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ARMYFLIER

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FORT RUCKER ★ ALABAMA

MARCH 1, 2012

Alert! Fort Rucker tests readiness with force protection exercise

By Nathan Pfau
Army Flier Staff Writer

Exercise scenarios could put Fort Rucker through a simulated catastrophe such as a terrorist attack or a weather emergency during next week's All-Hazards/Protection Exercise.

The exercise will be Monday through Wednesday during which the installation will be put through a scenario that will test Fort Rucker's response system in the event of an attack or a natural disaster, according to Michael Whittaker, installation antiterrorism officer.

The exact scenario will be unknown until the time of the event, but a briefing was held Feb. 23 at the headquarters building to show those that will be involved in the exercise an overall concept of what will be going on, he said.

"[The presentation] gives those involved an idea of how everyone is suppose to participate and respond," said Whittaker. "It also makes them update all of their unit and activity rosters, their emergency management rosters for key personnel and their plans for how they protect their own buildings – their physical security plans."

In the past, the exercise was called the

SEE ALERT, PAGE A4



FILE PHOTO

Emergency responders treat a simulated casualty following a simulated hazardous substance scenario during last year's force protection exercise. This year's exercise takes place Monday-Wednesday and could feature any type of event – attack, weather or otherwise – that would stress and test the post's emergency response and mitigation systems.



PHOTO BY ANGELA WILLIAMS

From left, Col. James Cardoso, Maddeline Voas, Mitchell Voas, Jill Voas and Lt Col. Stephen Moyes stand with the dedication plaque that will hang near the entrance of the 23rd FTS new operations center.

Air Force names building after fallen Osprey pilot

By Angela Williams
Army Flier Staff Writer

Maj. Randell D. Voas lost his life in a CV-22 crash in Afghanistan on April 9, 2010, but his legacy will now continue to influence future Aviators in the Air Force's 23rd

Flying Training Squadron at Fort Rucker.

On Feb. 24, the squadron named its new consolidated operations center after Voas who was in the Army for eight years before transitioning to the Air Force where he flew missions in Iraq and Afghanistan and

served as an instructor pilot for the 23rd FTS at Fort Rucker.

"I'm challenged to find a better name to put on this building," said Col. James Cardoso, commander of the 58th Special Operations Wing

SEE BUILDING, PAGE A4

Son of deployed Soldier wins game system

By Angela Williams
Army Flier Staff Writer

At first, Perrin Brumfield, 6, didn't know what was happening. All he could see was a small crowd walking toward him – one person carrying a bunch of balloons and a white box.

But as they got closer, and he could see the picture of the front of the box, he threw both fists in the air and let out a yell of celebration. "An Xbox!"

Perrin won the Xbox 360 Kinect in a drawing held Feb. 21 during Character Dining Night at The Landing. The staff wanted to give everyone a chance to enter, so they waited until the end of the evening to select a random name, then called Perrin's mom, Jennifer Brumfield, with the news, explained Rebecca Hewison, promotions coordinator at The Landing.

"I was so surprised," Brumfield said. "When you put your name in a drawing, you never expect to win. I kept waiting on them to call back and say they had called the wrong person."

Brumfield wanted a special way to tell Perrin about



PHOTO BY ANGELA WILLIAMS

Perrin Brumfield, 6, poses for a photo with Jennifer Brumfield, his mother, and the Xbox 360 he won during Character Dining Night at The Landing Feb. 21.

the prize, so she and Hewison came up with a plan to surprise him at The Landing after school the next day.

SEE SYSTEM, PAGE A5

DOD transitions to USA Staffing for hiring process

By Jim Hughes
Command Information Officer

Those looking for employment with the federal government can say goodbye to "buzz words" and numerous application processes, and say hello to a "one-stop shop" on employment with the government.

People looking for government jobs at Fort Rucker will find a new system awaits them as of March 31 in the form of USA Staffing, which replaces the old Resumix system that thrived on picking potential candidates using key words, otherwise known as "buzz words," said Jacki Nelson, a human resources specialist with the local civilian personnel advisory center.

In response to President Barack Obama's presidential memorandum issued in May 2010, all federal agencies will use a common system to apply for federal jobs, and that system is now USA Staffing through USA Jobs at <http://www.usajobs.gov>, said Nelson.

"USA Staffing puts all federal jobs under one umbrella, if you will – a one-stop shop," she said. "It's a streamlined process for all federal positions so people won't have to hunt around on how to apply for jobs."

Fort Rucker is on the tail end of the transition, although all non-appropriated fund jobs were listed under USA Staffing as of Jan. 31, and all agencies are supposed to be using the new system in April.

To explain the new system to potential applicants and also the managers who do the hiring on post, the local CPAC hosted multiple briefings in mid-February, and the feedback was positive, said Nelson.

"One thing managers were concerned with was how much more work it will be for them," she said. "And it will be more work, but it will also give them a lot more ownership in the hiring process."

Once a manager is ready to hire, they must now meet with a human resources specialist and discuss, in detail, what the job will entail, what requirements they need in candidates and also to develop a 15-30-question questionnaire that applicants will have to answer to be considered for the position, Nelson said.

"That is where management's major role up front will be," she said. "On the backside, the great thing for them now is whether they are sitting in their office or off on vacation, as long as they have access to a common-access card-capable computer, they will have access to the referral list so they can screen it, look at the applicants and return the referral – they're no longer tied to their desks to do it."

SEE PROCESS, PAGE A5

PERSPECTIVE

Army health professionals spur patients to take steps to prevent heart disease

By Patricia Deal
Army Medicine

FORT HOOD, Texas — The statistics from the American Heart Association and other agencies are shocking.

Cardiovascular disease is the No. 1 killer of both men and women in the United States with about one person dying from cardiovascular diseases every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, approximately 785,000 Americans have their first heart attack. Approximately 17 percent of Soldiers have reported having high blood pressure since they entered the Army.

Statistics alone are usually not enough to spur patients to take action, Army health professionals stepped up their efforts during American Heart Month this February to encourage beneficiaries to take small steps to help protect their heart health.

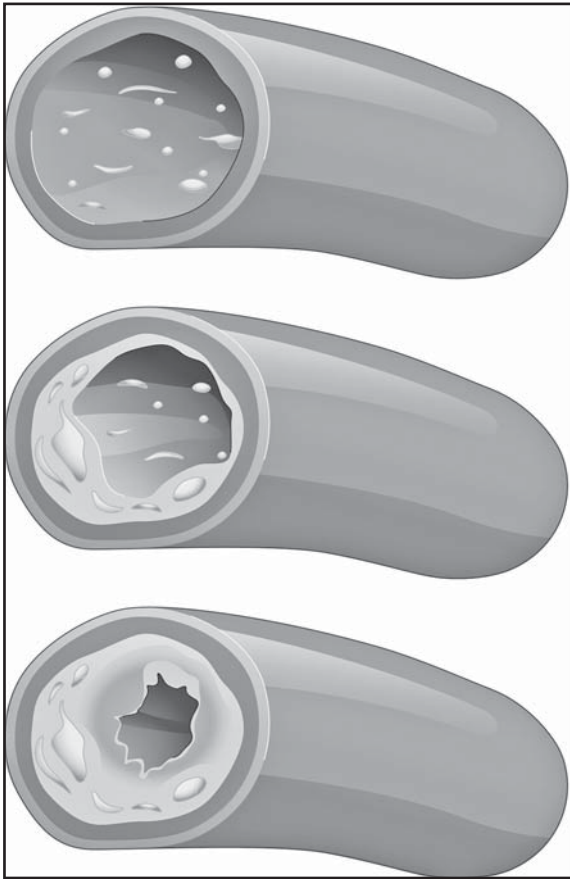
“Heart disease is not reversible but it is treatable. So it’s better to prevent it in the first place. An ounce of prevention is really worth 1,000 pounds of cure in this case,” said Maj. (Dr.) Manju Goyal, an Army cardiologist at Fort Hood.

Everyone should be aware of the risks of heart disease, added Goyal, which include high cholesterol levels and blood pressure, obesity, physical inactivity, tobacco use and diets high in saturated fats and sodium.

“High blood pressure, high cholesterol and smoking are three of the five most preventable and treatable risk factors for heart disease,” she added.

An Army Public Health nurse, 1st Lt. Jennifer Istre, encourages patients to “just get moving” to help reduce their risk.

“Inactivity leads to obesity, which is a major risk factor,” Istre said. “It is astounding when you consider how many Americans



COURTESY GRAPHIC

Cardiovascular disease is the No. 1 killer of both men and women in the United States with about one person dying from cardiovascular diseases every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, about 785,000 Americans have their first heart attack. Approximately 17 percent of Soldiers have reported having high blood pressure since they entered the Army.

aren’t active, despite knowing the many benefits from regular exercise.”

The American Heart Association recommends exercising for 30 minutes most days of the week for the best heart health benefit. Yet 36 percent of adults and nearly 50 percent of teens and young adults reported they do not exercise or engage in vigorous physical activity on a regular basis, according to the 2011 Heart Disease and Stroke Statistical Update.

“If you can’t find the time for 30 minutes continuous exercise, try doing 10 or 15 minute bursts. Look at simple ways to incorporate activity to your life such as parking further away and taking the stairs versus taking an elevator,” said Istre. “Don’t get caught up in the specifics or worry about what you can or cannot do. No matter how slow you go, you are still lapping everyone on the couch.”

While even moderate bits of activity are beneficial, Brian Leh-

mann, an Army dietitian, suggests patients exercise with more intensity.

“We directly measure patients’ V02max to help them determine their personal 70-85 percent maximum heart rate, the recommended range for exercising to get the best heart healthy outcomes,” he explained. “In our Weigh to Live program, we teach patients to aim for at least 10,000 steps per day from all activities. More is always better, as 12,000-14,000 daily steps are recommended for weight loss.”

Quitting smoking is another way to reduce risk of heart disease. Despite shocking statistics that show cigarette smoking accounts for about one of every five deaths in the United States each year, 21.5 percent of adult men and 17.3 percent of adult women continue to smoke cigarettes. Almost 20 percent of high school students reported current tobacco use.

“Many people link cigarette smoking just to lung cancer, but it also is a big risk factor for heart disease. The nicotine constrains blood vessels and the increased carbon monoxide impact the body’s efficiency to process oxygen. When you smoke, your heart has to work so much harder,” said Mary Jackson, an Army community health nurse at Fort Hood. “We know that’s it not the easiest thing to quit, but is probably the single best thing you can do to improve your health.”

While the benefits of quitting smoking are proven, unfortunately, many smokers mistakenly think of smoking as a way to reduce stress for them.

“There are definitely more healthy ways to reduce stress. When stress is overwhelming, or poorly managed, it can negatively affect your health by raising blood pressure, heart rate, and levels of the stress hormone cortisol,” said Donna Vajgrt, director of the Army Wellness Center at Fort Hood. “These days, people are less and

less capable of leaving stress at the office because everyone is connected 24/7. Try turning off your phone, tablet or computer for at least 15 minutes. Put on some relaxing music, close your office door for 10 minutes, and listen and breathe.”

In addition to taking steps to get more active, quit smoking and reduce your stress, you need to make a conscious effort to eat a heart healthy diet, according to Barbara Hughart, Army clinical dietitian.

High sodium intake contributes to increased rates of high blood pressure, heart attack, and stroke. The Institute of Medicine recommends 1500 mg of sodium per day as the adequate intake level for most Americans and advises everyone to limit sodium intake to less than 2300 mg per day. Yet the average daily sodium intake for Americans age two years and older is 3,436 mg.

“Many people just don’t realize how much sodium they consume in a day. We’ve become so accustomed to adding salt to season foods. It appears in so many of the foods we buy and eat,” Hughart said. “Just one teaspoon of regular salt a day wipes out the 2,300 milligrams of sodium for a low salt diet without using any of the processed higher sodium foods.”

People hesitate to give up their salt, so Hughart recommends making small changes over time.

“I often tell patients to slowly reduce the amount of salt they use. If they can tolerate onions, garlic, peppers and other strong-flavored vegetables, they can add those to their cooking instead of salt to help improve flavor without the added salt. It is possible for a person’s taste buds to change back to like those of a baby who accepts foods with no added salt,” she said. “Remember to always chose food closer to fresh or frozen and also to check sodium content and serving sizes, to ensure you’re staying within acceptable amounts of sodium.”

Rotor Wash

“The annual Travel Extravaganza is Wednesday. What’s your ideal vacation destination?”



**Xenia Barnes,
Army spouse**

“Tahiti. Because I want to stay in one of those huts on the beach.”



**1st Lt. Dwain Settles,
B. Co., 1st Bn., 145th
Avn. Regt.**

“I’m a beach kind of guy so somewhere tropical. I like being in the sun.”



**Daniel McDonald,
former military**

“Greece - I love the beach.”



**Michael Oliver,
former military**

“I just came from it. Yellowstone National Park. I was celebrating my daughter coming home from Afghanistan.”



**Kathi Strickland,
Army spouse**

“A cruise to the Bahamas. I told my husband I wanted a cruise for our 20th anniversary and that’s next month.”

COMMAND

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Crutchfield

FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

ACAP offers opportunities to transitioning Soldiers

By Nathan Pfau
Army Flier Staff Writer

As the Department of Defense downsizes due to budget cuts, the Army Career and Alumni Program offers opportunities to Soldiers and Family members who could possibly be transitioning out of military life.

The Army will be drawing down the size of its active force by at least 50,000 Soldiers over the next five years, according to Brian Tharpe, transition service manager for ACAP. There are over 850,000 veterans looking for jobs and the Army owes it to veterans to give them the necessary tools to find work after leaving the military, according to Tharpe.

“Our ACAP counselors are the biggest asset that the [transitioning] Soldier has,” he said. “[The counselors] can help [Soldiers] with things like helping them decide what they want to do [when

they get out of the military], give them the tools and resources they need to find a job and help them get their individual transition plans ready.”

The program guides Soldiers during their transition process by helping create resumes, conduct job interviews and setting up job leads, according to Tharpe. ACAP is responsible for transition assistance and employment assistance, which is why it hosts an annual job fair in August and monthly employer days with companies that are hiring to introduce Soldiers to potential jobs and careers.

“These companies are looking to hire Soldiers because they’ve already got a lot of the skills that they are looking for,” he said, and it’s a competitive work force out there.

“It’s an employer’s world right now and they are looking for the cream of the crop,” said Tharpe. “The Soldier has to be ready to

go and he has to be ready to hit the ground running.”

ACAP works together with the Department of Labor and the Department of Veteran Affairs, and the Army is bulking up its ACAP centers with new counselors and partners from both departments, said the service manager.

“We offer classes that the Department of Labor puts on that teaches [transitioning Soldiers] all the different aspects of job searching,” he said. “We just help them prepare by helping them know where to look, how to dress, conducting interviews and everything they’re going to need to know when looking for a new job. The Soldier that comes through the ACAP program finds the jobs quicker.”

The Army, just like any other large company, has to pay out unemployment to those that transition out of the military due to the reduction of forces, said the service manager. Helping Soldiers

find jobs isn’t only beneficial to Soldiers and Families, but it’s also beneficial for the Army and the economy.

“A lot of people don’t know that the Army has to pay unemployment compensation to Soldiers,” said Tharpe. “The Army has to pay over \$500 million a year in unemployment, and a big focus [of this program] is to get the unemployment down and the costs in line. It’s more cost effective to actively help these [transitioning] Soldiers find jobs.”

The savings in cost is an added benefit and a big reason that ACAP is being geared up aside from the help that it offers Soldiers and Families, he said.

The first step of the program is the pre-separation counseling, which can either be done online or at the ACAP office in Bldg. 5700, according to Tharpe. Much of what ACAP has to offer is now offered online.

“ACAP online is a great tool,”

he said. “The Army is the only service that offers ACAP online and the Soldiers can do a lot of the things online that they could come in here and do.”

The ACAP website offers transition assistance, employment assistance, information on VA benefits and information on education and training, according to Tharpe. It makes it just that much easier for Soldiers to get involved with ACAP.

A positive outlook while going through the program and job searching is essential when transitioning out of the military, said the service manager.

“Don’t get discouraged,” he said. “Soldiers will hear ‘no’ a lot when they are job searching, but, their persistence and a good positive mindset will eventually lead them to an employer that says ‘yes’.”

For more information, call 255-2558 or 255-2546 or visit www.acap.army.mil.

TRADOC leaders talk investing in Army readiness

By Maj. Kari McEwen
Army News Service

FORT LAUDERDALE, Fla. — U.S. Army Training and Doctrine Command leaders discussed the Army’s new approach to investing in Soldiers and readiness during a Feb. 23 morning Institute of Land Warfare panel at the Association of the United States Army’s Winter Symposium in Fort Lauderdale, Fla.

Lt. Gen. Keith Walker, TRADOC’s deputy commanding general for Futures, and director of the Army’s Capability Integration Center, led the panel discussion on the Investment Strategy Approach to Modernizing across doctrine, organization, training, materiel, leader development and education, personnel and facilities.

“As we transition to a smaller and leaner force, we’ve got to develop the investment strategy for the Army of 2020 that preserves and improves upon the best qualities that we forged during this extended combat operation,” Walker said.

Walker said the strategy is about investing in Soldiers – not just about materiel solutions or money.

He said it’s critical for the Army to be ready when the nation calls on it again for future operations.

Walker gave the audience examples of how the Army is investing across the domains of doctrine, organization, training, materiel, leader development and education, personnel and facilities.

“For personnel if we’re to be able to expand the Army when needed, we must have mid-grade leaders around which we can grow battalions, so we have to look at our current manning policies,” he said. “One policy adjustment I think we’ll see is the return of mid-grade leaders throughout the institutional force.”



PHOTO BY CAPT. DREW COCHRAN

Maj. Gen. Anthony Cucolo III, left, director of force development, Office of the Deputy Chief of Staff, G-8; Lt. Gen. David Perkins, commanding general of the U.S. Army Combined Arms Center, and Lt. Gen. Keith Walker, deputy commanding general of Futures and director of TRADOC’s Army Capabilities Integration Center, discuss Army Investment Strategy and Soldier readiness Feb. 23 at the Association of the United States Army Winter Symposium in Fort Lauderdale, Fla.

Walker said the rapid acquisition process has been a great success over the last 10 years. The Army went to rapid acquisition because the existing system wasn’t responsive enough.

“The good news about rapid acquisition is we get capabilities in the hands of Soldiers rapidly. It saves lives and helps us accomplish the mission better,” he said. “The bad news is we don’t necessarily get the training done before we get it in the hands of Soldiers, and we don’t have lifecycle sustainment costs for those.”

Walker said the Army must retain the best of the rapid acquisition processes as budgets shrink.

Lt. Gen. David Perkins, commanding general of the U.S. Army Combined Arms Center at Fort Leavenworth, Kan., was also on the panel and discussed what investment strategy means for his organization, particularly in terms of doctrine, training and leader development.

“The Army is people and that is the strength of our Army, and is one of the things we focus primarily on in CAC with investment in people and our leader development,” Perkins said.

He recalled tactics instruction from his days as a lieutenant to describe how Army units prepare for an unknown enemy in an un-

known environment by having a larger reserve force at the tactical level.

At the strategic level, he says well-trained leaders and well-disciplined forces are the reserve needed to be prepared for the unknown.

“From my experience, the reserves that we have in the Army to deal with unknowns are well-trained leaders, well-trained Soldiers and a well-disciplined force. That is our strategic reserve. Our well-developed leaders need to be able to deal with an enemy that we have been unable to predict,” said Perkins.

Perkins said historically, as the

Army has come out of periods of conflict, people use the term “peace dividend,” which means the Army needs less people and money, and this creates opportunities for the money to be spent elsewhere.

He said the Army actually has a “war dividend.”

“War dividend means we have all of the experience of our battle-tested leaders and Soldiers out there, and we have to reinvest this war dividend into the Army that we gained after multiple years of conflict to make sure our Army is even better as we go forward into what we all agree is a very unknown future,” said Perkins.

News Briefs

CIF closure

The Central Issue Facility will be closed for inventory March 26-30. For more information, call 255-1095.

Music Under the Alabama Stars

The Music Under the Alabama Stars concert series returns to Fort Rucker’s Howze Field March 23, featuring the post’s own 98th Army “Silver Wings” Band. The series will continue through the year with performances scheduled for April 20, May 17 and June 15.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, welcomes the community to attend the concerts and enjoy good music, good company and the Alabama evenings. Guests are welcome to bring their own folding chairs, food and beverages, children and pets on leashes.

Military personnel closure

The Fort Rucker Military Personnel Division, which includes the reassignment branch, electronic military personnel office, personnel management branch, person-

nel services branch, casualty operations, the in- and out-processing desk and the retirement services officer, will be closed March 14 from 11 a.m. to 1 p.m. for the retirement and farewell in honor of Gail H. Braley, Fort Rucker adjutant general. There will also be limited assistance in the ID card section.

For more information, call 255-1809.

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.

AAAA scholarships

Eligible people can apply for Army Aviation Association of America’s scholarship program now through May 1. Last year, Fort Rucker’s Quad A chapter issued 35 scholarships totaling \$47,000 to members and their Fam-

ily members, according to AAAA officials.

Applicants must be members of AAAA, or a spouse, unmarried child, unmarried sibling or unmarried grandchild of a member or deceased members, and member status must have been on or before May 1 of the previous year of application, unless the member is deceased.

Applicants must be attending an accredited college or university or selected for fall entry as an undergraduate or graduate, and people attending service academies or ineligible and people cannot hold recurrent AAAA scholarships.

More information on the scholarship program is available at <http://www.quad-a.org>.

To get an application, send a request to: AAAA Scholarship Foundation, Inc., 755 Main Street, Suite 4D, Monroe, CT 06468-2830. People can also call (203) 268-2450, fax (203) 268-5870 or send an email to aaaa@quad-a.org. Applications must be postmarked by May 1 to receive consideration.

For more information on the scholarship program, call Keith Freitag at (334) 503-6002 or email keith.b.Freitag@boeing.com. Information may also be obtained by calling AAAA at (203) 268-2450.

System: ‘I’m glad the child of a deployed Soldier won’

Continued from Page A1

The Brumfields entered the restaurant and were seated at a table. Shortly after, Hewison, and a small crowd of other people who wanted to see Perrin’s reaction, delivered the Xbox and the balloons to where they were sitting. It didn’t take long for the celebration to begin.

The Landing staff members were almost as excited about the prize as Perrin. They clapped and cheered as Perrin chatted about his favorite video game, Minecraft, and where he was going to keep his new Xbox.

Perrin’s dad, Staff Sgt. Jason

Brumfield, has been in Kuwait with the 597th Maintenance Regiment since late April 2011. One could hear the excitement in Jennifer’s voice as she spoke of her husband’s expected return this April.

“This is why we’re here,” Hewison said. “This is why we do this. To know the child of a deployed Soldier won, makes this and what we’re doing here that much more important.”

This isn’t the first deployment for the Brumfield Family, but Jennifer said this deployment has been harder because the children are old enough to understand what their father is

doing.

“That makes this very special for Perrin,” she said.

Perrin stayed close to his new Xbox during all the excitement, except for one time when he ran around the table to ask his mom a question.

“Mommy, will you text daddy and tell him I won an Xbox?” he asked. She quickly agreed and added they would send him some pictures, too. When Perrin ran back to his seat (and the Xbox), she whispered that she’d already been texting her husband and he was excited about the new Xbox as well.

Character Dining Night is held

every Tuesday from 5-8 p.m. at The Landing. Two children can eat for free for every paid adult meal. The entertainment varies from week to week, but possibilities include face painting, balloon animals, a magician and kiddie karaoke. Also, every week the staff dresses as movie characters such as Tinkerbell, Spiderman, Cat in the Hat and Pebbles, Hewison said.

“We make it two kids for every one adult, so if one parent isn’t here, it’s still a good way for them to have something affordable to do with the Family,” she said.

Brumfield said she often

brings her children to Character Dining Night.

“What they do here (at The Landing) is wonderful. It’s a friendly place where kids can be kids. We’re grateful for The Landing,” she said.

Prizes aren’t given away every week, but Steve Peacock, manager of business operations at The Landing, said they plan to do more giveaways in the future. He encouraged Families to watch for announcements about upcoming events.

“I’m glad the child of a deployed Soldier won,” he said. “That’s why we do what we do.”

Process: Officials urge applicants to carefully read job descriptions

Continued from Page A1

Because this is a new system, Nelson encourages patience among managers.

“It’s still a new system, for the Army and all the other organizations,” she said. “It may be slow initially until everyone is up to speed and familiar with it, but the speed will come.”

Feedback from other agencies, both in and outside of the Army, already using the system is largely positive, she added.

“Many people worried that applicants would overinflate themselves on their resumes and on the questions, but what people are finding is that most people are doing things the right way – they’re answering honestly,” she said. “And managers still get to interview applicants, so they need to verify what people say during those interviews – make sure what you’re reading is what you’re getting.”

But managers aren’t the only ones with more work to do with USA Staffing, as applicants must now upload all degrees, certifications and the like when they apply, and also answer the questionnaires, Nelson said. The uploads will stay in the system and applicants can attach them each time they apply for a position.

“The main thing with this new process is people really need to read the about the positions they apply for,” she advised. “Be careful, be meticulous, and don’t hesitate to go back and change answers if you need to before the closing date. People also really need to make

sure their ducks are in a row when they apply – make sure all the documentation is uploaded before the closing date because once it closes, no additions or changes can be made.”

As for the questionnaire, people are asked to rate themselves A through E with A being not experienced and E being an expert on certain skills.

“Skills under Resumix were listing of specific skills and the questionnaire is the mirror of that,” Nelson said. “If management wants oral communication as skill, in USA Staffing, the factor is oral communication.”

So, the question may be something like, “Can you provide briefing to high-level individuals?” And in the answers the applicant can answer, ‘I’ve read about it, I do it on a daily basis,’ or ‘I’ve heard how to do it,’ and there will be three to five questions about that particular skill, she said.

There are benefits to the new system for applicants as people can maintain up to five resumes on the system that can be individually for diverse professional backgrounds, and people get to explain their qualifications in the questionnaire rather than relying on a computer to identify buzz words in a resume, Nelson said.

And the bottom line is the system is doing what it was designed to do.

“What we’re hearing in other people’s feedback is they feel they’re getting a better quality of candidates with this system,” she added.

For more on using the new USA Staffing system, call 255-9015.

How to apply

Army vacancy announcements will continue to be posted on www.usajobs.gov. Jobs announced under USA Staffing will require some new application procedures and documents that will be described in the individual vacancy announcement.

1. Create accounts under both USAJOBS and Application Manager. A USAJOBS account is needed to apply for all Army positions. If you do not already have an account, go to www.usajobs.gov and click on “First Time Visitors” and then “Create an Account.” An Application Manager account will be required when you apply for jobs under USA Staffing. Go to www.applicationmanager.gov and click on “Create an Account,” then follow the directions.
2. Pre-position your resume. You may create and store up to five versions of your resume in your USAJOBS account. This allows you to tailor different resumes if you have significantly different types of experience/skills and apply for jobs in different occupational areas.
3. Upload supporting documents. Some documents are required to verify your eligibility for employment, veteran’s preference, education and/or credentials. You can scan these documents, save them on your computer, and then upload them to your USAJOBS account by following the instructions under the “Upload a New Document” section. Once you correctly upload a document, it is available for use in all future applications.
4. Make sure your account always has your current contact information, especially your email address. Review and update your resume periodically so it is ready to use when you find a vacancy in which you are interested.

By pre-positioning your resume and supporting documents in your USAJOBS account, you will be ready to quickly respond when you see a vacancy that interests you. If your resume and supporting documents are loaded in your account, the only requirement to finalize your application package will be completion of the assessment questionnaire for the specific job you are applying for.

(Source: Fort Rucker Civilian Personnel Advisory Center)



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35 Trent: New updates, granite, custom kitchen cabinetry, gas top stove, new refrigerator and under cabinet lighting. Large home office/den located downstairs with new wood flooring, new carpet and paint throughout. \$221,000 Gina Swan 447-9451



New Listing
115 Rosemount: 4BR/2BA, screened in porch, wood floors, wainscoting, landscaped garden area, all with a golf course view. Master suite with your own hallway, linen closet and door to the covered porch paved with brick. \$272,500 Maggie Haas 334-389-0011



New Listing
303 Sylvan: 3 BR/2 BA features hardwood floors, stained concrete floors and ceramic tile bathrooms. It also has a Florida room/sunroom added on back. Carport converted to den/study. Private back yard with detached workshop with electricity. \$99,900 Evelyn Hitch 334-406-3436



New Listing
308 Sanders: Detached storage and laundry room. Built in the 50's. \$50,000 Evelyn Hitch 334-406-3436



New Listing
171 CR 250: Corner lot. Sold "as is". \$30,000 Jackie Thompson 334-406-1231



New Listing
106 Fieldcrest: 3 BR/2 BA, attractive home nestled in mature trees and flowers (azalea bushes). Fenced and private, no neighbors behind house, covered front porch and screened back porch. Very nice plus fish pond. \$130,000 Angie Goodman 334-464-7869



New Listing
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334 CR 520: 3 BR/2 BA, new floor plan, eat in kitchen, separate dining room, hardwood floors, tiled shower in MBA, crown molding and oversized garage. Nicole Annicelli 334-464-0782



New Listing
1116 Whittle Hudson: 4 BR/2 BA with over 2200 sq ft, large sunroom, bonus room, fireplace in living room with additional small family den. Workshop with electricity. Must see to appreciate. \$133,500 Jamie Powell 334-701-7443



New Listing
99 Mohawk: Must see! 3 BR/2BA new paint. Clean carpets, lap pool, separate dining, large grand room with high ceilings, 2 car garage, corner lot, ready to move in. Lap pool great for summer. \$135,000 Angie Goodman 334-464-7869



New Listing
2149 CR 520: Brick home on large lot approx. 4 miles from Enterprise & New Brockton. 3 BR/2 BA. Sold as is. \$74,900 Jackie Thompson 334-406-1231



New Listing
1305 Choctaw: Delightful house that features large den and dining combo, open kitchen with bar and dining area that overlook the covered patio and small flower garden area. Utility/storage/laundry is attached to carport. Room to roam in the fenced back yard. This is a Fannie Mae HomePath property. Approved for HomePath Mort and Renovation Mortgage. SOLD AS IS. \$65,000 Mary Jones 334-790-2933



New Listing
201 Kingswood: 4BR/2 BA, 2 car garage, saltwater pool in VALLEY STREAM! Beautiful hardwood foyer and separate dining area with a large decorator window. The eat in kitchen has new backsplash, new microwave hood w warranty, and chair rail. The large family room with fireplace. Sellers have added shelves to the garage and laundry room to make everything more efficient. The backyard is a little vacation spot. The covered brick porch, pool, shed and hammock. \$252,300 Maggie Haas 334-389-0011



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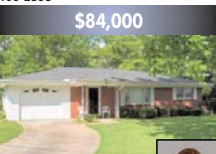
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223 W PONDELLA: This one can't last long! Convenient to Enterprise & Ft Rucker, this home has proven rental record. Updated with fresh interior & exterior paint, new flooring, new countertops, new sliding glass door, updated bathrooms. New roof 2007. All this & over 1600 sq ft of space with this 2 car garage. Come see it today! JAN SAWYER 334-406-2393



\$84,000
1000 LEE: This charming house is located on corner lot with beautiful St. Augustine grass and features LR/DR combo, charming kitchen overlooking back yard and 3 BRs. You will love it! MARY M. JONES 334 790-2933



\$115,000/NEW CONSTRUCTION
121 JASMINE: Woodland Park: Minutes from Rucker Blvd. 2 BR/2 BA, all appliances & washer/dryer, 2 " blinds, carpet & tile, one car garage, sprinkler system. BILLY COTTER CONSTRUCTION 334-347-2600 Owner is licensed residential home builder/real estate agent in the state of Alabama



\$124,500/NEW CONSTRUCTION
119 JASMINE: Woodland Park: Minutes from Rucker Blvd. 2 BR/2.5 BA, all appliances & washer/dryer, 2 " blinds, carpet & tile, one car garage, sprinkler system. BILLY COTTER CONSTRUCTION 334-347-2600 Owner is licensed residential home builder/real estate agent in the state of Alabama



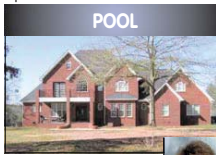
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5006 CR 36: Charming country home. Well maintained. Brick exterior. Roof, HVAC, carport and countertops 5 years old. 3 BR/1.5 BA. Affordable on approx 1 acre, level lot with Quick trip beach. Workshop with electricity & shed. Owner willing negotiate nearly new John Deere riding lawn mower. Don't miss this one. DEBBIE SUNBROCK 334-406-9079



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102 IROQUOIS: 3 BR/2 BA, contemporary, spacious home on large lot. Don't miss out on this nice house. Exterior vinyl siding. New counter tops. FRAN CLAYTOR 334-790-5973



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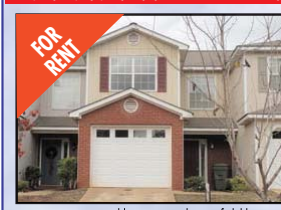
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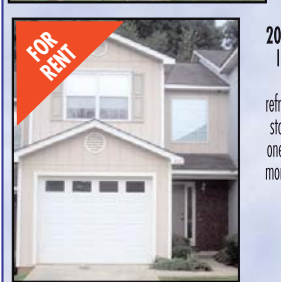
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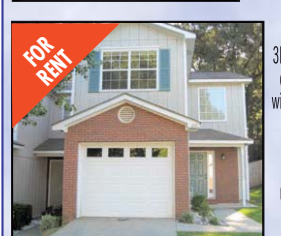
106 WEST BRIAR DRIVE, "NEW CARPET/FRESH PAINT" This 2BD/2.5BA townhome includes washer and dryer, refrigerator, microwave, stove, garbage disposal, dishwasher, one-car garage, and patio. Pets allowed with non refundable pet fee. Lawn care, monthly pest control, use of clubhouse and POOL included.



204 CANDLEBROOK DRIVE, TALK ABOUT CONVENIENCE! This 2BD/1.5BA townhome includes washer and dryer, refrigerator, stove with built in microwave, dishwasher, garbage disposal, quarterly pest control, and lawn cutting.



207 WOODRUN DRIVE, "MOVE IN SPECIAL" On this 2BD/2.5BA townhome. Features include refrigerator with icemaker, microwave, stove, garbage disposal, dishwasher, one-car garage, and patio. Lawn care, monthly pest control, use of clubhouse and community pool included.



200 RIDGEWAY DRIVE, This 3BD/2.5BA Townhome includes washer/dryer, refrigerator with icemaker, stove with built in microwave, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, single car garage with remote, fence, and patio. Lawn care, monthly pest control, use of clubhouse and POOL included.



132 WOODMERE DRIVE, "MOVE IN SPECIAL" On this 2BR/2.5BA townhome with washer, dryer, refrigerator, stove with built in microwave, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, single car garage with remote, fence, and patio. Lawn care, monthly pest control, use of clubhouse and POOL included.



TARGET PRACTICE
Sgt. Lucas Cordes fires a customized M-16 at a target

Photo on Page B4

MARCH 1, 2012

Medics train on patient extraction

By Spc. Erin Dierschow
RC-EAST PAO

KHOWST PROVINCE, Afghanistan — It's 10 a.m. on the flight line at Forward Operating Base Salerno. All a person can hear is the sound of a UH-60 Black Hawk's rotor blades winding down on one of three designated MEDEVAC parking pads.

Two pads down, more than 20 combat-ready 25th Infantry Division Soldiers from Task Force Spartan are receiving medical evacuation training.

Medics from F Company, 5-159th, also known as "Devil Ray DUSTOFF," an Army Reserve Medevac Company with Task Force Wolfpack, are teaching patient extraction and patient "hot" loading or unloading.

"Hot loading" a patient is common in a combat zone, where it's too dangerous to shut down a helicopter to load patients. During a "hot load," patients are brought on board with the blades still spinning.

"They will learn how to approach heli-

copters, and it teaches them how to load injured Soldiers onto the helicopter," said U.S. Army Staff Sgt. Kenneth Griffin of Orlando, Fla., a flight medic with TF Wolfpack. "It helps the medevac team to evacuate the patient quicker."

Griffin stands near the helicopter as the rotor blades spin, waving Soldiers forward as they carry a simulated patient on a litter. He's ensuring they properly load and unload medical evacuation patients in a "hot" situation, which occurs while the blades are moving.

Just far enough away so the instructor can be heard, the remaining Soldiers learn to use extraction equipment.

"It's to save the lives of these Soldiers," said Sgt. 1st Class Jesse Burleigh, of Fort Richardson, Alaska.

The Devil Rays also taught them how to use hydraulic rescue tools to free people from mangled vehicles.

The spreader is a hydraulic tool designed

SEE MEDICS, PAGE B4



PHOTO BY STAFF SGT. DONNA DAVIS

The "Devil Rays," a medevac crew, train TF Spartan Soldiers how to load and unload a patient from a helicopter in case of an actual medical evacuation in Khowst Province, Afghanistan.



PHOTO BY SPC. KEN SCAR

SPECIAL DELIVERY

PAKTYA PROVINCE, Afghanistan — Maj. Gen. Daniel Allyn, Combined Joint Task Force-1 and 1st Cav. Div. commanding general, and his personal security detail dismount from two U.S. Army UH-60 Black Hawk helicopters at Goode Airfield on FOB Gardez Feb. 15.

Redhawks fight against tobacco

By Staff Sgt. Donna Davis
RC-East PAO

KHOWST PROVINCE, Afghanistan — The "Redhawks," a Black Hawk flight company with Task Force Wolfpack on Forward Operating Base Salerno, Afghanistan, is on a special mission together.

The company of more than 30 Soldiers has come together to motivate one another and provide support for 10 Soldiers who have agreed to stop using tobacco.

Each Soldier, specialist through staff sergeant, picked a "quit date" that means something to him.

"Attaching a quit date to a date that is already important simply adds to the level of commitment," said Pvt. Timothy Eldridge of Houston, Texas, a mental health technician with Task Force Poseidon. "Part of selecting a quit date is telling everyone around you that this is the day that you quit."

Participating in a group sometimes helps everyone hold each other accountable, using peer pressure as a motivational tool to quit and then stay off tobacco.

"There's strength in knowing someone is going through the same thing as you," said Eldridge.

It all started when Sgt. Jordan Besaw, of Mesa, Ariz., a UH-60 Black Hawk crew chief, returned from rest and recuperation leave and decided he wanted to quit smoking. Besaw mentioned it to other Soldiers in his company who chose to join him.



PHOTO BY STAFF SGT. DONNA DAVIS

Staff Sgt. John Kerins, of Durham, N.C., a UH-60 Black Hawk crew chief, watches as Spc. Thomas Kealy, of Shelton, Wash., also a UH-60 Black Hawk crew chief, tags an automatic flight control system for turn in. Kerins and Kealy have decided to give up tobacco products for health reasons.

"I think our company works really good with each other," said Besaw. "If we are all on the same page we all know what is going on and can help each other."

Company 1st Sgt. Jason Friedly was the first to begin the program. With a quit date of early March in preparation for his R&R, his Soldiers are following suit.

Every two weeks, a different Soldier begins the smoking cessation program. Once he starts,

he'll be taken off flight status due to the medication.

That means the company will have to do more with less. With the balancing act of continuing missions, Soldiers going on R&R, and the Soldiers participating in the smoking cessation program, everyone will have to pull together.

Sgt. 1st Class Michael Nettles, second platoon sergeant, said Besaw is the kind of guy who leads by example.

"Leadership is not just who, what, when and where. It's taking care of individuals personally," said Nettles of Jacksonville, Fla. "When someone takes the initiative, to not just do it for themselves but to help others, that is a great leadership trait."

For the Redhawks, working together to motivate each other is nothing new. They have a difficult and often-changing flight

SEE REDHAWKS, PAGE B4

Agile Process: New way of doing business

By Greg Mueller
TRADOC

FORT LAUDERDALE, Fla. — The Army is working diligently toward fundamentally changing the acquisition system, making it faster and better aligned to warfighter needs.

Using what officials call the "Agile Process," the Army believes it will better be able to keep pace with industry and technological advances. This would accelerate the pace of network modernization to a rate unachievable by traditional acquisition strategies.

The intent of the Agile Process is to procure and integrate systems that meet an operational need or gap and demonstrate success, primarily through Soldier-led evaluations during biannual Network Integration Evaluations, or NIEs.

U.S. Army Training and Doctrine Command's Brigade Modernization Command, in concert with Army Test and Evaluation Command, the Assistant Secretary of the Army for Acquisition, Logistics, and Technology, System of Systems Integration Directorate, and the 2nd Brigade Combat Team, 1st Armored Division, are integrating and assessing developmental and emerging networked and non-networked capabilities to determine their implications across doctrine, organization, training, material, leadership, education, personnel and facilities.

During the past decade, the Army has leveraged commercial industry to achieve significant modernization of network capabilities through the wars in Iraq and Afghanistan using the flexibility of contingency funding and operational necessity. However, the challenge now is to define a process that enables success within the current material enterprise framework.

With the NIE effort, the Army has established a similar operational environment at Fort Bliss, Texas, and White Sands Missile Range, N.M., supported by laboratory analysis at Aberdeen Proving Ground, Md., to institute the Agile Process that will introduce and evaluate commercial technologies in a controlled setting.

This phased Agile Process is an effort to procure critical capabilities in a more rapid manner, while ensuring

SEE AGILE, PAGE B4

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Medics: Training prepares Soldiers for hard task

Continued from Page B1

to be inserted into a narrow gap between two vehicle panels. When the tool is operated the arms are opened, it pushes apart the metal in the panels allowing access to a person trapped inside.

Sgt. Ed Bader of Tarpon Springs, Fla., a flight medic with TF Wolfpack, demonstrates the power of the spreader on a concrete barrier. He places the tip of the tool between the ground and the barrier to lift it from the dirt. The power of this tool comes

from the hydraulic pressure that separates the arms of the spreader.

Bader then demonstrates how to use the cutter. These are most commonly used to cut through a vehicle's structure in an extraction operation.

The Soldiers watch while Bader uses the cutter to slice through a 3/4 inch-thick piece of steel reinforcement bar. It's not much of a challenge for the machine.

Soldiers get to practice with these tools and realize that although they do most of the job,

it's no easy task without proper training.

"During the real thing, there's a whole bag of stressors," said Bader. "What makes the task hard for Soldiers is when they don't have the experience and time to be comfortable and proficient."

Redhawks: Tobacco use increases potential medical issues

Continued from Page B1

schedule. The Soldiers already push each other to conduct physical fitness, and Nettles says they'll do the same to quit tobacco products.

"I think overall, it just shows the great camaraderie, especially in the most difficult of situations," said Nettles. "I guarantee if you can quit negative habits in combat, you're a very strong individual. I have a whole group of strong individuals, but they work better as a team."

Each Soldier has his own reason for quitting.

UH-60 Black Hawk crew chief, Spc. Thomas Kealy of Shelton, Wash., who

chews tobacco, said he decided to join the program because his grandfather has health problems from using tobacco. For him, that's enough to make him want to quit.

"My grandfather dipped most of his life, has had three heart attacks and has had other health issues related to dipping," said Kealy. "My grandfather said it's good I want to stop chewing tobacco."

Capt. Charles Jennings of Pryor, Okla., an Aeromedical physician assistant with TF Poseidon, said Soldiers have to want to quit smoking if they're going to succeed.

"Stick with it [smoking], and you're going to have medical issues like high

blood pressure, chronic obstructive pulmonary disease and emphysema," said Jennings. "Your medical bills will be astronomical."

To learn more about quitting, strategies or to get help, visit the Department of Defense Tobacco Cessation website at: www.ucanquit2.org.



PHOTO BY SPC. CODY BARBER

TARGET PRACTICE

LOGAR PROVINCE, Afghanistan - Sgt. Lucas Cordes, a native of Hillman, Mich., a sniper team leader with F Co., 2nd Aviation Assault Battalion, 82nd CAB's Pathfinders, fires a customized M-16 at a target while hovering in a UH-60 Blackhawk during an aerial firing platform exercise Jan. 26. The training allowed him to familiarize with the effects of bullet drop when firing from different altitudes.

Agile: NIE provides Army with an expandable, affordable structure

Continued from Page B1

technical maturity and integration synchronization. The ultimate end state of the Agile Process is the NIE, which is designed to procure and align systems that meet a pre-defined operational need or gap and demonstrate success through Soldier-led evaluations.

Lt. Gen. Keith Walker, director of TRADOC's Army Capabilities Integration Center, told an audience at the recent AUSA Winter Symposium and Exposition that, "A couple years ago, Gen. Pete Chiarelli (former Army vice chief of staff) said we really need to evaluate things differently. All the things that we need to evaluate fall into three different buckets programs of record, capabilities under development and what I'd call emerging capabilities under development. We can evaluate any of these three (during the NIE). It opens lots of doors for the Army."

Brig. Gen. Randal Dragon, commander of TRADOC's Brigade Modernization Command, agreed.

"The NIE was designed to create efficiencies and minimize unnecessary steps, but also to meet the requirements in theater as well as the rapid change in technology," Dragon said. "It could be a system we've been developing for a while, or it could be an emerging capability that's required to meet a Soldier's need in Afghanistan. This has a wide variety of applications. Most importantly, it helps us keep up with the speed of changes occurring out in the technological arena."

NIE events assess potential network capabilities in a robust operational environment to determine whether they perform as needed, conform to the network architecture and are interoperable with existing systems. The NIE ensures that the network satisfies the functional requirements of the force, and relieves the end user, the Soldier in the field, of the technology integration burden.

The most important difference of the NIE approach is that the Army will place new and emerging technologies into the hands of Soldiers "early and often" to guide material development. This critical feedback is provided by Soldiers of the 2nd Brigade Combat Team, 1st Armored Division, assigned to the Brigade Modernization Command.

"The new defense strategy causes us to operate over

much greater areas than we are used to now," said Maj. Gen. Genero Dellarocco, commander of U.S. Army Test and Evaluation Command. "What the NIE provides us is an expandable structure -- an affordable structure stateside -- to test our network, test our goods. Even in this period

of austerity, we have to do that because that's the relevance that we owe to the fight."

The NIE structure also allows for program adjustments or elimination mid-stream, which not only produces more relevant end products for the Soldier, but saves experiment funds.

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MARCH 1, 2012

Travel EXTRAVAGANZA

Annual travel show features more vendors, prizes

By Angela Williams
Army Flier Staff Writer

Leisure Travel Services has big plans for the upcoming 24th annual Travel Show Extravaganza to be held March 7, from 11 a.m. to 2 p.m. at The Landing.

This year, 47 vendors are scheduled to be there and more than 1,000 people are expected to attend, said Heather Linnell, assistant in the Leisure Travel office.

Carnival Cruise Line, Universal Studios, Hilton Sandestin and Robert Trent Jones Golf Trail are a few of the more familiar names people will see at the show, said Linnell. A number of hotel chains will also have displays at the event, in addition to several popular attractions within driving distance, such as the Georgia Aquarium, the CNN Studio Tour, Medieval Times and the Holyland Experience.

A list of vendors will be given to people as they enter a show, along with a bag for collecting information and an entry form for door prizes. Some of the door prizes include hotel stays, so the winners could almost have a free vacation, she said.

"We have so many prizes! We tried to figure it out to give a prize away every 15 minutes, but we have to do it more than that," said Kristen Hartwell, program manager for Leisure Travel Services.

There will also be two grand prizes given away during the show, she said.

Though the Leisure Travel team can help Soldiers and Families plan trips to just about anywhere, the travel show really features attractions in Alabama and the surrounding states, Hartwell said.

"A lot of people just don't know what's around," said Linnell. "There are all kinds of thing you can do on a weekend, if you just want to drive, that people don't know about."

Last year, weather delayed the start of the show, but about 800 people still attended the event. This year, there are a few changes, said Linnell and Hartwell. The main differences are more vendors and more prizes, but this year's show will also have a safari theme.

"It will take up the whole inside of The Landing," Linnell said.

Many of the changes were based on the results of a survey completed during last year's travel show, Hartwell said. They'll also be doing a survey this year. After they get the results from that, the Leisure Travel staff will start planning next year's show.

"We're trying to let people know there's more out there in traveling besides Disney and the beaches. There's just so much more," she said.

One thing to remember about the show, Hartwell said, is that the vendors and Leisure Travel staff won't be booking trips during the show. The vendors are there to show people what's new in travel. Then, the staff can help people make their reservations at a later time.

Even if someone is not in the area, the Leisure Travel office can help with reservations and ship tickets to them, said Linnell. They get a lot of people calling from the Fort Benning area, but they also take calls from as far away as Afghanistan.

Some Soldiers want to plan trips for when they are home on leave. The office just helped a Soldier in Germany plan a trip to Daytona, said Hartwell.

"We'll just hold on to his tickets until he comes back," Linnell said.

Leisure Travel Services is in Rm. 130 on the ground floor of the Soldier Service Center, Bldg. 5700. It is open from 9 a.m. to 5 p.m. Mondays through Fridays. For more information, call (334) 255-2997 or (334) 255-9517.



FILE PHOTO

Lena Kandler (right), military spouse, speaks with a company representative about possible vacation options for her family during last year's Travel Show Extravaganza.



FILE PHOTO

Dallas and Olympia Garcia speak with a travel agent about possible vacation options for the summer during last year's Travel Show Extravaganza.

Fort Rucker Thrift Shop gives back to community

By Angela Williams
Army Flier Staff Writer

If the mission of the Fort Rucker Thrift Shop is to give back to the community, then the past two years can be called successes.

The shop has given out more than \$125,000 to worthy causes in the Fort Rucker area, said Gina Menold, chairman of the executive board of the thrift shop.

The shop's largest ever one-time donation went to the Enterprise High School band earlier in February. The band is traveling to New York City in March to perform with the West Point Glee Club at the United States Military Academy, as well as visit the 9/11 memorial and attend a Broadway play. The thrift shop is providing transportation for the students while they are in New York City – a gift totaling more than \$8,000, Menold said.

"We felt like it was an once-in-a-lifetime opportunity for the students," she said. "And it would give them a different view of military life – from a younger perspective because of the cadets. Hopefully, it will shine an even brighter light on



PHOTO BY ANGELA WILLIAMS

Nataya Hedman shops at the Fort Rucker Thrift Shop.

the military."

Though a good portion of the causes supported by the thrift shop are related to the military, the shop also gives to a number of causes outside the military realm. In the past they've given to local libraries, schools, Boy Scouts, Girl Scouts and animal shelters, Menold said.

"We want to be able to give back to the community surrounding the post because those communities have given so much to Fort Rucker. To be able to give back is phenomenal," she said.

One of the newest ways the shop is giving back to the com-

munity is through the Fairy Godmother Project. The Fort Rucker Community Spouses Club is partnering with the thrift shop to help lower-income girls go to prom, said Kim Roedl, a spouses club member and Fairy Godmother Project coordinator.

The club and the shop are collecting dresses, shoes and accessories for the event on March 17. The girls will be fitted for dresses at the thrift shop, with the help of personal shoppers, and will also have the opportunity to have their hair and makeup done while they are there, Roedl said.

A number of people have vol-

unteered, but more volunteers are still needed, she added.

Roedl lived in Montgomery before moving to the Fort Rucker area. She remembers a girl driving two hours to a similar event in Montgomery.

"I wanted to be able to provide this opportunity for the girls here," she said. "I just wanted to make sure we helped the local community."

Another way the thrift shop gives back to the community is through a scholarship fund. This year alone, the shop is giving \$23,000 to high school and continuing education students, Menold said, adding that is the most scholarship money the shop has ever given away.

One of the requirements to apply for the scholarship is volunteer time. Applicants must complete 50 hours of community service to qualify.

"It's about trying to teach the kids to give back to society and help others," Menold said.

Heather Yule says the shop's generosity is one of many reasons she shops there. "They have new items every day and you don't have to spend a lot. I know a lot of the money goes

back to help out the community, so it's a good cause."

"You'd be shocked at some of the name brands we get in here," Menold agrees.

But even the things that aren't name brand are used for a good cause. The shop gives unusable clothing to a veterans group that sells it by the pound. Old jackets are given to military police to use in dog training, and the unusable bed linens and towels are given to the animal shelter. "Everything is used," Menold said.

In keeping with the thrift shop's mission, "Every single bit of our profit goes back out to nonprofit organizations in the community surrounding Fort Rucker," she said.

The Fort Rucker Thrift Shop can be found at the corner of Red Cloud and 5th Avenue. The store is open from 10 a.m. to 2 p.m. Wednesdays through Fridays. Starting in May, the store will also be open the first Saturday of every month. For more information, call 255-9595 or visit thefortruckerthriftshop.blogspot.com. Additional information about upcoming events and sales is available at www.facebook.com/thefortruckerthriftshop.

ON POST

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

\$5 Steak Special

The Landing Zone offers its \$5 Steak Specials every Monday in March from 5-9 p.m. The special includes an 8-oz. flat iron steak with fries for \$5, with the purchase of a beverage. Diners can add a side salad for an additional \$1 and other sides are also available for purchase. The special is limited to the first 100 guests per night and is available for dine in only with a limit of one per guest.

For more, call 598-2426, Ext. 35.

Story Time

The Center Library holds Story Time Fridays from 10:15–11 a.m., except for holidays and days of no scheduled activity. The free program introduces “the joy of reading” to children ages 2-5 years old and enhances parent-child interaction, according to library officials. A typical event includes a story, music, and coloring or craft time.

For more, call 255-0891.

Character Dining

The Landing Zone hosts Character Dining from 5-8 p.m. Tuesday where children can enjoy kid-friendly entertainment such as balloons, magic, karaoke, face painting, and more, along with a buffet. Two kids eat free from the children’s buffet with one paid adult entrée.

For more, call 598-8025.

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/rucker-cyms.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. Friday 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.

Teen Book Club

The Center Library and the EDGE! Program host 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.

ScreamFree Parenting Workshop

Army Community Service and the Family Advocacy Program host a ScreamFree Parenting Workshop March 14 and 15 at The Commons in Bldg. 8950 on Seventh Avenue. The free workshop is a principle-based approach to help parents revolutionize Family life, said ACS officials. It will help parents to focus on themselves, mature and calm themselves down.

The workshop is March 14 from 6–8 p.m. and March 15 from 9:30–11 a.m. Registration is required by March 8. ScreamFree Parenting is open to active duty and retired military members, Department of Defense employees and Family members. For more information or to register, call 255-9641.

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.



FILE PHOTO

Turkey hunt

Bradley Felton, then-Fort Rucker Skeet Club president, takes aim at a target in 2010 at the Skeet Range. Outdoor recreation will host the first Gobbler Classic Turkey Hunt March 15 through April 30. Registration is now through March 14. The cost is \$25. Participants must have an Alabama State All-Game License, a Fort Rucker post hunting permit and a hunter education card. Alabama State regulations and Fort Rucker Regulation 215-1 regulation apply and the turkey must be harvested on Fort Rucker to qualify. Prizes will be awarded at the end of the event. The event is Exceptional Family Member Program friendly and is open to the public. For the location, more information or to register, stop by outdoor recreation or call 255-4305.

For more, call 598-2426.

Newcomers Welcome

Army Community Service offers the next Newcomers Welcome March 16 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.

BOSS spring break

Better Opportunities for Single Soldiers offers a spring break trip to Panama City Beach, Fla., March 23-25 and single and unaccompanied Soldiers are invited to attend. The trip is \$80 for transportation to and from the hotel, room accommodations and more. Only 30 spaces are available.

For more, call 255-2677 or 255-9810.

Jump Rope with Buddy Lee

The Fort Rucker community is invited to the free “Get Fit – Be Strong” jump rope workshop with world-renown champion and former Olympian Buddy Lee. The Directorate of Family, Morale, Welfare and Recreation staff workshop is March 29 from 8 a.m. to 2 p.m. at the youth center, a workshop for youth ages 6–18 is March 30 from 4–6 p.m. at the youth center and a community workshop is March 31 from 1–2 p.m. at the Children’s Festival at Festival Fields.

For more, call 255-0666.

DFMWR Spotlight



MONDAYS IN MARCH

\$5 STEAK SPECIAL



The Landing Zone



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AFAP delegates bring 8 new issues to Army leaders

By Rob McIlvaine
Army News Service

ARLINGTON, Va. — The annual Army Family Action Plan Conference has brought 53 delegates here this week from garrisons across the Army to discuss 51 issues important to Families, wounded warriors and Soldiers.

These issues – brought up through the AFAP process begun at the garrison level – were pared down Monday through today to eight. Those eight will be presented to senior Army leaders Friday, according to conference officials.

“As Secretary of the Army John McHugh stated at a congressional breakfast earlier this month, ‘Whatever challenges you face, we are not going to balance this budget on the backs of our Soldiers and our Families,’” said Lt. Gen. Lloyd J. Austin III, Army vice chief of staff.

“In fact, we have doubled the amount of spending we’ve had for Family programs over the last several years, from \$600 million to \$1.2 billion. I promise you, Families are the nucleus of our Army and we will make sure that you are properly cared for,” Austin said, adding that the delegates need to make sure the Army gets it right, given the challenges faced after more than a decade of war.

More Soldiers will be returning home and staying home, he said, and many of them are suffering



PHOTO BY ROB MCILVAINE

Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command and assistant chief of Staff for Installation Management, addresses about 200 Army senior leaders, delegates and friends at the beginning of the Army Family Action Plan conference in Arlington, Va., Monday.

the effects of war: physical, mental and emotional, and they will need the proper care.

“As we begin the long and difficult process of transition, we need to understand where assistance is required, and where resources may be applied most effectively,” Austin said. “Two things I’ve asked you to do this week: I’ve asked you to be critical, but I’ve also asked you to be creative. Being critical is helping to identify the

issue or problem, being creative is being part of the solution.”

The issues being worked by the four working groups this week fall under four headings:

- Family Support;
- Medical, Dental, and Wounded Warriors;
- Personal Well-Being; and
- Soldier Support.

Also, during this week, the General Officer Steering Committee will be working on resolving

37 issues, some of which entered AFAP as early as 2002. Friday, members will be notified of the eight issues the working groups decide upon.

The GOSC issues at this conference fall under five major headings: Wellness and Behavioral Health (5), Civilian Employment (3), Soldier Support and Entitlements (10), Medical (10) and Family Support (9).

“We will continue to take care of Soldiers and Families,” said Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command and assistant chief of staff for Installation Management. “AFAP is critical to the delivery of the Army Family Covenant because it gives our Army leaders the expectations of the Army community. Through the AFAP process and this conference, you identify quality of life issues to senior Army leaders for action.”

Anyone can get involved in the AFAP, he said.

“It’s a program where anyone from a private to a spouse, retiree, wounded warrior, Gold Star survivors, or Department of the Army civilians can have a direct impact. Through AFAP, you can help shape the Army. What you’re doing this week touches our Army Families, and all Army components: active, Army Reserve and Army National Guard,” Ferriter said.

One point of the AFAP conference, Austin said, is to keep as many programs and services as possible, while eliminating redundancies.

“We’ve been transitioning over the past 10 years,” Austin said. “And because of the hard work done by people like you, our Families have proven that they are resilient, our Soldiers are resilient, you have worked hard to make that happen, you have helped us create programs that are just remarkable, but we have demonstrated that as an entire force, that we are resilient, we’re agile, and we’re adaptive.”

AFAP creates an information loop between the global Army Family and leadership. Information provided through this process gives commanders and leaders insight into current satisfaction detractors, quality of life needs, and expectations of Army constituents.

Since AFAP began in 1983, results have included 126 legislative changes, 177 Army and Office of the Secretary of Defense policies changed, and 197 changes and/or improvements to programs and services.

The Army is the only military service that has instituted such a grass-roots program, yet the results benefit all branches, with about 60 percent of AFAP issues applicable across the Department of Defense.

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USAPHC <http://phc.amedd.army.mil/>

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Meet Honey, a 12-week-old female mixed breed, available for adoption at the Fort Rucker stray facility. She is gentle and easy to love. It costs \$81 to adopt Honey and other animals at the facility, which includes all up-to-date shots, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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/> for constant updates on the newest animals available for adoption.

PHOTO BY NATHAN PFAU

Religious Services

HEADQUARTERS CHAPEL (BLDG 109)

- Multi-Cultural Worship Service, 8 a.m., Sunday.

MAIN POST CHAPEL (BLDG 8940)

- Catholic Confessions, 4 p.m., Saturday.
- Catholic Mass, 5 p.m., Saturday
- Catholic Mass, 9:30 a.m., Sunday.
- Liturgical Service, 8 a.m., Sunday.
- General Protestant, 11 a.m., Sunday.

WINGS CHAPEL (BLDG 6036)

- Contemporary Protestant Service, 9 a.m. and 11 a.m., Sunday.

SPIRITUAL LIFE CENTER (BLDG 8939)

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

ADULTS GROUPS

- Protestant Women of the Chapel meets every Tuesday at 9 a.m. at Wings Chapel. Childcare provided.
- Military Council of Catholic Women meets every Thursday from 5:30 - 7:30 p.m. at the Spiritual Life Center. Childcare provided.
- Catholic Adult Fellowship meets regularly throughout the year. For more information, call 255-9894.

YOUTH GROUPS (CLUB BEYOND)

Varsity Club (9th - 12th Grade)

Tuesday, 6:30 - 8 p.m., Spiritual Life Center.

Beyond Club Bible Study (6th - 12th Grade)

Wednesday, 5:30 - 7 p.m., Spiritual Life Center.

JV Club (6th - 8th Grade)

Thursday, 5:30 - 6:30 p.m., Spiritual Life Center

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Historic Selma Pilgrimage features ‘Town and Country Tour’

Selma-Dallas County Historic Preservation Society
Press Release

SELMA — A Town and Country Tour of Homes in the heart of Alabama’s old plantation region opens March 16-17 during the 37th annual Historic Selma Pilgrimage.

This year’s tour features historic homes and sites in Selma, and along the Alabama River in nearby Cahawba, Orrville and Molette’s Bend. Guided tours of a once vibrant plantation, a majestic town “castle,” former male academy, movie producer’s Tudor-style estate and much more are available.

“We’re excited to include rural sites along the Alabama and Cahaba rivers in the morning tour,” said Pilgrimage Co-Chairman Jewell Williamson of Orrville. “This is the area where Alabama built its first capitol and where cotton was king. Guests will also get a sneak peek inside the restored St. Luke’s Episcopal Church at Old Cahawba Archaeological Park.”

In addition, the ladies of Orrville will offer lunch and a quilt show that begin prior to the town tour in Selma.

The afternoon tour opens at 1 p.m., “and a couple of these homes are new to Pilgrimage,” according to Pilgrimage Co-Chairman Jacque Johnson. “We’re bringing back the evening house tour with a Friday night reception at the antebellum Mabry-Jones House, and during the day, we’re delighted that several artisans will demonstrate pottery, soap making,



COURTESY PHOTO

The front of the Ben Ellis Dunaway House, which will be part of the Town and Country Tour of Homes in the heart of Alabama’s old plantation region that runs March 16-17 during the 37th annual Historic Selma Pilgrimage.

quilting, basket weaving and more at Heritage Village.”

Another addition is an Antique Symposium with speakers throughout the weekend.

The Alabama Plain Air Artists will also return to “paint the town” and offer their works for sale. Other venues include art shows at the Selma Art Guild and Carneal Arts Revive and a tour of a working 1860’s gristmill.

Selma’s Pilgrimage draws visitors from near and far to experience its diverse history and architecture in the state’s largest historic district. Angie Detoro is among those who attend every year. She has come to the Selma Pilgrimage for the past 10 years.

“I would drive from Colorado

to Tennessee and pick up my mom and sister, then continue the drive to Alabama. We love the beautiful architectural history of Selma. We appreciate the efforts of the Selma Pilgrimage Committee who make this possible, as well as the countless volunteers we have met over the years and the individuals who so graciously open their lovely homes for the tour. We look forward to attending this year,” she said.

This year, Pilgrimage begins in the mornings with a trip to the rural communities of Cahawba, Orrville and Molette’s Bend. Morning tour times are 9 a.m. to 1 p.m. However, St. Luke’s Church at Cahawba will be open from 8:30 a.m. until 1:30 p.m.

The venues are:

- *Tasso* – an 1830s plantation house at Molette’s Bend that was splendidly restored by the McGowin family a decade ago.
- *Ben Ellis Dunaway House* – a former boys’ academy in Orrville that is a beautiful 1850 Greek Revival mansion used now as a private home.
- *Craig Wilson House* – a charming Greek Revival Raised Cottage built in 1840 and located on the Cahaba Road close to Orrville.
- *St. Luke’s Episcopal Church* – an 1850s Carpenter Gothic structure built from the designs of famous architect Richard Upjohn. The church was later moved from Cahawba but was recently relocated back and is under restoration. The afternoon tour in Selma features three homes that will be open from 1-5 p.m. and a Friday evening reception at the Mabry-Jones House from 6:30-8:30 p.m.

The homes are

- *Sarah’s Place* – an 1870s Victorian that is a combination of two houses that were moved from Cahawba to Selma.
- *Weaver Castle* – an 1868 Gothic mansion built by the father of Tiffany designer Clara Weaver Parrish and now under restoration by a Wisconsin couple who read about it in This Old House magazine.
- *Holly House/Skinner House* – a 1920s Tudor-style estate designed by Frank Lockwood and built by Dr. Marcus

Meyer Skinner, who was a nationally prominent surgeon and a founder of the Alabama Crippled Children’s Service. The house is now owned by movie producer Tonya Holly.

- *Mabry-Jones House* – An 1850 Greek Revival that was built by a doctor and became the home of his daughter and son-in-law, Confederate naval hero, Capt. Catesby ap Roger Jones.

Pilgrimage will also include: Vaughan-Smitherman Museum (Pilgrimage Headquarters at 109 Union St.), Sturdivant Hall Museum, Kenan’s Mill, Antique Symposium, Artisans at Heritage Village, Arts Revive Juried Art Show, Selma Art Guild Art Show and Plain Air Artists’ “Wet Paint” Sale.

Visit selmapilgrimage.com for more information or to download a brochure and to check valuable discount offers. Updates are posted on Facebook at “Selma’s Historic Pilgrimage.” You may also email info@selmapilgrimage.com or call 412-8550 or (800) 457-3562.

Sponsored by the Selma-Dallas County Historic Preservation Society, Pilgrimage began in 1976 as a way to share the city’s variety of architectural styles and rich history. Selma’s historic district features more than 1200 structures.

Selma is located 50 miles west of Montgomery and 50 miles east of Demopolis on U.S. 80 and 90 miles south of Birmingham on Alabama 22. It can also be reached via Alabama 14 – a 45-minute drive west of Prattville.

WIREGRASS COMMUNITY CALENDAR

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

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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

SUNDAY — 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.

APRIL 21-22 — A gem and mineral show, featuring gemstones, fossils, minerals and finished jewelry, will be at the Westgate Park Recreation Center. Cutting and polishing gemstones will be demonstrated. Admission and parking is free. For

more information, visit www.wiregrass-rockhounds.com or call (334) 792-7116.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m. Children and parents will learn about color, shape, texture and different types of art such as painting, drawing and collage. The event is recommended for elementary aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. It welcomes all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call (334) 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra, sponsored by the Tri-State Community Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. It offers beginner lessons and welcomes all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call (334) 696-2320.

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

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

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 now through March 12.

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

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 today through Monday, 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.

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 Friday and Saturday 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.

MAX Capital City Classic

The rivalry continues when the Alabama and Auburn baseball teams meet Tuesday at Montgomery’s Riverwalk Stadium. Big Al, Aubie and live music will contribute to the evening’s entertainment. Admission is charged.

For more information, call 323-0362 or visit www.maxcapitalcityclassic.com.

Festival of Art at Waterfront Park

Orange Beach hosts a festival of art March 10-11 at Waterfront Park. The festival features music, food and the work of more than 90 artists from across the country. Live demonstrations of glass blowing, molten iron casting and raku pottery firing will be offered. Admission is \$1 for adults.

For more information, call (251) 981-2787 or visit www.obfoa.com.

Gulf Coast Home and Garden Expo

The Gulf Coast Home and Garden Expo, held March 9-11 at the Bay County Fairgrounds, has something to offer for those looking to build, remodel or just save money. The three day event is filled with the latest trends in decorating, outdoor living, energy-savings, lawn and

garden products and more. The event is sponsored by the Red Cross of Panama City, Fla.

For more information, visit the 9th annual Gulf Coast Home and Garden Expo facebook page.

“Dancing With The Stars” pros to perform

The Fred Astaire Dance Studio of Crestview hosts Dance for Life, featuring Edyta Sliwinska and Alec Mazo from “Dancing with the Stars,” March 10 at 7 p.m. Tickets are \$25 for general admission and \$50 for VIP seating and cocktail party. Proceeds from the event will benefit Covenant Hospice’s programs in Okaloosa and Walton counties.

For more information, and to purchase tickets, visit www.fredastairecrestview.com.

ArchiTreats Lecture

The Alabama Department of Archives and History in Montgomery hosts ArchiTreats lectures on the third Thursday each month. The next lecture will be held March 15 from noon-1 p.m. and is entitled Food for Thought: Hank Hung the Moon ... And Warmed Our Cold, Cold Hearts. For more information, call 353-4726 or visit www.archives.alabama.gov.

Injured medic rejoins Soldier she treated

By Maria Gallegos
Brooke Army Medical Center

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON — A combat medic who treated a Soldier in Afghanistan found herself in a role reversal after she was injured a week later and brought to San Antonio Military Medical Center where the Soldier she treated is also recovering.

A recent graduate of the University of Oklahoma with an aerospace engineering degree and an infantryman with the National Guard for eight years, Staff Sgt. Brian Wayland deployed to Afghanistan on April 2011 with his unit Company C, 1st Battalion, 179th Infantry, Oklahoma Army National Guard.

“I was definitely excited and nervous when I got the call to deploy. I talked it over with my wife and told her I didn’t have to go but I also told her how I could not live with myself if any of my Soldiers were injured or killed and I wasn’t there. So together we decided I would go,” said Wayland.

Wayland was on his routine mounted patrol in Afghanistan Dec. 9 when his vehicle struck an improvised explosive device that threw him away from the vehicle.

“It happened so fast, one minute I was backing up the mine roller vehicle from a clearing route and then the next minute I was in a ditch about 30 to 60 feet away from the vehicle,” he said.

He managed to move his injured body about 100 meters to the patrol base where Spc. Ashley Jones started immediate medical aid until he was air-lifted to Forward Operating Base Fenty in Afghanistan.

“As I was lying there on the back of the vehicle – what kept me motivated to keep going was the thrill of waiting for the ‘bird’ to pick me up. I kept looking up, just watching, anticipating,” said Wayland.

He was transferred to SAMMC nine days after he was injured and was diagnosed with Traumatic Brain Injury, and multiple facial and body injuries due to fragments from the IED.

“Everyday I’m getting better. I do wish my brain worked the same way as it did before, but this is not an obstacle that I can’t overcome. There have been a lot of life lessons that were learned but if all I gave for this country is my concentration, memory problems, hearing and scars, I’m doing pretty good,” said Wayland.

Jones, a 20 year-old combat medic who joined the National Guard at age 17, was assigned



PHOTO BY MARIA GALLEGOS

Staff Sgt. Brian Wayland and Spc. Ashley Jones recover at San Antonio Military Medical Center after they were both injured in Afghanistan.

to Company C, 700 Brigade Support Battalion, 45th Infantry Brigade Combat Team when she deployed and often traveled on convoys to provide medical support for the Soldiers in combat.

“I don’t want to have to do my job, but I will when I need to,” said Jones.

She further went on to explain that combat medics do their most demanding work when others are at their worst.

Coincidentally, one week after Wayland was injured, Jones’ vehicle was struck by an IED, injuring her right foot. She soon realized her right foot was crushed from the blast so she immediately started self aid by applying a tourniquet to her right leg until a combat medic came to rescue.

“I was in and out of consciousness, so I can’t remember how bad I was hurt,” said Jones.

She was medically evacuated to FOB Fenty in Afghanistan where they removed her right leg below the knee, transferred her to Germany and then to SAMMC Dec. 24.

“Just a week ago, I had to MEDEVAC someone and now

here I am,” she said, reflecting on being on the other end of the patient-medic relationship.

She was the first amputee in her unit.

“I didn’t know she was here [SAMMC] until I came back from my four-day pass,” said Wayland. “My injuries might have been worse if Specialist Jones was not there to provide first aid.

“Her calming demeanor helped me believe I was going to be OK,” he added. “That is the big battle when someone gets injured. If you think you are not going to make it, there is a possibility your body might start shutting down. The mind is a powerful thing.”

He and his wife visited Jones daily in the hospital until she was released Jan. 18, and plan to remain close friends, especially during their rehabilitation at SAMMC and at the Center for the Intrepid.

“After she got out, I made sure her and her Family were taken care of with rides to different places and provided them with any information they need,” he said. “On Valentine’s Day, my

commander and I took Ashley and her mom, JoDe, to dinner to try to make the day special for them. That’s the least I can do.”

After Jones returns home, she plans to stay in the Oklahoma Army National Guard and return back to school.

“After my rehabilitation, I wanted to transfer to Oklahoma State University to receive my degree in nursing, but after visiting and rehabbing at the CFI, I’m thinking about changing my degree to become a physical therapist,” Jones said. “I don’t regret my decision in joining the National Guard, it’s unfortunate what happened to me but I’ll get through it.”

Wayland would like to find a job in engineering to help other wounded warriors with their injuries.

“I hope to get a job in aerospace engineering and use engineering to better the world. I plan on doing research to help amputees to return to a more normal life through technology. They have given so much, so we as a country should strive to give them the very best,” he said.

Wayland and Jones both received Purple Heart medals and certificates for their bravery and courage, and Jones received her Combat Medic Badge for treating a fellow Soldier while being actively engaged by the enemy.




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Expert shares tips for battling bullies

By Mark Iacampo
Hohenfels, Germany

HOHENFELS, Germany — “The old adage ‘sticks and stones may break my bones, but words will never hurt me,’ is a lie.”

So said Barbara Coloroso, best-selling author and internationally recognized expert in the areas of parenting, teaching, conflict resolution and bullying, when she visited Hohenfels recently.

Coloroso conducted a series of lectures across the garrison, focusing on recognizing and responding to bullying. Bullying, as defined by her, is “a conscious, willful, deliberate activity intended to harm, where the perpetrator gets pleasure from somebody else’s pain.”

According to Coloroso, there are three types of bullying: verbal, physical and relational. She said verbal is the most common, and often the most destructive. She cited many examples of children who had committed suicide due to constant verbal tormenting by bullies.

“Verbal torment is so devastating, it dehumanizes another human being. It makes them into an ‘it.’ It’s a short walk from school yard bullying to hate crimes it’s no giant leap,” she said.

Coloroso pointed out that today’s bullies have tools that were not available when today’s parents were in school; cell phones and the Internet.

In her book “The Bully, the Bullied and the Bystander,” she writes, “Bullies are using high-tech tools to threaten, stalk, ridicule and spread rumors about their targets. Faceless and nameless electronic transmissions make it easy for bullies to torment their targets anywhere and at any-time.”

Techniques for dealing with cyberbullying include the “stop, block, copy, and tell” method. Stopping refers to not interacting with the bully.

“On the other end of that Internet connection is one person, or a group, laughing – watching as they send ugly messages to you and waiting for you to respond. Don’t give them the pleasure,” advised Coloroso.

Coloroso’s visit came just days after Hohenfels became the 2nd Army garrison to sign an anti-bullying policy developed between Installation Management Command and Department of Defense Dependents Schools — Europe. The policy clearly defines bullying, the procedures in place both for the bully and the target, as well as programs developed to reinforce the policy and create a welcoming environment for all students.

The policy has become a best practice initiative across all DoDDS schools.

The policy reflects the Department of Defense Education Activities bully prevention campaign, “Stop Bullying now! Take a Stand. Lend a Hand.”

Coloroso, said she’s not surprised that the military is taking a tough stand against bullying.

To learn more about preparing children on how to deal with bullies, visit Coloroso’s website: www.kidsareworthit.com or DODEA’s site, www.stopbullyingnow.com.

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MARCH 1, 2012



PHOTOS BY NATHAN PFAU

D. Jenkins, of Abbeville, tries to drive the ball for a goal against Kinston during the Fort Rucker Youth Tournament championship game Saturday.

Hoops

Kinston victorious in youth basketball tournament

By Nathan Pfau
 Army Flier Staff Writer

The 11-12 year-old 2012 Fort Rucker Youth Basketball Tournament wrapped up its final game Saturday as Kinston took home the championship beating Abbeville 27-19.

The game remained tied through the half and into the third period with both teams having scored 11 points. Kinston managed to pull out a lead against Abbeville, however, scoring the majority of its points in the final period of the game.

Terry Hall, coach for Kinston's youth team, spoke about how he and his team enjoyed competing in the tournament and plan to continue participating every year they can.

"I really enjoyed these games," he said. "Most of these kids came and played last year in the 9-10 year-old tournament and we all really just enjoy the games. They are fair and that's what I like about them."

The tournament was created by Randy Tolison, Fort Rucker Youth Sports and Fitness director, who wanted to give the kids who weren't able to participate in the Alabama Recreation and Parks Association all-star games in the post season.

The eight-game tournament began Feb. 21 with all eight teams playing in four games to determine who would go on the next round, according to the youth

sports director.

The first game was between Elba and Fort Rucker Collins. FR-Collins took the win with a forfeit by Elba and advanced to the next round where it faced Kinston who beat out Fort Rucker Mack 42-22.

Abbeville took on Fort Rucker Ivy in the following game, beating the Fort Rucker team 37-18 to go on to face Slocomb in the next round who also received a win by forfeit over Dothan Boys and Girls Club.

In the next round of games, Kinston beat out FR-Collins 40-23 to advance to the final game against Abbeville, who barely beat Slocomb in a close game with a score of 12-10, according to Tolison.

Kinston eventually won the tournament as they met Abbeville in the final game, but it wasn't about winning, it was about being able to participate in a post-season tournament that everyone could enjoy, said the youth sports director.

"ARPA only takes all-star teams and not all of our kids were able to be on those teams," he said. "So, we created a tournament so that the kids that weren't able to play in the post-season games were able to have a post-season experience."

The result of that was an eight-game tournament between teams from surrounding communities including three from Fort Rucker.

"We got together and called the



Dylan Moulton, of Kinston, looks for an opening as he attempts to drive past Abbeville down court for a goal

local communities to ask them if they were interested in participating in a tournament," said Tolison.

"I think [Tolison] did a great job with this tournament that he put together," said Hall. "The kids enjoyed it and they learned a lot. We were able to put these kids into a tournament environment since we don't get to technically do all-stars like ARPA. It's just great for these kids to have

this experience."

Some of the smaller communities are not a part of ARPA, according to Tolison, and don't have a post-season tournament that they can participate in and that is why it was important to put on the tournament.

"It's just been a great turnout," he said. "Our kids really represent Fort Rucker well and we've had no complaints [about the games]. They really enjoy just coming out

and being able to play basketball."

Both teams that participated in the final game went home with trophies to take home and feel like winners. The winning team members also received medals with their trophy to signify their win.

"This is a great opportunity for the kids and we're going to continue to do this every year if we can," said Tolison.

DOWN TIME



Trivia test

by Fifi Rodriguez

T R I V I A

1. LITERATURE: Which of Shakespeare's plays features the line, "Neither a borrower nor a lender be"?
2. LANGUAGE: What would a diaper be called in Great Britain?
3. HISTORY: In what year did man first walk on the moon?
4. GAMES: Who invented basketball?
5. AD SLOGANS: What fast-food restaurant chain urged customers to "have it your way"?
6. RELIGION: Who was the founder of the Church of Jesus Christ of Latter-day Saints?
7. FOOD & DRINK: What is the main liquor used in margaritas?
8. MOVIES: Which character was the only non-Jedi to use a lightsaber in the first "Star Wars" trilogy?
9. ANATOMY: Where are the deltoids located in the human body?
10. TELEVISION: How many seasons did the comedy series "Bewitched" run on TV?

See Page D3 for this week's answers.

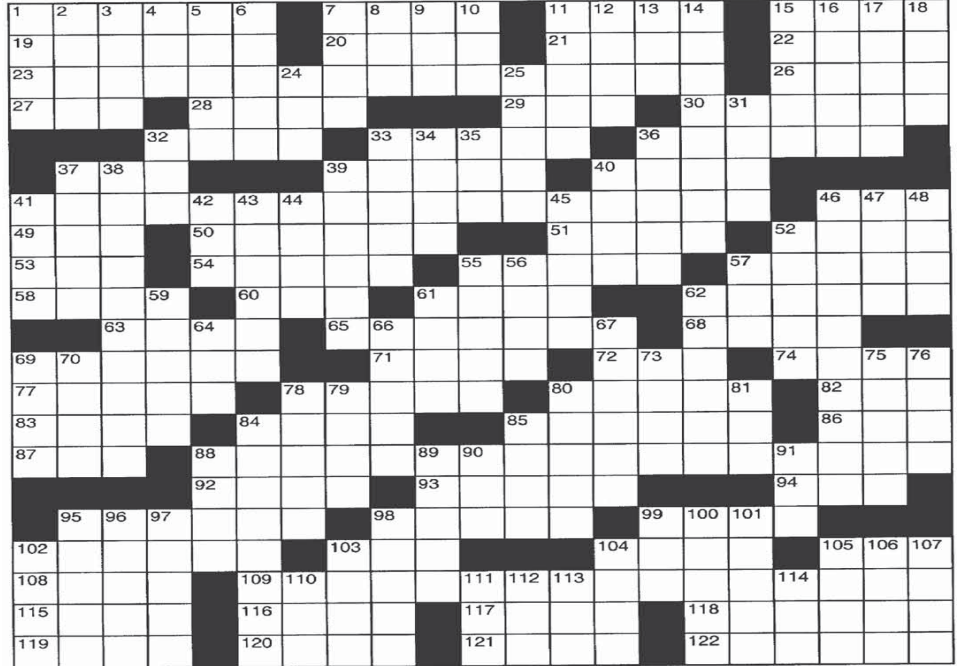
Super Crossword

WHO NEEDS IT?

- ACROSS**

1 Pay hike?
7 Chore
11 Styptic pencil stuff
15 Predicament
19 Model Kim
20 Press
21 It's a long story
22 "Inter —"
23 Start of a remark
26 Fluff the flour
27 Mr. Hammar-skjold
28 Composer Satie
29 Majors or Marvin
30 Layers
32 Had kittens?
33 Postern and portcullis
36 Main squeeze
37 "— culpa"
39 Heavenly hunter
40 "I bet!"
41 Part 2 of remark
46 Faux —
49 Fireworks reaction
50 "Boulevard" ("50 film)
51 They may be rolled
- 52 Billings or Mostel
53 Neighbor of Miss.
54 "— Blade" ('96 film)
55 Leans
57 It's taken by nurses
58 Sharp taste
60 Skater Midori
61 Wine choice
62 Nabokov novel
63 Kukla's colleague
65 Part 3 of remark
68 Fail to mention
69 Tedious
71 Sues of Shepard
72 Boathouse item
74 Objectives
77 Take on
78 Pack of partridges
80 Like many gyms
82 Cornfield cry
83 Calcium oxide
84 Non-stereo
85 Peaceful
86 Chemist
87 Singer Joey
88 Part 4 of remark
- 92 Heady quaffs
93 Respond to an alarm?
94 "Ask — Girl" ('59 film)
95 Pop's neckwear
98 Marsh bird
99 Facts, for short
102 Georgia athletes
103 Brit. fliers
104 Way to go?
105 Clean-air org.
108 Serenade accompaniment
109 End of remark
115 Fragrance
116 Peace of mind
117 "My word!"
118 Swimmer Gertrude
119 "Circus Boy" prop
120 Prophet
121 Lorre role
122 Triangular sail
- DOWN**

1 Spoke out
2 — Romeo
3 — shul
4 Medieval weapon
5 Kitchen gadget
6 Grenoble's river
7 Walrus weapon
8 Meyers of "Kate & Allie"
9 NCO
10 It may be major
11 Fatheads
12 — bloomer
13 "Yuck!"
14 Mehta and Muti
15 Iraqi city
16 Homeric work
17 Cool
18 Base stuff?
24 Bream of baseball
25 Actress Graff
31 "— Angel" ('60 smash)
32 "Pshaw!"
33 "Peer Gynt" composer
34 Non-standard contraction
35 "Mazel —!"
36 Fills the bill
37 Dough
38 Wharton work
39 "Smilla's Sense —" ('97 film)
40 Actuary's fig.
41 Ditch under a drawbridge
- 42 Road curve
43 Decree
44 Step — (hurry)
45 Nick of "The Deep"
46 Party animal?
47 Guy Fri.
48 Queens stadium
52 Raul of "The Addams Family"
55 At present
56 Rock's — Butterfly
57 Petite pooch
59 Bellyache
61 Journalist
62 Mime Yarnell
64 Picnic crasher?
66 Devastation
67 Fashionable event
69 Like Musorgsky's mountain
70 Garfield's pal
73 Actor Guinness
75 Tie the knot
76 Fluctuate
78 Telescope view
79 Responsibility
80 Wired
- 81 — Plaines, IL
84 Exemplar of slowness
85 Cut cuticles
88 Cut coupons
89 "84 Charing Cross Road" author
90 Psychic Geller
91 — Paulo, Brazil
95 Uncouth
96 Boca —, FL
97 Ward off
98 Morley of "60 Minutes"
99 Charged atom
100 Puzzle product
101 Singer Payne
102 Ink stain
103 Trick
104 Carthaginian queen
105 Raison d'— superstar
107 Mideastern gulf
110 — kwon do
111 Jewel
112 Inflatable item?
113 Use a shuttle
114 Lepidopter-ist's need



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

PICK PLAY! Nine minus eight equals four in the toothpick trick at right — in a manner of speaking. Object is to remove eight toothpicks from the nine squares and have just four squares remain. How is it done? Give it a try before reading on. Try not to peek. Here is the answer: Alakazam, simply remove middle toothpicks of each outside row, then remove four toothpicks at center.

SAY WHAT! Let's see if you can complete these words from Mark Twain's "Life on the Mississippi": "I was gratified to be able to answer promptly, and I did. I said —" What three words are missing?

WORD JUGGLER EXERCISE

LET'S see if you can rearrange letters of the five words above to form a word square. That is to say, form a grouping of words that will read the same both across and down. Here's how:

1. Rearrange TEARS into a flower.
2. Rearrange SPEAR into a kind of tire.
3. Rearrange STAKE into business profits (slang).
4. Rearrange CRETE into an upright stance.
5. Rearrange TRESS into times of repose.

How quickly can you bring about the changeovers? Time limit: 2 min.

SPACE CHASE! Just one route above puts the spacecraft on course. Which one? Choose path 1, 2, 3 or 4 to find out.

Wishing Well

BO PEEP SHOW! Not to worry — Little Bo Peep's lost sheep have returned. Coloring code: 1—Red, 2—LT. blue, 3—Yellow, 4—Dk. green, 5—Flesh tones, 6—LT. green, 7—Purple, 8—Orange.

SPELLBINDER

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

PALOMINO

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

Try to score at least 50 points.

Wishing Well

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

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

HOCUS-FOCUS

BY HENRY BOLTINOFF

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

ANSWERS: 1. Wagon is missing. 2. Wagon is missing. 3. Wagon is missing. 4. Wagon is missing. 5. Wagon is missing. 6. Wagon is missing.

Soldiers thrive at Bobsled World Championships

By Tim Hipps
IMCOM Public Affairs

Former and current Soldiers in the U.S. Army World Class Athlete Program won medals at the Federation Internationale de Bobsleigh et de Tobogganing, or FIBT, Bobsleigh and Skeleton World Championships at Lake Placid, N.Y., Feb. 18-19.

Former WCAP bobsledder Steven Holcomb of Park City, Utah, teamed with Steve Langton of Melrose, Mass., to win the two-man bobsled world crown with a four-run cumulative time of 3 minutes, 42.88 seconds.

The Canadian duo of Lyndon Rush and Jessee Lumsden (3:43:34) settled for silver and Germany’s Maximilian Arndt and Kevin Kuske (3:43:43) took the bronze.

The victory marked the first time Team USA has won the two-man title at the World Championships.

“It feels phenomenal to be world champion,” said Holcomb, who spent nearly eight years in WCAP before driving Team USA to a four-man world title in 2009 at Lake Placid. “It is going to take awhile to sink in. I am just really proud of my team.”

Team USA coach, Brian Shimer, reveled in the historic moment.

“I can’t say enough about Holcomb, he is just unbelievable,” Shimer said. “He is such a talented pilot. Anything you throw at him he just seems to get down the hill quickly. This is just a really great moment for USA Bobsled; a little more history being made.”

WCAP Soldiers, Sgt. John Napier of Lake Placid and Capt. Chris Fogt of Alpine, Utah, who deployed to Afghanistan and Iraq respectively since competing at the 2010 Winter Olympics in Whistler, British Columbia, finished sixth in the two-man competition with a time of 3:44:12.

“We came into this race thinking that if we push really well maybe we can make it into eighth place,” Napier said. “We are really happy and pleased with a sixth-place finish. We made some mistakes on the first three runs and on the fourth we just came together and gave it everything we had. We’re just ecstatic.”

Napier and Fogt finished 10th aboard Team USA II in the two-man event at the 2010 Olympic Games.

“We were just talking about how we have the whole



PHOTO BY TIM HIPPS

Former U.S. Army World Class Athlete Program bobsledder Steven Holcomb glances at teammates WCAP Sgt. Justin Olsen of San Antonio, Curtis Tomasevicz and Steve Mesler after the quartet won the gold medal in four-man bobsled at the 2010 Winter Olympics in Whistler, British Columbia.

Army behind us,” Fogt said. “As two military athletes, we are really supported by the Army and think of ourselves as representing the USA and those guys. We don’t want to let them down.”

A relative newcomer to WCAP, Sgt. Dallas Robinson of Georgetown, Ky., teamed with Nick Cunningham of Monterey, Calif., to finish ninth in the two-man event.

The Soldiers, however, were not finished sliding for medals.

In the team event, athletes in men’s and women’s skeleton and men’s and women’s two-man bobsled each make one run and the four times are combined for the nation’s cumulative time.

Matt Antoine of Prairie du Chien, Wis., and Katie Uhlaender of Breckenridge, Colo., represented Team USA in skeleton. After Elana Meyers of Douglasville, Ga., and Emily Azevedo of Chico, Calif., took the U.S. two-man women’s sled down the hill, Holcomb combined with WCAP brakeman Justin Olsen of San Antonio to secure the gold medal in the final heat for Team USA with a winning margin of .73 seconds over Germany.

“Two world championships in one day is pretty neat,” Holcomb said. “Competing in the team event is always fun, so it’s really awesome to be up here with my teammates.”

Robinson also competed with the second U.S. squad, which finished fourth in the team event.

SPORTS BRIEFS

TWO-MAN BUDDY BASS TOURNAMENT

Outdoor recreation will host a Two-Man Buddy Bass Tournament Saturday from 6 a.m. to 2 p.m. at Lake Tholocco. People should register by Friday 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.

SCUBA COURSE

The Fort Rucker Aquarians Dive Club hosts a scuba certification course beginning Monday. The first class will meet at the Fort Rucker Physical Fitness Center indoor pool at 6:30 p.m. After The first class, the scuba course will meet Monday and Wednesday nights for at least six weeks and no more than seven weeks, depending on weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For more, call George Perez at 774-3483 or 347-6936.

ST. PATRICK’S DAY 5K/10K RUN

The Fort Rucker Physical Fitness Facility hosts its annual St. Patrick’s Day 5k/10k and 1-Mile Fun Run March 17. Race Day registration begins at 7:30 a.m. The 5k and 10k runs start at 9 a.m. The free 1-Mile Fun Run is open to all children and begins after the races are completed. Participants are encouraged to pre-register at either the Fortenberry-Colton or Andrews PFF. Each Fun Run participant will receive a medal. The costs are \$12 per person (no shirt option), \$100 for teams of eight (each additional person pays normal registration fee, includes shirt), and

\$20 per person (with shirt) by March 10, or \$25 (with shirt) per person any date after March 11. Refreshments will be provided. This event is open to the public. For more, call 255-3794.

YOUTH TURKEY HUNT

Outdoor recreation hosts a youth turkey hunt March 10 from 5-11 a.m. at West Breach on Lake Tholocco. The Exceptional Family Program-friendly event is open to youth ages 7-15, but youth must be escorted by an adult. The parents or escorts of children must have an Alabama State Hunting License and a Hunter Education Completion Card. The entry fee is \$7 and the deadline to register is March 9. Hunters may register at outdoor recreation in Bldg. 24236 on Johnston Road. The event is open to the public.

For more, call 255-4305.

HUNTER EDUCATION COURSE

Outdoor recreation hosts a hunter education course March 8 at 5:30 p.m. in Bldg. 5206, Murphy Hall, in Rm. 2. Participants must have completed the Internet or CD course prior to this class and must bring a copy of the certificate they get when completing the online or disk course. People must register online at <http://www.outdooralabama.com> by 12:30 p.m. March 8.

For information about the pre-course or hunter education course, call 255-4305.

SOFTBALL COACHES MEETING

An intramural softball coaches meeting is March 13 at 9 a.m. at the Fort Rucker Physical Fitness Facility in the conference room. Pre-season begins April 9.

For more, call 255-2393.

ENTERPRISE BASEBALL

Enterprise’s semi-pro baseball opens the season this

week with a tournament Saturday and Sunday at 1 p.m. in Enterprise’s Peavy Ball Park. For more information on the team, call Joe Jackson at 347-4275 or 806-2969.

PAN FISH TOURNAMENT

Outdoor recreation hosts a Pan Fish Tournament March 31 from 6:30-10:30 a.m. at Lake Tholocco. People need to register for the event by March 30. The tournament costs \$3 for those 15 and younger, and \$10 for those older than 16. Door prizes will also be given away. All participants 16 years and older must have an Alabama state fishing license and a Fort Rucker post fishing permit. Creel limits must meet the post creel size for Lake Tholocco to qualify for weigh in and only pan fish count for the weigh in. This event is EFMP friendly and open to the public.

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

ROLLER HOCKEY

A group on post is putting together pick-up roller hockey games Saturdays at 9 a.m. at Bldg. 6209, next to the Lemon Lot and behind Yano Hall. People interested in playing roller hockey are welcome to attend no matter what their skill level may be.

Players are required to wear helmets, and other safety gear is highly recommended.

For more information or to let the group know you would like to play roller hockey, call Tim Waychoff at (630) 870-9264 or send an email to tim.waychoff@us.army.mil.

ULTIMATE FRISBEE

Pick-up games every Wednesday and Friday morning at 6 a.m. behind the Fort Rucker Physical Fitness Facility on the soccer field. All skill levels and athletic abilities are welcome. Cleats and water are highly recommended. For more information, call 255-0870.

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. “Hamlet”
2. A nappy
3. 1969
4. Sports coach James Naismith
5. Burger King
6. Joseph Smith
7. Tequila
8. Han Solo
9. Shoulders
10. Eight


Super Crossword

Answers

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

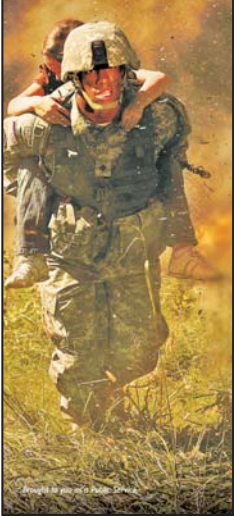
WILL YOU BE THERE THE MOMENT YOU'RE NEEDED?


Will you be there when a life needs to be saved? When homes are threatened by a natural disaster? The answer is "yes" if you're a member of the National Guard. Learn more about being there for your community at NATIONALGUARD.com or call 1-800-GO-GUARD.



NATIONAL GUARD

NATIONALGUARD.com





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

Home sweet home.

Post housing questions?

Visit Picerne Military Housing at www.ruckerpicerne.com and click the feedback/information link.



Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061.

The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

Donations can be dropped off at the Veterinary Clinic.

Get your NEWS FEATURES SPORTS

every Thursday in the Army Flier

IT'S OUR DUTY TO KEEP YOU CONNECTED.



We strive to keep you connected. That's why we offer 5 years of 1 low price on CenturyLink™ High-Speed Internet with speeds up to 10 Mbps. No term commitment. Guaranteed.

CenturyLink™ proudly supports the United States Army. Ask about our Military discount.

Call 866.950.8035 **Click** centurylink.com

Come in For locations, visit centurylink.com/stores


Broadband | Entertainment | Voice

CenturyLink™ High-Speed Internet

\$19.95

a month when bundled with Unlimited Nationwide Calling*

5 years. 1 price. 0 term commitment.



*Offer ends 5/31/2012. New residential High-Speed Internet or existing residential Pure Broadband customers only. Services and offers not available everywhere. Price-Lock Guarantee Offer applies only to the monthly recurring charge for the listed service for sixty (60) consecutive months; excludes all taxes, fees, surcharges, and monthly recurring fees for modem/router and professional installation. Listed monthly recurring charge of \$19.95 applies to CenturyLink™ High-Speed Internet with speeds up to 10 Mbps and requires subscription to a CenturyLink™ Home Phone with Unlimited Nationwide Calling plan. An additional monthly fee (including professional installation, if applicable) and a shipping and handling fee will apply to customer's modem or router. Offer requires customer to remain in good standing and terminates if customer changes their account in any manner including any change to the required CenturyLink services (cancelled, upgraded, downgraded), telephone number change, or change of physical location of any installed service (including customer moving from residence of installed services). General - CenturyLink may change, cancel, or substitute offers and services, including Locked-In Offer, or vary them by service area, at its sole discretion without notice. Requires credit approval and deposit may be required. Additional restrictions apply. **Terms and Conditions** - All products and services are governed by tariffs, terms of service, or terms and conditions posted at www.centurylink.com. **Taxes, Fees, and Surcharges** - Applicable taxes, fees, and surcharges include a Carrier Universal Service charge, National Access Fee surcharge, a one-time High-Speed Internet activation fee, state and local fees that vary by area and certain in-state surcharges. Cost recovery fees are not taxes or government-required charges for use. Taxes, fees, and surcharges apply based on standard monthly, not promotional, rates. Call for a listing of applicable taxes, fees, and surcharges. **Monthly Rate** - Monthly rate applies while customer subscribes to all qualifying services. If one (1) or more services are cancelled, the standard monthly fee will apply to each remaining service. **High-Speed Internet** - Customer must accept High-Speed Internet Subscriber Agreement prior to using service. Download speeds will range from 85% to 100% of the listed download speeds due to conditions outside of network control, including customer location, websites accessed, Internet congestion and customer equipment. **Private, Direct Connection and Speed Claims** - Direct connection and consistency and speed claims are based on CenturyLink providing High-Speed Internet customers with a dedicated, virtual-circuit connection between their homes and the CenturyLink central office. **Home Phone with Unlimited Nationwide Calling** - Service applies to one (1) residential phone line with direct-dial, local and nationwide long distance voice calling from home phone, including Alaska, Puerto Rico, Guam, and U.S. Virgin Islands; excludes commercial use, call center, data and facsimile services including dial-up Internet connections, data services, and facsimile; each may be billed at \$0.10/minute, conference lines, directory and operator assistance, chat lines, pay-per-call, calling card use, or multi-housing units. Usage will be monitored for compliance and service may be suspended/terminated for noncompliance. An additional charge may be assessed to customer if usage consistently exceeds 5,000 minutes/mo. International calling billed separately. ©2012 CenturyLink, Inc. All Rights Reserved. The name CenturyLink and the pathways logo are trademarks of CenturyLink, Inc.

March Sales Madness





2012 FORD F150 XLT

F150 22 MPG Highway

\$3500 FACTORY REBATE*

\$1000 Ford Motor Credit*

\$4500

TOTAL SAVINGS OFF MSRP

3.5 Liter V-6 Eco Boost



2012 FORD ESCAPE

Escape 28 MPG Highway

\$2000 FACTORY REBATE*

\$500 Ford Motor Credit*

\$500 Trade Assist**

\$3000

TOTAL SAVINGS OFF MSRP

2.5 Duratec 1-4



2012 FORD Fusion

Fusion 33 MPG Highway

\$2000 FACTORY REBATE*

\$500 Ford Motor Credit*

\$500 Trade Assist**

\$3000

TOTAL SAVINGS OFF MSRP

2.4L, 4 Cylinder



2012 Salesman of the month

Sales Representative 16 years

Greg Martin

I have enjoyed 16 years of service and loyalty to my customers here at Ed Sherling Ford. It has been great and I am looking forward to many more. Thank you all!



Ed Sherling Enterprise

805 Glover Ave ~ Enterprise

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