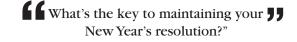
Employment of Copperhead: A **Tactical Scenario**

"The Soviet tanks and BMPs filled the landscape like an avalanche. The enemy was somewhere at hand but not to be seen. The British tanks were there all right, firing not directly from the flank but far back, in well-chosen positions behind low crests in undulating ground."

Download this issue of the U.S. Army



Rofor





Shanna Green. Army spouse

"Stay focused."



retired military

"Don't make one."



Christie Ralston, Army spouse

"Lots of praying."



Mike Bronnenberg, ACLC safety personnel

"Don't make one because you probably won't able to keep it."



Erica Johnson. Army spouse

"Take it one day at a

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

Army Emergency Relief

WASHINGTON - New categories of assistance and new scholarship opportunities are now available through Army Emergency Relief

Included among the new categories of assistance to Soldiers are Family member dental care, basic furniture needs, rental vehicles and replacement vehicles.

We have been seeing increased numbers of these types of requests," said retired Sgt. Maj. Dennis Scott, chief of AER's assistance division. "Previously, we've processed some cases with mitigating circumstances as an exception to policy. With this change we'll be able to assist additional Soldiers and their Families much more efficiently."

AER provides no-interest loans or grants to Soldiers, depending on the need and individual case.

Family dental care is not available on post for Families located in the United States. This can put a significant financial burden on Soldiers, AER officials said.

Dental care eligible for AER assistance includes diagnosis, fillings, crowns, root canals, extractions, sealants and emergency care



to alleviate pain. Assistance will be limited to no more than \$4,000 per

Basic furniture needs include beds, cribs, sofas, chairs and tables. The intent is to assist those Soldiers and families establishing a household when the quarters have no furniture. Additionally, this category would be eligible to Soldiers who lost their furniture as a result of a natural disaster. Assistance will be limited to no more

Assistance for a rental vehicle is intended to help those Soldiers on emergency leave, or waiting for the repair of a primary vehicle. The rental period would normally be seven to 10 days.

Assistance for a replacement vehicle is intended to help Soldiers when the cost to repair their current vehicle is greater than the vehicle's value. Assistance will be limited to not more than \$4,000.

We believe that by adding these additional categories, AER can take a more proactive role in caring for Soldiers and their families during a critical time in their lives," added Scott. In the past two years, AER has implemented a total of nine new categories in an effort to be more responsive to the changing needs of today's Soldiers.

Also changing within AER is the consolidation of its spouse scholarship programs. Previously, there were separate programs for spouses depending on whether they were located in the United States or overseas.

"The consolidation of the two spouse scholarship programs will simplify the application process, as well as allow all spouses to qualify for 'part-time' scholarships," said Diann Evans, manager for AER's scholarship programs. "This change will allow us to provide better service for all the appli-

Prior to consolidation, only overseas spouses could get scholarships for "part time" attendance. However, overseas spouses had to apply five times per year. This consolidation will allow them to apply once a year to align with the domestic spouses who will now be able to get assistance while only going to school part-time.

"One of the comments that we regularly received from the spouses located in the States was that it was very difficult to find the time to go to school full-time while maintaining a household with a deployed spouse," said Evans. "We recognized the need and changed the policy to accommodate the current reality."

There are no changes to the Maj. Gen. James Ursano Scholarship Program, which is AER's scholarship program for dependent chil-

Information about AER, including scholarship specifics and application forms, are available on AER's website at www.aerhq.org or by calling 255-2341.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families. Since its incorporation in 1942, AER has provided more than \$1.3 billion to more than 3.3 million Soldiers.

Defense bill affects pay, separation bonuses, more

By Karen Parrish

American Forces Press Service

WASHINGTON — President Barack Obama signed the 2012 National Defense Authorization Act Dec. 31, which increased activeduty and Reserve pay by 1.6 percent and governs Defense Department activities, from procurement to military personnel policy.

Several provisions in this year's act will potentially affect active-duty and retired servicemembers and their Families.

Section 347 requires DOD to finance an independent assessment of overseas troop basing, advising retention, closure, realignment or establishment of U.S. military facilities outside the United States "in light of potential fiscal constraints on [DOD] and emerging national security requirements in coming years."

Section 402 reduces authorized Army minimum end strength from 562,000 to 547,000. The other services' authorized minimum strengths are unchanged, with 325,700 for the Navy, 202,100 for the Marine Corps and 332.800 for the Air Force.

Section 512 of the act creates a new member of the Joint Chiefs of Staff, which currently includes the Army and Air Force chiefs of staff, the chief of naval operations and the Marine Corps commandant. The new member will be the chief of the National Guard Bureau, who will have responsibility for "addressing matters involving non-federalized National Guard forces in support of homeland defense and civil support

Section 526 extends voluntary separation pay and benefits authority, formerly set to expire Dec. 31, to the end of 2018. Section 530 converts the high-deployment allowance from mandatory to authorized. The allowance currently pays \$100 a day, in addition to all other pay and allowances, to a deployed service member who has been deployed 401 days or more out of the preceding 730 days.

Section 701 limits annual Tricare enrollment fee increases for retirees and their Family members to an amount equal to the percentage by which retired pay increases that

Section 702 sets mental health assessment requirements for servicemembers deployed for contingency operations. The act calls for a series of assessments: one within 120 days before deployment; another during the period between 90 days after a deployment begins and 180 days after it ends; a third within a year after the deployment ends; and a fourth between 18 months and 30 months of redeployment.

The act states assessments are intended to "identify post-traumatic stress disorder, suicidal tendencies, and other behavioral health conditions in order to determine which such members are in need of additional care and treatment for such health conditions."

Assessments are not required for servicemembers "not subjected or exposed to operational risk factors during deployment in the contingency operation concerned," the act

Section 954 affirms that DOD "has the capability, and upon direction by the president may conduct offensive operations in cyberspace to defend our nation, allies and interests," subject to the law of armed conflict and the War Powers Resolu-

Signing the bill into law, President Barack Obama acknowledged "serious reservations" about parts of the act, particularly provisions that regulate the detention, interrogation and prosecution of suspected terror-

"I have signed the act chiefly because it authorizes funding for the defense of the United States and its interests abroad, crucial services for servicemembers and their Families and vital national security programs that must be renewed," Obama said in a statement released today.

The act also contains critical initiatives to control spiraling health care costs within the Defense Department, develop counterterrorism initiatives abroad, build the security capacity of key partners, modernize the force and boost the efficiency and effectiveness of military operations worldwide, he noted.

Oil well fires blaze out of control outside Kuwait City on March 23, 1991, during the Gulf War, Some U.S. Soldiers may have suffered undiag-

Gulf War vets with 'undiagnosed' illness get more time to qualify for benefits

By Veterans Administration Public Affairs

WASHINGTON — Veterans of the Persian Gulf War with undiagnosed illnesses have an additional five years to qualify for benefits from the Department of Veterans Affairs.

"Not all the wounds of war are fully understood," said Secretary of Veterans Affairs Eric K. Shinseki. "When there is uncertainty about the connection between a medical problem and military service, veterans are entitled to the benefit of the doubt.'

A recent change in VA regulations

affects veterans of the conflict in Southwest Asia. Many have attributed a range of undiagnosed or poorly understood medical problems to their military services. Chemical weapons, environmental hazards and vaccinations are among the possible

For VA benefit purposes, Gulf War Veterans are defined as those who served on active duty in the Southwest Asia theater of military operations any time during the first Gulf War starting Aug. 2, 1990, through the Iraq War and subsequent reduced operations in Iraq. Military operations include Desert Shield,

Desert Storm, Iraqi Freedom and New Dawn.

At issue is the eligibility of veterans to claim VA disability compensation based upon those undiagnosed illnesses, and the ability of survivors to qualify for VA's Dependency and Indemnity Compensation.

Under long-standing VA rules, any undiagnosed illnesses used to establish eligibility for VA benefits must become apparent by Dec. 31, 2011. The new change pushes the date back to Dec. 31, 2016.

Veterans or survivors who believe they qualify for these benefits should contact VA at 1-800-827-1000.

News Briefs

PWOC spring kickoff

The Protestant Women of the Chapel hosts its Spring Kickoff Tuesday at 9 a.m. at Wings Chapel. The kickoff features half-hour workshops and also opportunities to sign up for Bible studies that run Jan. 17 to May 8 at Wings Chapel. Childcare is provided. For more, call 255-2989.

Electronic retiree

The annual retiree newsletter is now available via email. To receive the newsletter electronically, people should send an email to ruck.retirees@ conus army mil requesting the newsletter, and also include their name and U.S. Postal ad-

Thrift shop

The Fort Rucker Thrift Shop willingly accepts people's unwanted items as donations. People can drop items shop, which is located in the post theater. Donations are tax a.m. to 2 p.m.

For more, call 255-9595.

Lost and found

Fort Rucker Police Investigations recently found a small-to-medium bicycle. The office operates a lost and found operation and people

are welcomed to check with investigations to see if their lost items have turned up in the facility.

To check for lost items or for more information, call 255-3239 or 255-2861.

Wounded warrior support

The Army Homefront Fund, launched on June 13 with a Memorandum of Understanding between Operation Homefront and the U.S. Army Warrior Transition Command helps provide financial aid to Wounded Warriors and their Families. Wounded warriors often face financial challenges, and the Army Homefront Fund liaisons closely with the WTC and in conjunction with a robust non-profit agency network works diligently to support their needs.

The Army Homefront Fund provides grants, not loans, for emergency financial assistance, emergency food, off at the shed behind the thrift transitional Family housing, emergency home repairs, critiformer bank building next the cal baby items, vehicle repair service, furniture and housedeductible. The shop is open hold items, local moving as-Wednesdays-Fridays from 10 sistance and wounded warrior spouse retreats. Its goal is to get the Wounded Warriors and their Families the resources they need.

> Soldiers can apply for asistance through its Web site at http://www.armyhomefrontfund.org/Mafa.aspx. For more on the program, visit the Web site or call (210) 549-4600.







Phishing scams target military, Families, veterans

By Margaret McBride Army CIO/G6

WASHINGTON - Anyone who gets caught by phishing scams loses money, time and security. Phishing is usually an unsolicited email that prompts an action, such as divulging secure information, downloading potentially dangerous files, or sending money to an unknown source.

A recent aggressive phishing attack is making the rounds in an email to USAA members, which appears to be from USAA, a financial services company that serves service members, their Families, and veterans. The email subject begins with "Deposit Posted."

Members are asked to open a Zeusinfected attached file. Once opened, it launches a malicious virus that, if launched, could provide access to personal information and may require a complete reinstall of the computer operating system. Most USAA members are affiliated with the military.

Other attacks have been directed at U.S. military installations and defense facilities. Official looking emails appear to come from a senior officer or other authority figure not known to the recipient, instructing the recipient to download and install software. This is often portrayed as

a critical security measure that must be immediately deployed.

What actually happens is that the software is either a Trojan Horse that will destroy systems and networks, or data mining software that will now be past firewall defenses.

Phishers prev on greed, fear, and especially for military targets, obedience to authority. They have become increasingly sophisticated, and create official looking emails and design sites for gathering data.

Be wary of any unsolicited email that requests secure information or instructs you to download software.

It is extremely rare for any financial in-

stitution including PayPal and Ebay to ask for such information. Check official websites for information on how to recognize fraudulent emails and sites - including military websites.

Always get confirmation from a trusted source before downloading and installing software. If something doesn't seem quite right, it probably isn't.

For more information, visit any of these

- http://www.antiphishing.org/ consumer_recs.html
- $\bullet\ http://www.ic3.gov/default.aspx$
- http://wombatsecurity.com/ antiphishingphil.

DOD releases sexual assault report, announces new policies

By Karen Parrish

American Forces Press Service

WASHINGTON — Defense Department officials released the "Annual Report on Sexual Harassment and Violence at the Military Service Academies," in late December covering the academic year from June 1, 2010, to May 31, 2011.

The report shows an increase in reports of sexual assault, with 65 reports of sexual assault involving cadets and midshipmen, compared to 41 reports in the previous academic year.

"One sexual assault is one too many," Defense Secretary Leon E. Panetta said in a DOD news release. "Whether it's in our academies or our ranks, at sea or ashore, there's no place for this unacceptable behavior. We treat each other with dignity in this institution. I expect everyone in this department to live up to that high standard."

In the release, Air Force Maj. Gen. Mary Kay Hertog, director of the department's sexual assault prevention and response office, stressed the importance of accountability and for victim support.

"We know that the military

academies are similar to college campuses around the country in that sexual harassment and assault are challenges that all faculty, staff and students need to work to prevent," she said. "However, when it does occur, we owe it to those who have been victimized, and to every cadet and midshipman, to do everything possible to provide needed support and to hold those who commit sexual assault appropriately accountable."

During the comprehensive review outlined in the report, defense officials visited the U.S. Military Academy in West Point, N.Y., the U.S. Naval Academy in Annapolis, Md., and the U.S. Air Force Academy in Colorado Springs, Colo. They reviewed each institution's policies, training and procedures, and held focus groups with cadets and midshipmen.

Officials found that most academy programs fulfilled or surpassed the requirements of existing DOD policies and directives.

We also identified areas for improvement to enhance programs and ensure compliance with the department's policies," Hertog said. "In our oversight role, my office will follow up

with the academies every six months to ensure the necessary improvements are implemented in a timely manner.'

One required improvement is that academies evaluate and measure their sexual harassment and assault prevention programs.

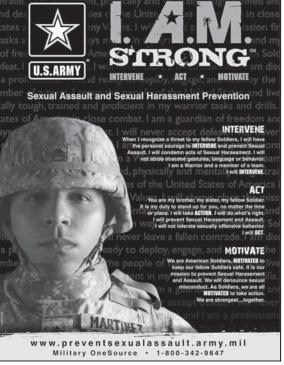
Defense officials also today announced two new policies relating to sexual assault.

One allows a servicemember who makes an unrestricted report of a sexual assault to request an expedited transfer to a new duty station. A restricted report, which is confidential, allows a victim to seek medical aid and counseling but is not communicated to the chain of command.

The second new policy standardizes retention periods for sexual assault records across the military services to ensure victims have extended access to those documents.

"This is a leadership issue, first and foremost, so I also expect us to lead with integrity and with energy to eliminate sexual assault and harassment from our culture," Panetta said. "I'm confident the steps we are taking are the right ones, but we must continue to improve."

The annual report is required



by the 2007 National Defense policies, training and procedures Authorization Act, which directed DOD to annually evaluate sexual harassment and sexual violence assessment.

at the military service academies. The academies participated in the

Inactivation: Fort Rucker veterinary services not affected

Continued from Page A1

trained ready veterinary personnel in support for of the continued operations, according to Renison.

They were responsible for supporting four Army posts, seven Air Force bases, four Navy stations and one Marine Corps base, he said.

"The GCDVC mission was to provide animal care, food safety, food defense and public health services," said the SERVC commander. "They cared for 140 military working dogs at 17 locations, over 38,000 outpatient visits at 11 treatment facilities, and supported over 47,000 active duty, retired, Na-

tional Guard, Reserve and Family members during Weekes said that the inactivation will not affect

the Fort Rucker veterinary treatment facility.

"[The veterinary clinic] will still be here and it will

still be able to provide veterinary care for the pets here on Fort Rucker, as well as care and support of the military working dogs," she said. "The only changes that are coming are the command structure, which the Soldiers will answer to,

but regular clients should not notice a difference at

"With this transformation, I want to emphasize that the level of care and dedication of our veterinary services is going to remain the same throughout our areas of responsibilities," said Weekes. "The animal care and food safety mission will press forward with the same level of loyalty that we have shown over the years. Overall, our titles are changing, but our faces will remain the same.





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an example of these experiments, "We're looking at a medical configuration in a cabin bigger than a Black Hawk. If we had a bigger cabin, which is what the Maneuver Center of Excellence asked for, let's see how we can make the best configuration."

Lt. Col. Jana Nohrenberg, Combat Developer and Clinical Consultant at Directorate of Combat and Doctrine Development at Fort Sam Houston, Texas, also visited Fort Rucker to provide input into the future of Medevac aircraft.

We've identified a lot of things in the last 10 years that can be done. We do a great job of providing medical care on the battlefield; at the point of injury, en route, during surgery and post-op. We're looking for a way to give [flight medics] a way to give them the proper space do their job. It's very exciting to be in on the design end of next-generation aircraft," she said, adding that "Cabin space like [that of the V-22] would be phenomenal for en route

Nohrenberg explained that the JFVL

study aims to fix the issues currently facing Medevac aircraft, including altitude issues in the current theater of opera-

"We've had to strip down the Black Hawks in order to have enough power to lift. Hopefully, we can give the aircraft a better environmental control unit. Patients who become very cold tend to have a bad outcome, so keeping their temperature at a normal range means better outcomes. We will actually build in the requirements instead of having to retrofit [the aircraft]."

Along with providing a larger and more efficient workspace for flight medics, the input into the future Medevac helicopters will benefit the upcoming changes in training that will make all flight medics qualified to the paramedic level, said Nohrenberg.

"The flight paramedic initiative came out of lessons we learned in theater. Flight medics do a great job, but there are gaps in what they can provide. So the impetus now is to train all the flight medics to the paramedic level. They'll have an increased skill set that increases the procedures they

can perform en route," she said.

Col. Vincent C. Carnazza, dean of the U.S. Army School of Aviation Medicine also toured the model aircraft and discussed the importance of the paramedic training program.

"The last 10 years have identified a gap. The medical system has become very sophisticated, but in the air we have the same thing we had 20 years ago. En route care is something we have to professionalize. Right now, [flight medics] don't necessarily have experience with patients before going into combat.

"People began to ask, 'Why is it that a [civilian] is picked up by an air ambulance that has a provider with better skills than our flight medics in combat?' We want to raise that level to the paramedic status. The care is going to be better if you provide a better skill set," he said.

The training will begin in February, with two pilot courses in which 60 students will be assessed.

"It's basically a flight medic course here, a paramedic course for six months and a critical care course for two months,' Carnazza said. In total, paramedic training will be around eight months for current flight medics and 10 months for students directly following Advanced Individual

"[This research] allows [Medevac] to do missions that were not possible before. If we give them more space to do that work, it goes nicely with the training they're getting. If we have the speed to get [a physician or medic] to the right place, vou can save more lives, but vou can also decrease the risk of disability that comes along with certain types of wounds. That capability - getting to the right care - is important," said Robinson.

With improved aircraft and highly qualified flight paramedics, the Army will see increased transit speed combined with higher-level care, which will decrease the risk of fatality and disability in combat, said Norenberg.

"The AMEDD mission is to always conserve fighting strength. If we can give Medevac Soldiers a tool that allows them to move those critically wounded patients faster, farther and in a more efficient manner, we're going to see positive benefits,'

Valor: Soldier delivers crucial supplies under fire

Continued from Page A1

"Day leaps out of the aircraft and starts pulling off the supplies," he said. "In the mean time. [Dav's] communication with the aircraft becomes unhooked, and he can no longer communicate with the aircraft.

"He stayed out there, under

heavy fire, just doing his job and unloading the speedballs," said the colonel. "Three rocket propelled grenades came at the aircraft, but he continued unloading the emergency supplies."

Meanwhile, the Soldiers flying the aircraft and the ones on the ground are trying to communicate to Day, yelling for him to "get out

of there," added Fee.

In the midst of the heavy fire, and with disregard for his own safety. Day runs back and gets the rest of the speedballs for the unit in need. It wasn't until Day returned to the aircraft that he realized his communication with the aircraft had become unhooked,

"The aircraft had six bullet holes in it, and both the ground crew and the aircrew felt that the enemies' intentions were to shoot Day," he said. "The end result is that he saved all the ground guys' lives by getting their supplies to them under a ton of fire.'

"I was just doing a job," said Day when reflecting on the story.

"Everyone asks me 'Why did you get out of the helicopter?' and I say because they needed it

"What the colonel didn't say is that the whole time the team was laughing at me. I had nothing better to do that day I guess," he joked. "But it was fun and interesting, and I have a trophy of it at home. It's a good reminder."

Defense.gov top stories names

By Karen Parrish

American Forces Press Service

WASHINGTON American Forces Press Service published nearly 2,500 articles in 2011, covering topics ranging from the end of the Iraq mission to defense budget pressures and troop concerns over retirement benefits.

The top 10 stories most viewed on Defense.gov

this year are: 10. "U.S. Kills bin Laden in Intelligence-driven Operation," posted May focuses on President Barack Obama's remarks to the nation the day after an American counterintelligence and counterterrorism team killed al-Oaida leader Osama bin Laden in Abbottabad, Pakistan.

http://www.defense. gov/news/newsarticle. aspx?id=63764

9. "Officials Urge Precautions at Yokosuka, Atsugi," posted March 15, relayed officials' warnings to personnel in and around Fleet Activities Yokosuka and Naval Air Facility Atsugi in Japan to limit outdoor activities due to the detection of low levels of radioactivity released from the Fukushima Dai-The plant was damaged in vice, who have put their currently serving. a massive earthquake and lives on the line, who have subsequent tsunami that struck Japan on March 11. zones, who fought for this

gov/news/newsarticle. aspx?id=63166

8. "Shutdown Could Affect Young Troops Most, Gates Says," posted April 7, covered then-Defense Secretary Robert M. Gates' response to a Soldier's question at Camp Liberty in Iraq about troop pay during a possible government shutdown, later averted. Gates told the troops while paychecks might be delayed, all servicemembers would receive full pay for the shutdown period.

http://www.defense. gov/news/newsarticle. aspx?id=63462

7. "Mever Inducted Into Pentagon Hall of Heroes," posted Sept. 16, detailed the Pentagon ceremony during which Defense Secretary Leon E. Panetta inducted Marine Corps

Medal of Honor recipient Sgt. Dakota L. Meyer into the Pentagon Hall of Heroes. Mever was the first living Marine to receive the medal for actions in Iraq or Afghanistan.

http://www.defense. gov/news/newsarticle. aspx?id=65367

6. "Coalition Launches 'Operation Odyssey Dawn," posted March 19, announced the beginning of coalition operations enforcing U.N. Security Council Resolution 1973 and protecting the Libyan people from the country's ruler. Officials said the military coalition's goal was to prevent further attacks by regime forces on Libvan citizens, and to degrade the ability of Moammar Gadhafi's regime to resist a no-fly zone being implemented.

http://www.defense. gov/news/newsarticle. aspx?id=63225

5. "Panetta: Any Retirement Changes Won't Affect Serving Military,' posted Aug. 19, relayed Defense Secretary Leon E. Panetta's assurances that any changes to the military retirement system would not affect those now serving. "People who been deployed to the war http://www.defense. country, who have been promised certain benefits for that -- I'm not going to break faith with what's

been promised to them,' Panetta said.

http://www.defense gov/news/newsarticle. aspx?id=65089

4. "Leaders Offer Condolences in Wake of Helicopter Crash," posted Aug. 6, relayed President Barack Obama and Defense Secretary Leon E. Panetta's statements following the crash of a CH-47 Chinook in Afghanistan. during which 38 U.S. and Afghan servicemembers were killed. "My thoughts and prayers go out to the families and loved ones of the Americans who were lost earlier today in Afghanistan," the president said. "Their deaths are a reminder of the extraordinary sacrifices made by the men and women of our military and their Families, including all who have served in Afghani-

http://www.defense. gov/news/newsarticle. aspx?id=64947

3. "No Changes to Military Retirement Any Time Soon Officials Say" posted Aug. 15, reiterated senior officials' assurances to serving troops that any future changes to the military retirement sys-Ichi nuclear power plant. have come into the ser- tem would not affect those

> http://www.defense. gov/news/newsarticle. aspx?id=65030

> 2. "Tricare Promotes Mail-Order Pharmacy Option," posted Oct. 8, relayed Tricare officials'

advice to beneficiaries, especially those taking longterm medications, to get their prescriptions delivered to their doorsteps. Increased usage of the health care system's home delivery option, officials said, is a win-win situation that saves patients, as well as the government, money.

http://www.defense. gov/news/newsarticle. aspx?id=61211

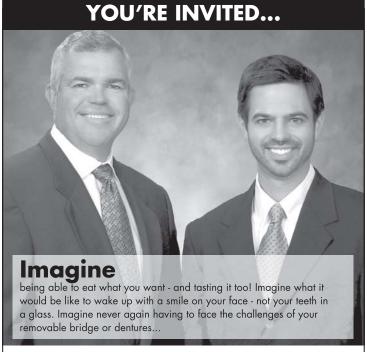
"Battaglia Joins Thousands for 'Wreaths Across America'," posted Dec. 11, recounted Marine Corps Sgt. Maj. Bryan Battaglia's participation in "Wreaths Across America," a program now in its 20th year, at Arlington National Cemetery. Battaglia,

senior enlisted adviser to Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, joined

thousands of volunteers at national cemeteries placing 100,000 holiday wreaths on veterans' graves

http://www.defense. gov/news/newsarticle. aspx?id=66426

An additional American Forces Press Service's year in review "2011: A Year of Change" special is available on the Web at http:// www.defense.gov/home/ features/2011/1211 vir/.



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Pilots train on Block III

By Sgt. 1st Class Jeff Troth CAB Public Affairs

A new helicopter is coming to the block

The 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, Combat Aviation Brigade, 1st Infantry Division, is the first unit in the Army to have their entire fleet of AH-64D Apache helicopters replaced with the comprehensively upgraded AH-64D Apache Block III beginning in February.

"There are new components to the aircraft. There is a new head tracker, a new helmet and new flight pages," said Lt. Col. Edward Vedder, 1-1 ARB commander. "It takes some getting used to."

The AH-64D Apache Block III incorporates 26 new technologies designed to enhance the aircraft's capabilities. It has received an updated communication system, engines, transmission and drive shaft. The rotor blades have also been reworked to make them more efficient and produce more lift.

"It doesn't take additional skills to fly it, but the aircraft is significantly different," said Vedder.

Because of these differences, the 1-1 ARB pilots are going back to school and receiving three weeks of training at Boeing's facility in Mesa, Ariz., where the aircraft is manufactured. The pilots get 28 hours of academics, 24 hours in the new simulator and 8 1/2 hours flying in the AH-64D Apache Block III helicopter. Maintenance test pilots get an additional 22 hours of academics and three additional hours in the aircraft.

"The training is packed into a busy three-week schedule," said Shawn Hopan, the training lead for Boeing's Apache program managers office. "We only train currently qualified AH-64D Apache pilots."

Even for the experienced pilots like Vedder, who has flown Apaches since 1995, the new AH-64D Apache Block III took some getting used to.

SEE BLOCK III. PAGE B4



CW2 Shawn Witt (back seat) lifts off in an AH-64D Anache Block III heliconter from Boeing's flight line in Mesa, Ariz.



A UH-60 Black Hawk drops a box of leaflets over a village, Sar-e Pul province, Afghanistan, Jan. 1. The leaflets provided a message for villagers to cooperate with the Afghan Local Police in helping turn in local insurgent leaders and provide security for their villages.

Army to deploy vertical take-off UAS

By Kris Osborn ASA(ALT) Public Affairs

WASHINGTON — The U.S. Army is using a hybrid-type acquisition approach to develop a helicopter-like, Vertical-Take-Off-and-Landing Unmanned Aircraft System with a so-called ARGUS wide-area surveillance sensor suite designed to beam back information and images of the surrounding terrain, service officials said.

Beginning in May or June, the Army will deploy three Boeing-built A160 Hummingbird Vertical-Take-Off-and-Landing Unmanned Aircraft Systems, or VTOL-UAS, to Afghanistan as part of a quick reaction capability, an acquisition approach aimed at delivering cuttingedge and emerging technologies to theater to add capability and inform requirements while simultaneously developing a formal program of record approach, said



A vertical-take-off-and-landing unmanned aircraft system undergoes a test flight.

Lt. Col. Matthew Munster, product manager, UAS Modernization.

"These aircraft will deploy for up to of record," Munster said.

one full year as a way to harness lessons learned and funnel them into a program

The formal VTOL program of record will involve a full and open competition among many vendors able to propose UAS solutions able to meet the desired requirements, he added.

Army VTOL UAS program developers and engineers are now finishing up some wiring work on the A160 aircraft and performing ground tests with the ARGUS sensor suite

"The ARGUS sensor suite has never been flown on this platform before so we have to make sure that the integration is complete. We are finishing that up now and adding some different types of antennas. We begin flight testing of the UAS at Yuma Proving Grounds, Ariz., early next year," Munster said.

The VTOL aircraft will give forwardpositioned Army units the ability to deploy a wide-area UAS intelligence, surveillance reconnaissance asset without needing access to a runway.

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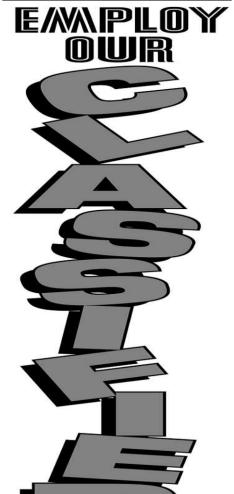
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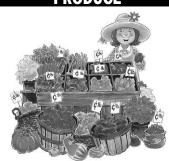
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Block III: New Apache model integrates UAS

Continued from Page B1

"An Apache AH-64D Block II, it has a certain level of power when you pick it up. This is totally different" said Vedder, who has flown in all three predecessors (the AH-64A and the AH-64D Longbow – Block I and Block II) to the Block III. "When you pick this aircraft up you are going to immediately feel the power difference and when you go into forward flight it wants to go about 150 mph.

"It has a lot of power and by far the most powerful and most impressive of them all."

While at the Mesa facility the pilots not only became qualified on the new AH-64 Apache, but also got to meet the Boeing people who designed and are building the aircraft.

"It is an excellent opportunity to come out here and learn and see everything, get to see the other side where the aircraft came from," said CW2 Shawn Witt. "You get to see the people behind the scenes, who put in a lot of time and energy so that we can have this piece of equipment in order to do our job."

The new AH-64 Apache has a couple added features which will allow Witt and other AH-64 Apache pilots to do their job in inclement weather. The helicopters now have the capability to fly in weather conditions that previously would have grounded them

"In the past if we had to get somewhere we had to wait for the weather to clear. Now we have capability, much like the UH-60 Black Hawks and CH-47 Chinooks, to launch aircraft and fly in the clouds," Vedder said. "The Block III has an instrument package that rivals a Boeing 747. It is fantastic and very intuitive to fly."

But the new AH-64 Apache has the ability to do something the Boeing 747 cannot.

"The AH-64D Apache Block III is able to communicate with unmanned aircraft systems, the



PHOTO BY SCT. 1ST OLASS IEEE TROTH

CW2 Shawn Witt "flies" an Apache Block III helicopter in a flight simulator at Boeing's facility in Mesa, Ariz.

pilots are able to see the UAS's video," Hopan said. "To my knowledge, no other aircraft has this capability."

"Teaming up with the UAS is essentially another aircraft out there working with us to give us a better angle, better picture of what is happening," said Witt. "This makes for a better situation for the warfighters on the ground because we have more information."

But seeing what the UAS sees is not the extent of this new capability. With a couple taps on their computers the AH-64 Apache pilots can take control of the UAS, eliminating the time needed to tell the UAS operator where the pilots need the UAS to "look."

"It's an extra workload for us,

but it is very workable and manageable," said Witt. "It is a really good system that they have worked out here for us."

Vedder and Witt were two of the first 10 AH-64 Apache pilots who went through Boeing's class on the AH-64D Apache Block III. Five were from 1-1 ARB, while the others were from the Fort Rucker, Ala.

The Gunfighters have 70 pilots in the brigade are trained AH-64 Apache pilot slots and on the AH-64D Apache Block III

there are an additional 15 AH-64 Apache pilot slots in the CAB. They all need the training before they can start flying the new air-

Training for 75 pilots will take place at the Mesa facility, while the rest will be trained at Fort Riley by a mobile training team later in 2012. This training schedule ensures all AH-64 Apache pilots in the brigade are trained on the AH-64D Apache Block III

before their next deployment.

"The AH-64D Apache Block III gives us the ability to get where we are needed very fast, much faster than we ever have before. And, with the integration of the UAS sensor we can be more informed when we show up to provide lethal effects in support of the ground forces," said Vedder. "It is really going to change the game for attack Aviation."



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JANUARY 5, 2012



Program helps kick-start weight loss

By Erin Murray

Army Flier Staff Writer

As the new year begins, many people will attempt to shed the extra pounds gained in 2011, and the Lyster Army Health Clinic Wellness Center hopes to encourage a healthier lifestyle year-round, beginning with participation in the Scale Back Alabama program.

"The goal is to get folks to jump start their weight loss by making healthier choices. It's a team program so that members can motivate each other. Like any other lifestyle change, it's hard to do it on your own sometimes. With people supporting you, there's a better chance of reaching your weight loss goals," said Denece Clayborne, Lyster Army Health Clinic wellness center community health nurse and health promotion director.

The 10-week program is hosted by the Alabama Department of Public Health, but this year will be Fort Rucker's first year hosting the program on post. According to ADPH releases, about 33,000 Alabamians enrolled in the program in 2011 with a total statewide weight loss of 143,309 pounds. The event kicks off statewide Jan. 21 and weigh-ins will be held at the post theater Jan. 23 and 26 from 8 a.m. to 4 p.m.

Along with weekly health tips and support from a four-member team, every team that completes the program with each member losing at least 10 pounds will be included in a drawing for one of three grand prizes. All participants who lose at least 10 pounds will be included in a drawing for one of 50 achievement prizes of \$100 per person, regardless of their team's achievement. In addition, there will be a separate drawing for all individuals who have lost any weight and make the time to weigh out.

"It's a good time because a lot of people have weight loss as their New Year's resolution. It's a good time to make changes in your life, so the Scale Back Alabama program capitalizes on the American tradition of keeping a resolution. The real goal is to make it long-term a week is healthy and safe," she — to help impact your health overall. If you have a healthy weight, it decreases your chances of illness," said Clayborne.

Most Alabama residents can participate in the program, but those who have had recent weight loss surgery, a Body Mass Index value under 20 and pregnant

women are not eligible. Anyone can attend the Fort Rucker weigh-ins, regardless of military affiliation.

"We hope that having weigh-ins at the post theater will allow more participation from Soldiers, civilian employees, contractors and Family members. Like any other fitness program, consult with your health provider to make sure you can do it safely. The weigh-ins are confidential," she said.

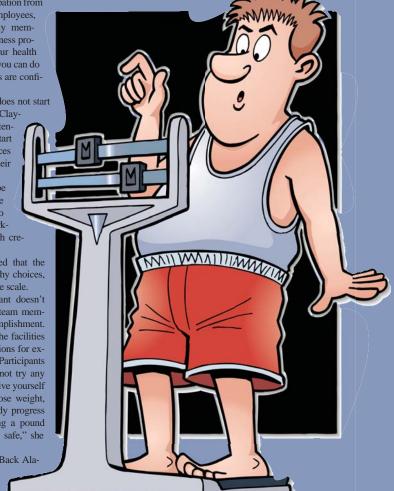
While the program does not start for a few more weeks, Clavborne encouraged potential participants to start making healthy choices and thinking about their teams now.

"There will also be prizes for things like best team name, so teams should start working on coming up with creative ideas," she said.

Clayborne also noted that the program is about healthy choices, not just a number on the scale.

"Even if a participant doesn't lose weight but other team members do, it's an accomplishment. You can get to know the facilities on post and all the options for exercise and fitness. (Participants should) be smart and not try any crash diets. If you deprive yourself completely, you can lose weight, but it won't last. Steady progress is more lasting. Losing a pound

For more on Scale Back Ala bama, visit scaleback alabama.com or call



Deployment tea connects Soldiers, spouses to students

By Erin Murray Army Flier Staff Writer

Teachers and staff at the Fort Rucker Primary School helped keep deployed Soldiers in touch with students and gave spouses a chance to connect at the Deployment Tea

"We try to keep in contact with the parents, even when they're away. It's easier now in the 21st century for the parents to cation. The tea is just a small event to bring the parents together. More so than anything, it's a time for them to get together and talk," said Mietta Hammond, guidance counselor at the school.

The Deployment Teas are held each semester for spouses of Soldiers who also have children enrolled at the primary school. The tea is coordinated by many different members of the school staff in order to keep Soldiers informed.

"Our school motto is together we can. It's not just the guidance office, but the whole school working together. We want parents to know that they can participate in their child's education, even when they're deployed. It helps morale for the deployed Soldier and it helps us because they get support from all of their Family," said Hammond.

Included in the school's program for deployed Soldiers is a monthly newsletter, "Corresponding from A to Z", that is emailed to the Soldiers by Yvette Esteves-Hurst, a Spanish teacher at the school. Esteves-Hurst shared the newsletters with spouses and explained the process of compiling a notebook of newsletters for students, spouses and Soldiers.

"Mrs. Eseteves-Hurst does an excellent job of communicating with our parents who are deployed through personal email newsletters, highlighting the children's



Fort Rucker Primary School ambassadors welcomed spouses, children and one recently deployed Soldier at the Deployment Tea held Dec. 14.

accomplishments and general classroom activities," said Sylvia Thornton, music teacher at the school.

Along with refreshments and conversation, the spouses at the Deployment Tea received gift bags filled with tools to help them through the months of deployment and information on the school's upcoming tribute to Soldiers in theater and abroad.

Starting in January, a deployment tree

will be in the lobby of the school. The tree will have white lights, yellow ribbons and ornaments with a picture and information for each deployed parent with a child at the

"The deployment tree is to let the whole school respect and honor what your Soldiers are doing over there. The whole school respects and honors everything Soldiers and Families do," said Katie Condon, a kinder-

garten teacher and the coordinator for the deployment tree.

Guests at the event included spouses, their children and even a very special guest, 1st Sgt. Jim Van, who recently returned from Honduras. Van said that it was nice to see how the tea keeps spouses in touch.

"It brightened up my day when I was deployed. It's a really great thing to look forward to while you're way," he said

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

Parent Support Program

Army Community Service's Promotion Points hosts a new Parent Support Program from 9-11 a.m. at the Early Childhood Activity Center, Bldg. 3705, on Dean Street. These monthly parenting education classes are designed for Soldiers and are held the first Friday of every month, with the next class Friday.

For more information and to register, call 255-3898.

EFMP information, support

The Exceptional Familv Member Program invites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Tuesday from 9-10 a.m. at the Center Library on Fifth Avenue. The topic for the meeting is "Available Resources for Individuals with Special Needs and Disabilities." The meeting and group are designed to help let EFMP Families know they not alone and provide an opportunity for them to learn and also provide suggestions for future topics for the support group.

For information and to register, call 255-9277.

Character Dining

The Landing Zone hosts its Character Dining event, featuring a magician, Tuesday from 5-8 p.m.

For more information, call 598-8025

Becoming a Love and Logic Parent Workshop

Fort Rucker's Family Advocacy Program holds "Becoming a Love and Logic Parent" classes Thursdays from Jan. 12 to Feb. 23 from 9-11 a.m. Activity Center, Bldg. 3705, on Dean Street. Topics include raising responsible children, instilling values, problem consequences as a disto receive a certificate of completion. The workshop is open to active duty, retired military, Department of Defense employees and their Family members. The workshop will not meet on holidays.

For child care information and registration, call 255-3898 or 9641.

Winnie the Pooh craft making

The Center Library celebrates Winnie the Pooh Day Jan. 17 with a craft making activity for children ages 3-11 from 4-5 the first 65 children to register.

For more information or to register, call 255-3885



Participants of the August 2011 Army Community Service's Get R.E.A.L., Rucker Experience, Army Learning, pose for a photo. ACS offers Get R.E.A.L., an Army Family Team Building concept block designed to help those who might be confused by Army life, again Jan. 26 from 8:30 a.m. to 2:30 p.m. at the Commons. The class discusses terms and acronyms and provides information on Fort Rucker. Topics include: acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required. For registration and childcare information, call 255-2382.

AFTB Level III

Army Community Service hosts Army Family Team Building Level III training Jan. 18-19 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. Class topics include communication skills for leaders, leadership styles, building cohesive teams, managing group conflict and more. Advance registration is required.

For registration and childcare information, call 255-2382.

Newcomer's Welcome

Army Community Service offers its Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing, with the next event taking place Jan. at the Early Childhood 20. Active duty, foreign students, Army civilians, and Family members are all welcome to attend the informative event to learn about Fort Rucker. solving and using natural A free light breakfast and Starbucks coffee will be cipline technique. This served. For free childworkshop is a seven-part care, register children series. Participants must at the child developattend all classes in order ment center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161

Comedy Live at

Comedy Live at Rucker will feature comedians Richie Holliday and Collin Moulton Ian 20 Doors will open at 7 p.m. and the comedy show will last from 8-9:45 p.m. The show is considered adult rated and is for ages 18 and older. Advanced tickets are \$10 and are available at The Landp.m. Space is limited to ing Zone until 4 p.m. Jan. 20. Tickets are \$15 at the door. People attending the comedy show are invited to hear the disc jockey in The Landing Zone after

the show. The event is open to the public. For

more, 255-9810

CYSS Parent Advisory Council meeting

Fort Rucker Child, Youth and Schools Services will hold a Parent Advisory Council meeting from noon to 1 p.m. Jan. 23 at the youth center on 7th Division Road. The purpose of the meeting is to provide information on items of interest and ideas about CYSS programs.

For more, 255-2958.

Home Buying and Selling Workshop

Army Community Service's Financial Readiness Program hosts a Home Buying and Selling Workshop Jan. 24 and 26 from 6:30-8 p.m. at the Commons, Bldg. 8950, on 7th Avenue. Topics include: mortgage issues, understanding charges, buyer's or seller's market, and if people should hire an agent or do it themselves. Registration is required by Jan. 19. The workshop is free and open to servicemembers, Family members, Army civilians and retirees.

For more information or to register, call 255-9639.

Stress Management Workshop

Army Community Service's Family Advocacy Program hosts a Stress Management Workshop Jan. 31 from 9-11 a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include: iden-

tifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registra-

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ACS suggests 12 Steps to gaining financial wellness in 2012

By Nathan Pfau and Russell Sellers

Army Flier Staff Writer

FORT RUCKER, Ala. As the new year begins, Army Community Service officials want to help people become more financially stable by offering a series of steps to help them get on the right track.

"Before people can have financial wellness, they need to set financial goals,' said Mike Burden, ACS Financial Readiness Program manager. "From short-term to long-term, financial goals

Burden suggests 12 steps to help those who are looking to put themselves back on the right financial track. Step 1: Create a budget.

"It's important to understand where your money is coming from and where it's going," said Burden. "January is a good month to do that because it's the time when people are working on resolutions and the Christmas season is over, so the dust has kind of settled after a month of larger spending.

Step 2: Set up a spending plan.

"Get your receipts together," he said. "People don't write checks very much anymore. Everyone is relying on the Internet to keep track of their money.

"I advise people to write everything down, even if they don't write a check." he continued. "This allows people to keep better track of their money. It helps in figuring out what expenses are fixed and what can be cut. It will help determine what your limits are.

What I like to tell people is, if you make \$5, don't spend six," said Burden. **Step 3: Enforce spending** discipline.

"Many people have a 'fast food' mentality," said Burden. "They want everything now, so they spend above their means

"Spending plans create spending discipline if you abide by them properly," he said. "Become a micromanager with your money. Don't let it control you. You

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- · Catholic Mass, 9:30
- a.m., Sunday. · Liturgical Service, 8
- a.m., Sunday, General Protestant,
- 11 a.m., Sunday.

WINGS CHAPEL (BLDG 6036)

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SPIRITUAL LIFE **CENTER (BLDG 8939)**

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

need to be in control of your money and spending.

Step 4: Don't depend on the Internet for keeping track of money.

"If the Internet were to fail for any reason and you have to pay for something that day, you're in a fix," said the program manager. Step 5: Get tax records together.

"If you have an accountant, it's important to communicate and find out what he or she needs from you," he said.

Step 6: Try to break even on income taxes.

"A lot of people depend on a sizable tax refund to pay off debts," said Burden. "However, that means you've sent a sizable amount to the Internal Revenue Service for them to manage and you expect to get a good bit of that. You'll actually only get a fraction of that back.

"Your goal should not be to get a refund, but to get as close to zero as possible and use your money throughout the year and apply it toward paying your debts," he explained. "Claim the proper number of exemptions and withholdings."

Step 7: Save money.

"Get into a habit of saving money," Burden added. You should be able to live on 80 percent of your income

"Get into a habit of putting 10 percent of your gross in a money market account. Most people who put it into a savings account habitually delve into it to replenish their checking account," he said. "If you put it into a money market account, it pays interest and it has restrictions around the account to keep you from spending as much.

Step 8: Look at debts.

"Anything that has an interest rate attached to it, like a loan, should go on the list," said Burden. "Call your creditors if you're having problems making the payments. Creditors want to hear from you before your accounts go into col-

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lections. The company can probably negotiate a lower rate during those tough times. Snowballing is a good way to pay off debts quicker. You start by paying the smallest amount you owe completely and then take the money you used every month for that debt and move it to the next largest amount you owe."

Step 9: Set up legal documents.

"Know where your money is going if you were to leave this Earth unexpectedly," he added. "Make sure you have a will. There's no excuse, especially for Soldiers, not to have a will. Also, set up a general power of attorney and have that on

Step 10: Check insurance coverage.

"Most Soldiers probably have adequate coverage, Burden said. "It's a good idea to have anywhere from eight to 10 times your gross salary for life insurance coverage. Auto, homeowners and renters insurance are good things to have. Even for Soldiers living on government property or in the barracks, renters insurance is a good thing to have the government won't pay for things lost in a fire.

Step 11: Communicate with spouse or significant other about financial

"Talk about what you want to achieve by the end of the year," he said, "Make sure you hold each other accountable for the things you want to achieve. Make sure you have a clear line of communication and establish clear boundaries with your spouse."

Step 12: Pay cash whenever possible.

"It makes a lot more sense to pay with cash than to set yourself up for payments with interest rates, the program manager said. "Paying for small things with cash is a lot better than paying with a credit card.'

For more financial readiness information, call 255-2594 or 255-2341.

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as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

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Tuskegee tours

Left: First Lt. Hobart W Dais of Portland, Ore., and a 99th Fighter Squadron pilot, shot down two German FM-109 aircraft Jan. 27, 1944. Special tours of Hangar One at the Tuskegee Airmen National Historic Site are offered Jan. 20-22 in celebration of the upcoming release of George Lucas' film "Red Tails." The film honors the Tuskegee Airmen who endured racial segregation and rose to prominence as one of the most decorated fighter groups of World War II. Tours take place at 9, 10 and 11 a.m., and 1, 2 and 3 p.m. The site is also open daily throughout the year from 9 a.m. to 4:30 p.m., except for Thanksgiving Day, Christmas and New Year's.

Above: Army nurses learn cockpit procedures and flight techniques at the Tuskegee Army Air Field in the 1940s. Special tours of Hangar One at the Tuskegee Airmen National Historic Site are offered Jan. 20-22 in celebration of the release of George Lucas' film "Red Tails."

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Call 222-6612 for more information.

DALEVILLE

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at 11 a.m. at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

FEB. 18 — The Southeast Alabama Community Foundation hosts its annual half marathon at Flowers Hospital. SACF's half-marathon raises funds for grants given to organizations that provide services to Coffee, Dale, Geneva, Henry and Houston counties.

For more information, visit www.sacf-halfmarathon.org.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m.

Children and parents will learn about color, shape, texture and different types of art such as painting, drawing and collage. The event is recommended for elementary aged children.

For more information, visit wiregrass-museum.com or call 794-3871.

ENTERPRISE

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 — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

FEB. 16-18 — The Ann Rudd Art Center hosts a stained glass class from 8 a.m. to 5 p.m. taught by John Hogarth. The fee for the class is \$175. For more information, call 774-7322.

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 — The Samson City Council meets monthly on the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesdays 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

Alabama Jammer Dav

The Alabama Music Hall of Fame in Tuscumbia will honor record producer Sam Phillips' birthday today from 10 a.m.to 2 p.m. with a celebration that will include cake, refreshments and a ceremony. For more information, call 242-4169 or (800) 239-2643, or visit ww.alamhof.org.

First Light Marathon

The L'Arche Mobile Foundation hosts the First Light Marathon Sunday from 7:30 a.m. to 2 p.m. There will be a full marathon, half marathon, five-person relay and a 1.2- mile run with the course open for seven hours. In addition to the races, there will be a health and fitness expo, pre-race meal, post-race brunch and concert. For more information, call (251) 438-2094 or visit www.firstlightmarathon.com.

Nature, journaling hike

Jackson State University's Little River Canyon Field School Educational/Interpretive Center will host a nature and journaling hike Jan. 14 from 10 a.m. to 1 p.m. The hike is \$5 for those who bring their own journal and \$15 for the hike and nature journal. For more information, call (256) 782-5697 or visit www.jsu.edu/epic.

Southern Bridal Show

The Birmingham Southern Bridal Show will be held at the Birmingham-Jefferson Civic Center Jan. 15, from noon to 5 p.m. Admission to the show is \$9 and includes access to vendors, photographers, caterers, florists and live entertainment. For more information, call (770) 736-1979 or visit www.eliteevents.com.

Civil Rights Institute event

The Birmingham Civil Rights Institute will have free admission all day Jan. 16 in honor of Dr. Martin Luther King Jr. Each year, BCRI opens its doors to the public to honor the man who devoted his life to community and service. For more information, call (205) 328-9696 or visit www.bcri.org.

Camellia Show

The Mobile Camellia club will host the 72nd annual Mobile Camellia Show Jan. 21-22 at the Colonial Mall. Camellia enthusiasts can view blooms of hundreds of old cultivars and many new cultivars and receive information about planting and growing camellias. For more information, call (251) 988-1405 or visit www.mobilecamellia. org.

Alabama Horse Fair

The Montgomery Alabama Horse Council Horse Fair will be held Jan. 21-22 from 8 a.m. to 6 p.m at the Garrett Coliseum. In addition to the horse show, there will be vendors, lectures, a silent auction and more. For more information, call (800) 945-8033 or visit www.alabamahorsecouncil.org.

Pike Piddlers Storytelling Festival

The Brundidge Historical Society will host the annual Pike Piddlers Storytelling Festival Jan. 28-29, featuring storytellers from around the country. Events on Jan. 27 will be hosted at the We Piddle Around Theater in Brundidge with an admission of \$25. On Jan. 28, concerts will be held at the Trojan Center Theater at Troy University at 10 a.m. and 2 p.m with \$10 admission and 6:30 p.m.

with \$15 admission. For more information, visit $\frac{\text{http://}}{\text{www.piddle.org.}}$

Birmingham Feline Fanciers Cat Show

The Birmingham Feline Fanciers will host a CFA Allbreed Cat Show Jan 28-29 at Zamora Temple, 3521 Ratliff Rd, Irondale. Breeds from around the country will compete for titles as well as regional and national points. There will also be feline art show, vendors, cats and kittens available for adoption. For more information, call (205) 616-1651 or visit www.birminghamfelinefanciers. com.

Mobile Chocolate Festival

The Mobile Chocolate Festival will be held at the Mobile Civic Center Expo Hall Feb. 4 from 10 a.m. to 4 p.m. All proceeds benefit Penelope House, which provides emergency shelter and services to victims of domestic violence. There will be vendors offering samples of their chocolate-related products as well as selling their products and gift certificates. There will also be a children's area, chocolate challenge, and a chocolate-themed Project Yum Way fashion show, chocolate martini tasting and a chocolate milk mustache booth and more. Admission is free for those under 13, \$2 for seniors 65 and above and \$3 for general admission. For more information, call (251)342-2809 or visit www.mobilechocolatefestival.com.

Crater Days

Each year the Wetumpka Impact Crater Commission and City of Wetumpka sponsors Crater Days at the Wetumpka Impact Crater site. Visitors can tour the 5-mile wide crater and attend lectures and events. For hours and more information, call 567-5147 or go to visitelmoreco. com.

Sesame Street connects with military Families

Staff Sgt. Casey J. McGeorge Forces Command

deployments have become same feelings. all too common for many "Our series has shown military Families.

overcome this communica- the content should be." tion obstacle with a program called "Talk, Listen, stop at deployment. They Connect," a bilingual edu- include reintegration durcational outreach initiative ing redeployment, when a designed for military Fam- parent comes back injured ilies and their young chil- (titled "Changes") and to become one of Sesame dren to share.

"Most people know Sesame Street as the televi- shown to be very impactsion show that has run for ful, not only for children, portant this was for all over 40 years," said Lynn but for adults as well," said of the military," said Os-Chwatsky, vice president, Chwatsky. "Children do bahr-Vertiz. "It started as outreach initiatives and not go through these events something we do and then partnerships at Sesame alone. They will always it became personal. It has Workshop. "We are also have an adult in their life completely changed my an educational outreach dealing with the very same life. These are the bravest, group. We identify the issues." needs in our target audience with our brand, and ries is not only felt from we address that need "

Workshop that there were knows this firsthand. almost a million previous cated issues.

identify with a character that they know and love."

ther is ready to leave for an "Just thinking that there postcards featuring Sesextended period. Through are little ones who are suf- ame Street characters for the help of his Family and fering when their parents parents and their children with this. He learns that became real." he can keep in touch with his father through letters, ness that affects so many the Military Families Near

Elmo also learns how to deal with the feelings he has of his father leaving. FORT BLISS, Texas - Children, in turn, learn that Since the start of current they do not have to feel combat operations in 2001, ashamed for having those

tremendous improvements While it may be easy at in both the children and times to explain to adults adults after seeing it," that duty calls them away said Chwatsky. "We have for an extended period, it received feedback from can be very complicated teachers, parents and seto convey that message to nior military officials. Here at Sesame Workshop, we Through a partnership know Muppets and chilwith the Department of dren, but we do not know Defense and Military One- the issues that impact these Source, Sesame Workshop, children. We have been the nonprofit organization advised from top profesbehind Sesame Street, aims sionals who work in these to help parents and children areas that guide us in what

> Those issues do not just even death.

"Our resources have programs to date.

the military Families, but American forces from Iraq, The partnership began in the performers as well. Sesame Street does not 2005 when it was brought Carmen Osbahr-Vertiz, the intend to cancel the proto the attention of Sesame Muppeteer behind Rosita gram.

and current preschool- series, Rosita, a bilingual all of the changes currently aged children impacted Muppet, has to deal with ongoing in the military by ongoing deployments, her father returning in a there will always be a need With those deployments, it wheelchair after being in- for us to see how we can brought up many compli- jured. While she loves her continue to best serve our "We try to help parents dealing with the fact that Families. Our focus will find the right words to they can no longer do some shift as it needs to." explain to their children of the same things they what is going on," said used to do together, such as for parents consist of a bi-Chwatsky. "We help kids kick a ball or even dance. lingual (English/Spanish)

when I read the script for starring Muppets from Ses-The series begins with 'Changes,' I was devas- ame Street, print materials the Muppet Elmo as his fa- tated," said Osbahr-Vertiz. and American Greeting friends on Sesame Street, come home changed broke to stay connected. The kit Elmo learns how to deal my heart. This suddenly materials are available free



Sesame Street Muppets Rosita and Elmo perform at Logan School Age Services Dec. 16 at Fort Bliss, Texas. Sesame Street was on Fort Bliss to inform Families of its "Talk, Listen, Connect" program, which helps military Families and their children deal with issues that may be difficult to communicate about.

Street's most successful

'We realized how immost incredible Families I The impact from the se- have ever seen in my life."

With the removal of

"Our nation is still at In another part of the war," said Chwatsky. "With father, she has difficulty military, veterans and their

Resources are available "For me as a performer, multimedia kit with DVDs online at http://www.sesa-Dealing with the real- meworkshop.org/tlc, or on pictures and even the In- Families is what has driv- and Far website at http:// en Talk, Listen, Connect www.familiesnearandfar.





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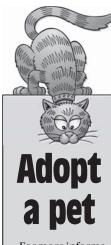


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For more information about animal adoptions, call the Veterinary Clinic at 255-9061.The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets. toys and towels.

Donations can be dropped off at the Veterinary Clinic or the Commissary.





347-4242

Army Reservist wins Operation Rising Star

By Tim Hipps Installation Management Command

Reserve Sgt. Melissa Neal, part of the military.' a former active-duty Soldier

ing Kristine May Hills, 26, in the Army Reserve. an Army wife from Camp to win the military singing smile. contest based on the prem-

Varinia Herrera, 39-year-old Army wife from ing Star finals week. Fort Carson, Colo., finished online voting.

CW2 Nathaniel Neal, is really cool to watch." stationed in Illesheim, Ger-

party with the stars, and and wide. record a three-song demo

Lambert's "Gunpowder and like, "Wow, I watched it the Lead," Alexandra Burke's other night.' version of "Halelujah," "Feeling Good" by Michael that far," she said. Buble and Simone, who served as one of three Oper- from Family, friends and ation Rising Star judges for fellow Soldiers around the three nights of finals week. world.

Simone, daughter of legendary vocalist Nina Si- Germany and all over the mone, served in the U.S. States," Neal said. "My Air Force before becoming friends who are deployed a multi-talented artist. She in Afghanistan have been substituted for Operation trying to keep up with it. A Rising Star iudge Debra lot of people on Facebook Byrd, who worked the open- who I haven't talked to in a ing show before returning to couple of years are posting Los Angeles to resume vo- things like 'I'm so proud of cal coach and arrangement you' and 'I have been votduties for "American Idol." ing."

Country music artist Michael Peterson and 12th gotten from my friends and Sergeant Major of the Army my Family and people that Jack L. Tillev were the oth- they know has been overer judges for the four-night whelming. It's just amazing event broadcast by The Pen- to know that you have suptagon Channel. Army En- port and that people enjoy tertainment's Tim Higdon what you do. It's been a lot directed the show, with as- of fun." sistance from Joey Beebe.

Rising Star, Neal finished third as an active-duty corporal in the 2005 Military Idol local competition at Fort Knox, Ky.

"When I was little, I always knew that I kind of liked to sing," she said. "I think I was in fourth or fifth grade when my music teacher had me do the little kids' solo and I actually hit the note, so then I was like, 'Oh, mom, I want to sing when I grow up.

"I started taking voice lessons in junior high and did the show choirs and choirs and musicals pretty much through junior high and high school, along with vocal lessons, which I stopped at 18 or 19 to join the Army."

Serving five years on active duty, Neal said, better prepared her for life as an Army wife.

"It was really good for me being active duty," she explained. "Sometimes it's difficult as a spouse to sit back and understand because we just see the why are they

coming home so late, why are they doing this, why are they staying late, why are they having formations, but SAN ANTONIO - Army that's just part of the Army,

Neal, who served on acand current military wife tive duty as a chemical opand mother, added Opera- erations specialist, has sons tion Rising Star winner to Devin, 6, and Tanner, 2, to her repertoire in December keep content. She's also at Fort Sam Houston The- majoring in criminal justice with a minor in psychol-"I can't believe this. ogy via online courses at From singing in the kitchen, the University of Maryland to now I'm going to Holly- University College, along wood," Neal said after edg- with working in civil affairs

"We juggle it, but I like Humphreys, South Korea, it busy," she said with a

"Meeting the other 11 ises of FOX television's crazy individuals back-"American Idol." stage," Neal said, was the a highlight of Operation Ris-

"Everybody I've met third in the contest that was here, the crew and the other determined 50 percent by contestants, have just been judges and 50 percent by really, really cool," she said. "Everything was just Neal, 27, won the local amazing. You got to meet Operation Rising Star com- people and see things that petition at U.S. Army Gar- you would never get to see. rison Ansbach, Germany, to This is an once-in-a-lifetime earn a trip to Texas as one thing. Putting together a of 12 finalists. Her husband, show of this magnitude was

Although she saw the show unfold live before her Now she's headed to Los eyes, Neal was stunned by Angeles to attend the 54th the amount of online sup-GRAMMY Awards Show, port she received from far

"We don't know how compact disc at a profes- the judges went, but as far sional recording studio - as voting, I was just really courtesy of Army Morale, happy to see people leave Welfare and Recreation me little messages like and Operation Rising Star 'Wow, you were great last sponsor Veterans of Foreign night,' or 'Wow, I loved it," Neal said. "One of my Neal won the competi- friend's friends that I don't tion by singing Miranda know would say something

"That was just amazing Journey's "Faithfully," and — the fact that it networked

Online support came

"I'm getting support from

"The support that I've



Tuesday - Saturday 10:00-5:30



ALVIN & THE CHIPMUNKS:

WE BOUGHT A ZOO- PG

M-Th 7:00 • F 7:00 & 9:20 • Su 2:00, 7:00 & 9:20 •

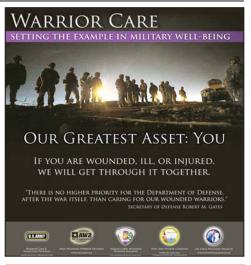
M-Th 7:00 • F 7:00 & 9:00 • S&S 2:00 & 7:00

CHIPWRECKED- @



U.S. Army Reserve Sqt. Melissa Neal, a former active duty Soldier and current Army wife and mother, won the 2011 Operation Rising Star singing contest at Fort Sam Houston, Texas.







New York City

Date of Trip: April 23 - 26, 2012 Deadline: March 15, 2012

Atlanta, GA

Date of Trip: June 6 - 7, 2012 Deadline: May 1, 2012

Out West Tour

Date of Trip: August 18-26, 2012 Deadline: March 15, 2012

Royal Caribbean's Enchantment of the Sea Date of Trip: Sept 20 - 28, 2012 Deadline: June 5, 2012

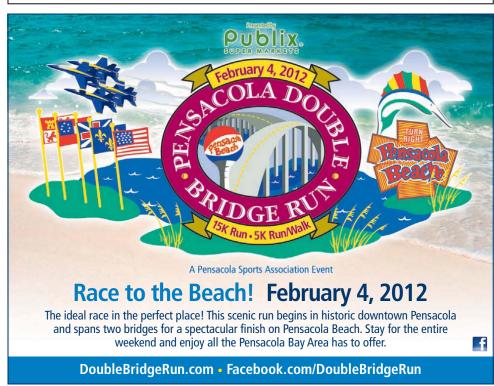
The Biltmore Estate in Asheville NC Date of Trip: Nov 13 - 15, 2012 Deadline: Oct 1, 2012

Callaway Gardens "Fantasy in Lights" Date of Trip:Dec 4 - 5, 2012 Deadline: Nov 1, 2012

For Information and/or **Reservations Please Contact Carol Taylor at Ozark Leisure Services** 334-774-2618



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JANUARY 5, 2012

BASIC TRAINING

Fitness facility offers boot camp to kick off resolutions

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker residents who have decided to get in better shape for the new year have the opportunity to get a jump start on their resolution with Fortenberry-Colton Physical Fitness Facility's 2012 Winter Boot Camp beginning Monday.

"This is a great way for people to get started on their new years resolutions, said Kristi Fink, Fortenberry-Colten PFF fitness program coordinator. "It can open them up to so much that [the physical fitness facility] has to offer."

The boot camp is a six-week program featuring a variety of workouts using plyometrics, agility drills and running, for example, said Fink.

"We try to make it more of an outsidethe-box type of experience that people aren't used to rather than coming into the gym and doing a normal routine workout," she said. "We want to show people that there are different ways to workout besides attending fitness classes or using weightlifting machines.

"[The program] does have some fitness classes thrown in the mix just to show what the fitness facility has to offer, but a lot of the workouts are done outside." added the fitness coordinator. "There are a variety of activities that are included in the program that are not just limited to traditional workouts, the program instructors try to do something different every day.

"The instructors will take the participants to different places on post such as the equestrian center or Beaver Lake where they will run the trails," she said. "Last year, the participants had the opportunity to go to the Noncommissioned Officer Academy and participate in the obstacle course that the NCOs have to go

There is also a game day in the program in which participants will be able to partake in different sports such as soccer, kickball and dodge ball, according to

One of the goals of the boot camp is to show people that there are different ways to work out and get in shape, but all of the program is not fun and games, she said.

"Participants will get to experience the typical boot camp-style workouts such as flipping tires or pulling ropes with tires attached to them," said Fink. "The program can get very intense, but that's what the instructors are there for."

The instructors of the boot camp program are all either personal trainers that train at the fitness facility, fitness instructors or volunteers.

"We'll have volunteers help out during some of the runs through the woods, for example, because we need more instructors on hand to be able to keep and eye on all the participants and make sure people aren't getting overwhelmed," said the fitness coordinator.

There are a variety of people on different levels of fitness that participate in the boot camp, and the instructors are there to



Rachel Tehvand, right, and her workout partner Krissi Mace, perform a tire flip during the 2011 Boot Camp, hosted by Fortenberry-Colton Physical Fitness Facility staff, at the intramural football field

cater to people's individual levels of fit-

ness and keep them motivated, she said. "We try to accommodate everybody," said Fink. "We don't want people to be discouraged and think they aren't advanced enough physically to come and participate."

Orientation for the boot camp sessions will be held at Fortenberry-Colton PFF Friday at 6:30 a.m. and 8 a.m.

The program is five days a week from Monday to Feb. 16. There are two sessions people can choose to participate in — the first is from 6:30-7:30 a.m. and the second is from 8-9 a.m.

The boot camp program is only available to people that are allowed to access to the fitness facility. This includes active duty and their Families, retirees, contractors that are allowed access to the facility and Department of Defense civilians, according to Fink

The cost is \$100 per participant and includes: weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks, a 2012 boot camp T-shirt and prizes for different

categories, she added.

"The prizes are awarded at the end of the boot camp and are given for things such as the person with the most improvement on the obstacle course," said Fink. "Some of the prizes that are given out are; three free sessions of personal training, a free month of fitness classes and a thirtyminute massage.

"There are only 25 spots available for each session and they're filling up quickly," said Fink.

For more information, call 255-3794 or email kristi.fink@us.army.mil.





I THINK THIS GAME IS MISSING SOME THINGS. I HAVE THE PLAY MONEY BUT WHERE IS THE PLAY CREDIT CARDS?

Just Like Cats & Dogs



PUNBLICATIONS Super Crossword



See Page D3 for this week's answers.

Junior Whin/9)

OOOOOOOO LET'S PLAY THE ANCIENT GAME OF "NIM"!

rows of six, five and four. Each player, in turn, can remove one or more

0000

TEST by Fifi

by Dave T. Phipps

1. COMICS: What is the name of Hi

and Lois' youngest daughter?
2. HISTORY: Which Allied general defeated German field marshal Erwin Rommel in North Africa during World

3. POETRY: Who was the Greek cre-

ator of pastoral poetry?

4. ART: Which Early Renaissance

artist painted "The Birth of Venus"?

5. TELEVISION: Who were the only witnesses to the shooting of Mr. Burns on "The Simpsons"?

6. EXPLORERS: What was the nationality of explorer Edmund Hill-

ary?
7. MUSIC: Which actress/singer's

theme song was "Que Sera, Sera"? 8. U.S. PRESIDENTS: Who was the only bachelor to serve as U.S. presi-

9. FAMOUS QUOTATIONS: What famous 20th-century leader once said. "If I had no sense of humor, I would

long ago have committed suicide"?
10. LANGUAGE: What is the meaning of the word "aplomb"?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging *** HOO BOY!

See Page D3 for this week's answers.

KID'S CORN



HIDDEN IN THE ABOVE FRAME is a famous old saying. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

coins from any of the rows. He can even remove all the coins in a row if he wants to. Play goes back and forth until only one coin remains on the table. The player who is forced to remove this coin is the loser. While the rules are simple, you'll find that the game is a lot of fun.

Answers: 1. Step-pets. 2. Laid-dial. 3. Line-Mile. 4. Coed-code.

DON'T LET THIS ONE BOX YOU IN! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

A DRIVE-IN DIVERSION. To Solve this problem, you must replace the letters on the bag with the digits 0, problem, you must replace the letters printed on the bag with the digits 0, 1, 2, 4, 6, 7, 8 and 9, so that you have a correct addition problem. The same letters get the same digits. Can

you get a higher total than we did? Our answer: C=9, A=0, R=2, H=8, O=7, P=4, F=1, D=6, (902 + 874 = 1776).

GAME OF "NIM"!

This game goes back thousands of years and is

usually played with coins, sticks, buttons, etc. To play, you lay out 15 coins in three

Wishing 🏝 Well® 4 6 7 4 3 7 6 4 P S A R U T U O

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

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 up-per 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.



Wildcard weekend features contender, pretenders

By.Jim Hughes Command Information Officer

The NFL's regular season is over and it's on to the wildcard playoff round, with the first week's field featuring five pretenders and just one contender - the New Orleans Saints.

Everyone can say this or that about the other five teams, but when things are looked at realistically, all are just fodder for New Orleans, Green Bay, San Francisco, New England and Baltimore. I would say two contenders, and add in the Steelers, but they are so beat up right now, they'll be lucky to get out of Denver and into the second round.

But how did we get here?

On the final week of the regular season, apparently no teams were very interested in the AFC's last playoff spot, or the AFC West Division crown.

All the contenders for the No. 6 AFC playoff seed lost, with the exception of the Tennessee Titans, which left the Cincinnati Bengals winning all the tiebreakers and backing into a playoff appointment in Houston to take on the injury-riddled Texans.

But if you thought the Bengals' backup job of getting into the playoffs despite losing to the Steelers 13-9 was ugly, the Denver Broncos did them one better in winning the AFC West crown.

The Broncos lost to the Chiefs, 7-3, in a game that could permanently cure insomnia - just throw it on



cos have their own in-

points, meaning 7 or so,

onto the second round.

Bengals @ Hous-

in T.J. Yates for Houston.

next time you have trouble sleeping – to back into the playoffs while taking out the mailbox, the kids' bike, a dozen shrubberies. the garage door and on into the living room.

But despite all the backing into the playoffs by these two teams, they both have punchers chances in their respective games.

Steelers @ Denver

Pittsburgh is hurting as they make their way to Denver. Quarterback Ben Roethlisberger is beat up and can barely move running back Rashard Mendenhall is out and safety Ryan Clark probably won't play due to a medical condition that makes it dangerous for him to play in high altitudes - he became violently ill the last time he played in Denver in 2007.

looked bad recently, and is even more evidence is a bit beat up with a sore that they probably aren't shoulder. That leads the going beyond the second Texans possibly looking to round of the playoffs. Jake Delhomme if Yates' shoulder is a problem.

the Texans have gone 0-3. Dallas and Philadelphia.

The Texans will need to I'm going to go with re-energize their running the Falcons in this one game and turn this into a because I feel they have possession and defensive more playmakers on ofbattle, with maybe a shot fense (although I have to or two downfield to Andre wonder if they'll actually Johnson for good mea- make any) and enough de-

of the past three weeks -That said, the Bron- or sitting on the bench.

The Bengals are also jury woes and are coming going to have to ramp Lions @ New off a three-game losing up their defensive effort streak that makes it seem and hope Dalton can turn as though the magic is his connection with A.J. gone from the team and Green into points versus QB Tim Tebow. Unless just yardage. Tebowmania picks up

The Bengals have a some steam and actually chance, but I think the puts some points on the Texans will run all over board, the Steelers should them and pull out the win be able to put up enough at home.

to get the win and move Falcons @ New **York Giants**

Big things were expected of the Falcons this year, and for the most strange because many In a battle between two part, despite earning the think of them as having a rookie QBs, one who start- No. 5 spot in the playoffs, good defense, but in realed all year in Andy Dalton they went unrealized. The for Cincinnati, and the Falcons repeatedly noother who was the third showed in big games, but much maligned defense. stringer until the top two they do tend to defeat less-QBs went down to injury er teams.

to the questions, Yates has believe in them, but there

On the other side of this matchup, not much was The Bengals are the expected of the Giants, and team Yates made his name they really didn't tear it up against — with a come- in 2011. New York won from-behind 20-19 win in its division because it was Week 14. But since then, a little less mediocre than

fense to win a close one. The Bengals will need to But Atlanta on the road is hope Yates is less like the a dangerous bet, and this QB they played in Week one could easily go the 14 and more like the one other way — although the Giants are hardly stellar at home, going just 4-4.

Orleans

A rematch from Week 13 that saw the Saints hang up a 31-17 win. Still, I hope for this to be a good shootout, but the Lions will have to look more like the team they were early in the season than the one in the middle of the season and last week, getting smoked by Packer backup QB Matt Flynn, 45-41.

The Lions are a bit ity they've given up more points than the Saints' They are going to have to tighten things up or Drew The Falcons have shown Brees and company are you just don't know what signs of flash and ability going to add some playoff is going to happen. To add that make me still want to records to all the regular

season passing records they've accomplished.

I tend more towards a Saints blowout than a shootout. I think Detroit might hang tough for a quarter or two, but the Saints are on an eightwin roll, and I don't think it ends Saturday - the memory of last year's first-round debacle in Seattle is just too fresh for the Saints to let down at

Waiting in the wings

As I said, the only team I feel that is a threat to the four teams with a week off and waiting to see who they will play in Round 2 is the Saints. The No. 1 seed Packers are the clear favorite in the NFC, and I don't see anyone knocking them off - but how great would a New Orleans vs. Green Bay rematch from Week 1 be? It was 42-34 then. What will it be with a trip to the Super Bowl on the line?

In the AFC, it's all about New England and Baltimore (unless the Steelers magically heal up), as the Ravens finally got a second-round game at home. But after watching the Patriots earn the No. 1 seed and the Ravens struggle for offensive consistency, I'm changing my mind from earlier and give the edge to the Patriots - I think Tom Brady and Co. can outscore anyone left in the AFC and win despite their highly questionable pass defense.

At least they don't have to worry about the Jets

CHAMPIONSHIP GAME AT MOTHER RUCKER'S

Mother Rucker's will show the Alabama vs. Louisiana State University championship game Jan. 9 at 7:30 p.m. Mother Rucker's will be tailgating on the back patio, which will include barbecue ribs, fries and coleslaw for \$12. There will be other specials and door prizes. The event is open to the public for ages 18 and older. For more, call 503-0396.

INTRAMURAL BOWLING

The Fort Rucker 2012 Winter Bowling Intramural League runs Tuesday through March 13 at Rucker Lanes. The league features 10 weeks of bowling and there is a one-time fee of \$10 to cover the buffet on the last night of the league. Intramurals will be held from 6:30-8:30 p.m. each week. Intramurals are open to all active duty military personnel, members of the reserve components and their Family members with a valid ID card. Government civilian employees and Family members residing in the household and contract employees are also authorized. Family members must be at least 19 years old.

For more information or to sign up, call 255-9503.

Al Klang,

YOUTH SOCCER COACHES MEETINGS

There will be a youth spring soccer coaches meeting Feb. 1 and 2 in the youth center at 6 p.m. The Youth Sport and Fitness Spring Soccer season runs Feb. 20 through April 5. Coaches are needed for all age groups.

For more information, call 255-9105 or 0950, or

AFRICAN-AMERICAN/BLACK HISTORY 5K RUN

The physical fitness facility will host the Annual African-American/Black History 5K Run and 1-Mile Fun Run Feb. 4. Race Day registration begins at 7:30 a.m. and ends at 8:45 a.m. The 5K run will start at 9 a.m. Participants are encouraged to pre-register at either the Fortenberry-Colton or Andrews PFF.

The free 1-mile fun run is open to all children and will begin after the 5K race is completed. Each fun run participant will receive a medal. The costs are as follows: \$12 per person (no shirt option); \$100 for teams of eight (each additional person pays normal registration fee, includes shirt); and \$20 per person (with shirt) by Jan. 29; or \$25 (with shirt) per person after Jan. 29. The event is open to the public

For more information, call 255-3794.

SUPER BOWL PARTIES

Mother Rucker's and The Landing Zone host Super Bowl parties Feb. 5. For information on the events, call Mother Rucker's at 503-0396 and The Landing Zone at

ULTIMATE FRISBEE

Pick-up games every Wednesday and Friday morning at 6 a.m. behind the Fort Rucker Physical Fitness Facility on the soccer field. All skill levels and athletic abilities are welcome. Cleats and water are highly recommended. For

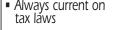
RIDING STABLES RULES

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

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TRIVIA

3 2

Answers

- 1. Trixie Gen. Bernard Montgomery
- 3. Theocritus Botticelli

4 8 6 7 9 1

- 5. Maggie and Santa's Little Helper (the dog) 6. New Zealand
- Doris Day 8. James Buchanan 10. Confidence

Weekly SUDOKU — PUZZLE ANSWERS

Super Crossword

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

The Force is strong in latest MMORPG

By Jim Van Slyke Contributing Writer

The Force is strong with

But you probably knew that already. "Star Wars: The Old Republic" is the first massively-multiplayer online role-playing game from BioWare, the company that's well known for making single player roleplaying games.

They took a single-player approach to their new game, filling it full of rich content, lots of voice acting and an interesting plot. For once, we have a gigantic that is only going to get game that doesn't rely on the gamer-controlled characters to make it interesting. It's interesting all by itself.

Of course, having the Star Wars license on your side doesn't hurt. Gamers choose which side of the force they want to be on and then create characters. Each side has four basic character classes to choose from and that choice not only impacts the gamer's character, but the plot itself. It's not set in stone, and future choices also play a role so don't feel like the game is decided the first time you

Though the Star Wars license is evident, the game plays a lot like previous MMORPGs. There are "dungeons" to explore, missions to check off, places to explore, loot to find, etc. The main difference is that gamers get to experience the Stars Wars universe as they want to experience it and the Force can always play a role.

"Star Wars: The Old Republic" is a huge game



Publisher Electronic Arts Rated Systems

Cost \$50 Overall 3.5 out of 4

bigger as more and more gamers get pulled into it. It looks like a MMORPG that will have plenty of staying power. Star Wars fans who like to game on their PCs should be in heaven.



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