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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

MAY 10, 2012



PHOTO BY NATHAN PFAU

Capt. John Knight, with the Aviation Captains Career Course, and his wife, Jessica, watch their children enjoy the sounds of the 98th Army “Silver Wings” Band during the Music Under the Alabama Stars concert April 20. The next concert takes place May 17 at 6:30 p.m. at Howze Field.

## Concert offers Family entertainment

By Nancy Rasmussen  
*Fort Rucker Public Affairs*

Entertainment fit for the whole Family can seem rare these days, but Fort Rucker’s own 98th Army “Silver Wings” Band is sure to fit the bill for people of all ages at this season’s third performance of Music Under the Alabama Stars concert series

May 17.

The toe-tapping begins when the band starts swingin’ to “Sing, Sing, Sing” on Howze Field at 6:30 p.m.

Maj. Gen. Anthony G. Crutchfield, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, invites Soldiers, Families and civilians out for a relaxing evening as a show of appreciation for

their dedication to the Aviation mission.

“Bring your lawn chairs, blankets, coolers and (leashed) pets on out for a truly uplifting Family experience,” Crutchfield said.

And the band is gearing up to make it a memorable evening, said Staff Sgt. Philip Andrew, band operations non-commissioned officer in charge.

“This performance will feature our 17-piece jazz ensemble playing big band hits and some modern jazz including ‘All of Me,’ ‘It Don’t Mean a Thing,’ and ‘Sweet Georgia Brown,’” Andrew said.

The community is invited to bring their Families and join the fun at Howze Field and maybe even start a new Family tradition.

## Lyster showcases patient-centered medical home



PHOTO BY ANGELA WILLIAMS

Col. James A. Muskopf, Fort Rucker garrison commander, speaks as two LAHC patients wait to cut the ribbon.

By Angela Williams  
*Army Flier Staff Writer*

Hugh Tobin, a retired Chinook flight engineer, has been witness to many changes around Fort Rucker. He was a student on post when Lyster Army Health Clinic opened its doors in the 1960s.

“There have been a lot of changes here,” he said, “but it’s a good place. The people here are good people.”

LAHC celebrated a grand re-opening, ribbon cutting and health fair Monday morning to mark the clinic’s transition to a “patient-centered medical home.”

According to Col. Patrick N. Denman, commander of LAHC, the new model of health care emphasizes partnering with patients to equip and empower them along their wellness journey — a comprehensive care plan that goes with patients wherever the military sends them.

The transition to patient-centered care started more

than a year ago and included remodeling the facility, adding more exam rooms and transitioning to team-based care.

Col. James A. Muskopf, Fort Rucker garrison commander, welcomed guests to the ribbon cutting.

“I’ve been here about 22 months. I’m a customer of yours. I’ve been in and out of this place a few times over the past 22 months and I have seen nothing but positive improvement at Lyster Army Health Clinic,” he said.

Muskopf also praised the clinic for earning the National Committee for Quality Assurance’s Level 3 recognition during the transition to patient-centered care, noting that Level 3 is the highest a clinic can get.

“It’s not called a patient-centered medical home to be something else. That’s exactly what it is,” he said.

SEE HOME, PAGE A6

## Soldier Show 2012 entertains Wiregrass

By Angela Williams  
*Army Flier Staff Writer*

In the words of a cast member, the 2012 U.S. Army Soldier Show is “top to bottom, 100 percent a Soldier Show.” It’s for Soldiers, about Soldiers and produced by Soldiers.

Hundreds of people from Fort Rucker and the surrounding communities attended the 90-minute Broadway-style show Sunday at the Ozark Civic Center. The show featured songs and dance from a variety of musical genres including country, gospel, pop, rap, hip hop, swing and more.

“This year’s program was really designed to showcase the adaptability, resilience and warrior ethos of our Army,” said Kimberly Abeln, Directorate of Family and Morale, Welfare and Recreation annual events coordinator. “This year’s cast did a wonderful job bringing that message to the forefront.”

Second Lt. Daniel Monplaisir, a cast member who is assigned to a National Guard unit in Tallahassee, Ala., said the Soldier Show would probably be the highlight of his theater career because of who sits in the audience.

“There’s no better audience I would want to entertain than fellow Soldiers,” he said. “Any performance I do is about giving people a break from real life, but giving Soldiers and Families a break from the stress of military life — it doesn’t get better than that.”

Monplaisir said the cast and crew had endured 2 ½ months of 12- to 14-hour days to prepare for the tour.

Songs were written and recorded from scratch. The creative process included people across the country — from Washington, D.C., to Los Angeles, added visual content manager Sgt. Drake



PHOTO BY ANGELA WILLIAMS

Soldiers perform a song during the Soldier Show Sunday in Ozark that tells the story of a Soldier leaving for basic training.

SEE WIREGRASS, PAGE A7



# PERSPECTIVE

## Beginning the transition process

By Bryan Tharpe  
Fort Rucker Army Career  
and Alumni Program

So, you just looked at your countdown calendar and, in about a year, you're going to be parting company with the Army. "Wow," you think, "that time will pass fast!"

You're suddenly overcome with a gnawing feeling that you ought to be doing something to get ready for this major change in your life.

Then you remember one of your friends talking about how valuable Army Career and Alumni Program services had been when she completed her military service, so you grab the phone and call ACAP. The voice on the other end of the line is friendly and gives you the answer you want to hear. The ACAP staff member explains that transitioning Soldiers normally begin working with the center 18 months to one year from separation or two years from retirement. "Hey," you think, "that's still a long way out to get started."

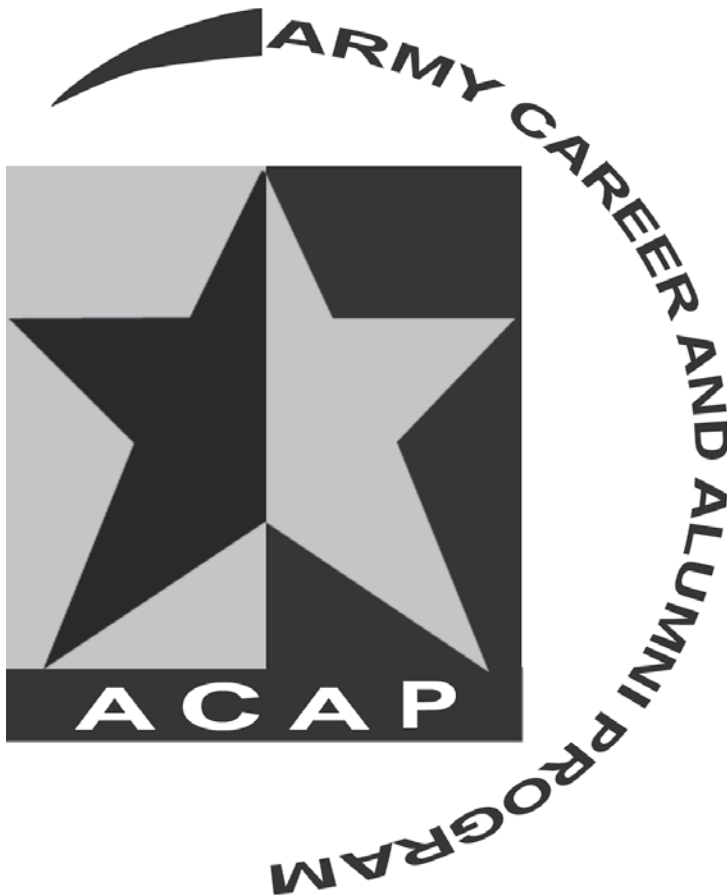
Your first impulse is to voice that fact in no uncertain terms to the person on the other end of the line. Fortunately, some of your human relations training kicks in, and you simply say, "Well, I guess by starting earlier I can better prepare myself for the transition."

If you see yourself in this scenario, read on – indeed, it may be too far out to start sending out resumes, but there are some things you can do while you're waiting for that separation or retirement date to draw closer. Furthermore, the earlier you start using ACAP services, the more latitude you have to schedule appointments around your unit mission requirement.

### Start networking

You can get started networking (talking) with relatives, friends and acquaintances to let them know you'll be looking for a job in about a year.

You'll probably be pleasantly surprised at just how helpful network contacts can be. Most people you talk to will be more than willing to help. Of course, the more specific you can be in terms of what you want to do and where you want to live, the more valuable your network contacts can be. The value of networking in job search is illustrated by the fact that almost 80 percent of job seekers find their jobs through some form of networking.



### Attend an ACAP Job Assistance Workshop

Knowing how and where to look for a job is half the battle. You can never begin too soon to start learning all you can about the job search process, how to produce great resumes and cover letters, and acquiring excellent interviewing skills that make you look and sound polished while you are trying to market your abilities.

### Remember the education center

Take advantage of all the services the education center offers. Of course, the obvious thing here is to further your education and training to make you more marketable. You may wish to work on a degree or brush up on your computer skills – computer classes and skills are especially good for your resume.

Either way, the education center can help you. Additional training and education will usually increase your options

for employment. And, if you aren't sure what you want to do when you finish your military service, the education center can help you complete an interest inventory that will indicate what types of occupations you appear to be best suited for.

### Gather information

Once you start your job search, you'll need a great deal of information to accurately complete job applications and to develop an effective resume. You can start gathering that information now. This will include such things as the names, addresses, and telephone numbers of previous supervisors and where you worked and the inclusive dates you worked there for at least the last 10 years. Additionally, gathering other documents, such as personnel records, training certificates, diplomas, etc., will make it much easier to write an effective resume and to answer interview questions. If you wait until you're out of the military to start gathering this information, the task will

be much more difficult.

### Research

You can start researching companies, salaries, and cost of living in particular areas of the country. Researching companies can help you decide if you really want to send a resume to a particular company and can help you shine when you go for an interview with the company.

Additionally, you can get started researching the salaries for the kinds of jobs you're interested in as well as the cost of living in areas where you might relocate. This research can pay big dividends for you.

One major benefit is that it will help you decide if salaries in the industry and area you're considering are adequate. Of course, to make a good decision on salary, you'll need to know how the cost of living in one area compares with other areas. The information regarding salaries and cost of living will also be very valuable if you have the opportunity to negotiate salary.

### Be positive

Perhaps the best thing you can do between now and the time you start working with ACAP is to develop a positive attitude that includes a determination not to procrastinate. Get started on all the things mentioned above.

Allow yourself to be positive about your worth in the marketplace – it's a fact that employers are looking for people like you who have a good work ethic, who are motivated and who know how to work as a team member.

Resolve that the first day you're eligible to work with ACAP, you'll stop by the center and sign up for ACAP services. Additionally, resolve that you'll take advantage of all the services ACAP offers with the knowledge that individuals who work with ACAP generally get jobs sooner and get higher starting salaries than Soldiers who do not use the full range of services.

As you can see, there are a number of things you can do to be more proactive in your transition process while waiting for your separation or retirement date.

For more suggestions, contact the Fort Rucker ACAP Center at 255-2546, or drop by the ACAP Center in the Soldier Service Center, Bldg. 5700, Rm. 185. Additionally, you can register for ACAP services by going to <https://www.acap.army.mil>.

## Rotor Wash

“Sunday is Mother's Day. How has your mother positively influenced your life?”



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1st Bn., 145 Avn. Regt.  
“She's very forgiving.”



**Sgt. Maj. Morris Anderson,**  
B Co., 1st Bn.,  
145 Avn. Regt.  
“Always being there for me.”



**Clyde Moore,**  
retired military  
“She taught me a lot about raising children.”



**Beverly Schaper,**  
spouse of military  
retiree  
“In every way I can think of — Family comes first.”



**WO1 Lee Hamons,**  
Co., 1st Bn.,  
158 Avn. Regt.  
“She's always been supportive of my military career.”

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FORT RUCKER COMMANDING GENERAL

**Col. James A. Muskopf**  
FORT RUCKER GARRISON COMMANDER

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# Day of Prayer brings people together

By Nathan Pfau  
*Army Flier Staff Writer*

People came together at the Headquarters Chapel on Fort Rucker for a service to celebrate their faith during the National Day of Prayer May 3.

“[The National Day of Prayer] is a coming together of all the communities,” said Chaplain (Col.) Dennis Newton. “We’re supporting the surrounding communities and there are thousands of prayers going on today all around the world. It isn’t just us – this is the world day of prayer.”

Newton said it is important to recognize this day to show that there are people on Fort Rucker who believe that prayer can bring about changes.

The service began as Chaplain (Capt.) Tim Gresham welcomed the attendees with the invocation to tell people why it is necessary to celebrate the National Day of Prayer.

“The National Day of Prayer is a vital part of our heritage,” he said. “Since the first call to prayer in 1775 when the Continental Congress asked for the colonies to pray for wisdom in forming a nation, the call to prayer has continued throughout our history.”

Gresham said a joint resolution was signed in 1952 by President Harry S. Truman that declared a National Day of Prayer, which was amended in 1988 by President Ronald Reagan to permanently set the National Day of Prayer as the first day of May.



PHOTO BY NATHAN PFAU

Chaplain (Capt.) Paul Cartmill, speaker at the National Day of Prayer service, gives a sermon to spread the message of communicating with God and having a spiritual awakening during the National Day of Prayer service at Headquarters Chapel May 3.

He then opened up a prayer to show thanks for “preserving our character and preserving the spirit of our people in this nation.”

The service continued with a scripture reading by Sgt. Robert Gulbrandsen, who read from 2 Chronicles 7: 12-15, followed

by a prayer for the nations of the world, by Chaplain (Maj.) Mike Keifman; a prayer for our nation, by Chaplain (Capt.) Paul Cartmill; a prayer for the state and local communities, by Chaplain (Maj.) Gerald DuBose; and a prayer for the Soldiers and military Families, by Gresham.

The congregation also came together to sing hymns throughout the service that included America the Beautiful, Eternal Father, Strong to Save, and My Country ‘tis of Thee’.

After most of the prayers were said and the hymns were sung, a sermon was given by Cartmill,

who was reminded of the Soldiers that prayed before going into combat and the Families that prayed for them as well.

“Every time I come into [the Headquarters Chapel], I think about those who paid the ultimate price,” he said. “To me, this is a hallowed place and I feel very honored to be here [during] such a time.”

The general message of the sermon he gave was that of communication with God and for people to have a spiritual awakening.

“As a pastor for almost 22 years before coming into the Army, I studied a lot of spiritual awakenings,” said Cartmill. “Great spiritual awakenings didn’t happen because of great preachers or great organizations – It happened because calm, everyday people began to seek the face of God with great urgency and total dependency.”

Ginney Neal, contracting officer’s representative and quality assurance evaluator for the Directorate of Human Resources on Fort Rucker, said she attended the service as she does every year because she believes in the power of prayer.

“I’ve been on Fort Rucker for 33 years and I’ve attended the National Day of Prayer service for the past several years to pray for our country, our leaders, our Soldiers, our Families and our civilians,” she said. “I believe that when we get together and pray, things can change – God can change things.”

## CRC breaks ground on new addition May 3

By Nathan Pfau  
*Army Flier Staff Writer*

The Combat Readiness/Safety Center looks to better serve the Army as it broke ground on a new addition to the facility during a ceremony May 3.

The groundbreaking ceremony kicked off the construction of the new 40,000 square foot, \$11.5 million project that will double the size of the current CRC and provide additional meeting space, administrative space, laboratory space and new technologies that will enhance what the CRC does for the Army, said Brig. Gen. William T. Wolf, director of Army Safety and commanding general of the U.S. Army CRC.

The current CRC building was built in the 1970s, according to Col. Kenneth Biland, deputy commanding officer of CRC, and the groundbreaking was the culmination of a project that began in 2006.

“[The CRC] has been in the same structure for about 40 years,” said Wolf. “We’ve expanded our mission exponentially across the force and we support the entire Army – Reserve, National Guard and active duty – so this is a huge benefit to us.”

The CRC currently has about 250 Soldiers, civilians and contractors working for the institution and Wolf said they are “busting at the seams” in the current facility trying to get everything done to support the Army.

“[The CRC] has well outgrown its current and past facilities,” said Lt. Col. Tom Nelson, deputy commander of the U.S. Army Corp of Engineers, Mobile District. “Providing a modern facility will inherently increase the efficiency and improve what is already world-class service to our Army in accident prevention and risk mitigation.”

Nelson said he wanted to be present for the groundbreaking because he wanted to represent his district and he has been working on the project since the beginning, adding that he was excited to see the work that has been put in finally come into fruition.

“It’s very gratifying [to see the ground-



PHOTO BY NATHAN PFAU

Brig. Gen. William T. Wolf, director of Army Safety and commanding general of the U.S. Army Combat Readiness/Safety Center, Command Sgt. Maj. Richard Stidley, command sergeant major for the CRC, Lt. Col. Thomas Nelson, deputy commander for the U.S. Army Corps of Engineers, Mobile District, and Gary Danford, of Bates Engineer Contractors, break ground on the new addition to the CRC May 3. The new addition will include additional meeting space, administrative space and laboratory space for the facility.

breaking] because when you’re working on something for so long, to actually be able to see the fruits of your labor is nice,” he said. “I’m confident that for years to come, lives will be saved and loss will be prevented by the very hard work that is done in this facility and will be done in the addition we’re about to construct.”

“I know that each and every one of my predecessors would be proud of this day and what we’re accomplishing here,” said Wolf. “We’re supporting our Army with a premier facility with the best Army officers, noncommissioned officers, Soldiers,

and Department of the Army civilians and contractors to keep our Soldiers, civilians and Families safe everyday.”

The CRC collects, analyzes and disseminates safety-related and accident related information across the Army, according to the general.

“We basically look at accidents across the Army, both on and off duty – that includes uniformed Soldiers and Army civilians,” said the general. “It’s a rigorous job, but it’s something that benefits the Army at the end of the day because everything we’ve learned from these accidents and

unfortunate tragedies can be applied to the Army in our lessons learned.”

Wolf said the CRC was put together in the mid 1970s when the Army was losing nearly 700 Soldiers a year to accidents, adding that last year the Army reduced the number of Soldiers lost from accidents to 177.

“We really have made a difference across the Army with the help of our leaders and Soldiers across the field,” he said. “The new addition to the facility will only enhance that capability and make us that much better.”

## News Briefs

### Memorial Day

Fort Rucker hosts its Memorial Day ceremony May 24 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum. All are invited to attend the ceremony, and all military attending the event must wear their Class A or Army Service Uniform.

### Family Fun and Fitness Festival

The Fort Rucker Exchange brings giveaways and specials to the third annual Family Fun and Fitness Festival Friday from 11 a.m. to 3 p.m. Authorized shoppers can join in the fun by visiting the PX and commissary parking lot and gear up to get fit with a variety of specials. In addition to shopping and giveaways, bike safety check, blood pressure check, dunking booth and various activities for children will be available at the event, which will be conducted by the PX, commissary,

Directorate of Family, Morale, Welfare and Recreation and other post organizations.

“We anticipate a terrific turnout and an even better time at this year’s festival,” said Don Walter, PX main store manager. “We’ve been working with vendors for the past few months to ensure a great couple of days for the community to come together to shop, dine and just have some fun.”

### Thrift shop

The Fort Rucker Thrift Shop honors military spouses on Friday with 50 percent off all solid white ticketed items. The Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday. The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces

Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible. For more, call 255-9595.

### GEMS application extension

The application deadline for the U.S. Army Aeromedical Research Laboratory Gains in the Education of Mathematics and Science program has been extended to Friday. The program, held at Fort Rucker, aims to make math and science fun by engaging students in a variety of hands-on experiments. School-age GEMS participants are taught by a select group of college-age near-peer mentors.

To learn more about the USAARL GEMS program or to apply for the program, visit the U.S. Army Educational Outreach Program website at <http://www.usaerop.com/programs/gems/USAARL.htm>, call 255-6906 or send an email to [ssc@amedd.army.mil](mailto:ssc@amedd.army.mil). Applications must be received by Friday.







# Opportunity Knocks

>>Employment Forum<<

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

<b>INTERNAL</b>	NCMD12CP0032D Closing Date: May 30
<b>Physician Assistant</b> GS-0603-12 SCEG12832245651544 Closing Date: May 14	<b>Clinical Psychologist</b> GS-0180-13 NCMDEG110001D Closing Date: May 30
<b>Social Worker (Clinical)</b> GS-0185-12 MCMD12SW0032D Closing Date: May 30	<b>Social Worker (Clinical)</b> GS-0852-12 NCMD12EG0001D Closing Date: May 30
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West Gate Center  
621 Boll Weevil Circle, Suite 6  
Enterprise, AL



# Home: Re-grand opening highlights ‘patient first’ mantra

Continued from Page A1

After the ribbon cutting, Denman invited guests to tour the clinic and visit the displays set up in a main hallway. This displays promoted many of the services offered at Lyster and explained some of the changes patients could expect to see. One table offered information about the significance of the NCQA recognition.

“It’s national recognition for the way we operate,” explained Brandy Dunn, a clinical pharmacist. “It shows we are meeting all the requirements and all the standards for a patient-centered medical home.”

As a pharmacist, Dunn said she was part of a medical team that cares for patients. As a part of a team, she can be called on to visit an exam room and answer a patient’s questions about medication.

“Right there, on the spot, they get their answers,” she said. “They get their care and the leave safer and healthier.

Erica Hicks, a licensed practical nurse, is a proud member of medical Team Courage. She stood by a display promoting healthier choices, such as getting recommended screenings and vaccines. She said one of the things she likes most about the new patient-centered model is the ability to treat an entire Family.

“If you have a Family that comes in with a sick child and they bring two other children with them, we can treat

the whole Family at that time,” she said, adding that additional appointments can be made while in the exam room.

“I work here and my husband is in the military, so I can see the difference in how we are really trying to take care of Families,” she said. “And the upgrades are nice, too.”

Though most of the clinic remodeling is complete, some areas are still waiting to see those upgrades. Sgt. Eric Johnson, a physical therapy technician, said his department is expecting to see some walls coming down within the next month.


“We’re going bring in a lot of new equipment,” he said. “There will be a little more elbow room for all the extra technicians and assistants, as well as providers and patients. Once it is all done it will be quite large and will

rival most hospital therapy sections.”

Lt. Col. Andrew A. Powell, interim deputy commander for administration of LAHC and deputy commander for nursing, said the intent of all the changes is to find out what’s going on in the life of a patient — to learn about their goals and objectives and then tailor a wellness plan for that patient’s life.


“The reality is that your time in this clinic is a very small portion of time in your day, week, month or year,” he said. “We are helping you understand how to take care of yourself. You are the person who is responsible for your health. We’re the support.”

“The bottom line is we want folks to know that we are here for you all. You are not here for us,” Denman added.



## WIREGRASS

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# Wiregrass: Future stops include Georgia, North Carolina

Continued from Page A1

DeLucca, who is originally from Phenix City, Ala.

“We find the most talented people in the Army and we borrow them from their units,” DeLucca said. “We assemble them and then create a show around their talents, then take them around the world to entertain Soldiers and their Families.”

In the theatrical world, it’s called a workshoping process, Monplaisir explained. With a traditional play or musical, potential cast members audition for specific roles, but the Soldier Show is more of a “this is what we have and this is what we can make of it” production.

“We have dancers that are excellent this year so we have routines that are geared toward showcasing their dancing talent,” Monplaisir said.

One of the more energetic

dance routines was based on physical training exercises and started with a variation of “It’s the Hard-Knock Life.” Other songs included scenes from a news report, references to deployments and military children, living life to the fullest and leaving for basic training.

One chorus that was repeated several times throughout the performance emphasized the “Army Strong” theme with the lyrics, “Makes me that much stronger. Makes me work a little bit harder. Makes me that much wiser. Thanks for making me a fighter.”

“With the Army putting on something like this, it shows they really care about Soldiers,” Monplaisir said. “A lot of times, you have the mentality that the Army’s tough and big and brutal but it is stuff like this that shows the Army cares and it really touches people.”

Roscoe Kahumoki, a re-

tired Air Force captain, said he saw a Soldier Show several years ago and it was “really exciting,” so he wanted to come to this one.

“Soldiers seem to put on one of the best entertainment shows and retirees really appreciate it,” he added.

Staff Sgt. Armando Saria, C Company, 1st Battalion, 13th Aviation Regiment, was at the show to help the crew tear down the stage. He said he thought the show was a big morale booster for new Soldiers because everything was Army-related.

“I’ve seen a whole lot of Soldier Shows and this is the best one I’ve seen,” said Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, after the performance. “It’s the first Soldier Show I’ve seen that truly is a Soldier show. The branding was very obvious

and it made me proud to be a Soldier.”

The Soldier Show was at Fort Stewart, Ga., Tuesday

and will be at Fort Bragg N.C. on Friday.

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REAL ESTATE PAGE



**New listing**  
110 Olive Springs: Large, moderately priced home in great neighborhood. 4 BR/2 BA brick home convenient to Hillcrest Elementary. Large corner lot with 2 car carport, nice family room with fireplace plus living/dining combo. \$114,000 Bob Kuykendall 334-369-8534 & Robin Foy 334-389-4410



**New listing**  
308 Arrowhead: Charming in Gateway Estates. 3 BR/2 BA with living room with window seat, cozy fireplace, den overlooking shady back yard and large bedrooms. Back yard is perfect place for kids to play, fenced. \$183,500 Mary Jones 334-790-2933



**New Listing**  
100 Commons: 3 BR/2.5 BA townhouse on corner lot directly across from the clubhouse and pool. New heat pump, new interior and exterior paint. Convenient location and a great buy. \$91,900 Sam Helms 334-798-3357



**New Listing**  
450 Main: "As is, where is", nice pole barn with roll up door. 2 BR/1 BA, basically a shell with wood walls and floors. L shaped lot, downtown Clayhatchee. Convenient to Ft. Rucker, Dothan and Enterprise. \$32,000 Evelyn Hitch 334-406-3436



**New listing**  
14622 Hwy 51: Take advantage of cut rate price on this 3 BR/3 BA quality home located on a private acre with water views. Large country style kitchen, bonus room with barn and screened outdoor kitchen/dining area. Mary Jones 334-790-2933



**New Listing**  
7 Dowling: Such a convenient location on this 3 BR/2 BA updated home. Roof, water heater, kitchen appliances, cabinets, wiring, plumbing, interior doors and tile floors all updated ten years ago. Jan Sawyer 334-406-2393



**New Listing**  
101 Timberlake: Great home located on corner convenient to schools and retail, formal living and dining room combination, large sun room. \$185,000 Jackie Thompson 334-406-1231



**New Listing**  
113 Stonehedge: Enjoy your summer - jump in to this inviting pool! 4 BR/2 BA, open floor plan, dining room, breakfast area along with eat in kitchen, large corner lot. Easy access to Ft. Rucker. \$235,000 Mildred Owens 334-464-2121



**New Listing**  
451 Providence Ln: Nice corner lot in the country with 2 BR/1 BA and large grandroom with gas log fireplace. Room for all your dishes in the kitchen with lots of cabinet and counter space, sunroom. Convenient to Ft. Rucker, Dothan & Enterprise. 3 pecan tree, 1 fig and pear tree. \$67,500 Evelyn Hitch 334-406-3436



**New Listing**  
114.5 Magnolia: Like new! Private lot, open floor plan, large kitchen with beautiful cabinets, stainless appliances, dining & breakfast room, tile shower, convenient to Ft. Rucker, the new shopping center and banking. \$193,500 Bob Kuykendall 334-369-8534 & Fran Clayton 334-790-5973



**New Listing**  
1304 CR 721: Country but convenient to town, 3 BR/2.5 BA, split bedroom plan. Approx. 3 acres built in 2006. Detached workshop/man cave with electricity & kitchen with stove top and sink. Sparkling pool with salt system and fenced. \$234,654 Evelyn Hitch 334-406-3436



**New Listing**  
107 Baywood: Country Club, approx. 2500 sq. ft., 5 BR/2.5 BA, all brick in Creek Pointe. Attached garage and detached garage. Fenced back yard, private and very large. Kitchen with granite counter tops, upgraded cherry cabinets and huge laundry room. \$293,500 Maggie Haas 334-389-0011



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**39 CR 739:** 3 BR/2 BA, 2 car garage, minutes from Ft. Rucker gate. Gas log fireplace, open plan, split bedrooms, covered patio & fenced back yard. Brick home with neutral interior color, carper & tile. **JUDY DUNN 334-301-5656**

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**126 CHARLESTON:** 3 BR/2 BA brick house located in Kennasaw, features spacious open kitchen and grandroom, split bedrooms and has lots of updates. You will love it. **MARY JONES 334-790-2933**

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**424 SANDY OAK:** Lovely 2 BR/2.5 BA town home convenient to Ft. Rucker. Great location and priced to sell. Home warranty included. **JAMIE POWELL 334-701-7443**

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**408 DOUG BROWN:** You are not HALLUCINATING!! This price and this house is for real! 3 BR/2 BA, laundry room off MBR, large walk in closet, 220 hook up in garage. **EVELYN HITCH 334-406-3436**

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**304 RIVERWOOD:** Sommer Brooke: 4 BR/2 BA, 2 car garage, irrigation system and very convenient to the back gate of Fort Rucker. \$273,600 **BILLY COTTER CONSTRUCTION 334-347-2600** Owner is licensed residential home builder/real estate agent in the state of Alabama





PHOTO BY CAPT. RICHARD BARKER

A UH-60 Black Hawk MEDEVAC helicopter with C Company, 1st Battalion, 169th Aviation Regiment, New Mexico National Guard currently attached to the 25th Combat Aviation Brigade, performs a dust landing during a training flight on Camp Dwyer, Afghanistan, April 4.

## Crews practice dust landings

By Capt. Richard Barker  
25th Combat Aviation Brigade Public Affairs

CAMP DWYER, Afghanistan — Medical evacuations conducted by U.S. Army Black Hawk crews in Afghanistan, commonly referred to as MEDEVAC, perform to the standard of the golden hour and are considered by many to have the fastest response times on the globe.

The golden hour begins its countdown when a MEDEVAC

unit receives a call and ends when the crew delivers wounded personnel to the nearest medical facility. Of the tasks a MEDEVAC crew must perform to meet this standard, one of the most difficult and dangerous is landing and taking-off in the loose, dry sands of Afghanistan.

When a helicopter lands or takes-off in loose sand, the helicopter’s down wash blows loose sand, or dust as many call it due to its fine texture, into the air limiting visibility for the crew of the aircraft. Among the

Army helicopter community, these are referred to as dust landings and dust take-offs.

For the 25th Combat Aviation Brigade, ensuring new MEDEVAC units in theater are proficient at dust landings is a top priority. For this reason, 25th CAB Standardizations Instructor Pilot CW5 Joseph Roland recently traveled to Camp Dwyer to conduct dust-landing training for Company C, 1st Battalion,

SEE LANDING PAGE B4

## Maryland Army Guard unveils newest helicopter

By Tech. Sgt. John Orrell  
National Guard Bureau

CAMP FRETTERD, Md. — The Maryland Army National Guard recently unveiled its first of four UH-72A Lakota helicopters.

The aircraft will replace the older OH-58A Kiowa as its premier aircraft for civil support, search and rescue and homeland security missions.

The Lakota is actually replacing the aging Kiowa aircraft as well as UH-1 Iroquois “Huey” aircraft nationwide within Army National Guard units. The Army plans to purchase a total of 345 Lakota aircraft through 2015. About one third of those will go to active-duty units; the rest go to National Guard units, such as in Maryland.

As of April 5, the Army had taken delivery of 209 Lakotas. They’re being flown in 42 of the 50 states and have logged about 100,000 flight hours so far.

Currently, the Maryland Army Guard

has six personnel being trained on the new light utility helicopter and the “security and support” mission equipment package that it carries. According to Guard officials, the S&S version of the Lakota brings to the table many improvements over the Kiowa aircraft it will replace.

The new aircraft includes a nose-mounted center-line payload with infrared and electro-optical sensors and laser painter, which will allow for more accurate search and rescue by using heat signatures. Inside the aircraft, improvements include moving map and touch-screen displays, as well as a video management system. Additional avionics and communications equipment aboard the aircraft include radios that will allow Guard members to communicate with civilian law enforcement personnel and first responders.

Outside the aircraft, to enhance search and rescue capability, the Lakota includes a 30-million candlepower searchlight and an external hoist to allow the aircraft to



PHOTO BY STAFF SGT. SARAH BLEISTEIN

The first of four UH-72A Lakota helicopters, which will be part of the Maryland Army National Guard's fleet used for civil support, search and rescue and homeland security missions, takes off at Camp Fretterd, Md., recently.

move up to 600 pounds of equipment.

Compared to the Kiowa, which is a single-engine helicopter, the Lakota has twin-engines. During hurricane season, the increased capability will allow Maryland Guard pilots to fly and take off in winds up to 50 knots, about 60 mph. That capability was not available on the Kiowa.

“It’s a state-of-the-art aircraft for state-of-the-art pilots,” said Maj. Gen. James

Adkins, the adjutant general for the Maryland National Guard.

The Lakota is also a more cost-efficient tool. According to Army Aviation officials, the Lakota delivers cost savings on maintenance. As a light utility helicopter, the Lakota was pursued as a replacement for the Kiowa as well as the “Huey.”

SEE GUARD, PAGE B4

## Army asks for armed aerial scout demonstration



PHOTO BY STAFF SGT. SARAH BLEISTEIN

The Army is looking for a new armed aerial scout. The service’s current armed aerial scout, the Kiowa Warrior, is seen here, conducting aerial reconnaissance, Nov. 7, 2010, in southern Afghanistan.

By C. Todd Lopez  
Army News Service

WASHINGTON —The Army released to industry April 25 a “request for information” about a replacement for the OH-58D Kiowa Warrior aircraft, including a proposal to industry to provide for the Army a demonstration of the current “state of the art” in rotary-wing aircraft and their subsystems.

It’s expected any demonstrations would happen this summer or fall.

Currently, the Army has more than 300 Kiowa Warriors filling the armed aerial scout, or AAS, role. But that airframe entered into service during the 1960s and no longer meets all the needs of commanders. Yet it still remains in high demand.

“The Kiowa Warrior, in its current form, is still the basic airframe of an OH-58A/C that we flew in Vietnam,” said Ellis Golson, director of the Capability Development and Integration Directorate at the

U.S. Army Aviation Center of Excellence. “We have continued to modify it and address it. But the airframe itself and the environments we fly in now and the ones we look to in the future are going to require greater performance.”

Golson said the Kiowa Warrior, as an AAS, is “our most demanded capability,” and added that the Army’s AAS has not received the attention other airframes have.

“If you look at the history so far, we have corrected or adjusted or fielded an upgraded system for everything except AAS,” he said. “But those are the guys that are continuing to have to fly in a hostile environment, to provide close support to ground Soldiers, and that’s the reason we exist, to provide support to the ground Soldiers.”

The request for information, known as an RFI, spells out capability shortfalls with the current OH-58D. Those shortfalls

SEE ARMY, PAGE B4



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# Landing: Maneuver considered highly dangerous

Continued from Page B1

169th Aviation Regiment, an incoming MEDEVAC unit.

“Dust landings are one of the most dangerous things we have to do during MEDEVAC missions, so we are spending extra time training on that before

they assume the mission,” said Roland.

C/1-169 is composed of National Guard units from Maryland, Tennessee and Georgia.

“The unit is a good group, from all walks of life, both young and old, but one thing they have in common is they are all motivated to be here,” said Roland.

As National Guard units often fall under CABs to ensure increased MEDEVAC coverage on the battlefield, some of the C/1-169 Soldiers have worked under the 25th CAB before.

“I served with the 25th CAB in Iraq,” said Sgt. Dezuani Giovanni, C/1-169, Tennessee National Guard currently at-

tached to the 25th CAB. “They have always given us good support and this time the 25th CAB has been very interactive with us from the top down.”

C/1-169, now providing MEDEVAC support across Afghanistan’s Regional Command - Southwest, assumed its mission in mid April.

## Guard: Lakotas support U.S. Customs, hurricane impact analysis

Continued from Page B1

Repair parts for the Lakota are less expensive than for the older aircraft, and are delivered more quickly.

In Maryland, the Army National Guard unit there was also using the UH-60 Black Hawk to do some missions, due to its capability over the Kiowa. The Kiowa, for instance, didn’t have hoist capability so the Black

Hawk provided that function. But now the Lakota will do that job, and Maryland Guard officials say the new aircraft can be maintained and operated at half the cost of the Black Hawk.

Additionally, Army-wide, the Lakota has maintained 90 percent operational availability rates, officials said.

With all of the upgrades the Lakota brings to the Maryland Army Guard fleet, Adkins feels this will

position its Soldiers to be even more efficient for multiple missions.

“Not only does it help Maryland by replacing older aircraft, but it supports the governor in emergencies and it supports the federal government as well,” he said.

“Two of these aircraft will be going to the southwest border at the beginning of June to support U.S. Customs down there,” Ad-

kins said. “We’ll use it in state emergencies whether we need to go out and look for lost individuals, or do analysis of the impact of a hurricane.”

CW2 Renonzo Belcher, a Lakota pilot and a Baltimore police flight officer, was one of the pilots for Wednesday’s flight. He feels that even though the Kiowa was a useful tool for the Maryland Guard, he is looking forward to the capabilities the

Lakota will bring to the fleet.

“The old [helicopter] was good, but this one has a lot more capabilities,” he said. “[The Lakota has] a lot more radios, a little bit more power so that we can also conduct hoist missions [and] carry a lot more people and we’re able to stay up in the air lot longer. Versus the older plane, where two hours of flight-time was feasible, the new Lakota can offer us three to 3 1/2 hours.”

## Army: Demonstration provides analysis of alternatives for combat scenarios

Continued from Page B1

include responsiveness in terms of speed, range and endurance; the performance margin to operate in high and hot environments; and aircraft lethality due to limitations on weapons payload capacity.

Officials expect that this summer or fall, they should begin viewing demonstrations of aircraft from industry. And industry participation in the demonstration is totally voluntary, the RFI explains. Aircraft developers who don’t participate in the demonstration will have an equal chance to compete to sell the Army a new armed aerial scout, or AAS, if and when the Army decides to buy one.

“This voluntary flight demonstration is really an effort, an extension of the ‘analysis of alternatives,’ or AOA, to help us verify the data in the AOA and give us a better idea of what we can ask for, and what is achievable within our budget constraints,” Golson said.

There are multiple options for the Army to purchase a new AAS. Included in those are:

- improving the current Kiowa Warrior to fill its capability gaps;
- creating a new aircraft, a developmental aircraft, from the ground up; and
- pursuing a commercial off-the-shelf replacement.

The COTS solution means finding something already being made by industry, and deciding that with acceptable modifications it could fit the Army’s needs.

Maj. Gen. Anthony G. Crutchfield, commanding general of the U.S. Army Aviation Center of Excellence and

Fort Rucker, said in Afghanistan the Kiowa Warrior is showing gaps in what it’s able to do.

“The Kiowa Warrior, quite frankly, has challenges in some of the altitudes that we fly in Afghanistan, in reaching those altitudes, and having the appropriate station time that a ground commander needs,” he said. “That is one of the biggest gaps. We want to be able to not only reach the target area, but we want to have the loiter time commanders need.”

Crutchfield said commanders can make trades with the capabilities of the Kiowa Warrior, such as adjusting the aircraft’s weight by taking less fuel or less ammunition. Those kinds of changes can affect altitude, station time and payload. A longer range, with altitude and environment taken into consideration, might mean a tradeoff with fuel and ammunition, for instance. Less fuel can also mean less station time, and less ammunition might mean not meeting a ground commander’s needs.

“It’s trades, it’s give and take,” Crutchfield said. “What we’d like to see is an aircraft that we don’t have to make that choice; that we don’t have to give up something. We can give the commander the station time he needs and the payload that he needs. That’s what we are really after.”

The Army’s current AAS, the Kiowa Warrior, is good at “going out and finding things, reporting them, synchronizing the battlefield, calling for indirect fire, and doing all the other things we expect of a scout on the battlefield.”

Like AH-64 Apache, the Kiowa Warrior is armed, but unlike the Apache, the Kiowa Warrior is more subtle in its approach, Golson said.

“When you’re doing recon, you don’t necessarily want the other guy to know you’re looking at him,” he said. “Apache is big and heavy, it was designed to go out and no kidding, kill stuff.”

The AAS needs to be able to loiter and watch, and to be ready at a moment’s notice “to deal with fleeting targets that you don’t have time to coordinate for, and you have a small window of opportunity to destroy the target and it’s a high pay-off target,” Golson said.



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MAY 10, 2012

# HEALTH FAIR

## Event educates, informs Soldiers, Families

By Angela Williams  
 Army Flier Staff Writer

It's no secret that military Families move and that sometimes adjusting to a new place can be a challenge, but the Women's Health Fair and Baby Shower is an effort to make at least one part of that process a bit easier.

The free event features health screenings, giveaways, door prizes, and educational material from chiropractors, massage therapists, pharmacies, fitness centers, and more, explained Leigh Ann Dukes, Directorate of Family and Morale, Welfare and Recreation sponsorship manager. A TRICARE representative will also be available to answer questions about military health benefits.

"We're just giving everyone on post a chance to learn what is out there," Dukes said. "A lot of people here are new. They may not know about the different hospitals they have to choose from,"

Almost 40 local vendors and Lyster Army Health Clinic are scheduled to attend, she added.

LAHC will be offering "wellness and nutrition screening and information as well as Educational and Developmental Intervention Services and Army Substance Abuse Program information," said Denece Clayborne, community health nurse and health promotion director at LAHC.



FILE PHOTO

Sgt. Regina William, Lyster Army Health Clinic preventive medicine NCO, and Staff Sgt. Yuniva Gutierrez, Lyster Army Health Clinic preventive medicine NCO, talk with Yvette Smith, a representative from Feagin & Owen cosmetic and plastic surgery center, at last year's Women's Health Fair. This year's free Women's Health Fair and Baby Shower takes place Tuesday from 10 a.m. to 2 p.m. at The Landing.

"Attendees can benefit from blood pressure and body composition screenings to gauge their general level of health," she said. "Healthcare professionals will be available to answer questions and provide valuable health

information for women and their Families."

LAHC will be representing the military side of things, explained Dukes, but contractors and civilians are invited to attend and learn about services offered in

Dothan and Enterprise. Children are also welcome at the event.

Dukes hopes the health fair will "increase health awareness by providing screenings and information, increase the visibility of local health care providers

and resources, and motivate participants to make positive health behavior changes."

The health fair will take place Tuesday from 10 a.m. to 2 p.m. at The Landing. For more information, call 598-5311.

## Elementary school students perform 'The Jungle Book'

By Angela Williams  
 Army Flier Staff Writer

For a few hours last week, Fort Rucker Elementary School's gym was transformed into a jungle, complete with vines and trees, and elephants, monkeys and bears.

The cast and crew, along with the help of a few parents and teachers, put hours of work into setting the stage for the sixth grade production of "The Jungle Book."

"This is an exciting event that we've all celebrated," said school principal Vicki Gilmer. "It was a spectacular performance."

The students auditioned for parts in November, studied scripts and lyrics in December, then started practicing twice a week in January, said Vicki Porter, one of the school's drama club directors.

The students were responsible for every part of the play, including changing costumes and adjusting microphones backstage, she added.

After the third and final performance Friday morning, Porter and Leslie Soffe, the other drama club director, gathered the students on stage to ask a few questions and give final instructions.

"Are you going to miss this?" the directors asked. "Yes!" the students shouted together.

The students said some of the most challenging parts of producing the play were remembering lines and dance steps at the same time, quick costume changes, staying quiet backstage and staying in character for the whole performance.

Some of the students' favorite songs included "Monkey Business," during which the students literally danced around like monkeys, and the finale version of "The Bare Necessities" that included the entire cast.



PHOTO BY ANGELA WILLIAMS

Almost the entire Fort Rucker Elementary School cast participates in a song and dance number at the end of the play Friday.

The directors extended special thanks to Allison Kickhoffel, a teacher who helped with the choreography; Laura Rogers, a parent who painted the backdrop for the play, and the school's Parent Teacher Association that provided microphones, costumes, and a "production box" of scripts and music.

Porter and Soffe also said the Thursday evening performance was a "special treat" because it was a packed house and a cast member from each of the previous plays produced by the sixth grade drama club attended.

"It was special to us because they made an effort to come back," Porter said.



# ON POST

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

### Mother's Day brunch

The Landing hosts its Mother's Day brunch Sunday from 10 a.m. to 2 p.m. Brunch will be served buffet style and every mom in attendance will receive a free flower. Brunch prices will be \$18.95 for adults, \$8.95 for children ages 6-12, \$4.95 for children ages 3-5 and free for children ages 2 and younger. A military Family special will also be available for two adults and two children to eat for \$45. Reservations are recommended. For details or to make reservations, call 598-2426.

### Summer Reading Program

Registration for the Center Library's Summer Reading Program begins Monday. The program is open to children in kindergarten through eighth grade and kicks off June 4 with a Summer Reading Pizza Party from 11 a.m. to 1 p.m. at the Center Library. Participants win prizes for reading their favorite books over the summer.

For more, stop by the Center Library or call 255-3885.

### AFTB Level I

Being new to the Army can be confusing, and Army Family Team Building Level I is designed to provide the knowledge and tools people need. AFTB I takes place Monday and Tuesday from 5-8:30 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 371F. Modules of learning include: military acronyms, chain of command, customs and courtesies and more.

For advanced registration and childcare information, call 255-2382.

### 2012 Army Arts, Crafts Contest

The 2012 Army Arts and Crafts Contest runs now through June 30. The annual, juried competition for Soldiers, Family members and Army civilians features categories like: ceramics, digital art, drawing, fibers and textiles, glass, metals and jewelry, mixed media, paintings and wood.

For complete contest rules, visit [www.armymwr.com](http://www.armymwr.com). People can complete entry forms and submit digital images of work online at <https://apps.imcom.army.mil/APPTRAC>. For more, call 255-9020.

### BOSS Car Show

Fort Rucker's Better Opportunities for Single Soldiers hosts a car show May 19 as part of Lake Fest at West Beach, Lake Tholocco. Cost to register a car is \$15 until May 17, and \$20 afterwards - from 8-11 a.m. the day of the event at the lake. Judging takes place at noon May 19 and trophies will awarded at 3 p.m. Awards will be given to the first and second-place entries in these categories: cars, restored and modified; trucks, restored and modified; and motorcycles, cruisers and sport. There will also be



FILE PHOTO

## Lake Fest

Capt. Brandon Mace and his wife, Krissi, work the pedals of a paddle boat while their children ride on the back at last year's Lake Fest on Lake Tholocco. As Lake Fest enters its 11th year as Fort Rucker's welcome-to-summer celebration, the Directorate of Family, Morale, Welfare and Recreation offers a tropical paradise May 19th at West Beach at Lake Tholocco from noon to 6 p.m. The event will feature island-style games, swimming, vendors, inflatables, a sandcastle contest and free use of life jackets, canoes and paddle boats. The event will also feature the Better Opportunities for Single Soldiers car show. Admission is free and Lake Fest is open to the public. For more, call 255-1749.

a grand prize for best in show, which will be voted on by the public.

For more information, call 379-4594.

### Swimming at West Beach

West Beach at Lake Tholocco will be open for swimming May 19 and 20 from 10 a.m. to 6 p.m. From May 26 to Aug. 3, swimming will be Wednesdays-Sundays from 10 a.m. to 6 p.m. From Aug. 4 to Sept. 3, West Beach will open only on weekends. West Beach is located at Lake Tholocco on Johnston Road.

For more information, call 255-9162.

### Youth Skate Night

The youth center hosts two sessions of Skate Night every first and third Friday of the month, with the next taking place May 18. The first session, from 6:15-7:15 p.m., is for skaters 12 years and younger, and the second session, from 7:30-10:15 p.m., is for all ages. Participants must be child, youth and school service members. Cost is \$2 for the first session and \$5 for the second session.

For more, call 255-9108.

### AER closing ceremony

Army Community Service hosts the 2012 Army Emergency Relief Campaign closing ceremony May 22 at 3 p.m. at the U.S. Army Aviation Museum.

For more, call 255-2341.

### First Sergeant Spouse Seminar

The First Sergeant Spouse Seminar takes place May 24 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. The seminar will provide enlisted spouses with the information and skills they

need to take on the role of an informed, involved, productive, and proactive member of the Army Command Team. This one-day, interactive training will include topics such as: structure of the Army, communication, role of the first sergeant spouse, conflict management, courtesies and protocol, etc. Advanced registration is required.

For registration and childcare information, call 255-2382.

### 3 Free Summer at Rucker Lanes

Between June 1 and Aug. 1, Sundays through Fridays, children can bring a grown up for the 3 Free Summer special at Rucker Lanes. The special offers up to three children the chance to bowl three free games for every one bowling adult. Shoe rental is included in the offer. The adult must bowl on the same lane as the children and pay the full price of \$8.50 for bowling and shoe rental. No coupons or registration is needed and no lane reservations are accepted. This offer cannot be used with other specials, functions, discounted rates, coupons or birthday parties.

For more, call 255-9503.

### Financial Readiness Training

Army Community Service offers Financial Readiness Training June 1 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. The free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are encouraged to attend.

For more, call 255-2594 or 255-9631.

# DFMWR Spotlight

## Family & MWR Events

OPEN TO THE PUBLIC

### Mother's Day Brunch

at The Landing

**MAY 13**  
10 AM - 2 PM

For details and reservations call The Landing at 598-2426.

### Women's HEALTH FAIR & BABY SHOWER

**FREE Event!**

May 15th at The Landing  
10 am - 2 pm

Join us for FREE health screenings, demonstrations, and activities! Over 100 door prizes to be given away!  
For details call Family & MWR at 598-5311.

### Military Spouse Day

*Thank you for your service!*

**May 11th & 12th**

Join Family & MWR as we salute our Military Spouses!  
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Fort Rucker FMWR

## FORT RUCKER MOVIE SCHEDULE FOR MAY 11-13

THURSDAY, MAY 11

FRIDAY, MAY 12

SATURDAY, MAY 13

SUNDAY, MAY 14

Mirror Mirror (PG) .....7 p.m.    Wrath of the Titans (PG-13) 7 p.m.    Wrath of the Titans (PG-13) 7 p.m.    21 Jump Street (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 celebrates mothers as heroes

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

In my opinion, mothers are heroes! Happy Mother's Day to all mothers — in all categories.

Several years ago when I was stationed at Fort Benning, Ga., I saw and heard the most emotional and moving story that I had heard in my life and I will never forget it. It was the story from a daughter and mother that they decided to share with the community and the world on the evening news.

This couple related their experience of being thankful and grateful for what happened to them that year. They were celebrating their daughter's life and were so thankful for the blessing of her miraculous surgery that they felt it a privilege and duty to give their testimony on international television.

It turned out that this young woman was a dialysis patient for many years and had posted her name on a donors list for a kidney transplant for more than a decade. She waited patiently for a donor's organ, but as years drifted it seemed as if her day would never come. She and her mother talked to lots of doctors on countless occasions and discussed the possibility numerous times of her mother donating a kidney — and her mother was always more than willing to do it in spite of the possibility of endangering her own health and life in the process.

However, each time the conversation came up, doctors cautioned against it be-

cause mom's health was not in a condition to perform the operation with strong confidence of complete recovery. Doctors advised that in spite of the time involved in waiting, and the uncertainty of finding a perfect match, it would be better to be patient and wait than jeopardize mom's health and life.

To the medical community's surprise, mom and daughter asked to have the operation executed with full knowledge of the prognosis, which was grim at best, and the outcome could be fatal. These two women emphatically stated that they prayed about this issue and fully trusted God to perform a miracle for them.

At first, the medical team that performed the operation deliberated, but hesitatingly agreed to try it. After surgery, the doctors exclaimed that they were pleased to announce that the entire process was beyond their expectation. They said the operation proceeded without one difficulty, and they expected full recovery in the days ahead. They didn't anticipate future problems, and told mom and daughter that they could be home within a few days.

You can only imagine how happy these two people felt when they heard the words of life instead of death, and hope in the place of despair. They were so pleased at the outcome that they said, "Let's not keep this blessing to ourselves — let's tell it to as many people as we can. Let's tell the community, better yet, let's tell the world," and so they did.

Now, that's a beautiful account of the power of God and the love of a mother

that would move anyone to give thanks for such a gift that can't be purchased with money.

It was once said that God made mothers because He couldn't be everywhere.  
*Happy Mother's Day!*



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9:55 a.m. .... Sunday School

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## Church Directory

*"Be ye followers of me, even as I also am of Christ." 1 Corinthians 11:1*


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† 3351 Lynn Road — Enterprise (right off Rucker Blvd)  
† Service times  
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☺ Sunday Evenings — 5 PM  
☺ Wednesday Evenings — 7 PM  
☺ Nursery — Children — Youth  
† Office: 334 347 5044  
[www.centerpointag.org](http://www.centerpointag.org)  
[centerpoint3351@yahoo.com](mailto:centerpoint3351@yahoo.com)

### First United Methodist Church

Traditional Worship Service  
8:30 am & 11:00 am  
Contemporary Worship - New Connection  
8:45 am  
The Gathering - Youth  
5:45 pm  
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10:00 am  
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## Call 347-9533 to advertise your church on this page.





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From Flatiron's helicopters aiding in emergency patient transfers in the Southeastern United States to the unmanned aircraft systems employed in various military theatres, Fort Rucker makes significant contributions to our safety and security.

Southeast Alabama Medical Center employees and the medical staff thank the Fort Rucker Army Soldiers for their commitment to the Wiregrass and our country. And, we extend our appreciation to the Military families for their personal sacrifices.



SOUTHEAST ALABAMA  
MEDICAL CENTER





# Enterprise’s Summer Fest honors Soldiers

By Christy Elmore  
*Enterprise Chamber of Commerce Tourism Director*

The Downtown Enterprise Business Association and the Enterprise Lions Club have a fun-filled day planned Saturday for the annual Boll Weevil 100/Ride to Recovery Southeast and Downtown Summer Fest.

The Boll Weevil 100/Ride to Recovery Southeast will start at 7 a.m. at St. Luke United Methodist Church and the Summer Fest will take place from 10 a.m. to 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. The festival has slightly changed its location this year. It will be held on East College Street and South Edwards Street, from East Lee Street to Grubbs Street.

The Enterprise Lions Club, with its Boll Weevil 100/Ride to Recovery Southeast, is looking forward to hosting a large group of wounded veterans who participate in the annual Boll Weevil 100. The veterans are part of Warrior Transition Units from five military installations throughout the southeast.

The Ride to Recovery Steering Committee, a group of local individuals and organizations interested in assisting with the planning of the Ride to Recovery portion of the Boll Weevil 100, have partnered with a local business to assist even more wounded veterans this year.

“We were approached by Jim Bush, founder of Ride to Recovery Southeast last year, and learned that we would need more community assistance to make the event grow,” says Conrad Stempel of the Enterprise Lions Club, “With the assistance of numerous groups in the community, we are able to provide assistance for over 40 participants this year, double the amount we welcomed last year.”

Visitors are also encouraged to participate in the bicycle ride as they will have an opportunity to ride alongside some of the wounded heroes. If visitors would like to show support, but cannot ride, it is asked that they surround the Boll Weevil Monument Saturday just before 7



COURTESY PHOTO

Boll Weevil 100 participants ride through Enterprise during last year's event.

a.m. for the annual ride around the monument portion of the Boll Weevil 100. About 400 flags will be given away to supporters to wave as the participants of the Boll Weevil 100/Ride to Recovery Southeast trail through Main Street and around the Boll Weevil Monument.

Downtown Summer Fest merchants will have special

sidewalk sales and savings events throughout the day, as well as fun activities for the kids. Music will be provided throughout the day from local and nationally known music acts. A presentation will be held at about 2 p.m. concerning bicycle donations to the Warrior Transition Units who will participate in this year’s event.

## 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

**SATURDAY** — The Wiregrass Youth Symphony Orchestra presents “Classics, Contemporary, and Beyond” at 3 p.m. at the Dothan Culture Arts Center. The event is free to the public and guests are invited to a reception with light refreshments following the concert.

**MAY 18** — People can enjoy an evening of fun, familiar music, with the Tri-State Community Orchestra and special guests, Christy Garrett, Violin, Sam Toole, Euphonium, and the Graceville High School Show Choir, present the Spring Pops concert, 7:30 p.m. at the Dothan Cultural Arts Center.

Tickets can be purchased at the CAC during office hours. Adult tickets are \$10, student and senior tickets are \$8 in advance. The night of the concert, adult tickets will be \$12, students and seniors will be \$10. For more, call 585-4903 or visit [tristatecommunity-orchestra.org](http://tristatecommunity-orchestra.org).

### ENTERPRISE

**SATURDAY** — 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.

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

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

### GENEVA

**ONGOING** — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

### MIDLAND CITY

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

For more information, call 983-3511.

### NEW BROCKTON

**MAY 24** — 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 the election of new chapter officers and assignment of members their place and time for our Forget-Me-Not fundraiser. Veterans from throughout the Wiregrass are invited to join as new members. For more, call Willie Byrom at 475-3923.

### OZARK

**SATURDAY 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 Saturday, 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](http://www.ruddartcenter.org). The opening reception for the show will be Saturday, from 7-9 p.m.

For questions or additional information,

call DCCA President Elizabeth Babine at 774-7145.

**MAY 28** — Disabled American Veterans Chapter 94 and Auxiliary, in conjunction with the city of Ozark, hosts a Memorial Day ceremony at Woodlawn Memory Gardens, 531 Hwy 231, at 11 a.m. The tribute includes a performance by the 98th Army “Silver Wings” Band and a fly-over.

Included in the Memorial Day program will be a salute to Vietnam veterans in recognition of the 50th anniversary of the Vietnam War with a short parade of Vietnam veterans led by the 98th Army “Silver Wings” Band. Vietnam veterans are encouraged to come early and form the parade by 10:30 a.m. in front of the Woodlawn Memory Gardens Cemetery office. For directions or information, call 797-9052.

### 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

### Stargazing at Fort Pickens

From sunset to 10 p.m. 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.

### Chicago Street Farmers Market, music, movie

Fresh vegetables, plants and flowers, baked goods, honey, grass-fed beef and shrimp are just a few of the features at the Chicago Street Farmers Market in Heritage Park in Foley, Ala. Music and a movie starts at 5:30 p.m. with local bands and a movie at dusk.

The market will be held on these dates: Friday, May 18, 25; June 1, 8, 15, 22, 29 and July 6.

### ArchiTreats Lecture

The Alabama Department of Archives and History in Montgomery hosts ArchiTreats lectures on the third Thursday of each month.

The next lecture will be held May 17 from noon-1 p.m. and is entitled “William Bartram in Alabama (Who is William Bartram and Why Should I Care?).”

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

### A Day Out with Thomas the Tank Engine

The third annual Day Out With Thomas: Mystery on the Rails Tour 2012, Saturday and Sunday at Wales West Light Railway near Mobile, invites little engineers and their Families enjoy a 20-minute ride behind a replica of Thomas the Tank Engine.

While there, children can meet Sir Topham Hatt, explore the Imagination Station, interact with Conductor Jack’s live children’s music and ride the miniature train. Cost is \$18 per person, plus tax, for ages 2 and older; Mothers’ Day Special on Sunday, \$16 per person, plus tax. Advance

tickets recommended.

For more information, call (866) 468-7630 or visit [www.ticketweb.com/dowt/](http://www.ticketweb.com/dowt/) or [www.waleswest.com](http://www.waleswest.com).

### 9th annual Bob Hope Memorial Charity Golf Classic

The Air Force Enlisted Village’s major local fundraising event, the ninth annual Bob Hope Memorial Charity Golf Classic, will be held May 18-19 at the Fort Walton Beach Golf Club. There will be prizes for the winning teams, skill contests and an opportunity for hole-in-one prizes. Individuals are also invited to golf for \$150 per person. Golfers will receive paid green fees for The Oaks and The Pines, golf cart, range balls, commemorative coin, goody bag, on-course refreshments and lunch for both days.

AFEV is a nonprofit organization near Eglin AFB, Fla., and Hurlburt Field that provides a home for surviving spouses of former military heroes and to mothers of current active duty and retired military members.

Registration is open online at [www.afev.us](http://www.afev.us) for individual golfers and teams.



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**12 - 6 PM**

- Island-style games
- Swimming
- Vendors & Kids inflatables
- Sandcastle contest
- Volleyball tournament
- Free use of life jackets, canoes and paddle boats
- BOSS Car Show, 12 - 3 pm

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**U.S. ARMY MWR**

**For details call Annual Events, 255-1749.**

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## Mother's Day Brunch

**at The Landing**

**MAY 13**  
**10 AM - 2 PM**

As a token of our appreciation, moms will receive a free flower!

Adults ages 13 +: **\$18.95**  
Ages 6 - 12: **\$8.95**  
Ages 3 - 5: **\$4.95**  
Ages 2 and under: **FREE**  
Military Family Special  
(2 adults and 2 children): **\$45.00**

This year treat your mom to a traditional delicious Mother's Day Brunch!

Reservations are strongly encouraged.

**For more information or to make reservations call 598-2426.**  
[www.fluckermwr.com](http://www.fluckermwr.com)

**The Landing**

**S A M C SOUTHEAST ALABAMA MEDICAL CENTER**

## Women's HEALTH FAIR & BABY SHOWER

**FREE Event!**

**May 15th at The Landing**  
**10 am - 2 pm**

Join us for FREE health screenings, demonstrations, and activities!  
Over 100 door prizes to be given away!

**For details please call Family & MWR at 598-5311.**

**Enterprise Women's Center, LLC**  
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*Where Healthcare and Community Connect*  
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**Military Spouse Day**

**Thank you for your service!**  
**May 11th**

Join Family & MWR as we salute our Military Spouses! Scan the QR code to check out our specials or visit us online at [fluckermwr.com](http://fluckermwr.com).



# Salute to Our Troops shows appreciation to Soldiers, Families

By Angela Williams  
Army Flier Staff Writer

Ten pageant winners from the Miss Alabama organization visited Fort Rucker on Friday with one goal in mind – to show their appreciation for Soldiers and Families.

The Salute to Our Troops tour started with a demonstration of various weapons and night vision goggles; followed by lunch, photos and autographs at the Post Exchange Mall. The day ended with a concert for Soldiers and Families at the post theater.

“It’s a great opportunity to see what the Soldiers go through and how they prepare to protect us,” said Caitlin Guffin, last year’s Miss Wiregrass Area and the current Miss West Central. “We know they are out there fighting for us, but we don’t think about all the steps it takes to get there.”

Each pageant winner who attended the event participated in the Miss Alabama or Miss Alabama Outstanding Teen program. Most won a preliminary pageant and will compete for the Miss Alabama title in June, explained Brooke Smith, co-director of the Miss Wiregrass Area pageant.

“We are here to show our appreciation for you, our military, and your Families,” she said during the concert. “We are absolutely indebted to you as you guard our freedoms, represent our country at home and abroad, fight as needed and keep this great land safe from attack.”

The concert included singing, dancing, several piano solos, a violin solo and a bass clarinet solo. During each performer’s turn on stage, Katie Andrews, the current Miss Wiregrass Area and hostess of the Salute to Our Troops event, asked the performers about something they had learned during the morning demonstrations.

The questions were intended to simulate the interview questions contestants must answer on stage during competitions, Andrews explained, adding that the process challenges contestants to “think on their feet” and tests how well they handle talking under pressure.

Andrews said she feels like Fort Rucker is an extension of her community because she grew up in Ozark and her Family attended many events on post.

“Giving back is the least I can do,” she added.

Soldiers who attended the concert said they were impressed by the talent showcased during the concert. “I thought it was fabulous – a wide variety of talents,” said 2nd Lt. Gavin Rollins, B Co. 1st Bn., 145th Avn. Regt. “The ladies presented themselves well.”

WO1 Darrell Lesikar, B Co. 1st Bn., 145th Avn. Regt., agreed, saying, “I thought it was great – especially the piano performances.”

Andrews closed the concert by singing “God Bless America” and inviting the Soldiers to attend the Miss Alabama pageant in June and the Miss Wiregrass Area pageant in October.

“Again, Fort Rucker, we salute you,” she said.



PHOTO BY ANGELA WILLIAMS  
Katie Andrews, Miss Wiregrass Area and hostess of the Salute to Our Troops event, sings “I Have Nothing.”

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Sun: 2:30 & 7:00 • Mon - Thurs 7:00  
II THREE STOOGES- PG  
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# Operation Golf 4 Life helps beginners

By Nathan Pfau  
Army Flier Staff Writer

Learning a new sport can be daunting when trying to tackle it alone, but newcomers having an instructor to introduce you to the game might give them an edge.

The Silver Wings Golf Course Operation Golf 4 Life helps introduce newcomers to the sport and helps veteran players refine their game during the month of May to keep them interested for a lifetime, according to David Unsicker, SWGC business manager.

The Army-wide program consists of free instructional clinics that are open to all authorized patrons, he said, adding that priority sign-up is offered to Soldiers returning from deployment.

There are four 60-minute clinics – two weekend and two weekday sessions – that consist of orientation, safety brief and golf instruction, said Unsicker.

“We really want to interest people in the game of golf that weren’t interested before,” he said. “To do that we need to show people that the game is easy to learn with help, and it’s not expensive to play, like most people think.”

The program began Saturday with another session on Tuesday where Unsicker met with participants at the SWGC driving range where he was able to instruct people on how to better their golf game.

“There are several different levels of players out here, so for those that are more advanced I would just do some fine tuning,” said the manager. “For the absolute beginners, I go over the basics and fundamentals of golf like grip, posture and alignment; and later on I can work with them and add some fine-tuning.”

Sonja Howland, Army spouse who attended Tuesday’s session, said the clinic was a great way to reinforce her golf skills when she plays with her husband and son.

“I’ve been playing [at SWGC] for about six years now and I’m always looking to improve my game,” she said. “[Unsicker] said my setup was good and he basically reinforced the things I’d already learned to get me back to hitting the way I needed to be.”

The program is designed to help all levels of golfers from advanced players to people that are just being introduced to the game like Beth and Keith Gunter, who also attended Tuesday’s session to learn the basics of the game.

“It’s just been something we’ve wanted to learn how to do correctly,” said Beth, who is a financial counselor for Fort Rucker’s Survivor Outreach Services. “We figured this would be a good way to learn so we could enjoy the game



PHOTOS BY NATHAN PFAU

David Unsicker, Silver Wings Golf Course business manager, directs the swing of Keith Gunter, retired military and golf newcomer, during the Operation Golf 4 Life program at the SWGC driving range Tuesday. The program is a free class designed to help new and experienced golfers better their golf game with instruction from SWGC professionals.

a bit more.”

“We’re both new to the game and we want to learn to be able to hit the ball straight and have it go farther than three feet,” said Keith laughingly.

The Gunters said they loved being outdoors and that’s the reason they were interested in golf.

“It’s also one of those games you can play at your own pace and there is such a beautiful golf course here that it would be nice to be able to come out here and play well,” added Beth.

The sessions are not a four-part series, so there is no prerequisite to attend the prior sessions to attend future sessions, according to Unsicker.

There will be two more sessions on Tuesday and May 26, said Unsicker, adding that repeat participants are welcome to attend.

For more information or to sign up for the classes, call 598-2449.



David Unsicker, Silver Wings Golf Course business manager, looks on as Sonja Howland, Army spouse, takes a swing during the Operation Golf 4 Life program at the SWGC driving range Tuesday.

## Stay cool while working out in hot weather

### From staff reports

Just because the weather is hot doesn’t mean working out has to stop, according to Lyster Army Health Clinic officials and Fortenberry-Colton Physical Fitness Facility staff.

Those who enjoy running or other outdoor activities need to take some basic precautions while enjoying the sunny days of summer to avoid things like heat exhaustion and dehydration, which can lead to heatstroke, said Maj. Laura Ricardo, Lyster Preventative Medicine chief.

“It’s not just about continuously drinking fluids like the sports drinks, it’s about eating properly, too,” she said. “A lot of people are attracted to the sports drinks because they have electrolytes in them, but people should be eating small, continuous meals. The cells are ready to absorb the (fluids) and it keeps them hydrated.”

Ricardo continued by saying that power drinks and power bars are not good substitutes for more natural foods and fluids like fruits and water.

“More and more studies are finding that those drinks and power



FILE PHOTO

Participants get ready for the biking portion of last year’s Audie Murphy Triathlon at Lake Tholocco. As the weather continues to heat up, those working out or participating in outdoor activities need to be mindful of hot weather safety.

bars are not going to help hydrate you,” she said. “The drinks typically have a lot of caffeine in them and that’s a natural diuretic, so it’s actually pushing more water out.”

Ricardo recommended items like fresh fruits or even trail mixes with dried fruit and peanuts for

natural sugars and salts.

Using sunscreen is also essential if planning to workout outdoors, she added. Those planning to work out outside should use a sunscreen with at least a 30 sun protection factor rating.

Lynn Avila, Fortenberry-Colton

fitness specialist, said it’s also important to drink lots of fluids, regardless of the type of workout involved.

“Now that the hotter weather is here, more people are taking up swimming as a form of exercise,” she said. “Just because you’re in

the water, doesn’t mean you can’t get dehydrated.”

Dressing properly, rather than fashionably, is another way to stay safe while in a warm, humid climate, she added.

“You should stay away from black pants or black shirts, because it absorbs light and heat,” she said. “People should also watch the amount of time they spend out in the heat.”

Avila suggested those who choose to be outside should only work out for 30 minutes to an hour. Those people should also make sure to keep water close to them.

She added that there’s no reason to change up the types of workouts being done, but making sure to limit the amount of time doing more intense workouts is a good idea.

Avila also said people should use the buddy system when working out outside.

“Always let somebody know where you’re going,” she said. “It’s a good idea to workout in pairs to avoid potential problems. People should also watch for more wildlife being active during the summer months, especially around the lakes and running trails.”



# DOWN TIME



### Just Like Cats & Dogs

by Dave T. Phipps



### Trivia test

by Fifi Rodriguez

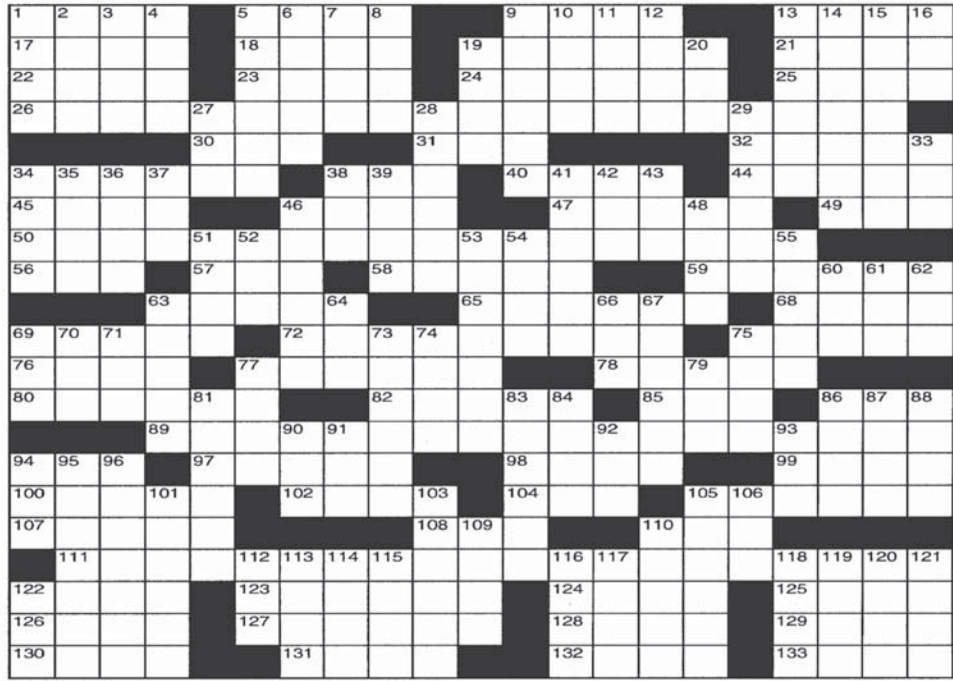
# T R I V I A

- CHEMISTRY: What two elements are combined to make bronze?
- MEASUREMENTS: How many furlongs are in a mile?
- HISTORY: What was the first permanent English settlement in America?
- ANATOMY: In which part of the body would you find the metatarsal bones?
- GEOGRAPHY: In which city would you find the famous Carnaby Street?
- LANGUAGE: What common item used to be known as "India rubber"?
- GENERAL KNOWLEDGE: What does the Apgar Scale measure?
- U.S. PRESIDENTS: Who was the only U.S. president to be sworn into office by his father?
- SPORTS: Who was the first person officially to run a mile in less than 4 minutes?
- ANIMAL KINGDOM: Which species of big cat cannot retract its claws?

See Page D4 for this week's answers.

## Super Crossword THE MINIMOM

- ACROSS**
- 1 Word with dance or hero  
5 — Pet  
9 Play thing?  
13 Rushes  
17 Destroy?  
18 "You —" (Lurch's line)  
19 Merchant  
21 — partridge in...  
22 Dermatological problem  
23 Foot part  
24 Event of 622  
25 Fancy  
26 Start of a remark by Roseanne  
30 "Sheila" singer  
31 Echidna's tidbit  
32 Account entry  
34 Arthurian knight  
38 Dunce  
40 Scandinavian capital  
44 Susan Lucci role  
45 Beige  
46 Burly Burl  
47 Black and white delight  
49 Neighbor of Okla.  
50 Part 2 of remark  
56 Way to satori
- 57 Team scream  
58 Light metal group?  
59 Spouse of Isis  
63 Football's Lavelli  
65 "The Scarlet Letter" heroine  
68 Curtain fabric  
69 Agricultural inventor  
72 Part 3 of remark  
75 Tucker or Roberts  
76 Land measure  
77 Crops up  
78 Montezuma, for one  
80 Peat's place  
82 Forster's — With a View  
85 "To be sure!"  
86 Shorten a skirt  
89 Part 4 of remark  
94 Carry to class  
97 Intuit  
98 Green land  
99 Kruger or Cluck  
100 Clumsy  
102 Prune a paragraph  
104 Present for pop  
105 Writer Rushdie
- 107 Pigeonhole  
108 Glowing  
110 Private reply?  
111 End of remark  
122 Meter reader?  
123 Journalist Fallaci  
124 Where to speak Farsi  
125 Emilia's husband  
126 — lake arms against a sea...  
127 "The Compleat Angler" author  
128 Arrogant for one  
129 It may be bitter  
130 Govt. agents  
131 — -do-well  
132 Actress Joyce  
133 Toboggan
- DOWN**
- 1 College club  
2 "That hurts!"  
3 Queue  
4 Had no doubts  
5 Kindergarten item  
6 Writer Bret  
7 Foot part  
8 Eastern leader  
9 Rapidly, to
- Rossini  
10 Frenzy  
11 Garfield's pal  
12 Gilpin of "Frasier"  
13 Nautical rope  
14 Check  
15 Impressive building  
16 TV's "My Sister —"  
19 Dilute  
20 Sneaky sort  
27 Meyers of "Kate & Allie"  
28 Ornamental dangle  
29 Principles  
33 Duty  
34 Saxophonist Stan  
35 Need a rubdown  
36 Small bird  
37 Great bird?  
38 Actress Gardner  
39 Doris Day refrain  
41 Cavort in the pool  
42 — Cruces, NM  
43 Can. province  
46 "87 Warren Beatty film  
48 Last name in fashion  
51 "Dies —"  
52 Rowan or Rather  
53 Truman
- Cabinet member  
54 Movie mogul  
55 Whitman's bloomer  
60 Fled  
61 Frigid  
62 Monsarrat's "The Cruel —"  
63 Night vision?  
64 Inventor Whitney  
66 Actress Leoni  
67 Pepsin or lipase  
69 Barrier  
70 Word form for "environment"  
71 Goof  
73 Sanford of "The Jeffersons"  
74 Ralston or Miles  
75 Hardy woman  
77 Tennis leg-end  
79 Golfer's gadget  
81 Nervous —  
83 "Swan Lake" heroine  
84 1,102, to Calpurnia  
86 Ian of "The Borrowers"  
87 Role for 27 Down
- 88 Nasty  
90 Sturm — Drang  
91 Compass pt.  
92 Mine find  
93 Lyricist David  
94 Coal container  
95 Doughboy's duds  
96 Conceal  
101 Light quantum  
103 Poet Wylie  
105 Burnt —  
106 Branch  
109 Terrible name?  
110 Periwinkle, for one  
112 "Would you look at that!"  
113 Algerian port  
114 Vex  
115 Winslet of "Hamlet"  
116 Jackknife, e.g.  
117 — surgery  
118 Puppy protests  
119 Monopoly destination  
120 Stare sala-ciously  
121 Daring  
122 Ample abdomen



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

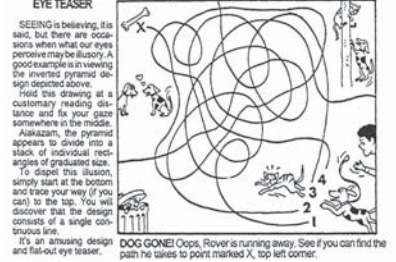
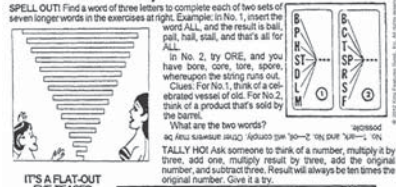
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See Page D4 for this week's answers.

# KID'S CORNER

## Junior Whirl

by Hal Kaufman



## Wishing Well®

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

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## HOCUS-FOCUS

BY HENRY BOLTIKOFF

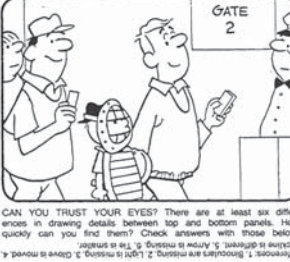
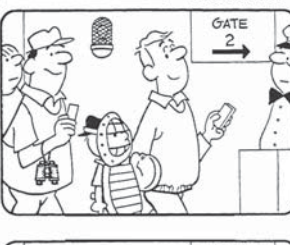






PHOTO BY SGT. 1ST CLASS RAYMOND PIPER

Veteran Margaux Vair crosses the finish line during the Women's 100-meter dash open competition during the track and field competition of the 2012 Warrior Games May 4 in Colorado Springs, Colo. She took the gold with a time of 14.68 seconds.

# Wounded warriors compete for gold in track, field

By Cody T. Starken  
Army News Service

COLORADO SPRINGS, Colo. — Army athletes took six gold, five silver and seven bronze medals during the track and field events May 4 at the 2012 Warrior Games here.

“One of the biggest things coming from something like this both on the mental side and physical side are improvements,” said retired Staff Sgt. Michael Kacer. “Emotionally, mentally, physically, you just better yourself as a whole once you get into sports.”

Kacer joined the Pennsylvania National Guard right out of high school and remained in the military for 10 years and five months until his retirement in May 2010. Dur-

ing his deployment to Afghanistan he was injured by a rocket. Today he took home a silver and three bronze medals.

The impact of being injured and not being able to compete in sports can be hard to deal with for many wounded warriors.

“Not being able to play sports again was depressing,” said Sgt. Monica Southall. “The Warrior Games came along and gave me the opportunity to be competitive again.”

She said it was a pretty rough journey to get here because of the injuries she sustained in 2009 in Afghanistan.

Even though she still deals with a lot of pain, she went home with a gold for her 37-foot throw in the Women's

Shot Put, beating out the rest of the services. She competed for her next medal in sitting volleyball during the evening events.

“If you are sitting in your room and not doing anything, it is a way to be active again,” Southall said. “Regardless of what is wrong with you, you can do something in the Warrior Games.”

The Warrior Games was created in 2010 as an introduction to Paralympic sports for injured service members and veterans. The competition has become a springboard for many service members and veterans to continue participating in sports programs in their communities after the event. The real goal is to provide strength for those who served.

“The only thing going

through my mind isn't the medals, the only thing I got going through my mind is have fun and

leave it out on the field,” Kacer said.

For more information about the 2012 Wounded

Warrior Games, visit: <http://www2.teamusa.org/US-Paralympics.aspx>.

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PUZZLE ANSWERS

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Answers

FOLK	CHIA	PROP	HIES
RUIN	RANG	TRADER	ANDA
ACNE	ARCH	HEGIRA	WHIM
THE	WAY	THAT	IS
ROE	ANT	DEBIT	
GAWAIN	ASS	OSLO	ERICA
ECRU	IVES	PANDA	TEX
THE	KIDS	ARE	ALL
ZEN	RAH	ALCOA	OSIRIS
DANTE	HESTER	LACE	
DEERE	ALIVE	WHEN	TANYA
ACRE	ARISES	AZTEC	
MORASS	AROOM	YES	HEM
MY	HUSBAND	COMES	HOME
BUS	SENSE	EIRE	ALMA
INEPT	DELET	TIE	SALMAN
NICHE	LIT	SIR	
FROM	WORK	IVED	ON
POET	ORIANA	IRAN	IAGO
ORTO	WALTON	VAIN	PILL
TMEN	NEER	ELLA	SLED

Weekly SUDOKU  
Answer

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

TRIVIA

- Answers
1. Copper and tin
  2. Eight
  3. Jamestown, Va.
  4. The foot
  5. London
  6. An eraser
  7. Newborn's conditions
  8. Calvin Coolidge
  9. Roger Bannister
  10. Cheetah

SPORTS  
BRIEFS

**STRONG B.A.N.D.S.**  
May is National Fitness and Sports Month and in recognition of the month, the Directorate of Family, Morale, Welfare and Recreation offers Strong B.A.N.D.S. The goal of the Strong B.A.N.D.S. campaign is to promote and highlight opportunities for Soldiers and Families to stay physically and mentally fit at Fort Rucker. People can participate in any of the Strong B.A.N.D.S. events to receive a wristband and T-shirt while supplies last. Events include: Beach Body Bingo now through May 25, the Army 10-Miler Runoff Saturday and the Triathlon Training Program Saturday.

**BEACH BODY BINGO**  
The Directorate of Family, Morale, Welfare and Recreation offers Beach Body Bingo as a way to motivate people to stay fit now until May 25. People can participate in strength exercises, cardio exercises or fitness classes at either fitness facility to earn a space on their Bingo cards. The more bingo's people win, the better their chances are at winning a prize. Prizes include: a free personal training package, one month of fitness classes, five day passes to Splash! and a 30-minute body massage. The person with the most bingo's receives a Beach Body bingo trophy. People can participate in the 10-Miler Run Off and Relay Saturday to get a free space on bingo cards. Participation in Beach Body Bingo is free to authorized patrons. People can sign up at either physical fitness facility. For more, call 255-3794.

**TRIATHLON TRAINING**  
Sports, fitness and aquatics recently started its triathlon training program to help people get ready to compete in triathlons, or just to get in better shape with a diverse workout regimen. The program meets Mondays-Fridays at 11:30 a.m. and 5 p.m. at the Flynn Pool under the Triathlete banner, where people meet to work out together in running, swimming and cycling. People are welcome to use the group workouts as a way to meet other triathletes, share workout techniques and schedule other workout sessions. Additionally, the group will discuss specific workouts, seasonal plan templates, race specifics, running and cycling routes, safety and nutritional information. All ability levels are welcome and even people who just want to train for one event. Additionally, sports, fitness and aquatics will host two Triathlon Workshops May 12 and June 2 from 11 a.m. to 2 p.m. at Flynn Pool. People should bring their running shoes, bikes, goggles and a change of clothes, although people without bikes are still welcome to participate. For more on the group or the workshops, call Jon Cole at 255-9162 or send an email to jonathan.d.cole@us.army.mil.

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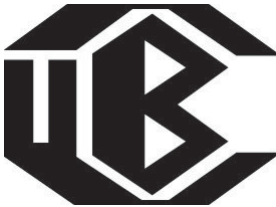
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