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# ARMYFLIER

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

VOL. 62 ■ NO. 11

FORT RUCKER ★ ALABAMA

MARCH 22, 2012

## 128th Avn. Bde. activates, USAALS inactivates

By Monica Miller Rodgers  
633rd Air Base Wing Public Affairs

“Change is the law of life. And those who look only to the past or present are certain to miss the future.”

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence commander, quoted President John F. Kennedy to describe the significance of the U.S. Army Aviation Logistics School Inactivation and 128th Aviation Brigade Activation Ceremony Friday at Fort Eustis, Va., Murphy Field Sports Complex.

“When any worthwhile change is made, inevitable challenges must be met during the change process,” said Crutchfield. “But I know together we will make the most of these opportunities, and we’ll continue to improve our great Aviation Branch.”

The ceremony ended the schoolhouse organization under which Aviation maintenance Soldiers were trained at Fort Eu-

stis beginning in 1954 and establishing USAALS in 1983. It went on to create a brigade structure that will not only continue to train Aviation logistics Soldiers but now provide the management and oversight that only a brigade structure can do.

“The re-flagging of USAALS to the 128th Brigade will streamline command-and-control functions across the entire Aviation enterprise,” said Crutchfield. “It will improve Aviation maintenance training and, ultimately, create a more unified Aviation Center of Excellence.”

As a tenant activity on Fort Eustis, USAALS had previously been supported in administrative functions by the 8th Transportation Brigade. According to the USAACE decision process, due to the 2005 Base Realignment and Closure that moved the U.S. Army Transportation School and Center to Fort Lee, Va., ultimately inactivating the

SEE USAALS, PAGE A8



PHOTO BY AIR FORCE STAFF SGT. ASHLEY HAWKINS

U.S. Army Col. Dean Heitkamp, left, 128th Aviation Brigade commander, and Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, furl the United States Army Aviation Logistics School guidon during the U.S. Army Aviation Logistics School Inactivation and 128th Aviation Brigade Activation Ceremony at Fort Eustis, Va., Friday. The event was held to transition USAALS from a training school to a brigade.



COURTESY PHOTO

Directorate of Public Works Environmental and Natural Resources Division members Ray Dean, Kent Tate and Jason Dykes gather unused electronics donated by people at the recycling center during last year's e-cycle event.

## EMS ensures resource availability

By Nathan Pfau  
Army Flier Staff Writer

The Environmental Management System is a tool that helps ensure Soldiers today — and the Soldiers of the future — have the land, water, and air resources that they need to train; a healthy environment in which to live; and the support of local communities and the American people.

Fort Rucker's Directorate of Public Works Environmental and Natural Resources Division is looking to make sure everyone on the installation, military and civil-

ian, is educated on its EMS policy in its ongoing efforts to promote sustainability.

An EMS is a standardized environmental management approach that is implemented Army-wide, said Melissa Lowlavar, Environmental Management Branch chief and EMS management representative.

“Our EMS is built on the ISO 14001 standard, which is the specific checklist of standards and guidelines selected for Army installations by the Department of the Army,” said the EMS management representative. “[Our

EMS] is set up and has been fully declared since 2009, which means that it's working like it's supposed to. Essentially, the EMS works to protect the installation from environmental problems.”

**E=pc<sup>2</sup>:** environmental policy is to prevent pollution, comply with environmental laws and continually improve. That is the policy that DPW-ENRD wishes for people to know, according to Lowlavar, adding that every employee and all installation personnel must be familiar with the EMS policy and

SEE EMS, PAGE A8



FILE PHOTO

Sgt. Cassandra Cole, 1st Bn., 212th Avn. Regt. human resources sergeant, tries to maintain control of a simulated vehicle as the controls are being affected by “intoxication” effects during last year's Save A Life Tour. SALT returns to the Post Theater April 16-18.

## A pinch of SALT could save a life

By Nathan Pfau  
Army Flier Staff Writer

The Fort Rucker Army Substance Abuse Program is looking to help save lives through education and technology as it hosts the Save A Life Tour during Alcohol Awareness Month at the Post Theater April 16-18.

SALT is a nationwide tour that goes through different installations and schools to educate people about the harmful effects of drinking and driving, said Denise Clarke, ASAP Risk Reduction Program coordinator, adding that ASAP wanted to bring the tour back to the installation this year due to its popularity and success last year.

There will be limited seating available, so, ASAP is encouraging people to sign up early for the tour to make sure they can get a spot in the new state-of-the-art drunk driving simulator that is featured at this year's event, she said.

“We're going to have [the tour] at the post theater this year,” said Clarke. “[Signing up] is the best way to make sure to get a spot, especially for units.”

The tour will begin with a presentation that will offer facts and videos about the devastating effects of drinking and driving, and feature a state-of-the-art drunk driving simulator that allows people to experience first-hand what it feels like to drive under the influence of alcohol, according to Clarke.

The simulator incorporates technology currently being used by military and law enforcement institutions that will allow participants to be able to drive in a totally interactive environment with a 225-degree field of vision with force feedback, steering, seat movement, and sounds to replicate a real driving experience, according to the program coordinator.

Participants will begin the experience as sober witnesses as they are shown other driver's bad judgment and deteriorating driving skills due to alcohol consumption, according to Clarke. New drivers are chosen from the witnessing audience and are given an orientation in the virtual environment by driving a desktop simulator with a single display.

After the desktop simulator, participants will graduate to the full immersion simulator with five high-resolution displays and a different driving environment for each person. Drivers might encounter aggressive nighttime traffic or foggy conditions and icy roads, according to the program coordinator. No two drives are the same and the level of impairment is increased throughout the time of

SEE SALT, PAGE A7

## Soldiers need to report contact with rabid animals

By Angela Williams  
Army Flier Staff Writer

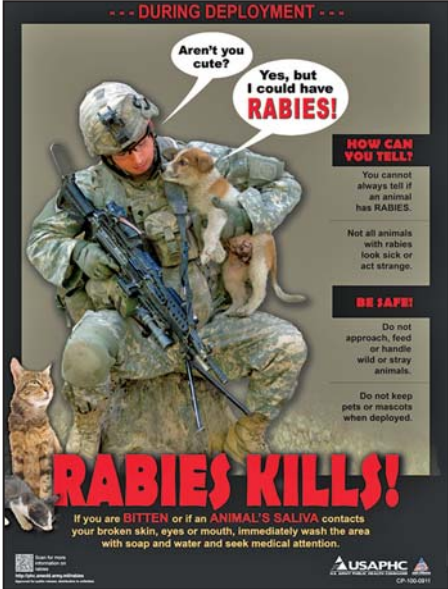
Soldiers preparing for deployment have many things to be aware of, but there is one potential danger many may not have considered — the danger of rabies.

“It's a big deal. It's out there,” said Capt. Tiffany Flowers with the Fort Rucker Animal Treatment Facility. “People don't think about it because our animals are regularly vaccinated for rabies, but over there, they're not. That's the lowest thing on the list of things to think about.”

After a Soldier died from rabies last year, troops across the military were asked to be more aware of the risk and to report any previously unreported contact with potentially infected animals.

Here at Fort Rucker, the instructions are more specific. Any Soldier who had contact, such as a bite or scratch, with a potentially infected animal while on deployment since Sept. 1 and did not report it is asked to report it now. Also, any Soldier who reported contact and has not received treatment for rabies is asked

SEE REPORT, PAGE A7





# PERSPECTIVE

## Reunions: reality versus expectations

By Kelli  
Military One Source blogger

(Editor's note: This article originally appeared in military-onesource.mil's Blog Brigade: Military Life from a Boots on the Ground Perspective. To protect the bloggers' privacy, the blogs do not use last names. For more, check out the Blog Brigade at <http://blog-brigade.militaryonesource.mil/>)

Reunions are the best! Planning, preparing, and dreaming about reunions are what helps me through separations. It isn't just "deployments" that call for a reunion either. Anything that takes my husband from home for an extended period of time rates a reunion.

In the early years of our marriage, a few days apart rated a special reunion. We were young, childless and in love. Now, he needs to be gone a minimum of two weeks to rate more than a high five and "glad you're home" when he walks through the door. We are still in love, but no longer young or childless. Plus, separations became part of our Family's culture. We figured out the formula and what worked for us.

But oh, those times when your heart aches to see your sweetheart and it's just days away. It's like Christmas, Easter and the Fourth of July! However, on occasion it can be excitement and apprehension mixed with a little nausea. Especially if you have broken, wrecked, damaged or mangled anything in particular that your spouse might have been partial to. It happens....

Desert Storm was the first really long separation we experienced. I was used to being on my own,



but not for long periods of time, usually only a few weeks or a month or two. My husband was a RECON Marine and that meant a lot of mini reunions, but this particular reunion was after almost 11 months of little communication and high anxiety over his safety.

In August of 1991, I waited anxiously as my young Marine arrived walking in formation with his company. I was 23, our daughter was 11 months old and we had on matching patriotic jumpsuits my mother had made. One Marine told me how cute my daughter and I were. Then he said we looked like we were wearing his grandmother's curtains.

Despite the comment on my outfit, that particular reunion was a sweet one. We had no expectations of anything other than a big hug and kiss. Those are the best: no pressure, no firm plans – just each other.

While at a joint duty, our Family had grown. We had six children and I quickly learned that we needed to have some reunion expectations:

- If my husband came home from a mission as scheduled, I would try and have some of the house clean, dinner available and some laundry done.
- If he was coming home earlier than expected and gave me at least 24 hours notice, I would try to clear a path from the door to the kitchen to the bedroom, start some laundry and order pizza.
- If he ever "surprised" me by coming home early, that was wonderful, but he needed to be careful as he opened the front door, step over whatever the kids had left there and start cleaning up. It would also be a good idea to bring dinner with him.

It was a little bumpy at first, but this worked for us and we had a lot of wonderful mini reunions during our four years there.

In 2005, we had our first Iraq deployment and worst reunion ever. My husband came home unexpectedly, wounded and a week after major surgery in Germany. I didn't get to the hospital at Camp Lejuene before the bus arrived from the airfield. I was so frantic about cleaning the house for his return I lost track of time.

I had only returned from Germany two days earlier and I had to put my mom, who had come to care for my six children while I was gone, on a plane – and all of this only two months after my father passed away. None of us were in our right minds, and it was a somber reunion to say the least.

I have never been able to get the image of my husband waiting alone outside the hospital for his

Family to be there for him out of my mind. Oh gosh, writing this is making me sad. I think I need to go buy him something.

In 2007, our second Iraq deployment reunion was wonderful. The house was clean, I was super skinny and tan, we had banners, we all looked adorable, and most importantly, no one was hurt and we were there waiting for him.

**Kelli's Quick Tips for Reunions:**

- Don't listen to naysayers and negative Nellies. You are quite capable of being morose and depressed without their help, thank you very much.
- Do expect to wait. And wait, and wait some more. Plug it into your brain now so you aren't annoyed by the time your service member actually stands in front of you.
- Don't over plan. Your service member needs the downtime to just be in his or her home again and with Family.
- Ask you service member what he or she has been thinking when it comes to the reunion. If your service member wants to immediately use leave time to go on a trip, by all means do it! Just make sure you aren't the only one making the plans.
- Do attend the return and reunion briefs. There is a cycle to deployments and there is a cycle to the reunion. The information you gather there as well as from other spouses will help you set realistic expectations.
- And finally, do try and fix or replace anything you have mangled, broken, wrecked or destroyed. If you can't, then make sure you have an extremely entertaining story about how it happened. This is usually what I have to go with.

## Rotor Wash



**Sam Carney,**  
Military spouse

"Taking my baby to the park."



**Susan Kiefman,**  
Army spouse

"Our Family enjoys swimming during the warmer months."



**Daniel Kiefman,**  
Family member

"I like riding my Scooter."



**Spc. Felicia Hillis,**  
TDY from Germany

"Riding horses."



**WO1 Daniel Fenstermaker,**  
B Co., 1st Bn.,  
145th Avn. Regt.

"I enjoy hiking."

“Spring is almost here. What is your favorite outdoor activity?”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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If you would like to contact the *Army Flier* by e-mail, please contact the editor at [jhughes@armyflyer.com](mailto:jhughes@armyflyer.com).



# Veterans organizations, Scouts help with proper flag disposal

By Nancy Rasmussen  
Fort Rucker Public Affairs

The nation’s symbol is proudly displayed outside houses and businesses to show respect for those who sacrificed on behalf of fellow citizens past, present and future, here at home and in faraway places; however, how people should honor the flag when it becomes worn, torn, faded and threadbare is not clear to many who fly it.

The section of law dealing with American Flag etiquette, generally referred to as the Flag Code, clearly states that, “When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.”

Veteran service organizations in the communities surrounding Fort Rucker collect flags to be destroyed and perform the required burning in periodic ceremonies, at least once a year near Flag Day on June 14.

In Daleville, contact the Veterans of Foreign Wars Chapter 6020, located on Hwy. 84, at 598-6211. Ozark’s Disabled American Veterans Chapter 94 performs flag collection throughout the year and conducts disposal ceremonies as needed. In Ozark, call Harry Grainger at 797-9052. In Enterprise, contact Laird Culver, DAV Chapter commander, at 475-4373 or Bob Cooper, John Wiley Brock Post 6683 VFW Post Commander at 477-7076.

“It is important to render the proper courtesy and honor to the colors of our country,” Culver said. “It is also just as important to dispose of flags showing weathering, fading, tatters and tears in the proper manner and not just put them in the trash to fill the landfills. We honor our flag with the proper respect when it flies and when properly displayed, and it is just as fitting to honor it when retired from use.”

Flags can also be turned in to local Boy Scout and Girl Scout organizations for proper disposal by veteran service organizations. To locate the nearest Scout organization, call the Boy Scouts Alabama Florida Council at (334) 793-7882 and Girl Scouts Southern Alabama Council at (800) 239-6636.

“Community veteran service organizations coordinate flag disposal ceremonies with local Boy Scouts and Girl Scouts of America to allow scouts the opportunity to perform work towards merit badges, skill awards, and other types of recognition in service to the community and the nation,” Culver said.

## U.S. Flag History

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: “Resolved, that the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.”

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

- **Act of Jan. 13, 1794** — provided for 15 stripes and 15 stars after May 1795.
- **Act of April 4, 1818** — provided for 13 stripes and one star for each state, to be added to the flag on the July 4 following the admission of each new state, signed by President James Monroe.
- **Executive Order of President William Howard Taft dated June 24, 1912** — established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward.
- **Executive Order of President Dwight D. Eisenhower dated Jan. 3, 1959** — provided for the arrangement of the stars in seven rows of seven stars each, staggered horizontally and vertically.
- **Executive Order of President Eisenhower dated Aug. 21, 1959** — provided for the arrangement of the stars in nine rows of stars staggered horizontally and 11 rows of stars staggered vertically.

Today the flag consists of 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies; the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice.

(Source: <http://www.usa-flag-site.org/> )



FILE PHOTO

Soldiers from 1st Aviation Brigade Headquarters and Headquarters Company perform a Retreat ceremony at Howze Field last year.

## U.S. Flag etiquette

Federal law stipulates many aspects of flag etiquette. The section of law dealing with American Flag etiquette is generally referred to as the Flag Code. Some general guidelines from the Flag Code answer many of the most common questions:

- The flag should be lighted at all times, either by sunlight or by an appropriate light source.
- The flag should be flown in fair weather, unless the flag is designed for inclement weather use.
- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or hal-yard.
- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.
- The flag should never have any mark, insignia, letter, word, number, figure, or drawing of any kind placed on it, or attached to it.
- The flag should never be used for receiving, holding, carrying, or delivering anything.
- When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.
- The flag should be cleaned and mended when necessary.
- When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

(Source: <http://www.usa-flag-site.org/> )



PHOTO BY NATHAN PFAU

## Spring cleanup

Pvt. Echo Padilla and Pfc. Katy Martin, A. Co. 1st Bn. 13th Avn. Regt., pick up trash as part of their effort to help clean up Fort Rucker during last year's spring clean up. This year's spring cleanup effort runs April 3-6: April 3, cleanup of interior offices and work areas; April 4, cleanup of exterior areas and police call areas; April 5, from 9 a.m. to noon, continuing cleanup of interior and exterior areas, and from 1-4 p.m. under supervision of their brigade or owner of the barracks, Soldiers residing in the barracks will be released for cleanup of common areas; and April 6, inspection of the post conducted by the Fort Rucker garrison command sergeant major, the U.S. Army Aviation Center of Excellence command sergeant major and the Directorate of Public Works sergeant major. Hazardous materials such as paint, batteries, thinners, solvents, etc., can be taken to the hazardous materials point in Bldg. 1315. For specific information on what materials are acceptable for turn-in, call 598-1311. Coordinate for mixed fuel or oil for turn-in through the environmental office at 255-2541. Bulk trash pick-up will be completed April 3-5 from 9 a.m. to 4 p.m. For more on spring cleanup, call 255-0020.

## News Briefs

### USAACE change of responsibility

The U.S. Army Aviation Center of Excellence hosts a change of responsibility ceremony Tuesday at 1 p.m. in the U.S. Army Aviation Museum as Command Sgt. Maj. James H. Thomson Jr. assumes responsibility as the command sergeant major for the Aviation Branch from Command Sgt. Maj. Tod L. Glidewell.

### Wanted: Vendors

The Fort Rucker Exchange is looking for vendors to participate in its “Christmas Around the World” event. Vendors that sell Christmas items or items from foreign countries are encouraged to participate in the Nov. 30 event, which is billed as a celebration of tradition and gifts from around the world. Those interested in participating should contact Michelle Adams by calling (334) 265-0156 or sending an email to [adamsve@aafes.com](mailto:adamsve@aafes.com) or Susie Antonello at [antonellos@aafes.com](mailto:antonellos@aafes.com).

### SSA inventory

The Directorate of Logistics Supply Support Activity in Bldg. 1212 conducts its annual wall-

to-wall inventory now through Friday. SSA will resume normal operation hours Monday. 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](mailto:Sandra.r.edwards2.civ@mail.mil).

### CIF closure

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

### AER scholarships

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

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

### Commissary closure

The Fort Rucker Commissary will be closed for Easter Sunday, April 8.

For more, call the commissary at 255-9177.



# Opportunity Knocks

>>Employment Forum<<

The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit [www.armycivilianservice.com](http://www.armycivilianservice.com)

**INTERNAL**

**Training Specialist (ATFTPD)**  
GS-1712-12  
SCEG12690926  
Closing Date: March 22

**Training Instructor**  
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SCEG12710350  
Closing Date: March 22

**Museum Specialist (Aeronautics)**  
GS-1016-09  
SCEG12707480  
Closing Date: March 23


**Supervisory Education and Training Specialist**  
GS-1701-14  
SCEG12735604  
Closing Date: March 27

**Instructional Systems Specialist**  
GS-1750-12  
SCEG12704912D  
Closing Date: March 28

**Instructional Systems Specialist**  
GS-1750-12  
SCEG12704912  
Closing Date: March 30

**Supervisory Instructional Systems Specialist**  
GS-1750-12  
SCEG12702301  
Closing Date: March 30

**Training Specialist (Aviation-AWE/WTSP/CATS)**  
GS-1712-12  
SCEG12690723  
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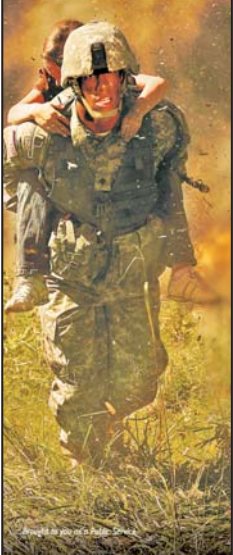



# Adopt a pet

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

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# Qualitative Service Program to help shape force during drawdown

By Army G-1  
Press Release

WASHINGTON — The Army must begin to shape the force to meet its future requirements by implementing the Qualitative Service Program.

That is according to a memo signed March 13 by Army Chief of Staff Gen. Raymond T. Odierno and Sgt. Maj. of the Army Raymond Chandler III.

The memo states, “It is imperative as we move forward that we retain our best leaders, but we can no longer afford certain over-strength Military Occupational Specialties and promotion stagnation.”

The Qualitative Service Program establishes the use of formal enlisted centralized board processes to identify noncommissioned officers for involuntary separation from active duty in order to improve grade/Military Occupational Specialty readiness at NCO levels by satisfying force structure requirements;

enhance the quality of the NCO Corps by retaining NCOs with the greatest potential for continued contributions; and support sustainment of viable career paths across MOS/skill levels in an all-volunteer Army.

The Army will implement QSP applicable to active component and U.S. Army Reserve-Active Guard Reserve NCOs. This program will begin with the centralized selection boards convening after April 1 and will include three elements:

- Qualitative Management Program Board, which considers Senior NCOs (E7-E9) for denial of continued service whose performance, conduct, and/or potential for advancement may not meet Army standards;
- Over-Strength Qualitative Service Program Board, which considers NCOs (E6-E9) for potential denial of continued service when an NCO possesses a spe-

cific Primary Military Occupational Specialty/grade where the Army’s 12-month operating strength projection exceeds its goals; and

- Promotion Stagnation Qualitative Service Board, which considers NCOs (E6-E9) for potential denial of continued service when an NCO possesses a specific PMOS/grade where promotion stagnation exists.

The first series of QSP boards will identify about 4,000 NCOs (E6-E9) for separation by the end of fiscal year 2013. The majority of these NCOs will be retirement eligible and will retain all benefits earned.

Those NCOs identified by OS-QSP and PS-QSP who are not eligible for retirement will be afforded an opportunity to volunteer for reclassification into a shortage MOS, if qualified. This represents about 3.5 percent of the Army’s current inventory (E6 and above).

The Army’s commitment to leader development calls for evolving human resource policies to support development of adaptive noncommissioned officer leaders who are skilled in their core competencies.

Over the past several years, the Office of the Deputy Chief of Staff, Army G-1, put into place a series of HR policies designed to support the principles of the Army Leader Development Strategy. These changes foster a balance of training, education, and experience while encouraging life-long learning and development.

“Our Soldiers performed superbly over the last 11 years of war, displaying the values, character, and competence that made us successful. We value their service,” said Lt. Gen. Thomas P. Bostick, deputy chief of staff for personnel, G-1.

“As the Army faces personnel reductions, we must manage the force with precision in a way that identi-

fies those with the greatest potential to meet our future requirements. Moving forward with this program will posture us to meet the challenges ahead, further strengthen our NCO Corps, and preserve the all-volunteer Army.”

Proactive leadership is essential to make QSP successful for the Army. Effective performance counseling and accurate evaluations will enable NCOs to better position themselves for future service.

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Steamed seasoned and chilled black tiger shrimp served with cocktail sauce **7.99**

**Bang-Bang Shrimp** (these are HOT)  
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**Fresh Mozzarella and Tomatoes**  
Drizzled with balsamic and olive oil and sprinkled with herbs **8.99**

**Coastal Crab Cake**  
Lump blue crab mixed with peppers, onions and spices then pan braised (Market Price)

**Mussels**  
Sauteed with marinara and white wine and garlic sauce **9.99**

## Seafood

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**Sushi Grade Tuna**  
grilled, blackened coconut glazed served with veggie wasabi mashed potatoes **16.99**

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Seasoned and grilled then topped with lumped blue crab meat in a champagne lemon cream sauce served with veggie & wasabi mashed potatoes **19.99**

**Blackened Catch**  
Dredged in black spices then seared and topped with cilantro lime butter served with veggie & wasabi mashed potatoes **18.99**

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Served with veggie & wasabi mashed potatoes **19.99**

**Coastal Crab Cakes**  
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**Shrimp Scampi**  
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**Shrimp and Grits**  
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**Shrimp Penne**  
Tender black tiger shrimp sauteed in olive oil, garlic, peppers, onions, mushrooms, and tomatoes tossed with penne pasta **16.99**

**Spicy Shrimp and Sausage**  
(This dish is no joke it is very spicy!) Cajun sausage, shrimp, peppers, onions, garlic and SPICES with marinara and penne pasta **16.99**

**Veggie**  
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**Mussels**  
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# SALT: Think before getting behind wheel

Continued from Page A1

the drive to show the difficulty of driving under the influence, she said.

“[Last years] tour was an overwhelming success,” said Traci Dunlap, ASAP clinical case manager. “There were over 800 participants that attended, many who felt it was a unique way to illustrate the dangers of drinking and driving.”

Donald Schuman, ASAP man-

ager, said he felt the younger Soldiers would definitely benefit from this tour and worked hard to secure the funding needed to bring SALT back to Fort Rucker.

Attending the tour also counts as credit toward the Installation Management Command-required annual alcohol and substance abuse prevention training for Soldiers and Department of the Army civilians.

“Unit prevention leaders will usually do a briefing with their

units in order to satisfy the requirements, but people can come to [the tour] and receive credit as well,” said Clarke.

Soldiers and Family members are welcome to show up for the presentation without signing up, she said, but will be able to participate on a first-come, first-serve basis if they haven’t signed up for the simulator ahead of time.

The mass briefings will take place from 8 - 9 a.m. and 1 - 2 p.m. on each day, and as many people

that can fill the theater can attend, said Clarke, adding that the simulator tours are on the hour, each hour after the briefings.

Col. James A. Muskopf, Fort Rucker garrison commander, and Justin O. Mitchell, Fort Rucker deputy garrison commander, will be among those in attendance April 16 at 9 a.m. to participate in the drunk driving simulator and promote the message that the tour is trying to get out.

“I know it’s repetitive, but

the message we’re trying to get across is to tell people if they drink, then don’t drive, and if they drive, don’t drink,” said Clarke. “[Fort Rucker] has a lot of Soldiers that are Aviators in training, and they are a younger crowd, and we just want them to think before they get behind the wheel. I believe that it could possibly save a life.”

For more information or to sign up, call 255-7089 or email at traci.d.dunlap.civ@mail.mil.

## Report: ‘It’s a deadly disease, it’s completely preventable’

Continued from Page A1

to report that as well, said Maj. Laura E. Ricardo, chief of preventative medicine at Lyster Army Health Clinic.

“It’s a deadly disease and it’s completely preventable. But if it goes unreported and untreated, it can lead to death,” said Ricardo.

Rabies in humans is 100 percent preventable through prompt appropriate medical care, according the Centers for Disease Control and Prevention website at <http://www.cdc.gov>, advising that it’s important to remember that rabies is a medical urgency; decisions should not be delayed.

One of the most effective ways to decrease the chance for infection is to wash the wound thoroughly with soap and water, the CDC further advises.

Flowers admits it can be difficult to know when to report contact because an animal can carry rabies for

up to six months before symptoms appear. During this time, the animal can still infect others.

“It’s a tough spot. The stray population is really bad. When you go off a forward operating base, you’ve got all these strays running around and somebody’s carrying rabies. Somebody’s got it,” she said. “The actual symptoms are neurologic-type signs such as behavioral changes, definite aggression, and, of course, salivating ... just think about the end of *Old Yeller*.”

The first symptoms of rabies may be very similar to those of the flu, including general weakness or discomfort, fever or headache. These symptoms may last for days, according to the CDC. There may be also discomfort or a prickling or itching sensation at the site of bite, progressing within days to symptoms of cerebral dysfunction, anxiety, con-

fusion, agitation. As the disease progresses, the person may experience delirium, abnormal behavior, hallucinations and insomnia.

The acute period of disease typically ends after two to 10 days. Once clinical signs of rabies appear, the disease is nearly always fatal, and treatment is typically supportive, according to the CDC. To date less than 10 documented cases of human survival from clinical rabies have been reported and only two have not had a history of pre- or

postexposure prophylaxis, according to the CDC.

Disease prevention includes administration of both passive antibody, through an injection of human immune globulin and a round of injections with rabies vaccine.

“Most people first develop symptoms of pain, tingling, itching or a shooting sensation originating from the bite site,” Ricardo said, adding that other symptoms can appear similar to the flu, so it is important for doctors to know about any potential exposure to rabies

when treating a patient.

“I want to emphasize that it’s not too late. I don’t want someone to say they were bitten back in September so it’s too late or it must be gone,” she added. “It’s

worth it all for one life.”

All reports of contact with potentially infected animals should be directed to Ricardo at 255-7376 or [laura.e.ricardo@us.army.mil](mailto:laura.e.ricardo@us.army.mil).

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Substitute for regular toast .20

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**SUBSTITUTE** a Golden Waffle for biscuit and sausage gravy or grits and toast only .99 more

Have your Hash Browns “ALL THE WAY” only 1.69 more

**ADD** cheese to the three eggs only 1.65 more

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**Southern Smothered Biscuit Platter with Eggs\*** - We start with a fluffy, open-faced biscuit, then add two sausage patties, golden hash browns, sausage gravy, Cheddar cheese and top it with two scrambled eggs. It’s a Huddle House original. 7.28

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**Extreme Cheese Chop House Burger\*** - American, Swiss and Cheddar cheese 7.29

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**SANDWICH PLATTERS**

Served with your choice of French Fries, Sweet Potato Fries.

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**Add** grilled mushrooms .69 more

**Grilled Chicken Melt\*** - Marinated chicken breast, American cheese, grilled onions on wheat bread 5.99

**Classic Club\*** 5.99

**Huddle Burger\*** - Two beef patties, American cheese 5.29

**Pulled BBQ Pork Sandwich\*** 5.49

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**NEW Grilled Ham & Swiss** 4.99

**BASKETS**

**Chicken Tenders Basket** - 5.29 • **Butterfly Shrimp Basket** - 5.49

**Appetizer Basket** - Mozzarella Cheese Sticks with marinara sauce and onion rings 5.29

**STARTERS & SNACKS**

**Mozzarella Cheese Sticks\*** - with Marinara Sauce small 3.59 large 5.59

**Chicken Wings** - with Blue Cheese or Ranch Dressing small 5.49 large 8.59

**Chicken Tenders\*** - with BBQ, Honey Mustard, or Zesty Sauce (4) 4.79

**Butterfly Shrimp\*** small 3.99 large 6.49

**Onion Rings** 3.69

**Chicken Tenders Basket\*** - (3) with BBQ, Honey Mustard, or Zesty Sauce with Fries 5.29

**Butterfly Shrimp Basket\*** - (7) with Fries 5.49

**Appetizer Basket** - Mozzarella Cheese Sticks with Marinara Sauce & Onion Rings 5.29

**BEVERAGES**

**Fresh Brewed Iced Tea** - Have your Huddle House Fresh Brewed Iced Tea served your way - Sweet or Unsweetend 1.79

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**Build Your Own Sandwich Combo 6.59**

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**Crispy Chicken Club\*** - Lightly breaded chicken fillet with American cheese, crisp Smokehouse bacon, lettuce, tomato, pickle and mayonnaise on a grilled sesame seed bun

**Country Fried Steak Sandwich\*** - Our country fried steak with lettuce, tomato, and mayonnaise on grilled Texas toast

2. Choose French Fries OR Sweet Potato Fries

3. Choose Freshly Brewed Iced Tea, Soft Drink, or Hometown Blend Coffee

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Grilled Mushrooms or Jalapeños .69 more

Grilled Dice Onions .29 more

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**DINNER PLATTERS**

Dinner platters include Texas toast and two sides. Choose from baked potato, mashed potatoes, vegetable of the day, side salad, sweet potato fries, french fries.

**Country Fried Steak\*** - with white pepper country gravy 7.29

**Ribeye Steak and Butterfly Shrimp\*** - Ribeye steak (6 oz.) grilled just the way you like it and five lightly breaded butterfly shrimp 11.99

**Get a larger Ribeye** (10 oz.) for 3.00 more

**Ribeye Steak\*** - (10 oz.) 11.99 (6 oz.) 8.99

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**Chicken Tenders\*** - Four big tenders dipped in seasoned batter for a lightly crisp texture on the outside and juicy goodness on the inside 6.99

**Chopped Steak\*** - with mushroom gravy 6.99

**Grilled Chicken Dinner\*** - marinated chicken breast grilled just right 6.49

**Pork Chop\*** 7.29

**SOUP**

**Bowl of Chili** - with shredded Cheddar Cheese 3.29

**Bowl of Soup (Seasonal) or Chili** 2.79

**SALADS**

**Crispy Chicken Salad\*** - Diced crispy chicken with mixed greens, carrots, red cabbage, tomato and shredded Cheddar cheese 6.19

**Grilled Chicken Salad\*** - Diced grilled chicken breast with mixed greens, carrots, red cabbage, tomato and shredded Cheddar cheese 6.19

**Large Tossed Salad** - Mixed greens, carrots, red cabbage, and diced tomato and shredded Cheddar cheese 3.99

**Side Tossed Salad** 1.99

**Ham Salad** - Diced ham with mixed greens, carrots, red cabbage, tomato and shredded Cheddar cheese 5.99

**DESSERTS**

**Strawberry Cheesecake** - Our decadent Cheesecake crowned with Strawberry Topping 3.49

**Cheesecake** - A great way to end your meal 2.79

**Seasonal Dessert** - (please ask your server) 1.99

**Strawberry Shortcake** A Huddle House classic 1.99





# USAALS: ‘Today is indeed a great day’

Continued from Page A1

8th Trans. Bde., the schoolhouse was left without a command-and-control configuration.

In September 2011, USAACE and the higher headquarters of USAALS decided to transform the schoolhouse into a brigade structure to accomplish the training mission and ensure proper management of Soldiers.

Crutchfield and Col. Dean D. Heitkamp, 128th Avn. Bde. commander, agree the training purpose of USAALS remains the heart of the new brigade.

“Our mission has not changed,

and neither has the undeniable passion that our military and civilian personnel have for producing Aviation Soldiers that are trained, disciplined, skilled, fit and complete with the Army values who are ready to contribute to their units,” said Heitkamp.

During the ceremony, the colors for USAALS were cased while the colors for the 128th Avn. Bde. were unfurled. The brigade’s motto, “Born Under Fire,” is a testament to its origin, fighting during the 1989-90 Operation Just Cause in Panama.

The 128th Avn. Bde. is made up of three battalions: the 1st Battal-

ion, 222nd Aviation Regiment; the 1st Battalion, 210th Aviation Regiment; and the 2nd Battalion, 210th Aviation Regiment. The 1-222nd serves as the student battalion conducting Soldier indoctrination training by focusing on the Army values, physical conditioning, tasks and battle drills and the warrior ethos of Army Aviation.

The 1-210th centers on attack helicopter airframe and armament systems training, and armed reconnaissance helicopter airframe and armament systems, electrical/electronic systems, and avionics training. The battalion also provides the Aviation warrant officer techni-

cian basic and advanced courses. The 2-210th focuses on utility and cargo helicopter systems and subsystems; powerplant and powertrain structures; pneudraulics subsystems; and Latin American training.

The two battalions of the 210th Avn. Regt. both were activated during the ceremony by uncasing their colors. Previously, the battalions had served at Fort Rucker. The 1-222nd has been active on Fort Eustis since 2005.

Closing by addressing concerns about the change from a schoolhouse organization to a brigade structure, Heitkamp assured those

in attendance the new unit could and would carry on the same level of expert instruction that made USAALS the first Army Training and Doctrine Command school to receive an accreditation rating of Training Institution of Excellence in 2008.

“...the newly-activated 128th Aviation Brigade retains the passion and inherent the structure necessary to ensure we continue the legacy of Aviation maintenance training, and more effectively care for our Soldiers, civilians and Families,” Heitkamp said. “So, today is indeed a great day, and there is much to be proud of.”

# EMS: Proper procedure ensures system works seamlessly

Continued from Page A1

have general EMS awareness training when they start working on post.

EMS awareness training is available on DPW’s website at [www.fortrucker-env.com](http://www.fortrucker-env.com) where people can learn and get a general understanding of EMS, she said. There are also training courses for becoming environmental officers, which is a two-day training class, and an environmental point-of-contact, which is a four-hour training class. Environmental officers are also required to take an annual four-hour refresher course that teaches updates of any regulations.

“The way our EMS works so effectively is that we have our environmental officers and points of contact in every organization all over post,” she said. “That’s our web of information. We feed information through them and they are our main POCs for anything environmental, whether it’s pollution prevention activities we’re trying to initiate or compliance problems.

“Our scope is fence line

to fence line” to include all military, civilian, tenant and contractor organizations working within the installation boundaries that have the potential to impact significant environmental aspects, the management representative explained.

The driving force and basis behind Fort Rucker’s EMS procedures that are implemented are the significant environmental aspects, which were determined after reviewing the impacts of various aspects of Fort Rucker’s activities, products and services, according to Lowlavar.

The significant aspects that the EMS policies govern are air emissions, energy use and conservation, hazardous waste generation, natural resources alteration, noise generation, pollution prevention, solid waste generation and hazardous spills to water and soil.

The Army requires an annual review of all the significant aspects, which is fulfilled with a review with Col. James A. Muskopf, Fort Rucker garrison commander and head of EMS, in order to ensure that the

EMS is working properly, said the management representative.

“I have desk-side management review with the colonel in October on the general state of our EMS,” she said. The review is conducted to determine the system’s suitability to the mission, vision and culture; adequacy in fulfilling the policy and requirements of the EMS; and effectiveness

in managing and improving environmental performance.

The EMS management review is also an opportunity to go over the annual internal and three-year external EMS audits that are conducted as a part of the Environmental Performance Assessment Systems program to determine the conformance status of the EMS, said Lowlavar.

The annual internal EPAS and EMS audits are scheduled for April 30 to May 4, during which there will be one EMS team and two EPAS compliance teams looking at compliance across the installation as well as conformance with EMS, according to the management representative.

“I might go out to a facility on post and ask what

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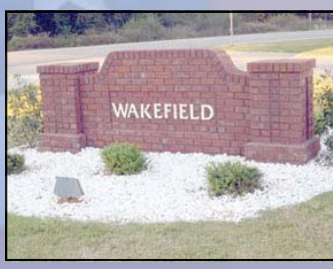
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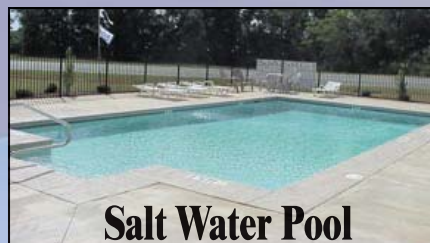
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MARCH 22, 2012

## First female division deputy commander named

By **Christie Vanover**  
*III Corps*

FORT HOOD, Texas — One week after pinning on her first star, the Army Chief of Staff announced that Brig. Gen. Laura Richardson will become the Army's first female to serve as a division deputy commander.

Richardson, who is currently the commanding general for the U.S. Army Operational Test Command at Fort Hood, will take over as a deputy commanding general for the 1st Cavalry Division in her next assignment.

The general is no stranger to the cavalry. The Aviation officer served as a company commander in the 6th Cavalry Brigade in the mid-1990s.

"The cavalry throughout the history of the United States Army is rich with tradition, esprit de corps and accomplishment," Richardson said. "It's a great honor and privilege to once again be part of the cavalry, and I look forward to serving with the

Soldiers of the 1st Cavalry Division."

Although the Army Chief of Staff's March 9 announcement was historical for women and coincidentally made during Women's History Month, Richardson said she is humbled by the opportunity.

"Each of my assignments — from platoon leader to company commander to the commanding general of the Operational Test Command — has challenged me to learn and excel as a Soldier and a leader," she said. "I am as excited about being one of the 1st Cavalry Division's deputy division commanders as I was about being a company commander in the 6th Cavalry Brigade."

Under Maj. Gen. Daniel Allyn, the 1st Cav. Div. has three deputy commanding generals. Brigadier Gen. Gary Volesky serves as the one for maneuver, Brig. Gen. James Richardson is the one for support and Canadian Brig. Gen. Karl McQuillan is the one for coalition. It has not been announced which slot Richardson will fill.

SEE COMMANDER, PAGE B4



PHOTO BY WILLIAM C. BUNCE

Brig. Gen. Laura Richardson, commanding general Operational Test Command, addresses a crowd during her promotion ceremony March 9.



PHOTO BY SGT. TARESHA NEAL JOINER

## BLACK HAWK APPROACH

An Army crew chief observes the horizon from the side door of a UH-60 Black Hawk helicopter as it prepares to land on a helipad at Camp Stephenson, Guyana, during a training event in support of Exercise Fused Response 2012 March 8.

## 25th CAB mechanics help Afghans learn tools of trade

By **Staff Sgt. Donna Davis**  
*RC-East PAO*

KANDAHAR AIRFIELD, Afghanistan — At the motor pool here soldiers with the Afghan National Army got some important training in forklift maintenance from their coalition counterparts.

It was American mechanics with the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, who recently conducted a maintenance training session with their counterparts from the 205th Corps, Afghan National Army, known as the ANA.

The joint maintenance training was performed in order to build upon the skill and experience of Afghan soldiers with the goal of them gaining enough experience to eventually perform maintenance independently.

"It is really good to work with the coalition forces," said Afghan Sgt. Mohammad Rajab. "I get the experience I need to complete the tasks successfully from these training sessions."

During this training session, Rajab and Afghan Pvt. Monwar got hands-on experience with forklift cooling systems while working to replace the fuel injector pump.

"Since the 25th CAB started this training with 205th Corps mechanics, they have improved considerably," said Capt. Andrew Schlaf, Headquarters Support Company Commander, 209th ASB. "The mechanics had the knowledge to



PHOTO BY SGT. DANIEL SCHROEDER

Spc. Sergio Ortiz, a wheeled vehicle mechanic assigned to Headquarters Support Company, 209th ASB, 25th CAB, and Sgt. Mohammad Rajab, a mechanic with 205th Corps, Afghan National Army, use teamwork to remove the radiator of a forklift during a vehicle maintenance training session at the motor pool on Kandahar Airfield, Afghanistan, March 8.

perform certain tasks; we aid them in applying the knowledge so they gain the experience needed to continue their own operations."

The first day of training is the conceptualization of the different systems on multiple vehicles. The intent is to have the ANA mechanics visualize or troubleshoot the vehicle as a whole and not just a specific section or system. The

second day the soldiers apply what they learn.

"While working with coalition forces, I have the opportunity to learn something new each day," said Rajab. "Not only do I learn something from them, but they learn something from us too in each session."

The training event was one more step toward building confidence

and independence in the soldiers of the Afghan Army.

"The ANA mechanics have come a long way from the beginning," said Belgian Senior Master Sgt. Bart Verhoeven, ANA logistics mentor with European Participating Air Forces. "Now, they are really close to being able to conduct maintenance operations without help from coalition forces."

## Hall of Fame inducts women Vietnam vets

By **C. Todd Lopez**  
*Army News Service*

WASHINGTON — Hundreds of women gathered on Capitol Hill, March 13, to induct into the Army Women's Hall of Fame all those who served in Vietnam.

The afternoon event was hosted by the U.S. Army Women's Foundation, and followed a morning event, the fourth annual Army Women in Transition Symposium, where former military leaders and civilians discussed the changing roles of women serving in the Army and the challenges faced by female Soldiers after they leave the Army — finding employment after the Army, for instance.

In the afternoon, retired Maj. Gen. Dee Ann McWilliams, who now serves as president of the foundation, discussed the challenges faced by women who had served in Vietnam.

"The women who served in Vietnam did it for their country — in terrible conditions," she said. Those women, she said, dealt with adversity, and the nurses there dealt "with things they could not ever have been trained for the trauma, the shock, the tropical diseases, compounded all the things that happened."

When those women officers and enlisted came home, she said, Americans didn't take notice of the work they had done.

"They didn't even make a ripple at home. We want to change that today, and do our part."

More than a dozen women took the stage at the event. All had served in Vietnam in the limited roles for women at the time, such as nursing or clerical work.

The women, who represented all Army women who served in Vietnam, were presented with a memento that commemorated their service. It will be placed in the Women in Military Service for America memorial at Arlington National Cemetery.

Among those in attendance was Connie Slewitzke, who had served for one year as a nurse in Vietnam, first as a surgical supervisor, then as a chief nurse at the convalescence center.

"It makes you feel good that somebody appreciates it," Slewitzke said of the recognition. "You never really ask for 'thank you's'

SEE VETS, PAGE B4



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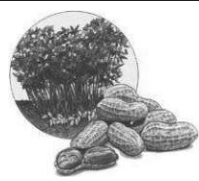
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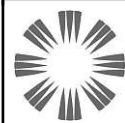
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# Commander: ‘Always take care of your people’

Continued from Page B1

Her background includes logistics, personnel and operations. She has held two company commands, staff officer assignments and a battalion command with the 101st Airborne Division (Air Assault), and has been the director of the Army’s Transformation Office and a garrison commander at Fort Myer, Va., and Fort McNair, Va. She also served as the military aide to the vice president and one of the Army’s liaison officers to the United States Senate.

Richardson deployed in support of Operation Iraqi Freedom while commanding the 5th Battalion, 101st Aviation Regiment, an assault helicopter battalion, and has been awarded the Defense Superior

Service Medal, three Legions of Merit and many more awards.

Richardson’s historical assignment comes on the heels of the Department of Defense’s announcement Feb. 9 that six military occupational specialties and some battalion-level positions in combat units will soon be opened to women.

The general said, however, that she never dreamed of holding specific positions in the Army; instead, she focused on the task at hand to accomplish the mission and take care of her troops.

“My goals were always to do the best that I could in the job that I was in, not to dwell on what was next, and I believed the rest would take care of itself,” she said, crediting her parents for teaching her val-

ues of determination and hard work.

Being the first female deputy commanding general in an Army that is nearly 85 percent male could be intimidating, but Richardson said the pressure to prove herself normally comes from within.

“There is always pressure on any individual as they transition into a new job and to become an effective member of the team as quickly as possible,” she said. “I believe the key to transition is to keep focused on the purpose and listen.”

She plans to lead the division, as she leads the OTC, with the five tenants of excellence, leadership, teamwork, caring and safety.

“These tenets have served well in OTC and other positions, and I look forward to

instilling a passion for excellence, leading by example, building the team vertically and horizontally, treating everyone with dignity and respect and ensuring the safety of the team,” she said.

Her future goals are not to become another monumental first for Army females. She is, and always has been, focused on the task at hand. Her goal for the near future as a leader in the Army is to assist in meeting and dealing with the current strategic and fiscal challenges.

For those inspired by her accomplishments, Richardson advises both male and female Soldiers how to succeed: “Be a competent and confident professional, accept new challenges and always take care of your people.”

# Vets: ‘Thank you for leading the way, making a difference’

Continued from Page B1

from people. But it really makes you feel good that people appreciate what you did.”

Slewitzke said even today, she stays in touch with the women she served with overseas. “It’s camaraderie,” she said. “You work with these people for a year, and if you stay in the Army long enough, you keep meeting these people.”

While she served as a major during Vietnam, Slewitzke stayed on in the Army for 30 years, and retired in 1987 as a brigadier general.

Today, she said, she is proud of the accomplishments that women have made in service to their country.

For women serving now in Afghanistan, and who had served in Iraq, Slewitzke said she is proud of the work they are doing. They are doing jobs, she said, that were never open to her or her fellow women while serving in Vietnam.

“I think it’s great they are able to do that, and able to perform in an outstanding manner,” she said. “You don’t hear much of this ‘women can’t do this’ anymore. It used to be ‘oh, we can’t have women in combat.’ I don’t know



PHOTO BY RUDI WILLIAMS

The Vietnam Women's Memorial is a tribute to women's contributions to the defense of the nation. It's on the Washington Mall near the Vietnam Veterans Memorial.

what they call it now, but women sure are in combat.”

Not all women who served in uniform in Vietnam were nurses — or even officers.

Carole Gittman served from 1968 to 1970 in Vietnam, a total of 18 months. She worked as an administrative assistant for an engineer construction division.

“It think it’s pretty awesome,”

she said of the recognition. She too stays in touch with the women she served alongside. Today, women who served in Vietnam, from all branches of service, can participate in the Vietnam Women Veterans Conference. This year, Gittman will attend the event, April 26-29 in Biloxi, Miss.

Gittman had little negative to say about her time in Vietnam, but

said she wished she and her fellow female Women’s Army Corps sisters had been trained the same way female Soldiers today are trained.

“The only thing that would have been nice would be if we’d been able to have weapons, or training. At least women are getting that now. We never got that,” she said.

The WAC ceased to exist in 1978, something that Gittman said she was disappointed with.

“If you were a WAC, you will always be a WAC,” she said. “And if you were a Soldier, you will always be a Soldier. We could still have done the same job if you left us the WACs. We loved being WACs. It was us — we think we’re different.”

Gittman retired from the Army in 1982 as a sergeant first class.

Earlier in the morning, standing before the crowd at the event, Lt. Gen. Patricia D. Horoho, the Army’s surgeon general, asked all female officers in the audience to stand; most all were in civilian clothing — long since retired from the Army.

“Thank you for leading the way and making a difference,” the general said. She is the first female to serve as the Army’s surgeon general. “It’s really your shoulders

that we have been able to stand on and build and continue to move forward.”

Women today have made great advances in where and how they can serve the Army, Horoho said, stating that 412 of the Army’s 438 military occupational specialties and areas of concentration are now open to women. But women have always served the military, she explained.

“Women serve and have served, with distinction, grace [and] honor,” in wars back to the Revolutionary War, Horoho said. “Women have served honorably and have died in every single war and every conflict that this country has fought.”

To the women of the WACs, she said, “You are the bridge that linked the WACs of World War II to today,” she said. And the women who served in Vietnam made sure Americans didn’t forget that “women could do hard work in hard places.”

Amongst all military services, about 11,000 American women served in uniform in Vietnam. According to the Vietnam Women’s Memorial Foundation website, about 90 percent of those women served as nurses in the Army, Navy, and Air Force.

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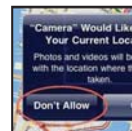
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MARCH 22, 2012

# Children's FESTIVAL

## Upcoming post event honors military children

By Angela Williams  
Army Flier Staff Writer

There's no doubt about it. Fort Rucker's Children's Festival, coming up March 31, is just for kids with a schedule that includes a giant Easter egg hunt, magic show, petting zoo, inflatables, crafts, games and flying kites.

"It's an opportunity to celebrate and showcase the military child," explained Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

This year's festival will start at 1 p.m. on the festival fields. The egg hunts, scheduled according to age group, will begin at 1:30 p.m. Other activities such as kite flying and a magic show will follow, with the festival wrapping up around 4 p.m.

"This year's egg hunt will be bigger and better than ever with more than 16,000 eggs being laid out on the hunting field," said Kimberly Abeln, DFMWR annual events coordinator, adding that for safety reasons, adults and strollers will not be allowed on the field during the egg hunt.

Children under the age of 3 will have a separate area for their egg hunt near the diaper derby tent, she said.

"The signature piece of the event is the Easter egg hunt," added Erdlitz.

One of the new events this year features former Olympian and jump rope expert Buddy Lee. From 2-3 p.m., Lee will host an interactive jump rope activity that is open to all ages, including parents, said Abeln.

Several other new additions are based on this year's theme of "Up, up and away." Children are invited to bring kites from home or make a kite while they are at the festival. After the egg hunt, the field will



FILE PHOTO

Corbin Grey, military child, gets some help from a group of warrant officer candidates as he runs an obstacle course during last year's Children's Festival. The eighth annual Fort Rucker Children's Festival is March 31 from 1-4 p.m. at the festival fields.

be cleared for flying kites. A bubble world and mini parachute craft are also inspired by the theme, she said.

Though the whole festival is planned for children, there is at least one activity for the parents. Erdlitz said three local car dealerships will have vehicles to test drive at the festival.

"This festival is one of my fa-

vorites," said Abeln. "I love organizing and implementing events that create lasting memories for our Soldiers and their Families."

This year, the Children's Festival marks the start of the Month of the Military Child, a time set aside to recognize the struggles military children face and contributions they make to their Families.

Because Fort Rucker doesn't

have a large deploying population, the festival is one of the big events a complete Family unit can attend together, said Erdlitz.

"We really want the focus to be on military children," she said. "The festival is totally children oriented."

Last year, about 4,000 people attended the Children's Festival. Erdlitz and Abeln expect an even

bigger crowd this year. All the games, crafts and activities are free, but some food and craft vendors will have items for sale at the festival.

"It is a low-cost and extremely fun way to spend an afternoon with friends and Family," said Abeln.

For more information about the festival, call 255-1749.

## 1st Avn. Bde. transfers iPads to primary school

By Angela Williams  
Army Flier Staff Writer

The video showed a student with autism doing something she'd never done before. The young girl identified shapes by pointing to them on the screen of an iPad, then handed her teacher whatever toy the teacher requested.

Before the iPad, the girl would place the toys in a specific order and would not deviate from that order. It was a small change, but a big step, according to the child's teacher.

The short clip, recorded by a teacher at Fort Rucker Primary School, was played at a school board meeting March 12 recognizing the transfer of 91 iPads from the 1st Aviation Brigade to the school through the Defense Reutilization and Marketing Service.

"We want to thank them for everything they've done for us," said primary school Principal Deborah Deas during the meeting to representatives from the brigade. "We hope you'll come back often and we hope that you'll work with the students to show them ways to use the iPads."

The brigade completed a pilot program with the iPads and some of the Aviation students, but determined the tablet did not exactly meet the requirements for the program, said Carley Palo, 1st Avn. Bde. S6.

"Col. Brian Bennett, commander of the



PHOTO BY ANGELA WILLIAMS

Col. Brian Bennett, 1st Avn. Bde. commander, watches as Parker Beyler, a kindergarten student, demonstrates what he can do on an iPad.

1st Avn. Bde. didn't want to see them end up being auctioned off if another organization could use them," she said. "We thought the schools were a great choice because of all the things the schools can do with them."

Palo and other personnel in her office cleared all the information from the iPads and updated them with the latest

Apple software to get them ready for the teachers and students.

Regina Davis, a kindergarten teacher at the primary school, said she just started using the iPads in her classroom, but she really appreciates the opportunity.

"The children get so excited over the things we've learned and the things we've been able to use so far," she ex-

plained. "There are so many apps available. We are just beginning this experience."

One of the things Davis said she most appreciates about the iPads is the ability to differentiate instruction — meaning one child can work on a basic skill like sight words while another can work on something more in depth.

"This allows us to meet the needs of all the kids in the classroom," she said.

Wanda Wilds, another kindergarten teacher at the school, agrees, saying, "It's a great tool for us to meet a child no matter what level they are at."

With the iPads, she doesn't have to send students out of the classroom to work on specific skills. She can keep all of her students together, but still work with each child individually.

All the students "become instantly engaged" when you bring out the iPads, Wilds said. "You get this out and the child's eyes light up. You have their undivided attention. It's so much better than handing them flashcards or something like that. Those are good, but you give them something like this and behavior issues are no more because the students are totally engrossed."

"There are not many schools that have this kind of opportunity," said Davis.

"It's a wonderful, wonderful opportunity," added Wilds. "It's a great use of technology."



# ON POST

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

### MOMC special at LZ

The Landing Zone offers a free scoop of ice cream to military children with the purchase of an entrée from the regular children's menu throughout April in honor of the Month of the Military Child. For more, call 598-2426.

### April EDGE! Programs

People are welcome to sign up for child, youth and schools services' April EDGE! Programs for youth ages 6-18. A variety of activities are available weekdays from 4-6 p.m. April's EDGE! activities include: archery, golf, baking, a community service project, and Frisbee golf. Cost for ages 6-10 is \$5 per hour and the program is free for ages 11-18. Parents can pick up and drop off children at the Fort Rucker Youth Center. A valid CYSS registration is required for participation. People can enroll at parent central services in Bldg. 5700, Rm. 193 or online at [webtrac.mwr.army.mil/webtrac/ruckercyms.html](http://webtrac.mwr.army.mil/webtrac/ruckercyms.html). For more, call 255-0666 or 379-1363.

### Resilience training

Army Community Service offers resilience training April 2 from 8 a.m. to noon at The Commons. Resilience training enables people to actively manage physical and psychological challenges in their personal lives. For more information or to register, call 255-3643.

### Infant Massage Workshop

In recognition of April as Child Abuse Prevention Month, the Fort Rucker Family Advocacy Program and New Parent Support Program offers a free Infant Massage Workshop April 2 from 5:30-7 p.m. and April 23 from 9:30-11 a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. The workshop is designed for parents of children from newborn to 12 months. The workshop will teach various massage techniques, as well as the benefits of touch to soothe and calm babies. Parents should bring their own baby blankets and baby oil. People need to register by March 30 to take part. The workshop is open to active duty military, retired military, Department of Defense employees and Family members. For more information or to register, call 255-3359.

### Easter craft making activity

The Center Library hosts an Easter craft making activity for children ages 3-11 April 3 from 3:30-4:30 p.m. Light refreshments will be served and space will be limited to the first 65 children registered. For more information or to register, call 255-3885.

### 1-2-3 Magic Effective Discipline for Children

In Recognition of April as Child Abuse Prevention Month, the Army Commu-

nity Service's Family Advocacy Program offers the free 1-2-3 Magic Effective Discipline for Children 2-12 class April 5, 12, 19 and 26 from 9-11 a.m. at Picerne's Munson Heights Neighborhood Community Center. Parents who attend learn how to control inappropriate behavior and encourage good behavior. The deadline to register is March 29. This a four-part series and participants must attend all sessions in order to receive a certificate. The workshop will not meet on holidays. The workshop is open to active duty and retired military, Department of Defense employees and their Family members.

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

### Blue Day

April is Child Abuse Prevention Month and the Blue Day Campaign is a Fort Rucker community-wide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing blue April 6. By wearing blue, people will show a visible commitment to support child abuse prevention. People can continue to wear blue throughout the month to show their support for the awareness and prevention of child abuse. For more, call 255-9641.

### Easter Sunrise Breakfast

The Landing hosts an Easter Sunrise Breakfast in the Legends April 8 from 7:30-9 a.m. Cost for adults is \$10.95, ages 6-12 is \$4.95, ages 3-5 is \$1.95, and ages 2 and younger eat free. Breakfast includes scrambled eggs, biscuits, grits, hash browns, bacon, sausage, juice, coffee and water.

To make a reservation or get more information, call The Landing at 598-2426.

### Easter brunch

The Landing hosts its Easter brunch April 8 from 10 a.m. to 2 p.m. and also gives people the chance to have their picture taken with the Easter Bunny. Cost for adults is \$17.95, ages 6-12 is \$7.95, ages 3-5 is \$3.95, and ages 2 and younger eat free. The Military Family Special covers brunch for two adults and two children for \$45. Brunch includes scrambled eggs, biscuits, grits, hash browns, bacon, sausage, an omelet bar, salad bar, carved meats, fish with crème sauce, barbecue chicken, macaroni and cheese, mashed potatoes, white acre peas, green beans, roasted red potatoes, corn, mixed vegetables, butter beans, sweet potato soufflé, corn bread, rolls, greens, dirty rice, dessert bar, strawberry shortcake bar and deviled eggs.

Reservations are highly encouraged and can be made by calling 598-2426.

### 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



FILE PHOTO

## Music Under the Alabama Stars

Fort Rucker's own 98th Army "Silver Wings" Band performs at one of last year's Music Under the Alabama Stars concerts hosted by Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general. The general invites the entire post community to the 2012 kickoff for the concerts Friday at 6 p.m.

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.

### Stress Management Workshop

Army Community Service's Family Advocacy Program hosts a Stress Management Workshop Tuesday 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.

# DFMWR Spotlight

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U.S. ARMY GRAPHIC

Photos from smartphones are geotagged even when the user is unaware. Smartphone users can adjust their privacy settings to limit who can view their geotagged locations.

# Geotagging poses security risks

By Cheryl Rodewig  
Army News Service

FORT BENNING, Ga. — “Is a badge on Foursquare worth your life?”

The question was posed by Brittany Brown, social media manager of the Online and Social Media Division at the Office of the Chief of Public Affairs. It may sound outlandish, but in the age of social geotagging, it can be a reality.

There are a number of location-based social media applications and platforms, including Foursquare, Gowalla, SCVNGR, Shopkick, Loopt and Whrrl, currently on the market. They use GPS features, typically in the user’s phone, to publish the person’s location and offer rewards in the form of discounts, badges or points to encourage frequent check-ins.

## Security risks for the military

A deployed service member’s situational awareness includes the world of social media. If a Soldier uploads a photo taken on his or her smartphone to Facebook, they could broadcast the exact location of their unit, said Steve Warren, deputy G2 for the Maneuver Center of Excellence, or MCoE.

“Today, in pretty much every single smartphone, there is built-in GPS,” Warren said. “For every picture you take with that phone, it will automatically embed the latitude and longitude within the photograph.”

Someone with the right software and the wrong motivation could download the photo and extract the coordinates from the metadata.

Warren cited a real-world example from 2007. When a new fleet of helicopters arrived with an Aviation unit at

a base in Iraq, some Soldiers took pictures on the flightline, he said. From the photos that were uploaded to the Internet, the enemy was able to determine the exact location of the helicopters inside the compound and conduct a mortar attack, destroying four of the AH-64 Apaches.

Staff Sgt. Dale Sweetnam, of the Online and Social Media Division, said geotagging is of particular concern for deployed Soldiers and those in transit to a mission.

“Ideally, Soldiers should always be aware of the dangers associated with geotagging regardless of where they are,” he explained.

## General hazards for Family members

While especially relevant for those in the military, cautions about geotagging extend to anyone who uses that feature.

Facebook is in the process of rolling out Timeline, a new layout that includes a map tab of all

the locations a user has tagged.

“Timeline presents some unique security challenges for users who tag location to posts,” Sweetnam said.

“Some of those individuals have hundreds of ‘friends’ they may never have actually met in person,” he explained. “By looking at someone’s map tab on Facebook, you can see everywhere they’ve tagged a location. You can see the restaurants they frequent, the gym they go to every day, even the street they live on if they’re tagging photos of their home. Honestly, it’s pretty scary how much an acquaintance that becomes a Facebook ‘friend’ can find out about your routines and habits if you’re always tagging location to your posts.”

Most of the applications let people limit who can see their check-ins to friends or friends of friends. “A good rule of thumb when using location-based social networking applications is to not become friends with someone if you haven’t met

them in person,” Sweetnam said. “Make sure you’re careful about who you let into your social media circle.”

Even if there is nothing classified about an individual’s location, a series of locations posted online over the course of a month can create a pattern that criminals can use.

“We live in a different world now,” Warren said. “If someone were going to get a hold of your phone, they could figure out a lot about who you are. It’s like a beacon that’s always out there communicating with towers and plotting your moves on a computer somewhere. Literally, if you don’t turn off that feature on your phone people are going to be able to recreate your whole day.”

## Ways to stay safe

“In operations security, we talk about the adversary,” said Kent Grosshans, Maneuver Center of Excellence operations security officer.

“The adversary could be a hacker, could be a terrorist, could be a criminal; someone who has an intent to cause harm. The adversary picks up on pieces of information to put the whole puzzle together.”

Grosshans suggests disabling the geotagging feature on your phone and checking your security settings to see who you’re sharing check-ins with.

“If your husband’s deployed and you go ahead and start posting all these pictures that are geotagged, now not only does an individual know your husband’s deployed and he’s not at home, but they know where your

house is,” he said.

Ultimately, it’s about weighing the risks.

“Do you really want everyone to know the exact location of your home or your children’s school?” Sweetnam said. “Before adding a location to a photo, Soldiers really need to step back and ask themselves, ‘Who really needs to know this location information?’”

Grosshans said it’s as important to Soldiers as to Family members.

“Be conscious of what information you’re putting out there,” he said. “Don’t share information with strangers. Once it’s out there, it’s out there. There’s no pulling it back.”

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### Center Point Community Church

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☪ Sunday Evenings – 5 PM  
☪ Wednesday Evenings – 7 PM  
☪ Nursery – Children – Youth  
† Office: 334 347 5044  
www.centerpointag.org  
centerpoint3351@yahoo.com

### First United Methodist Church

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Contemporary Worship - New Connection  
8:45 am  
The Gathering - Youth  
5:45 pm  
Sunday School  
10:00 am  
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efumc@adelphia.net  
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### Grace Baptist Church

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# Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BUILDING 109

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

### MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday  
11 a.m. Liturgical Worship Service Sunday  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday.

### WINGS CHAPEL, BUILDING 6036

9:30 a.m. Protestant Sunday School  
10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

### SPIRITUAL LIFE CENTER, BUILDING 8939

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

### BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study, Yano Hall, Wednesday 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible

Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

### Mothers of Preschoolers (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

### Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Child-care provided. For more information, call 255-9894.

### Military Council of Catholic Women

MCCW meets every Tuesday from 5:30 p.m. - 7 p.m. at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

### Catholic Adult Fellowship

CAF meets regularly throughout the year. For more information, call 255-9894.

### Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday  
1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.



PHOTO BY NATHAN PFAU

## Pick-of-the-litter

Meet Charlie, a 12-week-old male Bulldog mix available for adoption at the Fort Rucker stray facility. It costs \$81 to adopt Charlie and other animals at the facility, which includes all up-to-date shots, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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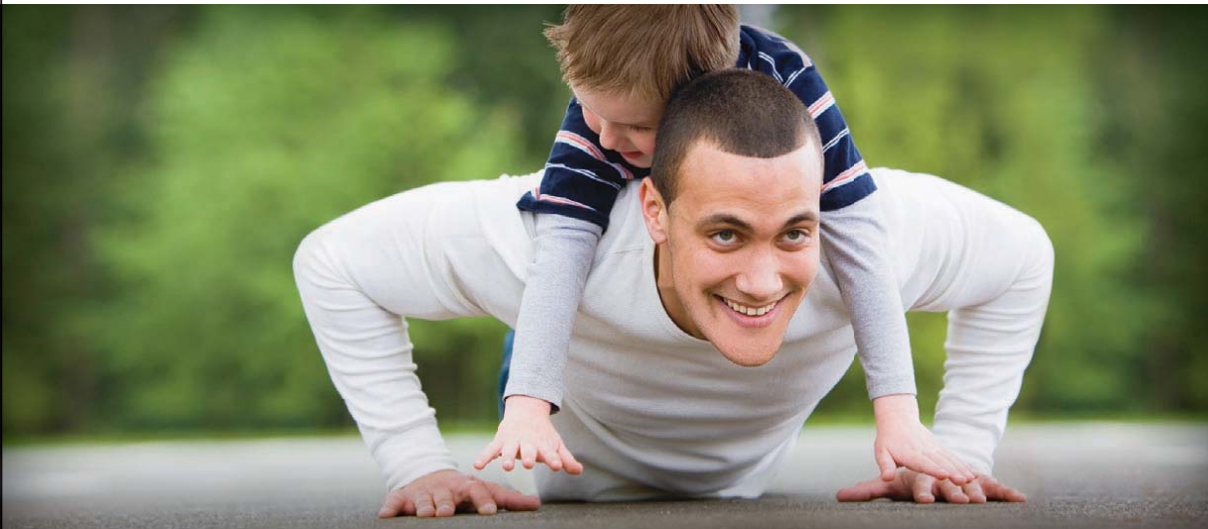
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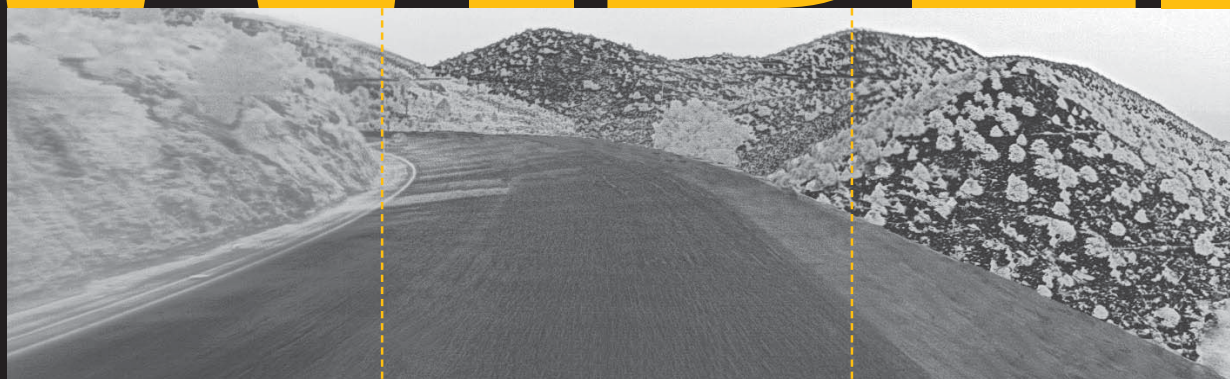
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# Military leads in brain injury care, specialists say

By Lisa Daniel  
American Forces Press Service

WASHINGTON — Army, Navy, Air Force and Marine Corps medical specialists are working closely together and with civilian experts to develop the best prevention, diagnosis and treatment practices for traumatic brain injuries, service representatives said March 14.

“[The Defense Department] is in the lead in making sure we learn all we can about the brain and brain injuries,” Maj. Sarah Goldman, director of the Army Medical Specialist Corps traumatic brain injury program, said during a Pentagon Channel panel discussion about military brain injury programs.

Goldman, a research specialist with a doctorate in kinesiology in the Army surgeon general’s office, was joined by her counterparts representing the other services’ traumatic brain injury programs: Cmdr. (Dr.) Jack Tsao, a neurologist at the Navy Bureau of Medicine and Surgery; Maj. (Dr.) Laura Baugh, a neurologist with the Air Force Medical Support Agency; and Navy Capt. (Dr.) David Tarantino, a Family practice physician assigned to Marine Corps headquarters.

“We have different lenses we bring to the table, and it’s that diversity that gives us strength,” Goldman said.

The team also works with brain injury experts in academia and civilian medicine to share knowledge and “increase the comfort level” of medical professionals in treating brain injuries, Goldman said.

“We want to make sure that with the innovations and practices we identify, we can move forward together,” she said.

Service members are more susceptible to brain injuries than civilians, although an es-

timated 84 percent of brain injuries to troops occur not on deployment, but back home, the panelists said. And most are preventable, they added.

Training injuries, sports injuries and car wrecks cause most brain injuries, Tarantino said.

“A lot of TBI is preventable,” he said, if people wear protective gear such as helmets and seat belts. The quality of protective gear has come a long way, “but it only works if you wear it.”

With combat-related brain injuries, the services have learned much from 10 years of war, the panelists said. Identification of brain injuries on the battlefield has been “firmly codified,” and rest following a brain injury now is mandated, Tsao said.

“We think we have the most effective combat treatment centers in the history of warfare,” Tarantino said of the Navy and Marine Corps program. “It starts with self care and buddy care.” After a head injury, a service member assesses himself — or his buddy assesses him — for symptoms of concussion, such as blacking out or dizziness. The service member then is seen by a Navy corpsman, and if identified as having a concussion or worse brain injury, is sent to triage for care, and then may be evacuated for more intensive care, Tarantino said. Military medical facilities for treating head injuries are located throughout Afghanistan.

For rehabilitation, the Marine Corps’ Concussion Restoration Care Center — an interdisciplinary facility including Family, sports medicine and other specialists — has treated hundreds of concussions, with a 98 percent rate of full recovery, he said.

The military’s efforts in traumatic brain injuries have benefited from increased awareness about brain injuries inside the

Defense Department and in Congress, as well as from attention the issue has been receiving in the National Football League and the National Hockey League, Tsao said. “All of those things have made our jobs easier,” he added.

In fact, much of the latest discoveries into brain injuries have happened in the sports world, and the Army and Marine Corps are partnering with the NFL to share information, Goldman said.

The services continue to work against a stigma some service members attach to seeking help, and a new Army policy takes that decision out of soldiers’ hands, Goldman said. Anyone involved in a blast or other event causing head trauma must be taken out of the fight and examined, he added.

Other services are following the same mandate, Baugh noted. Service members now recognize the events that cause brain injuries and the symptoms that indicate those injuries, and they know the require-

ment that they get examined.

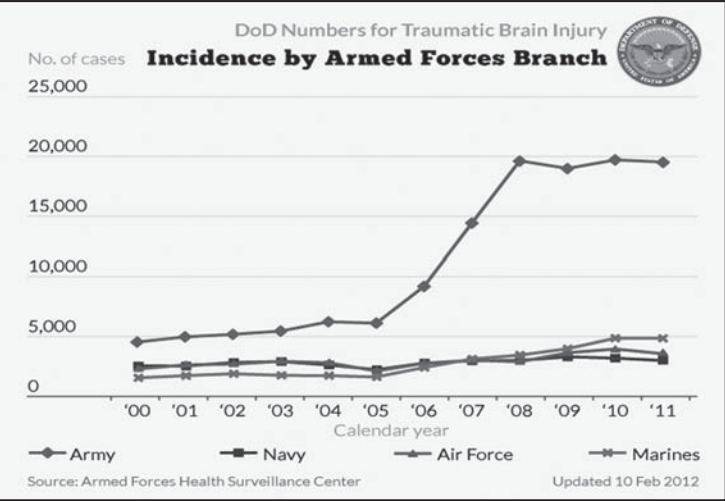
Air Force medical officials try to keep TBI patients in the care of their primary physicians, at home and with their families, Baugh said. The Air Force’s Echo pilot program uses technology to bring the TBI team’s expertise to the service members and their providers.

Tsao said the Navy is working to prevent brain injuries, and to educate sailors and Marines about symptoms, treatment and effects. The most important treatment of concussions is rest, he said, and education is critical.



“Telling patients what to expect makes a world of difference,” he said.

Symptoms of TBI include temporary loss of consciousness, headache, dizziness, and, in severe injuries, long-term memory and concentration problems, panelists said.

Most people with mild brain injuries recover within days or weeks, and 85 percent recover within three months, they said.



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**When:** 1<sup>st</sup> Thursday of the Month  
**Hosted by:** Dr. John Miller & Dr. Daniel Pittman

**Call our office to attend a FREE Seminar and Receive a No-Cost Consultation and 3D Scan Today! (a \$400 value)**

*Please Call Kathy Wimberly at 334-793-7232 to RSVP.*

**www.dothanperio.com ~ kathy@dothanperio.com**

— No Childcare Available —

## SPACE IS LIMITED

### ORDNANCE DEPOT

GUN SHOP & INDOOR RANGE

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454 Hwy 84 E. Tuesday - Saturday  
Daleville, 36322 10:00-5:30  
334-598-1101  
Email: gahbb@aol.com

### CLARK THEATRES ENTERPRISE

Web Site: [www.hollywoodconnector.com](http://www.hollywoodconnector.com)

MOVIE INFO 24/7 - 347-2531

ACTIVE DUTY SERVICE MEMBER DISCOUNT (WITH ACTIVE MILITARY ID) - 1 Guest

**March 16-22**

For R Rated Films, one must be 17 or with parent

**ENTERPRISE SHOPPING CTR**

**JOHN CARTER IN 2D** - PG-13  
M-F 7:00 & 9:30 • S&S 2:00, 7:00 & 9:30

**21 JUMP STREET** - R  
M-F 7:10 & 9:15 • S&S 2:00, 7:10 & 9:15

**WESTGATE CENTER**

**TYLER PERRY'S GOOD DEEDS** - PG-13  
M-F 7:00 & 9:20 • S&S 2:00, 7:00 & 9:20

**PROJECT X** - R  
M-F 7:10 & 9:15 • S&S 2:00, 7:10 & 9:15

**COLLEGE CINEMA • ENTERPRISE**

\$2.00 Upcharge for 3D

**JOHN CARTER IN 3D** - PG-13  
M-F 7:00 & 9:30 • S&S 2:00, 7:00 & 9:30

**DR. SEUSS' THE LORAX IN 3D** - PG  
M-F 7:10 & 9:10 • S&S 2:10, 7:10 & 9:10

**IN ACT OF VALOR** - R  
M-F 7:10 & 9:20 • S&S 2:00, 7:10 & 9:20

**OZARK**

**JOHN CARTER IN 2D** - PG-13  
Fri: 7 & 9:25 • Sat: 2:00, 7:00 & 9:25  
Sun: 2:00 & 7:00 • Mon - Thurs 7:00

**GHOST RIDER** - PG-13  
Fri: 7 & 9:00 • Sat: 2:00, 7:00 & 9:00  
Sun: 2:00 & 7:00 • Mon - Thurs 7:00

PURCHASE TICKETS AT [TOADCLICK.COM](http://TOADCLICK.COM)

# TOADCLICK MUSIC FESTIVAL



## Schedule of Performances

### Thursday, March 22<sup>ND</sup>

Craig Morgan	5:00pm
Blackberry Smoke	6:30pm
Randy Travis	8:00pm
38 Special	9:30 pm
Rodney Atkins	11:00pm

### Friday, March 23<sup>RD</sup>

Kip Moore	2:00pm
David Nail	3:30pm
Sawyer Brown	5:00pm
Jake Owen	6:30pm
Clay Walker	8:00pm
Billy Currington	9:30pm
Trace Adkins	11:00pm

### Saturday, March 24<sup>TH</sup>

The Springs	2:00pm
Derryl Perry	3:30pm
Joe Nichols	5:00pm
Justin Moore	6:30pm
Sara Evans	8:00pm
Montgomery Gentry	9:30pm
Dierks Bentley	11:00pm



# Daily Lunch Menu

Choice of 1 Meat, 3 Sides, Dessert & Beverage.  
Bread Basket Included (Cheese Biscuit & Cornbread)

## MONDAY

Baked Chicken	English Peas & Potatoes
Fried Chicken	Stewed Okra & Tomatoes
Fried Chicken Fingers	Vegetable Casserole
Country Fried Steak	White Kernel Corn
Fried Catfish	<b>DESSERTS:</b>
Hamburger Steak	Banana Pudding
Fried Green Tomatoes	Apple Cobbler
Fried Okra	Key Lime Cake
Macaroni & Cheese	Chocolate Cake
Mashed Potatoes	Fruit Bowl
Rice	Watergate Salad
Cabbage	Coconut Cake
Collards	Sugar Free Apple Pie
Dry Lima Beans	

## TUESDAY

Baked Chicken	Creamed Corn
Fried Chicken	Green Beans
Fried Chicken Fingers	Turnips
Country Fried Steak	Zipper Peas
Beef Pot Roast	<b>DESSERTS:</b>
Fried Pork Chops	Banana Pudding
Fried Green Tomatoes	Cherry Cobbler
Fried Okra	Key Lime Cake
Macaroni & Cheese	Peanut Butter Cake
Mashed Potatoes	Fruit Bowl
Rice, Cabbage	Watergate Salad
Broccoli Casserole	Coconut Cake
Candied Yams	Sugar Free Apple Pie

## WEDNESDAY

Baked Chicken	Chicken & Dressing,
Fried Chicken	Potato Salad
Fried Chicken Fingers	Stewed Squash
Country Fried Steak	Turnips
Fried Chicken Livers	White Kernal Corn
Baked Ham	<b>DESSERTS:</b>
BBQ Pork	Banana Pudding
Fried Green Tomatoes	Pineapple Cobbler
Fried Okra	Key Lime Cake
Macaroni & Cheese	Strawberry Shortcake
Mashed Potatoes	Fruit Bowl
Rice	Watergate Salad
Cabbage	Coconut Cake
Baked Beans	Sugar Free Apple Pie
Butter Peas	

## THURSDAY

Baked Chicken	Sweet Potato Casserole
Fried Chicken	Tiny Butter Beans
Fried Chicken Fingers	Tomatoes & Rice W/
Country Fried Steak	Chicken
Meat Loaf	White Kernel Corn
Pork Chops Grilled	<b>DESSERTS:</b>
Fried Green Tomatoes	Banana Pudding
Fried Okra	Pear Cobbler
Macaroni & Cheese	Key Lime Cake
Mashed Potato	Chocolate Delite
Cabbage	Fruit Bowl
Chicken & Dumplings	Watergate Salad
Collards	Coconut Cake
Field Peas w/ Snaps,	Sugar Free Apple Pie

## FRIDAY

Baked Chicken	Rutabagas
Fried Chicken	Turnips
Fried Chicken Fingers	Zipper Peas
Country Fried Steak	<b>DESSERTS:</b>
Fried Catfish	Banana Pudding
Beef Tips	Peach Cobbler,
Fried Green Tomatoes	Key Lime Cake
Fried Okra	Heath Bar Cake
Macaroni & Cheese	Fruit Bowl
Mashed Potatoes	Watergate Salad
Rice Cabbage	Coconut Cake
Candied Yams	Sugar Free Apple Pie
Creamed Corn	
Green Beans	

## SUNDAY

Baked Chicken	Chicken & Dumplings
Fried Chicken	Creamed Corn
Fried Chicken Fingers	Green Beans
Country Fried Steak	Rutabagas
Beef Pot Roast	Sweet Potato Casserole
Pork Chops	Tiny Butter Beans
Fried Green Tomatoes	Turnips
Fried Okra	<b>DESSERTS:</b>
Macaroni & Cheese	Choose from
Rice	14 Assorted
Mashed Potatoes	Desserts
Cabbage	
Chicken & Dressing	

**Award Winning Home Style Southern Cooking!**  
**Sun - Fri 10:30am - 2:30 pm**  
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# Zack's

## Family Restaurant

Southern Style Cooking

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<sup>1</sup>Average Annual Savings based on countrywide survey of new customers from 10/1/09 to 9/30/10, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "member" does not convey any legal, ownership or eligibility rights for property and casualty insurance products. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve or in the National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2012 USAA. 124912-0112



# Park celebrates 198th anniversary of the Battle of Horseshoe Bend

## Horseshoe Bend National Military Park Press Release

The Horseshoe Bend National Military Park celebrates the 198th anniversary of the Battle of Horseshoe Bend Saturday from 9 a.m. to 4 p.m.

The anniversary features free demonstrations and activities focusing attention on the participants of the Battle of Horseshoe Bend in 1814. This annual event recreates frontier life in the year 1814 and seeks to emphasize the importance of the battle in United States history. Saturday’s activities will provide visitors with a better understanding of the battle participants and the reasons why the battle took place through a variety of special interpretive programs.

All demonstrations will be presented numerous times throughout the day and promise to be entertaining as well as educational.

### The schedule of events:

- 9 a.m. — Living history camps open. Living history camps consist of Creek and Cherokee hunting camps as well as Tennessee Militia and United States infantry camps. The hunting camps will feature traditional southeastern skills such as flint knapping, hide tanning, cooking and basket weaving in ongoing demonstrations;
- 10 a.m. — U.S. infantry musket firing demonstration;
- 10:30 a.m. — Tennessee Militia cannon firing demonstration;
- 11 a.m. — Creek stomp dance;



COURTESY OF HORSESHOE BEND NATIONAL MILITARY PARK

Visitors to a previous anniversary of the battle talk to volunteers at the six-pound cannon.

- Noon — U.S. infantry musket firing demonstration;
  - 12:30 p.m. — Tennessee Militia cannon firing demonstration;
  - 1 p.m. — Creek stomp dance;
  - 2 p.m. — U.S. infantry musket firing demonstration;
  - 2:30 p.m. — Tennessee Militia cannon firing demonstration;
  - 3 p.m. — Creek stomp dance; and
  - 4 p.m. — Living history camps close.
- The park is located 68 miles from Montgomery. From Montgomery, travel Interstate 85N toward Atlanta. Take Exit 32 (Alabama Highway 49). Turn

north (left) onto Alabama Highway 49 toward Dadeville. Follow Highway 49 as it “jogs” through Dadeville. Turn left on US 280/Alabama 49, then turn right on Highway 49 north. Follow it 12 miles to the park entrance.

For more information on the event, call (256) 234-7111.

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

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

## DALEVILLE

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

## DOTHAN

**APRIL 21-22** — A gem and mineral show, featuring gemstones, fossils, minerals and finished jewelry, will be at the Westgate Park Recreation Center. Cutting and polishing gemstones will be demonstrated. Admission and parking is free. For more information, visit [www.wiregrass-rockhounds.com](http://www.wiregrass-rockhounds.com) or call (334) 792-7116.

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

## ENTERPRISE

**SATURDAY** — The Chapter 9 Disabled American Veterans office will be open from 8 a.m. until noon to assist all veterans with filing their claims with the Veterans Administration. The office is at 704 Crawford Street. For more information, call 308-2480.

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

## GENEVA

**ONGOING** — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

## MIDLAND CITY

**ONGOING** — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

## NEW BROCKTON

**MARCH 30** — Disabled Veterans Chapter 99 will conduct a Spaghetti Dinner for the general public at the New Brockton Town Hall from 4:30 p.m. to 6:30 p.m. Patrons may dine-in or take-out. The dinner will consist of spaghetti, tossed green salad, garlic bread and iced tea. A donation of \$7 a plate is requested.

All proceeds will assist local disabled veteran programs. For more information, call Chuck Lobdell at 334-718-5707.

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

## OZARK

**SATURDAY** — Ozark artist Tim Richardson will be spotlighted in a solo show, “The Science of Primary Colors” at the Ann Rudd Art Center.

About 100 pieces will be shown, including sculpture, costumes and paintings. Richardson says, “The show will feature a mixture of old and new, something for everyone.”

The exhibition will open Saturday with a reception from 6-8 p.m., and will run through April 28. The public is invited.

The Ann Rudd Art Center, home to the Dale County Council of Arts and Humanities is on the square in downtown Ozark.

**APRIL 14** — Music and food are the fare of the day when Ozark Leisure Services sponsors its sixth annual Crawdad Festival on the square in downtown Ozark.

Starting at 10 a.m., the day kicks off with one of several bands that will play blues, beach, country and rock throughout the day. Officials encourage people to enter

the hot dog eating contest and enjoy the down-home hospitality Ozark is famous for. Call Denise Ellis at Ozark Leisure Services for more information at 334-774-2618.

Carroll High Band Boosters will sponsor a 5K run/walk/crawl in conjunction with the festival. The 5K route starts at the intersection of Carroll and Martin Streets and highlights Ozark’s new school, parks and municipal building.

To register, or for more information, call David Speck at 237-4186 or email [david.speck96@yahoo.com](mailto:david.speck96@yahoo.com) or visit <http://bit.ly/GDyZbr>.

## PINCKARD

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

## SAMSON

**ONGOING** — American Legion Post 78 meets monthly on the second Tuesdays at 7 p.m.

## TROY

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

For more information, call Janet Motes at 808-8500.

## Beyond Briefs

### Annual arts festival

The 38th annual Piney Woods Arts Festival takes place Saturday and Sunday on the grounds of Enterprise State Community College. One of the oldest juried arts and crafts shows in the area, it features original art and crafts, a children’s fun center, food and entertainment. Special events include a Civil War Living Display and the Weevil City Cruisers Car and Truck Show. For information, call 406-2787.

### Ice Hockey: “Year of the Wingman”

Pensacola Ice Flyers take on the Mississippi RiverKings at the Pensacola Civic Center at 7:05 p.m. Saturday. For more information, call (850) 466-3111 or visit [www.pensacolaiceflyers.com](http://www.pensacolaiceflyers.com).

### Easter light show

DeSoto Caverns Family Fun Park in Childersburg celebrates the Easter season Monday through April 9 with a

sound, water and light show telling the biblical story of Christ. The show is featured on every caverns tour. For more information, call (256) 378-7252 or visit [www.desotocavernspark.com](http://www.desotocavernspark.com).

### Discovery Day at Dauphin Island

The Dauphin Island Sea Lab invites Families to a fun-filled day of environmentally-themed children’s activities, an Open House at the Research Facilities of the Dauphin Island Sea Lab and free kids’ admission to the Estuarium April 21 from 10 a.m. to 2 p.m. Admission is free for children. For more information, call (251) 861-2141.

### Azaleas in bloom

Enjoy the blooms of more than 250,000 vibrant azaleas in an explosion of color throughout the 65 acres of Mobile’s Bellingrath Gardens. Hydrangeas, Easter lilies, fuchsia, wave petunias and many other flowers will also be featured in the gardens during azalea season, now through April 5. Admission charged. For more information, call (251) 973-2217 or visit [www.bellingrath.org](http://www.bellingrath.org).

### 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 April 19 from noon-1 p.m. and is entitled “Incidents of the War: The Civil War of Mary Jane Chadick.”

For more information, call 353-4726 or visit [www.archives.alabama.gov](http://www.archives.alabama.gov).

### Ghost tour at Pensacola Lighthouse

Is the Pensacola Lighthouse haunted? The Travel Channel and SciFi’s Ghost Hunters think so. Join the Tuscaloosa Paranormal Research Group and discover for yourself with a ghost hunt through the Keeper’s Quarters on March 30 from 7 p.m. to midnight. The tour includes a trip to the top of the Lighthouse for a Dark of the Moon look across Pensacola Bay. Please dress appropriately (no open heel/toe shoes, no high heels, no clothing that may be a trip hazard). The tour costs \$15 a person.

For more information, call (850) 393-1561. To make reservations visit us [www.lighthousereservations.org](http://www.lighthousereservations.org).



# ACE SUICIDE INTERVENTION

## 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.



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STARBUCKS COFFEE

### Sandwiches, Baskets & Seafood

All sandwiches and burgers are served with our crispy skin-on fries. Substitute onion rings for \$1.00.

#### Cheese Steak Sandwich - \$7.50

Tender sliced rib eye served with peppers and onions and topped with queso cheese, served on a sub roll.

#### Brisket Dip Sandwich - \$7.50

Our mouth-watering applewood-smoked, Texas-style beef brisket, hand-trimmed and topped with provolone cheese served on a sub roll with au jus.

#### Grilled Shrimp Tacos - \$7.50

Two soft flour tortillas stuffed with grilled or blackened shrimp with lettuce, pico de gallo and shredded cheese. Served with black beans and rice.

#### Mahi Mahi Tacos - \$7.50

Two soft flour tortillas stuffed with grilled or blackened Mahi Mahi with lettuce, pico de gallo and shredded cheese. Served with black beans and rice.

#### The LZ Cuban - \$8.00

Our original Cuban is layered with Alabama chopped pork, deli ham, Swiss cheese, dill pickle and mustard - served hot on Cuban bread.

#### Alabama Chopped Pork Sandwich - \$7.00

Applewood-smoked pork, done Alabama style and piled high on a toasted bun.

#### The Zone Club - \$7.50

A traditional ham and turkey club with bacon, lettuce and tomato, served on toasted bread.

#### LZ Wing Basket - \$7.00

Six pieces of our savory chicken tossed in our buffalo sauce served with skin-on fries. Choose from our traditional or new boneless wings.

#### Chicken Tender Basket - \$7.00

Three crispy chicken tenders deep fried to golden perfection and served with crispy skin-on-fries.



#### Chicken Quesadilla - \$6.50

Grilled chicken blended with sautéed peppers and onions. Served on an 8" flour tortilla with lettuce, fresh-diced tomatoes, a side of spicy salsa and sour cream.

### Burgers

#### Hamburger - \$6.50

Our juicy ground beef patty layered with lettuce, tomato, onion and pickle beneath a toasted bun.

#### Cheeseburger - \$7.00

Our juicy ground beef patty layered with lettuce, tomato, onion and a pickle beneath a toasted bun, topped with sliced cheddar cheese.

#### Turkey Burger - \$6.50

A well-seasoned turkey burger with lettuce and tomato on a toasted bun. Add cheese - \$3.00

\*When dining out or at home, consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

### LZ Sides

Roadhouse-Style Baked Beans, Cole Slaw, Black Beans and Rice, Skin-on Fries, or Steamed Broccoli - \$1.95

Baked Potato - \$2.50

Loaded Baked Potato - \$3.00

### Appetizers

#### Southern-Style Cheese Fries - \$7.50

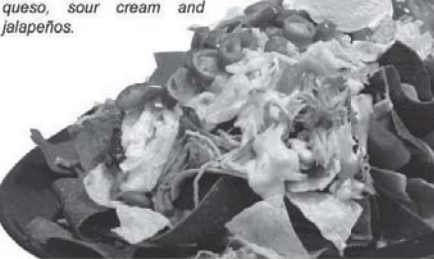
Crispy skin-on fries piled high with Alabama chopped pork, bacon and cheese. Served with our signature Chipotle Ranch dressing.

#### Beer Battered Mushrooms - \$6.75

Fresh white mushrooms double dipped in real draft beer batter for a distinctive flavor.

#### Ultimate Nachos - \$9.00

Everything but the kitchen sink! A bed of colorful nacho chips, topped with our famous chili, Alabama-style pork, lettuce, diced tomatoes, spicy queso, sour cream and jalapeños.



### Soups, Salads & More

#### LZ's Family Chili or Brunswick Stew

Cup - \$2.50

Bowl - \$4.50

#### The Zone Salad - \$5.00

A crisp bed of mixed greens topped with fresh cucumbers, tomatoes, onions and shredded cheddar cheese. Add fried or grilled chicken - \$2.00

#### Chicken Caesar Salad - \$7.00

Crispy chopped Romaine lettuce topped with Caesar dressing, mounded high and topped with Parmesan cheese, strips of grilled chicken and croutons.

#### New Orleans Style Gumbo - \$6.00

Boneless chicken, Andouille Cajun sausage and Creole spices simmered in a chicken stock and topped with rice.

#### Half Club and Soup or Salad - \$7.00

Enjoy half of our delicious club sandwich and choose either a cup of chili, Brunswick stew or soup du jour or a house or Caesar side salad.

### Salad Dressings

Top your salad with a great Ken's Salad Dressings: Bleu Cheese, Ranch, Chipotle Ranch, Italian, Thousand Island or Honey Mustard. Our Fat-Free selections include: Ranch or Raspberry Vinaigrette.

### Special of the Day

Ask your server about our delicious daily specials.

#### Soup Du Jour (Seasonal)

Cup - \$2.50

Bowl - \$4.50

### Landing Wings

Share with your friends or enjoy as an entree. Choose from Naked, Buffalo, Chipotle-Citrus and Whiskey - Served with celery stalks and your choice of dressing.

12 Wings - \$8.75

18 Wings - \$12.75



Scan this QR code with your smartphone to view The Landing Zone Facebook page



## Cupcakes

**Cake Flavors:** Vanilla • Keylime • Chocolate • Mocha • Strawberry • Red Velvet • Cream Cheese Poundcake  
**Icing Flavors:** Buttercream • Key Lime • Strawberry • Cream Cheese • Mocha • Chocolate Buttercream

Regular .....\$1.50  
Jumbo .....\$2.50  
2 dozen or more  
regular - each only .....\$1.25  
Special of the Day.....\$3.25

## Other Treats

Goopy Bar.....\$2.25  
Maddy Bar .....\$2.50  
Brookie Bar .....\$2.50  
Brownies .....\$2.50  
Triple Brownies .....\$3.50  
Rice Krispy Bar .....\$2.50  
Bread Pudding.....\$3.50  
Blueberry Turnover .....\$3.00  
Cinnamon Roll.....\$2.75  
Muffins .....\$2.25

## Ice Cream

Blue Bell Ice Cream  
1 Scoop cup/sugar cone ..\$1.50  
1 Scoop Waffle Cone.....\$2.50

## “Home of the Cream Cheese Poundcake Cupcake”

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Mon - Fri 8:30 - 6 • Sat 9-3

393-CAKE (2253)

## Lunch

Includes a Side

#### Chicken Salad Sandwich . \$5.50

chicken breast, crisp apples, juicy grapes, minced celery, and mayo on toasted whole wheat

#### Chicken Salad Panini ..... \$6.15

chicken salad grilled on focaccia bread with provolone cheese

#### Southwestern Wrap ..... \$5.50

shredded chicken, cream cheese, spinach, diced olives, salsa, and cheese on a spinach tortilla

#### Wildcat Panini ..... \$6.00

turkey, ham, cheddar, provolone, banana peppers, basil cream cheese on grilled French bread

#### Smokehouse Panini..... \$6.00

turkey, bacon, cheddar, ranch, cream cheese on grilled French bread

#### Sweet & Spicy Panini ..... \$6.00

honey ham, pepperjack cheese & honey mustard on grilled French bread

#### Bowl of Soup (Seasonal) ..... \$5.00

Cup of Soup (Seasonal) ..... \$2.50  
our soup of the day (side extra)

### Our Sides: (Seasonal)

- Fresh Fruit
- Pasta Salad • Chips
- Soup of the Day • Regular Cupcake

## Cakes

2 layer cake    1/4 Sheet    1/2 sheet  
\$25 & up    \$25 & up    \$35 & up  
Marshmallow Fondant Available

## Specialty Drinks!

Lattes, Cappuccinos, Mochas, Frappes, & Smoothies

## We Can Cater to You!

We can arrange a tray specifically for your event. Availability is not limited to the items listed below.

## Breakfast Trays

\$23 ( 10 people)

\$45 (20 people)

Let us host  
your next  
birthday party!

Kids decorate & create,  
parents relax & enjoy,  
we take care of every-  
thing... even the mess!!!

## Meal Trays

Chicken Salad

Southwestern

Wraps

\$35 (10 people)

\$68 (20 people)

Cheese & Fruit

\$25 ( 10 people)

\$45 (20 people)





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MARCH 22, 2012

# Showstoppers win 2012 basketball championship

By Nathan Pfau  
Army Flier Staff Writer

The Showstoppers showed their stopping power by winning the final game of the 2012 Fort Rucker Intramural Basketball Post Championship to take the title as post champions against Fired Up at the Fort Rucker Physical Fitness Facility March 15.

"This win makes me feel great," said Josh Davis, coach for the Showstoppers. "We worked all year last year and we should have had it, but we didn't. I put a couple of guys together, and at first they didn't have what it takes and we had to get the fundamentals down, but we worked

together and [a win] was the outcome."

The two teams went head-to-head in the final game of the double-elimination tournament with Fired Up keeping the Showstoppers on their toes by winning the first of the two games.

In the first game of the night, the Showstoppers scored the first goal, started to gain momentum and pulled a lead against their opponents as they sank three 3-pointers in a row after a string of turnovers by Fired Up.

Although falling more than 10-points behind, Fired Up wasn't giving up as they continually closed the gap and managed to stay within 6 points of their opponents for most of the first half.

After finally closing the gap, Craig Kuphall, player for Fired Up, sank a 3-pointer to put his team ahead at the end of the first half, 32-30.

Fired Up retained their strong offense well into the second half, maintaining their lead with two baskets scored within the first few seconds of the half, but the Showstoppers hadn't given up yet as they closed the gap between them and the game became very close for the rest of the half with neither team taking more than a 1-point lead for the majority of the second half.

Fired Up managed to take the win for the first game of the night 63-62, sending the teams into a second game for the championship title.

The second game started with Fired Up scoring the first goal and trying to set the pace for the rest of the game. The Showstoppers wouldn't be caught falling too far behind; however, as they began to sink shots and Davis hit a 3-pointer to put his team back in front.

Fired Up finally managed to tie the game, which remained tied throughout much of the first half with neither team able to score on the other's defense.

The Showstoppers finally broke the stagnation; however, as they brought the more aggressive offense and pulled ahead of Fired Up who couldn't seem to get past their opponent's defense to close the growing gap between the two teams, allowing the Showstoppers to lead by more than 10 points at the end of the first half, 34-19.

During the second half, Fired Up was determined to stay in the game as they scored the first shots in the second half in an attempt to close the now 15-point scoring gap.

Their momentum didn't seem to be enough as the Showstoppers offense began to match their pace by keeping a healthy lead of 10 points throughout the majority of the half.

With less than two minutes left in the game, Fired Up's offense became too aggressive committing multiple fouls that led to numerous free throw attempts and stretched the Showstoppers lead.

The Showstoppers superior defense, aggressive offense and ability to keep Fired Up at bay led to their ultimate victory as post champions, winning the final game 43-61.

"Coming into the season, we didn't know how to play defense very well," said Davis. "Our strategy was to learn each other's techniques and figure out who the shooters were — go to the movers and make sure we get the ball down low."

"Our chemistry was great," said Tony Hart, player and season MVP for the Showstoppers. "We started off sluggish, but we came together as a team and we put everything together and made it work."

Hart was named season MVP for averaging about 25 points per game, said Davis, adding that "he always brings us out of the hole every time we get down."

Mark Hill, player for the Showstoppers, had to sit out the final games due to an injury he sustained in previous games, but expressed his excitement as his team took the championship.

"I was actually excited about this win because I think we should have won last year, but this year we actually came all the way with it," he said. "This was a great team, so this was a great experience and I just hate that I couldn't play during the playoffs. I played when it counted to make our season good, so, I'm happy with that."



PHOTO BY NATHAN PFAU

Showstoppers' Alex Chamber, left, drives the ball past Fire Up's Terrence Strahan to get the ball to the goal during the Fort Rucker Intramural Post Championship final game at the Fort Rucker Physical Fitness Facility March 15.



PHOTOS BY ANGELA WILLIAMS

## St. Patrick's Day 5K/10K


**Above:** The runners start of the St. Patrick's Day 5k and 10k runs began Saturday. The two runs followed the same route until the 5k runners reached the halfway point of their race. They turned around and came back to the starting point while the 10k participants continued on to their turn-around point.

**Left:** CW4 David Fleming, USAPAT from Andrews Air Force Base, showed up for the run in a kilt. Jorge Cruz was the overall winner of the 10k event with a time of 36:57.6.





# DOWN TIME




**FLASH GORDON**  
BY JIM KEEFE  
ART ASSISTANT AL WILLIAMSON

ACCOMPANIED BY DR. HANS ZARKOV, FLASH GORDON SCOURS THE OUTSKIRTS OF ALANIA IN SEARCH OF MING THE MERCILESS.

I SEE AN OASIS UP AHEAD. LET'S TAKE A BREAK, SON.


WE'LL DO BETTER REFRESHED.



ALL RIGHT, BUT ONLY FOR A MOMENT.

ZARKOV KNOWS BETTER THAN TO TRY TO DEFEAT HIS YOUNG FRIEND'S EFFORTS.

FOR IT WAS BY MING'S HAND THAT DALE WAS TORN FROM FLASH'S SIDE, SEPARATING HIM FROM HIS BELOVED BY A CHASM OF LIGHT YEARS!



AS THEY APPROACH...

DOC... DO YOU SEE WHAT I SEE?

IT CAN'T BE!

DALE...?

TO BE CONTINUED!

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

I'M GOING TO ASSUME WE DON'T NEED TO SIT ON HOLD FOR TECH SUPPORT ANY LONGER, HUH?

## Trivia test

by Fifi Rodriguez

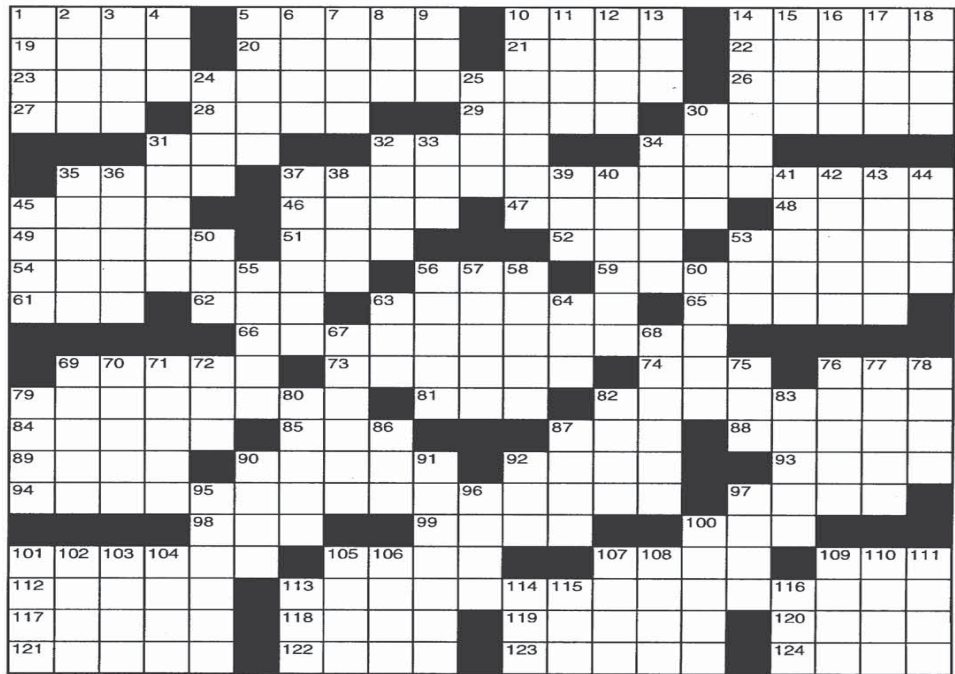
- T R I V I A**
1. LANGUAGE: What is the meaning of the Latin phrase "novus ordo seclorum," located on the Great Seal on a U.S. \$1 bill?
  2. GENERAL KNOWLEDGE: What is the name for a seashell collector or expert?
  3. ART: What Mexican muralist was married to Mexican painter Frida Kahlo?
  4. COMICS: What was the name of Casper the Friendly Ghost's horse?
  5. SPORTS: Where did the sport of jai alai originate?
  6. GEOGRAPHY: Where is Death Valley located?
  7. TELEVISION: Which PBS documentary series featured the song "Ashokan Farewell" as its theme music?
  8. MEDICINE: What is the brand name for the sedative diazepam?
  9. LITERATURE: Who was the first to receive the Nobel Prize in Literature (1901)?
  10. ENTERTAINERS: What was the stage name of the actor who was born "Laszlo Lowenstein"?

See Page D3 for this week's answers.

## Super Crossword

SELF-POSSESSED

- ACROSS**
- 1 Myron Floren's boss
  - 5 Malcolm — Warner
  - 10 Priam's kingdom
  - 14 Daddy duck
  - 19 Adams of Sedgwick
  - 20 Napoleon's fate
  - 21 Something to skip?
  - 22 De Valera of Ireland
  - 23 Start of a remark by Dan Post
  - 26 Rectify
  - 27 Sprinted
  - 28 Part of a suit
  - 29 Pastoral poem
  - 30 Sherbet flavor
  - 31 Norm
  - 32 Rib —
  - 34 One of "Them!"
  - 35 Dirty
  - 37 Part 2 of remark
  - 45 Colleague of Dolly and Loretta
  - 46 Mature
  - 47 Peachy-keen
  - 48 Plumb crazy
  - 49 "Maria —" ('41 song)
- DOWN**
- 51 College growth
  - 52 Before, to
  - 53 Mendicant monk
  - 54 Utter
  - 56 See 90
  - 59 Dispute
  - 61 Pigment
  - 62 Hibachi residue
  - 63 Oaf
  - 65 "Love — the Ruins" ('75 film)
  - 66 Part 3 of remark
  - 69 "I Got a Name" singer
  - 73 Add info
  - 74 Mil. group
  - 76 Genesis vessel
  - 79 "Little —" ('64 hit)
  - 81 "Be my guest!"
  - 82 God with a trident
  - 84 Storms
  - 85 — Dinh
  - 87 Paw part
  - 88 Jergens or Astaire
  - 89 Field of knowledge
  - 90 With 56
- ACROSS**
- 91 Sport
  - 92 O'Brien or Skinner
  - 93 Mortgage, e.g.
- DOWN**
- 93 Chimney
  - 94 Duel tool
  - 95 Part 4 of remark
  - 97 Domino or Waller
  - 98 Herriot title start
  - 99 "Excuse me"
  - 100 Western st.
  - 101 Mugabe of Zimbabwe
  - 105 Whetstone
  - 107 Out of control
  - 109 She's a sheep date
  - 112 Venerate
  - 113 End of remark
  - 117 "The Kiss" sculptor
  - 118 One of the
  - 119 "East of Eden" director
  - 120 Imminent
  - 121 Upright
  - 122 Michael of "Cabaret"
  - 123 Unkempt
  - 124 "Tosca" aria
- ACROSS**
- 39 Beer barrel
  - 40 Baseball's Derek
  - 41 Shaft
  - 42 Freshen a fuchsia
  - 43 Cover girl
  - 44 Carol
  - 45 Kapaa keepsake
  - 46 Auto transaction
  - 47 Actress Schneider
  - 48 Fall birthstone
  - 49 Craving
  - 50 Lack
  - 51 "Lama Ding Dong" ('61 tune)
  - 52 Prayer finale
  - 53 Hong —
  - 54 "The NeverEnding Story" author
  - 55 Office
  - 56 Regret audibly
  - 57 In the know
  - 58 Nero's instrument
  - 59 Duplicate
  - 60 Savored the seitan
  - 61 Fall flower
  - 62 David of "Dark Shadows"
  - 63 Too tubby
  - 64 Twist and turn
  - 65 Bee flat?
- DOWN**
- 66 Born
  - 67 You'll get a kick out of it
  - 68 Texas landmark
  - 69 Symbol
  - 70 Buttercream, e.g.
  - 71 Laramie or Sumter
  - 72 Devour
  - 73 Dostoevsky
  - 74 — carte
  - 75 "Fee, Fi, Fo, — . . ."
  - 76 Leading man?
  - 77 Charlatan
  - 78 Uncool
  - 79 Hard to find
  - 80 Miasma
  - 81 Portend
  - 82 Rohmer or Carmen
  - 83 Sign of sanctity
  - 84 "Glad All —" ('64 hit)
  - 85 Carpenter's tool
  - 86 Knight's quaff
  - 87 Kind of pitcher
  - 88 "Huh?"
  - 89 Bronte heroine
  - 90 Horse hash
  - 91 Endorses
  - 92 Duncan's denial
  - 93 "Jurassic Park" stuff



See Page D3 for this week's answers.

**Weekly SUDOKU**

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER

**Junior Whirl**  
by Hal Kaufman

**SUM DEAL!** Shuffle a deck of 52 cards. Turn up top card and covert, face down, with whatever number of cards is the difference between face-up card's value and 12 (count cards count 10).

Turn up next card, and repeat procedure. Continue similarly until too few cards remain to comply. Now, count stacks, subtract 4, multiply by 13, and add number of leftover cards. Aakazam, result is total value of face-up cards.

**SAY WHAT!** Did you ever see a bed spring? A shoe box? An oven mitt? A car wash? A cereal bowl? Challenge. Think of another in 30 seconds.

**GET HIGH MARKS FOR LOW?**

LET'S SEE if you can find the progressively larger words each ending in LOW (see diagram, above) in accord with the following definitions:

1. Opposite of high (LOW, already in place).
2. Sign often found near a school.
3. Watch out — I (fill blank).
4. Loud roar, as of a bull.
5. Accept without question (sl).
6. Water over the dam, for instance.

How quickly can you find all of the words? Afterwards, make up another LOW word list.

**CALL WAITING!** Two cans are connected with string for a home-made telephone. Which line completes the call?

**SPLASH DASH!** Hey, big fellow, come back here! Add colors: 1—Red, 2—L-blue, 3—Yellow, 4—L-blue, 5—Tan, 6—L-green, 7—Lavender, 8—Dk. green, 9—Dk. blue, 10—Purple.

**SPELLBINDER**

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

ESPOUSAL

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

Try to score at least 50 points.

**Wishing Well®**

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

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

**HOCUS-FOCUS**  
BY HENRY BOLTINGHOFF

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

Changes in drawing: 1. Boy's shirt is white; 2. Girl's shirt is white; 3. Boy's shirt is white; 4. Girl's shirt is white; 5. Boy's shirt is white; 6. Girl's shirt is white.







Video Game Spotlight >>>

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

Mass Effect 3 completes epic trilogy

By Jim Van Slyke  
Contributing Writer

In the epic conclusion to the Mass Effect trilogy, the ancient alien race known as the Reapers is on a mission to wipe out all other sentient life from the galaxy. Earth has been taken over and Commander Shepard is sent to unite all alien races under one banner to stop the Reaper threat.

"Mass Effect 3" includes multiplayer for the first time in the series and if gamers played the first two games, they can have their character and the consequences – good and bad – that occurred from decisions and other events from those games in the new game. In other words, if someone died in one of the first two games they won't pop up in Mass Effect 3.

Unlike in the first two games where the emphasis was on recruiting teammates for a final battle, the focus here is on recruiting races to the alliance. A lot of Shepard's cohorts are in the game and decisions about them and the other



**Publisher**  
Electronic Arts  
**Rated**  
Mature  
**Systems**  
Xbox 360, PS3, PC  
**Cost**  
\$60  
**Overall**  
3.5 out of 4

aces in the galaxy play out during the game. There is also an emphasis on deeper relationships with just a few characters rather than dealing with a semi-large squad.

Gamers have the option of three different play styles in "Mass Effect 3." The three different styles are roleplaying, action and story. Roleplaying is the same style as in the previous Mass Effect games. Action places more emphasis on combat and less on making decisions. Story places more emphasis on the plot of the game, while making the combat easier.

The four-player co-op online multiplayer is a nice addition that adds some life to the game after reaching the end of the story. It can also impact the gamer's single-player game, so don't wait to play it.

"Mass Effect 3" is a fitting conclusion to what has been a great trilogy. It's a shame it has to end, but with downloadable content on its way maybe this great space RPG doesn't have to.

Reviewed on Xbox 360



COURTESY SCREENSHOT




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

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Sales Representative 9 years

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