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# ARMYFLIER

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

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FORT RUCKER ★ ALABAMA

FEBRUARY 16, 2012



WO1 David M. Patterson, 1-58th Airfield Operations Battalion, smiles as he holds his daughter, Cassie, for the first time since his 12-month deployment during the 1-58th AOB welcome home ceremony at Cairns Army Airfield Feb. 5.

PHOTO BY NATHAN PFau

## Friends, Family welcome home 1-58th

**By Nathan Pfau**  
*Army Flier Staff Writer*

Family and friends of 1-58th Airfield Operations Battalion gathered at Cairns Army Airfield

to welcome Soldiers home from their deployment Feb. 5.

Members of 1-58th AOB were deployed to the Middle East with the unit spread from Taji, Iraq, to Camp Buehring, Kuwait, accord-

ing to WO1 David M. Patterson of the unit.

"Deployment was for 12 months," he said. "I personally spent 10 months in Baghdad and two months in Kuwait."

According to Patterson, the 1-58th AOB had various missions during it's deployment.

"Members of the unit in Baghdad were responsible for maintaining Liberty Tower and Baghdad

Radio's Air Traffic Control," he said. "They were also tasked with closing down those facilities in accordance with the drawdown."

SEE 1-58TH, PAGE A7

## Exercise prepares post for active shooter threat



PHOTO BY ANGELA WILLIAMS

Criminal Investigation Division personnel and police from the Directorate of Public Safety respond to an active shooter threat during an exercise on post Feb. 8.

**By Angela Williams**  
*Army Flier Staff Writer*

Simulated shots rang out at the Rucker-Picerne Partners building during an exercise the morning of Feb. 8. An hour and a half later, the active shooter threat was neutralized, with one assailant in custody and another "dead." The building had been cleared and the "injured" were receiving medical attention.

The exercise gave the Fort Rucker first responders a chance to practice a quick response to a potentially deadly situation. Marcus McDougald, the deputy director of public safety, said realistic exercises help make sure first responders are "highly trained and prepared to properly respond if, and when, a serious incident does occur."

If this exercise is any indication, Fort Rucker's emergency personnel are ready for just such an incident. "I think the exercise went well," said Maj. Jay Massey, the emergency management operations officer at the Installation Operations Center. "We identified our training objectives at the

installation level. The Directorate of Public Safety identified their training objectives and so did the Criminal Investigation Division ... I think overall, the exercise went well."

Massey emphasized the importance of post-wide exercises like this one.

"Preparedness is not an option," he said. "You get new Soldiers and new employees in your organization. You've always got to ensure that they're prepared to react accordingly to various critical incidents."

Massey also stressed the need for practice, even for the people not directly involved in the emergency. Employees should have a good exit plan, he said. They should know precisely where to go in the event they're required to evacuate their work area.

"And, that's not only for an active shooter. That's for a bomb threat or fire – any kind of critical incident," the major said. "It's important for everyone on base to react accordingly, not just the first responders."

SEE EXERCISE, PAGE A7

## Post officials seek to raise motorist's deer strike awareness

**By David Agan**  
*Fort Rucker Public Affairs*

An increase in deer versus car incidents on post has led Fort Rucker officials to seek to raise drivers' awareness of the threat.

While it is difficult to pinpoint a direct cause, there are a number of factors that could account for the spike in deer strikes, according to John Clancy, outdoor recreation program manager.

Within recent years, Fort Rucker has implemented a Quality Deer Management program that, in accordance with state regulations, places restrictions and limitations on deer harvesting, he said.

"Within the last three years, we have slowly seen [the deer population] coming back," said Clancy. "The herd is making a good comeback even though we've harvested about the same as past seasons."

Breeding, or rutting, season can also contribute to heightened activity within the population, he added. Rutting season can last through early March.

"We have a late rut here, and a buck in rut will chase any doe that has not been bred. Any doe in estrus is going to be pushed," said Clancy.

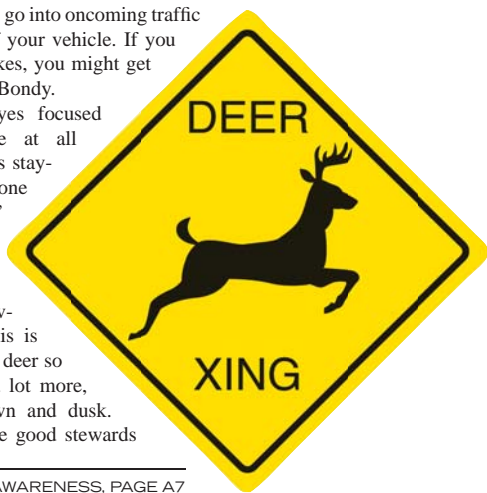
Those deer could be chased straight into the path of oncoming traffic, so drivers should remain alert through the month of March, he added.

Understanding the actions to take should a deer or any other animal run into traffic are key to keeping drivers safe, said Lt. Col. Madeline Bondy, Director of Public Safety, adding that the consequences of hitting the deer are usually far less than the results of bad driving.

"If you see a deer, be cognizant of the traffic around you. If a deer comes out in front of you, do not attempt to swerve and miss it. If you

swerve, you could go into oncoming traffic or lose control of your vehicle. If you slam on your brakes, you might get rear-ended," said Bondy.

"Keep your eyes focused and be attentive at all times. That means staying off the cell phone and not texting," she said, adding that those two actions are illegal while driving on post. "This is rutting season for deer so they're moving a lot more, especially at dawn and dusk. We all want to be good stewards



SEE AWARENESS, PAGE A7



# PERSPECTIVE

## Job hunt networking provides valuable employment contacts

**By Bryan Tharpe**  
*Fort Rucker Army Career and Alumni Program*

During a job search, you will be on constant alert for job leads. The first place you will probably look is the want ads.

Believe it or not, less than 20 percent of the jobs available will be advertised. That doesn't mean you should not check the want ads on a regular basis – it means you should spend 80 percent of your time looking for a job in other ways.

By far the most effective method of looking for a job is networking. Simply put, networking means speaking to others — as many as possible — about your job search and asking for their assistance.

For many, networking seems like an unpleasant activity. We all like to be self-

sufficient and independent. It is uncomfortable having to rely on others for something as important as the next job. Images of the “old boy network” come to mind.

Networking, however, doesn't need to make you uncomfortable. Keep in mind you have probably networked all of your life. While you were in school, did you talk to other students who had taken a certain course about the teacher or subject matter? If you need to get your car repaired, do you ask others about whose service they have used? If you have a problem with your personnel records and you have a friend who works in that organization, would you hesitate to ask them for advice on whom to contact?

As a matter of fact, networking can be mutually beneficial. Everyone likes to help others when possible.

In addition, if someone asks for your assistance with locating a job, it may imply you know others in positions of authority and you gain prestige. The exception to this rule is when your network contacts feel you are pressuring them and they feel you expect a job from them. This puts them on the spot and hinders the transfer of information.

When you network, you should not ask your contacts for jobs – you should ask them for information, especially about others who may be hiring. Once you explain to network contacts what kind of job you are looking for and what you have to offer, you will find they are usually quite willing to refer you to others who hire people like you or who have job openings.

If you expand your contacts through

talking to your network's referrals, you will eventually talk to one person who has a job opening. Hopefully, it will be the perfect one for you.

A lot of informal networking goes on at the ACAP Center and during our employment workshops. Clients in the process of looking for a job may find out about other types of jobs that are available and then they share it with other people looking for jobs.

Again and again, clients tell us they found their job through a network contact. We have concluded, as we say in our class, “the opposite of networking is not working.”

For more information on networking or other subjects related to transition, contact the Fort Rucker ACAP Center at 255-2558.

## Government Travel Card coordinator explains card delinquency, clearing procedures

**By Kitty Keener**  
*U.S. Army Aviation Center of Excellence GTCP Coordinator*

Government Travel Card cardholders are required to read and sign a Department of Defense Statement of Understanding that acknowledges the fact that they understand the proper use of the travel card and understand the penalties that are possible for abuse, misuse and delinquency.

Delinquent accounts are monitored daily. Cardholders and their units or organizations are notified of any past due amounts that are 30 or 45 days past due. If the account is 60 days past due, a memorandum is sent to the cardholder's commander or director, asking for an explanation for the delinquency.

At 61 days past due, Citibank suspends the cardholder's account until the account is paid in full. The account is cancelled at 126 days past due and the credit bureau is notified after 210 days past due.

To prevent delinquency, cardholders should:

- submit vouchers to their agency for all authorized travel-related expenses within five days after the travel is completed (or within 30 days, if on continuous travel);
- file a partial voucher if travel is more than 45 days;
- be certain to mark split disbursement on their travel vouchers – it is mandatory; and
- pay their travel card bills in full within the established billing cycle.

The Department of the Army and Training and Doctrine Command require the monthly delinquency rate for the GTCP to be below 2 percent. For the past 35 consecutive months, USAACE GTCP at Fort Rucker has remained below the 2-percent rate.

For the first time, the program was able to achieve the 0-percent USAACE delinquency rate goal for January 2012, thanks to the teamwork of the unit and organiza-

tion APCs, lead defense travel administrators, commanders and directors.

With continual monitoring of the delinquency reports, declined authorizations reports, daily account listing, and the vigilance of Soldiers and civilians to file timely vouchers, we will strive to maintain the 0-percent USAACE goal.

Cardholders can register and log on to the Citibank website at <http://www.home.cards.citidirect.com> to register to view their statements and make payments. Payments usually post within 48 business hours.

To make a phone payment, call Citibank Customer Service at 1-800-200-7056 and have your travel card number, checking account, routing number and next check number available – there is no fee for this service.

It is recommended for cardholders to check their accounts to ensure there are no fraudulent charges. Cardholders who notice a fraudulent charge need to notify their unit or organization APC to contact Citibank to initiate a dispute on the ac-

count. Citibank will close that account and issue a new card to that cardholder to ensure no further fraudulent charges occur.

### GTCP clearing procedure

All USAACE units and organizations have assigned APCs for clearing the GTC section of their post and unit clearing papers for Soldiers. Soldiers report to their APC with a copy of their permanent change of station, separation or retirement orders. The APC checks the Electronic Access System for Citibank to ensure that there is no balance on the cardholder's account. If there is a balance, it must be taken care of prior to the APC signing off on the clearing papers. Even Soldiers who do not have GTCs must still clear through their unit or organization APC.

For questions regarding the USAACE GTCP, call your unit or organization APC, or the USAACE GTCP coordinator at 255-3133.

## Rotor Wash

“Why is it important to recognize Black History month?”



**Sharon Cash,**  
Family member

“Same reason it's important to celebrate any type of history.”



**WO1 Ernest Edds, B Co., 1st Bn., 169th Avn. Regt.**

“If we don't recognize it, we're receding from what we learned in the '60s.”



**WO1 Elliot Hickman, B Co., 1st Bn., 145th Avn. Regt.**

“It's a big part of our history, especially down South. It's an important part of our heritage.”



**Master Sgt. Earnest Smith, 1st Bn., 223rd Avn. Regt.**

“Black history is important to all Americans. Black Americans have fought for this country and have had many inventions.”



**Michael Castilleja,**  
retired military

“African Americans have always played a big part in the growth of this country. We wouldn't be where we are today without their contributions.”

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**Crutchfield**

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PHOTO BY NATHAN PFALU

Crash Dynamics Lab grand opening ceremony attendees gather around a simulated downed aircraft as they take a tour of the site Tuesday.

# Crash Dynamics Lab a tool to save lives

By Nathan Pfau  
*Army Flier Staff Writer*

A ceremony was held to unveil the new U.S. Army Combat Readiness/Safety Center Crash Dynamics Lab at what was once more commonly known as the “bone yard” to most Soldiers and members of the Fort Rucker community Tuesday.

Safety officials and members of the Fort Rucker community were among those in attendance of the grand opening ceremony to observe the ribbon cutting and take a tour of the site that now houses 14 replicated aircraft and vehicle accidents that were based on actual incidents that the Army has experienced over the years, according to Col. Kenneth J. Biland, deputy commander of USACR/Safety Center.

“The various stations seen here [at the Crash Dynamics Lab] are meant to train and develop our Army safety professionals with a simple intent,” he said. “To analyze data and information so that we can develop material, training, maintenance or operational solutions to help prevent accidents in our force.”

Brig. Gen. William T. Wolf, director of Army Safety and commander of the USACR/Safety Center, spoke at the event and cut the ribbon of the new state-of-the-art lab saying the Crash Dynamics Lab

is the culmination of years of effort by many.

“This started almost three years ago,” said Wolf. “This is a one-of-a-kind facility and there is nothing like it, not just in the Department of Defense, but in the United States.

“What we did as a division is to recreate what we see,” he said. “Sadly, [these accidents] injure or take the lives of our Soldiers, and destroy or damage aircraft and vehicles.”

What is seen at the crash lab site is a diorama of actual accidents that have occurred, according to the general.

“These are not just made up [scenes] or aircraft that we just placed here,” he said. “These were real, live accidents that help our investigators and help our trainees learn their skill set so we can apply those lessons and at the end of the day, save lives.”

The CDL was built to provide examples of the various types of accidents that injure and kill Soldiers, according to Michael Wesolek, training director for the USACR/Safety Center. Training at the CDL is included in the curriculum for the Aviation Safety Officer Course, Ground Safety Officer Course and the Career Program 12 Civilian resident course.

According to Wesolek, the safety of

Soldiers has always been a priority of the Army and it is doing what it can to mitigate hazards that Soldiers encounter.

“Since the early 70s, the Army has recognized that we are losing a lot of Soldiers to accidents,” he said. “We’ve really ramped up safety since then and every year we get progressively better at identifying hazards and mitigating those hazards through things like the Crash Dynamics Lab. This is just one of many different tools that we use to lower risks and save lives.

“[Safety students] come out here and they arrive as if they’ve just arrived on an accident scene and act as if they are real-life accident investigators,” said the training director. “Once they arrive on the scene, they will section off and treat it as a true accident, going through every step.”

The students will then go through and measure and diagram everything they see to determine, first, what happened, said Wesolek. They must go through everything and find out the: who, what, when, where and how of the accident. From there, the students will attempt to disseminate that information to determine how everything occurred and find a way to keep it from happening again.

The aircraft and vehicles on the sites shown in the various accident scenes are

genuine and were involved in accidents that resulted in many injuries and loss of life. For that reason, it is important to have this facility and conduct this type of training, said Wesolek. The bone yard, as it was previously called, was updated with more modern types of aircraft in order to better train the students.

“What is seen here is an upgrade of what was here before,” he said. “This facility used to be about a quarter its current size and it had older legacy aircraft that the Army doesn’t use anymore.

“That’s what brought [this project] on,” he said. “Now we have all modernized aircraft, ground vehicles and personal vehicles and motorcycles that we didn’t have before. We included [personal transportation vehicles] because we lose a lot of Soldiers every year through those types of accidents.

“Realistic training helps Army safety professionals reduce accidental losses with their formations, resulting in a force that is both mission capable and mission ready,” said Wesolek. “The CDL offers hands-on training that supports the Army Learning Concept 2015, which is an initiative of the U.S. Army Training and Doctrine Command that envisions learnercentric, relevant training at the individual level.”

## Civilian Record Brief provides snapshot of employees’ data

Installation Management Command  
*Press Release*

SAN ANTONIO —The Army has developed a Civilian Record Brief for civilian employees and their supervisors.

The one-page Civilian Record Brief provides a snapshot of an employee’s official data pulled from the Defense Civilian Personnel Data System. By consolidating data onto a single page, employees will be able to easily review their personnel data, ensuring the official database information is accurate and complete.

Installation Management Command leadership emphasizes the importance of civilian employees taking ownership of their careers and ensuring their records are correct. The CRB will serve as a vehicle to correct and update missing or outdated information such as training, awards, performance histories and education.

Civilians will be able to use MyBiz to self-certify and update degrees, professional licenses, occupational certifications, professional military education and technical training. It will also enable supervisors and managers to better mentor employees.

A side benefit of the CRB is the ability to use it as a foundation for and/or attachment to resumes and Individual Development Plans, known as IDPs. The CRB enables employees to include employment data not included in official records that may be of value to a future employer – such as non-Army positions, developmental assignments and military duties.

The CRB will be available to employees through the Employee tab in CPOL. Employees may update some information using the self-service capabilities of MyBiz and CPOL Portal.

To access their CRB, employees should go to <http://acpol.army.mil> and log in via the Employee Portal (top right). Click on the Employee tab (top left) and in the Employee Data section click on the GO button. People’s CRB will be located under the Self Service Applications section.

Changes made using MyBiz will normally be reflected in the employee’s personnel record the following day.

Anyone who encounters problems accessing their CRB can use the CPOL Portal helpdesk under the Employee Tab.



## News Briefs

### Cairns Gate closure

The main gate at Cairns Army Airfield will be closed through Monday so the contractor upgrading the access control point at Cairns can make required renovations. The airfield commander approved this period, in conjunction with the President’s Day holiday, as the best time for the construction in order to reduce the impact to personnel and airfield operations.

During the time the main gate to Cairns is closed, traffic will be rerouted to use an alternate gate (Gate 7) to Cairns – which is accessible by turning onto Grimey Road and then Pecan Street. Fort Rucker Police will post a road or gate closed sign at the entrance to Cairns and detour signs along the route to the alternate gate. Personnel who work at Cairns should plan their travel accordingly.

The Cairns main gate will reopen at 12:01 a.m. Tuesday.

### Speeding leads to suspension

A new regulation is in place for all motor vehicle operators driving on Fort Rucker, according to Directorate of Public Safety officials. Driving privileges will be suspended for all motor vehicle operators cited for speeding 20 mph in excess of the posted speed limit. Suspended driving shall not exceed three months for each offense for those cited.

### Women of the year

The Equal Employment Opportunity Office’s Special Emphasis Program Committee is

accepting nominations for the 2012 Women-of-the-Year Awards. Nominations must be submitted by the close of business Friday. Nominations will not be accepted in the Government Contract Employee category this year.

For more, call 255-2061.

### USA Staffing replaces Resumix

All Department of Defense components will transition to Web-based software owned by the Office of Personnel Management to fill internal and external appropriated fund and non-appropriated fund vacancies as part of the DOD hiring reform initiative. The Department of the Army started deploying USA Staffing in fiscal year 2011 and will continue to deploy it in FY 2012. This new system replaces Resumix.

The Fort Rucker Civilian Personnel Advisory Center is scheduled to transition to USAS March 31. The vision of the U.S. Army Civilian Human Resources Agency is to provide a single point of entry for all recruitment and hiring activities. USAS has the potential to improve the process for applicants, CHRA professionals and selecting officials through an efficient Web-based interface, according to personnel officials.

Briefings by the Fort Rucker CPAC on the new system will be provided at The Landing Zone for applicants and managers. A manager briefing is Wednesday from 1-2:30 p.m. Applicant briefings are Tuesday from 8-9:30 a.m. and 1-2:30 p.m. and Wednesday from 8-9:30 a.m.

For more, people should call their servicing CPAC human resources specialist.

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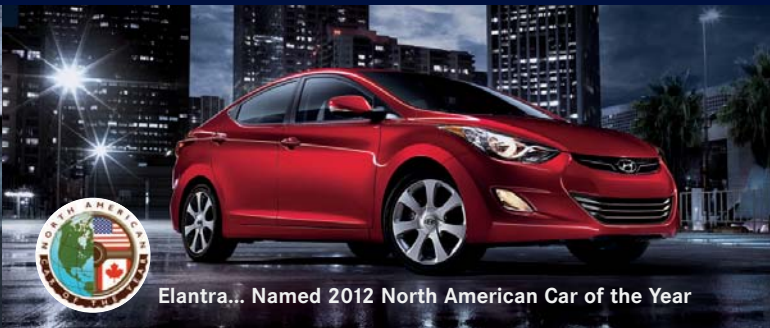




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# Budget proposal requests smaller, more modern, agile military force

By Karen Parrish and Lisa Daniel  
American Forces Press Service

WASHINGTON — The military will reduce its end strength by 5.5 percent over five years, while preserving military pay and benefits for current members and investing in technology and systems to counter future threats, according to Pentagon budget documents released Monday.

The fiscal year 2013 proposal calls for a \$525.4 billion base budget, down \$5.2 billion from the current year, and \$88.5 billion for overseas contingency operations, down \$26.6 billion.

The proposal follows the military strategy guidance President Barack Obama released last month that provides a transition from the wars in Iraq and Afghanistan to a more agile and flexible military that responds to broad challenges and maintains global superiority while also helping to reduce the national deficit, officials said.

The administration has been working toward a \$487 billion reduction in projected defense spending over the next decade, and the fiscal year 2013 budget proposal calls for \$259 billion in savings in the next five years. Officials said those savings would come from continued efforts at becoming more efficient, reducing overhead and duplication, and slowing the growth of personnel costs.

Defense officials said they followed a three-prong strategy for the budget request: to make disciplined use of resources, to follow strategic military guidance on decisions about force structure and investments, and to ensure the quality of the all-volunteer force while also slowing the growth of pay and benefits.

The proposal calls for \$61 billion in spending cuts through fiscal year 2017 – a continuation of \$150 billion in proposed budget “efficiencies” in the current budget year — through reduced overhead and support, as well as improved business



COURTESY GRAPHIC

practices. It also calls for the department to become audit-ready by 2017.

The plan would increase investments in unmanned aircraft and tactical vehicles, maintain the joint strike fighter, and terminate the C-27 airlift aircraft and new weather satellites.

Also as part of the budget proposal:

- the Army would eliminate at least eight brigade combat teams;
  - the Navy would eliminate seven cruisers and two dock landing ships;
  - the Marine Corps would eliminate one infantry regiment headquarters, five infantry battalions, one artillery battalion, four tactical air squadrons and one combat logistics battalion; and
  - the Air Force eliminates six combat coded fighter squadrons and one noncombat coded fighter squadron, and 303 aircraft, including 123 combat aircraft, 150 mobility and tanker aircraft and 30 intelligence, surveillance and reconnaissance aircraft.
- End-strength reductions would rise incrementally from a 1.4 percent reduction in fiscal year 2013 to a 5.5 percent reduction in 2017. The breakdown by service would be:

- for the Army, a 0.9 percent reduction next year to 1,115,300, going to a 6.8 percent reduction in 2017;
- for the Navy, a 1.7 percent reduction next year to 385,000, going to a 3.9 percent reduction in 2017.
- for the Marine Corps, a 2 percent reduction next year to 236,900, going to an 8.3 percent reduction in 2017; and
- for the Air Force, a 1.9 percent reduction next year, going to a 2.3 percent reduction in 2017.

The budget request includes a 1.7 percent military pay raise, a 4.2 percent average increase in the basic housing allowance, and a 3.4 percent rise in the basic allowance for subsistence.

As part of the plan, the Military Health System would receive \$48.7 billion, down from \$52.8 billion this year. Though there would be some fee increases in TRICARE and pharmacy co-pays for retirees younger than 65, officials said, fees will not increase for active-duty service members, survivors of military members who died on active duty or medically retired service members.

The budget request matches TRICARE military health plan fee increases to retiree

ment pay. Retirees receiving \$22,589 or less would pay \$600 in enrollment fees in 2013, rising to \$893 in 2017. Those receiving retirement pay of \$45,179 or more would pay \$820 in 2013 and \$2,048 in 2017.

The budget request does not change the military retirement system in 2013, but includes a Defense Department request that Congress establish a military retirement commission to determine whether cost-effective changes should be made to the current system.

Defense leaders are fully committed to assisting service members and their Families, officials said. The budget request includes \$8.5 billion for Family support programs.

The request provides \$1.3 billion in funding for child care space for more than 200,000 children, as well as \$1.4 billion for Family support centers and morale, welfare and recreation programs. It also commits \$2.7 billion for the education of more than 61,000 students at DOD Education Activity schools in 12 countries and more than 33,000 students in seven states, Puerto Rico and Guam.

The request includes more than \$50 million to improve public school facilities on military installations. Military construction funding is set at \$9.1 billion, and family housing at \$1.7 billion.

Under the proposal, the DOD civilian work force will decrease by 1 percent in 2013, and will receive a 0.5-percent pay raise, following a two-year pay freeze.

The budget request also seeks increasing opportunities for flexible work schedules and supports employee leadership development, training and wellness.

The request includes an overall \$88.5 billion for Afghanistan and Iraq, down from \$115.1 billion this year. Funding requirements have dropped in balance with decreased troop levels, officials said. The number of troops in Afghanistan is set to fall from 95,000 in the first quarter of this year to 68,000 by the end of 2013. Funding for Iraq – \$2.9 bil-

lion is requested for 2013 – provides for equipment reset and DOD’s costs for the State Department-led Office of Security Cooperation in Iraq.

Overseas contingency operations costs include \$48.2 billion for operations, \$9.3 billion for equipment reset, and \$5.7 billion for Afghan army and police forces.

The budget request includes \$5.1 billion for force protection, including body armor and protective gear as well as armored and mine-resistant vehicles. Another \$4.5 billion is planned for military intelligence funding, which includes investments in intelligence, surveillance and reconnaissance assets.

The request would invest \$1.4 billion in funding divided among the NATO alliance ground surveillance system, the combatant command exercise and engagement program, the National Guard State Partnership Program and the Security Force Assistance Program.

The request also provides for \$3.8 billion in unmanned air systems, \$3.4 billion for cyber, \$9.7 billion in ballistic missile defense, \$8 billion for space systems, and \$11.9 billion in science and technology, including a \$2.1 billion set-aside for basic research.

Program cuts projected from fiscal year 2013 to fiscal year 2017 total \$75 billion, including \$15.1 billion from the joint strike fighter and \$13.1 billion in reduced shipbuilding.

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# 1-58th: ‘I’m definitely happy to be back’

Continued from Page A1

The part of the unit in Taji was responsible for the ground-controlled approach portion of the mission, said Patterson. Soldiers’ responsibilities included maintaining radar control for aircraft in their portion of Iraqi airspace. Those in Kuwait maintained and managed all airfield operations at Udairi Army Airfield at Camp

Buehring.

“I was the platoon leader for Bahgdad and also worked as the unit movement officer for the 1-58th AOB,” he said.

Upon returning to Cairns Army Airfield, the unit was briefed before entering the building where their friends and Family members were waiting for them. As they entered the room, those in attendance cheered at the site of

their Soldiers’ return. Patterson remembers the surreal moment as he entered the room.

“I was wondering if I was really back,” he said. “It was a great moment once I spotted my Family in the crowd.”

The unit was then released by Lt. Col. Terry Meyer, Air Traffic Services Command executive officer, where they were then able to greet their Families and friends.

“The first thing that I wanted to do when I saw my Family was anything that my little girl, Cassie, wanted to do,” said Patterson. “I missed all the wonderful freedoms that the U.S has to offer while I was over there. I missed being with my little girl who turned 3 years old while I was deployed.”

Patterson wasn’t the only one who was missing things, according to his wife, Holly, who was

there to welcome him back.

“I was so glad to have him back,” she said. “I definitely missed him and I missed all of the little things that I take for granted that he does like cutting the grass and maintaining the vehicles.”

“I’m still trying to settle in — trying to get back into the motions of Family life again,” said Patterson. “I’m definitely happy to be back.”

# Exercise: ‘To be proficient, you’ve got to practice’

Continued from Page A1

He said Soldiers should share information with their Families, too. If someone is at the post exchange, the bank or the Soldier Service Center, they need to know what to do in case of an emergency.

In an emergency situation, like with an active shooter, evacuating the building is the first recommended response. Get to a safe place. If that isn’t possible, hiding in a locked room such as an office is the second option. Massey recommends putting a heavy object in front of the door to keep the door closed. Finally, as a last resort, confront the shooter.

“When possible,” Massey said, “make your phone calls to the police. Let them know as much information as you possibly can. The number of shooters, the type of weapons, physical description, your current location and things like that.”

Then, be prepared for what to expect when police arrive. Responding officers will be armed and may shout directions or push people to the ground for safety. Remember to remain calm, follow instructions and keep your hands visible, he said.

McDougald adds, “Unfortunately, we live in a world where bad things happen ... everyone must prepare, to some extent, for when something terrible occurs. It is imperative that everyone take the time to learn some basic survival skills that may help protect them, their Soldiers, employees and Family members if a serious incident does

happen.”

Before the exercise, Lt. Col. Dale Bedsole, an operations officer in the force protection branch of the Directorate of Plans, Training, Mobilization and Security, explained the scenario officers would face. The exercise would start with a husband and wife entering the Rucker-Picerne Partners building.

“They’ll be loud and obnoxious and demand to see the director, who’s not here, and eventually the wife is going to shoot the receptionist. And then they’ll go throughout the building,” he said.

Some of the employees made calls to military police as they evacuated. Others hid in their offices. The police and MPs were evaluated on their efforts to find the shooters and stop the shooting. Bedsole said some of the things being evaluated included how the responders entered the building, if they secured the perimeter and if they interviewed the employees.

“If things work the way we did the scenario, the police will end up shooting the husband. The wife will dump the weapon and evacuate the building with the rest of the employees. So, that’s kind of a test ... No known assailant should escape,” he said.

Just as planned, the exercise ended with one assailant laying on the lobby floor and the other in handcuffs.

Massey said one advantage to doing a scheduled exercise like this is the feedback from off-post organizations. Evaluators from several different agencies, including El-

more County Sheriff’s Department, the Montgomery Police Department, the Dothan Police Department, the Coffee County Emergency Management Agency and the Dothan FBI office, observed the exercise.

McDougald agrees. “This training opportunity with evaluators from external police agencies from our neighboring cities and counties in the Wiregrass area, plus the FBI, provided for us a unique perspective and fresh sets of eyes by some real experts who may train to different standards than us but who all share a common theme of protecting and serving the community they support.”

Later in the afternoon, the group of evaluators met to identify strengths and weakness of the response in an after action review. Some evaluators had been assigned to watch specific areas of the response, so each of them were “able to discuss what they saw, what they didn’t see, and what they should have seen,” Massey said.

“There’s always room for improvement,” the major said. “Command of a critical incident can be complicated. To be proficient, you’ve got to practice.”

Massey said quite a bit of planning went into this exercise. Last February, a similar post-wide exercise was conducted. Last week’s active shooter exercise was scripted to test the weaknesses discovered in the previous exercise.

“It appears all the deficiencies that were identified (last February) have been addressed,” Massey said. “That’s a positive for the community and the installation as a whole.”

# Awareness: ‘Contact police if you strike a deer or other animal’

Continued from Page A1

of our environment, but we must take into consideration the welfare of those in our vehicle as well as those on the road around us.”

If a motorist hits a deer on the installa-

tion, they should contact the Fort Rucker police.

“It’s always good to get checked out when you have an accident. Sometimes possible injuries don’t come on until later. Calling the police also ensures the animal is properly removed if, in fact, it is killed

or injured,” said Bondy.

Motorists should remain aware of their environment even when driving away from wooded areas.

“Deer are not just in the surrounding areas like wood lines or the training areas,” said Bondy. “We have had an inci-

dent where a large buck struck a vehicle while it was parked. They have been in the housing areas and on cantonment, so pay attention to speed limits, and the rules and regulations of the road. Be attentive and if you strike a deer or other animal, contact the police.”

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**443 SANDY OAK DRIVE,** This 2BD/2.5BA Townhome comes with refrigerator, microwave, stove, garbage disposal, dishwasher, one-car garage, patio, and quarterly pest control.





FEBRUARY 16, 2012

# Army to open 6 jobs to women

By Gary Sheftick  
*Army News Service*

WASHINGTON — The Army announced its intent Feb. 9 to open six occupational specialties and more than 13,000 positions to women.

These six military occupational specialties, or MOSs, were previously closed to women because they were normally co-located with direct combat units:

- 13M Multiple Launch Rocket System crewmember;
- 13P MLRS Operations/Fire Direction Specialist;
- 13R Field Artillery Firefinder Radar Operator Specialist;
- 91A M1 Abrams Tank System Maintainer;
- 91M Bradley Fighting Vehicle System Maintainer; and
- 91P Artillery Mechanic.

DOD officials said at a Pentagon press conference Feb. 9 that they have notified Congress of their intent to open these MOSs to women, and the change will become effective after 30 days of continuous Congressional session, as required by law. This is expected to occur later in the spring, said Maj. Gen. Gary Patton, principal director for DOD Military Personnel Policy.

In addition, officials announced that another 1,186 positions at battalion level would be opened to women in the Army, Marine Corps and Navy. These are in specialties already filled by women, but only at the brigade or higher level.

The 1994 DOD policy known as the Direct Ground Combat Definition and Assignment Rule had prohibited women from serving in combat units below the brigade

SEE JOBS, PAGE B4



COURTESY PHOTO

Master Sgt. Renee Baldwin fires a .50-caliber machine gun during training last summer at Joint Multinational Training Command's Grafenwoehr range in Germany. Women will soon be allowed in six additional military occupational specialties normally located with combat units.



PHOTO BY STAFF SGT. JOE ARMAS

## FLIGHT PREPARATIONS

CW2 Christopher Fyffe, a pilot assigned to A Co., TF Lobos, 1st ACB, 1st Cav. Div., makes an adjustment to the tail rotor blades of a UH-60 Black Hawk helicopter during a tail rotor balance check Feb. 7 during operations in Afghanistan.

## IMCOM commander honors Fort Drum ATCs

By Michelle Kennedy  
*Army News Service*

FORT DRUM, N.Y. — Lt. Gen. Michael Ferriter, commander of the U.S. Army Installation Management Command, thanked four civilian air traffic controllers for going above and beyond to keep the sky over Fort Drum safe.

Jon Brophy, Jeff Michaud, Johnny Towery and Ken Rupp were honored for their actions on the job Aug. 9 during the garrison commander's update briefing Feb. 6 in the Eagle's Nest. The four men, along with two others from Fort Campbell, Ky., were named IMCOM's "Heroes of the Day."

The air traffic controllers, who work for the Directorate of Plans, Training, Mobilization and Security's Aviation Division, used their expertise, training and skills to ensure that not only military, but civilian aircraft, were able to pass through the surrounding airspace safely.

When the tower received an emergency call from Boston Air Route Traffic Control Center explaining there was a critical radio outage, the air traffic controllers stepped up to provide radio assistance to approaching civilian and military aircraft.

"Fort Drum's airspace goes up to 10,000 feet above the surface (of the earth)," Rupp said. "Boston Center, the sector that runs the airspace east of us and over top of (our airspace), lost their radio (capability). All we did was work the traffic that was within our radio range that they would normally work had their radios been working."

"Thanks for all you do," Ferriter said via video teleconference. "To (people like you), it would just be (like) you're headed home and your wife asks 'how was your day' and you just say 'it was busier than normal.'"

"You're really affecting the lives of hundreds and thousands (of people) and also preventing tragedy when there's not a controlled hand over the aircraft," he continued. "You continue to demonstrate and inspire leadership. I thank you for all that you're doing, and I ask you to continue taking care of business each and every day."

Col. Noel T. Nicolle, Fort Drum garrison commander, told Ferriter how pleased the command group was with the team.



PHOTO BY MICHELLE KENNEDY

Col. Noel T. Nicolle, Fort Drum garrison commander, center, introduces Installation Management Command's heroes of the day to Lt. Gen. Michael Ferriter, IMCOM commander, via video teleconference Feb. 6. From left are Jon Brophy, Jeff Michaud, Nicholle, Johnny Towery and Ken Rupp. The four civilian air traffic controllers stepped up and covered an increased airspace when a major air traffic control center lost radio capabilities.

"We're extremely proud of this crew of air traffic controllers," he said. "We're proud of these guys on a regular basis. We interact with all the airspace in the area, as well as being up here around the northern border of the United States. These guys operate without a hitch."

Controlling a much larger workload may seem like an easy feat to well-trained, veteran air traffic controllers, but taking on the workload of a major control center required a lot of organizational skills and experience.

Initially, Boston ARTCC didn't know what was going on with their systems and asked the ATCs to relay messages to the aircraft, Towery explained. It was later discovered that a landline in Rome was accidentally cut, causing the loss of all radio frequencies.

"We had to do more coordination with Canada and Syracuse, and we also had fighter planes trying to use the military operations area, and Boston couldn't work any of the fighter aircraft," he said. "We had to know who we were talking to at all times."

Michaud added some of the fighter planes were coming from a sector as far away as Burlington, Vt.

Fort Drum's air traffic controllers manned the extra air-

space for 10 hours until the radio systems were up and running again. Their dedication to duty prevented many aircraft from being diverted from their original destinations.

Even after hearing Ferriter's and Nicolle's comments and thanks, the air traffic controllers remained modest about their accomplishments.

"We were just scheduled to work that day," Michaud said.

Towery, who was in charge of the tower that day, said he was humbled when he heard the team was going to be recognized.

"We're very honored that our actions have been noticed and taken into consideration, and that our extra efforts were appreciated," he said. "Anybody in this facility would've done the same thing."

Brophy agreed and said being recognized for the team's accomplishments was "overwhelming." He attributed their success to their training and experience — all four men served as air traffic controllers in either the Air Force or Army.

Rupp agreed, adding that just because the radios go down doesn't mean the airplanes stop flying.



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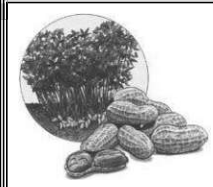
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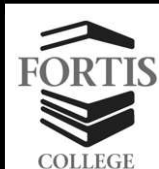


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# Jobs: ‘We recognize the expanded role of women in the military’

Continued from Page B1

level. But the Secretary of Defense has now granted an exception to policy to allow women to serve in some positions in combat units at the battalion level.

The six specialties previously barred to women were due to the “co-location” element of the 1994 policy. That provision has restricted women from serving in MOSs that by doctrine are located with combat units.

DOD intends to eliminate the “co-loc-

ation” provision due to the non-linear and fluid nature of today’s battlefield where there often is no front line, said Deputy Under Secretary of Defense for Military Personnel Policy Virginia “Vee” Penrod.

“The battle space we have experienced in Afghanistan and Iraq require our forces to be distributed across the country,” Penrod said. “There is no rear area that exists in this battle space. Continuing to restrict positions as solely on being co-located with direct combat units has become irrelevant.”

Patton said it may take some time to recruit and train women in the six specialties where they haven’t served before. Training them as tank mechanics, for instance, will take longer than placing them at battalion level in MOSs they already know, he said.

Women will be placed in the new positions as men are scheduled to rotate out, Patton said. A normal rotation schedule will be followed and men will not leave the positions earlier than expected, he said.

About 280,000 positions across the services remain closed to women due to the

combat exclusion policy.

After six months, DOD will assess the feedback from women serving in the new positions and use the information to take another look at the suitability and relevance of the direct ground combat unit assignment prohibition, Penrod said.

“This is the beginning of the end” of the combat exclusion policy, she added.

“We recognize the expanded role of women in the military,” Patton said. “I’ve seen women in combat perform in an expanded role. I’m very proud of them.”



PHOTO BY AIR FORCE TECH. SGT. MATT HECHT

## Winter flight

A U.S. Army CH-47 Chinook heavy lift helicopter takes off on Feb. 4 from Bagram Air Field, Afghanistan. The primary missions for Chinooks are troop movement, artillery emplacement and combat resupply.

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FEBRUARY 16, 2012

# Girls Night Out

## Event features beauty, fashion, health

By **Angela Williams**  
*Army Flier Staff Writer*

The upcoming Girls Night Out offers the ladies of Fort Rucker a night of beauty, fashion, health and music.

"It's a great event for ladies to grab their girlfriends and have a night out with the girls while the kids are at home — not to mention go home with some great door prizes," said Leigh Ann Dukes, sponsorship manager of the Directorate of Family and Morale, Welfare and Recreation.

Girls Night Out will be held at the Landing Feb. 24 from 6-9 p.m. Tickets to the event are \$10 in advance and \$15 after 2 p.m. the day of the event. Tickets can be purchased at the Landing Zone, Lyster Health Clinic and the Soldier Service Center, said Brian Jackson, DFMWR program manager. Girls Night Out is open to all women, ages 18 and up.

"The overall program is a great opportunity for you and your friends to live it up and enjoy some awesome vendors that cater to women. The DJ plays fun music and there are numerous giveaways handed out during the evening," he said.

"Last year's event was a huge success. We are currently planning for a spring and fall event each year. It's a great time to see all the new looks for the new season," Dukes said, adding that a fashion show is in the works and 100 handbags will be given away during the event. Vendors will be talking about healthy women, great styles, makeup and many other topics.

Jackson said participants are invited to stay after the event for more music at the Landing Zone. "The party won't end after Girls Night Out."

For more information on Girls Night Out, call 255-9810 or 598-5311.



COURTESY PHOTO

Attendees enjoy the health and beauty offerings of last year's Girls Night Out.

## Military Saves Week helps Soldiers make dollars last

By **Nathan Pfau**  
*Army Flier Staff Writer*

The Department of Defense has designated Sunday through Feb. 26 as Military Saves Week, and Fort Rucker's Army Community Service's Financial Readiness Office encourages Soldiers and Families to become aware and recognize the need to reduce debt and save money.

According to a memorandum put out in December by acting Under Secretary of Defense Jo Ann Rooney, the Military Saves campaign is a year-long effort while Military Saves Week is an opportunity for the entire military community to come together with federal, state and local resources to help military members and Family members reduce debt and save their hard-earned money.

"It provides an opportunity for leaders at all levels of all components — active duty, National Guard and Reserve — to motivate and educate service members and their Families," she said.

Although Military Saves is a nationwide campaign, Fort Rucker is doing its part to help the Soldiers and Family members of the local community in their efforts to save, according to Mike Burden, ACS Financial Readiness program manager.



ager.

Tables will be set up in the atrium of the Soldier Service Center Feb. 24 from 9 a.m. to 3 p.m. to educate people on the nationwide program and what is offered here on the installation for them.

"We will be there with all of our information and what we can provide for them," said the program manager. "We're going to ask people what they're doing to save money properly, show them what they can do if they don't have any plans in place and talk to them about the various saving vehicles that are offered such as a Thrift Savings Plan."

The TSP is a retirement benefit offered by the U.S. government to its employees that is similar to "401(k)" plans available from many private sector employees, according to Burden. Its purpose is to give those with the benefit the ability to

participate in long-term savings and investment.

"Most importantly, when it comes to saving, people should have at least three to six months of emergency funds," he said. "When talking about emergency funds, some people have misconceptions and think we mean three to six months of income — that's not true. When talking emergency funds, people should have three to six months of expenses, that's a big difference. It's a lot of money, but that's where we would like people to start."

According to Burden, many Soldiers, especially newly enlisted Soldiers, don't think about the need for an emergency fund or long-term saving, but the necessity is there.

"The most common thing that happens for most Soldiers is emergency automobile expenses," he said. "If they don't have an emergency fund in place already, they

might have to take out a loan which could be more of a financial burden on them."

The goal is to get people educated on saving so they are aware of the different programs that are available to them, either through us or other financial institutions, said Burden.

"Money market accounts are another vehicle that we would like to educate people on," he said. "Money market accounts are basically savings accounts on steroids. They usually require a minimum balance, but the thing about them is they earn more than a typical savings account does."

Another added benefit of money market accounts is that the funds in the account are more available — "it's very liquid," said Burden.

"People need to start saving early," he said. "The earlier you start, the earlier you can retire if you'd like and the more money you'll have when you do. Start saving early and the better off you'll be in the end."

A big benefit of the TSP, as far as saving is concerned, according to Burden, is that it's a long-term investment and Soldiers and government employees can get started on it early.

Another way he suggests people get a hold of their spending is to

use cash over credit, saying when people use cash, they don't spend as much. Using cash instead of credit is the basis of one of the savings plans they use to help Soldiers get a hold on their finances.

"We have something called the envelope system," he said. "After reviewing an individual's finances, we will work out how much cash to allot to certain expenses such as rent, food or gas. We put that allotted amount of cash in an envelope and they can only use the amount of money in that envelope for that specific expenditure for the month."

"It's pretty basic and elementary, but it gives people an idea of where their money is going and they can actually see where their money is being spent," said the program manager.

Burden said that saving is all about the mentality and people have to have the "saving state of mind."

"In savings we always say pay yourself first," he said. "Make the decision to allot a certain amount of income directly into some type of savings or money market account, that way you don't see the money going away. It's the best way to save money."

For more information on saving or what the ACS Financial Readiness Program has to offer, call 255-9631.



# ON POST

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

### Mardi Gras Kid's Night

The Landing Zone hosts Mardi Gras Kid's Night Tuesday 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 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 Wednesday 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 Friday. 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 Tuesday and Feb. 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.

### Newcomers Welcome

Army Community Service offers the next Newcomers Welcome Feb. 24 from 8:30-10:30 a.m. at The Landing. Active duty, foreign students, Army civilians, and Family members are all welcome to attend the informative event to learn about Fort Rucker. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161 or 2887.

### Military Saves Week

The Army community Service Financial Readiness Program is partnering with the Army Avia-

tion Federal Credit Union and Armed Forces Bank to promote Military Saves Week with an information table Feb. 24 from 9 a.m. to 4 p.m. at Soldier Service Center, Bldg. 5700 atrium. Attendees can meet with representatives from both financial institutions who will provide information on the best ways to start or increase savings.

For more, call 255-9631.

### Girls Night Out

The Landing hosts Girls Night Out Feb. 24 from 6-9 p.m. in the ballroom. Girls Night Out features a disc jockey, fashion show, door prizes and gift bags, refreshments, and numerous organizations that cater to women. There will be a minimum of 100 gift bags drawn out during the event as well as a grand prize, and also other giveaways from the organizations. The event will also feature live entertainment in The Landing Zone later that evening, as well. Tickets can be bought until 2 p.m. Feb. 24 for \$10 and for \$15 at the door.

For more, call 255-9810.

### March EDGE! programs

People are encouraged to sign-up now for March 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 programs are free for ages 11-19. People can pick up and drop off children at Fort Rucker Youth Center.

March programs include volleyball, field activities, pins for all occasions, crochet and multi-crafts. 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](http://webtrac.mwr.army.mil/webtrac/ruckercyms.html).

For more about EDGE! programs, call 255-0666 or 379-1363.

### Parent Support Program

Army Community Service's Promotion Points hosts its Parent Support Program from 9-11 a.m. March 2 at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. These monthly parenting education classes are designed for Soldiers and are held the first Friday of every month.

For more, call 255-3898.

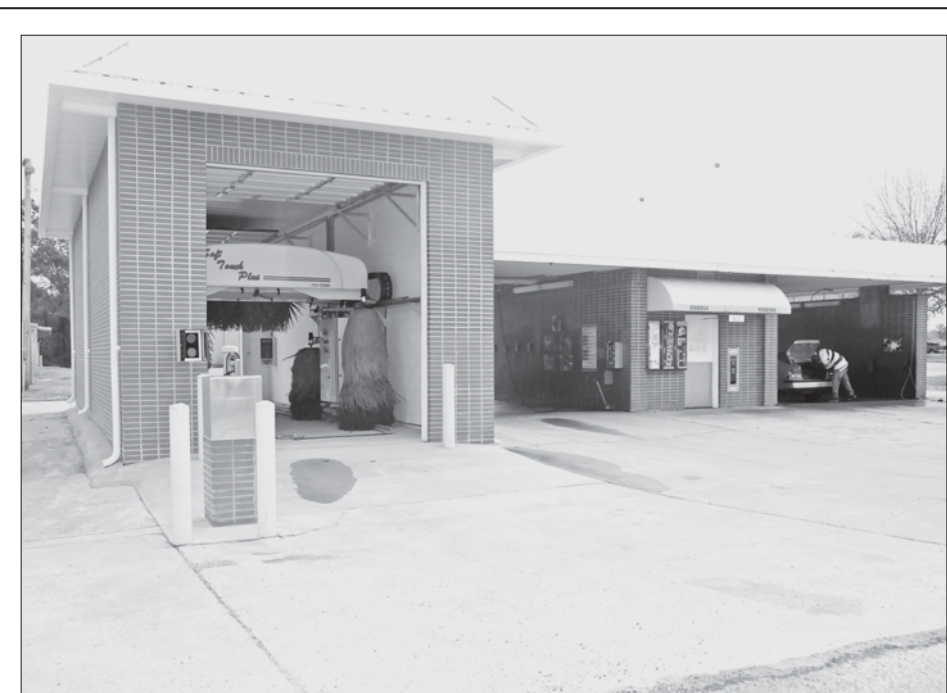
### Travel Extravaganza

Leisure Travel hosts the 24th annual Travel Extravaganza Show March 7 from 11 a.m. to 2 p.m. at The Landing. The show is free to attend, and features discounts, vacation destination information and door prizes.

For more, call 255-2997 or 255-9517.

### Teen Book Club

The Center Library and the EDGE! Program host



FILE PHOTO

## Car wash open

The new automatic car wash near the automotive skills center is open for business after its ribbon cutting ceremony Feb. 3. The automatic car wash utilizes the "SoftTouch Plus" system, which is a foam material that glosses, shines and polishes a vehicle's exterior. The system also features a high-pressure rinse, high-pressure rock panel and tire cleaner, high-pressure undercarriage wash, a multi-colored foamer and an enhanced presoak system. The car wash is open 24 hours a day. Prices for services at the car wash vary and are payable by cash, coins, and credit and debit cards. For more, call 255-9725.

a Teen Book Club starting March 15 at 4 p.m. in the Center Library Special Activities Room. To take part, people must register at the library by March 12. The club's first book will be "The Hunger Games" by Suzanne Collins – part of the popular young adult "Hunger Games" trilogy that will be out as a movie March 23. The EDGE! Program will provide a free copy of the book to the first 10 teens to register. People who've already read the book are welcome to take part in the club, as well.

For more, call 255-3885.

### St. Patrick's Day Craft Making Activity

The Center Library hosts a St. Patrick's Day craft making activity for children ages 3-11 March 13 from 3:30-4:30 p.m. Light refreshments will be served and space is limited to the first 65 children to register.

For more information or to register, call 255-3885.

### Comedy Live at Rucker

Comedy Live at Rucker will feature comedians Cerrrome Russell and Ryan Reiss March 16. Doors will open at 7 p.m. and the comedy show will last from 8-9:45 p.m. The show is considered adult rated – for ages 17 and older. Advanced tickets cost \$10 and are available at The Landing Zone until 4 p.m. the day of the event. Tickets cost \$15 at the door. The event is open to the public.

For more, call 255-9810.

### St. Patrick's Day celebration

The Landing Zone hosts a St. Patrick's Day celebration with DJ Dave March 16 from 9 p.m. to 1 a.m. The event will feature green beads, specials and a Best Dressed Leprechaun contest.

# DFMWR Spotlight

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Ladies, come join us for Girls Night Out Expo!  
This is a ladies expo where you can check  
out the latest trends in fashion, health and  
beauty vendors, door prizes and more.

**TICKETS: \$10 Advance, \$15 Door**  
Advance tickets are available now for  
purchase at The Landing Zone until 2 pm  
on Friday, February 24th (598-8025).

Following Girls Night Out join us in The  
Landing Zone where DJ Dave will be mixing it up.

**For more information  
please contact  
Family & MWR at  
255-9810 or 598-5311.**

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FRIDAY, FEBRUARY 17

SATURDAY, FEBRUARY 18

SUNDAY, FEBRUARY 19

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PHOTOS BY STAFF SGT. LOSHANA ALEXANDER

## Honoring history

Above: Directorate of Training and Doctrine officers and non-commissioned officers receive a brief introduction by tour guide, Larry Peterson, before watching a video on the challenges and obstacles that the Tuskegee Airmen overcame. The video was complimented with brief testimonials and interviews from surviving Airmen and support personnel. The orientation room has a four-minute video that relates the role of Moton Field in the training of the Tuskegee Airmen pilots and the role performed by support personnel during this era.

Left: Staff Sgt. John Fielder, Lt. Col. Charles Bowery Jr., CW5 James Massey, and Sgt. Maj. Eric Wainwright (from left) visit the parachute folding table. Wainwright accepts the challenge posed at this station, as he tries his hand at making the last few folds into the pack. The challenge is to see if you can make neat folds that were required and manage to close the pack.

# Army blood drive seeking targeted donors

By David Vergun  
Army News Service

FORT MEADE, Md. — The goal of the Army's new blood drive campaign that began Monday is to match a donor's blood type with a specific need, rather than simply issuing a general call for donations.

It's an education campaign as much as it is a blood drive, according to Julie Oliveri, director, Communications and Marketing, Armed Services Blood Program Office.

"Many of our donors are accustomed to signing up for blood drives and coming in to donate, irrespective of their blood type. We don't want our very dedicated donors to be alienated by the idea that we might need a specific type at a specific blood drive, and that type may not be theirs," she said.

"This is also why we take the time to explain that certain blood types are well suited for certain blood products. For example if you are O, you will want to donate whole blood, A for plasma or plateletpheresis, and AB for plasma. We suggest that our donors check with their local donor center to find out exactly what their needs are," said Oliveri.

"Our goal," she said, "is to encourage donors to register online so local donor centers can contact them to let them know when their type is needed and where and when the next blood drive will be." To register, visit <https://www.military-donor.com/index.cfm>.

Giving blood is a way of supporting wounded warriors, as well as Soldiers and their Families everywhere, who could someday require a blood transfusion, said Col. Ronny Fryar, Army Blood Program director, who went on to explain the process. ABP is a component of the Armed Services Blood Program.

"We monitor the blood supply worldwide," he said. "For example, we ensure there's enough in Afghanistan to treat our

wounded warriors. Having enough on hand could entail requesting a shipment from Germany or elsewhere to replenish the supply. As a matter of fact, blood is routinely shipped throughout DOD."

Why the need for careful and constant monitoring and shipping?

"Blood has a relatively short shelf life," Fryar said. "When blood is drawn, it is processed into three components: platelets, red blood cells and plasma. The approximate shelf life on platelets is a mere five days; 42 for red blood cells and about a year for plasma, if frozen. This makes stockpiling a challenge."

Fryar said the Army routinely shares blood with the other services and even their civilian counterparts.

"For example, if we have a large supply of plasma that will soon expire and it is not needed right away within DOD, we'll contact civilian hospitals that are in short supply. They in turn will help us out the same way."

Maintaining an adequate supply of blood on hand

depends on the goodwill of volunteers, and this is where ASBP's advertising efforts help get the word out, Fryar said. Also, every unit has a blood coordinator, who can be found by asking the first sergeant. For Army Families, the Family readiness groups also assist with getting donors to turn out for blood drives.

Which types of blood are needed?

"All types," Fryar emphasized. "Especially rare types like AB, which we solicit through targeted advertising. But even the common types like O are always in demand." He said the process is safe, easy and relatively pain free. "Although (ASBP) donors are not paid for their blood, units sometimes give Soldiers time off. Also, there's a canteen on hand with delicious snacks so donors can replenish their fluid and sugars.

"The most important incentive for donating, however, is knowing that you are going to be helping someone, giving them the gift of life."



PHOTO BY SENIOR AIRMAN DILIA DEGREGO

Cpl. Christopher LeRoy, of the 932nd Blood Support Detachment, monitors the progress of Sgt. Jennifer Skebong, of the 583rd Medical Logistics Company, as she gives blood at Bagram Airfield, Afghanistan. Blood platelets are being collected in country for treatment of critically injured patients.

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11:1*

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PHOTO BY NATHAN PFAU

## Pick-of-the-litter

Meet Socks, a 6-month-old male cat. He is friendly and calm. It costs \$81 to adopt him, which includes neutering and a microchip. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's *Facebook* page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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## Pet overpopulation a real issue in U.S.

By Navy Lt. Theresa Donnelly  
*Guest Blogger for DOD Family Matters*

Pet overpopulation is a sad reality in the United States. Up to 7 million animals enter U.S. shelters every year, according to the American Society for the Prevention of Cruelty to Animals. Of this number, about 60 percent of dogs and 70 percent of cats are euthanized, and less than 2 percent of cats and 15 to 20 percent of dogs are returned to their owners, according to the National Council on Pet Population Study and Policy.

Military Families on the move should think carefully before taking in an animal to avoid contributing to this problem.

First, you should take into account your lifestyle and potential commitment to a pet. Are you an active Family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention they need?

An impending overseas move is another consideration. You may not be able to take your pet with you. Many duty stations will only allow shipments of cats and dogs, so a pet rabbit may not be the wisest choice. And if you plan to live in housing, it's important to study military housing breed bans and pet limit requirements so you don't end up having to give up an animal because your community doesn't allow it.

As important as evaluating your Family circumstances is choosing an ethical location to obtain your pet. Sadly, many pet stores in the United States aren't regulated and deny you the opportunity of personally inspecting the home of a responsible breeder.

"The biggest health consequence because of poor breeding is shortened life span and premature death," said Amanda Morgan, an Air Force spouse and veterinarian technician. "No one wants to spend thousands of dollars on a pet that will only live a few years. This is why potential buyers should do their research and select the best breeder of their future pet."

A great place to start looking for a forever pet is your local animal shelter. Some of these animals are perfectly well-behaved and healthy; they were just given up due to an irresponsible owner or one who may have had a Family emergency.

However, if you do decide to seek a responsible breeder, ask detailed questions, such as what breed-specific health testing has been performed and what drove the decision to breed. You also should visit the home of the breeder to see firsthand how the puppies are raised. The Humane Society of the United States has a checklist of questions to ask when looking for the right animal.

As you consider your options, make sure you're aware of the types of animals that can accompany you on an airplane. Many airlines are prohibiting brachycephalic breeds, also known as snub-nosed dogs, due to their compromised respiratory issues that have caused deaths in flight. Just as important as deciding if you can take on a pet and seeking the right location is making sure that animal can go where you go.

Pets depend on us to be their voice and look out for their best interests. By following some of the tips above, we can be sure we are doing right by these Family members.

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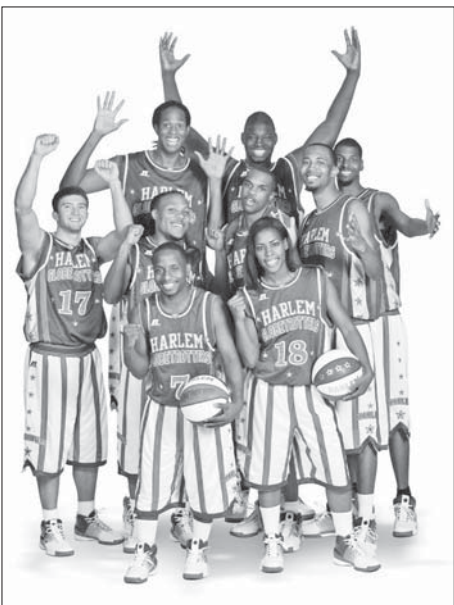




# Harlem Globetrotters visit Dothan Civic Center Feb. 29



PHOTO BY BRITTANY CARLSON



COURTESY PHOTO

The Harlem Globetrotters visit the Wiregrass for a performance at the Dothan Civic Center Feb. 29 at 7 p.m. Tickets may be purchased at the Dothan Civic Center Box Office or by calling 615-3175. Tickets may also be purchased online at [www.dothanciviccenter.org](http://www.dothanciviccenter.org). For additional information, visit [harlemglobetrotters.com](http://harlemglobetrotters.com).

**Left:** Harlem Globetrotters guard Rocket Rivers shows off his ball handling skills as Washington Generals players try to steal the ball during an exhibition game in USAG Stuttgart, Germany, Dec. 5. The game was part of a European tour of U.S. military installations.

## WIREGRASS COMMUNITY CALENDAR

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### 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

**SATURDAY** — 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](http://www.sacf-halfmarathon.org).

**SATURDAY** — The Dothan Civic Center will host the Blues is Alright Concert featuring Willie Clayton, Latimore and Calvin Richardson and host comedian Sir

Walt. The event will begin at 8 p.m. Advanced tickets are \$30 and \$25 and all tickets will be \$30 the day of the show. Tickets and other information can be found at [www.dothanciviccenter.org](http://www.dothanciviccenter.org).

**MARCH 4** — The Tri-State Peachy Painters will have their monthly meeting and painting class at the Houston County Farm Center from noon to 4 p.m. New and experienced decorative painters are welcome. For more information, call 803-4882.

### ENTERPRISE

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

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

### 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

**FEB. 23** — Disabled American Veterans Chapter No. 99 meets at 6 p.m. in the New Brockton City Hall. Food and drinks will be served followed by regular business. Each Tuesday and Wednesday, DAV Chapter No. 99 maintains service office in the New Brockton police station.

This office assists veterans who were hurt or disabled while in military service. For more information, call 718-5707.

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

Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

### OZARK

**TUESDAY** — St. Michael's Episcopal Church hosts its annual Pancake Supper from 5-7 p.m. Blueberry, pecan, and plain pancakes, as well as bacon and sausage will be served. All proceeds will benefit the Dale

County Rescue Mission, the Montgomery Aids Outreach and the Episcopal Relief and Development. Tickets can be purchased at the door or from church members for \$5.

**ONGOING** — The Dale County Council of Arts and Humanities at the Ann Rudd Art Center will showcase paintings by military spouses Annastasha Larsen and Marie B. Martelly entitled Pieces on View Feb 14-March 12. A reception will be held on Feb. 25 from 7-9 p.m.

### 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

### Monster Jam

Grave Digger, Monster Mutt, Virginia Giant and many other monster trucks will be in action at the Advance Auto Parts Monster Jam Thunder Nationals held March 2-3 at the Pensacola Civic Center. Events start at 7:30 each night. Adult tickets are \$23-\$28. Tickets for children under 12 are \$6.50. The monster trucks will compete in four different competitions. For more information, call (800) 254-2022 or visit [www.monsterjam.com](http://www.monsterjam.com).

### The Parker Quartet

The Grammy-award winning Parker String Quartet will perform Friday and Saturday, starting at 7:30 p.m. each evening, at Rosemary Beach Town Hall in Rosemary Beach, Fla. The concert will feature the music of Mozart, Janacek and Dvorak. Tickets are \$35 and can be purchased online or by calling the box office.

For more information, call (850) 269-7129 or visit [www.SinfoniaGulfCoast.org](http://www.SinfoniaGulfCoast.org).

### Sandestin Gumbo Festival

The Sandestin Gumbo Festival, one of the most popular

events on Florida's Gulf Coast, will be held Saturday in The Village of Baytowne Wharf, Destin, Fla. The festival offers live music, cooking seminars, homemade soup, gumbo and display competitions, and a Mardi Gras Dog parade. Tickets are \$15 in advance or \$25 the day of the event.

For more information, call (850) 267-8110 or visit [www.sandestingumbofestival.com](http://www.sandestingumbofestival.com).

### Florida Mopars Car Show

The Florida Mopars Car Show will be Tuesday from 10 a.m. to 3 p.m. The show is open to all makes and models of cars, including motorcycles. The entry fee is \$20 for the first car and \$10 for the second car. Proceeds will benefit the Animal Rescue Center of Bay County.

For more information, visit [www.facebook.com/floridamopar](http://www.facebook.com/floridamopar) or call (850) 866-8964.

### Shelby County Cattlemen's Rodeo

The Shelby County Cattlemen's Association will host its 25th annual rodeo Feb. 24-25 at the Shelby County Exhibition Center. Featured events include a live rodeo, chuck wagon races, bull riding, calf roping and more. Gates open at 6 p.m. Ticket prices have yet to be announced.

For more information, call (205) 669-9075 or visit

[shelbycountyrodeo.com](http://shelbycountyrodeo.com).

### Mud Mania

Mud Mania, a mud-drenched outdoor obstacle adventure race fueled by excessive and unreasonable enthusiasm, 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. Participants will run in 30 minute heats of 300 participants each. Registration ends Feb. 29.

For more information or to register, visit [www.mud-mania.com](http://www.mud-mania.com).

### Annual Bridge Crossing

The first weekend of every March, the city of Selma holds an annual bridge crossing to honor the anniversary of the "Bloody Sunday" march from Selma to Montgomery. This year's festival, lasting from March 1-5, includes music, vendors, a mock trial, an intergenerational hip hop summit, a children's sojourn, the Freedom Flame awards banquet and many other events. Ticket prices range from \$12 to \$100.

For more information, call (334) 526-2626 or visit [www.selmajubilee.com](http://www.selmajubilee.com).



# First lady, Dr. Biden laud community challenge finalists

**By Elaine Sanchez**  
*American Forces Press Service*

WASHINGTON — Noting their contributions to military Families’ lives, First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, announced Feb. 2 the 20 finalists that will compete for top honors in the Joining Forces Community Challenge.

The challenge, part of the Joining Forces campaign, recognizes and celebrates individuals, communities and organizations that have displayed outstanding support to military Families and veterans. The first lady and Biden launched Joining Forces last year to raise awareness of troops, veterans and their Families, and to rally the nation around them.

“Jill and I have asked organizations large and small to direct some of their efforts toward our troops and their Families, and ... we’re thrilled to congratulate 20 groups who are doing just that,” the first lady said in a White House release. “These organizations are doing what they do best: providing financial assistance for scholarships and child care, working to build self-esteem in military teens, offering free photo sessions for military Families and so much more.

“Creative ideas like these can be replicated in communities all across the country,” she added, “and we can’t wait to see what Americans come up with next.”

The 20 finalists were selected from more than 300 submissions, which flooded in after the challenge launched in July, according to the news release.

White House officials encourage people to read about these standout organizations on the Community Challenge website at <http://joiningforces.challenge.gov>, and vote for their favorite finalist. The finalist who garners the most votes will be named the challenge’s People’s Choice Winner on March 16.

Five additional winners will be chosen with input from a panel of judges, which includes:

- Deanie Dempsey, military Family advocate and wife of Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey;
- J.R. Martinez, Iraq war veteran, actor and recent winner of ABC’s “Dancing With the Stars”;
- USO President Sloan D. Gibson;
- Tom Brokaw; author and special correspondent



PHOTO BY ELAINE SANCHEZ

**First Lady Michelle Obama and Dr. Jill Biden pose with some of the cast of Sesame Street during a Joining Forces community event in the Veterans Memorial Auditorium in Columbus, Ohio, April 14.**

- for NBC News; and
- Julian Castro, mayor of San Antonio, one of the nation’s largest military communities.

The first lady and Biden will honor the finalists and announce the winners in a White House ceremony this spring, the release said.

Biden lauded the finalists, other individuals and the communities across the nation that are stepping up in creative ways to support service members and their Families. She cited the many “acts of kindness” she’s seen firsthand in her travels.

“All of the submissions for the Joining Forces Community Challenge demonstrate exactly the spirit of service and dedication we see everywhere we go,” Biden said in the release.

“We hope that the great work of these organizations inspire more Americans to take on similar efforts to support military Families in their own communities.”

While the finalists are profiled online, the following is a snapshot of their contributions to military families’ lives:

- The Pat Tillman Foundation, of Tempe, Ariz., grants scholarships to military veterans and spouses nationwide through the Tillman Military Scholars program. The scholarship funds cover tuition, fees, as well as other related costs, including housing and childcare. Since 2004, the foundation has provided more than \$2.2 million in financial support.
- The Sisterhood of the Traveling BDUs, of Clovis, Calif., aims to create a network of social bonds between military girls to build self-esteem, encourage leadership and increase community support. Two California teenagers whose fathers had deployed to Afghanistan founded the group.
- Rebuild Hope, of Menlo Park, Calif., provides financial assistance,

counseling and referrals to organizations that offer pro bono care to veterans and caregivers in a variety of areas, including legal, mental health, and debt management.

- New Directions, based in Los Angeles, provides comprehensive services to homeless and disabled veterans, including substance abuse treatment, counseling and job training in Los Angeles County, home to the nation’s largest homeless military veterans population. The organization serves more than 600 veterans each year.
- The Soldiers Project, Sacramento, Calif., provides free psychological services for active duty military, recent war veterans and their Families. The project is an all-volunteer group of about 40 licensed clinicians who have provided more than 500 hours of free, individual treatment since the beginning of 2011.
- Project Sanctuary, of Parker, Colo., provides recreational activities in the Rocky Mountains to help military Families reconnect following deployments. The project also offers follow-up support with housing, job placement and veterans’ assistance.
- Birdies for the Brave, of Ponte Vedra Beach, Fla.,

a military outreach initiative supported by the PGA Tour and corporate partners, raises funds for military-support groups that provide programs and services to wounded warriors and military Families.

- The Landings Military Family Relief Fund, of Savannah, Ga., provides financial support to military Families during everyday emergencies while a Family member is deployed. The financial assistance is administered through the Red Cross.
- Operation Homelink, based in Chicago, provides refurbished computers to spouses or parents of deployed troops. The organization has provided more than 2,500 computers nationwide and is expanding to include laptop donations to wounded warriors.
- Give an Hour, of Bethesda, Md., aims to develop a national network of volunteer providers to respond to acute and chronic societal conditions. Their current focus is on mental health services for service members, their Families, and people in communities affected by the wars in Iraq and Afghanistan.
- Luke’s Wings, of Rockville, Md., supports wounded warriors’

Families by assisting with airplane tickets and travel arrangements. The nationwide organization also can partner with local hotels or other activities nearby that the Family can access during their wounded warrior’s recovery.

- Brides Across America, of Georgetown, Mass., provides wedding gowns to qualified military brides. Since 2007, more than 5,000 wedding gowns have been donated to support troops and their Families.
- Defending the Blue Line, of Hastings, Minn., works to ensure that children of military members have access to participate in hockey through free equipment, hockey camps, special events, and financial assistance toward association and other hockey-related costs. Founded by two Minnesota National Guard members in 2009, more than \$500,000 has benefited military Families across the United States.
- GreenCare for Troops, of New Prague, Minn., established by a wounded warrior, provides free lawn and landscape services for military Families nationwide.
- Armed Forces Service Center, of St. Paul, Minn., is a no-cost lounge for service members and their Families in the Minneapolis/St. Paul International Airport. The lounge, staffed by volunteers, is open 24 hours a day, seven days a week.
- Trees for Troops, of Chesterfield, Mo., provides thousands of military Families in the United States and overseas with Christ-

mas trees. The Christmas Spirit Foundation, working with its partner FedEx, has delivered more than 100,000 trees through the Trees for Troops program since its inception in 2005.

- Canines for Veterans, of Wilmington, N.C., part of Canines for Service, provides highly skilled service dogs for wounded warriors. Launched in 2008, the national program works with military prisoners at the Naval Consolidated Brig Charleston who train rescue dogs as service dogs for wounded and injured veterans.
- Hearts Apart, of Wilmington, N.C., provides soon-to-be deployed service members with a professional photo session with their spouses and children to keep Families connected during deployment. Photographs are waterproof and printed on durable cards that fit in a uniform pocket.
- The city of Richfield, Utah, has supported its local Army National Guard Unit through four deployments since Sept. 11, 2001. Among its contributions are a deployment resource guide for military families, a city utility abatement program during deployments, and a community covenant that details the commitment the city will make toward its service members and their families.
- Our Family for Families First Foundation, of Lake Stevens, Wash., supports children of service members through scholarships, and military spouses through grants and assistance identifying educational opportunities.

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FEBRUARY 16, 2012

# Relaxation

## Fitness facility's day spa offers an escape



Laura Mahaffey, a licensed massage therapist at the Body Mechanics Day Spa in the Fort Rucker Physical Fitness Facility, kneads the back muscles of one of her clients. The Body Mechanics Day Spa offers massages and other spa services.

By Nathan Pfau  
 Army Flier Staff Writer

The Fort Rucker Physical Fitness Facility offers more than just a place where people can go to work out and get fit, but also a place where people can escape, relax and unwind.

Body Mechanics Day Spa, located in the fitness facility, offers members of the Fort Rucker community access to a variety of body treatments that include therapeutic massages, facials, body polish, mud wraps and a "retreat for the feet," which includes exfoliation with a mud wrap followed by a massage and reflexology, according to Laura Mahaffey, licensed massage therapist at the spa.

People should experience the full range of what the day spa has to offer, which is more than just massages, said Mahaffey.

"The mud wrap applies Dead Sea mud over the body followed by a wrap to hold in the heat while the mud penetrates pores, removes impurities and moisturizes the skin," she said. "We also do a body polish in which we use citrus scrub to exfoliate the skin, then follow up with a moisturizer and massage."

Although the spa offers more than just massages, the massages aren't to be overlooked, according to Lori Ciranni, Fort Rucker Physical Fitness Facility manager of sports, fitness and aquatics.

The massages that are offered at the day spa are: Swedish, neuromuscular therapy, pregnancy, hot stone and deep tissue massages, according to Mahaffey.

Each session is adjusted to fit the individual's personal comfort level and tailored to their specific needs with even the temperature adjusted to their personal comfort. The result is that "no two customers get the same massage" or experience, she said.

"[The massages] are absolutely an amazing stress relief," said Ciranni. "I get a lot of stress in my shoulders and neck, and the massage therapist gives me the deep tissue massage and it's just amazing. I was

nervous the first time I had a massage, but after they started, my nerves were gone. If you are nervous about it, they let you undress to your comfort level — it's whatever is the most comfortable for you."

"A lot of people can be apprehensive the first time [they get a massage]," said Mahaffey. "The important thing to remember is that your modesty is always preserved. In a massage, you are appropriately draped throughout, so you don't have to worry."

Massages have other benefits aside from just relieving stress, according to Mahaffey. There are also health benefits that can be gained from getting massages such as relieving symptoms from Fibromyalgia and headaches.

"It's great for injury prevention and rehabilitation," said Ciranni.

"What we do is very beneficial," said Mahaffey. "It removes stress, improves stimulation, increases lymphatic flow and circulation, and helps rid the body of waste and cellular debris."

The massages are offered in sessions of 30, 60 and 90 minutes costing \$25, \$45 and \$70 respectively, according to Ciranni. The day spa also offers 10-minute increment chair massages for \$1 per minute.

"The pricing is just wonderful for the community," she said. "It's just a better price than is offered elsewhere for these types of services."

The spa at the fitness facility is available to Soldiers, active duty and retired, their Family members, Department of the Army civilians and contract employees.

"It's a great service for stress relief and it's local," said Ciranni. "Appointments are readily available and it's great when people can come to the gym to get this kind of treatment because it's just right here."

"It's just such a relaxing atmosphere and I recommend it to anyone that wants to just relax," she said. "I don't think you can find better massage therapists anywhere around here, and believe me, I've tried."

For more information or to schedule an appointment, call 255-2296 or 806-1961.

## Help wanted: DFMWR looking for lifeguards

By Jonathan Cole  
 Directorate of Family and  
 Morale, Welfare and Recreation  
 Aquatic Manager

Fort Rucker Directorate of Family Morale Welfare and Recreation will be hiring lifeguards for the 2012 summer swimming season in early April.

About the first week of April the vacancies for these positions will open via the website USA Jobs, <http://www.usajobs.gov/>, and applicants must apply per instructions contained in the announcement.

DFMWR lifeguarding courses run Feb. 25 through April 6. There are six courses, each of which last for two weeks, with an option of weekend-only courses or weekday-only courses. The weekend-only courses are two back-to-back weekends from 8 a.m. to 6 p.m., whereas the weekday-only courses are Monday-Friday of the first week and Monday-Thursday of the second week, all after school hours from 4-8 p.m.

Participants must be 15 years old by the last class session. Cost for the course is \$75, and participants receive American Red Cross Lifeguarding certification, along with Waterpark and Waterfront Modules, first aid, CPR and automated external defibrillator certifications.

The prerequisite swim portion of the course consists of a 500-meter swim, retrieving a 10-pound diving brick from the bottom of the deep end and swimming it back to the shallow end by using only the legs, swimming about 15 yards underwater and treading water for two minutes using only the legs.

DFMWR's aquatic facilities



Zach Neudecker and Ryan Murphy, right, perform a deep-water back-boarding rescue exercise using fellow lifeguarding student Ryan Groome as a stand-in victim during a DFMWR lifeguarding course at the Splash! Pool last year.

include three pools and a lakefront swimming area. Two pools are utilized for fitness swimming and military training: the physical fitness facility indoor pool, a 25-meter lap pool with a diving board and lane lines, backstroke flags and starting blocks for competitive swimming; and Flynn Pool, a 50-meter lap pool with a diving board and lane lines, backstroke flags and starting blocks for competitive swimming.

Splash! is a water park-style pool, with a diving board, rock wall, two waterslides, a spray park

and a tiki hut concession area. West Beach at Lake Tholocco is a dock enclosed swimming area with three waterslides, a water tramp-

line, water volleyball and a fitness swimming area.

Due to child labor law revisions, 15-year-old lifeguards may not

work at West Beach or on the top of the waterslides at Splash.

For more information, call 255-9162.

### Another opportunity

American Pool Service will host hiring days at Fort Rucker March 3 and 24. APS will interview and hire for summer jobs as lifeguards at the post residential pools. No experience is needed. APS will provide lifeguard training and

certifications. People interested in working as a lifeguard for APS should call (770) 638-1665 or send an email to [dlafrenier@americanpool.com](mailto:dlafrenier@americanpool.com) to schedule an interview. More information is also online at [guardforlife.com](http://guardforlife.com).



# DOWN TIME

**FLASH GORDON**  
BY JIM KEEFE

FLASH, DALE AND DR. ZARKOV PREPARE TO ENTER THE SPACE PORTAL AND RETURN TO EARTH.

THE PEOPLE OF MONGO WILL BE FOREVER GRATEFUL TO YOU, FLASH.

STRANDED ON A HOSTILE, ALIEN PLANET. EVERY DAY A STRUGGLE JUST TO SURVIVE.

THEIR ONLY HOPE...

"...THANKS TO YOU, MING THE MERCILESS HAS BEEN APPREHENDED!"

WITH THIS DOORWAY BETWEEN OUR TWO WORLDS IN PLACE, YOU'LL ALWAYS BE WELCOME SHOULD YOU DECIDE TO RETURN.

THANK YOU, BARIN...

"...BUT FOR NOW, WE JUST WANT TO BE BACK ON EARTH, SAFE AND SOUND."

ENOUGH TALK, WE'VE WAITED LONG ENOUGH...

LET'S GO HOME!

NEXT: WORLDS APART!

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

OH COME ON! WHY DO THEY CALL THESE "ROMANTIC COMEDIES" WHEN ALL YOU DO IS CRY THROUGH THE WHOLE THING?

## Trivia test

by Fifi Rodriguez

# TRIVIA

1. ANCIENT WORLD: Where was the first Roman aqueduct, the Aqua Appia, built?
2. MYTHOLOGY: What kind of creature was the Scylla?
3. THEATER: Thornton Wilder's play, "The Matchmaker," was later made into what famous musical?
4. LANGUAGE: The present, past and past participle of draw, drew and drawn are examples of what kind of verb?
5. MUSIC: Which musical artist had a single hit with "Rebel Rebel"?
6. HISTORY: Where was American outlaw Billy the Kid born?
7. MOVIES: What movie featured the fictional land of Florin?
8. GEOGRAPHY: Where are the Comoros Islands?
9. GENERAL KNOWLEDGE: What kind of animal was said to have raised the infants Romulus and Remus, twin founders of Rome?
10. RELIGION: How are members of The Religious Society of Friends more popularly known?

See Page D3 for this week's answers.

## Super Crossword

ALL MINE

- ACROSS**

1 Start to cry?

4 Representations

10 One of a pair

14 Equipment

18 — It a pity? ("70 song)

20 Posh party

21 Hurler

22 Coax

23 Wellington's sobriquet

25 — Lisa

26 Lassie's father

27 Austen title start

28 CSA soldier

29 Oahu feature

32 Barber's — for Strings

34 Woods' org.

35 Aye

36 Opponent

38 Warehouse item

40 Salon request

41 Roth or Reid

44 Photographer

47 Psychologist

49 "Pilgrim's Progress," e.g.
- 51 Music center

53 Southern st.

54 "I'm working —"

55 Marathon

56 — bien!

57 He devours books

60 Private pension

61 "Pshaw!"

62 Composer

64 Moo — gai pan

65 Occult

67 Prep school

69 Balzac's "Le Père —"

73 Moore or Tarbell

74 Filleted

75 SDI device

76 SAT's big brother

77 Poe tale

81 Mammy

83 In addition

84 Barbara of "Perry Mason"

85 "Alley —"

86 Complete failure

89 Chicken Little, for one

92 Peter of "Young Frankenstein"
- 93 Raptor feature

94 Triumphed

95 Vaughn's "The Loved —"

96 Wish

97 Cows and sows

99 Canonized

100 Baseball's Parker

101 Moses or Monet

105 Deciduous tree

110 Cat's dog

112 PC key

114 Merrill melody

115 Rocker

116 Rundgren

118 Dorothy's destination

119 Capone feature

120 "Splendor in the Grass"

121 Poe character

122 The Laura

123 Bush of Olympus

124 Protected

125 Byzantine art form

126 Japanese honorific
- 41 Author Morrison

42 Spring bloom

43 Legend

44 Frank book

45 Pizarro's victims

46 Mimic

48 "Treasure Island"

49 Soothe

50 Like

51 Rickrack, e.g.

52 Live and breathe

53 Thin layer

57 "Ethan Frome" prop

58 Kitchen implement

59 Space

61 Hound's handle

62 Mr. Diller

63 Citrus cooler

66 Paper —

67 Head monk

68 Tour de force

70 Northern hemisphere?

71 Bean or Velleis

72 "Wolf" ('85 film)

75 PD alert

77 January event
- 78 Heavenly headgear

79 Dash

80 Health measure?

81 Buddy

82 Fateful 15th

83 Architect's add-on

86 Prune

87 Cyclone center

88 Stood up

90 Speck

91 Torpor

92 Cornice kin

96 Paid attention

98 Michener opus

99 Extra

100 Heel type

102 Foot part

103 Farm features

104 Neon —

105 Perennial

106 Namu or Willy

107 Chanteuse

108 Belfry sound

109 Tiller

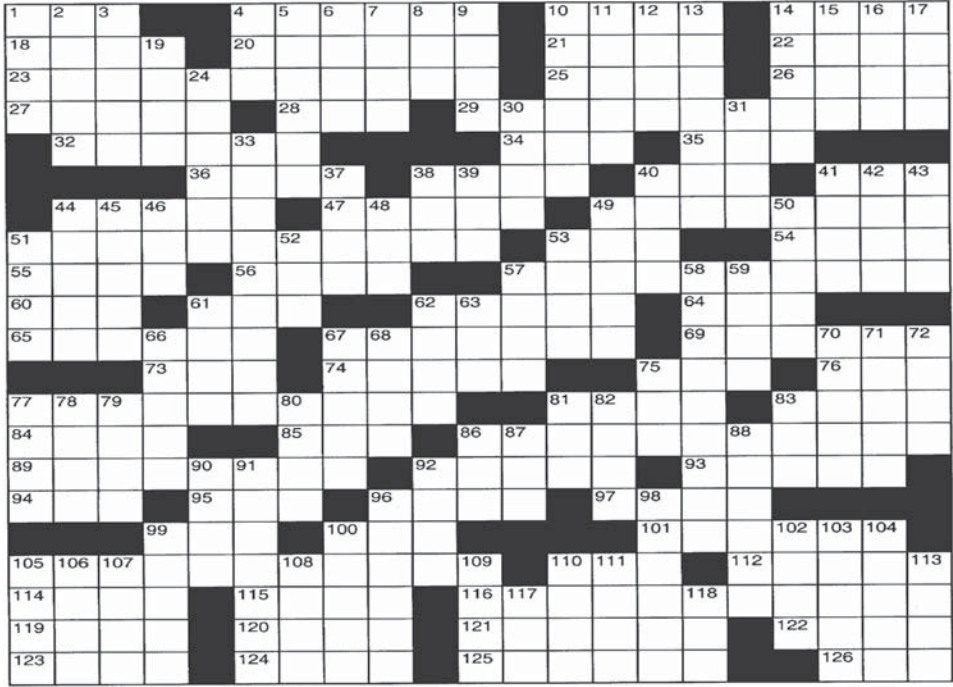
110 Cello parts

111 Section

113 "Saving Private —" ('98 film)

117 "O Sole —"

118 Fond du —, WI



See Page D3 for this week's answers.

**Weekly SUDOKU**

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER

**Junior Whirl**  
by Hal Kaufman

**PROPER NOTE!** When leaving the cafeteria-restaurant, the story has it, a well-mannered gent indicated to the cashier that he was suffering from indigestion and was unable to talk. Whereupon, he handed her a note containing the numbers 10 20 4 1 8 0.

Without a word of protest, the cashier permitted him to depart, obviously having understood his message.

What did the note say?  
Answer in thirty seconds.

**DOUBLE DPI!** Two of eight bundles above are enough alike to be twins. Which two? Take note of details carefully.

**QUICK DRAW CANVAS**

HEY, we know you're in there. But why are you all gressed up? To complete the picture, simply draw lines in accord with letter-number coordinates as follows:

Draw from E-1 to D-3, to D-4, to C-4, to A-4, A-7, C-5, D-5, D-8, E-8, D-11, E-11, F-9, I-9, J-11, K-11, L-4, J-4, L-7, L-4, J-4, L-4, to G-1.

Add D-4 to L-4.  
Add D-7 to L-7.  
Add D-2, to E-1, to G-1, to H-2.

Draw straight lines, using a sharp pencil. Be sure to draw lines in keeping with letter and number coordinates.

Color finished figure, if crayons are handy.

**Wishing Well**  
BY GEORGE! Martha knows best, or does she? Apply colors neatly to the scene. Color codes: 1—Red, 2—Light blue, 3—Yellow, 4—Light brown, 5—Flesh tones, 6—Maroon, 7—Dark brown, 8—Dark blue, 9—Gray.

**SPELLBINDER**

SCORE 10 points for using all the letters in the word below to form two complete words.

ENTREATY

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

**Wishing Well**

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

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

**HOCUS-FOCUS**  
BY HENRY BOLITNOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How many can you find them? Check answers with those below.

Top panel is missing: 1. Boy's shirt is missing. 2. Boy's pants are missing. 3. Boy's shoes are missing. 4. Boy's socks are missing. 5. Boy's belt is missing. 6. Boy's tie is missing.



# Military athletes compete to enter 2012 Warrior Games

By Rob McIlvaine  
Army News Service

FORT BELVOIR, Va. — Wounded warriors came from as far away as the Pacific northwest to show their stuff on the track and field at Fort Belvoir, Feb. 9, and in swimming trials at Walter Reed National Military Medical Center in Bethesda, Md., Feb. 10-11.

The reason for their trek was to earn a spot to compete in the third year of the Warrior Games in Colorado Springs, Colo.

The final selection will happen March 7-13 at Fort Meade, Md., on the track. Cycling, swimming and volleyball competitions will also be held.

For many, it was their first time competing since they were injured — some in combat and others under non-combat conditions.

With a little help

Sgt. Jonte Nicole Scott, who works in supply at Joint Base Lewis-McChord, Wash., has a 2-year-old dog named Ava who helps her get through emotional trauma suffered during her first deployment to Iraq in 2004.

“I got Ava for PTSD (post-traumatic stress disorder) and anxiety through Brigadoon, a service-dog company in Bellingham, Wash.,” Scott said. “She was dropped out of police training because she wasn’t aggressive enough.”

When Scott was in high school, she competed in track and was a cheerleader, but hadn’t really done much athletics since, until she participated in the Valor Games in Chicago, Ill. There she competed in shot put and recumbent cycling and power lifting.

World Sport Chicago hosted the inaugural Valor



PHOTO BY ROB MCILVAINE

Staff Sgt. Michael Kacer, who was injured in Afghanistan in 2008, puts the shot 31.9 feet, even though it's his first time in the event, and he's missing one arm. He normally competes in 50-meter, 100-meter and 200-meter freestyle swimming events.

Games Midwest in August 2011. The three-day competition brought more than 100 wounded, ill or injured veterans and active-duty service members to Soldier Field for discus, U.S. Cellular Field for archery and cycling, and McGuane Park for discus, shot put, indoor rowing and powerlifting.

“That was the first time where I got gold in all three, so it was pretty awesome. That’s when I started hearing about the Warrior Games and wanting to participate,” she said.

“I think people should get involved because of the camaraderie and it just makes you feel good to have friends from different places and everyone kind of understands what’s going on with you. They don’t ask questions and no one judges you,” Scott said.

She also hopes to com-

pete in the 100-meter and 200-meter running events.

Coaching special abilities

Millie Daniels, who coaches track and field for the Warrior Games, is a 10-year track and field coach at Liberty High School in Bedford, Va. She has also run the Commonwealth Games for the Commonwealth of Virginia for six years.

“Two years ago, I was helping a young man -- he’s an amputee at the knee -- and I had him down at the International Park in Atlanta, Ga., and we just worked on his feet and what he could do as far as coming off the blocks.”

“And then the second year, retired Lt. Col. Sue Bozgoz, one of my training partners, tried to get up to the training brigade to take a job and then we ended up coaching. So, one year I’m working

with an athlete and the next year I’m coaching the whole track and field with her.”

Bozgoz is founder of an organization of world-class runners.

“We started gearing up for this year’s Warrior Games the day the games ended last year in May. Back in August we had a Warrior 5-k,” said Daniels).

“Last year we were still trying to figure out how to do it and to give the services a chance to enter competitions -- Air Force, Navy, Marines and Coast Guard. The Army Special Forces have their own team, and once all that happened it was still in the stages of trying to figure out how to run the games.”

Building morale

Last year, she said, medical personnel were discussing the various ranges of motion -- who qualifies for the standing, throws, discuses and shots and who qualifies for the sitting throws -- discuses and shots. And who actually can do the bike, the wheelchair and who should be running -- putting them in fair categories, such as single amputees and double amputees running together.

The games began, said Daniels, because the Army wanted something to boost the morale of the Soldiers. Many of them were coming back from war and didn’t feel comfortable fitting back into society, with people looking at them differently.

“We’ve come a long ways because we had too many Soldiers coming back and committing suicide and a lot of times the wives couldn’t fit in with their husbands. It’s not the same man, so it’s a training process to get the whole family to go past that point in their lives and to move on. So it’s something the Transition Brigade is do-

ing to try to up the morale,” she said.

Focus on abilities, not disabilities

Staff Sgt. Jessie White, 39, a Cavalry Scout who retired on Jan. 26, is one of the athletes and now a coach. He got injured just outside of Taji, Iraq, in 2007. He does sitting volleyball, archery, shot put and discus. He’s pretty close to being a champion in all of these sports.

“I started in the initial Warrior Games in 2010 and have been doing it ever since,” White said.

He’s had his right ankle re-built four times, had his left knee done, had traumatic brain injury, or TBI, and has had two discs in his lower back and three in his neck done.

“When the games started, the theme was ‘don’t focus on your disabilities, focus on your abilities,’” he said.

“Yeah, maybe I can’t go compete with your average top-level athletes, but I can still compete in my class, and that’s what this does. A lot of these guys who are here this year have never done any of this, so it’s going to show them that they can still get out and compete and stay in shape. Even though you have a disability, it doesn’t keep you from being able to do anything,” he said.

White believes if he didn’t do this, he would probably not be as mobile as he is.

“I wouldn’t be able to walk daily, you know, get out of bed in the morning. Building the muscles and keeping the joints loose is a huge factor in rehab.

Mentally, he said, competition provides amazing results.

“You come back and all you hear is you can’t do this and you can’t do that. You take a Soldier who has been

bred that you can do anything, you put your mind to it and now you’re telling him he can’t and it kills him.”

“Their spirit goes to crap,” he explained. “By bringing them out and doing this, I’ve got kids that before they started doing this, they never came out of their room. You never saw them. They weren’t smiling. Now they come out, they do sports, big smile on their face when they’re doing it.”

This is really breaking down the stereotype of a disabled veteran, he said.

Exercise psychology

The Comprehensive Soldier Fitness-Performance and Resilience Enhancement Program, or CSF-PREP, provides a systematic way to build mental and emotional strength using scientifically tested, evaluated, and validated education methods from the fields of sport and performance psychology.

Mark Campbell, who works with the Warrior Transition Command, is the master trainer for all WTC-related items for CSF-PREP, and he also acts as liaison between the two programs. His background is in sports medicine, exercise science and sport and exercise psychology.

He was hired by CSF-PREP in 2007 to take mental skills training and applying it to injury and illness, so he started working with Warrior Transition Command a few months later. Now performance-enhancement specialists work with each of the 29 Warrior Transition Units and nine community-based WTUs, quarterly, to provide educational classes, individual workshops and one-on-one sessions.

“The Warrior Games began when, then-Brig. Gen.

SEE WARRIOR, PAGE D4

## BRIEFS

YOUTH BOWLING

Rucker Lanes and Child, Youth and Schools Services are accepting registrations for youth bowling. Cost for ages 7 and younger is \$50. This includes two games of bowling, shoe rental, a Bowlopolis weekly cartoon, U.S. Bowling Congress membership, trophies and awards and an end-of-season “XTREME” party. Cost for ages 7 - 19 is \$65 and includes three games of bowling, shoe rental, a youth bowling jersey, USBC membership, trophies and awards and an end-of-season “XTREME” party. Children must be registered with CYSS and have a current sports physical to participate.

For more, call 255-9503.

TWO-MAN BUDDY BASS TOURNAMENT

Outdoor recreation will host a Two-Man Buddy Bass Tournament March 3 from 6 a.m. to 2 p.m. at Lake Tholocco. People should register by March 2 and there are 25 slots available. The cost to participate is \$100 per team. The top three weigh-in totals will receive cash prizes and the participant with the largest catch will win a prize. Door prizes will also be given

away. All participants must have an Alabama state fishing license and a Fort Rucker post fishing permit. The event is Exceptional Family Member Program friendly and open to the public.

For more information or to register, visit ODR in Bldg. 24236, or call 255-4305.

ATV TRAIL RIDE

Outdoor recreation hosts an All-Terrain Vehicle Trail Ride Feb. 25 from 7 a.m. to 1 p.m. Cost is \$20 per person and pre-registration is required. The event is open to patrons ages 16 and older. Participants must pass the safety driving test through outdoor recreation and provide their own ATV and protective gear (helmet, boots, etc). Protective gear must be worn at all times. The event is open to the public.

For more, call 255-4305.

ENTERPRISE BASEBALL

Enterprise’s semi-pro baseball team is in need of players. The team hosts tryouts Feb. 25 at 1 p.m. in Enterprise. For the exact location of the tryouts or for more information, call Joe Jackson at 347-4275 or 806-2969.

Weekly SUDOKU												
Answer												
7	5	3	2	1	9	4	6	8				
4	2	9	8	5	6	1	7	3				
6	8	1	4	3	7	9	5	2				
2	9	4	7	8	3	5	1	6				
1	7	5	6	2	4	8	3	9				
3	6	8	5	9	1	2	4	7				
5	4	2	3	7	8	6	9	1				
9	3	6	1	4	2	7	8	5				
8	1	7	9	6	5	3	2	4				

### TRIVIA

Answers

1. Rome
2. A six-headed sea monster
3. “Hello, Dolly!”
4. Irregular
5. David Bowie
6. New York City
7. “The Princess Bride”
8. Off the east coast of Mozambique, Africa
9. A female wolf
10. Quakers

## PUZZLE ANSWERS

Super Crossword												
Answers												
BOO	IMAGES	HALF	GEAR									
ISNT	SOIREE	OREL	URGE									
THEIR	ONDUKE	MONA	SIRE									
SENSE	REB	DIAMOND	HEAD									
ADAGIO		PGA	NAY									
IDEA	CASE	SET	TIM									
DIANE	BRUNO	ALLEGORY										
TIN	PANALLEY	FLA	ONIT									
RACE	TRES	SILVER	FISH									
IRA	FIE	FALLA	GOO									
MYSTIC	ACADEMY	GORIOT										
IDA	BONED	ABM	GRE									
THE	GOLDBUG	PIPE	ELSE									
HALE	OOP	LEAD	BALLOON									
ALARMIST	BOYLE	TALON										
WON	ONE	HOPE	SHES									
STE	WES	ARTIST										
COPPER	BEECH	PAW	ENTER									
ARIA	TODD	EMERALD	CITY									
SCAR	INGE	LIGEIA	HERA									
SAFE	AGED	MOZAIC	SAN									

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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.)

Grand Slam ready for center court

By Jim Van Slyke  
Contributing Writer

Electronic Arts promised that after the first Grand Slam Tennis came out for the Wii in 2009 that Xbox 360 and PS3 versions were soon to follow. That didn't happen, but EA has graced its Xbox 360 and PS3 tennis fans with the sequel.

Grand Slam Tennis 2 keeps the same, fun features that were in the first game and also offers Total Racquet Control. It's a feature that lets the right stick essentially become the racquet. Gamers can pull the stick back and flick it forward for a top spin, tap forward for a flat shot, etc. It offers the option of even more racquet control without getting too complicated. It still takes time to master, but gamers can opt to only use it when they really want to. The slices and drop shots tended to be the most problematic.

The game has more than 20 licensed players, including Stefan Edberg, Martina Navratilova, the Williams sisters, Novak Djokovic, Rafael Nadal, Roger Federer, Bjorn Borg and John McEnroe. It's also the only tennis game to have Wimbledon, including the inner and outer courts. The commentary is unique because McEnroe and Pat Cash recorded it while actually watching Grand Slam Tennis 2 matches. Their conversational tone makes it sound much like a match we'd watch on television.

There's also a 10-year career mode, PlayStation Move



**Publisher**  
Electronic Arts  
**Rated**  
Everyone  
**Systems**  
Xbox 360, PS3  
**Cost**  
\$50  
**Overall**  
3 out of 4



COURTESY SCREENSHOT

support, all four Grand Slam tournaments, AI that mimics how the pros really play and more. Grand Slam Tennis 2 is ready for center court.

Reviewed on Xbox 360

Warrior: More than 200 athletes are expected to compete

Continued from Page D1

Gary Cheek, now major general, was on a cycle event with some wounded Soldiers. Afterward they all got together and thought wouldn't it be great if all wounded service members had events like this to compete in and 10 months later the first Warrior Games were held in May 2010," Campbell said.

"Today, at Fort Belvoir there is a camp with the potential track and field teams and the swim teams. The Army has 50 athletes they can send and right now we're looking at about 100 folks that are applying, so it's a great way to let everybody get out and showcase their abilities," he said.

"A lot of these folks are great athletes and great competitors, and they're really far along in their transition, really making the most of their abilities, so it's going to be a tough decision," Campbell said.

The U.S. Olympic Committee, or USOC, announced in December 2011 that the Warrior Games will return to Colorado Springs, Colo., from April 30 to May 5, 2012. The competition, hosted by the USOC, is also supported by the Department of Defense, U.S. Department of Veterans Affairs, USO, Fisher House Foundation and the Bob Woodruff Foundation.

Events are conducted at the Olympic Training Center and the Air Force Academy, both in Colorado Springs.

Created in 2010 as an introduction to Paralympic sports for injured service members and veterans, the Warrior Games has become a springboard for many service members and veterans to continue participating in sports programs in their communities after the event.

Since its inception, medical treatment facilities, Warrior Transition Units and Wounded Warrior Battalions East (Camp Lejeune) and West (Camp Pendleton) have seen a more than 20-percent increase in sports program participation by wounded, ill, and injured service members.

More than 200 wounded, ill, and injured servicemen and women and veterans are

expected to compete in seven sports (archery, cycling, shooting, sitting volleyball,

swimming, track and field and wheelchair basketball) in 2012. All eligible athletes

will be drawn proportionately from the Army, Marine Corps, Navy, Air Force,

Coast Guard and Special Operations Command, based on their disability.

To learn more about the Warrior Games, visit <http://usparalympics.org/>.



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