



# Exercise, exercise!

Fort Rucker emergency responders provide assistance to a simulated casualty during the All-Hazards/Protection Exercise Tuesday at the site of the "incident" near the Fort Rucker Physical Fitness Facility. The Monday-Wednesday exercise put Fort Rucker's disaster response plans and personnel to the test featuring a downed aircraft, a chemical hazard and mass casualties. For detailed coverage of the exercise, see next week's edition of the Army Flier.

# Fort Rucker kicks off 2012 AER Campaign

#### By David Agan

Fort Rucker Public Affairs

Representatives from units across Fort Rucker gathered at the U.S. Army Aviation Museum to kick off the annual Army Emergency Relief campaign Feb. 29.

The theme of this year's campaign is "A strong tradition of Soldiers helping Soldiers."

The primary goal of the annual campaign is to raise aware ness of how AER helps Soldiers and their Families.

AER is not as effective as it can be if Soldiers do not know how to take advantage of the program or appreciate its importance, according to 1st Sgt. George Webster, Headquarters and Headquarters Company, 164th Theater Airfield Operations Group.

"I remember when I was a young Soldier. I was standing in formation when our squad leader came to us and said we all needed to donate to AER. At the time, I wasn't sure what the organization was, but I gave money because my NCO asked me to," said Webster.

By the time Webster was a first sergeant, though, he had learned the importance of AER and what it can do to help Soldiers and their Families.

"Regardless of what we do as leaders, Soldiers sometimes have financial problems," said Webster

to have choices. They can choose to go to a payday loan establishment where they are going to pay an extremely high interest rate. They can go to a pawn shop, but they risk losing their possessions. Or, Soldiers can use the information given to them by their leadership and seek assistance from AER," said Webster. "This is why it is important that all Soldiers understand how AER works so that they know where to turn if they need help.'

AER provides emergency financial assistance in the form of no-interest loans or grants to Soldiers, Families and retirees. Additionally, AER provides scholarships to children and spouses of active duty and retired Soldiers as well as financial support to widows and wounded warriors

In 2011, AER provided \$77.5 million in assistance to more than 64,000 Soldiers and their Families.

Beginning in 2012, AER has added four new categories of assistance, including Family member dental care, basic furniture needs, rental vehicles and replacement vehicles.

Webster also encouraged leaders to let Soldiers know that getting assistance from AER is not a difficult process and highlighted the commander's referral program

"I've heard Soldiers say that getting an AER loan is too difficult. I was even told by a Soldier that the amount of paperwork involved is too much. The truth is that it could



Col. James A. Muskopf, Fort Rucker garrison commander and 2012 Army Emergency Relief Campaign chairman for the post, speaks at the kickoff local 2012 AER fundraisinn

## Post focuses on sustainability for future generations

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

(Editor's note: This is the first in a series of articles on sustainability and environmental efforts on post.) Fort Rucker is taking on the challenge to implement sustainability initiatives with the Installation Management Campaign Plan to ensure that future generations have access to resources available today. A series of planning sessions began with garrison leadership in

2009 to develop a planning process called Integrated Strategic Sustainability Planning, according to Cynthia Ranchino, lead plans specialist for the plans, analysis and integrations office.

"The process was to help our garrison leaders look out over a period of 20-25 years in the future instead of just what's happening in a day," she said. "Over time, the IMCP



#### The Fort Rucker Wings Chapel, which opened April 25, was the first building on post designed and built with LEED Silver certification

orders and plans are what govern not just our sustainability efforts, but our day-to-day operations."

Sustainability is defined as the managing of all resources --- workforce, infrastructure, funds, information, natural resources, energy and systems - so that they are

was published and these executive available as needed to best support current and future requirements, according to Ranchino.

"This is how the Installation Management Command views sustainability," she said. "It's basically taking all resources and making sure that we are using them in a way that they are available to us,

but not in a way that we're expending them at such a rate that the resources won't be available in the future.'

The Army Sustainability Campaign Plan focuses on mission, environment and community for economic benefit, said the lead plans specialist, which falls under the IMCOM principles of sustainability:

- · Mission excellence Manage resources necessary for the Army to achieve its mission: Community collaboration – Active local and regional partnerships supporting mutually beneficial goals;
- Environmental stewardship - Prudent life-cycle use of resources, active environmental management and replenishable conservation;

• Economic impact – Realize cost savings, cost avoidance

and expanding services through cross-functional planning and cooperative resourcing; and

• Systems thinking - Identify and exploit interrelationships within and between lines of effort and operations that optimize resource allocation and process performance.

'Anything we do should meet the mission, obviously," she said, "but we need to look and see if we are harming the environment in the process. If we are [harming the environment], then we should try to mitigate that."

A cost/benefit analysis is also done to make sure that not only the mission and environmental standards are being met, but they are being done so in a way that it is fiscally responsible, said Ranchino. We have some great initiatives

SEE FUTURE, PAGE A7

# PERSPECTIVE 'Why should I hire you?'

Job interviews — prepare for 'tough' questions

#### By Bryan Tharpe

Army Career and Alumni Program Transition Services Manager

You're at a job interview and everything seems to be going smoothly. Then, all of a sudden the interviewer asks you, "Why should I hire you for this job?'

This is one of those really tough questions that will probably come up during every job interview. How do you go about answering a question like this without sounding boastful?

Well, the first thing you want to project is that you are confident, but not cocky. The difference is that when you're confident, you can give examples of how you did things in the past that prove you can do them in the future. Being cocky is moving beyond over confidence and into arrogance. It is an attitude that says you can do this job better than anyone else can, even though you may have never done it before. Being confident in your abilities is good. Being cocky and arrogant will quickly turn an interviewer off.

Ask yourself, what is the interviewer really trying to uncover by asking you a question like this? The interviewer is asking for assurance that you can perform the duties of the new job. This is where past performances is deemed a good predictor of future behavior. So, have three or four examples ready to share at the interview that prove that you can do or have done a similar job and the outcome of the job.



the job entails. You can find the job requirements in the job description. Also, know what personal characteristics the This means you need to know what company is looking for in the person comes.

Do it subtly by using examples and out-

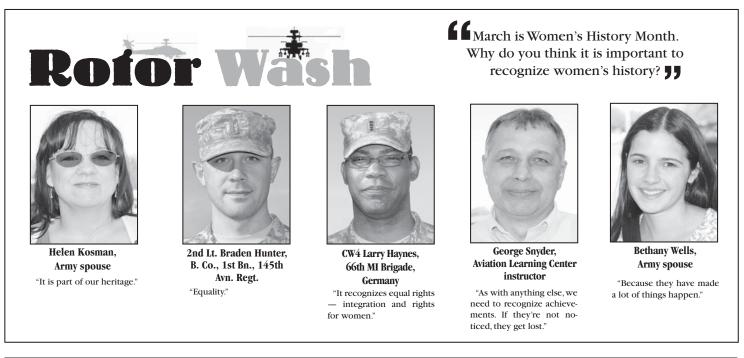
At this time, the interviewer is probably interviewing more candidates for the job than just you. They are trying to find out what makes you a better candidate than the others. Your well thought out examples will prove to them that you have what it takes to get the job done. Normally, the best-qualified candidate who tells the interviewer more of what they want to hear will get the job. So anticipating the question and practicing your answer is the best strategy for preparing for this question.

If you need some suggestions to consider when preparing examples to share with the interviewer, remember that they will probably be interested in hearing about how you did more with less, improved processes, saved money, time, or other resources, met or exceeded established goals and objectives, improved teamwork, communications or solved problems. Preparation is your key to success.

Now that you know how to go about answering a tough question such as this, remember that this is only one possibility. There are many more tough questions that you need to anticipate and be prepared to answer before you go for that job interview.

The Fort Rucker ACAP Center hosts workshops that address interviewing skills as well as numerous other topics. Transitioning service members and their spouses are encouraged to sign up for these classes to learn more about the job search process.

For more information, call the ACAP Center at 255-2558.



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#### Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, "Are you thinking of killing yourself?"

#### Care for your buddy

Remove any means that could be used for self-

#### injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

#### Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

# Chaplains offer support for those with suicidal thoughts

#### By Angela Williams Army Flier Staff Writer

Suicide can have a devastating effect on Families, friends and other Soldiers. Chaplain (Lt. Col.) Milton Johnson knows from experience. He carries around a photo of a sergeant major who committed suicide while he was stationed at Fort Sill, Okla. Johnson was in the same unit.

"We ran together every day and he committed suicide. He took his own life. And we just didn't see it coming," the chaplain said.

The Soldier's death devastated the unit. "We were at a loss for words. That unit's morale went way down for a long time and it took a long time for the unit to recover. We all loved him. He was one of the sharpest Soldiers in the unit," Johnson explained.

Johnson, Fort Rucker's deputy installation chaplain, says if he looks back on the days before the Soldier's death at Fort Sill, he can see some warning signs in the Soldier's behavior. But, at the time, no one in the unit recognized the signs for what they were.

This is why he says communication within a Family, or with other Soldiers, is the key to preventing something that is irreversible.

In the past, Johnson said, many Soldiers were hesitant to ask for help because it could jeopardize their career. but "that's no longer Johnson said.

"If you seek help about having thoughts that are dangerous about yourself or about someone else, we welcome it. You're not going to be ostracized. Your career is not going to be in jeopardy and no one is going to hurt you for that," he explained. Today, if a Soldier seeks help

the case.'

from a chaplain, or if the chain of command refers a Soldier to the chaplain's office, the chaplain will determine if the case can be handled in the office or if the Soldier should be referred on to a mental health or medical professional, Johnson said.

If the case stays with a chaplain, the Soldier will be asked to complete a plan of counseling. If a Soldier is considering suicide, then that Soldier will be directed to the Family life chaplain, he said.

Family life chaplains are chaplains who have returned to school to get a master's degree in counseling psychology or a similar field. They are trained to do professional counseling. Johnson says the Army tries to have a Family life chaplain at every base.

Johnson was a Family life chaplain at Fort Stewart, Ga., but at Fort Rucker, the designated Family life chaplain is Chaplain (Maj.) Scott Crossfield.

The Family life chaplain is prepared to do counseling with or without a religious perspective,

"A lot of times when you meet somebody who is suicidal, one of the first things they will tell you is 'I don't want to hear any of that Jesus talk.' Well, the Family life chaplain is not startled by that at all. They are still trained to take that Soldier in and counsel them professionally without mentioning the Bible or saying anything about a life of faith." Johnson said. "There is a whole lot of good

> suicidal without mentioning the Bible." However, if Soldiers want to speak with someone who is a Christian and want the Bible included in their counseling, the Family life chaplain is prepared for that, too, Johnson said.

vou can do for a Soldier who is

"Everything we do and everything we will do (in the counseling) will include what God has to say about their situation," he explained.

No matter what the Soldier's background may be, the bottom line is keeping them safe and giving them support, Johnson said. That support involves a threestep approach, he said. The first step is prevention. This step is all about education. People need to know how to handle a suicidal

situation and what tools are available to them if they are considering suicide.

The next step is intervention. Johnson said this step is important

"because people do become suicidal and there is a way to handle individuals who are suicidal."

The final step is called postvention. "You've got to check on people. After they've been treated and cared for, you have to go back and check on them. You just don't treat an individual and think that it's over." the chaplain explained.

Johnson said the post-vention step is sometimes overlooked, but it is just as important as prevention and intervention. Some of the ways the chaplains check in on people are phone calls, cards and visits.

"The most important thing to remember is that if a person is suicidal, if they're really planning to take their life, they can heal. It's like when people suffer from drug abuse and alcohol abuse --- there is recovery. And after recovery, they can be productive again," he said. "Sometimes they can come out of it and be even better than they were before."

Johnson says he think this is why the Army no longer ostracizes Soldiers who seek help. He said he knows of real-life cases where Soldiers have struggled with suicide, been treated, and are now some of the best professionals in the Army.

"This is not something that we treat and then we discharge them from the Army because they're not useful anymore. This is someone who struggles with a challenge like any other challenge, and they recover after treatment and become stronger," he said.

But, before someone can be treated, they must realize they need help. This is where Family, friends and fellow Soldiers are so important.

Johnson said a drastic change in behavior is one of the most common signs. If a person is happy-go-lucky and suddenly becomes an extreme introvert, Family members should take note of that. More frequent discussion of death and sudden talk of changing careers can also be signs.

"I'm not saving that everyone who changes their behavior is suicidal. But if there is a drastic change in behavior, then Family members need to take note of that," he explained.

"If a Soldier is thinking dangerous thoughts, they shouldn't prolong getting in touch with somebody. If they're thinking dangerously, or if they think they're thinking dangerously ... if they're struggling with these thoughts and if it is difficult to shake off these thoughts ... then it is time to contact somebody - whether it's us, mental health or the hospital, or the chain of command," he said. "Don't sit on it. Don't go through the weekend. Contact somebody and get some help."

For more information on chaplaincy services or to get help, call 255-2989.

# Class helps job seekers with search

By Angela Williams Army Flier Staff Writer

Debbie Gaydos has invested countless hours of work into her side of a partnership. She expects those who attend her employment readiness workshop to be willing to do the same.

Gaydos, the Army Community Service Employment Readiness manager, has been giving people the tools they need to find jobs in the Fort Rucker area for nine years, but she has worked with ACS for 21. The group sessions she teaches twice a month are the cornerstone of her employment readiness program.

"I promise people will come away with a better understanding of what they need to do in their job search," she explained.

At each session, Gaydos gives every participant a binder full of information she has compiled over the past nine years. The binder contains a list of employment websites, sample resumes, interviewing questions taken from interviews done locally and possible answers to those questions. It also includes a list of all the local schools, colleges, banks, staffing agencies, professional occupational licensing and scholarship



Debbie Gaydos teaches an employment readiness session Tuesday at the Soldier Service Center.

she passes on that information to the people in that base. "My clients usually get at least

four emails a week," she said. Gaydos has more than 130

companies off post that send her new job postings. "I do a lot of networking outside

the gate so that I can build trust and build relationships After attending the session, nesses so that they will call when they have a job," she explained. Gaydos is also willing to meet with people one-on-one, but she usually asks that people come to dent loans as soon as possible.

an employment readiness session before making an appointment. She maintains an average of about 300 active clients, so the regularly-scheduled sessions are the easiest way for job seekers to have access to all the information she provides.

Krista Gallant, an Army spouse, Gallant has lived in the area for about two years, but she is finishing up a degree in psychology and wants to start paying off her stu-

"The class gave me a lot of good resources to find job openings. That's the hardest part for me," she said, adding she would definitely recommend the class to anyone who is looking for a job. Stacy Hall also attended the Tuesday session. She recently moved to the area from Ohio to be closer to her boyfriend who is in the Army. She said the class taught her a lot about the community and how to look for job openings in this area. Though the session is important,

it is just one of many things Gaydos does. She also offers services like resume help and continuing education information.

"My part of the partnership is to give them every tool possible to help them in their job search," Gaydos said, but job-seekers can't neglect their part of the partnership if they truly want to find a job

"I'm not here to get people a job. I'm here to help them in their job search. The result is a lot of people do get jobs - because of their efforts and because of joining together in this partnership," she said.

Gaydos said she expects people who are looking for employment to construct a really good resume, to check email frequently, to check websites for job postings and to stay in touch with her.

often helps clients get their resume into this format.

"Because there are a lot of people applying for the same job, that resume has to be easy for (employers) to read and see if the skills are a good match," she said. "It is amazing how you can fix that and make that work for you."

Gallant and Hall both said they learned a lot about formatting their resumes in the session they attended.

Gaydos also helps people who want to build their resume by taking a few night classes or brushing up on computer skills. She says a lot of companies are interested in people who are taking the initiative to better themselves.

One thing she encourages people to do before beginning their job search is to decide what they want to accomplish while they are here. Some people, such as the spouses of Soldiers in flight school, aren't here very long and just want a way to stay busy. Others have serious financial needs.

Gaydos can help people in either group, but she asks those who have financial needs to let her know.

If a job search "is finance driven, we need to make sure that client has every tool possible to get into the right position,

the participants are entered into Gaydos' email base. When she receives information about any new job or scholarship opportunities,

Over the past few years, she has noticed a specific resume format that works well in this area. She

The next session is scheduled for March 27. To register for the free class, stop by the ACS office, Bldg. 5700, Rm. 390; or email Debbie.Gaydos@us.army.mil.

# News Briefs

#### SOAR recruiting

The 160th Special Operation Aviation Regiment conducts recruiting briefs Monday and Tuesday at 11 a.m. and 5 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284.

For more information, call Sgt. 1st Class Timmy Hammonds at (270) 300-9826 or send an email to timmy.hammonds@soar.army.mil.

#### SSA inventory

The Directorate of Logistics Supply Support Activity in Bldg. 1212 conducts its annual wall-to-wall inventory March 19-23. SSA will shut down normal operations at 4:15 a.m. March 16 and plans to resume normal operation hours March 26. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more, call Sandra Edwards at 255-9504 or send an email to Sandra.r.edwards2.civ@mail.mil.

#### **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 popular 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, personnel services branch, casualty operations, the in- and out-processing desk and the retirement services officer, will be closed Wednesday 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.

#### Thrift shop

The Fort Rucker Thrift Shop willingly accepts people's unwanted items as donations. People can drop items off at the shed behind the thrift shop, which is located in the former bank building next the post theater. Donations are tax deductible. The shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. For more, call 255-9595.

#### **Injury Awareness Month** Brain larch:

By Shannon Carabajal Army Medicine

FORT SAM HOUS-TON, Texas — Nearly 1.7 million people suffer a traumatic brain injury, or TBI, each year, according to the Centers for Disease Control and Prevention.

Of those, 52,000 people die. TBI is also a contributing factor to a third of all injury-related deaths in the U.S

During March, in recognition of Brain Injury Awareness Month, the Army is taking steps to increase awareness about brain injuries, including prevention, diagnosis and treatment, while reducing the stigma for persons who seek care.

TBI is a disruption of function in the brain caused by an external force. The severity can range from mild, also known as concussion, to severe involving an extended period of unconsciousness or amne-

"Traumatic brain injuries result from an external force such as blow or jolt to the head. Concussions can occur in combat operations (such as during a blast event), in sports (particularly contact sports such as football, soccer, or martial arts), during recreational activities (such as skiing or biking accidents) and in vehicle collisions that have sufficient acceleration/ deceleration movement," said Mai, Sarah Goldman, TBI program director for the Office of the Surgeon General. "A TBI can also be caused by a penetrating injury to the brain from a bullet or other object."

Concussions are common injuries that occur in many settings including combat operations, contact sports, recreational activities and vehicle collisions. Goldman said. Because they are not as obvious as other physical injuries, leaders, medics, physicians and even those injured may mistakenly overlook or underestimate the effects of concussions.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea, she said. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or visual disturbances.

"It is imperative to reduce the chance of a second head injury before the brain can recover. Soldiers should be taken out of the fight and athletes should be removed from the field to prevent repeated injury

tor of the Rehabilitation and Reintegration Division at the Office of the Surgeon General, said TBI awareness is especially important for military personnel who, because of the nature of their work duties and lifestyle, are at a higher risk for TBI than the averment is critical. age citizen.

Since 2000, the Defense and Veterans Brain Injury Center has counted 229,106 cases of TBI among U.S. military personnel worldwide. Of those cases, 76.7 percent were determined to be mild, 16.7 percent were moderate, 1 percent were severe, and 1.6 percent were penetrating, Butler said.

sion.

more than 90 percent of

those who have suffered

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a TBI will fully recover; "Soldiers and leaders however, some patients need to understand the may experience long-term subtle effects of concussymptoms, Butler said. sion, because the Soldier The chances of long-term often has very subtle or no ramifications are increased outward signs of injury. if there have been multiple Battle buddies need to be or repetitive injuries such aware of any changes folas in the case of professional boxers. lowing a head injury and encourage Soldiers to seek medical attention as soon brain to heal and Soldiers as possible after the injury, no matter how mild it may

do not all recover at the same rate even if they seem," she said. sustain a similar injury.

Butler encourages Sol-It is absolutely essential diers and their Families to to avoid getting a second be proactive in preventing concussion or insult before TBI by using protective the brain has fully healed," equipment for sports and Butler said. Army Medicine has priavoiding high-risk behaviors such as aggressive

mary care and specialty driving. She also said early providers throughout the identification and treatcontinuum of care who are educated in brain injury Brain injuries should be identification and rehabiliidentified and treated as tation. On the front lines, quickly as possible, Butler medics are trained prior said. Current scientific evito deployment to screen dence supports rest, educafor brain injuries using the tion, and expectation of re-Military Acute Concussion covery as the cornerstones Evaluation developed by the Defense and Veterans of treatment for concus-Brain Injury Center. Statistics indicate that

Additionally, the Department of Defense stood up a concussion system of care at the point of injury in theater to promptly identify and treat these injuries. "Brain injury evalua-

tion and treatment services extend throughout Army Medicine which has funded over 500 dedicated TBI providers located around the world since 2007. The

Department of Defense also collaborates with the Defense Veterans Brain Injury Center and the Veterans Administration to provide ongoing support for patients and their fami-

lies," Butler said. In addition to support from medical professionals, Goldman said support from Family members is very important during TBI treatment programs.

"Family members are an essential component to the Soldier's care and recovery. Our military treatment facilities ensure that Family members have the opportunity to learn more about the effects of TBI, be involved in treatment planning, and are an essential aspect in a Soldier's rehabilitation," Goldman said.

The Army is also taking steps to protect Soldiers from injuries and better detect and treat brain injuries. According to Butler, the service has invested

more than \$800 million in research and development activities to better identify and treat brain injuries.

Army Medical Research and Materiel Command has funded hundreds of research studies devoted to advancing the science of TBI to include basic science research to better understand the pathophysiology of injury and recovery. The Army is improving detection and diagnostic capability such as neuroimaging, diagnostic biomarkers. and improved screening tools; and treatment techniques to maximize recovery after an injury.

For more information about brain injuries, visit the Defense and Veterans Brain Injury Center website, www.dvbic.org.

For more information about the Army TBI program, visit www.armymedicine.army.mil/prr/tbiprg.html.



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and promote healing,' she said. Col. Nikki Butler, direc





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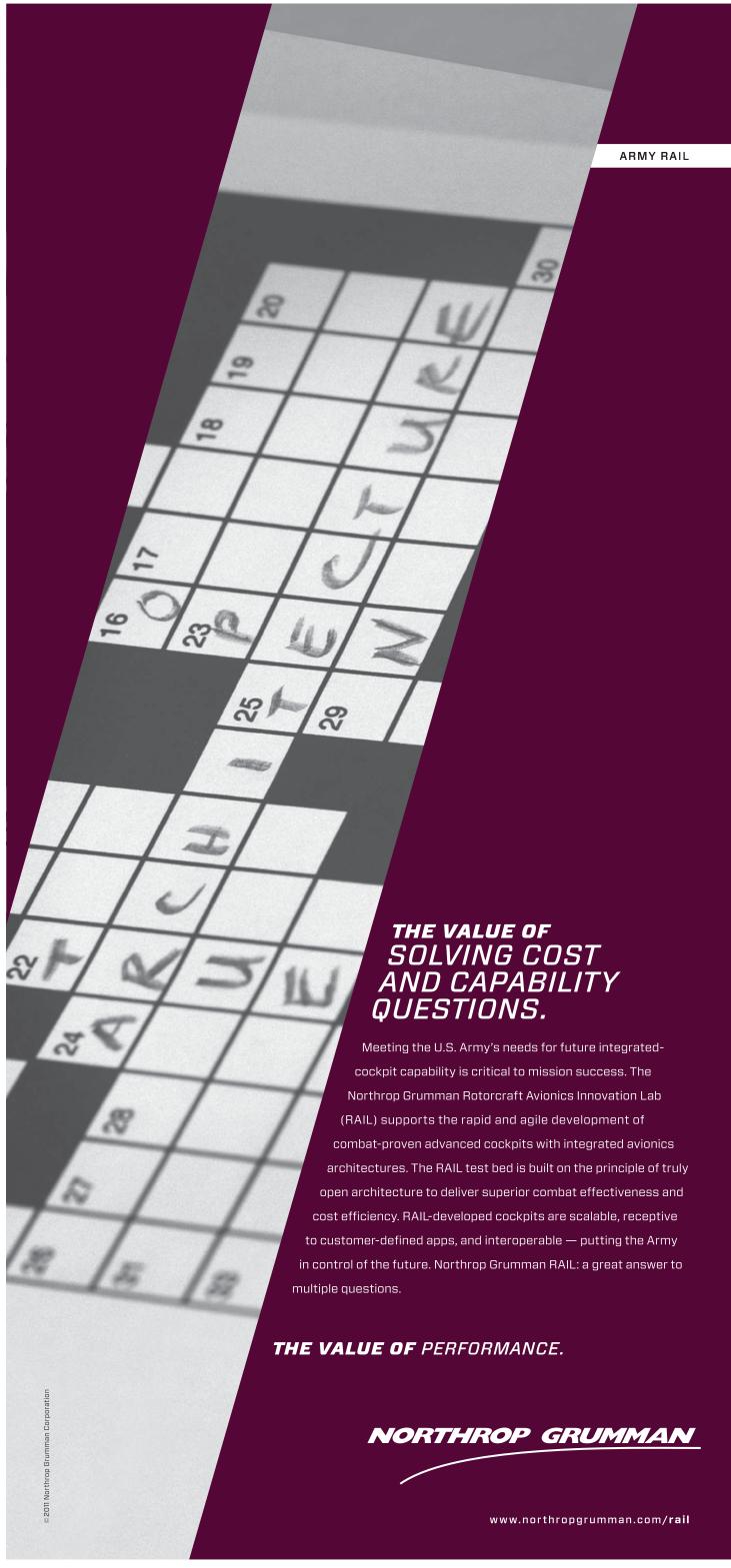
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## **Medical Enlisted Corps celebrates 125 years**

Office of Medical History Army News Service

FORT SAM HOUSTON, Texas — Though the Medical Enlisted Corps was formally established as the Hospital Corps on March 1, 1887, its history dates back to the Revolutionary War.

At the outbreak of the war, medical support was hampered not only by the limited availability of trained medical personnel, but the lack of adequate medicine and equipment.

Insufficient care of the wounded and the lack of treatment and prevention of the diseases that ravaged the Army caused George Washington to address the issue of medical care with Congress.

Finally, on July 27, 1775, Congress authorized the establishment of a Medical Service. This date is known as the Anniversary of the Army Medical Department, or AMEDD. This important step made provisions for a Director General and Chief Physician (Surgeon General), four surgeons, one apothecary, 20 surgeon's mates, one clerk and two storekeepers. It also provided one nurse to every 10 sick, and laborers as needed.

Dr. Benjamin Church was selected as the first surgeon general. Based on the recommendations of the director general, on July 17, 1776, Congress authorized the employment of hospital stewards who were the forerunners of the AMEDD Noncommissioned Officer Corps.

General Order 29, published in April of 1887, assigned enlisted members to the corps and permanently attached them to the Medical Department.

After one year of service with Hospital Corps, privates were eligible for appointment as acting hospital stewards. After one year of probation and passing of another examination, they could be appointed "permanent" hospital stewards.

In its first year, some 600 privates transferred to the new corps, with only 24 passing their examinations and promoted to acting hospital stewards.

On March 2, 1903, the Hospital Corps was disestablished. The terms hospital steward and privates of hospital corps were replaced by the terms sergeant and private, with an exception for the master hospital sergeant that was used until 1920. Today, there are more than

36,000 enlisted serving in Army Medicine.



y Though the Medical Enlisted Corps was formally established as the Hospital Corps on March 1, 1887, its history dates back to the Revolutionary War.





## AER: Officials look to top last year's fundraising goal

Continued from Page A1

not be any easier, especially when it comes to the commander's referral program" said Webster. "The commander's referral program gives commanders and first sergeants the ability to provide \$1,500 worth of assistance to their Soldiers with a simple signature.

"The process is simple. An NCO comes to me with a Soldier that has a financial need. As soon as we determine that AER is the best fit for their problem, we fill out an AER

form and get that Soldier an appointment [with the local AER office]. Within 10-15 minutes, that Soldier can get the assistance they need. It could not be any easier," said Webster.

It's important to dispel the rumors that AER assistance is hard to get, said Maj. Gen. Anthony G. Crutchfield, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker.

"All of us have testimonies about what AER has done for either ourselves or someone that we've known over the years," said

Crutchfield.

"Last year, our AER program helped 235 Families. It gave out over \$307,000 in assistance. That's a lot. That is a force multiplier. Our Families, our spouses, our Soldiers, our retirees all benefited from that and it only came through the generosity of people like you. For that, I thank you," added Crutchfield.

Col. James A. Muskopf, Fort Rucker garrison commander and AER campaign chairman, was also on hand to highlight some of the events planned for this year's campaign.

"Our highly anticipated annual golf tournament at the Silver Wings golf course, which every year results in a huge contribution to the community, will be on April 20," said Muskopf.

"May 17 is our annual Jail-A-Thon, which is always a lot of fun and is a great effort by our MPs to generate additional revenue for the AER campaign," he added.

"Last year, the Fort Rucker community raised \$121,000 for the AER program and this year we are going to beat that," said Muskopf.

## Future: Goal is to produce exactly what is being used

Continued from Page A1

going on, on the installation, that most people would never hear about like the changing of all the traffic lights on post from standard bulbs to LEDs," she said, which consume far less energy and is only a small change made on the installation that leads toward sustainability.

The Directorate of Public Works champions a lot of these initiatives with people that are motivated to do great things for the installation, she added.

in the sustainability efforts come

with the newer Military Construction Corporation buildings that are to be built, according to the lead plans specialist. All new MIL-CON buildings must be constructed to meet efficiency requirements certified by Leadership in Energy and Environment Design Silver or higher.

"[The Wings Chapel] was [Fort Rucker's] first LEED Silver facility," she said. "It uses less energy and less water per square foot than the older buildings.'

Other aspects that go into design-Some of the bigger changes ing a LEED Silver certified building is in the landscaping, which is

designed so that there is no water runoff, said Ranchino. The parking is designed with the same certification in mind - parking spots for smaller vehicles are closer to the building than those for larger ones to help encourage people to drive more fuel-efficient vehicles.

"[Sustainability is being implemented] in a way that people don't notice a drastic change, but it can't be just a military effort, she said. The installation needs the support of the surrounding community and it starts with changing peoples view on consumption.

"People don't think about water

as being a finite resource," said Ranchino, "but an installation that doesn't' have enough potable water can be overlooked for missions that could increase the population and well-being of that particular installation - it's happened in the past. People don't think in those terms about water, electricity or the availability of land, and that's what we want to try and change.

"The surrounding communities need to be on board and use the same behaviors [as the installation]," she said. "Otherwise, you're eliminating a lot of potential."

The ultimate goal of the sustain-

ability initiative is for the installation to one-day be able to reach NETZERO, she added.

We want to make sure that [the installation] is generating as much electricity as it's consuming, repurposing as much water that is being used and that no waste is being sent to landfills," said Ranchino. The goal is to produce exactly what is being used and use the exact amount being produced.

"I'll be the first to tell you that we've got a long way to go," she said. "But it all goes back to not being about us only today - we have to look to the future.



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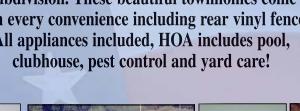


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# ARMYWIDE B IS ARMY SAFE

#### MARCH 8, 2012

# **Guard's disaster response** role defined more clearly



PHOTO BY SGT. 1ST CLASS JON SOUCY

Dave Heineman, governor of Nebraska, addresses attendees of the 2012 Domestic Preparedness Workshop in National Harbor, Md., Feb. 24. Heineman talked about the Unity of Effort, an time of crisis," Heineman said. initiative that solidifies the Guard's role in responding to emergencies and disaster situations.

By Sgt. 1st Class Jon Soucy National Guard Bureau

NATIONAL HARBOR, Md. - Through an ongoing initiative between state governors and Department of Defense leadership, greater steps have been taken to further define the National Guard's role as the first military force to respond to emergencies and disaster situations, said Dave Heineman, governor of Nebraska, while addressing attendees at the 2012 Domestic Preparedness Workshop last week.

Known as the Unity of Effort, the initiative seeks to define the roles and responsibilities of the Guard, active duty and Reserve component forces should they all be needed as part of disaster response operations.

"For governors, Unity of Effort is really about partnerships and maintaining a clear chain of cluding 50,000 National Guard forces from every command so we can best serve our citizens in

One of the main outcomes of the initiative is

that it clarifies that a Guard officer is to serve as a dual-status commander, maintaining command over both state forces - Guard elements - and federal military units that may also respond to an emergency or disaster situation occurring within the states.

"This document discusses the roles of governors and adjutant generals during a response and states that they are to be the principal support authority," said Heineman. "While this sounds simple, this phrase did form the basis for what has become an historic agreement that will dramatically change how this country prepares and responds to emergencies."

The plan has its roots in the response to Hurricane Katrina, said Heineman.

"Emergency response personnel from all across our country were called upon to assist, instate and every territory," said Heineman. "As

SEE RESPONSE, PAGE B4



Soldiers from the 12th Combat Aviation Brigade pass supplies to Montenegrin Red Cross workers. Forty Soldiers provided humanitarian assistance at the request of the government of Montenegro to provide relief and to save lives, homes and infrastructure in response to heavy snowfall.

# **Black Hawks provide aid** after Montenegro blizzard

#### By USEUCOM Public Affairs Army News Service

PODGORICA, Montenegro — Two Army UH-60A Black Hawks, one designated a lift cluding medical evacuation support to those helicopter, the other a medical evacuation aircraft from the 12th Combat Aviation Brigade, arrived in this snow-inundated area to provide much-needed supplies and medical support to the local community after relentless blizzardlike conditions shut the area down.

disaster assistance, the Army deployed the sion in a command and control function, are two helicopters and a crew of 40 Soldiers to the country to support efforts in delivering critical supplies and rescue services instranded in the areas most heavily hit by the snowfall.

members of the 361st Civil Affairs Brigade, part of the 7th Civil Support Command out of Kaiserslautern, Germany

Deployment of the U.S. aircraft follows the helicopter support provided earlier by other NATO allies - Greece, Slovenia and

### Afghan forces lead air assault

By Sgt. Daniel Schroeder 25th Combat Aviation Brigade Public Affairs

KANDAHAR AIR-FIELD, Afghanistan — As Afghan National Security Forces begin to take the lead in providing security for their people, coalition forces have moved forward into a mentoring role while conducting joint combat missions.

In Regional Command-South, the Kandahar Air Wing took its first steps toward conducting independent operations.

On Feb. 21, KAW executed its first air assault operation in Kandahar Province to disrupt and counter Taliban efforts.

"This was the first joint air assault the KAW planned and conducted," said Capt, Douglas Kinkennon, a 25th Combat Aviation Brigade company commander. "During the mission, the Kandahar Air Wing demonstrated proficiency with their aircraft. They reacted well to some unexpected landing conditions.'

For the air assault, the 25th CAB provided its vast experience in the missionplanning to the Afghan air wing.

Part of the experience included providing two OH-58D Kiowa Warrior helicopters for reconnaissance and security.

In response to the Montenegrin government's request for NATO humanitarian and

Arriving Feb. 19, the helicopters and crew came from the 1-214th Aviation Battalion of the 12th CAB, the largest Aviation brigade in the U.S. Army, headquartered in Katterbach, Germany. The brigade conducts missions in a variety of locations. Also supporting the mis-

Croatia - to assist Montenegro in responding to the worst winter weather in decades. Record snowfalls in Montenegro have left tens of thousands in the country's mountainous north cut off and unable to receive supplies of food and fuel or medical assistance.

# TF Spearhead plays key role in rescue mission

#### By Staff Sgt. Joe Armas Army News Service

GHOR PROVINCE, Afghanistan - Soldiers from Task Force Spearhead, 1st Air Cavalry Brigade, 1st Cavalry Division. teamed up with coalition special operations forces to conduct a search and rescue mission near the village of Cabalaq Feb. 22.

Initial reports indicated that roughly a dozen Afghan Uniformed Policemen had been trapped there as a result of an avalanche. When the mission to rescue the policemen was briefed, the Soldiers from TF Spearhead had to deviate from their initial plans that evening.

"We were postured for another mission when we got word that the policemen were trapped," said Maj. Bryan Woodcock, the operations officer for TF Spearhead, 1st ACB.

"The determination was made that the best option was to switch gears and use what resources we had available for the rescue mission," he added.

Woodcock said the mission presented numerous challenges; two of them being lack of communication with the stranded personnel and the extreme weather conditions that awaited the aircrews at the landing zones in the vicinity of Cabalaq.

"This was unlike any other mission I had flown in before," added Woodcock.

Flying the rescue team members

SEE MISSION, PAGE B4



COURTESY PHOTO

Coalition special operations forces personnel step off of a CH-47 helicopter from Task Force Spearhead, 1st Air Cavalry Brigade, after completing a personnel recovery mission in the remote village of Cabalaq, Afghanistan, Feb. 22. Nine Afghan Uniformed policemen and two Afghan women were rescued by U.S. Special Operations Forces after becoming stranded by severe snowstorms.

'The Kiowas helped provide the KAW air crews to factor in air-to-air communication to confirm the landing zone location and status." said Maj. Judah Lyons, S-3 plans, 25th CAB.

After the mission was complete, the aircrews returned to Kandahar Airfield to conduct an after-action review. Lt. Col. Atuallah, KAW squadron commander, said he was very pleased with the performance of his pilots during the planning, briefings, rehearsals and the mission's results.

The Afghan air wing conducted static load training with 1st Brigade, 205th Corps and Afghan National Army Soldiers prior to the mission. During the training, ANA Soldiers were trained in the loading and unloading procedures of the Mi-17 aircraft with the 1st Stryker Brigade Combat Team of the 25th Infantry Division.

#### **Army Flier Classifieds**

Thursday, March 8, 2012









## **Response:** Guard's role continues to change

Continued from Page B1

the flood waters slowly receded and the country assessed what had occurred, some in the federal government decided that federalizing the response effort was the solution."

But, Heineman said, many others felt there was an alternative solution that answered the question of how to coordinate federal military forces with Guard elements in a disaster situation.

"It became very clear, in the very first meeting, that a dual-status commander in an emergency offered the best alternative to

finding a solution to these challenges," said Heineman.

As a way to implement that, the Council of Governors was formed. Composed of 10 governors working on behalf of all the governors, the Council worked with the DOD to develop a joint plan of action.

"The joint action plan lays out the plan forward for state and federal military forces to better coordinate their work," said Heineman. "At the end of the day, that's what it's all about."

The plan of action specifically addresses the role of the dualstatus commander and, early in

the drafting of the plan, a training and certification program was developed for those who may serve as a dual-status commander, Heineman said.

"The training program was operational within a year, and almost every state now has at least one National Guard officer trained to serve in this important role," Heineman said.

The plan of action has helped to solidify the working relationship between the state and federal governments.

"(It has) helped further establish trust between the governors and the DOD and it is providing

the foundation for a new, stronger partnership between state and federal military forces," Heineman said, referring to Unity of Effort as "the cornerstone for a successful emergency response effort."

But as a way to improve upon that cornerstone. Heineman said that both the adjutants general and the governors must maintain a solid dialogue on the Guard's capabilities within the state.

"You need to have a close personal relationship with your governor and you need to do it on days that your governor doesn't need to see you," Heineman said, addressing the adjutants general

present. "We need to know how you can respond and all the things that you do and to see the troops in action well before that emergency response is necessary."

Heineman stressed the importance of the role the Guard plays.

"The role the National Guard is playing today is extraordinarily different than what it was 20 or 30 years ago," Heineman said. "It's amazing what you do and the training that (is provided) and the exceptional manner in which you perform those missions. It's better today than we've ever had. We don't want to go back. It's absolutely phenomenal."

## Assault: Afghan confidence contributed to mission success

#### Continued from Page B1

While Soldiers completed their assault training and helicopter boarding techniques, the pilots made final preparations for training passes and the final mission.

"All the elements involved were well pre-

Spearhead, 1st ACB.

as we were loading and un-

loading people so we could

avoid sinking the helicopter

Cox said the aircrews had

to get the rescue team per-

sonnel as close to the village

as possible to facilitate their

efforts to retrieve the strand-

As the aircraft made the

initial landing near the village, a cloud of snow en-

gulfed the area causing what

is referred to as a "whiteout"

that limited visibility and

into the snow."

ed personnel.

pared for the mission," said Lyons. "Their confidence and ability to react to unexpected variables contributed to the success of the operation."

Throughout the entire training and planning phases, the 1-205th and Afghan Air Wing demonstrated their flexibility and determination to increase the security of their country, he said. According to Lyons, all units left the training with the highest confidence that

all Soldiers were properly trained flying in the Mi-17 helicopter and coordination with multiple aircraft from different countries

executing a combined air assault operation. "I am proud to see the Kandahar Air Wing and 1-205th Corps planning and executing missions for their country," added Kinkennon. "It shows that Afghanistan's armed forces can stand up for their government without us someday.'

#### **Mission:** 'You don't always see the immediate impact of what you accomplish'

Continued from Page B1

into an area at 10,000 feet altitude combined with the extreme weather conditions required thorough mission planning, he said.

The crews had little time to prepare since quick mission execution was required.

"They [the policemen] had already lost one person and we couldn't let them lose anymore, so we had to get out there as fast as we could," said Spc. Daniel Cox, one of the crew chiefs who took part in the mission.

The actual insertion and extraction of personnel from the aircraft provided another challenging task for the aircrews, added Cox, who is made it more complicated to

assigned to C Company, TF keep the aircraft from sinking. "We landed on about

The rescue team exited four to five feet of snow at the aircraft and proceeded to the landing zone," Woodretrieve the stranded policecock added. "The aircraft men in the village. was essentially at a hover Once the rescue team

members retrieved the stranded personnel, the aircrews returned to transport those who were stranded to

a medical facility nearby. As the personnel approached the aircraft for extraction, Cox, along with other crew members and rescue team personnel, helped load the passengers on board.

"We had to literally pull the passengers up into the aircraft since the snow was so deep," added Cox.

In total, nine Afghan policemen and two Afghan women were rescued. They all predictably seemed relieved as they departed the aircraft near the medical facility, said Cox.

Woodcock said completing a successful mission like this has big picture implications.

"You're doing a lot of things out here and you don't always see the immediate impact of what you accomplish," said Woodcock. "I think something like this goes a long way to show that we are committed to helping the Afghan people, and that is the ultimate intent of our country."





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Students celebrate Dr. Sauss birtiday

**By Angela Williams** Army Flier Staff Writer

Some children's eyes were wide with wonder. Some wrinkled up their noses in disgust, while others maintained expressions of confusion. But all the children waited in line for a plate of green eggs and ham during Fort Rucker Primary School's end-of-theweek celebration of Dr. Seuss' birthday.

The Friday event rounded up a full week of learning as part of the national Read Across America week. Some of the other activities scheduled throughout the week included crafts, painting, snacks, dress-up days and "lots of reading," said Neva Martin, a kindergarten teacher at the school. Some of the younger students also learned about rhyming words through the poems of Dr. Seuss.

In addition to the unusual snack, children were also treated to a gym full of field day activities. Each activity station was inspired by a Dr. Seuss book. At the "Foot Book" station, children played the game Twister and at the "Hop on Pop" station, children competed in a long jump contest and took turns on bouncy balls.

While almost all of the children were quick to participate in the gym activities, many were reluctant to taste the green eggs and ham.

"I can't bear to try it!" a first-grade girl said.

But after finding the courage to take the first few timid bites, most students cleaned their plates and several asked for seconds.

"It looks gross, but it's really good," one said. Another student said the green eggs were better than the eggs his mom made.

The snack was prepared by Lt. Col. Herman Valentine, the Deputy Assistant Commandant for the Army National Guard, and his helpers, Maj. Britt Reed, Army National Guard Programs and Training, and Col. Sal Renteria, Army National Guard Command Flight Surgeon. Valentine has made a tradition of cooking green eggs and ham for his wife's class every year, but this was the first year for the two others to participate.

Reed and Renteria read Dr. Seuss books to the children while Valentine manned the cook station.

"We've done this every year since we've been married and every year we get better at it," said Jennifer Valentine, a first-grade teacher, adding she's not sure if the children or her husband enjoy the day more.

"I look forward to this every year," the lieutenant colonel said. "We used to do (the eggs) scrambled, but it didn't look anything like the book."

This year, he may have perfected his recipe for Dr. Seuss-style green eggs. Valentine fried the eggs on a griddle, sprinkling them with salt and pepper and coating them with a mixture of water and food color from a spray bottle. The ham was cooked in similar fashion, but in an electric skillet and without the spray bottle.

He said he was expecting to cook about 70 eggs for several classes throughout the day.

Martin, the kindergarten teacher, said all the teachers worked together to make the week a success. They planned the activities, set up the stations and cleaned up together. A few parents joined in to help as well.

All the supplies will be saved to use again during next year's Read Across America week, she added.

Read Across America is an annual event, planned around Dr. Seuss's birthday on March 2, that aims to encourage children to read. It also provides parents and Family members with tools to promote reading year-round.

"It's just a fun way to celebrate a birthday," Jennifer Valentine said.



Maj. Britt Reed reads a Dr. Seuss book to children during a celebration of Dr. Seuss' birthday at Fort Rucker Primary School Friday.



April Christie balances bean bags on her daughter Ava's head during the celebration.



Anders Mijatovic tries green eggs and ham.

# Volunteers strengthen themselves, organizations

By Angela Williams



Service for about nine months. He On post, volunteers are almost

#### Army Flier Staff Writer

Whether you are looking for job experience, a resume builder or simply a way to connect with people in the area, volunteering has something to offer.

"Volunteering offers a wide variety of personal benefits, such as new job skills, networking, on the job training and experience for a resume," but it also builds a stronger sense of community, says Karen Hayes, the Army Volunteer Corps Program Manager.

Hayes' job is to connect volunteers with the best place for them to serve. She says there are both short-term and permanent positions, as well as positions for varying levels of mobility.

She encourages Families, friends and colleagues to volunteer together. Working together gives parents a chance to teach, by example, the value of giving back, she said.

"There is a stronger sense of community, especially for the military, when the Family becomes involved in the world outside of the gates. These efforts strengthen community relationships and support the efforts of organizations PHOTO BY ANGELA WILLIAM

Joan Willingham, Army Community Service volunteer, folds newsletters at the Soldier Service Center.

everywhere," Hayes said.

Volunteers are especially important for organizations with limited resources. Hayes said these groups "simply could not exist without dedicated volunteers." Other organizations, such as the Fort Rucker Thrift Shop, would be limited in what funds they could give back to the community.

"Organizations such as Youth

Services utilize volunteers as coaches and mentors for a majority of their programs," she said. "Many parents give their time because they have a vested interest in making sure their children have the opportunity to participate, but we also have flight students and civilian employees that step up and assist whenever needed."

Richard Kynard has been volunteering with Army Community does mostly administration work such as putting together relocation packets and greeting Soldiers that are in-processing or out-processing.

Kynard says he started volunteering after retirement to help the military perform its mission at Fort Rucker and around the world.

Joan Willingham, another ACS volunteer, has a similar story. After she retired, she had a dog that kept her busy at home, but eventually, she had to have the dog put down. Willingham said she was not content to sit at home watching television.

"I needed to do something useful," she said.

She started volunteering at ACS about five or six months ago, and "I've been here ever since," she said.

She encouraged others to join the volunteer ranks with her. "I think everyone should volunteer. I think everyone who's retired should give some of their time," she said. "It's so worthwhile. The satisfaction is enormous."

ACS and the thrift shop are just two of the many volunteer opportunities around Fort Rucker. always needed for Family Readiness Groups, chapel activities and the schools. Hayes says most of the opportunities on post can be found on www.myarmyonesource.com.

PHOTOS BY ANGELA WILLIAMS

Volunteer positions posted on the website usually include a description of the need, a point of contact and an online application.

If someone is interested in volunteering off post, Hayes can help with that, too. Around Fort Rucker, Habitat for Humanity, local animal shelters and several Hospice organizations are usually in need of volunteers.

She can give potential volunteers the information they need to pursue opportunities at any of these organizations.

"There are volunteer opportunities for everyone whether you want to give your time every week, once a month or once a year." Hayes says.

If anyone would like to volunteer, but is unsure of where they would like to work, Hayes says they can make an appointment with her to discuss it. To make an appointment or to learn more about volunteer opportunities around Fort Rucker, call 255-3643.



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

#### ScreamFree Parenting Workshop

Army Community Service and the Family Advocacy Program host a Scream-Free Parenting Workshop Wednesday and March 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 Wednesday from 6-8 p.m. and March 15 from 9:30-11 a.m. The deadline for registering is today. 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.

#### **Character Dining**

The Landing Zone hosts Character Dining Tuesday from 5–8 p.m. 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 children eat free from the children's buffet with one paid adult entrée

#### \$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.

#### St. Patrick's Day **Craft Making** ctivity

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.

#### Comedy Live at Rucker

Comedy Live at Rucker will feature comedians Cerrome 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. 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.

#### **EFMP Support** Group

will be discussed.

Get R.E.A.L.

Experience, Army

Army Community Service

hosts Get R.E.A.L., Rucker

Experience, Army Learning, an Army Family Team

Building concept block de-

signed to help those who

might be confused by Army

life, March 22 from 8:30

a.m. to 2:30 p.m. at the Com-

mons. The class discusses

terms and acronyms and

provides information on Fort

Rucker. Topics include: ac-

ronyms, Army customs and

courtesies, military ranks,

community resources and

(Rucker

Learning)

The Exceptional Family Member Program invites all active duty military Families that have an exceptional Family member to the EFMP Information and Support Group meeting March 20 from 9-10 a.m. at The Commons in Bldg. 8950 on Seventh Avenue. The topic for the meeting is "Diabetes: Health and Nutrition Overview," presented by Amanda Goodson, a registered nurse with the Family Advocacy Program. Tips, techniques and tools to manage diabetes



# Youth turkey hunt

Perry Yelverton and Bailey Holland show off their turkeys that earned them second and first place, respectively, at last year's Youth Turkey Hunt on post. This year's hunt is Saturday from 5-11 a.m. at Silver Wings Golf Course. The event is Exceptional Family Member Program friendly and open to the public for youth ages 7-15 years old. Youth must be escorted by an adult and the parent or escort of the youth must have an Alabama State Hunting License and a Hunter Education Completion Card. The entry fee is \$7 and the deadline to register is Friday. Hunters may register at outdoor recreation in Bldg. 24236 on Johnston Road. For more information, call 255-4305

more. Advanced registration is required. For registration and childcare information, call 255-2382.

#### **Stress Management** Workshop

Army Community Service's Family Advocacy Program hosts a Stress Management Workshop March 27 from 9-11 a.m. at the Family Advocacy Program Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include: identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required. This workshop is open to active duty service members, retired military members, Department of Defense employees and Family members.

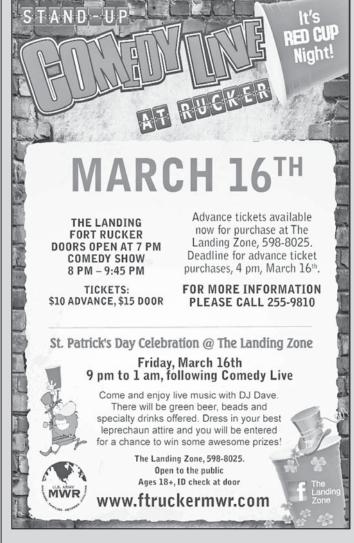
For child care information and registration, call 255-3898 or 255-9641.

#### **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. There are 30 spaces available



#### **OPEN TO THE PUBLIC PURCHASE YOUR TICKETS TODAY!** AGES 18+, ID CHECK AT DOOR



The Center Library hosts a St. Patrick's Day craft making activity for children ages 3-11 Tuesday 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.

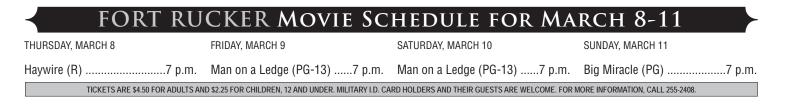
#### **Teen Book Club**

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 Monday. The club's first book will be "The Hunger Games" by Suzanne Collins - part of the popular young

For more, call 255-2677 For more, call 255-9277. 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.



# **AFAP chooses 8 issues** to help military Families

#### By Rob McIlvaine Army News Service

ARLINGTON. Va. - Extending the time allotted to invest survivor benefits and granting per diem for Families to attend therapy sessions were the top issues requested last week during the Army Family Action Plan conference.

After four days of workshop discussion, groups presented their top issues to senior Army senior leaders Friday.

"I've been told that since 1983 this forum has raised 501 issues that were resolved," said Gen. Raymond T. Odierno, Army chief of staff. "Most importantly, 61 percent of those issues went across the entire Department of Defense. So you're not only helping Army Families, you're helping Air Force Families, Marine Families, Navy Families, Coast Guard Families. And I know the Air Force has started this (type of forum) as well."

The Army Family Action Plan, known as AFAP, is not just about the Army, Odierno said, it's about military Families and the work the delegates are doing to help military Families.

"But most importantly you're helping those who come behind us - those Families that are maybe just coming into the Army, who don't understand the Army that much and don't understand what's there. You are setting the stage for them, and reaching out to them, and making sure our Army is a better place for our Soldiers and our Families," he said.

After opening remarks by senior Army leaders, members of the four working groups met in private to decide the priority of the top eight issues. The following is their prioritization in descending order with two being tied in importance.

1. Survivor investment of military death gratuity and Service Members' Group Life Insurance.

Currently under the HEART Act, or Heroes Earning Assist and Relief Tax, the survivor receiving the death gratuity and SGLI funds has the opportunity to place up to the full amount received into a Roth Individual Retirement Account or Coverdell Education Savings Account within 12 months after receipt of funds. The recommendation is to amend the HEART Act to extend this to



Secretary of the Army John McHugh makes a point during the General Officer Steering Committee meeting in Arlington, Va., Feb. 28 during the week of the Army Family Action Plan.

24 months

#### 2. Transportation and per diem for service member's Family to attend Family therapy sessions.

Travel and per diem are not currently authorized for Family members who are requested to attend Family therapy sessions with Soldiers receiving substance abuse or behavioral health treatments. The recommendation is to authorize travel and per diem for Family members to attend these sessions as required by behavioral health professionals

3. Department of the Army Form 5893 "Soldier's Medical Evaluation Board/ Physical Evaluation Board Checklist" language clarification.

The language defining the entitlement to

cations for receiving concurrent payments needs. The recommendation is to determine of VA disability pay and Army retirement pay for medically retired veterans.

The recommendation is to modify form 5893 to warn of the potential recoupment ramifications when receiving concurrent payments of VA disability pay and Army retirement pay for medically retired veterans

#### 4. Child, Youth and School Services facility-based programs, one-on-one assistance and reduced adult/child rations for children with special needs.

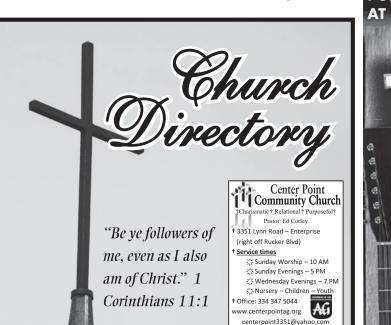
Child, Youth and School Services facilitybased programs do not consistently accommodate one-on-one assistance or reduced adult/child ratios for children with special

the appropriate level of care or staffing ratio in Child, Youth and School Services facility-based programs for children with special needs based on the recommendations of the Special Needs Accommodation Process team.

#### 5. Identification card for Gold Star lapel button recipients (tied with No. 4).

Gold Star lapel button recipients who are not authorized a DOD identification card do not have easy access to Army installations. The recommendation is to create a card that provides access to Army installations for those authorized to receive the Gold Star

SEE AFAP, PAGE C4





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so you can know Heaven as your eternal home

the minimum retirement

requirement and not be

separated due to medical

Delegates also assessed

most important now.

Plan

valuable, or critical were:

reasons.

# **AFAP:** Delegates work to build resiliency in Army

#### Continued from Page C1

#### lapel button.

6. Commissary, Armed Services Exchange, and Morale, Welfare and Recreation privileges for honorably discharged disabled veterans with 10 percent or greater disability.

Honorably discharged disabled veterans with 10 percent or greater disability are not currently authorized commissary, exchange and MWR benefits. The recommendation is to authorize this.

7. Creditable civil service career tenure requirements for federally employed spouses of military service members and civilian federal employees.

Federally employed spouses of military service members and civilian federal employees may have difficulties reaching creditable civil service career tenure requirements due to relocation assignments. The recommendation is to increase the 30-day creditable civil service career tenure requirement break for all federally employed spouses of military service members and civilian federal employees to 180 days after resignation in conjunction with the relocation of their military or federal spouse. 8. Retention of wounded, ill and injured service members to minimum retirement requirement.

Wounded, ill and injured service members are being medically retired between 18 and 20 years of active service due to physical disabilities, involuntarily removing them from military service despite otherwise being eligible for sanctuary. The recommendation is to authorize service members who have between 18 and 20 years of service to remain on active duty to

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INFO 24/7 - 347-253 se Shu G **С**тя PROJECT X\*- 🖟 M-F 7:10 & 9:10 • S&S 2:00, 7:10 & 9:10 ■ TYLER PERRY'S GOOD DEEDS- R M-F 7:00 & 9:20 + S&S 2:00, 7:00 & 9:20 Westgate Center N **THE VOW-** (2013) M-F 7:00 & 9:15 • S&S 2:00, 7:00 & 9:15 v **THIS MEANS WAR-** (2013) M-F 7:00 & 9:00 • S&S 2:00, 7:00 & 9:00 OLLEGE CINEMA • ENTER \$2.00 Upcharge for 3D

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which programs and ser-Concurrent with the AFAP vices were more valuable. Last year, the delegates was a meeting chaired Feb. were asked to focus their 28 by the Army vice chief of staff with the General assessment on programs dealing with mobilization Officer Steering Commitand deployment. But with tee, consisting of about 40 general officers, senior exthe constrained resources ecutives and command serand troops coming home, this year they were asked to geant majors.

pick programs and services They worked through 37 AFAP issues, and closed nine of them with 28 re-The top five responses for programs that are most maining open. The delegates were then asked to prioritize the current open · Army Family Action issues, so they projected the

top seven as: 1. Issue 596: Convicted

- sex offender registry; 2. Issue 670: Medically retired service member's eligibility for concurrent receipt of dis-
- ability pay; 3. Issue 665: Formal standardized training for designated caregivers of wounded warriors:
- 4. Issue 626: Traumatic Servicemembers' Group Life Insurance for post-traumatic stress disorder; 5. Issue 673: Space-A
- travel for survivors registered in DEERS; 6. Issue 614: Comprehen-
- sive behavioral health

and

7. Issue 629 (tied with Issue 6): 24/7 out-of-area TRICARE prime urgent care authorization and referrals.

"What we're trying to do within the Army now is not build dependency," said Odierno, "but build resiliency. We want resilient Families. What we ask our Soldiers and our Families to do is difficult, but it's also

special. So what we want to do is we want to make them able to be resilient, to prove themselves individually so they can add to what I call the collective good.

Odierno said that it is

program for children; unprecedented for an allvolunteer force to still be involved in 10 years of war. "You have lived that. And many of you have seen some of the issues that we have to continue to work to make sure we're providing for our Soldiers, our Families, our children, our extended Families, our Gold Star Families, all those that have contributed so much to what the Army and the full force has been asked to do over the last 10 years," he said.

"So in my mind, this is even more critical than most. So I want to thank you for what you've done," Odierno said.



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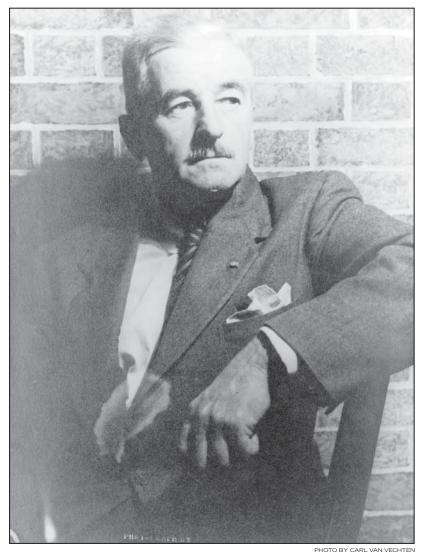
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A photograph of William Faulkner in 1954. The Ozark Dale County Public Library hosts "An Afternoon with the Faulkners of Mississippi" March 15 from 2-3:30 p.m. in the Alice Doughtie Wing.

# **Local library hosts 'An Afternoon with** the Faulkners of **Mississippi**

#### By Lael Walding

Ozark Dale County Public Library

The Ozark Dale County Public Library hosts "An Afternoon with the Faulkners of Mississippi" March 15 from 2-3:30 p.m. in the Alice Doughtie Wing.

Dean Faulkner Wells was the last surviving relative of William Faulkner. She was William Faulkner's younger brother's daughter. Dean Wells' father was a barnstorming pilot in the early days of airplanes. He was killed in a plane accident four months before Dean's birth. Brother William had bought the plane, and promised upon Dean's birth to raise her.

At the age of 73 and having outlived all the principals in the family, Dean Faulkner Wells began to write her memoir. It took her two years to write "Every Day by the Sun," which tells the details of her life growing up in the Faulkner extended family, her grandmother's bedroom, receiving room, the Victory Gardens, World War II, home protection guard, and children's games and pastimes in a world with no TV.

William Faulkner entertained

the family with ghost stories and sometimes organized elaborate Halloween parties. Dean Wells' Uncle William loved formal celebrations. Their holiday meals were feasts with all the trimmings.

Because of Dean's unique position in the Faulkner family, she was able to take both a subjective and objective view of the characters who raised and loved her as she describes in her book.

Dean Wells died in July 2011. She is survived by her husband, Larry Wells, who will be the presenter of this unique program at the library. Larry Wells is formerly from Ozark and is the son of Judge Val McGhee of Ozark. The Wells operated a small press, publishing the works of southern writers.

Before Dean Wells' death. "Southern Living" did an interview and wrote an article about her in the April 2011 magazine. The 25-minute video interview will be shown during this program.

Friends of the Ozark Dale County Public Library are hosting this unique program. For more information about the program, call 774-5480.



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#### ANDALUSIA

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

#### DALEVILLE

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

#### DOTHAN

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

ommended for elementary aged chil- or visit the VFW Post 6683 on Facedren. 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.

book.

#### 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.

begins at 5:30 p.m. Each reader will have three to five minutes to deliver their piece. The main event will begin at 6 p.m. opening with musical guests Three Men and a Lady. This evening is open to everyone. A \$2 donation will be accepted at the door.

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 Monday.

#### PINCKARD

 $\mathbf{ONGOING}$  — 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

www.wiregrassrockhounds.com or call 4502, Rm. 131. (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 rec-

**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,



SATURDAY - Rhyme and Reason, an open mic event, will be at the Ann Rudd Art Center, on the square in Ozark 6-8 p.m. The event is hosted by Laura Bruce, a New York native, who moved to Ozark a year ago. The sign-up sheet for presenting a reading at the open mic

**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**

#### **Festival of Art at Waterfront Park**

Orange Beach hosts a festival of art Saturday and Sunday 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

Whether you are looking to build, remodel or just save money, the Gulf Coast Home and Garden Expo, held Friday, Saturday and Sunday at the Bay County Fairgrounds, has something to offer.

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 ninth 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," on Saturday 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.

#### Historic homes tour

Enjoy a tour of historic homes in one of Mobile's oldest neighborhoods March 16-17.

This year's tour features several private homes built in the antebellum era, including the house where General Buchanan watched the Battle of Mobile Bay.

Tickets are \$20 in advance and \$25 the weekend of the event.

For more information, contact the Mobile Historic Preservation Society at (251) 432-6161.



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MARCH 8, 2012





# Swing, batter, batter, swing!

# Intramural softball coaches' meeting scheduled for Tuesday

The Fort Rucker Fitness Facility, Bldg. 4605, will host an intramural softball coaches' meeting Tuesday at 9 a.m. for anyone wishing to coach an intramural softball team. Those that wish to participate should attend the meeting or send a representative. The intramural softball preseason begins April 9. For more information, call 255-2393 or 255-2296

Top: Jeremy Stephan, Gamecocks short stop, slides into third base during the team's game against the Warhawks last year. The Gamecocks won. 22-14.

Left: Clarence Simmons, 597th Maintenance Company Gamecocks outfielder, swings at a pitch during the team's game against the 164th TAOG Warhawks last year. The Gamecocks won, 22-14.

# Season-long turkey hunt features prizes

**By Nathan Pfau** Army Flier Staff Writer

Turkey hunters can rejoice as the Outdoor Recreation Gobbler Classic Turkey Hunt returns to Fort Rucker this year to run through the entire turkey season from March 15 to April 30 with awarded to



the bird, measure the beard and the spurs the same way that the NWTF does so that [the turkeys] will be scored properly," he said. "Somebody could win by a 10th ing scale].'

get out and enjoy the wildlife and saying, "If you can get around, Rucker has to offer, said Clancy. The experience of the hunt itself is something to be enjoyed, but more than that, it's the new friendships that can be forged during the competition. "The camaraderie [of the hunt] brings [people] together and creates friendships that they thought might never have existed," said the program manager. "[Soldiers] will meet new people from, retirees to civilians, and they will be able to bond beyond just hunting. It just brings people together." The Gobbler Classic isn't just for experienced hunters, said Clancy. New hunters are encouraged to participate in the seasonlong hunt. The turkey hunt is a great opportunity for newcomers that want to get into the sport and outdoor recreation will even provide help to those that are new to the game "We have people [available] to help newcomers," he said, Whether it's to just sit and guide them or do the turkey calls for them. We can meet them on whichever day they would like and help them bag their first turkey.

general public, according to the program manager. As long as people have a valid driver's license and proof of insurance, they should be allowed onto the instalof a point [according to the grad- lation to participate. Participants can also range from 7 years of age The hunt is great for people to up to senior citizens, he added, you're more than wel

ners

The contest has been held every year for at least the past 10 years, according to John Clancy, outdoor recreation center program manager, but has always been a one-day event and the winners used to be awarded trophies.

"We changed [the length of the contest] because we would host the contest on a Friday and a lot of Soldiers weren't available to participate," said Clancy. "We want to be able to accommodate Soldiers that aren't available to hunt on a single day. Stretching the competition over the entire season will bring more participants and more competition.

The hunt will take place on Fort Rucker in the training areas that are designated for hunting, according to the program manager, and different types of weapons that are regulated by the state are allowed for use during the contest.

"There are certain weapons people can use for a turkey hunt and participants must abide by the state regulations," he said. "People can use shotguns with regulation shots, and bows and arrows and crossbows are allowed as Bailey Holland displays her 20-pound, double-beard turkey taken in Area 40 at Fort Rucker during the Youth and Challenged Sportsmen Turkey Hunt last year. Outdoor recreation hosts the Gobbler Classic Turkey Hunt March 15 to April 30 with cash prizes awarded to the winners.

long as the crossbow doesn't have a magnified scope on it."

The turkeys that are killed during the contest will be certified by the National Wildlife Turkey

Federation scales, according to Clancy, and turkeys killed up until the very last day are eligible in the contest.

"We will take the weight of

The turkey hunt is open to the

ticipate."

Participants wishing to hunt in the 7-15 year age group must have a guide, sponsor or parent that has a valid Alabama state hunting license with a Fort Rucker hunting permit, and has completed the hunters education course. Those that are 16 years old and up must also have a valid Alabama hunting license and have completed the course prior to the contest as well, said Clancy.

The hunters education course is available on Fort Rucker with no cost to people that wish to attend, said the program manager, but prospective hunters must complete an online course prior to attending the education course. After the online exam, a date will be scheduled for a four-hour, inclassroom course held either on or off the installation.

Registration for the turkey hunt is being held until Wednesday and the cost of entry is \$25 per participant, he said. All turkeys must be harvested on Fort Rucker in order to qualify for the contest.

For more information, call the outdoor recreation center at 255-4305.







45 "What?" 48 Crack up 50 Proclama-tions 51 A nose that

51 A nose that shows 53 Coat-of-arms figure 54 Lovett or Waggoner 56 Italian

# Super Crossword

98 It may be white 99 Signor Ferrari 101 Stock-brokers? 105 Petite pet 108 Blood com-ponents 60 Progress
61 Chaka Khan's group
63 Pigeon English?
64 To boot
66 Spud bud 109 Blood com-ponents 109 Kid at court 110 Former govt. agcy. 111 Carpenter 67 Bulldog, for one 68 "Blame — Rio" ('84 film) ('84 film) 69 Capone imperson-ator? 73 Hire a private eye 75 Landed 76 Palm Sunday animal 113 Wine valley animal 77 Humbug lead-in 79 Act like an antelope 80 Oxford 131 Kuv 132 Blackboard 133 Type of chalcedony 134 Holler 135 Odense denizen 80 Oxford figure 81 Vote in 83 "Watership Down" author 85 Defy a dictator 89 Salad vengie DOWN 89 Salad veggie
91 Geronimo's birthplace
93 Draw
94 Donated
95 Swedish currency
96 Mardi — Man's attar ego?
 Like the Kalahari
 Agra attire
 Prepared a pineapple
 Whippet's warning

BUT THERE'S ALWAYS HOPE.

ACROSS

ACROSS 1 Summer stinger 5 sailor's quaff 9 In the sack 13 Master, in Madras 18 "Dies —" 19 Melodious McCantire 20 — Valley, CA

21 Walked confidently 22 Tenured? 24 Ex-wife, sometimes? 26 Roman official 27 Umps 29 Bus, bigwig 30 Plant part

29 Bus, bigwig
30 Plant part
31 Writer Blyton
33 Tabula —
37 At full tilt
40 Violin bows?
44 Evils
45 Terry-cloth inscription
46 Cookbook author
47 Deed
49 Wraps up
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35 "- Game" ('71 film)
36 Up and about
38 Requests
39 Ain't right?
40 Spanish sherry 1 Man's altar

# 40 Spanish sherry 41 Author Dinesen 42 "Peter Pan" pirate 43 Tried a mouthful



STRICTLY

SPEAKING

88 Actor Horsley
90 Currier's partner
92 Memo start
93 On a whale watch, perhaps
95 Asian nation
97 Clothes
100 African
102 Quayle or Blocker
103 Eye appre-





by Dave T. Phipps



GENERAL KNOWLEDGE: What term refers to a type of patterned sock or sweater and a region within a country?

2. LOGOS: What is the official logo of the Atlanta Braves baseball team? 3. HOLIDAYS: When was Father's

Day first celebrated officially? 4. CHEMISTRY: What is the color of sulfur at room temperature? 5. ANATOMY: What human organs

are responsible for cleaning waste from blood?

6. HISTORY: In what year did U.S. law require cars to include turn signals?

7. FOOD & DRINK: Which vegetables are used primarily in succotash? 8. BIBLE: What is the longest book in the Old Testament? 9. U.S. GOVERNMENT: Which

Constitutional Amendment deals with self-incrimination? 10. MOVIES: What new category

was added to the Academy Awards in 2001?

See Page D3 for this week's answers.

### Weekly SUDOKU

#### by Linda Thistle

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★ Moderate ★★ Challenging \*\*\* HOO BOY!

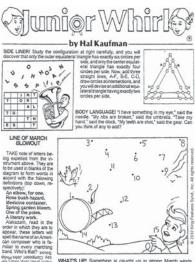


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See Page D3 for this week's answers.

See Page D3 for this week's answers.

# KID'S CORN



Area WHAT'S UP! Something is caught up in strong March above. What can it be? Draw lines dot to dot to find out.

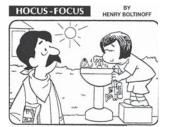


DOUBLE DIPI TaskNo. 1: Find twins, TaskNo. 2: Add the following colors by number: 1—Red. 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Fiest. 6—Green, 7—OK brown, 8—Purple.

SPELLBINDER	
SCORE 10 points for using all the letters in the word below to form two complete words:	
VISCERAL	
THEN score 2 points each for all words of four letters or more found among the letters.	
Try to score at least 50 points. 1806 '(IAB) :BUDSONL BIOSSO	

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8	2	7	3	6	8	4	5	7	8	3	5	7
U	1	0	1	Ν	Ν	V	0	А	В	Ν	R	L
6	7	4	2	4	7	6	8	5	2	5	3	7
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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 han 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.





# **Wounded Warrior Amputee Softball Team feels like 'America's Team'**

By Tim Hipps IMCOM Public Affairs

VIERA, Fla. - Cpl. Matt Kinsey says he plays for the newest version of "America's Team" -- the Wounded Warrior Amputee Softball Team.

"We've got the best fans of any team in America," Kinsey said Feb. 24 after practicing at Space Coast Stadium, spring training home of MLB's Washington Nationals. "Everybody says we're America's new favorite team. The support that we get is just unbelievable - everywhere we go, we get first-class treatment."

All the players are Soldiers or Marines who lost limbs while deployed to Iraq or Afghanistan. They're the first softball squad completely assembled with wounded warriors playing on prosthetics or with missing body parts.

They plan to play 60 to 75 games this year against able-bodied teams, and they expect to win most of those contests. For these guys, however, every day spent on the diamond equals a win-win situation.

"The fans thank you for your service and everything, but they're kind of in awe because they're not used to seeing something like this — it's the first time it's ever been done: guys playing competitive softball on prosthetics," Kinsey said. "I think they look at us walking in like, 'ah, I don't know if these guys are really going to be up to snuff.'

"But they find out pretty quickly that we can play. As soon as the game is over, I think they're just in awe of how hard we play and the talent level we're at. We get a really good reception," he said.

The team is the brainchild of David Van Sleet, 56, a former Army specialist who spent the past 32 years working with prosthetics for the Department of Veterans Affairs.

"I've been involved with softball my whole life, managing, coaching and playing," Van Sleet said. "I just stopped to do this. I'm the brainchild, the founder and head coach.

"I saw some pretty athletic looking guys coming back from Iraq and Afghanistan," he explained. "And the University of Arizona acquired a congressional grant that enabled us to bring 20 guys to Tucson in 2011 for a disabled veterans sports camp. I came up with the idea to make it a softball camp.

"When we were there, the camaraderie and the skill level that I saw, I was like, man, we've got something here. More importantly, the guys told me that we had something there, and they didn't want it to end. We took it from there and it's just exploded " said Van Sleet

The team carries 13 to 15 players on the roster and takes 11 on each road trip to play against military teams, firemen, policemen, celebrity squads, elite women's teams and all-comers.

They will face a D.C. celebrity team following the Boston Red Sox-Washington Nationals game April 3 at Nationals Park in Washington, D.C. They also have a game set for Doubleday Field in Cooperstown, N.Y., home of the National Baseball Hall of Fame and Museum.

The Hamptons on Long Island, N.Y. And, Olympic softball star Jennie Finch has invited them to Louisiana for a "Battle on the Bayou." The team is also slated to play before the NCAA Women's Softball Championship finale in Oklahoma City.

Kinsey, 26, played baseball for Rockville High School

YOUTH BOWLING

sports physical to participate.

For more, call 255-9503.

YOUTH TURKEY HUNT

More extravaganzas are set for Huntsville, Ala., and

Rucker Lanes and Child, Youth and Schools Services are

accepting registrations for youth bowling. Cost for ages 7 and younger is \$50. This includes two games of bowling, shoe rental,

ship, trophies and awards and an end-of-season "XTREME" party. Cost for ages 7 - 19 is \$65 and includes three games of

bowling, shoe rental, a youth bowling jersey, USBC member

ship, trophies and awards and an end-of-season "XTREME"

party. Children must be registered with CYSS and have a current

Outdoor recreation hosts a youth turkey hunt Saturday 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

a Bowlopolis weekly cartoon, U.S. Bowling Congress met

in Indiana and a year of junior college ball for Danville

going and planting, I probably have more of an advantage because I create more torque. I have more leg than a lot of the guys." Saul Bosquez played high school, American Legion and two seasons of junior college baseball at Grand Rapids Community College before joining the Army. He soon

2006.

I have a nub.

he added.

deployed as a specialist from Fort Benning, Ga., to Iraq. On Aug. 1, 2007, Bosquez had completed a convoy of Iraqi police checkpoints and was returning to base when his vehicle encountered an improvised explosive device that broke his left leg in 11 places and collected two of his right toes. Eventually, he became a below-the-knee amputee.

"It was the best thing for me to do," Bosquez said. "It was a tough decision, being 22 years old, and having to

> Hunter Education Completion Card. The entry fee is \$7 and the deadline to register is Friday. Hunters may register at outdoor recreation in Bldg. 24236 on Johnston Road. The event is open to the public.

For more, call 255-4305.

#### SOFTBALL COACHES MEETING

aral softball coaches meeting is Tuesday 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.

#### 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 be-gins 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

decide where I wanted my leg cut off at. I guess it's a decision you never think you're going to have to make.'

Bosquez's first athletic journey outside of WRAMC in Washington was to Jim Estes' Salute Military Golf Association clinic for wounded warriors in Olney, Md.

"You can feel sorry for yourself all you want, but it's not going to make your situation any better," Bosquez said then. "So why not try to do something?

"It's like the easiest thing to do for guys missing legs," Bosquez recalls of the golf therapy. "It's not very highimpact, and it gets them back out there competing. Golf is not always against other people, though, it's a very mental game. I have a new found respect for golf. I play a lot of golf now."

On a good day, he has a golf handicap of 13, a score most honest hacks would envy. Bosquez, however, was a former football and baseball player who swam and ran track. He still yearned for team competition and was determined to play baseball again - or at least softball.

"I can do other things, but they don't have a lot of programs for the things that I want to do," he said. "I'd like to start a baseball program and actually play in a league." He since has learned how to ski on snow and water -

something he never attempted on two natural legs.

"I'd never tried either one until after I lost my leg." he said. "I picked it up just like that. Anything athletic always has just come pretty naturally to me."

Fast forward four years, and Bosquez is playing in a veritable softball league of his own.

Last March, about 20 wounded warriors gathered for the tryout camp at the University of Arizona. They concluded with an intra-squad game in which Bosquez threw out a runner at home plate to preserve the victory.

"That was a pretty cool moment," he said.

Kinsey said learning how to achieve daily activities was the hardest part of dealing with his injury.

"Being out here on a ball diamond, your mental instincts kick in," he explained. "I've played in thousands of games so it's more muscle-memory than anything. Everyday things like showering or getting up in the middle of the night to use the bathroom, you have to hop there but you get your own system and learn what works."

Kinsey bats third in the Wounded Warriors' lineup.

"I go deep every now and then if the wind's not blowing in." he said with a grin.

He still has difficulty fathoming this whole scenario.

"If you would have asked me over a year ago when I got hit if I would be playing softball at spring training with the Nationals, let alone being on this team and getting to go to all the places that we've been, I'd tell you that you were full of it," Kinsey said. "This has been a dream come true, and it's only getting bigger. We've been from the East Coast to the West Coast so far."

Kinsey, a sixth-year Soldier, is stationed at WRAMC but is on permanent change-of-station home leave, awaiting clearance by the medical board.

A former quarterback, Kinsey helped coach his high school team for the past eight seasons. Now he's taking it to the next level.

"I'm going to be coaching college football next year at Siena Heights University in Adrian, Mich., but between doing that, softball basically is my full-time job," he said. 'I'm going to be continuing my education up there.

In the meantime, Bosquez is basking in the moment of traveling around the country to play softball.

\$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) when registering by Saturday, or  $25 \ (with shirt) per person any day after Sunday. Refreshments$ will be provided. This event is open to the public. For more, call 255-3794.

#### 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 The locco 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.



Viera, Fla., spring training home of the Washington Nationals.

Area Community College in Illinois. He experienced arm

problems there and returned home to work on the farm

for a couple of years before joining the Army in March

stepped on a land mine on a night patrol and lost my right

foot," Kinsev recalled of June 2, 2010, the day his life

forever changed. "Half of it was missing initially. The

explosion blew away from me, so I was very fortunate

that happened. When I got to Walter Reed (Army Medi-

cal Center), we decided to take the rest of the foot. Now

"I had a very quick recovery. I was running by August,"

"It's different at first, I'm not going to lie," said Kinsey,

who shifted his pitching and catching baseball prowess to

shortstop for softball. "You basically retrain yourself on

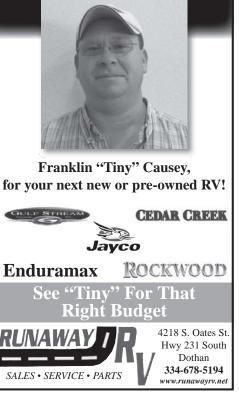
how to play and how to move. But as far as getting up and

However, running again was a learning process.

"I was on my second tour of Afghanistan when I







#### AT THIS MOMENT, HE'S DEBT-FREE.

That's because he's a Citizen-Soldier in the National Guard. Thanks to the Guard's generous education benefits and other financial assistrance. He had college covered 100%. If you're headed to college but you don't know how you're going to pay for it, now is the moment to visit www.NATIONALGUARD.com to www.NATIONALGUARD.com to learn more or call 1-800-GO-GUARD.





# Adopt



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.





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