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Fort Rucker honors
retirees at ceremony



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JANUARY 26, 2012

Leaders gather, focus on future force

By Kelly Pate
Fort Rucker Public Affairs

Fort Rucker hosted 300 leaders from across U.S. Army Aviation, including active duty and retired general officers, who gathered here Monday through today to chart the future course of Army Aviation.

The Aviation Senior Leaders Conference provides an annual opportunity for leaders, including trainers, warfighters and developers, to come back to the home of Army Aviation and together work through challenges they face as a Branch that continues to be a force multiplier for the Army.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, opened the event with a call for the Branch not to rest on its laurels, but to follow through on the vision for the future of Army Aviation – a Branch that in the past 10 years has flown more than 4.5 million hours.

“What about tomorrow? The nation still calls Army Aviation to do its bidding and to remain ‘above the best.’ Our Soldiers have performed magnificently.



PHOTO BY KELLY PATE

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Maj. Gen. Anthony G. Crutchfield, USAACE commanding general, speaks at the opening of the 2012 Aviation Senior Leadership Conference Tuesday in the Seneff Building.

Post stops issuing vehicle decals Saturday



FILE PHOTO

Access control point security guard Kenneth Walker checks a motorist's ID at the Enterprise Gate in 2010. Fort Rucker will stop issuing or requiring DOD vehicle decals Saturday, but proper ID is still required to enter the post.

By Jenny Stripling
Fort Rucker Public Affairs

Fort Rucker will no longer issue Department of Defense decals for privately owned vehicles starting Saturday.

The Department of the Army released an order in September that eliminated the requirement for motor vehicle registration and the display of a decal for access to Army installations, said John Tkac, chief of physical security and contracting officer, adding that installation commanders could also choose to keep the decal system in place.

As a result of Fort Rucker adopting the policy, DOD decals won't be required for access to the post, Tkac said. Instead, people will use their common access cards or military ID cards to gain access through the installation access control points.

“The Defense Department gave military and DOD installation commanders the option of doing away with vehicle decals as a way of identifying authorized personnel,” Tkac said. “Military personnel and their Families, Depart-

ment of Defense employees and retirees who frequent military bases now only need to drive to the gate and show their military ID. No decal needed.”

Until Saturday, current decal requirements will remain in effect. There is no mandate to remove them from the vehicle, he added.

According to Tkac there may be some uneasiness about this happening, but it's always been required that people show identification when they enter an installation, so they're being vetted based on their credentials and not the vehicle.

In an effort to standardize the ID requirements for contractors to gain access to Fort Rucker without having to be processed as a visitor for each visit, they will need to obtain a CAC or Department of the Army Civilian Identification Card, DA Form 1602. Contractors who require access to the network are generally authorized to obtain a CAC. Contractors who are not eligible to receive a CAC should obtain

SEE DECALS, PAGE A7

Fort Rucker exercise focuses on active shooters

From Staff Reports
Fort Rucker Public Affairs

FORT RUCKER, Ala. — Active shooter events have occurred in America as far away as Fort Lewis, Wash., and as close as Panama City, Fla.

In order to prepare for occasions when gunmen attack or hostage situations occur, local law enforcement and Directorate of Plans, Training, Mobilization and Security officials will conduct an “active shooter” exercise at Fort Rucker Feb. 8, said Manny Alvarado, DPTMS' chief of Plans, Operations and Mobilization Division.

The Federal Bureau of Investigation, Montgomery Special Tactics Division, Dothan Police Department and the Coffee County Emergency Management Agency will also be involved in the training scenario, he added.

“The exercise's main purpose is to teach people how to respond to a potentially deadly scenario,” Alvarado said.

“One of the things we learned from (the) Fort Hood (Texas, incident) is that often, employees don't know how to respond to this type of incident correctly,” he said.

If an attack or drill occurs, post officials sound the Emergency Mass Notification System sirens. For two minutes, a loud, “distinct” whooping sound permeates the installation, then is followed with an announcement over the loudspeakers proclaiming it a drill or an actual active shooter situation, Alvarado said.

“This is repeated twice more. The sound cannot be mistaken for the severe weather siren,” he said.

“First of all, we're trying to get people to recognize there is a problem,” Alvarado said.

When a gunman opens fire or hostages are taken, people have three ways to respond: evacuate, hide or attack the shooter as a last resort.

“If possible, evacuate,” Alvarado said of the first option. “Know escape routes.”

“Leaders in each office need to determine escape routes and gathering points before an attack,” Michael Whittaker, installation antiterrorism officer, said. “These routes should vary from fire escape routes since those are posted and can become knowledge for the attackers.”

“Routes should also be out of the sight of the building where the attack occurred,” Alvarado said.

If people in the area are reluctant to leave, he added, they should be left behind.

“I know it sounds cold, but leave them. If you run, they may follow,” he said. “A lot of it is adopting a mindset of survival.”

If shooters or other obstacles block escape routes, the next option is to hide, whether it is under a desk or in an office area.

“If one can shut a door, do so and blockade it even if the door is locked,” Alvarado said. Even if a shooter breaks the lock, then he or she still cannot get to the area.

Once hidden, stay in the area until law enforcement officers clear the area and tell you to move. Stay away from doors or windows unless you are the designated surveillance person.

Finally, if no other option is available, attack the

SEE POST, PAGE A7

Identifying potential terrorist threats to Army

Alert authorities if you discover someone:

- Advocating violence, the threat of violence or use of force to achieve goals that are political, religious or ideological in nature.
- Advocating support for international terrorist organizations or objectives.
- Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.
- Has associations with or connections to known or suspected terrorists.
- Repeated expression of hatred and intolerance of American society, culture, government or principles of the U.S. Constitution.
- Repeated browsing or visiting Internet websites that promote or advocate violence directed against

the United States or U.S. forces or that promote international terrorism or terrorist themes without official sanction in the performance of duties.

- Expressing an obligation to engage in violence in support of international terrorism or inciting others to do same.
- Purchasing bomb-making materials or obtaining information about the construction of explosives.
- Using active attempts to encourage others to violate laws, disobey lawful orders or regulations or disrupt military activities.
- Has family ties to known or suspected international terrorist or terrorist supporters.

Source: Department of the Army

PERSPECTIVE

As Army downsizes, Soldiers must remain competitive

By Rob McIlvaine
Army News Service

FORT MEADE, Md. — The past 10 years of war assured many Soldiers an assignment or promotion with a high degree of certainty, said an official with the Promotions Branch. That’s no longer necessarily the case.

“It has always been in the Soldier’s best interest to ensure his or her personnel file is up to date. But as history tends to repeat itself and the Army scales back its force structure, having an accurate, updated and complete service record is now more important than ever,” said Gerald Mayer, chief of Department of the Army Promotions Branch.

Soldiers need to know how to present themselves to the board in the most positive and professional manner, Mayer said.

All Soldiers need to be on top of their personnel file at any given time because not only is the file looked at for promotion boards, but it’s also looked at for assignments as well, he said.

“If it’s not kept current to where you feel that you’re being best represented, then you might fall short somewhere,” Mayer said.

The U.S. Army Human Resources Command, Department of the Army Secretariat convenes about 80 selection boards each year, for promotions, command assignments, professional development and schools for officers, warrant officers, and senior non-commissioned officers.

But if a Soldier doesn’t do his or her due diligence, “the assignment that you want could go to someone else or you could not get promoted,” Mayer said.

The Army will continue to promote its most qualified and experienced officers and noncommissioned officers based on potential and performance, he said. But he added this also means that boards will only select the best qualified out of the field of fully qualified



Sgt. Maj. of the Army Raymond Chandler III speaks to Soldiers Nov. 15 about what it means to be a professional during the Army Profession Junior Leader Forum at Fort Sill, Okla.

Soldiers.

“The Army recommends that every Soldier, at a minimum, should maintain contact with their branch manager; check their DA photo, with emphasis on the proper wear and placement of the awards and to ensure that the data matches their officer records brief or enlisted records brief, and what’s filed in their Official Personnel Management File, or OPMF, which is their electronic record depository,” said Randy Gillespie, chief of the Officer Promotions Branch.

Gillespie added that everyone should:

- ensure that their assignment data on the ORB/ERB is accurate;
- ensure that all awards and badges are properly annotated on their ORB/ERB and filed in the OMPF;
- confirm that all evaluations are properly posted in their OMPF

and that SSN, height/weight data, and duty title/description are correct; and

- review and certify their “My Board File” promotion information is correct.

“So don’t fall short and think that if you don’t put any emphasis on your personnel file, which is kind of your resume and kind of your handshake to whomever is looking at your file, because if it’s not up to date, this could send the message that you’re not diligent enough, or that you don’t care what’s happening to you in your career. After all, this is a profession of arms, and it doesn’t speak highly of an individual if he or she presents themselves in a way that is unprofessional or fails to show due diligence,” Gillespie said.

Prior to a promotion board, DA Promotions Branch publishes a military personnel, or MILPER, message that gives Soldiers guidelines on what they should do to ensure they are portraying

themselves in the most favorable light.

“If a Soldier takes the time to read the correspondence sent to them, they are told exactly what to do and how to do it, and who may help them. There’s no guess work in this process,” Mayer said.

Every Soldier, said Gillespie, should have the habit of updating their records as they change. This makes sure they go down the right path to get the right evaluation to ultimately show how they rate against their peers.

“It’s not how you stack up against the Army standards, it’s how you rate against your peers because most boards have a maximum selection objective that restricts the number to be recommended for promotion based upon the needs of the Army,” Gillespie said. “If there’s 100 people on that board and the Army can only promote 80, even though they may all be top-notch Soldiers, it’s how they rank among themselves

provided that they are all fully qualified.”

The Army, Mayer said, is an organization that truly cares about its people, but it also knows that not all Soldiers can be promoted. There’s not that much room at the top.

“So we don’t want anyone to fall short and think something is happening or there’s an expectation when there’s not. Promotion is not a right or an entitlement. It must be earned,” he said.


A Soldier, he said, may say he did all that’s required.

“OK, you did all that’s required, but how well did you do it?” Mayer said. “Therein lies your efficiency report that talks to a Soldier’s potential for advancement to the next higher rank. So we’re just trying to alert Soldiers that (their) record could be looked at for just about anything, so just keep it up to date and make sure there’s a validating document to support whatever entry is in (the) file.”


Furthermore, commanders and supervisors can assist by monitoring preparation efforts and reviewing ORB/ERB, OMPFs, and DA photos prior to the board-convening date. The boards will require complete record evaluations as outlined in their respective MILPER messages.

At a minimum, these senior leaders should ensure that their officers have an official DA photo on file, along with completed evaluations that are processed by the established cut-off dates with emphasis on clear, concise, quantified narrative comments that leave no doubts as to where these Soldiers stand against their respective peers, Mayer said.


Finally, he said all Soldiers should view the detailed Department of the Army Secretariat video on the actual promotion board process to maximize success at DA boards and for their own professional development. This video is available at <https://www.hrc.army.mil/promotions>.



Rotor Wash




“The cost of groceries are on the rise. What can you do to save money on groceries?”




Cali Cobb,
Army spouse

“Use coupons and price match. You can also bring reusable bags to the PX for a discount.”




Spc. Antawn Dansbury,
164th TAOG

“Shop wisely and buy in bulk.”




2nd Lt. Matthew Brown,
1st Bn., 145th Avn. Regt.

“Shop the sales.”



2nd Lt. Lawson Bartlett,
1st Bn., 145th Avn. Regt.

“Use coupons.”



Brandy Ward,
Army spouse

“Cut back on spending.”

COMMAND

Maj. Gen. Anthony G. Crutchfield
FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OF-
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If you would like to contact the *Army Flier* by e-mail, please contact the editor at jhughes@armyflieger.com.

Fort Rucker honors retirees at ceremony

By Jim Hughes
Command Information Officer

A standing-room-only crowd turned out to honor the post's latest eight retirees during a ceremony at the U.S. Army Aviation Museum Friday.

Col. James A. Muskopf, Fort Rucker garrison commander, hosted the ceremony to thank the three military, five civilians and their Families for their service and sacrifice to the country.

"The retirees we're honoring today represent the very best of Army Aviation and our Army. I know all of you share the pride these Soldiers and civilians have knowing they served in distinction and with honor," the colonel said. "We take time today to thank them for their service as they move forward to begin the next chapter of their lives. While we look back on their careers and think about how lucky our Army has been, I'm sure they would all tell us it has gone by all too fast and they would do it all over again."

Muskopf added that while the ceremony served as public recognition for the great contributions and sacrifices each retiree had made, it also honored their Families.

"We must also recognize the sacrifices that your Families have made each and every day so that you could go out and do your job knowing they were there for you, waiting, sometimes worrying, but also knowing they were a soft place to land when you came home. I'd like to say a special thank you to our Army Families here today celebrating this important occasion.

"Living this Army life is richly rewarding," he said. "As you retire, please think back on your careers and remember the wonderful people you've met, the memories you've made, and most importantly, the incredible legacy you leave behind as you leave this stage today. Each of you must know that you left your Army a better place and your nation is grateful for your service."

Career highlights for each retiree were then read.

CWS Patrick D. Lott

Lott, chief of logistics and information management for the Warrant Officer Career College, entered military service in December 1976. During his 35 years of military service, he served in numerous locations, including three tours in Germany, two tours in Korea, Alaska, Kuwait and numerous deployments to Southwest Asia.

Lott said the highlight of his Army career was the opportunity to serve his country and meeting his wife, Lynn. He and his wife have two children, and they plan to reside in the local area.

CW4 David M. McGonegal

McGonegal, quality assurance and evaluations platoon leader and standardization instructor pilot with the 1st Battalion, 223rd Aviation Regiment, entered military service in April 1988. During his 23 years of military service, he served in numerous locations, including Korea, Hawaii, Egypt, Fort Campbell, Ky., and a combat tour in Iraq. He has flown



Lott



McGonegal

731 combat hours and is a standardization instructor pilot in the CH-47D, OH-58 A/C and TH-67 aircraft.

He said the highlight of his career was serving his country in support of Operation Iraqi Freedom, training and executing missions with the nation's best and meeting his "beautiful, loving and supportive wife," Shannon. The couple have four children and upon retirement plan to reside in Dothan.

First Sgt. Ronnie Ganzy

Ganzy, 4th Brigade S6 NCO in charge at Fort Riley, Kan., entered military service in November 1978. He served in numerous locations, including Fort Benning, Ga.; Fort Hood, Texas; Fort Leavenworth, Kan.; Kansas City, Kan.; Fort Leonard Wood, Mo.; Germany; and Panama.

He said the highlight of his career was going through basic training, because that was when he knew he was a Soldier and that it was the life for him. He is married to Sonia Ann, and they have six children and 10 grandchildren. They plan to reside in Milton, Fla.

Richard L. Campbell

Campbell, Directorate of Simulation Aviation training exercise training specialist, entered military service in October 1961. During his 48 years of military and civilian service, he served as an enlisted Nike Hercules crewman, medic, flight operations Soldier, air traffic controller, infantry officer and Army Aviator. He served two tours in Vietnam and flew more than 1,200 combat flight hours.

He stated the highlight of his military career was fighting alongside then-Lt. Col. John Vessey, who later became the chairman of the Joint Chiefs of Staff, in the Battle of Soui Tre. During his civilian career, he executed 85 Aviation training exercises for Combat Aviation Brigades deploying to Iraq and Afghanistan.

He and his wife, Cheryl, have four children and three grandchildren. They plan to reside in Enterprise.

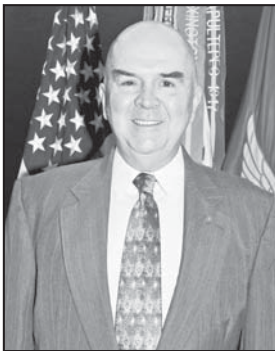
Paula E. Jackson

Jackson, a research assistant with the U.S. Army Aviation Museum and U.S. Army Aviation Center of Excellence G3, is a Vietnam veteran who served in the Army for two years. She entered civil service in 1966 and served in numerous positions, including working for the adjutant general, Lyster Army Hospital, the installation security and plans office, Directorate of Plans and Training and G3.

She said the highlight of her career was meeting and



Ganzy



Campbell



Jackson

working with outstanding civilians and Soldiers and forming lifelong friendships with many of them. She has two children and four grandchildren and plans to reside in Ozark.

Beth Hall

Hall, directorate secretary for the USAACE G3/5/7, entered civil service in September 1975. During her career, she served in numerous positions, including transportation freight rate assistant, 1st Battalion, 13th Aviation Regiment secretary and secretary for the Directorate of Evaluation and Standardization.

She said the highlight of her career was working with some of the best Soldiers and civilians from all over the United States and administratively supporting the training of young Soldiers for Army Aviation and the U.S. Army.

Her husband is Lamar, and they have two children and two grandchildren. They plan to reside in Ozark.

Thomas E. Foster

Foster, logistics management specialist with the Training and Doctrine Command Program Office-Aviation Brigades, served four years in the Navy where he worked as an Aviation fire support specialist spending most of his time aboard ship. He entered civil service in September 1984 and has served as a test officer for the Aviation Board at Cairns Army Airfield, and several positions for the Directorate of Combat Development, now called the TRADOC Program Office-Aviation Brigades.

He said the highlight of his career was meeting and marrying his "wonderful" wife, Kathryn. The couple has two children and four grandchildren and plan to reside in Headland.

Shelia Hagler

Hagler, USAACE protocol specialist, entered civil service in September 1984. During her first 17 years, she worked in the Department of Public Works in the engineer resource management division, the operations and maintenance division, roads and grounds section and the natural resources division. She spent the last 10 years in protocol – six as a lodging specialist, and the last four performing the commanding general's events and ceremonies.

She said the highlight of her career was getting to meet and work with all the general officers, the rest of Fort Rucker leadership and working closely with local communities.

Hagler has a daughter and plans to reside in Enterprise.



Hall



Foster



Hagler

News Briefs

Black history celebration

The Fort Rucker Exchange and the post equal opportunity office host the Black History Month Kickoff Celebration Feb. 3 from 11 a.m. to 1 p.m. at the post exchange. The featured guest for the event is former Tuskegee Airman retired Col. Herbert Carter. The event will include food, contemporary dancing, singing, and more.

For more, call 598-9423.

National Prayer Breakfast

Fort Rucker hosts its National Prayer Breakfast Feb. 16 from 6:30-8 a.m. at The Landing with a breakfast buffet. The event features an interfaith program with a keynote address by retired Chaplain (Col.) Clarke L. McGriff, who used to be the Training and Doctrine Command's command chaplain at Fort Monroe, Va. Tickets cost \$5 and can be obtained from unit representatives, unit chaplains or the religious support office in Bldg. 8945.

For more, call 255-2989 or 255-2012.

CFC participants

Charitable agencies and federations interested in participating in the 2012 Heart of Alabama Combined Federal Campaign must submit an application between Monday and Feb. 29. Applications and related documents can be downloaded at www.heartofalabamacfc.org. Approved agencies will participate in the CFC's Fall 2012 campaign.

For more, call 255-9261 or send email to ruck.cfc@conus.army.mil.

AER scholarships

Army Emergency Relief scholarship applications for the 2012-13 school year are available at <http://www.aerhq.org>. The deadline to submit the applications is April 2. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more, visit the website or call (866) 878-6378.

Electronic retiree newsletter

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 address.

Thrift shop

The Fort Rucker Thrift Shop willingly accepts people's unwanted items as donations. People can drop items off at the shed behind the thrift shop, which is located in the former bank building next the post theater. Donations are tax deductible. The shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m.

For more, call 255-9595.

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 Transi-

tion 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, transitional Family housing, emergency home repairs, critical baby items, vehicle repair service, furniture and household items, local moving assistance and wounded warrior spouse retreats. Its goal is to get the Wounded Warriors and their Families the resources they need.

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

CRC/Safety survey

The U.S. Army Combat Readiness/Safety Center seeks feedback on its website. People are welcome to take the 10-question survey at <http://bit.ly/zjkyo3>.

Safety Symposium

The Army Senior Safety Symposium, scheduled for Feb. 13-17 at Fort Rucker, is one of two annual symposiums that bring together leaders and senior safety professionals from across the Army in a forum that offers technical, professional

and leadership development at both the operational and staff levels.

The SSS was developed by the U.S. Army Combat Readiness/Safety Center to promote interaction and information sharing among members of the Army safety community. During each SSS, senior Army leaders, safety professionals and prominent civilian speakers address various components of safety and occupational health. Participants have the opportunity to openly discuss ideas, challenges and best practices while earning continuing education credits through professional development courses offered in conjunction with the symposium. Attendees then return to their units and organizations armed with the Army's latest safety initiatives, programs and products, thus increasing awareness and reducing accidental loss.

The symposium theme, "America's Army: The Strength of the Nation/Developing Safety Leaders for Today and into the Future," was carried over from the September SSS due to the critical nature of developing leaders throughout the Army safety community.

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.

Net Zero conference begins in Chicago

By C. Todd Lopez
Army News Service

CHICAGO—Representatives from posts named in April as pilots for the Army's Net Zero Installation Strategy met last week to brief their progress.

"They have made a lot of progress, and that is what is encouraging to see," said Katherine Hammack, the assistant secretary of the Army for installations, environment and energy.

Hammack opened the three-day Army Net Zero Energy Installations Conference, Jan. 18, and said she hopes that in addition to briefing the progress of their home installations, participants will also learn from one another.

"This is really all about networking and learning from each other," she said. "We have a lot of great, smart people doing wonderful things. But our Army installations can be in very diverse and remote locations. By bringing everyone together, they can learn from both the formal presentations, and from networking and talking with each other to understand how they may address something that was a problem at one location, but the other location figured out."

The Army's Net Zero Installation Strategy focuses on three areas: energy, water and waste.

For each of those areas, the Army chose six pilot installations. Some installations were named pilots in two areas. An additional two installations, Fort Carson, Colo., and Fort Bliss, Texas, were named as "integrated" Net Zero installations. Those installations will work on reaching Net Zero goals in all three areas.

While Fort Rucker is not a pilot installation for Net Zero, the post is aggressively working towards its own goals in cutting back on energy and water usage and eliminating waste, said local Directorate of Public Works officials.

Be sure to check out future *Army Flier* publications for a series of articles on what Fort Rucker is doing in each area.

At the conference, representatives from 18 installations briefed their home station's progress.

The Army's Net Zero Installation Strategy is about reducing energy use, water use and waste production, to help secure the Army's mission. A Net Zero energy installation produces as much energy as it consumes, resulting in a net usage of zero. A Net Zero water installation limits its consumption of freshwater resources and returns water back to the same watershed, so as not to deplete groundwater. Finally, a Net Zero waste installation reduces, reuses, and recovers waste streams with a goal of zero landfill use.

Part of the reasoning behind the Net Zero goal is that Army installations become self-sustaining, Hammack said.

"Fire, earthquake or tornado can all shut down infrastructure like water or power to an Army installation and disable it," Hammack said. "All of those threaten the ability for us to do our primary mission. We have to address these threats and work to ensure that the Army of tomorrow has the same access to resources that the Army of today does."

Net Zero energy

For an Army installation to meet the Net Zero energy goal, it must pro-

duce as much energy as it consumes. That is driven in part by the vulnerability of the power grid and the effect its failure could have on the Army mission, Hammack said.

"Our power grids are increasingly vulnerable, and that exposes Army operations to risk," Hammack said. Power lines which supply Army installations are aging and easily accessible for those who might want to attack the Army.

"Who would have thought 10 years ago that somebody would fly an airplane into buildings?" she asked. "Imagine somebody setting off a small bomb, and it doesn't take much, to cut down power grids and render our bases vulnerable and exposed. If a raccoon can do it, a terrorist can do it."

The Army's risk management for that is both onsite production of energy, coupled with reduction in use by more efficient use of energy. Existing buildings also need to be looked at for energy-use reduction, she said, because decreased budgets mean new construction will slow, and the Army must look to existing construction to cut energy use.

Decreasing use of fossil fuels means increased use of clean and renewable energy resources — not just wind and solar. Determining which new technologies are best for each installation means assessments at those installations.

Hammack said the Army is working with the national labs to develop roadmaps to help installations move towards Net Zero energy use. One such roadmap involves overall reduction in consumption coupled with an increased percentage of use supplied by alternative energy sources such as solar hot water, photovoltaic, geothermal, wind and biomass.

"It's going to take a balance and blend of resources to get us there," Hammack said.

Net Zero water

Net Zero installations must also reduce water use, Hammack said. Water is itself more important now because of water shortages and increased demand for fresh water. And Army leaders have said competition for fresh water will increase in coming years.

"Some say that water will be more precious than oil in the 21st century," Hammack said, adding that only about three percent of the world's water is fresh.

"If you think about an Army installation, where are you getting your water from? Is it a single point distribution? That is vulnerability and a risk," she said.

Hammack said one installation discovered that, when it lost power due to a forest fire, it also lost pressure to its fire hydrants. That is something she said should have been known ahead of time.

"We need to do vulnerability assessments and understand the critical nature that water has on our operations," she said.

Net Zero goals for water require reduction of water demand. That can be accomplished through such things as treatment of used water to repurpose it for other uses, like irrigation. In new construction, Hammack said, it might also mean implementing more green plumbing technology. One surprising way the Army has shown it can reduce water, Hammack said, has been to reduce

leaks that are the result of ageing water infrastructure.

The Army must also look at continued access to water. The Army is looking at supply and demand studies to assess 30-year water demand on installations in order to determine if in the future there will be problems at those installations with getting water.

Hammack said the Army's goals for Net Zero water include both reducing water demand on installations, and also ensuring continued water rights for installations into the future.

Net Zero waste

Producing zero waste by reducing waste production and by reusing waste that is created is also part of the

Army's Net Zero Installation Strategy.

"Waste reduction doesn't mean send all your solid waste to incinerators," Hammack said. "Stuff coming out of an incinerator is waste too. Waste avoidance is a first step for reduction."

That can be accomplished by repurposing materials, recycling and composting.

"We have some installations that are doing fantastic jobs with recycling -- to the point where they are generating money that goes into MWR," she said.


What goes on at these installations, she said, can be taken to theater to reduce the impact there on the environment and on Army operations.







PHOTO BY C. TODD LOPEZ

Mark Dressler of Fort Detrick, Md., talks with Eric Stebel, of the Hunstman Corporation, about the energy efficiency of spray foam insulation during the Jan. 18-20 Net Zero Energy Installations Conference in Chicago.


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The Army wants you — to vote!

By **Jacqueline M. Hames**
Army News Service

WASHINGTON — Among the many freedoms Soldiers fight to defend, the right to vote is one of the most fundamental and officials at the Human Resources Command want to help the entire Army Family exercise that privilege.

The HRC, in partnership with the Federal Voting Assistance Program is working to make the voting process easy and accessible to Soldiers, their Families and Department of the Army civilians.

Lt. Col. Stewart Stephenson, chief of the Soldier Programs Branch with the HRC, emphasized the importance of registering, updating information and voting.

“Our mission, our charge, is informing Soldiers on their right to vote,” Stephenson said. “Our goal is to (get) everybody that wants to vote, whether it’s a Family member, a DA civilian, a Soldier, (to get them to) understand they can vote, they know how to vote, they are afforded the opportunity to do that, and that they know where to go to get assistance.”

There are more than 5,500 voting assistance officers, from company level to installation level, to help with the voting process, Stephenson said.

“Every Army installation has a voting assistance officer now,” he added.

Voting assistance officers are there to help Soldiers register to vote and cast their vote by providing things like voter registration forms

and informing them how best to return the ballots, but the responsibility to vote ultimately falls on the individual, Stephenson explained.

“You have to register, and you have to register early, update your address when you move and vote. You actually have to cast that vote,” he said. “The voting assistance officers have been trained. They can go through and help you based on your specific location.”

Soldiers can also visit the FVAP website at www.fvap.gov to register and get information on submitting ballots for each state.

Soldiers who are deployed or have moved recently should be sure to update their information so officials can send them an absentee ballot. However, sometimes they have to take matters into their own hands.

“If you hit 45 days before the general election and you haven’t gotten anything from your local election official, don’t wait for them. There’s a federal absentee write-in ballot. Fill that out, send it in. They may pass in the mail, but you still got your vote in,” Stephenson advised.

Absentee ballots can be found on the FVAP website as well as voting assistance offices at the unit level.

“We encourage people to vote. I would argue that it is not just a right, but an obligation,” Stephenson said, noting that voting is a freedom Soldiers defend.

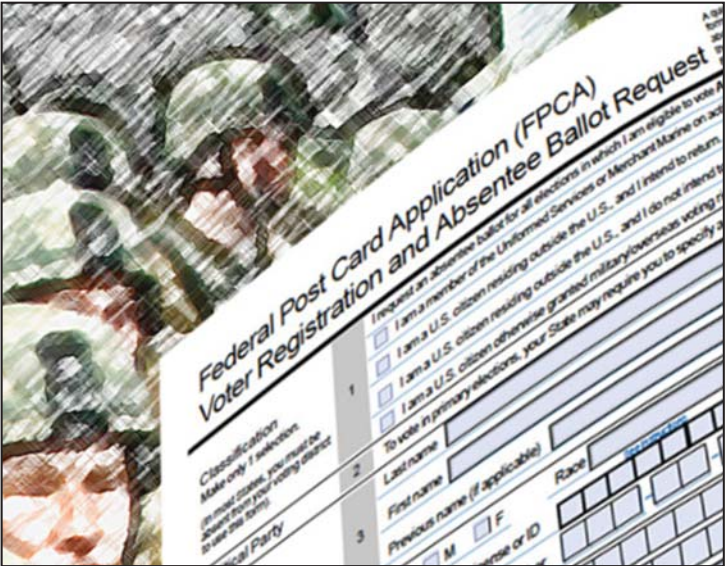
During election season, the best bet for a Soldier or someone representing the Army with

doubts about proper office etiquette and election behavior is to talk with the chain of command, Stephenson said.

Generally speaking, don’t do anything in uniform that might give the impression that you are speaking for the Army, or that the Army specifically endorses a political party, he said.

“What we’re trying to do this presidential election year is establish an irreversible momentum and make the voting process so embedded in the force that we don’t slack off between (elections),” he said.

For more information on voting assistance policies, visit www.hrc.army.mil.



GRAPHIC BY DAVID VERGUN

Officials at the Human Resources Command want to ensure that the entire Army Family understands the importance of voting, and want to make it as easy as possible.

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Chiarelli: Army reducing stigma to seeking help

By Rob McIlvaine
Army News Service

WASHINGTON — The Army released a study Jan. 19 on behavioral health and reported that the number of suicides decreased this past year and more Soldiers are seeking treatment for their problems.

The report “Generating Health and Discipline in the Force, Ahead of the Strategic Reset,” was discussed at a Pentagon press conference by Gen. Peter Chiarelli, Army vice chief of staff. The three-year study outlined the problem of suicide in the Army and related issues of substance abuse, spouse abuse and child abuse.

Nearly two years ago, only 210,000 Soldiers sought behavioral health practitioners for their problems, Chiarelli said, adding he remembers the public reaction to this number.

“My gosh, you’ve got that many in the Army? That’s not good, is it?” I told them we’d like to see that number go up. And in fact, it has gone up. It’s gone up to 280,000. I think we have begun the process in the Army of de-stigmatizing behavior health issues. That to me is absolutely critical. People who need help, get the help that they need. I think we’ve (been able to do this with the help of) commanders and leaders at all levels,” Chiarelli said.

Suicide prevention

Three years ago, then Secretary of the Army Pete Geren and Chief of Staff Gen. George Casey appointed Chiarelli to look at driving down the number of suicides seen occurring in the Army.

He found that drug abuse, suicide attempts, alcohol abuse, prescription drug abuse and anger management issues are all high-risk behavior that Soldiers might enter into. In fact, most Soldiers who end up committing suicide demonstrate these high-risk behaviors, he said.

“For the calendar year 2011,” he said, “if you take a look at all the categories, the overall suicide numbers decrease by 10 percent, from 350 to 315. The only category where we had an increase of five suicides was in the active duty category.”

Most important, he said, is the increased numbers of Soldiers who have received early intervention and treatment.

“This shows why I think we have arrested this problem and hopefully will start to push it down, because we have leader involvement. They’re not walking past the problem and are getting Soldiers the help that they need. And that to me is a very positive sign,” Chiarelli said.

Traumatic brain injury

“One of the huge advances that we’ve made downrange today are the protocols that are in place that have caused us, just last year, to diagnose 9,000 Soldiers who were in concussive events downrange, to give them an initial screening, and hold them off the battlefield for another 24 hours for a second screening. If they fail any of those two screenings, they are sent to one of our concussion recovery centers. Some of them stayed up to 21 days until their brain looked normal, after healing from the concussive event,” he said.

Traumatic brain injury and the cognitive issues



PHOTO BY ROB MCILVAINE

Gen. Peter Chiarelli, Army vice chief of staff, responds to a question at a Pentagon press conference where he outlined the Army 2020 Generating Health and Discipline in the Force, Report 2012, referred to as the Army Gold Book. The report serves as an update to the Army Red Book published in 2010, and summarizes the progress made in enhancing the health, discipline and readiness of the force. It represents the next phase in the Army’s ongoing campaign to counter the stress associated with more than a decade of war.

involved, he said, occur when concussions are not treated.

“I think this is a huge step forward that we made. We have diagnosed so far into this war 126,000 cases of TBI throughout the 10-plus years of this war. But I’ve got to tell you, if they’re treated properly, most Soldiers will have a full recovery from traumatic brain injury. The problem is if they return and get a second concussion before the brain has healed,” he explained.

Post-traumatic stress

“PTS is one of the key ones,” Chiarelli said. “It represents a prevalent psychological injury with over 70,000 Soldiers diagnosed by the Army since calendar year 2003. That’s not 70,000 out of 1.1 million. That’s 70,000 out of a much greater number because we have Soldiers entering and leaving all the time.”

The problem with PTS, he said, it shares many of the same symptoms as TBI. But doctors cannot, with any kind of guarantee, conduct a diagnosis for PTS in every single instance.

This is because, he said, in some of the most diffi-

cult cases, the symptoms don’t appear for weeks, months, or even years after the event.

“I don’t think we’ve done a good job in explaining the immaturity in the science of the brain,” he said. “I was quoted a figure that basically said that from the time an initiating event for PTS takes place to the time that somebody gets into treatment is 12 years. Twelve years nationally -- that’s not with Soldiers, that’s nationally.”

“And the horrible thing about that is all the bad things that happen in between. The abuse of alcohol, the abuse of drugs, prescription drugs, the anger management issues -- all those things that happen in between,” Chiarelli said.

Drug abuse

“We continue to close the gap in drug surveillance and drug rehabilitation programs. Although we had an increase in fiscal year 2011, we think due to an increase in surveillance, illicit drug use declined by 19 percent from earlier highs in 2006 and 2008.

“Last year, we saw over 24,000 Soldiers in our

Army substance abuse program. I know, because of the connection of alcohol abuse to post-traumatic stress, many people who go untreated for PTS self-medicate with alcohol. I know that after 10 years of war, those numbers have gone up, so seeing an increase in the number who are in the program is a positive step,” he said.

Bad news

“What concerns me the most is an increase in violent sex crime offenders by 64 percent from 2006 to 2011. This is unacceptable. We have zero tolerance for this. Army leaders take sexual assault seriously. We’re expanding our surveillance and response against these crimes. We’ve identified numerous sex crime factors, such as alcohol and the newly designed barracks

that offer privacy, coupled with a lack of leadership,” Chiarelli said.

This impacts the youngest and most junior female Soldiers and the perpetrators mirror that age, he said.

“We also had an increase in 2006 to 2011 in domestic violence. It increased by 33 percent, from 293 to 383. And our child-abuse cases increased by 43 percent in that time period from 201 to 287.

Alcohol, associated with domestic violence, increased by 54 percent, and with child abuse by 40 percent, he said.

“And research informs us that PTS is a factor in partner aggression. A person diagnosed with PTS is three times more likely to participate in some kind of partner aggression.

“That is why it is so

critical to eliminate the stigma associated with PTS and get people in for treatment for their alcohol problem, their drug-abuse problem, prescription drug-abuse problem, or anger-management problems, spouse abuse and child abuse. That to me is critical. And the National Institute of Mental Health lays this out as not just an Army problem, this is a national problem,” Chiarelli said.

Looking ahead to reset

Similar to any post-war period, reset and recovery must remain focused on the health and discipline of the volunteer force, Chiarelli said.

“We have an opportunity to avoid mistakes of prior post-war environments by applying science and the many lessons learned to mitigate health, discipline and readiness challenges,” he said. “I often tell folks if you were to ask somebody what good comes out of war, they would point to military medicine and the advances that are made that benefit us all. And I think if you were to ask somebody today what is the greatest advancement in military medicine in this war, they would probably point to the advancements we’ve made in prosthetics.

“But I honestly believe 10 years from now with some of the things that I’m seeing and the advancements we’ve made in brain science, that 10 years from now if you were to ask that question people are going to look back and say, ‘you know the greatest advancements that were made in these particular conflicts was our understanding of the brain,’” Chiarelli said.

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Leaders: ‘I think Army Aviation... is in good hands’

Continued from Page A1

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The general called on attendees to commit to critical thinking, and to continue to speak with one voice in a world that is changing and an era of constrained resources.

“Today’s efforts are tomorrow’s history. Nobody’s going to care about what we did. They’re going to care about what we will do,” Crutchfield said.

As Army Aviation begins to rebuild, re-train and realign, it will focus and synchronize efforts according to the Army Aviation

2030 vision, and by developing the Army Aviation Campaign Plan, while remaining consistent with the Army Campaign Plan. This includes rethinking current ways of doing business, he said.

Two primary goals for the future are to sustain agile and adaptive leaders who thrive in complex and uncertain environments; and to assess the future to develop and modernize the platforms that can deliver what the force needs for the future – that is, fly faster, lift more and reduce logistical footprint, Crutchfield said.

The future fleet will include a new multi-role aircraft capable of increased speed, range and endurance over vast distances, will require fewer maintainers, and will include strong, professional leaders, he said.

“I don’t think we have 20 years to do this. We have 10 to 15 years, maybe, to figure this out. What I need from you is, how are we going to get there?” Crutchfield said.

The future force requires changes in the Army’s approach to training, said Gen.

Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command at Fort Monroe, Va., in his remarks at the first day’s opening session.

“It’s time to have a serious discussion about what it means to be an Army profession,” Cone said.

The TRADOC CG called for a training revolution that includes leader development, building trust in senior leadership, capturing operational experience and fusing it into training manuals, and determining how to translate the commitment, discipline and sacrifice of Soldiers downrange to training back at home station, he said.

An important part of that discussion is the way today’s technology-savvy generation learns new information.

“This young generation of Soldiers is used to being able to reach out and get information at the moment they need it. Just watch anybody with Google, and fact checking and those kinds of things. How do we take that same concept and tie it

to the Army repository of knowledge, so when a mechanic is working on something or a Soldier is trying to solve a problem, he can use these same digital tools to tap into the best information available to make a decision or to learn. I think learning in a dynamic sense, to touch that information at that critical point, is really what we’re after in the Army Learning Concept,” Cone said.

Cone closed his remarks by urging Army Aviation leaders to think about the legacy they are leaving behind them, the need for mentoring the future force and with his thanks.

“I’m amazed at the level of professionalism and complexity I see here,” he said. “It’s great to be with your leadership team here at Fort Rucker, with Tony and Kim Crutchfield, and I think they’re doing a tremendous job. You can see it by the energy of the Branch. I think Army Aviation, although we’ve got some tough times ahead, is in pretty good hands.”

Decal: Airfield stickers, passes still issued on post

Continued from Page A1

a DA Form 1602, Tkac said.

Contractors should contact their contracting officer representative for more information.

Along with the installation decals, black decals once issued to those who registered their vehicle through vehicle registration will no longer be valid, he said.

“Airfield decals and passes will still be issued for airfield access and requests for airfield access will not change,” said Tkac. “Rank decals will no longer be issued and general officer decals will be relinquished to the protocol office,

where they can be obtained.”

Despite the decal changes, ID and documents such as car rental agreements, inspection, insurance and state registration are still subject to check at the gates and required to be presented to law enforcement officials or gate guards.

Soldiers, Family members, civilian employees and their commands must ensure that all POVs comply with Alabama state laws and are properly registered.

Maj. Gen. David E. Quantock, the Army’s provost marshal general and commander of Criminal Investigation Command, said the

move to eliminate the registration and decal display, known as DD Form 2220, came about because decals only offer a false sense of security and are redundant to the information technology systems in place at most post gates.

“Decals are really an old way of providing security for a post,” he said. “Vehicles change hands and many times those decals go from owner to owner to owner and if all security counted on was a decal to give access to a post, then I think you’re putting yourself at a huge vulnerability that could be taken advantage of.”

As for cost savings, Quantock

said that if every post and garrison did away with the decal requirement, the savings would be \$256,000 a year, which is what it cost to issue 800,000 decals at 32 cents a pop.

“Over five years, it would be \$1.2 million in savings and while we can be good stewards of the tax payers’ dollars by taking something off the shelf that really isn’t doing what we want it to do, it’s really not about that,” he said. “At the end of the day it’s about analyzing threats and taking care of Soldiers, their Families and civilians and making sure they have the protection in place to live and

work in a healthy environment.”

The addition of automated card scanners may eventually make its way to Fort Rucker, said Tkac. Installations currently using these systems have been successful at catching unauthorized people trying to gain access. The systems identify outstanding warrants on individual and they alert the guard force to those who have been barred from an installation. They not only scan CAC (military ID) cards but also state driver licenses.

For more information, contact the Fort Rucker Security office at 255-0776 or 255-1258.

Post: ‘Attack like your life depends on it — because it does’

Continued from Page A1

shooter.

“Attack like your life depends on it – because it does,” Alvarado said.

During an active shooter incident, people may not be in the office in which they

normally work. “Those people should follow the instructions of the supervisors of that building or office,” Alvarado said.

If an attack or drill occurs, gates will close. “For the exercise, it will only be a short amount of time,”

Whittaker said.

Drivers are to find an open area to park their cars until the situation is resolved.

The best way to avoid harm in an active shooter scenario is to prevent it, according to information on the Department of Home-

land Security website.

Prior to acting, a potential attacker normally exhibits many behavioral changes. These changes include increased use of alcohol or drugs, depression, severe mood swings, increased violent attitudes or unex-

plained absences, DHS advises.

Additionally, attacks usually occur on people shooters know, whether it is from customers, coworkers, former coworkers or relatives. If people see potential threats, they should alert

supervisors with their concerns. If threat is imminent, call 911, according to DHS.

For more information on active shooter scenarios and what to do during an incident, visit the Department of Homeland Security’s Web site at www.dhs.gov.

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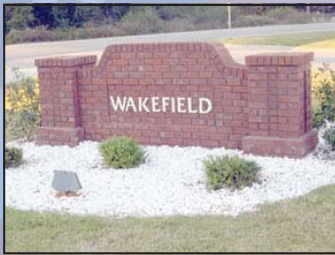


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JANUARY 26, 2012

Army releases Generating Health, Discipline in the Force Report ahead of Strategic Reset

By Office of the Chief of Public Affairs
Press Release

WASHINGTON, D.C. — The Army released the Army 2020 Generating Health and Discipline in the Force, Report 2012, referred to as the Army Gold Book Jan. 19. The report serves as an update to the Army Red Book published in 2010.

It summarizes the progress made in enhancing the health, discipline and readiness of the force. It represents the next phase in the Army's ongoing campaign to counter the stress associated with more than a decade of war.

The Gold Book candidly addresses the challenges that Soldiers and Families currently face, while providing a thorough assessment of what the Army has learned with respect to physical and behavioral health conditions, disciplinary problems, and the remaining gaps in Army policy. The report will serve as an invaluable resource for leaders, policy makers, com-

manders, and service providers, as they work together to address the unique and difficult challenges that lie ahead.

"While we have made tremendous strides over the past decade, there is still much work to be done," said Army Vice Chief of Staff Gen. Peter Chiarelli. "This war, as we often hear it described, is a marathon, not a sprint. And, as mentioned, many of our biggest challenges lie ahead after our Soldiers return home and begin the process of reintegrating back into their units, Families and communities."

Recommendations implemented since the publication of the Red Book have already had a significant, measureable impact on the health and discipline of the force. Examples include improved mild Traumatic Brain Injury, or mTBI, screening, diagnosis and treatment; increases in outpatient behavioral health access and delivery; decreased incidents of Soldier

SEE REPORT, PAGE B4

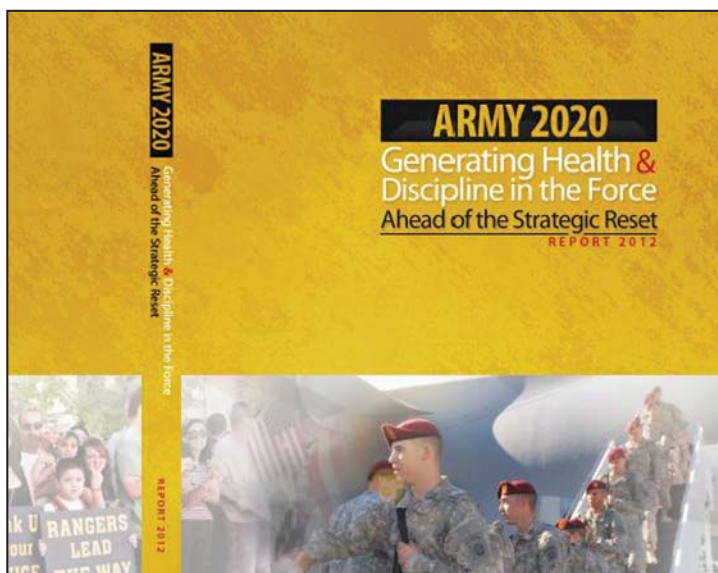


PHOTO BY C. TODD LOPEZ



PHOTO BY RICHARD BUMGARDNER

BLACK HAWKS' IN FLIGHT

Two UH-60 Black Hawk helicopters hover over the skies of Spin Boldak, in the southern Kandahar province, Afghanistan, before flying away. A staple of transportation in Afghanistan, helicopters like these are used not only to transport troops in and out of hard-to-reach forward operating bases, but also as air ambulances.

Paratroopers learn latest battlefield skills at Fort Polk

By Sgt. Michael J. MacLeod
Press Release

FORT POLK, La. — Fort Bragg paratroopers bound for Afghanistan picked up the latest skills and equipment from those most recently returned here at the Joint Readiness Training Center during the second week of January.

Young officers, junior enlisted and noncommissioned officers with the 82nd Airborne Division's 1st Brigade Combat Team participated in open-enrollment classes that included battlefield robotics and unmanned aircraft systems, roadside bomb detection and avoidance, communications, intelligence gathering, electronic warfare, computer systems for command-and-control and logistics, civil affairs, the use of the latest weapons designed to plug capability gaps of traditional weapons systems and more.

"The Army does a pretty deliberate job at putting people into JRTC who have a lot of fresh experience in what they do," said Maj. Mark Stouffer, operations officer for the "Devil Brigade," who arrived at JRTC in early January for a month-long rotation. "They take that fresh experience off the battlefield and bring it directly to the Soldiers here, both young and old."

Most of the trainers are contracted civilians that are part of mobile training teams, and many of those are former service members with experience in Iraq and Afghanistan.

Pvt. Bryan Creedon, who joined the brigade in November, attended a class on improvised explosive device awareness (how to thwart roadside bombs).

"I'm fresh out of basic training, so all of this is beneficial," he said. An infantryman attached to an outfit of engineers, Creedon will likely be directly involved with clearing main supply routes of dangers such as improvised explosive devices, or IEDs.

Sgt. Wesley Hatfield, a veteran of the Iraq war who took the course and several others, said that all of the classes were excellent.

"Ain't nothing but learning going on in there," he said.

Stouffer said that the week of classes was an efficient means of adding individual skills that are foundational to the collective, unit-based skills that will be put to the test later in the rotation.



PHOTO BY SGT. MICHAEL J. MACLEOD

Don Thompson, a civilian trainer for a battlefield robot, demonstrates how to operate the system to paratroopers with the 82nd Airborne Division's 1st Brigade Combat Team, Jan. 9, at the Joint Readiness Training Center, Fort Polk, La. The robot's top speed is faster than a person can walk.

"We could train at home, but here there are a lot of additional trainers resourced by JRTC who enable us to train all our Soldiers at the same time, whereas at home station, we would end up training just a small portion of them over a much longer period," he said.

"It's great to get a lot of new equipment and training on the new equipment, but you need the time, the resources and the mentorship to put all that equipment into the tactics that have been proven over the years and to employ them," he said.

Stouffer added that a major benefit of the classroom training was that anyone could attend any course, which

promoted cross-training between the various military occupation specialties and made for a more adaptive Soldier.

Class offerings are standard for any JRTC rotation, though the content of each course is adjusted as new tactics, techniques, procedures and equipment are developed for the battlefield, according to Maj. John Britton, a rotational planner for the JRTC operations group.

The Fort Bragg-based unit is a light infantry brigade whose last deployment was to Iraq's Al Anbar province in 2009-10, where they advised and assisted Iraqi security forces.

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Report: ‘Trust is the bedrock of our honored profession’

Continued from Page B1

drug and alcohol abuse; reduced accession waivers; and expanded pain-management care. The Gold Book represents the next phase of this ongoing campaign.

Secretary John M. McHugh

has directed that leaders at all levels become familiar with the report. Chief of Staff of the Army Gen. Raymond T. Odierno has also endorsed The Gold Book, emphasizing that leaders understanding and effectively addressing the challenges that

Soldiers and Families face is absolutely essential to the Army’s success in these and all endeavors.

“Trust is the bedrock of our honored profession — trust between each other, trust between Soldiers and leaders, trust be-

tween Soldiers and their Families and the Army, and trust with the American people,” said Odierno.

The lessons learned and recommendations provided in the Gold Book are meant to ensure the Army continues to best support the health, well-being and

discipline of Soldiers — and their Family members — while ensuring a fighting force able and ready to stand strong in defense of the nation.

The full report is located at <http://usarmy.vo.llnwd.net/e2/c/downloads/232541.pdf>.



PHOTO BY SGT. 1ST CLASS ERIC PAHON

Snow bird

Spc. Rodney Pentecost, a Task Force Talon crew chief from Greens Fork, Ind., assists UH-60 Black Hawk pilots while they run through pre-flight checks during a snow storm on Bagram Airfield, Afghanistan, Sunday. This was the second major snow storm to hit Bagram this year.

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PHOTO BY NATHAN PFau

Percillia Villanida, child care provider for FCC, takes care of six children in the children's play room of her home Tuesday.

Post FCC offers career opportunities

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker Family Child Care offers new career opportunities with the added benefit of working from home as a child care provider on or off the installation.

The program is an option of child care provided by authorized military Family members and qualified civilians working as independent contractors, according to Vender J. Tabb, Directorate of Family, Morale, Welfare and Recreation FCC director.

Percillia Villanida, child care provider for FCC, explains how the program was an integral part of her life while in the military and as

a civilian.

"I used to be in the military and I used an FCC provider for after hours, evenings and weekends," she said. "When I got out of the military to support my husband's career, however, [the program] gave me the chance to stay home and raise my children while starting a new career in child care."

"Although I was no longer in the military, I felt like I was still a part of the Army community," said Villanida. "I was able to work from home and got the opportunity to get excellent training and learn a professional skill."

All FCC providers must go through the FCC certification process, which in-

cludes: annual background checks for the applicant; training in child development; fire, health and safety requirements; caring for special needs children; child abuse prevention; CPR/first aid; and inspections and in-home screening interviews by the FCC director, according to Tabb.

"It's a profession and a huge responsibility," said Villanida. "And because it's a profession, I was able to get my child development accreditation, so, I can carry this with me into other child care settings and even continue my education into teaching if I want."

Another added benefit of the program, unlike other child care programs, is that the providers can care for

children over extended periods of time if the parents must be away from their children for longer than during regular hours.

"Here at the FCC, we're in a unique position to care for the kids overnight, during evenings, over weekends or longer if needed," said Villanida. "A parent can really feel good that the child care that we offer flows right into extended care."

Benefits of this career, according to Villanida, are tremendous, ranging from flexible hours to being able to make money working from home while still caring for your own children.

"One of the big benefits of me being able to stay home and take care of the

children at my home is that my own children also had the same child care that I was and still am able to provide other people's children while having friends that come play with them every day," she said. "I'm able to be involved in my children's lives and still earn an income from home, which is great."

"My children grew up in an FCC home and I look back and think of the time that they spent in the program and how it's served my Family well," she said. "One of the pluses is that I know that my children are going to be really good parents because they've seen me taking care of many children. I know when they have their own Family, they

are going to know exactly what to do.

"Doing this job has made me feel empowered," said Villanida. "I'm able to help support my husband's career and it supplements our income."

The career that the program provides is a great opportunity for any parent that has hesitations about working outside of the home, said Villanida.

"The child care program is a chance for someone to stay home, raise your children and have a profession that you can grow with," she said. "I've been going on 13 years with this career and I've chosen to continue doing it because I love it, and the hand's-on with the kids is just great."

Fort Rucker hosts Black History Month events

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker will host events throughout the month of February to celebrate Black History Month, starting a kickoff event with food and fun at the Post Exchange Feb. 3.

The event will feature: free food sampling, traditional music and dancing, a Harriet Tubman monologue, door prizes for those that attend, and a meet-and-greet with an original Tuskegee Airman, retired Lt. Col. Herbert Carter, according to Sgt. 1st Class David Kintz, chief Equal Opportunity adviser.

The purpose of the event is to observe and celebrate Black History Month and bring awareness to the community about African-American culture, said the EO adviser.

"A lot of people misunderstand the observance of Black History Month and think that it is specifically for the one ethnicity or race, but that's not what we're



FILE PHOTO

Members of the Daleville High School Multicultural Club perform a step routine at last year's Black History Month kickoff. The event takes place this year Feb. 3 from 11 a.m. to 1 p.m. at the post exchange.

trying to promote here," said the sergeant. "This [observance] is where we celebrate the ethnicity and culture of America and the people that brought that culture to us."

"[The celebration] is about diversity and learning about the people that you work with, work for, or

work for you," said Kintz. "This gives people the opportunity to see the different upbringings and styles of life, while giving [Fort Rucker] the opportunity to share [African-American] culture with others."

The event will be held from 11 a.m. to 1 p.m. and is free to anyone that can enter

the base, he said.

"Personally, I'm very excited to meet an actual Tuskegee Airman," said Kintz. "This is someone who went through the trial of having to prove himself in the duress of combat. He is an American hero and to get the opportunity to meet someone of that caliber is

the most exciting part."

The kickoff event is just the beginning of the Black History Month celebrations throughout the month of February, he said.

The Black History 5k run will be held Feb. 4 on the corner of Shamrock and Fifth Avenue. The race begins at 9 a.m. and the winners will be awarded with trophies, ribbons and streamers, according to Kintz.

There will also be ethnic luncheons Feb. 15 from 11:15 a.m. to 1:15 p.m. at both dining facilities, which will be open to active duty personnel, Department of the Army civilians and Family members.

"This gives us the opportunity to take the celebration to a lot of the trainees that won't get a chance to go to the PX during the day," said the EO advisor. "They can go to the dining facility and get to see and taste a bit of African-American culture."

There will also be an essay contest that is open to all fifth and sixth graders

throughout the community schools including Fort Rucker, Enterprise, Daleville and Ozark. The students must submit a 500-750-word essay with the topic "How have African-American women contributed to American culture?"

"The [essay contest] is great because it's an opportunity for the schools to spread the education of different cultures outside of what is only shown in their textbooks," said Kintz.

The student with the winning essay will receive a coin from Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Col. James R. Macklin Jr., Air Traffic Services Command commander, and a framed and matted copy of their essay to place on display, he said. All essays are due by Feb. 24 to the installation EO office or to the school's designated official.

For more information about the events, call 255-3750.

ON POST

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

Stress Management Workshop

Army Community Service's Family Advocacy Program hosts a Stress Management Workshop Tuesday from 9-11 a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include: identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required. This workshop is open to active duty, retired military, government employees and their Family members.

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

Character Dining

The Landing Zone hosts Character Dining from 5-8 p.m. Tuesday.

For more, call 598-8025.

Ladies Night with DJ Dave

The Landing Zone hosts Ladies Night with DJ Dave from 8 p.m. to midnight Feb. 3.

For more, call 598-8025.

Promotion Points Parent Support Program

Army Community Service's Promotion Points is holding a new Parent Support Program Feb. 3 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 will be held the first Friday of every month.

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

BOSS Super Bowl party

Fort Rucker's Better Opportunities for Single Soldiers hosts a Super Bowl party Feb. 5 beginning at 4:30 p.m. in Bldg 8350. Last year, more than 60 Soldiers attended. This year the party will feature pizza being served during half time and all Soldiers who attend are encouraged to bring some sort of party food – chips, dip, salsa, cookies, etc. – and soda and sweet tea will be provided. BOSS will provide a designated driver for those who consume alcohol during the event, but people are reminded to drink responsibly. The game will be shown on a big screen and video games will be available on the other televisions.

People are welcome to make additional suggestions about the party. For more, call 255-2677.

Super Bowl party

Mother Rucker's hosts a Super Bowl party Feb. 5. For more, call Mother Rucker's at 503-0396.

Valentine's Day craft making

The Center Library hosts a Valentine's Day craft making activity for children ages 3-11 from 4-5 p.m. Feb. 7. Light refreshments will be served and space is limited to the first 65 children.

Visit the library or call 255-3885 for more information.

Dueling Pianos

Dueling Pianos performs at The Landing Feb. 11 from 8 p.m. to midnight. Doors open at 7:30 p.m. Dueling Pianos is billed as an energetic musical show as two pianists "duel" to see who can play better and faster, with 176 keys of humor, singing and music. Tickets are \$10 in advance at The Landing Zone, or \$15 at the door. This show is open to ages 18 and older and is open to the public.

For more, call 598-2426. Additionally, people are welcomed to make the evening a date by enjoying The Landing Zone Valentine's Dinner Special beforehand for \$35 per couple. Dinner will be served from 5-8 p.m. and includes a shrimp cocktail to share, choice of blackened red fish with Riesling cream sauce, 10 oz. sirloin, 12 oz. prime rib, or a Cajun chicken and shrimp pasta. All entrees come with a baked potato and side salad. Then choose a dessert to share of either cheese cake or Bourbon pecan pie. Reservations are not required, but are strongly suggested.

For more, call 598-8025.

AFTB Level 1 Training

Being new to the Army can be confusing, and Army Family Team Building Level I is designed to provide the knowledge and tools people need. AFTB I takes place Feb. 13 and 14 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. Modules of learning include: military acronyms, chain of command, customs and courtesies and more.

For advanced registration and childcare information, call 255-2382.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active duty military Families that have an exceptional Family member to the EFMP Information and Support Group meeting Feb. 14 from 9-10 a.m. at The Commons in Bldg. 8950 on Seventh Avenue. The topic for the meeting is EFMP respite care. Eligibility and enrollment procedures will also be discussed. This is an opportunity to learn and provide suggestions for future topics for the support group.

For information and to register, call Army Community Service's EFMP at 255-9277.

Valentine's Day Family Pasta Buffet

The Landing Zone hosts a Valentine's Day Family Pasta Buffet Feb. 14 from 5-8 p.m. Cost for adults is \$10 and for every paid adult, two kids eat for free. Entertainment for children will be provided by Character Dining, a balloon performance and crafts.

For more, call 598-8025.

Mardi Gras Kid's Night

The Landing Zone hosts Mardi Gras Kid's Night Feb. 21 from 5-8 p.m. Children are invited to dress in Mardi Gras-themed costumes, including face masks and outfits with the green, gold and purple colors. All children who attend in costume will



PHOTO BY RUSSELL SELLERS

Sign up for EDGE!

Colton Stinger, military child, holds a practice bag as Josiah Berry, military child, delivers a knee strike during last year's EDGE! Program Tae Kwon Do class at the Fort Rucker Youth Center. People are encouraged to sign-up now for February after school EDGE! programs. EDGE! is open to youth ages 6- 18. A variety of activities ranging from art, fitness, life skills, and adventure are available from 4-6 p.m. during weekdays. Cost for ages 6-10 is \$5 per hour and while programs are free for ages 11-19. People can pick up and drop off children at Fort Rucker Youth Center. A valid child, youth and schools services registration is required for participation. Enrollment for all EDGE! activities is at parent central services in Bldg. 5700, the Soldier Service Center, Rm. 130 or online at webtrac.mwr.army.mil/webtrac/ruckercyms.html. For more about EDGE! programs, call 255-0666 or 379-1363.

put their names in a drawing for prizes. Children do not have to be present at time of drawing, but must have attended the event in costume to be eligible.

For more, call 598-2426 Ext. 35.

Blended Family Workshop

Army Community Service hosts a Blended Family Workshop Feb. 22 from 9-11:30 a.m. at the Early Childhood Activity Center. The workshop focuses on maintaining strong parent and child relationships, developing relationships within the blended Family, and effective communication and negotiation skills. People should register by Feb. 17. The Workshop is open to active duty servicemembers, retired military, Department of Defense civilian employees and their Family members.

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

Anger Management Workshop

Army Community Service hosts an Anger Management Workshop Feb. 21 and 28 from 9-11 a.m. at the Family Advocacy Program Early Childhood Activity Center in Bldg. 3705 on Dean Street. The workshop helps people learn how to identify causes of anger, the symptoms of anger, techniques to manage anger and how to develop an anger management plan. This is a two-part series and participants must attend both sessions in order to receive a certificate. The workshop will not meet on holidays. The Workshop is open to active duty servicemembers, retired military, Department of Defense civilian employees and their Family members.

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

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DOD website connects military children

By Elaine Sanchez
American Forces
Press Service

WASHINGTON — A new Defense Department website is connecting military children – whether it’s across town or across the world – who are dealing with a loved one’s deployment.

The website, Military Kids Connect, offers military children an online community where they can learn about deployments, recognize and share feelings, and develop coping skills.

Psychologists from the DOD’s National Center for Telehealth and Technology developed the site to build on military kids’ strength and resilience, especially as they deal with the unique stressors of military life.

“We felt by connecting military kids with each other, through providing peer-to-peer support, they’d be able to build on the resilience they have already and learn new coping skills to deal with deployments,” explained Kelly Blasko, a psychologist from the center, dubbed T2.

The site features tools for all stages of the deployment cycle – from predeployment through reintegration.

To help prepare kids for an impending separation, the site includes an interactive map that offers information on numerous deployment locations. The aim here is to “give them positive information, rather than the negative information they hear on the phone or on the news,” Blasko said.

“We tried to focus on the fact they get increased responsibility at home [during a deployment], as well as new routines, because their parent is gone,” she said. “We developed activities around that.”

The post-deployment section deals heavily with the reconnection process upon the service member’s return, Blasko added.

While the sections share a common theme, site developers customized information and activities to best suit children’s age-specific needs. They created tracks for three different age groups: 6 to 8, 9 to 12 and 13 to 17.

“We wanted to develop content around the different challenges that these kids face during the different phases of deployment,” Blasko explained.

Kids react to deployment-related stress in different ways, she noted. Teens may isolate more, act out, and may even get involved with drugs and alcohol. Tweens often rely on their parents for feedback and acknowledgment, and when a parent is absent, that can create a void. And younger children may regress due to anxiety, she added.

“The focus really is on the kids and providing them with coping skills for the different challenges they face,” she said.

Blasko said they came up with the idea for the site after noting a marked gap in resources for military kids dealing with deployments. T2 offers a deployment website called afterdeployment.org for troops, veterans and their families, with a module for parents helping children with deployments. But that wasn’t enough, she said.

“We realized that helping children with deployment was actually larger, and that particular module didn’t really address the issues that military children

face,” she added.

Experts believed a site dedicated to aiding kids through the deployment cycle “would be an incredible contribution to help kids with this challenging time,” she said. To gain ideas from a military kid’s perspective, they hosted a series of focus groups with children 9 to 17 about what they’d like to see on the site.

“One of the things they felt was missing was an online military kids community,” Blasko said. “We developed an online social network forum where [teens and tweens] can post comments and get replies – where they can share things about deployment.”

To further the dialogue, the site features videos with military kids and their parents discussing situations they’ve dealt with and the coping skills they’ve employed.

In one video story, a Soldier talks with her three daughters about their feelings when she deployed to Afghanistan. They discussed how they felt when she left and their experiences while she was gone.

“I felt kind of sad at first,” one of her daughters said, “but I knew she was helping other people, so it kind of eased away my pain inside.”

Other popular add-ons include sections where students can create scrap-

books, participate in instructional and video vignettes, and in interactive games that wrap around the deployment cycle.

One of the site’s most popular features is a section where kids can select the weather and time from among the six most common deployment locations. Once selected, the information always shows up on their home page. This enables the kids to feel a connection with a parent deployed, for example, to Afghanistan, Blasko noted.

As kids progress through the site, they can earn passport stamps in a virtual passport by completing games and activities.

While the site is geared for the younger generation, adults shouldn’t hesitate to log on, Blasko said. A parent module explains behavioral changes they should keep an eye out for and parenting strategies they can employ to help their kids through tough times.

The site also features a module for educators to raise awareness of military children’s challenges and to help educators recognize in-school behaviors that may indicate deployment-related anxiety.

Blasko acknowledged concerns regarding Internet safety for the online kids community. Developers kept this in mind throughout the process,

she said, and have exceeded security requirements. For example, parents must give permission for children to use the message boards.

“We have been working really hard to provide a safe online community for these kids,” she said.

With the site’s first iteration under way, experts already are forging the path ahead. For the next version, they’d like to focus on three areas, Blasko said. First, they’d like to improve the online parent-child interaction, perhaps by having parents provide a stamp of acknowledgment when their child is on the site. They’re also hoping to engage deployed parents more by offering

a game the deployed parent and child can play together.

Next, they’d like to focus on post-deployment, which is often the most difficult time of the deployment cycle, Blasko noted.

“So many changes occur during deployment for the kids and parents,” she explained. “When they come home, just getting back to the Family routine gets very difficult and even more difficult if there’s been post-traumatic stress disorder or some type of problem that results from deployment.”

Finally, they’d like to enhance the site’s teen content. “We really think it is certainly an at-risk popula-

tion, and [we want to] be sure we give them as many skills to deal with anxiety as possible,” she said.

Blasko said the project has been rewarding both professionally and personally. “I really admire military kids and the strength that they have given the different challenges they face,” she added. “It really is an honor to serve them some way through the website and connecting them with other kids, and parents.”

One of the nice things about the website, she noted, is that it teaches coping skills now. “They can carry that through their whole life and deal with things that come up that we can’t even anticipate,” she said.




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Dr. Biden: Military children need schools’ support

By Elaine Sanchez
American Forces
Press Service

LOS ANGELES — Dr. Jill Biden, wife of Vice President Joe Biden, joined a group of educators here Jan. 19 for a discussion on how schools can better serve and support military Families and to learn about a program that’s having a positive impact in military children’s lives.

Sitting alongside teachers, administrators and military Family members at the University of Southern California here, Biden, who holds a doctorate in education, noted the importance of community and school support for military Families, especially as they weather the multiple challenges of moves, new schools and deployments.

As a military mom, “I know firsthand just how important it is for a child to have the support of a community and school when Mom or Dad is at war,” she said. The Bidens’ son, Beau, a major in the Delaware Army National Guard, deployed to Iraq for a year in 2008, leaving two young children behind.

While he was away, Biden recalled, her granddaughter Natalie’s teacher hung a picture of her father’s unit outside her classroom.

“Every day when she walked into her class, she would stop and kiss her dad,” she said. “All of her schoolmates knew her dad was at war.”

In some cases, however, a child’s struggles may go unnoticed by teachers who aren’t aware of the military Family members in their midst. Biden recalled a story a general told her while she was in Iraq two years ago. During a concert at his 6-year-old daughter’s school, a child burst into tears during the song “Ave Maria.” A teacher rushed over and asked her what was wrong.

“That was the song that they played at my father’s funeral,” she told the teacher. “He died in Iraq.”

“That story is heart-breaking for all of us, especially the educators here who can imagine the impact an incident like that would have on a child,” said Biden, who is a long-time educator herself.

This story spotlights the importance of boosting community and school-based support, she noted.

Biden lauded the educators around her for taking on this challenge through the Building Capacity in Military-connected Schools project, a consortium of eight military-connected school districts in Southern California, the Department of Defense Education Activity and the University of Southern California. The consortium’s intent is to create military-friendly environments in schools, to spread the word about effective programs and resources, and to raise military Family awareness among educators, administrators and school counselors.

Biden then invited the attendees to showcase the programs they’ve undertaken as part of the consortium.

Kim Becker, a Marine Corps spouse, mother, and graduate student of military social work at USC, shared her experiences as an intern at Jefferson Middle School in Oceanside, Calif. Hoping to bridge the military-civilian gap and create a sense of pride and honor among military children, she coordinated a



Dr. Jill Biden, wife of Vice President Joe Biden, participates in a roundtable discussion with educators, students and military Family members at the University of Southern California in Los Angeles, Jan. 19.

ceremony with the Oceanside High School Junior ROTC to honor the Marine Corps birthday.

The goal, Becker noted, was to show that “the military student is an asset to their school. They come there with incredible life experiences and courageous sacrifices.”

Fellow social work intern Gena Truitt, a prior servicemember and military mom, talked about how she created the Pride Club to foster camaraderie among military kids at Wolf Canyon Elementary School in Chula Vista, Calif. The intent was to “show them how awesome they are ... so they can talk about their experiences and build their own networks,” she said.

“This is why I went into social work, so that I can serve this population and we can have a good time and build these social bonds,” she added.

Kayla Felizardo, daughter of Navy Petty Officer 2nd Class Anthony Seaman and Monique Felizardo, joined the Pride Club after her Family moved from Japan and her father

left for an assignment in Greece. Seeking military networks, she was excited to learn about a club that would offer her a chance to meet other military kids.

“It helped me express how I felt about the military,” Kayla said at the roundtable. “I got to meet new friends. I realized I wasn’t the only one at my school who was a military child. It made me feel special.”

“You are special,” Biden responded back.

Robin Williamson, Navy wife and school liaison officer, described how she helped to create transition rooms in 11 military-impacted San Diego-area schools. These rooms are dedicated solely to welcoming new military Families into the school and community, she explained. Families use the rooms to learn about school and community resources, and to create connections with other military Families.

“It’s a great way to have the Families come in, and you can just see their anxiety lessen,” she said. “They know where to go if they have any questions.”

Tanya Belsan, principal at Dewey Elementary School in San Diego, calls her transition room Connections Corner. The room offers military Families moving to the community a one-stop-shop for resources, she said, noting her school is nearly 90-percent military.

“We deal a lot with transitions for Families in and out, and need to help them acclimate quickly so their children can be successful in school,” she said. “They are a wonderful and unique population that need support.”

Biden wrapped up the roundtable by thanking the educators for their work and for rising to the challenge of Joining Forces, the campaign First Lady Michelle Obama and Biden launched last year to raise awareness of troops, veterans and their Families and to call on all sectors of society to support them.

“One of the goals of Joining Forces is really to change the culture all across America,” she said. “I think we will have been a success if at some point in time – whether it’s two years from now, 10 years from now – that people just don’t question this anymore because it’s in all the school districts.”

“What you’re doing is a perfect example of how we want to change things in America, where every state, every school district has programs like this,” she told attendees. “You’re doing exactly what needs to be done.”




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Alabama: a storied history

Alabama Tourism Department
Press Release

To discover the story of our great state and its people, you don't have to look too hard.

Alabama is awash in landmarks, museums and historic sites that offer an unparalleled, highly personal look at events that shaped the nation. The birthplace of Helen Keller, the turning points of the Civil Rights Movement, the battlegrounds that determined the fate of America – each place documents the trials and triumphs of our past.

From antebellum architecture to Native American mounds, there are stories to be told all across the state.

Museums

Whether you're looking to hear the whistle of an old steam engine racing down the tracks or wanting to visit a reconstructed Native American village, you'll find it all in Alabama. Our diverse museums chronicle natural history, the struggle for civil rights, art from across the centuries and many other topics that could keep history buffs busy for years.

No visit to Alabama is complete without stopping by one or more of the state's many civil rights museums and sites, which provide a perspective on U.S. history that can't be found anywhere else.

Equally fascinating are the state's amazing collections of regional art and artifacts, such as the Birmingham Museum of Art, Auburn's Jule Collins Smith Museum of Fine Art and the Montgomery Museum of Fine Arts.

For a different spin on history, visit Calera's Heart of Dixie Railroad Museum, which preserves, restores and operates railway equipment significant to the history of not just Alabama, but the entire nation. Or visit the Alabama Department of Archives and History in Montgomery to research government archives, private historical



PHOTO COURTESY OF ALABAMA TOURISM DEPARTMENT

The living-history program at Fort Morgan highlights life at the fort during the four wars it serviced: the Civil War, the Spanish-American War, and World Wars I and II.

records and family genealogy. The oldest state-funded archives in the United States, the department's museum boasts historical artifacts, rotating exhibits and hands-on galleries for kids.

Explore Alabama's rich Native American history at the Indian Mound & Museum in Florence. The largest domiciliary mound in the Tennessee Valley, it houses a large collection of Native American relics found in the area, with chronological displays and explanations of artifacts.

In Fort Mitchell, check out the Chattahoochee Indian Heritage Center. Journey to Moulton for the Oakville Indian Mounds Education Center or to Moundville Archaeological Park near Tuscaloosa. Horseshoe Bend National Military Park, located near Dadeville, is where General Andrew Jackson defeated Chief Menawa and the Upper or Red Stick Creeks in 1814.

Historic homes

From sprawling plantation houses to humble cabins where legends were born, Alabama's historic homes also have much to share.

In the luxurious estates that predate the Civil War, voices from years past echo among the gleaming hardwood floors, stately Corinthian columns and ornate furnishings.

In the Gulf Coast region, discover Mobile's well-preserved homes, from the Italianate style of the Richards-DAR House to the Creole cottage-style farmhouse of the Carlen House Museum. Head to Clayton in the River Heritage region and visit the Octagon House, the only antebellum example of octagon-style architecture remaining in the state.

In Tuskegee, pay tribute to Booker T. Washington and Tuskegee University at

The Oaks. The 1899 home was built by students and faculty with bricks made by the students. Or walk in the steps of courage at Ivy Green in Tusculumbia, where Helen Keller was born. Built in 1820, the site hosts a performance of The Miracle Worker each summer to retell her remarkable story.

Civil War sites

From the telegram ordering the first shots at Fort Sumter to the last major battle of that bitter conflict, Alabama played pivotal roles in America's Civil War saga.

After Abraham Lincoln was elected President of the United States, delegates from Southern states that had seceded met in the Alabama State Capitol in February 1861. Within a few days, they had written a constitution to create the Confederate States of America and elected Jefferson Davis of Mississippi its president. You can stand on the spot where Davis received the oath of office and tour the restored Capitol, as well as the First White House of the Confederacy across the street.

The most significant naval action of the war occurred in Mobile Bay, the only Southern port still open in 1864. Tour Fort Morgan near Gulf Shores and Fort Gaines on Dauphin Island, where Union Admiral David Farragut gave his famous "Damn the torpedoes" order that led his fleet to victory.

East of Clanton, the 103-acre Confederate Memorial Park began as the only home for Confederate veterans. Today, you can see uniforms, weapons and graves, and learn about the old soldiers who spent their lives there. Some 18 re-enactments take place annually across the state.

The "Alabama Civil War Trail" brochure, available at any Alabama Welcome Center, has listings for dozens of museums, cemeteries and battlefield sites.

For more information and links to the topics in this article, point your Web browser to <http://www.alabama.travel/things-to-do/history-culture>.

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

FEB. 7 — The Enterprise Public Library and Wiregrass Decorative Painters host a series of six beginner decorative painting classes beginning Feb. 7 from 9:30 a.m. to noon at the library, located downtown on Grubbs Street.

Ten spaces are available. A video projection system is used so all students may see the teacher demonstrate clearly. Several chapter members provide individual assistance. Pre-registration is required and is now open at the library until Feb. 1.

The library's registration fee of \$5 is required in cash. Course registration is \$40, which includes a starter kit, and is payable by check to Wiregrass Decorative Painters also payable at the library and due at the

time of the first lesson.

For more information, call 389-1096 or visit www.wiregrassdecorativepainters.org.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING — 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 — 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

Pike Piddlers Storytelling Festival

The Brundidge Historical Society will host the annual Pike Piddlers Storytelling Festival Saturday and Sunday, featuring storytellers from around the country. Events Friday will be hosted at the We Piddle Around Theater in Brundidge with an admission of \$25. On Saturday 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 <http://www.piddle.org>.

Birmingham Feline Fanciers Cat Show

The Birmingham Feline Fanciers will host a CFA All-breed Cat Show Saturday and Sunday at Zamora Temple, 3521 Ratliff Road, 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 children 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.

Prattville Mardi Gras

The City of Prattville's eighth annual Family-fun Mardi Gras parade will be Feb. 4 at 3 p.m. at the Autauga County Courthouse. There will also be vendors and a children's fun zone.

For more information, visit www.prattvilleal.gov or call (334) 358-0297.

Mardi Gras for Dogs

The Haven animal shelter in Fairhope will host a Mardi Gras parade for dogs Feb. 11 from 10 a.m. to 2 p.m. at the Downton Animal Clinic. To register or find out more, visit www.havenforanimals.org or call (251) 929-3980.

Mud Mania

Mud Mania, a mud-drenched outdoor obstacle adventure race, opens March 31 in Auburn. The facility is set in the backwoods of rural Auburn on Southern Springs Equine. It is a bootcamp style 5K run embedded with more than 20 obstacles. Mud Mania is a timed event. Races are divided into heats that start every 30 minutes throughout the day. There will be up to 300 participants in each heat. Registration ends Feb. 29.

For more information or to register, visit www.mud-mania.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.

ArchiTreats Lecture

The Alabama Department of Archives and History in Montgomery hosts ArchiTreats lectures on the third Thursday each month. The next lecture is Feb. 16 from noon to 1 p.m.

For more information, call 353-4726 or visit www.archives.alabama.gov.

Early detection of glaucoma may help prevent vision loss

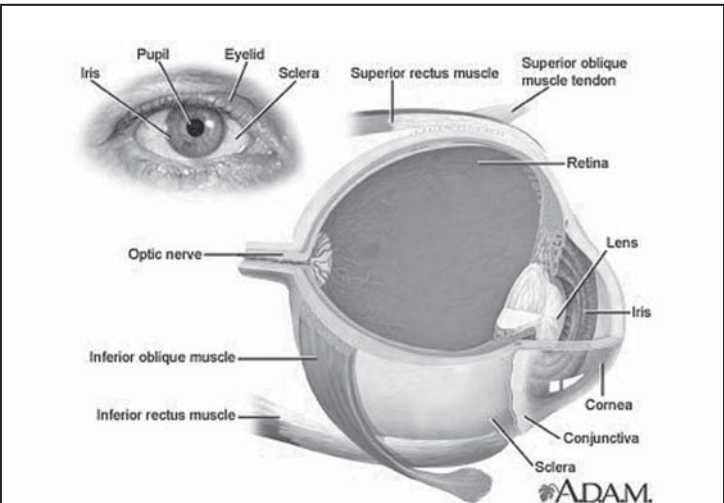
By Michael D. Pattison
Army Public Health
Command

ABERDEEN PROVING GROUND, Md. — National Glaucoma Awareness Month is in January and it was set aside to help educate people on the leading cause of preventable blindness in the world.

Glaucoma is a group of diseases that damage the optic nerve in the back of the eye, which can result in a loss of vision.

The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery or side vision and can progress to total blindness.

More than 2 million Americans have glaucoma, with about 120,000



COURTESY GRAPHIC

being blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have it. The best way to prevent significant vision loss from glaucoma is early detection through

a periodic, comprehensive eye examination from an eye doctor.

This is especially important in African-Americans, Hispanics, the elderly, and those with a Family member who has glaucoma since these

people are more likely to have glaucoma. How often a person should be examined can be determined between the individual and his doctor. Those in higher risk groups can expect to be required to have an eye examination

more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam. High pressure in the eyes alone does not necessarily mean a person has glaucoma. Additionally, a person does not need to have high pressure in the eyes to have glaucoma. When seeing an eye doctor make sure to ask for a comprehensive eye exam.

If diagnosed with glaucoma and it is detected early, treatments such as eye drops or surgery can usually stop or slow the progression of vision loss. Currently, there is not a cure for glaucoma, although a lot of research is being done to find one.

One important thing to know is that the vision loss caused by glaucoma does not return with treat-

ment; vision loss that has already occurred is permanent. Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor is important because glaucoma, like high blood pressure and diabetes, is a disease that needs to be treated for life. Be willing to discuss any side effects or symptoms resulting from medication, and make certain there is a clear understanding and written directions on how and when to take medicine. Make certain to take medicine as it is prescribed.

Remember, the most important thing in preventing the loss of vision due to glaucoma is early detection. Sight is a precious gift; take good care of it.

‘Wheel of Fortune’ honors military spouses

By Mass Communication
Specialist 2nd Class
Trevor Welsh
Navy Public Affairs
Support Element West

CULVER CITY, Calif. (NNS) — Military spouses were featured as contestants on the television game show “Wheel of Fortune” at Sony Pictures Entertainment Studios in Culver City, Calif., Jan. 12.

This is the first time “Wheel of Fortune” has dedicated the show to military spouses to honor their sacrifices in support of their loved one’s service in the armed forces.

“During military spouse’s week it’s not just about the men and women serving,” said Pat Sajak, “Wheel of Fortune” host. “It’s about the men and women behind the scenes, the wives, husbands and kids who are doing without someone for a while — they’re making sacrifices as well. It’s a way to honor

them and to remind all of America that there are a lot of people behind this effort.”

Fifteen spouses of servicemembers were chosen to compete for cash and prizes on the 41-year-old game show, and were filmed on a redecorated set to honor the United States military.

“It’s funny how great ideas come into being, and I don’t know exactly how this one did, but we’ve always had military weeks, and most weeks we’ll have someone from the military on,” Sajak said. “We consider ourselves America’s game show and this is just a part of what we do.”

Grace French, one of the contestants and wife of Chief Navy Counselor Brad French, stationed at Coronado, Calif., spoke about the challenges and adventures of being a “Navy wife.”

“Besides being a one-woman operation (while my husband is deployed),

we move at least every three years,” said French. “It can be difficult because you are constantly leaving these friends we have made and then we have to make new ones, which in itself, I find, is fun and adventurous. I enjoy it; I like the sense of adventure and the unexpected.”

The program began airing on network television Jan. 6, 1975, on NBC. While retaining most of the elements from the daytime version, “Wheel of Fortune” has added many new game play elements and is the longest-running syndicated game show in United States television history, with more than 5,000 episodes aired.

The shows featuring military spouses will air on national television in February.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS TREVOR WELSH

Pat Sajak congratulates Grace French, wife of Chief Navy Counselor Brad French, after solving a puzzle on the set of “Wheel of Fortune” at the Sony Pictures Entertainment Studios during the taping of the Military Spouse Appreciation Week episodes. This is the first time “Wheel of Fortune” has dedicated a show to military spouses.



Adopt a pet

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.

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JANUARY 26, 2012



PHOTO BY NATHAN PFAU

Soldiers from the Noncommissioned Officers Academy participate in unit physical training at the Fort Rucker Physical Fitness Facility indoor pool Wednesday.

Fitness facility offers aquatic activities

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Physical Fitness Facility on Andrews Avenue offers various aquatic programs, many of which are free, for all ages and skill levels.

The aquatic programs offered by the fitness facility range from swimming lessons to physical therapy, said Jon Cole, Directorate of Family and Morale, Welfare and Recreation aquatics manager.

"We offer programs tailored for different types of people ranging from youth to senior citizens," said Cole. "We have physical therapy for all ages, and we offer swimming lessons that range from beginner level to competitive swimming."

The full range of aquatics programs offered, according to the aquatics manager, include:

Lap swim: Free program and available during all operational hours.

Lap swim is designed for people who wish to swim continuous laps for fitness and training. Patrons must be able to swim a minimum of four continuous, unassisted laps and allow up to four swimmers to share each lane, said Cole. There is no age restriction to lap swim.

Open swim: Free program and available during all operational hours.

Open swim is designated for any fitness or recreational swimming activity. This ranges from aqua jogging, personal ther-

apy or even playing games. Open swim takes place in areas of the pool that are not sectioned off in single-lane intervals and is available on a first come, first serve basis. Those participating in open swim are asked to follow the general pool rules and to be conscious and considerate of others.

Swim for Life: Free program and available during all operational hours.

This is an "at your own pace" non-instructional program in which participants can track the mileage they swim. The aquatics staff will log the times in a database and a spreadsheet will be posted at the facility. Participants will also earn mileage badges, medals, T-shirts, etc., for completing various distances.

Senior swim: Free program available Mondays through Fridays from 9-10 a.m. and 10-11 a.m.

This program is led by volunteers and is a low-impact water aerobics for seniors.

Unit physical training/military training: Contact aquatics office for availability.

The facility reserves free pool space for units to participate in pool physical training or to coordinate military training. Aquatics staff are also available to facilitate Combat Water Survival Tests and drown-proofing.

Active duty instructional swim: Free program available Mondays through Fridays from 6 - 7 a.m.

This program is for active duty Sol-

diers that wish to acquire or improve their swimming skills for fitness, event training, water survival tests, etc.

Adult swim lessons: Available Tuesdays and Thursdays from 6-6:45 p.m. Cost of lessons is \$33 per month for eight, 45-minute sessions.

Youth swim lesson: Contact aquatics office for days and times. Lessons are \$33 a month for eight sessions. The program is facilitated through child youth and school services' School of Knowledge, Inspiration, Exploration and Skills program. For more information, call 255-1867

Water aerobics: Available Mondays and Wednesdays from 8:30-9:30 a.m. Cost is either \$3.50 per class, \$7.50 per week, \$15 per month or \$30 for all fitness courses provided by DFMWR sports, fitness and aquatics, including those at Fortenberry-Colton Physical Fitness Facility.

Physical therapy: Days and times vary. Program is facilitated through Lyster Army Health Clinic, and those interested should contact their physician at Lyster for more information.

Pregnancy physical training (postpartum): Days and times vary. Contact the aquatics officer for more information.

The fitness center also hosts programs offered by non-military, post-approved organizations such as the Wiregrass Aquatics Club and the Aquarians Dive Club.

"We also offer lifeguard training cours-

es," said Cole. "We typically train about 100 lifeguards between February and April every year. [The fitness facility] trains all of the lifeguards for our staff and the majority of people that work in the community as lifeguards."

The lifeguard training course is \$75 for the course and the minimum age for the course is 15. The times will be announced in February, according to Cole.

"We also have a program called GuardStart for youth that aren't old enough to take the lifeguarding course," said the aquatics manager. "GuardStart is a program for ages 13 and 14 in which the participants will learn lifeguarding and water safety techniques while shadowing certified lifeguards. This way they can learn and get a head start before they are able to take the lifeguarding course."

Cole emphasized the importance of swimming and aquatics, saying that it is a "life skill" that everyone should possess. He also spoke of the added benefits that aquatics add to physical fitness.

"Swimming is a full-bodied exercise," Cole said. "You can utilize it as an aerobic or anaerobic exercise; work on cardio or get a muscular workout - you get the benefit of both."

"You get 50 percent more out any exercise you do in the water because of the resistance it creates, which gives you a harder workout," he said.

For more information, call 255-9162.



PIGSKIN PICKS



Jim Hughes
Fort Rucker Public Affairs



Master Sgt. Jimmy Lindsey
DPTMS NCOIC



Erin Murray
Army Flier Staff Writer



Capt. Mike Simmons
Directorate of Public Safety



Sharon Storti
Network Enterprise Center

N.Y. Giants vs.
N.E. Patriots
@ Indianapolis



Record

74-41

71-44

75-40

78-27

75-40

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

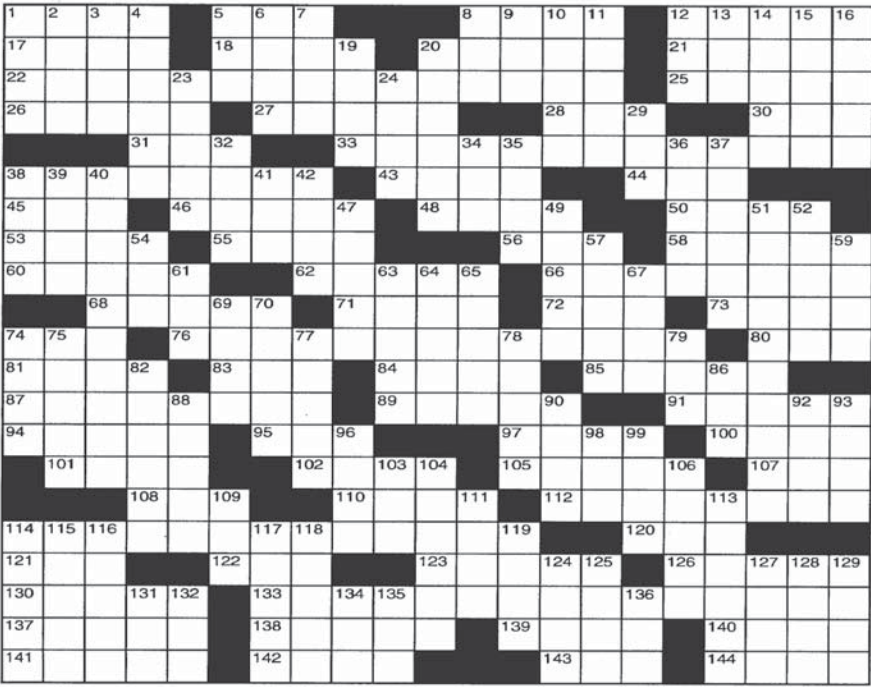
TRIVIA

- TELEVISION: Who played Barney Fife on "The Andy Griffith Show"?
- HISTORY: The Battle of Hastings was fought to control which country?
- CHILDREN'S LITERATURE: What award-winning Christmas book did Chris Van Allsburg write?
- MUSIC: By which nickname did The Doors' Jim Morrison refer to himself?
- GENERAL KNOWLEDGE: What Balkan leader's real name was Josip Broz?
- MOVIES: What shape did Hermione Granger's patronus take in the "Harry Potter" series?
- ENTERTAINMENT: What kind of entertainer would use the "DeManche change"?
- LANGUAGE: What is the Hawaiian word for "quick"?
- POETRY: Who wrote "Sonnets from the Portuguese"?
- GEOGRAPHY: What is the largest tidal estuary in the United States?

See Page D3 for this week's answers.

Super Crossword CD COLLECTION

- ACROSS**
1 Pinza or Chaliapin
5 Basilio feature
8 Page
12 — pants
17 Relative of PDQ
18 Crude cartel
20 Comic Radner
21 It's down in the mouth
22 Connecticut senator
25 Cotonou's country
26 Swiss miss?
27 Rustic sight
28 Villainous Luthor
30 Bit
31 "Nightmare" street
33 "Pelleas et Melisande" composer
38 Intrude
43 About
44 Sky light?
45 August one
46 Watchband
48 Say "Hey!"
50 Drummer Buddy
53 Cold-war accord
55 Scramble piece
56 Ring site?
58 Hero's horse
- DOWN**
60 Actress Slezak
62 Stopped in one's tracks
66 Singer Elvis
68 Scandinavian
71 Handy bit of Latin
72 — Jima
73 Window part
74 "— Eyes" ('79 hit)
76 "New Look" couturier
80 Cambodia's Lon
81 Articulated
83 Gridiron position
84 Art deco name
85 Clementi composition
87 Fit neatly
89 Philharmonic section
91 He had a gilt complex
94 Pennsylvanian sect
95 Velvet finish
97 Tragic fate
100 They squeak for themselves
101 Vito center
102 Crucifix
105 Photo book
107 Transport it
108 Subordinate
110 Football's Aikman
- ACROSS**
112 Architect, for instance
114 "The Descent of Man" author
120 Fumble
121 Empty (of)
122 Wagner's —
123 Sneaks peeks
126 Carries
130 Removes the cork
133 1974 Tony-winning actress
137 "Killer Tomatoes" sound
138 Fiddled (with)
139 Screenwriter James
140 Talbot or Naldi
141 Like the kitchen sink
142 Risked a ticket
143 Scrape by, with "out"
144 Action figure
- DOWN**
4 Miss Muffet's nemesis
5 Word with cheese or roast
6 Homer's field
7 Bawled
8 Cover
9 "Evil Woman" rockers
10 Confuse
11 Lost luster
12 Wheel part
13 "Hi, Horace!"
14 Puniest pups
15 Inventor Howe
16 Actor Patinkin
19 Stylish
20 Bathed in
23 Corn holders
24 Actress Joyce
29 Makes one's mark
32 Swimmer Biondi
34 Multi-purpose vehicle
35 Lamebrain
36 Pop
37 Joins forces
38 Different
39 Around the corner
40 Covent Garden conductor
41 Dernier —
42 Grapefruit serving
47 Shimoni of Israel
49 Clear
51 "The Power of Love" singer
52 Opening remark?
54 Tyson stat
57 Crockett colleague
59 TV's "My Living —"
61 Eyebrow shape
63 Aquatic mammal
64 Former African nation
65 Bring bliss
67 Santa's problem
69 Mets' milieu
70 Singer Maresca
74 Fountain order
75 Luncheon-ette lure
77 Gentleman of leisure?
78 "Fagliacci" soprano
79 Pirate's quaff
82 Flatt or Pearson
86 Indistinct
88 Tenor Georges
90 Auctioneer's cry
92 43,560 square feet
93 Cassandra, for one
96 Part of NB
98 UK honor
99 Ruminant
103 Legendary Bruin
104 Used a divining rod
106 High spirits
109 Nourished
111 Surprised shout
113 Terra firma
114 Misfortune
115 Hefty herbivore
116 Writer Rogers St. Johns
117 Factions
118 Sag
119 1492 vessel
124 Brink
125 Pursue
127 The Chipmunks, e.g.
128 Ferrara first family
129 Galaxy glitterer
131 Short snooze
132 Hog heaven?
134 Caustic substance
135 Rock's — Zeppelin
136 Diminutive



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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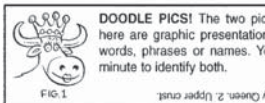
See Page D3 for this week's answers.

KID'S CORNER

A "SNAPPY" TRICK!

- Snap the coins down against the outside of the glass.
- Slide them down to the middle of the glass.
- Pinch your fingers together and the two coins will snap off together.

BALANCE TWO SMALL COINS on the rim of a water glass. Challenge your friends to remove them using only two fingers. The solution is shown above. A little practice will make you perfect.



DOODLE PICS! The two pictures shown here are graphic presentations of familiar words, phrases or names. You have one minute to identify both.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom: 1. Peet, 2. Peet, 3. Peet, 4. Peet, 5. Peet, 6. Peet, 7. Peet, 8. Peet.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

Pictured above is a crossword puzzle grid. Below are the 17 words that you'll need to complete the puzzle using the trial-and-error method. Keep a good eraser handy!

- ADZE**
ALBUM
BEAR
BLEAK
CLAW
EBBS
- ENDED**
FUSED
OASIS
RANK
SAFER
SAMBA
- SCONE**
SUDS
UMBER
WADER
ZERO

Wishing Well

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

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

HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Tennis racket is missing. 2. Man has no hat. 3. Bat is resting behind number 4. Tie is missing. 5. Golf bag is different. 6. Window has no frame.

GRIDIRON CORNER

Goats ID'd, death threats made in conference championships aftermath

By Jim Hughes
Command Information Officer

Football may be a team sport, but in the aftermath of the NFL's conference championship games it appears the blame game is a one-man show when it's practiced by the sports media and fans.

Both of the NFL's conference championship games featured hard-fought, back-and-forth contests that came down to the final ticks of the clock, but at times it appeared no one wanted to win because they kept giving chances away.

But in each game, there was a clear recipient of the finger pointing, and even death threats by Internet tough guys, as to why the Baltimore Ravens and San Francisco 49ers lost.

For the Ravens, the blame landed squarely on the foot of kicker Billy Cundiff, who shanked a 32-yard field goal try that would've sent the game into overtime.

For the 49ers, the "goat" was Kyle Williams, a back-up punt returner who committed two turnovers at crucial points in the game.

While Cundiff and Williams certainly played major roles in the demise of their teams' respective Super Bowl dreams, football is a team sport, and while individuals can have influence great and small, one person cannot lose or win a game on their own.

Sure, some might point out that down 23-20 and missing a chip shot kick is losing the game, but not really. Two plays earlier, the Ravens could've had a touchdown that would have put them up by three, but Lee Evans had the ball ripped from his hands on a



catch in the end zone.

And you can take it further by saying if they'd converted a third down here, gotten a touchdown there instead of field goal, hadn't committed a penalty when a teammate made a game-changing interception, or got a crucial stop earlier, then the situation might've been different and the season might not have come down to one play.

I'm not saying fans can't point some blame or get on a guy, or yell, or commiserate, or be angry or boo athletes for not coming through in big-time situations, but when people start threatening bodily injury or wishing death upon athletes for what happens on the field, things are out of hand.

People whose lives are so affected by the performance of their favorite sport teams that they would wish death or injury on a player they feel let them down need to check

themselves, and society needs to keep a close eye on them.

The telling point to me in both instances is the reactions of teammates of Cundiff and Williams. They have their backs.

Both teams had other players come out in support of their teammates after the loss. These are the people in the know. These are the people most affected. These are the people whose livelihoods and legacies were negatively affected by the outcomes. These are the people who get it. Stuff happens, and it probably happened to them at one point or another, just maybe not in the final sections or on such a grand scale.

Quarterbacks throw interceptions, running backs fumble, receivers drop sure catches, returners muff kick returns, linemen whiff on blocks, cornerbacks drop interceptions, punters bounce the ball off linemen and kickers miss kicks. It

happens.

Someone wins, someone loses. And more often than not, it will be your team on the losing end at some point. Boo, complain, point a finger, start a petition to have the player removed from the team, but don't threaten death. It's just sports – it's supposed to be fun and entertaining, not life or death.

Speaking of fun, let's take a look at the two games.

Ravens @ New England

If you'd told the Ravens that Joe Flacco would out-play Tom Brady, that the Patriots wouldn't have a touchdown pass in the game and that they would win the turnover battle, I'm sure they'd say, "Sounds like a win, baby!"

But you would've left out key facts, with the primary being the Patriots defense coming up big when it counted most.

The key on defense was Vince Wilfork, who was a monster in the game and set the tone for the rest of the squad. The Patriots came up big getting a key interception, limiting Ray Rice's effectiveness, getting a key late sack, ripping away a sure late touchdown that would've probably been the deciding factor in the game and forcing the Ravens to settle for field goal tries versus giving up TDs.

Flacco was impressive, and deserves the credit he was looking for even in a loss, but the Patriots defense was even more impressive in bending but not breaking.

Everyone knew the Ravens defense would live up to its billing, but critical mistakes at crucial times gave the Patriots just enough room to outscore

Baltimore.

Baltimore has to be crushed that it failed to steal this one in Foxboro, because it sure was set up for the Ravens to win. But they had to finish, and they didn't. Likewise, the Patriots have to be thrilled to get through this one and move on to the Super Bowl.

Coupled with last week's win over the Broncos, this win made the Patriots only the second team in NFL history to win two playoff games despite losing the turnover battle. The other one – start waving that Terrible Towel – was the Steelers who did it three times in 1975, 1979 and 2005.

But Brady was correct in his post-game assessment – he and the offense are going to have to do better, or the Giants are going to roll right over them in the Super Bowl.

Giants @ San Francisco

Even before the game was played, this one looked like it would be nothing other than what it turned out to be: a tooth-and-nail, back and forth fistfight between two tough squads, along with some memorable gaffes and missed opportunities. No flash and dash, no one getting any style points, just win by whatever means it takes.

The biggest lead of the game was when Alex Smith hit Vernon Davis for a 73-yard score that indicated that Smith, in fact, was still on fire. The only problem was, while he didn't make any huge errors and went back into his game caretaker mode, he didn't provide the much-needed spark the team greatly needed and only completed a pass to one other receiver.

The lead changed hands back and forth at three or four points, when, in the fourth quarter, the Giants went up by three, and then David Akers hit a field goal with about six minutes left to tie the game.

In overtime, both teams traded punts, and then came the second Williams turnover that allowed the Giants to hit the game-winning field goal.

Both teams can feel good and bad about this one – the win was there for both at various points, but both seemed equally reluctant to seize the advantage. But someone had to win, and the Giants finally stepped up to take it.

My hat is off to the Giants. Their defense is tough and Eli Manning, while his stats aren't eye opening in this day and age, is a master directing the Giants offense.

Super Bowl preview

Not going to go into much detail here – I'll save that for next week. I would like to say the Patriots take it in a blowout, but I keep picking against the Giants and they keep winning. So, I am going with the G-Men in hopes that I can jinx them, as I did for the Falcons and Packers.

As a fan, I can't say I'm sad to see the 49ers come up short – they've been the bane of the Cowboys in the playoffs off and on since the 1970s. I don't care much for the Giants or the Patriots, but I still owe the Patriots a big "Thanks!" for rolling over for the Bears in 1986 and denying the Eagles in 2005. So, I'm jinxing the Giants.

Probably won't work, though.

B
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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, call 255-3794.

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 255-9638.

PRESIDENT'S WEEKEND SKINS GOLF GAME

Silver Wings Golf Course hosts its Presidents' Weekend Skins Golf Game Feb. 18. For details, call 598-2449.

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 more information, call 255-0870.

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.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Don Knotts
2. England
3. "The Polar Express"
4. The Lizard King
5. Tito
6. A silver otter
7. A magician
8. Wiki
9. Elizabeth Barrett Browning
10. Chesapeake Bay

PUZZLE ANSWERS

Super Crossword

Answers

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

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Video Game Spotlight >>

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

Tintin's console adventure falls short

By Jim Van Slyke
Contributing Writer

Tintin, if you weren't aware, has been popular in much of the world, with the exception of the United States, for decades. He's a young Belgian reporter whose stories include elements of mysteries, fantasy, thrillers and science fiction. None other than Steven Spielberg has directed the movie this game is based on, but don't be fooled into thinking that he can make Tintin relevant this holiday season.

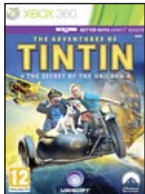
The game was built to let gamers experience the adventure and exotic environments from the movie. Tintin and his allies must win the race to one of the greatest sunken treasures. Tintin, Snowy, Captain Haddock and three other unlockable characters, each with their own skills, are playable. Gamers can discover more than 20 environments from the film.

It's possible to play alone or co-op with a friend and do things like pilot a plane through a rumbling tempest, drive side-car through desert canyons, swim through underwater caves and solve various puzzles on the way to finding the treasure. The co-op play works in most places, although it feels forces when a character doesn't belong in the story. Gamers with Kinect for the Xbox 360 can play the game using their body instead of a controller, but it's really not that interesting.

There are some extra modes that extend the 20 hours or so of gametime, but if gamers aren't already Tintin fans or didn't see the movie then there is little here to pull them in. It's questionable that Tintin should have been made into a movie, much less a videogame. Save your holiday cash for something else.



COURTESY SCREENSHOT



Publisher
Ubisoft
Rated
Everyone
Systems
Multiple
Cost
\$30-40
Overall
2 out of 4

- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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Focus 40 MPG Highway

Focus 33 MPG Highway

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