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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

APRIL 19, 2012

Music Under the Alabama Stars Friday

By Angela Williams
Army Flier Staff Writer

Fort Rucker's 98th Army "Silver Wings" Band strikes up its popular concert series Music Under the Alabama Stars Friday.

Rain cancelled the scheduled start to the series March 23, but the Friday show is on for 6:30 p.m. at Howze Field as the band puts its talents on display to provide a relaxing evening of music, Family fun and comradeship, according to CW4 Jesse Pascua, 98th Army Band commander and bandmaster.

Families are invited to bring coolers, picnic baskets, lawn chairs and even pets to Howze Field to enjoy the Alabama evenings and the music performed by the band and other visiting groups. As details are finalized, the information will be posted on the band's Facebook page, said Staff Sergeant Matthew Shuck, senior operations NCO.

The summer concert series started last year with a few concerts on post, and several

more in the surrounding area.

"It started out very small, but it was very, very well received and we'd like to continue that," said Pascua.

This year, there are more concert dates on post through August and possibly on into September and the band is working on a theme for each event. The May concert will be related to Memorial Day and the concert in June will celebrate the Army's birthday.

Shuck recalled the streamer ceremony from last year's Army birthday concert. "We had re-enactors from all the wars come and put the campaign ribbons on the flagpole. It was really interesting because you got to see period costumes from all the way back to the Revolutionary War."

He expects this year's June concert to feature something similar. Shuck, who plays guitar, also expects different elements of the band to be featured in various concerts this

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FILE PHOTO

WO1 Christopher Nicholas shows his son, Joshua, how trombone players play while watching the 98th Army "Silver Wings" Band perform during a *Music Under the Alabama Stars* concert last year. This year's concert series starts off again Friday at 6:30 p.m. at Howze Field.



FILE PHOTO

People take part in the Fort Rucker Directorate of Public Works Environmental and Natural Resources Division Zero Waste event during last year's Earth Day observance.

Sustainability impacts post's future

By Nathan Pfau
Army Flier Staff Writer

Simple changes in the daily lives of people on Fort Rucker can make a huge impact on the future of the installation and what it can provide for generations to come.

Sustainability is the key to a future where resources, including everything from natural resources to workforce, infrastructure, funds, information, energy and systems, "are readily available so that we have them as needed to best support the current and future mission requirements of Fort Rucker," said Cynthia Ranchino, lead plans specialist for the plans, analysis and integration office.

Everyone can make changes to incorporate sustainability principles into their day-to-day lives, she added.

"Simple changes such as turning off the water while brushing your teeth, walking or biking instead of driving, not idling in a vehicle, and recycling and repurposing as much as possible can all add up to big

changes," she said, adding that if people must drive on the installation, they should do their best to carpool or ride share.

"If we consider how we can reduce, reuse, repurpose or recycle our resources, it will help the installation reach its goals to reduce energy [use], water consumption, air emissions and the amount of waste going to landfills," said Ranchino.

People working in offices on the installation should also use the double-sided print feature whenever they can to save on paper use, she added.

Darrell Hager, environmental protection specialist for DPW, suggests that people buy earth-friendly products, and use reusable water bottles and shopping bags as a means to reduce waste and promote a healthy environment.

Turning off lights when leaving a room, and turning off TVs and other electronics while they are not in use is another example of little changes people can make in their daily lives to support sustainability, not just on the installation, but at home as well, said Tony King, resource efficiency

manager for the Directorate of Public Works.

"Raise your thermostat in the summer and lower it in the winter," he said. "A 1-degree change will save [people] at least 2 percent and [a change of] 3 degrees can save as much as 20 percent in a really hot time of year."

King also recommends turning on a ceiling fan or box fan at a higher setting rather than running the air conditioning unit at a lower setting to save energy, adding that people should make sure to turn those appliances off when no one is in the room.

"If it isn't on, it doesn't use electricity," he said.

Helping out with sustainability doesn't only come from how people use the resources that they have, but also being mindful of what is being wasted, according to Candy Vaughan, branch chief of Utilities and Energy Management for DPW.

"People should report or repair running toilets immediately," she

SEE FUTURE, PAGE A5

SALT aims to save lives on Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

Drinking and driving kills.

That's the short but to-the-point message the Save A Life Tour tried to get across as it kicked off Monday at the post theater to bring awareness to the Soldiers, civilians and Family members of Fort Rucker about the dangers of drinking and driving, said Cejay Rich, SALT manager and public speaker.

The program is based on drinking and driving, and somewhat texting and driving, and the hazards that they both pose to motorists, Rich said.

"We're trying to get heightened awareness for these Soldiers about the effects of alcohol," he said. "We lose more Soldiers from drinking and driving than we do from fighting in the wars. It's very important for the [Soldiers] to know that because most of them don't."

SALT began with a presentation by Rich that showcased actual pictures of alcohol-related accidents that were shown on four giant screens on either side of him while he shared his own personal account as to why he got involved in helping spread awareness.

He spoke of his sister and the alcohol-related accident that ended her life 13 years ago when she got into a car with a friend that had been drinking at his own going away party.

"He decided to get into a car with my little sister and two of his brothers and flipped the car," he said. His sister was killed instantly.

Rich also lost his mother in an alcohol-related accident two years before he lost his sister. She got on the back of a motorcycle with his father after he had been drinking and ran a red light that caused the accident that ended his mother's life.

"I dropped out of college to do this and the reason why I'm here today is because of it," said Rich. "I hope people leave [here] today and they realize and grab hold of [the affects] and see how dangerous drinking and driving is."

"We're showing videos here today of some of the aftermath of drinking and driving because you have to show the physicality of it," he said. "You can't just tell people it's dangerous, you've got to show them."

SALT also featured a state-of-the-art simulator that incorporates alcohol use with delayed reactions in the gas pedal, brake pedal and steering wheel to simulate driving while under the influence of alcohol, said Rich.

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PHOTO BY NATHAN PFAU

Sgt. 1st Class Joel Kosman, Soldier who attended the Save A Life Tour, drives the drunk driving simulator at the event as Cejay Rich, SALT manager and public speaker, looks on and judges his performance at the post theater Monday.

Construction worker dies in accident at Hanchey

A contract worker was killed in an accident at a construction site on Hanchey Army Airfield Monday.

Anthony Brock, 41, was killed when beams collapsed near the crane he was working in on an aircraft hangar that is being newly constructed at the airfield. Brock worked for Precision Erection, a subcontractor of Hansel and Phelps Construction out of Orlando, Fla.

The construction of the hangar is a Mobile District Army Corps of Engineers project that

began last fall shortly after the contract was awarded.

There were no other injuries and no damage to any aircraft or property. Fort Rucker and the Mobile District of the Army Corps of Engineers are investigating the cause of the accident.

Hanchey Airfield is home to AH-64 Apache and OH-58 Kiowa Warrior helicopters.

More information on the accident will be withheld until the full investigation is complete.

PERSPECTIVE

Top 10 reasons to admire military kids

By Elaine Sanchez
American Forces Press Service

In honor of April’s Month of the Military Child, I created a Top 10 list of the qualities I most appreciate about children from military Families.

Their amazing service and sacrifice deserve a much longer list, but I figured this would at least be a start. What I most appreciate about children from military Families:

10. Their sense of humor. Navy wife Vivian Greentree’s sons pasted pictures of their deployed dad on a stick, dubbed it a “dad on a stick” and took it everywhere with them. Her son, MJ, even asked if “dad on a stick” could help make macaroni and cheese. He carefully placed the following message to his dad under the picture of this mac and cheese preparation: We’ll eat mac and cheese when you get home. You can use my Spiderman bowl.”

9. They selflessly serve their community. Military children possess a strong sense of service — perhaps modeled after their military dads and moms who serve and sacrifice daily. But whatever its origin, they don’t hesitate to step up at school, at home and in their communities. James Nathaniel Richards, the fifth of six children in his military Family, took on a host of deployment-related challenges when his Navy father and three of his brothers deployed at the same time. But rather than focus on the separation, the 9-year-old started a blog to help other military kids deal with deployments and separations. He also heads up the anti-bullying committee at his school, and has clocked more than 200 hours as a USO volunteer.

8. They stand by their military parent through thick and thin. I met a high school senior who told me his father would miss his graduation and his departure to college. But this teen wasn’t upset in the least. “He loves to be a Soldier, and if it makes him happy, it makes me happy,” he said. “How can I possibly complain that he’s not watching me graduate when he’s out there sacrificing for our nation.”

7. Their sense of patriotism. Zachary Laychak was 9 years old when his father was killed Sept. 11, 2001, when American Airlines Flight 77 crashed into the Pentagon. Laychak struggled over the years with anger and confusion over the incident. But as time passed, his initial anger evolved into a deep sense of patriotism — born of resentment against those who dared to attack his nation and his Family. “As terrible as this whole situation was, I know he was a very patriotic person,” he said of his father, “and that he died serving his country. That’s a way he would have been proud to go.”

6. They support each other. Two California teenagers, Moranda Hern and Kaylei Deakin, were inspired to create the Sisterhood of the Traveling BDUs after they dealt with their National Guard dads’ deployments. They didn’t want other military daughters to feel what they did: alone. Their organization is intended to unite, inspire and lead girls with parents in the military.

5. Their adaptability. I attended a high school graduation at Marine Corps Base Quantico, Va., last year. The class included nine students from Defense Department high schools in Japan who had left with their Families in the wake of the devastating earthquake and



tsunami in March 2011. Although they had entered a new school and a new senior class just a few months shy of graduation, they were all smiles that day as they talked to me in their caps and gowns. A transition that would have thrown the best of us for a loop didn’t seem to phase these teens, who had already been through more changes in their 18 years than most people see in a lifetime. The students in that class had moved, on average, more than six times with one student tallying up a total of 18 moves in the same number of years.

4. Their compassion. A number of kids have military parents who return home wounded, some with visible wounds and others with less-evident injuries, such as post-traumatic stress disorder or traumatic brain injury. These kids immediately step up to help out at home — taking on additional chores, pitching in to babysit — during their parent’s recovery. Taylor Dahl-Sims’ Marine Corps stepfather returned home from his fifth deployment with a traumatic brain injury and she stepped in to help during his recovery. She already was helping her mother with her baby brother’s medical care. Many wounded warriors have told me their children don’t look at them any differently, even if their wounds are severe. They are simply grateful their mom or dad made it back alive.

3. Their global knowledge. Many military kids have traveled across the nation and around the world. They have an innate appreciation for cultural diversity and knowledge of world events that most kids who never crossed state lines would be hard-pressed to match. This will serve them well in the future as modern technol-

ogy and the rise of a global economy increase the likelihood they’ll be exposed to a people of different cultures and backgrounds in their careers. “These children come to us with broadened perspectives and a broad range of experiences,” said Marilee Fitzgerald, director of the Department of Defense Education Activity. “They’re the closest to being a global citizen that this world will have.”

2. Their strength. They’ve dealt with a decade of war and multiple deployments, with the associated worry and fear. But these challenges also have equipped them with a resilience that will prepare them for life’s setbacks and hardships. The first lady summed it up well at an event in June. “A bad grade on a test, a bad day at work, that’s not going to knock you off your game,” she said, “because from a very young age, you all have been dealing with the big stuff, and that’s given you perspective.”

1. They serve, too. Their military parent signed on the dotted line; their children did not. Yet, they must deal with deployments, frequent moves and school transitions, and they do so with courage and grace. As a nation, we owe them a debt of gratitude. This month, and year round, we should take time to let military children know how grateful we are for their service, said Barbara Thompson, director of military community and Family policy, children and youth. “One of the things that’s disconcerting is we know that 1 percent of our population is in uniform and is serving, and the other 99 percent of the country takes full benefit of that,” she said. “We owe it to our children to honor them and to protect them.”

Rotor Wash

“Sunday is Earth Day. Why should people be more interested in environmental causes?”



Spc. Hayden Baxley,
1st Bn., 11th Avn. Regt.

“What if people before us didn’t think about the environment? Where would we be?”



Jonathan Carmichael,
Warrant Officer Career
College instructor

“The future is the primary reason — we have to take care of what we have.”



Rudy Dusel,
retired military

“Because we live here.”



Staff Sgt. Jerry Adamson,
6th MP detachment

“The future of our kids.”



Mike Dahle,
TDY with Combat
Readiness Center

“We’re polluting it more than ever. We’ve got more people and the same amount of land.”

COMMAND

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Crutchfield
FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf
FORT RUCKER GARRISON COMMANDER

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PII violations on the rise

By Nathan Pfau
Army Flier Staff Writer

Ignorance may be the primary culprit behind personally identifiable information violations being on the rise at Fort Rucker, but that’s no excuse if that sensitive information falls into the wrong hands.

PII is any combination of information that can be used to identify a person, according to Deborah Seimer, Fort Rucker director of Human Resources.

“What everybody is really familiar with about PII is identity theft,” she said, “and the biggest thing is Social Security numbers with a name and date of birth.”

A person with any combination of that information has the potential to violate another’s PII, said Seimer, but most times, the person careless with their own information is the one to blame.

“One of the things that we’ve noticed [on Fort Rucker] is people seem to be under the misunderstanding that the green recycling bins are safe for PII to be put into,” she said. “Those bins are not to be used for putting any type of PII in because what is in those bins doesn’t go from their office to a shredder. It’s very important to protect [PII]. Once it goes into a recycling bin, that information is no longer protected.”

Any type of information that is disposed of in the recycling bins has the potential to be viewed by anyone with access to those bins, said Seimer. From the office, that information can travel miles to the recycling center where it is picked up by an organization outside Fort Rucker.

“People are cleaning out their files and not thinking about what could happen putting that information into the recycle bin,” she said.

Seimer said that many people mistakenly believe that if the files they are throwing out are old, then they have no pertinent information on them. Regardless of how old



PHOTO BY ANGELA WILLIAMS

Ralph Hawn, security division security specialist, stands with the new high-volume shredder that is being assembled. Future plans for the shredder include a CD and DVD destroyer and a degausser, which eliminates unwanted magnetic fields and also has a hard drive destruction unit.

they are, if the files or documents have any type of PII on them, they need to be destroyed properly by shredding, she added.

“People think that by recycling they are doing some good, which is fine,” said the director, “but if they aren’t disposing of PII properly, they could be jeopardizing more than just themselves.

“If [people] are throwing away things like manuals that are limited distribution or maps, any type of information like that can give information to our adversaries about what we’re doing on Fort Rucker,” said Seimer. “That kind of information is commonly found in combination with PII, and when that happens, the security office has to get involved and assess the situation.”

Most of the organizations and offices on post have shredding machines and the installation has a high-volume shredding machine run by the security office that is available to use, she said, so people have no excuse not to properly destroy PII documents.

“All people have to do is contact the security office and take a class that will authorize them to sign out the key for the shredder,” said Seimer.

Other ways that people can violate and mishandle PII is by maintaining a system of records without public notice, requesting or obtaining records under false pretenses or disclosing PII to any person that isn’t entitled to access it, said Philip T. Anderson,

attorney for the administrative and civil law division of the Office of the Staff Judge Advocate.

There have been four violations regarding PII since December, according to Seimer, and she said it’s because people don’t understand the consequences that could come from improperly disposing of that material.

“It compromises the mission, puts individuals in jeopardy and puts lives at risk – it’s not just paper they are [mishandling],” she said.

Anderson said that people found in violation of mishandling PII have the potential to be hit with civil penalties that range from payment of damages and attorney fees to personnel action that can include termination of employment and possible prosecution. He added that criminal penalties can also be handed down, from a \$5,000 fine to misdemeanor criminal charges, if the violation is severe enough.

“[PII violations] can be a pretty big deal,” said Seimer. “The operational security manager has to get involved as well as the security office to assess the situation, and that can all take a lot of time.”

Mishandling of PII is not only a problem when it comes to disposal of physical documents, she said, it also applies to electronic data, adding that there have also been incidents where people on the installation are mishandling PII electronically through emails that haven’t been properly encrypted.

“We’re all familiar with the case where an individual with a laptop containing millions of peoples personal information was stolen because someone was careless with that information,” said Seimer. “Once that information is [compromised], it’s a lot of work to try and get it back, and the stress and cost that is involved with that is avoidable if people are just a little more careful with that information.”

Event provides easy way to dispose of medication

By Angela Williams
Army Flier Staff Writer

It’s not uncommon for people to have mostly empty prescription bottles hiding in the back of the medicine cabinet. Perhaps it’s the cough syrup left over after a sinus infection last year, a few pain pills a Family member didn’t take when recovering from surgery or a bottle of medication left unused after a physician prescribed something new.

Whatever the medication, Prescription Take Back Day April 28 from 10 a.m. to 2 p.m. is a safe and easy way to dispose of it in the proper way, according to Jesse Hunt, Fort Rucker’s drug abuse prevention coordinator.

The national initiative, sponsored by the Drug Enforcement Administration, provides a way for people across the country to turn in expired, unwanted or unused controlled substances and other medication for destruction by the DEA, he said.

Last October, Americans turned in more than 377,000 pounds during a similar nationwide event, Hunt said, referencing the DEA website.

Around Fort Rucker, residents can turn in unused medication at the Fort Rucker Post Exchange Mall, the Daleville Grocery Outlet, Enterprise Morgan Square, Ozark Wal-Mart and the Dothan Police Station, he said. At each drop-off point, a law enforcement officer will guard the discarded medication. In addition, at the PX on post, a pharmacy representative will be present to answer questions.

“It’s literally you’ve got some old medicine and throw it in the box,” Hunt said. “You’re not going to be asked your name, how you got it or why you have it. It’s an anonymous-type deal.”

Got Drugs?

Turn in your unused or expired medication for safe disposal
April 28 from 10 a.m. to 2 p.m.
at the Fort Rucker Post Exchange Mall.

Disposing of medication improperly is bad for the environment, but leaving unused medication at home can be dangerous, too. “If you’ve got stuff in the cabinet, it’s an attractive item for children,” he said. “And senior adults have senior moments. We have some adults who don’t wait until they are seniors to have senior moments ... it’s a challenge for people like me to go through and clean out my medicine cabinet.”

Hunt said many people will keep unused medication to avoid a trip to the pharmacy, but he recommends disposing of any medication that is more than a year old.

“After about a year, many medications tend to lose their effectiveness and they don’t do what they were originally intended to do,” he explained. “In the meantime, they are attractive containers for someone who is feeling bad who says, “I don’t care what’s in here, I’m going to take it because anything is going to be an improvement over the way I feel now.” And so they take the medication which

may in fact make them feel worse.”

Other people may take old medicine in an attempt to self-medicate, but this can keep them from seeking medical care they actually need, said Amanda K. White, a staff pharmacist at Lyster Army Health Clinic.

“The best way to dispose of medications is to come to one of these turn-ins,” she said, adding that other people, including children and pets, still have access to medication that is thrown in the trash. Plus, “it’s not good for the environment.”

The real goal of Prescription Take Back Day is to increase awareness about the dangers of prescription medication, Hunt said.

“This program has turned out to be a lot more effective than I thought it would be,” he said. “I thought people would just throw their medication in the garbage but there are people who are concerned about our environment and want to dispose of things properly.”

News Briefs

Father-Daughter Ball

The Fort Rucker Catholic and Protestant Chapeis host a Father-Daughter Purity Ball April 28 from 5-8:30 p.m. at The Landing. The event offers a meal, a dance, and a chance for fathers and daughters to make a pledge to keep themselves morally pure in life while living out their faiths. Tickets for the event cost \$14.50 per person and may be purchased Sunday after the Catholic Mass at 9 a.m. at the Main Post Chapel or after the 10:45 a.m. Protestant service at Wings Chapel.

For more information, send an email to rucker-purityball@yahoo.com.

ID card section

People who need a common access card or military ID card who are in a hurry can make an appointment by calling 255-2437 or 255-2182. When people call for an appointment, they will be screened and advised of any documentation they need to bring. Walk-ins will continue to be served on a first-come, first-served basis. As a reminder, people may experience delays from 11 a.m. to 1 p.m.

Burger King hours

Because of low customer usage, Burger King will close the dining room one hour earlier than the drive thru. There will be no change to overall operating hours. The new hours are Mondays-Fridays, 7 a.m. to 8 p.m. with the dining room closing at 7 p.m.; Saturdays, 8 a.m. to 6 p.m.,

with the dining room closing at 5 p.m.; and Sundays, 11 a.m. to 6:30 p.m., with the dining room closing at 5:30 p.m.

For more, call 598-9423.

National Day of Prayer

The National Day of Prayer, an annual event where millions unite to pray for the country and its leaders, is May 3 at noon at the Headquarters Chapel in Bldg. 109. Chaplain (Capt.) Timothy Gresham will lead the Fort Rucker community in a brief service of prayer, along with patriotic hymns, brief comments regarding the significance of the day.

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

Installation Dry Cleaning Service

A new dry cleaning service contractor provides installation dry cleaning services. The dry cleaning drop-off and pick-up point is located in Bldg. 172A on 5th Avenue, just down the street from the Soldier Service Center, Bldg. 5700. Operating hours are 7:30 a.m. to 4:30 p.m. Mondays-Fridays.

Dry cleaning customers will continue to come by the Directorate of Logistics headquarters in Bldg. 538 on Raider Street to complete the DA-2707, Dry Cleaning List, and have it stamped. However, customers will not have to go to Enterprise, but just a few blocks across post.

The new blanket purchase agreement contin-

ues to provide uniform dry cleaning service for customers such as the Honors Detail and the Silver Wings Army band. Service is also available for other customers, such as the cleaning of chapel vestments, altar clothes and curtains.

If you are not sure whether your activity can use the dry cleaning service, call William Rymers at 255-9181.

Clinic ribbon cutting

Col. Patrick N. Denman, commander of the Lyster Army Health Clinic, invites one and all to attend the grand reopening of Lyster Army Health Clinic as it transitions to “Patient Centered Health” May 7 from 8:30-11 a.m. The ribbon cutting ceremony will be attended by Maj. Gen. Anthony G. Crutchfield, commanding general of U.S. Army Aviation Center of Excellence and Fort Rucker, along with members of the Lyster staff. There will be tables showcasing the new programs for patients, along with health and wellness information. The Lyster staff will be available to answer questions and show people around the facility.

Be on the lookout

Shaw Pest Controllers recently began pavement vegetation control. Shaw will continue to treat the parking areas, streets, runways, taxiways and other paved areas of Fort Rucker and the various airfields until late September. The Shaw employees will be operating in a slow moving utility vehicle with a yellow caution light. People

are asked to use caution when approaching the vehicle.

For a schedule of dates, places and times of the treatments, call 255-1763.

Speeding leads to suspension

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

AAAA scholarships

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

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

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

For more information on the scholarship program, call Keith Freitag at (334) 503-6002 or email keith.b.freitag@boeing.com.

SALT: Program garners praise from schools, military bases

Continued from Page A1

“It forces people to over-compensate for the wheel and it makes people stop harder because it’s not reacting they way they want it to react,” he said, adding that the conditions cause people to wreck in the simulation because people aren’t used to driving under those circumstance – much like when they are consuming alcohol.

People attending the event were allowed to ride in the simulator to see if they could manage driving while under the simulated conditions. Sgt. 1st Class Joel Kosman, who attended the event and drove the simulator, said that driving the simulator was harder than it looked and nothing like normal driving.

“It seemed like it was ok at the beginning, but it slowly [kept getting worse],” he said. “You try to overcompensate and it was just not working.”

Kosman was issued a mock citation for driving under the influence by Rich as a keepsake and reminder of the potential dangers that drinking and driving can cause.

Earl Q. Rogers, Army veteran, was also in attendance at the event and said he enjoyed the presentation but it brought back memories of Army friends that he had lost to the effects of drinking and driving.

“It brought back memo-



Deborah Seimer, director of human resources on Fort Rucker, drives the drunk driving simulator at the Save A Life Tour while Brandon Pelak, SALT crew member, looks on to guide her through the simulation at the post theater Monday.

ries ... of when I didn’t get in a car with my buddies to drive down to Mexico,” he said. “Later I found out that they hit a school bus head on. I still have the program from the funeral of my friends.

“I know a lot of people really don’t care, but some of us do because it’s real when you have to identify a relative or friend’s body,” said Rogers. “Before it becomes real [like that], a lot of people don’t even think about it. [SALT] is a good program and people should take it seriously.”

SALT has garnered positive feedback from its audiences, which include

colleges, high schools, and military bases, said Rich. There is a kiosk set up at the event with a survey machine that allows people to put in information about how the tour has affected them.

“We’ve gotten emails from people saying that they went to a party one day and picked their friends up so they wouldn’t drink and drive,” he said. “You can only do so much to try and [get] people’s attention — the rest is up to them because people are going to do what they want to do. You can only hope that they will take something away from this.”

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MUTAS: Additional concerts scheduled for May 17, June 22

Continued from Page A1

summer.

The Silver Wings Band is more frequently seen in formal settings such as graduation ceremonies, but they do much more than that. The entire band is composed of about 40 members, but features many smaller groups such as a rock band and a New Orleans style-brass band, he said.

The concert on May 17 will feature one of these groups. The band's jazz ensemble will join with a traveling jazz ensemble from Methodist University in Fayetteville, N.C. The group is touring the southeast and contacted the Silver Wings band about playing for the troops while they were on tour.

"They're patriotic Americans and they wanted to play for the troops. We just happened to be able to work something out," Shuck said.

Shuck has been with the Army for almost nine years and he's still surprised some people don't know about the band, especially with how full the schedule stays. Just the group that plays for graduations can sometimes provide music for nine ceremonies a week.

"We're logistically moving everybody ev-

erywhere and making sure everybody gets everywhere they need to go," he said. "But, it's great. People get a chance to play music and we get a chance to serve — to do what we can to add to the better fight. It's our little niche market that we can give back to the community."

Pascua also commended the work of the Army musicians. Often, band members don't finish playing for special events until late in the evening, but they're back early the next morning for physical training.

He said everyone in the band is a musician, but they all "wear the Army green," so they have much the same administrative and supply work as other Soldiers.

He added that the concerts are a way to thank the community for their support of the military here. He encourages people to come to the concerts and hear the band because they're "more than people see on the parade field."

So far, the other scheduled concert dates are May 17 and June 22, and there will be no official concert in July due to 4th of July activities, but the concerts will begin again in August.

For more information, visit the 98th Army Silver Wings Band Facebook page.

Future: Measures ensure long-lasting support of mission, community

Continued from Page A1

said. "One leaky toilet can waste over 43,000 gallons of water per month."

That comes out to about \$75 a month or \$900 dollars a year, Vaughan added.

Along with reporting running toilets, people should look out for dripping faucets and water leaks anywhere they might find them, she said.

Another way for people to save on water usage is by taking shorter showers or choosing to take showers over baths, said King. Taking a bath uses significantly more water than taking a shower.

"It's nice to stand in a hot

shower for a while," he said, "but that can easily add up to a lot of energy use."

People can also install low-flow faucets and showerheads in their bathrooms to cut the use of water and energy, added Vaughan.

From an environmental standpoint, all employees on Fort Rucker must be familiar with E = pc2, which stands for environmental policy is to prevent pollution, comply with environmental laws and continually improve, said Melissa Lowlavar, Environmental Management Branch chief for DPW.

Employees should also be familiar with the significant aspects, which are air emissions, energy use and

conservation, hazardous waste generation, natural resources alteration, noise generation, pollution prevention, solid waste generation, and spills to water and soil, said Ranchino, adding that every employee should know that his or her job can negatively impact any of the significant aspects and they take steps to mitigate those damages.

"It's important for people to learn about sustainability and [incorporate it into their daily lives] because we want to ensure that Fort Rucker is able to support the mission, community and environment — not just today, but well into the future," she said.

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PHOTO BY SGT. KEN SCAR

Spc. Quentin Bradford, an air traffic control specialist for 3rd Bn., 82nd CAB, TF Corsair, guides two CH-47 Chinooks as they descend onto THE flight line on FOB Shank, Afghanistan, April 11. The air traffic controllers at FOB Shank oversee the movement of hundreds of aircraft every day without the benefit of much of the advanced technology available to their civilian counterparts in the States.

ATCs control skies with brainpower

By Sgt. Ken Scar
7th Mobile Public Affairs Detachment

LOGAR PROVINCE, Afghanistan – Perform an Internet search of the most stressful job and air traffic controller invariably pops up near the top of the list. Being responsible for the movements of large aircraft full of human beings, onto and off of runways and around each other in the sky, can put a lot of pressure on a person.

There’s another high-stress job that consistently tracks even higher on that list: soldier.

The air traffic control specialists of 3rd Battalion, 82nd

Combat Aviation Brigade, Task Force Corsair stationed at Forward Operating Base Shank do both.

The air traffic controllers at FOB Shank, the only Army-controlled airfield in Afghanistan, execute the same tasks as their civilian counterparts do back in the U.S. — except without as much advanced technology and in the middle of one of the most kinetic war zones of Operation Enduring Freedom. It’s kind of a big deal.

The U.S. could not control the country’s air space with absolute authority like it does without them.

They work in shifts of three, from the control tower on the main base and a ground control point next to the land-

ing strip, scanning the skies and memorizing flight routes 24 hours a day, 365 days a year.

“We control between 600 and 1,000 air movements on a typical day,” said Spc. David Hamilton, an 82nd CAB air traffic controller from Zebulon, N.C., explaining that “a movement is any time an aircraft moves. From starting up to departing it takes about five movements.”

With 11 landing surfaces that accommodate both rotary and fixed-wing aircraft, the FOB Shank airfield can get hectic - fast.

SEE ATC, PAGE B4

New fixed-wing aircraft to replace C-12 Huron

By C. Todd Lopez
Army News Service

WASHINGTON — The Army is looking to replace its fleet of 117 C-12 aircraft with something called a “Future Fixed Wing Utility Aircraft.”

The C-12 Huron is used by the Army for personnel transport, intelligence gathering and reconnaissance, as well as carrying cargo.

“The biggest program that we have got coming up, and of course this is going to replace all the Army C-12s, we’re looking at putting a program together called the Future Fixed Wing Utility Aircraft,” said Col. Brian Tachias, the Army’s project manager for fixed-wing aircraft.

He said a requirements document for that program is now “working in the Pentagon.” When that is approved, he said, it will allow the Army to begin an analysis of alternatives, and eventually define the requirements for the program in a capabilities development

document. If approved, that will allow the Army “to go out and procure the next fixed-wing utility aircraft.”

Tachias spoke last week in Nashville, Tenn., at the Army Aviation Association of America conference there. He heads up the Army’s latest project office, focused entirely on fixed-wing aircraft. The Project Office for Fixed-Wing Aircraft stood up in October 2011, and has a “leadership role over all of the Army fixed-wing aircraft,” Tachias said.

Before the official stand-up date last year, the office managed about 256 Army aircraft. Today, the office manages about 366 fixed-wing aircraft. The consolidation of those aircraft under the oversight of one project office came after a push by the Army’s vice chief of staff to centrally manage fixed-wing aircraft in one office because there are “a lot of efficiencies to be gained by consolidating them under one leadership role,” Tachias said.

Tachias said there’s been an estimated 10-15 percent cost savings by having the Ar-



PHOTO BY AIR FORCE TECH. SGT. TONY TOLLEY

A C-12 Huron prepares to land at an air base in Southwest Asia.

my’s entire fleet of fixed-wing aircraft managed by the office. He also said that managing them in one program means increased safety. The Army, he said, is “managing these programs under one Army standard to make sure we are providing safe aircraft for the pilots to fly, and of course consolidating the configuration management under one system, that way we don’t have all these different configurations of all these different aircraft.”

The colonel said that since October, the office has conducted 111 airworthiness re-

leases on the aircraft it manages.

Among the aircraft the office manages are those used by the Army Corps of Engineers, the Golden Knights, and the United States Military Academy at West Point, N.Y. The office also handles special operations fixed-wing aircraft and aircraft that do intelligence, surveillance, and reconnaissance work.

In the near term, the project office is also buying aircraft for the Army Test and Evaluation Command, which has four aircraft that need replacement. The office has also procured new aircraft for the Golden Knights.

Army investing more money, training into SHARP



PHOTO BY STAFF SGT. JOY PARIANTE

Kyle Terry (left) and Amber Kelly, both actors with the show “Sex Signals,” show the importance of good communication during a performance. “Sex Signals” is a program aimed at better communication to help prevent sexual assault.

By Rob McIlvaine
Army News Service

WASHINGTON — Since 2007, the Army’s budget to combat sexual assault has increased fivefold, said the director of Human Resources, Army G-1.

Brig. Gen. Barrye L. Price has oversight of the Army’s Sexual Harassment and Assault Response and Prevention program, known as SHARP, and explained that a number of initiatives are underway to help sexual assault victims.

April is both Sexual Assault Awareness Month and National Alcohol Abuse Prevention Month, and Price’s directorate has purview over both.

“We know that a great deal of sexual assault involves alcohol consumption, and we feel a linkage between the two,” he said.

The Army is currently expanding victim services by:

- credentiating brigade Sexual Assault

Response Coordinators and Victim Advocates;

- expanding and executing investigative and judge-advocate training and development ;
- developing SHARP curriculum for all military and civilians;
- meeting a congressional directive to have at least one full-time SARC and one full-time VA in every brigade or equivalent-sized unit within the armed forces by October 2013; and
- expanding the population serviced by the SHARP Program.

New legislation added Family members who are adults, along with civilians and contracted employees in a deployed environment, increasing the serviced population by 50 percent

SHARP, began in September 2008, is currently in Phase III of the I.A.M. (Intervene, Act, and Motivate) Strong

SEE SHARP, PAGE B4

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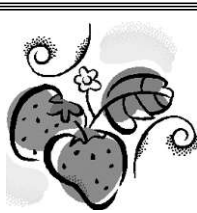
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ATC: Controllers use their heads to track aircraft

Continued from Page B1

“A lot of people think it’s chaos, but to us it’s controlled chaos,” said Spc. Spencer Smith, an 82nd CAB air traffic controller from Monument, Colo. “The main part of the job is looking out the window. When pilots fly into our airspace, it’s our job to know where they are. We have to know all the sectors by heart, so we can keep control.”

The control room itself is a modular unit with large windows on all sides, placed atop a stack of shipping containers to give the air traffic controllers the best possible view. It’s about the size of a coffee cart, and with three Soldiers inside scanning sectors, radioing pilots, and jotting down notes, it gets as noisy and bustling as it would behind the counter of your busiest neighborhood coffee bistro.

People with even moderate knowledge of how the U.S. Army operates might be surprised to learn that its local air traffic

controllers keep track of all the aircraft within their airspace in their heads, without the aid of computers or radar — except in inclement weather - which would seem to go against the U.S. military’s normal methods of operation.

One reason for this is the stringent standards prospective controllers must meet to pass their courses at the air traffic controller advanced individual training school at Fort Rucker.

“The ATC school is a very difficult school,” said Sgt. Maj. Russell Lowrey, from Fayetteville, N.C., the Task Force Corsair command sergeant major, who himself was an air traffic controller earlier in his career. “In the enlisted force of Aviation, the ATCs have to have a higher general technical score than the average Soldier.”

“It’s one of the hardest [Army training] schools to get through,” said Spc. David Hamilton. “As local controllers, we learn how to build up a mental picture of where

all the aircraft are and what they’re doing. You have to sit down and figure out your personal way of remembering. I’m not saying we’re the smartest people [in the Army], but we’re up there.”

“You have to have a naturally good short-term memory,” said Sgt. Miles Arnspiger, an air traffic controller from Lee, Mass. “And you have to know when to dump the aircraft from your mind so it doesn’t clutter.”

“To be a pilot, you have to have a tad bit of arrogance and somebody has to be able to put that in check,” he added, smiling. “Somebody has to keep control of it and say — no, he’s first.”

“You can get really nervous because you’re dealing with 15 to 20 people’s lives at a time,” said Hamilton.

“When it gets really busy you’ll see a lot of controllers [closing their eyes] because they’re concentrating on that picture,” said Lowrey. “The Aviators throw out a bunch of numbers to you - call signs, how many

miles out they are ... it’s constant. You don’t necessarily have to be good with numbers, but you have to have a great memory.”

“FOB Shank is kind of a gas-and-go,” said Smith. “We’re a crossroads.”

“They get a good amount of traffic here,” said Lowrey. “The controllers do a great job and provide a great service.”

It’s also in the crosshairs, with kinetic activity just outside the wire and frequent medical evacuation flights, making it necessary to divert air traffic through different sectors at a moment’s notice.

“This is definitely atypical air traffic control,” said Arnspiger. “At any given time out here you can have half your airspace closed down.”

When things do get exciting in the sandy hill country just outside the wire, the air traffic controllers have the best view in the house of all the action, and often relay what they can see to aid the troops in the field.

“You can watch it all from up here,” said Hamilton.

SHARP: Reporting options include restricted, unrestricted

Continued from Page B1

Campaign. The third phase of the campaign is “achieving cultural change” and it was launched April 2011. Phase IV - sustaining, refining and sharing, is scheduled to launch in April 2013.

Restricted vs. unrestricted reporting

“In our system, we have both restricted reporting, which means it’s not brought through to the chain of command, it’s not brought forward to Criminal Investigation Division and none of the personal identifying information is provided,” Price said.

The unrestricted report, he said, is one where the apparatus that includes the victim advocate, the SARC, the chaplain, the provost marshal, the CID, the hospital, and the unit commander are all involved. This is where pros-

ecution would hail from.

To ensure a victim isn’t victimized twice, Price said, the Army added an “expedited transfer” option for victims in December of 2011. “This means within 72 hours the local unit will make the decision to have the victim of sexual assault make a permanent change of station out of that unit and particular location.”

Also in unrestricted cases, he said, this October will see the implementation of the rule that all evidence, case records and forensics associated with the assault will be retained for 50 years.

“In restricted cases, all of the above is retained for five years,” Price said.

Price added that after a case lingers a year in the restricted environment, the SARC will contact the victim and tell him or her that they have the decision now to go unrestricted or leave it in the restricted

realm. In the restricted realm, after five years, the victim will be notified that their safe kit and all the forensics associated with that case will be discarded.

“Right now, I would say we’re in a transition phase with regard to how we’re going to execute the law. There are several things at work. We have to work out the funding piece to hire

two people per brigade,” Price said.

Credentialing of SARC and VA

The credentialing for both SARCs and victim advocates involves an 80 hours of SHARP training they must successfully complete. They must undergo a background check, have letters of recommen-

dation from commanders or supervisors, and be certified by the National Organization of Victim Assistance.

“Following certification, the unit can appoint the individual as a SARC or VA. It also requires 32 hours of continuing education per year to remain credentialed, and they have to be re-certified every year.

“We’re learning more about sexual assault, the psychology of an assailant, how to treat victims to ensure they’re not victimized twice. The difference between a victim and a survivor, the whole psychology of it. So, it makes sense that continuing education be one of the hallmarks of this program,” Price said.

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APRIL 19, 2012

Volunteer!

Post recognizes contributions of volunteers

By Angela Williams
Army Flier Staff Writer

Tremendous dedication. Heart. Love for the community. Those were the words used to describe Fort Rucker volunteers during a recognition ceremony Tuesday at The Landing.

"There is a lot of support from our volunteers," said Col. Jessie O. Farrington, U.S. Army Aviation Center of Excellence deputy commander, at the ceremony. "If they didn't do it, we wouldn't get a lot of things done here in our community."

Overall, Fort Rucker volunteers gave 33,415 hours through 497 different positions last year, according to Karen Hayes, Army Volunteer Corps Program manager for Army Community Service.

"The annual volunteer luncheon is just a small way for the installation to thank everyone that contributes to our local programs, organizations and agencies," she explained. "Without all these individuals, many programs and organizations would cease to exist ... there are hundreds more volunteers out there that do not report their hours and we thank them as well."

During the ceremony, Farrington and Kim Crutchfield, spouse of Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, presented framed certificates to volunteers who had logged more than 1,000 hours. That group included Therese Erthal with the chapel, Darcy Lynch with the chapel and the spouses club, Ernest Smith Jr. with the Directorate of Public Works, and Donna Woodham with the Fort Rucker Thrift Shop.

Farrington and Crutchfield also presented a framed Commanders Certificate to Volunteer of the Year winners in five different categories. The 2011 Volunteer of the Year winners include:

Darcy Lynch: Adult Volunteer of the Year

Lynch, a military spouse and mother of three, has been active in the Main Post Chapel Catholic Community since her family's arrival at Fort Rucker a year and a half ago. During that time, she restarted the youth ministry for the Catholic Community and helped with community service projects such as Angel Tree and Habitat for Humanity. She is also a substitute teacher and member of the Military Council of Catholic Women, Ladies Auxiliary, Knights of Columbus, the Catholic Community's Parish Council and the Fort Rucker Spouses Club.

Lynch said volunteering helps her stay in touch with her community and gives her fun things to do outside the home.



PHOTO BY ANGELA WILLIAMS

Albert Apel, Mary Apel, 2nd Lt. Peter Nickoloff, Darcy Lynch, Michael Boyle, Christopher Boyle, Martha Boyle, Chris Malone (who accepted the award on behalf of Meghan Malone) and Rachel Malone (Meghan's sister) were recognized at the ceremony.

"I am truly blessed being able to volunteer with all the wonderful folks here at Fort Rucker," she said.

Meghan Malone: Youth Volunteer of the Year

Malone is currently a student at the University of Alabama in Tuscaloosa, but volunteered with the Main Post Chapel, Our Lady of Loretto Parish, for several years before moving. She served as a member of the Catholic Youth Group and an altar server. She assisted in training new altar servers, cleaning up after Mass and accompanying the Catholic Parish Coordinator on hospital visits.

"I was so surprised," Malone said of being recognized as a Volunteer of the Year. "Out of all the people considered for this recognition, I could not believe that I was chosen to be one of them."

2nd Lt. Peter Nickoloff: Active Duty Volunteer of the Year

Nickoloff is active in the Catholic Community at the Main Post Chapel. He is the coordinator for the Catholic Adult Ministry and a member of the Catholic Parish Council. Nickoloff also gives his time volunteering with the Youth Ministry at Our Lady of Loretto Parish and serving as a lector at the Catholic Mass — all while in flight school.

Volunteering is a "way to develop rela-

tionships within your community. Besides the obvious benefits of being able to make a difference in the lives of some of those around you, and to share time and talents, an added benefit is a richness that it adds to life to know that you are supporting important causes outside of your needs and desires," Nickoloff said.

"I'm sure there are plenty of Soldiers making huge contributions that are equally, if not more, deserving," he added.

Michael, Martha, Christopher and Victoria Boyle: Volunteer Family of the Year

Each member of the Boyle Family has their own volunteer projects, but together they are responsible for the Family Ministry for the Catholic Parish. Michael and Martha volunteer with the Pre-Cana Program at Our Lady of Loretto Parish and Martha serves as the Catholic librarian at the Spiritual Life Center. Victoria and Christopher are altar servers and participate in service projects with the youth ministry.

Michael said the Family had volunteered at the church and school when they were previously stationed at Fort Rucker, but when they returned in 2008, they were asked to take on larger projects.

"Sometimes all it takes it being asked to realize that your time and talents are needed," he said, adding that there are many other

Families who also volunteer on post.

Albert and Mary Apel: Lifetime Achievement

The Apels are active in the Main Post Chapel Protestant service and have been active volunteers with the post chapel since 1975. Albert is the head usher for one of the services, serves in Vacation Bible School, manages the carpentry shop and volunteers for various other seasonal activities. Mary is the historian for the Protestant Women of the Chapel and the parish advisory council secretary. She has been the assistant director of the post-wide Vacation Bible School Program since at least 1996 and is currently the assistant director of the weekly Protestant Sunday School program.

Together, the Apels are the driving force behind the annual Living Last Supper performance. The two coordinate locations, staging, costumes, technical support and more.

During the ceremony, representatives from 17 different organizations also accepted packets of certificates to be given to the people in those organizations who had given at least 50 hours of time in 2011, according to Hayes and the Army One Source Volunteer Management Information System.

"For most of these volunteers, this is not just a 'one time' thing," Hayes said. "It is a way of life."

Class helps parents raise 'Money Smart Kids'

By Angela Williams
Army Flier Staff Writer



Many children see parents spend money at the grocery store and get cash at the ATM, but a family's saving and investing habits may not be so obvious.

This is one of the reasons Mimi Brooks, Army Emergency Relief Officer for Army Community Service, is teaching a class to help parents learn how to pass on good money management skills to their children. The "Raising a Money Smart Kid" class scheduled for April 26 from 6:30-8 p.m. at the Bowden Community Center will address all stages of a child's life from coins and counting to saving and investing.

"We find that a lot of adults don't know how to manage their money properly," Brooks said. "But I think if we can get a child raised understanding how to manage money, they'll grow up to be more responsible with their money as adults."

They could possibly avoid getting into too much debt, save for a "rainy day" so they'll have money in an emergency situation or even save for college or retirement, she added.

The class is geared toward parents and even includes a discussion of how to talk to children about money. "Good teaching moments for your child are there at the grocery store," Brooks said. "They could be learning about coupons or going by a list."

Brooks also encourages parents to talk aloud as they make decisions about purchases.

"If you're looking at something you want but you really don't need it, talk aloud and say, 'I really don't need this. It's not in my budget right now so I'm putting it back.' They're learning from watching you," she said.

The information Brooks presents in the class is based on a child's age. She starts with teaching children as young as two how to identify coins. From there, she moves on to discussing the start of an allowance for children ages 5-8. Eventually, this leads to discussions of saving, spending, budgeting and investing.

Other topics that will be addressed during the class include needs and wants, credit cards, goal-setting, taxes and paychecks, she said.

"We're not just earning our money and sticking it in different places," Brooks said. "If we're saving and investing, what are we doing that for? We want to be able to teach our children that there are goals in life and they can actually save for those things whether that be a \$60 video game, college or a car."

"We're trying to help parents educate them young so that as they become adults, they'll know how to take care of themselves economically," she added.

The class is free, but attendees are asked to register by Tuesday. To register for the class, call 255-2341 or email nereida.p.brooks.civ@mail.mil.

ON POST

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

Blue Day

April is Child Abuse Prevention Month and the Blue Day Campaign is a Fort Rucker communitywide effort to recognize people's collective responsibility to prevent and confront all forms of child abuse and neglect by wearing blue on Fridays this month. By banding together and wearing blue, the community shows a visible commitment to support child abuse prevention.

For more information, call 255-9641.

ACS instructor training

People who want to make a difference in their community, and help Soldiers and their Families gain the knowledge and skills necessary to successfully navigate Army life, are welcome to join the Army Family Team Building team as instructors. Army Community Service offers instructor training Monday through April 26 from 5–8:30 p.m. each day at the Soldier Service Center in Rm. 371F. Training includes introduction to effective instruction, managing the learning environment, the adult learner and more.

For more information or to register, call 255-2382.

Administrative Professional's Day lunch

The Landing hosts a special lunch to celebrate Administrative Professional's Day Wednesday from 11 a.m. to 1 p.m. The lunch costs \$10 per person, featuring baked chicken, vegetables, potatoes, salad, rolls, and coffee or tea. Reservations are not required, but are recommended.

For more information or to make a reservation, call 598-2426.

Health, Nutrition, Safety Fair

The child, youth and schools services sports and fitness department hosts a free Health, Nutrition and Safety Fair Wednesday from 2-5 p.m. at the youth services gym in Bldg. 2806. The fair will include: eye screening, hearing screening, blood pressure check, height and weight measurements, a registered dietitian, a nutritionist, and representatives from the MWR Partnership Edge, Family Advocacy Program, physical therapy, dental clinic, preventive medicine, 4-H Club and the Military and Family Life Consultant Program. The event is open to all CYSS members.

For more, call 255-9105.

Get R.E.A.L.

For those who are new to Army life, Fort Rucker's Army Family Team Building offers its Get R.E.A.L. – Rucker Experience, Army Learning – training April 26 from 8:30 a.m. to 2:30 p.m. at the Commons. Topics include: acronyms, Army customs and courtesies, military rank, community resources and more. Advanced registration is required.

For registration and childcare information, call



FILE PHOTO

Soldier Show

The U.S. Army Soldier Show returns to the Wiregrass May 5 and 6 with two free shows in the Ozark Civic Center. The May 5 show is at 7 p.m. and the May 6 show is at 2:30 p.m. Tickets are not needed for either performance and doors open one hour before the shows begin. The shows are scheduled to last 90 minutes each, and feature Soldiers singing, dancing and celebrating music from many different cultures. For more information, call the Directorate of Family, Morale, Welfare and Recreation Annual Events Office at 255-1749.

255-2382.

Home Buying, Selling Workshop

The Army Community Service Financial Readiness Program presents its Home Buying and Selling Workshop May 1 and 3 from 6:30–8 p.m. at the Bowden Community Center. This free workshop will cover different types of mortgages, mortgage charges, buyers markets and sellers markets, real estate agents and for-sale-by-owner issues. Registration is required by close of business on April 27.

For more information or to register, call 255-9639.

GuardStart: lifeguarding tomorrow

GuardStart is a free program offered April 28 through Sept. 30 at Flynn Pool, Splash! and West Beach for youth ages 13 and 14 who are interested in learning how to be a lifeguard. GuardStart introduces participants to essential lifeguarding skills that will prepare them for employment as lifeguards. Youth will come to the aquatics facilities for two-hour sessions and shadow lifeguards, assist in facility upkeep, learn lifeguarding techniques, and also get free time to enjoy the amenities. Youth must be enrolled in parent central.

For more information, call 255-9162 or 255-0825.

Extra movies for MOMC

In recognition of the Month of the Military Child, the Center Library offers an extra movie checkout to patrons in April. For more, call 255-0891.

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.

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.

Resilience training

Army Community Service offers resilience training Monday from 8 a.m. to noon at The Commons. Resilience training enables people to actively manage physical and psychological challenges in their personal lives and continue to be the pillar of support behind their Soldiers.

For more information or to register, call 255-3643.

Kid's Night Character Dining

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

For more, call 598-8025.

\$5 Steak Special

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

For more, call 598-8025.

DFMWR Spotlight



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BINGO Rave

April 20, 8 pm - Midnight

The landing Zone

This is not your grandma's BINGO game!

.....

Join us for the first ever BINGO Rave! Win over \$1,000 in cash prizes and fun giveaways all night long! Wear your most outrageous outfit and you could win \$100! GO CRAZY...but not too crazy. Drink specials and food will be available. DJ will be mixing the top hits of today. Cost is \$10 to play, and advanced tickets will be on sale at the LZ or at the door.

.....

Enjoy Session Bingo at Cobra Lounge at The Landing!

Sun. doors open at 10 am, games start at 1:30 pm

Tues. and Thurs. doors open at 2 pm, games start at 6:30 pm

.....

Participants must be 18 or older to play. Open to all military personnel, spouses, Family members, DA civilians, contractors, Fort Rucker employees and up to 10 of their general public guests.

For more information, call The Landing Zone, 598-8025.



The Landing

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APRIL 25

11 a.m. – 1 p.m.

The Landing

LUNCH PRICE

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For details

call 598-2426.

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FORT RUCKER MOVIE SCHEDULE FOR APRIL 19-22

THURSDAY, APRIL 19

FRIDAY, APRIL 20

SATURDAY, APRIL 21

SUNDAY, APRIL 22

Gone (PG-13)7 p.m. John Carter (PG-13)7 p.m. John Carter (PG-13)7 p.m. Silent House (R)7 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Chaplain: Kind words go a long way

By Chaplain (Lt. Col.) Milton Johnson
Garrison Chaplain's Office

A Soldier recently said to me, “Chaplain, I heard a beautiful compliment about you the other day, but I don’t have time to tell you what it was right now. Later on, I want to share it with you — OK?”

But later on seemed like forever. It felt like an eternity from the moment he said he had heard the compliment to the time he shared it with me.

Why did it seem so long? Why did I feel such anxiety? It is because a compliment is a cherished gift; because all of us want to be loved and appreciated — because we have great hunger for an expression of praise and appreciation.

Everyone enjoys hearing kind words. No matter how young we are or how old we become, there is still something good about the pleasure we receive from encouraging words and complimentary remarks of other people. We are especially uplifted when another person looks us in the eyes and says “thank you for what you did the other day,” or “I really appreciate you taking the time out of your busy schedule to help me out.”

There is an inner feeling of acceptance and satisfaction when we hear that someone approves of our appearance, our work, or our contribution to life. But, some of us might say that we don’t need verbal recognition from others. However, I submit to you that all of us need affirming words and positive feedback from those close to us and people who work very near to us. The truth is, whether we admit it or not, it feels good when we get compliments.

The problem is we do not always give or get compliments as often as we could or should get them. Some of us live in the shadows of those who appear to do better what we do best. And sometimes it looks like everybody else gets rec-

ognized and complimented when we do all the work.

For some of us it feels like we do OK, but we don’t excel at anything. And we start to think that we are extremely common. When compared to others we’re not as pretty, not as smart, not as talented, not as well dressed and not as successful. Yet we have a hunger for praise, a strong need for praise, a strong need for love and appreciation. In fact, people who don’t excel probably need compliments more than people who do excel.

Compliments are ways of saying I care about you and I appreciate you. You are special to me and you are important to all of us. Most of all, you are an integral part of this team. Every individual needs and deserves care, appreciation, acceptance and approval.

Maybe the golden rule can help us at this point. You remember — “Do unto others as you would have others do unto you.” If we enjoy being appreciated by others, perhaps we should learn to show appreciation for and to those around us.

If words can lift our spirits, we should learn to use them in a manner whereby we can boost the spirits of others. That is exactly what Jesus did. He used compliments frequently and well. He had the uncanny ability to make people feel good about themselves when nobody else did. He knew how to lift individuals’ spirits with kind words and encouraging looks. They enjoyed his company. Jesus has given us an example that we may follow in His steps – even in our complimenting.

Consider the words of 2 Timothy 1:4-5 that says, “I remember your tears, and I want to see you very much, so that I may be filled with joy....” Think about it. There is probably someone right now who needs to be told of some great contribution he or she has made in your life. If so, tell them.

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Theme:
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For more information, contact the Religious Support Office, 334-255-2989/2012.



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.

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Montgomery Biscuits start home games

Montgomery Biscuits Baseball
Press Release

MONTGOMERY — The Montgomery Biscuits recently revealed the team’s 2012 roster, as announced by the Tampa Bay Rays.

The roster, made up of 13 pitchers and 12 position players, includes 15 members that have worn the butter and blue before. Ten players made their Biscuits debut April 5 when the Biscuits visited Pensacola.

The Biscuits kicked off their home games in Montgomery’s Riverwalk Stadium Saturday, and this weekend’s home matchups include battles with the Pensacola Blue Yahoos Saturday at 7:05 p.m. and Sunday at 5:50 p.m.

Ticket prices range from \$8 for lawn seating to \$12 for super box seating. For a schedule of other games and full ticket information, visit <http://www.biscuitsbaseball.com/> or call (334) 323-2255.

The Biscuits are part of the Southern League of Professional Baseball and an affiliate of the Tampa Bay Rays. The compete against the Southern Division of the league along with the Jacksonville Suns (Florida Marlins), Mississippi Braves (Atlanta Braves), Mobile BayBears (Arizona Diamondbacks) and the Blue Wahoos (Cincinnati Reds). The Northern Division is made up of the Birmingham Barons (Chicago White Sox), Chattanooga Lookouts (Los Angeles Dodgers), Huntsville Stars (Milwaukee Brewers), Tennessee Smokies (Chicago Cubs) and Jackson Generals

(Seattle Mariners).

The top-rated position player in the Rays system, shortstop Hak-Ju Lee, highlights the roster. Lee made his Biscuits debut last August after leading A+ Charlotte with a .318 average en route to FSL All-Star honors. He’ll be joined in the infield by returners Henry Wrigley and Cole Figueroa. Wrigley leads the Biscuits over the last two seasons with 26 homers and 121 RBI, while Figueroa led the 2011 Biscuits in walks (55). Fellow infielder Tyler Bortnick, who swiped an organization-best 43 bases in 47 attempts for Charlotte last year, will make his Biscuits debut.

In the outfield, newly-signed Brad Coon will begin his eighth minor league season along with 2011 Biscuits Kyeong Kang and Isaías Velsquez. Kang was a big surprise for the Biscuits last year, breaking into the starting lineup early in the season and cranking a career-high 11 home runs.

Velasquez was the hottest Biscuits hitter over the final month of the season, collecting eight triples in less than half a season. Former Alabama star and Birmingham-native Emeel Salem rounds out the outfield, returning to the Biscuits after missing all of 2011. Salem hit .263 with 23 stolen bases in 2012 for Montgomery.

Craig Albemaz will be a catcher for the Biscuits for the sixth season. He’ll share the duties with Mark Thomas, who is considered the Best Defensive Catcher in the Rays organization. It will be Thomas’ first double-A stint.

The pitching staff is keyed by hot prospect Alex Colome, who showcased his power-pitching in nine starts with the Biscuits in 2011. Right-handed starters Joe Cruz, Jim Paduch and Shane Dyer all return, while lefty-relievers Frank De Los Santos and Neil Schenk both come back for a second season with the Biscuits. Five pitchers will make their Biscuits debuts, including former Auburn hurler Scott Shuman.

Three returning pitchers will begin the season on the disabled list: Richard De Los Santos, Nick Barnese and Zach Quate.

The Biscuits opened the 2012 season with 10 games on the road before they opened their home schedule Sunday against the Mobile BayBears.

Tickets for future home games are available at biscuitsbaseball.com, or visiting or calling the box office at (334) 323-2255.



COURTESY PHOTO

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

MAY 6 — The Tri-State Peachy Painters will hold a monthly meeting and painting class from noon to 4 p.m. at the Houston County Farm Center. All painters are welcome. For more information, call 803-4882.

ENTERPRISE

MAY 12 — The Downtown Enterprise Business Association has announced the musical line up for its annual Downtown Summer Fest, scheduled for 10 a.m. until 5 p.m. in downtown Enterprise. The annual one day event brings in thousands of people from throughout the Wiregrass to kick-off the summer season, and is a

partner of the Enterprise Lions Club Boll Weevil 100/Ride to Recovery Southeast Bike Ride, which is held the same day. The festival will be held on East College Street and South Edwards Street, from East Lee Street to Grubs Street. This year’s event includes a focus on nationally-known musical artists who reside in the Enterprise area. One of the talented musicians performing at the event is Kaitlyn Lusk, best known for her work as the vocal soloist heard on the soundtrack of the “Lord of the Rings” movie trilogy. Enterprise merchants will also have special sidewalk sales and savings events throughout the day, as well as activities for the kids.

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

THURSDAY — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton City Hall. Food and drinks will be served followed by regular Chapter business. Veterans throughout the Wiregrass are welcome to join as

new members. For more information, call Chuck Lobdell at 718-5707.

OZARK

APRIL 27 — The Netherlands Liaison Officer for the U.S. Army Aviation Center of Excellence and the commander of the Netherlands training detachment are hosting a reception to mark the birthday of Her Majesty Queen Beatrix of the Netherlands 6-9 p.m. at the Ann Rudd Art Center. Class A or international equivalent is required for military personnel; coat and tie or equivalent for civilians. RSVP no later than Friday by calling 255-3766.

NOW THROUGH APRIL 28 — Ozark artist Tim Richardson will be spotlighted in a solo show, “The Science of Primary Colors” at the Ann Rudd Art Center. Approximately 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 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.

For more information, visit www.ruddartcenter.org.

MAY 12 THROUGH JUNE 23 — The Dale County Council of Arts and Humanities is hosting the 2012 Black and White Show at the Dowling Museum/Ann Rudd Art Center. The competition is open to all artists 18 and older. Any works of black and white art in the categories of painting, drawing, sculpture, printmaking

and photography will be accepted in the competition. Entry fees are \$35 for non-members of DCCA and \$30 for members of DCCA for the first entry, and \$5 for each additional entry, up to three total entries. Monetary awards will offered for the top three entries. Entry fees and art work must be submitted May 5, 1-4 p.m. at the Dowling Museum/Ann Rudd Art Center, on the square in downtown Ozark. A prospectus for this show can be obtained at www.ruddartcenter.org. The opening reception for the show will be May 12, from 7-9 p.m. For questions or additional information, call DCCA President Elizabeth Babine at 774-7145.

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

Alabama Book Festival

Montgomery’s Old Alabama Town will open its gates Saturday for the Alabama Book Festival. The festival is from 10 a.m. to 4 p.m. and features more than 40 vendors and exhibitors. The free event is the state’s premier book festival, with more than 4,000 people from around the state converging in the capital to meet with and hear from their favorite authors and scholars.

For more information, call (888) 240-1850 or visit www.alabamabookfestival.org.

Noble Street Festival

The city of Anniston invites everyone to celebrate the outdoors and healthy living with live music, children’s activities, Sunny King Criterium pro bicycle races, great food at the Red Diamond Restaurant Tour and the YMCA 5k and Mellow Mushroom Mad Dash run on Saturday. During the races, hundreds of cyclists will race multiple

laps on the closed course on downtown streets. The restaurant tour was selected as a top 10 event in the state of Alabama in 2006, 2010 and 2012. Admission is free and the festival lasts from 11 a.m. to 9 p.m.

For more information, call (256) 236-6346 or visit www.noblestreetfestival.com.

Cheaha Challenge

On Sunday, join almost 1,000 cyclists in this recreational bicycle ride through some of the Southeast’s most scenic roadways from 7:30 a.m. to 5 p.m.. People can experience the serenity and beauty of the Talladega National Forest and Cheaha State Park as they choose from route options of 26, 44, 66, 88, or 102 miles.

Shorter routes have very few hills, while the longest route takes riders over Alabama’s highest mountain, Cheaha Mountain, and inflicts almost 8,000 feet of cumulative climbing on those who tackle the entire course. Admission is charged.

For more information, call (256) 236-6346 or visit www.cheahachallenge.com.

Stargazing at Fort Pickens

From sunset to 10 p.m. Friday and May 18 at the Battery Worth Picnic Area at Fort Pickens Area, volunteers from the Escambia Amateur Astronomers’ Association will set up several telescopes for public viewing of the stars, planets and constellations. The program is free, but there is an \$8 entrance fee to the Fort Pickens Area. For more information, call (850) 934-2600.

28th Annual Interstate Mullet Toss

Approximately 100,000 people from across the country migrate annually to Perdido Key to take part in this spring event held on the Florida-Alabama state line at the world-famous Flora-Bama. The event will be held April 27-29. A mullet toss consists of individuals on the beach throwing a mullet (a type of fish plentiful in the area), from a 10-foot circle in Alabama across the state line into Florida. The event features activities, music and food. A contribution for each fish flung will go to Local Youth Charities. For more information, visit www.florabama.com.



COURTESY PHOTO

Pick-of-the-litter

Meet Lady, a 1-year-old female mix breed. She is sweet and friendly. Lady costs \$81 to adopt, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.



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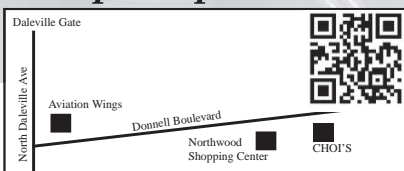
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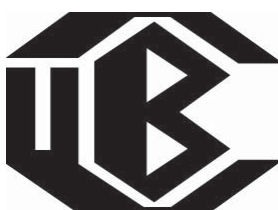
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FITNESS

Army looks to reduce physical training injury

Story on Page D3

APRIL 19, 2012



FILE PHOTOS

Anna Bullington, of Enterprise, plays with her daughters, Beth and Kate, in the Splash! pool last year. This year people can start enjoying all that Splash! has to offer April 28, or enjoy West Beach at Lake Tholocco starting May 19.

Splash!

Water parks, pools gear up to fight summer heat

By Nathan Pfau
Army Flier Staff Writer

People can get out their swimsuits and get ready to take their swimming outside as Splash! and West Beach at Lake Tholocco get ready to open to fight the oncoming summer heat.

Splash!, located behind The Landing Zone, will open April 28 for Saturdays and Sundays only from 10 a.m. to 6 p.m. until May 26, said Jonathan Cole, Directorate of Family, Morale, Welfare and Recreation aquatic manager. Beginning May 26, Splash! will open daily for the summer from 10 a.m. to 6 p.m. until Aug. 3 when it will resume its Saturdays-and Sundays-only schedule until it closes for the fall Sept. 30.

Splash! pool and spray park has two water slides and a spray area with 13 different water features as well as a pool for people to enjoy, said Cole.

Admission to the park is free for children 2 and younger, \$1.50 for ages 3-12, \$2.25 for 13-17 and \$3 for 18 and older, said the aquatic manager, adding that season passes are available to purchase for \$50 for single persons, \$80 for a Family of two, \$110 for Families of three, \$140 for Families of four and \$25 for additional Family members after four.

Splash! is open to authorized patrons and their guests. Authorized patrons are active duty and their Family members, Department of the Army civilians and their Family members, retirees and their Family members and contractors.

The season passes are available at both



Military child Ava Legaspi plays at Splash! pool last year.

of Fort Rucker's physical fitness facilities, Splash!, outdoor recreation and leisure travel, he said. The season passes are good for both Splash! and West Beach, which is another one of Fort Rucker's water parks.

West Beach at Lake Tholocco will soon welcome people to enjoy what it has to offer with Lake Fest May 19.

Lake Fest will include games, vendors, food and a Better Opportunities for Single Soldiers car show, said the aquatic manager.

"We've had thousands of people come out to Lake Fest in the past," said Cole. "There are normally 300-400 people in the swimming area alone."

West Beach is a 40,000-square-foot swimming area at Lake Tholocco that is enclosed by a floating dock, he said. The water park has water slides that are comparable to those at Splash!, a floating dock in the middle of the swimming area with another smaller water slide, a water trampoline, inflatable water volleyball court and an open-water fitness swimming area that people can use to train.

"We have a little bit more of an open area this year for [people that want to train]," said Cole. "There are two buoys out in the water so that triathletes can swim and [look] for the buoys while they train as if they were in a real triathlon."

After the kickoff weekend, West Beach will be open May 26 to Aug. 3 Wednesdays to Sundays from 10 a.m. to 6 p.m., he said. After Aug. 3, the water park will be available only on the weekends from 10 a.m. to 6 p.m. until September 3.

The price for admission to West Beach is the same as Splash! pool and spray park and West Beach is open to the general public.

As Fort Rucker gets ready to open its water parks for people to enjoy, the indoor pool at the physical fitness facility will be closing for the summer April 28, said Cole, but Flynn Pool will open to offer the same aquatics programs that were offered at the physical fitness facility.

Programs like lap swim, swim for life, senior swim, unit physical training and military training, active duty instructional swim, adult swim lessons, youth swim lessons and water aerobics will still be available for authorized patrons to enjoy.

Flynn Pool will only be used for aquatics programs, fitness swimming and military training, said the aquatic manager, and will not be available for recreational use.

There will also be another lifeguard class available that will run from April 23 until May 10, said Cole. The class will meet Mondays, Tuesdays and Thursdays from 5-8 p.m., and the cost for the class is \$75. People ages 15-18 can enroll at Bldg. 5700 in room 193 and people 18-21 can enroll at the physical fitness facility on Andrews.

"We're always looking for new [qualified] lifeguards for the swimming facilities and we do need more lifeguards throughout the course of the summer," said Cole.

Another one of the programs at Flynn Pool is GuardStart, which is for 13 and 14 year olds that cannot yet take the lifeguarding courses, said the aquatics manager.

"People can come out to the facilities a few hours at a time to learn lifeguarding skills by shadowing actual lifeguards," he said, adding that the participants will learn water safety and other lifeguarding techniques.

Parents must complete paperwork for interested participants through the child, youth and school services EDGE! program.

For more information on any of the programs, water parks or facilities, call 255-9162.

Fun run promotes strong Families, child abuse prevention

By Angela Williams
Army Flier Staff Writer

The sun was shining and the skies were clear as Disney music played on the loudspeakers and Families waited together for the start of the Pinwheels for Prevention Family Fun Run/Walk. Some parents pushed strollers or held the hand of a toddler in tennis shoes while others led older children in stretches before beginning the run.

More than 200 people participated in the April 14 event that was planned as a way to "celebrate children and the Families while promoting strong Family bonds and raising awareness of child abuse prevention," said Leticia Trimble-Smith, Fort Rucker Family Advocacy Program Manager for Army Community Service.

To further promote that cause, Fort Rucker Elementary School student ambassadors passed out pinwheels – the symbol of child abuse prevention – to participants as they crossed the finish line. The school's art class made 100 pinwheels for the event, according to Vicki Gilmer, the school's principal.

Also in attendance was garrison Command Sgt. Maj. Dwaine E. Walters, who awarded medals to all children under the age of 16. Walters, the student ambassadors and other volunteers crowded around the finish line to cheer

on the participants they completed a half-mile, 1-mile or 2-mile course.

Parents walked behind some of the younger children, clapping and cheering them on as they crossed the finish line. "It's your first race! Good job!" they said.

Capt. Christopher Kidder and his daughter, Katie Nelson, completed the half-mile run together and were the first across the finish line. The father-daughter team had not run together before, but Kidder said he thought it would be a good way to introduce Katie to running.

Others joined in for the "fun and fitness" and to "support a good cause." Maj. Steve Conrad and his Family were among them. Conrad and his oldest daughter, Nyah, 11, planned to run the 2-mile course together while his wife, Yolanda, and daughter, Stevie Naree, 4, tried the 1-mile.

Marcos Arias, retired military, who registered for the 1-mile course with his daughter, Cristina, and his wife, Marlen, also wanted to support the cause saying, "Protecting children should be our No. 1 priority."

This event "is for Families to do together. This is about prevention. Families who play together stay together," said Twanna Johnson, FAP training specialist, adding that she hoped the run/walk would give Families an activity to take beyond April.



PHOTO BY ANGELA WILLIAMS

Capt. Christopher Kidder and his daughter, Katie Nelson, were the first to cross the finish line.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

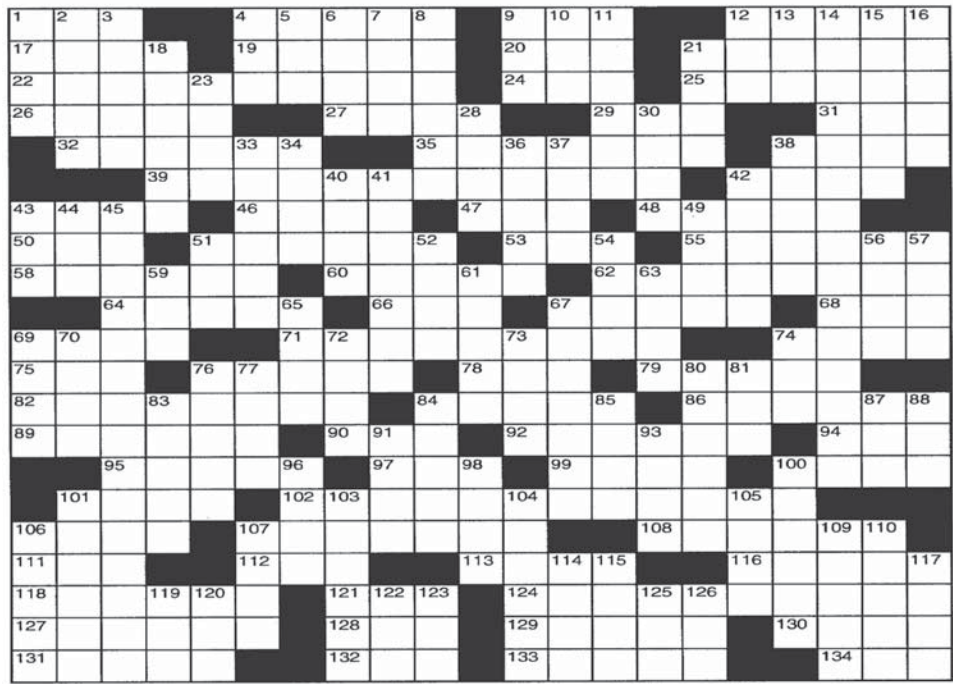
1. GEOGRAPHY: What is Europe's longest river?
2. TELEVISION: What was the fictional home state of "M A S H" surgeon Hawkeye Pierce?
3. MOVIES: What was the name of the woodcarver and creator of "Pinocchio" in the Disney film?
4. LANGUAGE: What does "gesundheit" mean in German?
5. RELIGION: Who is the patron saint of dancers?
6. ROYALS: Who preceded Queen Elizabeth II in the English throne?
7. GENERAL KNOWLEDGE: What is the term for the pointed wheel at the end of cowboy boots' spurs?
8. LITERATURE: In Ian Fleming's spy novels, what agency did James Bond work for?
9. FOOD & DRINK: What fruit that is commonly eaten today was widely considered poisonous until the 18th century?
10. INVENTIONS: What popular drink did druggist John Pemberton invent in 1886?

See Page D3 for this week's answers.

Super Crossword

WEATHER OR NOT

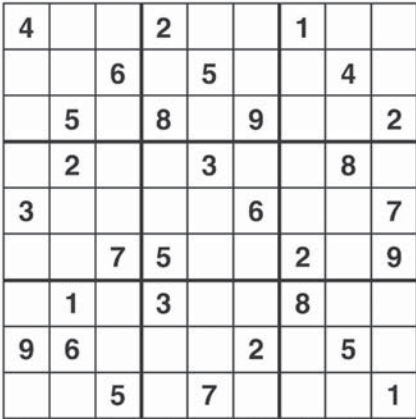
- ACROSS**
- 1 Collectibles, collectively
 - 4 "Crocodile Dundee" star
 - 9 "The Hurt" (59 hit)
 - 12 Word form for "large"
 - 17 Composer Janacek
 - 19 Persian, presently
 - 20 Zsa Zsa's sister
 - 21 Mead subject
 - 22 MISTY
 - 24 Perfect score
 - 25 Statistical foci
 - 26 Vessel part
 - 27 Utah city
 - 29 SHAEF commander
 - 31 Fasten a brogue
 - 32 Lacking principles
 - 35 Kid heaven
 - 38 Unisex garment
 - 39 SNOW
 - 42 Pageant prop
 - 43 Word with farm or frog
 - 46 "Casa-blanca" character
 - 47 "Stroker" (83 film)
 - 48 Prepared to propose
 - 50 Actress Hagen
 - 51 Muslim title
 - 53 Medical grp.
 - 55 Left out
 - 58 "Cabaret" setting
 - 60 Feat
 - 62 Sudden decline
 - 64 Rover's restraint
 - 66 Barcelona bravo
 - 67 Turns soft
 - 68 Compete
 - 69 — Mawr
 - 71 FAIR
 - 74 Like May
 - 75 W. Hemisphere grp.
 - 76 Torrid and Frigid
 - 78 Napa Valley vessel
 - 79 Porthos' pal
 - 82 Neighbor of Ethiopia
 - 84 Park feature
 - 86 Half the diameter
 - 89 Diner patrons
 - 90 Shaq's pack
 - 92 Israeli coin
 - 94 — Locka, FL
 - 95 Magna —
 - 97 Terrier's tidbit
 - 99 Part of UCLA
 - 100 Cut a cuticle
 - 101 Extinct bird
 - 102 RAIN
 - 106 Actress Schneider
 - 107 Heebie-jeebies
 - 108 Folklore figures
 - 111 Burro
 - 112 Gray matter?
 - 113 Annie Oakley's birthplace
 - 116 Impressive tales
 - 118 Big name in temperance
 - 121 Sprite
 - 124 HURRI-CANE
 - 127 Kampala's country
 - 128 Scand. country
 - 129 Once more
 - 130 Faxed
 - 131 Intrinsically
 - 132 — milk
 - 133 "The Haystacks" artist
 - 134 Stephen of "The Crying Game"
 - 1 Charity
 - 2 Range rope
 - 3 Symbol
 - 4 — nibs
 - 5 Hosp. areas
 - 6 Sheffield slammer
 - 7 Frank or Francis
 - 8 "One of These" (75 hit)
 - 9 Wager
 - 10 "— had it!"
 - 11 '82 Attenborough film
 - 12 Damage
 - 13 Soul, to Sartre
 - 14 HEAT
 - 15 Salad veggie
 - 16 Attack
 - 18 — Tuesday
 - 21 Footfall
 - 23 Calvary inscription
 - 28 Bit
 - 30 Hook up with Mir
 - 33 Indians and Indonesians
 - 34 Soothe
 - 36 Marina sight
 - 37 Watch
 - 38 Sound
 - 40 Sale stipulation
 - 41 Some computers
 - 42 '92 US Open champ
 - 43 Bathroom fixture
 - 44 Hwy.
 - 45 STORM
 - 49 TV's "Empty"
 - 51 Security grp.
 - 52 A shake in the grass?
 - 54 Draft status
 - 56 Malicious
 - 57 Legal document
 - 59 Actor Carlucci
 - 61 Novocaine target
 - 63 — podrida
 - 65 Suggestion
 - 67 Robert of "Ryan's Daughter"
 - 69 Augur
 - 70 Punjabi prince
 - 72 Chow —
 - 73 Gets what one basks for
 - 74 '60s chic
 - 76 Bernardo's boss
 - 77 Force out
 - 80 Claire of "Key Largo"
 - 81 "2001" computer
 - 83 Like some eyes
 - 84 Freight
 - 85 Coop crowd
 - 87 News org.
 - 88 Weaken
 - 91 Match
 - 93 Singer
 - 96 "Lucky Jim" author
 - 98 "Cornin' — the Flye"
 - 100 Successful dieters
 - 101 Medical measure
 - 103 Pericles' home
 - 104 Guru's grounds
 - 105 Director Nicolas
 - 106 "— the mouse — the clock"
 - 107 Novotna of tennis
 - 109 Metric measure
 - 110 Tantrum
 - 114 Othello's ensign
 - 115 In twinkling — eye
 - 117 Mile., farther south
 - 119 Office-holders
 - 120 Lyric poem
 - 122 London lavatory
 - 123 Fish babies
 - 125 "Pshaw!"
 - 126 Bankbook abbr.



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

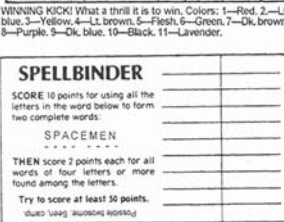
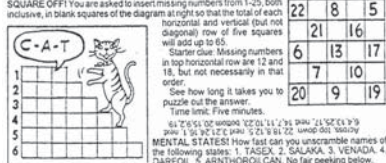
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See Page D3 for this week's answers.

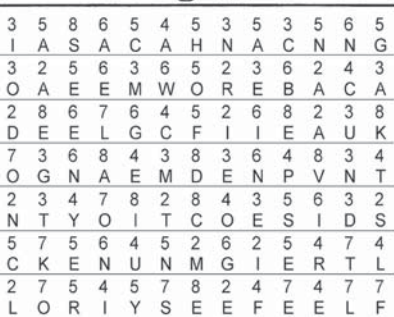
KID'S CORNER

Junior Whirl

by Hal Kaufman



Wishing Well



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HOCUS-FOCUS

BY HENRY BOLTINOFF



Army looks to reduce physical training injuries

By T. Anthony Bell
Army News Service

FORT LEE, Va. — The Army is assessing a new weapon in its battle against physical training injuries.

Musculoskeletal Action Teams were put into operation at several installations last year as a pilot program to support the Army’s new Physical Readiness Training regimen, which strikes a balance between conditioning and injury prevention.

Dr. Matthew R. Pretrone, MAT team leader with the 23rd Quartermaster Brigade, said the latter is a cost-effective means to combating PT injuries.

“A study came out to show that more than a billion dollars is spent each year in the Army on musculoskeletal injuries,” he said, noting the costs of treatment, after care and lost time.

The answer to preventing long lines at sick call, said Pretrone, is providing the know-how and guidance to people in the same way professional trainers support professional athletes.

“Soldiers are no different,” he said. “They need to have the best available training and the best care possible.”

To accomplish its mission, the MAT team — made up of a physical therapist, physical therapy technician, two strength and conditioning specialists and a physical trainer — provides on-the-spot guidance to Soldiers who lead physical training sessions.

“We go out and observe the PRT sessions and make sure the exercises are performed according to the guidance provided in the PRT training circular,” said Sgt. 1st Class Frederick Scott, MAT team physical therapy technician. “Through correcting body mechanics, we hope to prevent injuries most of the time.”

In addition to their observations, members of the MAT team instruct advanced individual training Soldiers on injury prevention and exercise effectiveness and provide therapy sessions and prevention guidance to Soldiers already injured.

Therapy provided to Soldiers who have suffered injuries is somewhat the same as in the past but with one important difference, said Petrone — there is much more of an



PHOTO BY T. ANTHONY BELL

Sgt. 1st Class Frederick Scott, physical therapy technician, demonstrates to 23rd Quartermaster Brigade Soldiers the proper way to do the lunge exercise at an injury prevention session April 10 at Fort Lee, Va. Scott is a member of the Brigade’s Musculoskeletal Action Team, which provides physical therapy to injured Soldiers and provides guidance in injury prevention.

emphasis on preventative care.

“When you’re done with the physical therapy part, that’s when you’re trying to say, ‘OK, we are going to have to change our mindset and emphasize injury prevention. Yeah, I know you can probably run right now and you’re cleared to go, but we need to work on running mechanics, movement patterns, how you do some of these exercises so that you don’t get hurt again.’”

Frederick, a Soldier of 16 years, said he sees much benefit in the program versus

how the Army handled PT injuries in the past.

“We didn’t have this,” he said of the MAT program. “There wasn’t a strength coach to ensure the (exercise) precision pieces were being executed by the Soldiers. Once they were healed and cleared to go back to their units, there was no one to check to see if the Soldiers’ movement mechanics were correct to keep them from returning.”

On average, the 23rd QM Bde. MAT teams see roughly 400 students per month during physical therapy sessions, said

Petrone. Several hundred more are provided instruction on injury prevention.

The MAT teams are a collaborative effort of the Training and Doctrine Command and Medical Command.

The program at Fort Lee, comprised of two clinics (another is located at the Ordnance School’s 59th Ordnance Bde.), has been extended for at least another year. While the data is still being analyzed in reference to the program’s effectiveness, no decision has been made on whether it will be implemented Army-wide.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. The Volga River
2. Maine
3. Geppetto
4. To your health
5. St. Vitus
6. Her father, George VI
7. Rowel
8. M16 (Military Intelligence Section)
9. The tomato
10. Coca-Cola

PUZZLE ANSWERS

Super Crossword

Answers

ART	HOGAN	BIG	MACRO
LEOS	IRANI	EVA	SAMOAN
MATH	ISSONG	TEN	TRENDS
STERN	LEHI	DD	TIE
AMORAL	TOYSHOP	VEST	
VISUAL	STATIC	SASH	
TREE	ILSA	ACE	KNELT
UTA	CALIPH	HMO	ELIDED
BERLIN	STUNT	NOSE	DIVE
LEASH	OLE	MELTS	VIE
BRYN	IMPARTIAL	MILD	
OAS	ZONES	VAT	ATHOS
DJIBOUTI	BENCH	RADIUS	
EATERS	NBA	SHEKEL	OPA
CARTA	ORT	UNIV	SNIP
DODO	MAUGHAM	STORY	
ROMY	JITTERS	TROLLS	
ASS	ASH	OHIO	EPICS
NATION	ELF	RAFFIGHTER	
UGANDA	NOR	AGAIN	SENT
PERSE	SOY	MONET	REA

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The Fort Rucker Physical Fitness Facility on Andrews Avenue hosts a racquetball tournament Saturday. Novice, D, C, B, and A players begin at 8:30 a.m. Open players begin at 10 a.m. followed by doubles. Registration costs \$15 per person for singles only, \$15 per person for doubles only, and \$20 per person for participants playing singles and doubles. Refreshments are provided. Pre-registration is highly encouraged and can be done at either physical fitness facility. People who pre-register receive a T-shirt. In the case of player overflow, some games may start Friday at 6:30 p.m.

Players who place first and second in doubles, novice, and D, C, B, and A categories will receive awards, while awards will be given out for first, second and third places in the open category. The event is open to the public. For more, call 255-3794.

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Video Game Spotlight >>

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

Kinect delivers subpar Star Wars experience

By Jim Van Slyke
Contributing Writer

Star Wars fans don't get your hopes up too high. "Kinect Star Wars" does a good job bringing a universe of Jedis and Siths to life, but this isn't the full-on lightsaber duel game with motion controls that many of you were hoping for. It's a fun game, but it's more for the casual fan who likes waving his hands around while Star Wars music plays in the background. Hardcore Star Wars fans who can quote every line from every Star Wars movie will likely be disappointed at the ease of this game.

The game's main campaign mode, Jedi Destiny, lets us jump into battles with all sorts of good and bad guys. The controls are simple. Waving your right hand slashes with the lightsaber, while your left hand controls the Force. "Kinect Star Wars" takes gamers on its path and there's no derivation. There's more freedom once combat starts, but don't expect this to be an open world type of game.

But there is more to "Kinect Star Wars" than just waving around a lightsaber. There's a Podracing

mode where gamers drive the vehicle by holding their hands out in front of them. Though it's also simple, this mode is quite fun since the action is intense and everything moves quickly. There's also the Rancor Rampage mode that allows gamers to become a Rancor and attack famous locations in the Star Wars universe.

This is a lot of fun, even if the controls aren't perfect. "Kinect Star Wars" is a game that anyone can play, and although the Kinect controls can be frustrating at times it's still a fun game. But serious Star Wars fans shouldn't expect too much.

Reviewed on Xbox 360



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Kinect Star Wars
XBOX 360 KINECT
PUBLISHER: LucasArts
Entertainment
RATED: Teen
SYSTEMS: Xbox 360
COST: \$50
OVERALL: 3 out of 4

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