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Program helps  
people make  
healthy choices  
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**BE PREPARED!**  
Prior planning key  
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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 31, 2012

## Post honors heroes at Memorial Day ceremony

By **Angela Williams**  
*Army Flier Staff Writer*

Fog covered the ground and a single wreath stood in the field as a crowd of people, both military and civilian, gathered to remember fallen heroes during a Memorial Day ceremony May 24 at Veterans Park.

“Initially established after the Civil War to honor the dead and the commitment of those who served on both sides in that conflict, Memorial Day has since become the day on which we annually remember the sacrifice of all who have perished in our nation’s wars,” the narrator explained at the start of the ceremony. “All across America, our grateful nation comes together to honor those men and women for their selfless service.”

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

and Aviation Branch Command Sgt. Maj. James H. Thomson Jr. placed a wreath at the monuments at Veterans Park in a symbolic gesture of honor.

“The date of Decoration Day, as this was originally called, was chosen because it wasn’t the anniversary of a particular battle,” Crutchfield explained. “It wasn’t a day to commemorate war. It was a day to celebrate, to decorate, to commemorate the lives and sacrifices of those that came before us.”

He asked attendees to remember those who had paid the ultimate sacrifice, but also to celebrate life and celebrate the optimism that decorates the American spirit.

“Our founding fathers established our nation on hope,” he said. “The hope that people, ordinary citizens like you and me, would guide and shape our nation in prosperity. Our

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PHOTO BY ANGELA WILLIAMS

Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson Jr. salute after placing a wreath at the Veterans Park monuments.



PHOTO BY ANGELA WILLIAMS

## Music Under the Alabama Stars

The 98th Army “Silver Wings” Band will celebrate the Army’s birthday with a streamer ceremony June 22 at 6:30 p.m. at Howze Field during a special Music Under the Alabama Stars concert. All are welcome to attend.

## USASAM welcomes new dean, continues tradition of excellence

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

The Soldiers of the U.S. Army School of Aviation Medicine said goodbye to a familiar face as they welcomed a new dean during the USASAM change of dean ceremony May 24.

Soldiers gathered at the newly built USASAM training facility on Dust Off Avenue and watched as outgoing dean of USASAM, Col. Vincent C. Carnazza, gave the controls to the incoming dean, Col. Brian Smalley.

Smalley attended flight surgeon school as a captain and said he remembers thinking that to be the dean of the school of Aviation medicine would be a great job to have.

Seventeen years later, Smalley finds himself in the position of having the responsibility of that great job he once coveted and said he plans to continue the great work that Carnazza has done in the time before him.

“I know this next year will be challenging, but I’m up for the task and I know the staff is ready,” he said. “Aviation medicine is my life and my passion, and there is nowhere else I’d rather be.”

Smalley thanked his wife, Mary, and credited her as the secret to his success, adding that she was his mentor as he went through his flight medic training. Smalley also

SEE TRADITION, PAGE A5

## IMCOM honors 2 locals with Army recreation awards

By **Connor Wolanski**  
*Army Flier Contributing Writer*

Fort Rucker recently received a unique honor as the U.S. Army Installation Management Command honored a local recreation facility employee as Recreational Employee of the Year and a local volunteer as a Friend of Recreation.

Jonathan Cole, manager of the aquatics program at Fort Rucker, received the Recreational Employee of the Year award. Lt. Col. Craig Unrath, director of simulation at Fort Rucker, was one of eight finalists who received the Friend of Recreation award.

The Recreation Awards Program annually recognizes people and programs involved in Army recreation. All garrisons and installations may submit web-based nominations to their region for the four awards given: the Garrison/Installation Recreation Award, Recreation Employee of the Year Award, Career Recreation Award, and Friend of Recreation Award, according to John O. Clancy, outdoor recreation program manager at Fort Rucker.

One nominee is selected Army-wide for the first three awards, while up to 10 individuals may receive the Friend of Recreation Award.

Cole was “floored and humbled” to be chosen for Recreational Employee of the Year.

“Regarding the award, the things that I’ve contributed and done that gave me that recognition — I couldn’t have done



PHOTO BY NATHAN PFAU

Lt. Col. Craig Unrath (left), outdoor recreation advisory president and Friend of Recreation award recipient, receives the award and praise for setting a positive example from Col. James A. Muskopf, Fort Rucker garrison commander, at the opening of the new outdoor recreational facility on Lake Tholocco May 21.

that by myself,” said Cole. “I had to have my subordinates on board, I had to have the support of my supervisors — one person can’t do the amount of stuff on that list.”

When asked what the most rewarding aspect of his job is on a day-to-day basis, Cole was quick to point back to the Soldiers.

“The most rewarding thing is just to

know that I’m helping out troops,” said Cole. “I’ve had a lot of discussions with people that work in the same field that I’m in, and I would say it’s the intrinsic rewards — it’s just the motivation of knowing that what we do actually helps the Soldiers.”

“In the times that we’re currently in, I think that’s extremely important. I’m not a Soldier, I didn’t serve active duty

military, so to know that I’m contributing in a way that I can makes me feel good,” he said.

Lori Ciranni, manager of sports, fitness and aquatics at the Fort Rucker Fitness Facility, complimented Cole for his devotion to enforcing aquatics safety.

“One of his main goals is to run a safe pool,” said Ciranni. “That’s one thing I enjoyed about him coming on board, because I knew we were safe, and there was no doubt that he would fight to make sure we stayed safe.”

Unrath, who serves as the outdoor recreation advisory president, said that his selection as a Friend of Recreation really showed the quality of the people around him.

“It’s a reflection of the whole council, the whole team,” said Unrath. “You don’t do any of these types of things without a team effort.”

Unrath received the award for hundreds of hours of volunteer work, and for his role as the military chair on the outdoor recreation council, in which he “corrals and packages” ideas and concerns from volunteers passionate about outdoor recreation for presentation to the garrison commander.

Unrath was inspired to start contributing his own time after witnessing volunteers who have made a real impact throughout his career.

“When you actually see something

SEE AWARDS, PAGE A5



# PERSPECTIVE

## Army officials promote National Safety Month

By Art Powell

Strategic Communication Directorate  
U.S. Army Combat Readiness/Safety Center  
Fort Rucker

June is National Safety Month, and senior Army leaders are asking Soldiers at all levels to use this opportunity to reaffirm their commitment to safety.

Fatal Army accidents have fallen steadily during the past four fiscal years and are now on par with peacetime levels.

“This remarkable success has been achieved despite the high operations tempo of our continuing missions overseas, proving once again the diligence and dedication of our Soldiers,” said Gen. Raymond T. Odierno, Army chief of staff. “I commend each and every one of you for your hard work in making safety a top priority, both on and off duty.”

Leaders, Soldiers, Family members and Army civilians are encouraged to use National Safety Month, an annual observance sponsored by the nonprofit National Safety Council, to evaluate safety at both the unit and personal level. Leaders should take a hard look at their safety programs and make adjustments as necessary, while Soldiers and Civilians may provide their commanders with recommendations on better incorporating safety into their everyday tasks. Off duty, Soldiers and Family members should think about what they can do to stay safe, whether it’s slowing down on the road, always wearing seat belts or ensuring guests at their homes have a designated driver if needed.

National Safety Month coincides with the beginning of summer, historically the deadliest time of year for Soldiers off duty. According to Brig. Gen. William T. Wolf, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center, indiscipline is a leading cause of Soldier fatalities, particularly on America’s highways.

“Privately owned vehicle and motorcycle accidents are the number one accidental killer of our Soldiers,” said Wolf. “The fact that indiscipline is entirely and easily preventable only compounds the tragedy of these losses.”

To help leaders and Soldiers address indiscipline and other issues during National Safety Month, on Friday the USACR/Safety Center will launch a dedicated website, <https://safety.army.mil/NSM2012>, containing posters, informational videos and feature articles addressing four core topics: civilian injury prevention, ground operations, Aviation operations and driving safety. This effort will complement the current Army Safe Spring/Summer campaign, which includes materials targeted to specific seasonal hazards.

While much effort will be put into awareness during June, Wolf urged all members of the Army Fam-



ily to remember safety is a day-to-day commitment and responsibility.

“Leaders have an imperative to use National Safety Month to energize their accident prevention efforts for the rest of the year,” he said. “This is a per-

fect occasion for them to engage with their Soldiers on safety, and also for Soldiers to engage with each other on the things putting them at risk.”

For more information on National Safety Month and Army Safety, visit <https://safety.army.mil>.

## Rotor Wash

“What are you excited about doing this summer?”



**Elly Hanks,**  
**Fort Rucker**  
**Primary School**  
“I’m going to the pool! And maybe eating ice cream.”



**Nate Smith,**  
**Fort Rucker**  
**Primary School**  
“Moving to my grandma’s. There’s a pool and a lot of my Family is there.”



**Hunter Wade,**  
**Fort Rucker**  
**Primary School**  
“Going to my grandma’s because (she has) a dog.”



**Claire Cohen,**  
**Fort Rucker**  
**Primary School**  
“Going to the beach. I can swim and have fun with friends.”



**Adara Noble,**  
**Fort Rucker**  
**Primary School**  
“I’m going to my grandma’s in Montana and she has a huge backyard. If my cousin is there, I like to play with my cousin.”

**COMMAND**

**Maj. Gen. Anthony G. Crutchfield**  
FORT RUCKER COMMANDING GENERAL

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

**Lisa Eichhorn**  
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# Student loans can help or hinder Soldiers, Families

By Angela Williams  
Army Flier Staff Writer

Student loans can be a great advantage for some and a significant disadvantage for others. A loan can provide access to necessary education as easily as it can impair a person's financial future or hinder a military career.

"The obvious danger with any loan – especially student loans – really doesn't have anything to do with the loan itself, its interest rate or the term of the loan," explained Mike Kozlowski a personal financial readiness specialist with Army Community Service. "Allowing a loan to go into default – either knowingly or through ignorance – will have negative impacts on your ability to get credit or favorable interest rates on large purchases such as homes and cars."

It's not something you can "wish away" through filing bankruptcy either, he added.

According to Kozlowski and the Federal Reserve Bank of New York, about \$870 billion is currently owed on student loans. The average outstanding student loan balance per borrower is \$23,300 and 10 percent of borrowers owe more than \$54,000.

This level of debt can cause difficulty for Families – especially if a Family is already feeling the financial pressure of necessary living expenses, car payments or

credit card debt, said Kozlowski.

"The addition of this heavy 'ball and chain' called student loan debt has the potential to transform wedded bliss into marital nightmare," he said, adding that money management is traditionally one of the most difficult topics for married couples to discuss.

In today's economy, the pressure on Families is even greater as college graduates struggle to find meaningful employment, Kozlowski said.

"Students are graduating and they can't make enough money to live and pay back loans," said Mike Burden, ACS financial readiness program manager. This causes many of them to return home to live with parents. These "boomerang children" can sometimes increase stress levels and financial responsibility of the parents.

According to Kozlowski, some graduates continue the sometimes lengthy search for a career position while others take part-time jobs or jobs that have little to do with their college major.

"This has resulted in a significant number of grads with past-due or defaulted student loan balances," Kozlowski said. "According to the (Federal Reserve Bank of New York), 5.4 million borrowers have at least one past due student loan account."

If a Soldier or Family is struggling to repay a student loan,

a variety of assistance options are available to them, Kozlowski said. The first option to consider, a provision of the Servicemember's Civil Relief Act, can bring an interest rate down to a six percent floor.

The availability of other options depends on the type of loan – whether it's a federal or private loan. For example, if a loan is eligible, the Army's Student Loan Repayment Program can contribute up to \$65,000 toward the loan for enrolled active-duty Soldiers. Some funds are also available to the National Guard and Reserve through this program.

The William D. Fort Federal Direct Loan Program, also known as Direct Loans, is another program that "allows enrollees to consolidate their federal student loans and offers various payment plans which, in some cases, depending on the severity of economic hardship, are extremely affordable," Kozlowski said.

Information on both of these programs is available through the ACS Financial Readiness Program, he said.

Other Soldiers choose to have loans deferred under a military deferment option. This option usually gives the borrower a three-year break from making payments on federal loans, but regular payments will be due again at the end of the deferment period.

"My experience has shown that

these arrangements are becoming increasingly more difficult to obtain from lenders," Kozlowski added.

One other option, called forbearance, is similar to deferment but Soldiers are encouraged to make monthly interest payments during the term of forbearance. If the interest is not paid, it is "capitalized" into the regular repayment schedule and increases the resulting monthly payment, he said.

Kozlowski advises Families and future students to do the research and consider all the options before applying for a student loan.

"Parents considering college in their children's future need to be proactive in their planning efforts," he said. "The earlier this is done the better."

If a Family has 10 years before the funds will be needed, he suggests creating an Education Savings Account.

"This option allows you to invest education savings in growth investment vehicles – typically growth mutual funds – all while growing tax-deferred," he explained. "The money is free from all taxes as long as it is used for the educational needs of your child."

By combining the average growth rate of high-quality mutual funds and consistent monthly contributions, a family could pay for most, if not all, of a child's

colleges expenses through this account, Kozlowski said.

Other options for students include scholarships, grants and work-study program. Kozlowski recommends filling out the Free Application for Federal Student Aid. The website, [www.fafsa.ed.gov](http://www.fafsa.ed.gov), also offers detailed information about Stafford loans, Pell Grants and other forms of federal financial aid.

"Because of the variety of loan fixes out there, it can create other problems if one isn't too careful," Kozlowski said. "Debt consolidation companies and credit repair firms are out there and can do more to exacerbate already critical debt problems."

If a Soldier or Family member is concerned about student loans, Kozlowski recommends making an appointment with a financial readiness program representative to discuss the available options.

"We've had some flight school students carry their burden well into their flight training until they could not fully concentrate on their academic assignments or flying tasks," he said. Resolving the problem can give the Soldier peace of mind and help them avoid potentially dangerous distractions.

"We can work together to resolve the debt problem without interfering with training schedule," Kozlowski said.

For more information on student loans, call Kozlowski at 255-2594.

## 'Scale Back' program helps people make healthy choices

By Angela Williams  
Army Flier Staff Writer

Being motivated to stay healthy was just one of the benefits experienced by Fort Rucker's Scale Back Alabama teams. The others included having more energy, sleeping better and a combined weight loss total of 1,025 pounds.

On post, 52 four-person teams participated in the statewide initiative that encouraged people to stay healthy and support each other while doing it, said Denece Clayborne, community health nurse and health promotion director.

According to the initiative's website, almost 30,000 people across the state participated in the 2012 campaign, Jan. 21 through April 13, with a cumulative reported weight loss of 148,963 pounds.

"Our goal was to make it more convenient for the people who wanted to participate on Fort Rucker," said Clayborne. "The best thing about the program, compared to some of the other ones I've done on post, is that it's open to everyone. Because it's statewide, you could be a contractor, civilian or Family member."

Marie McCollough, MEDPROS coordinator at Lyster Army Health Clinic, said she started losing weight during a fast her church did in January, but she wanted a way to keep the weight off.



COURTESY PHOTO

From left to right, Norma Drayton, Marie McCollough, Rosa Coleman and Felicia Thompson-Boyd were members of one of Fort Rucker's Scale Back Alabama teams.

"I had to maintain, keep it off and keep moving," she said. "So, I jumped on Scale Back Alabama and got a team so I would have a support system."

McCollough said the other team members and the weekly tips sent out by the Scale Back Alabama organization helped her stay motivated to make healthy choices. Other participants attended nutrition classes offered by Lyster to learn about cooking

and eating healthier food.

"When you have a nutrition dietician and a nutrition tech telling you how to eat healthy, that's a very valuable thing," Clayborne explained.

After completing the 10-week program, McCollough said she continues to lose weight. She exercises six or seven times a week, usually by walking 3 miles on her lunch break or going to the gym after work.

"It helped me refocus," she said of the program. "I was eating a lot of chocolate, but it helped me get back on an exercise routine."

McCollough's message for the rest of her team was, "Don't give up."

"Even if you lose one pound, it's worth it," she said. "If you can just change a little bit of the way you're thinking, a little about the way you're eating and exercising, that helps a lot."

All the little changes helped McCollough to sleep better, feel better and have more energy, she said. Several people have noticed the difference and have asked to join her lunchtime walks.

"People see you and get excited and they get on that trail with you, but the next thing you know, they drop off. You've got to stay focused because if you don't watch it, you may drop off with them," she said. "You've got to say that it may be short term for them, but it's long term for me."

"I know I'm not going to be the one that loses the most weight. I'm not even going for winning, but I want to stay motivated," she said.

Because of the good response and the success of the teams involved, Clayborne said she hopes to continue Scale Back Alabama next year. Until then, she encourages people to look at body-mass index and how their clothes fit instead of focusing on a number on a scale.

"It's not intended to be a one-time thing," she said. "It's intended to jumpstart your weight loss and fitness goals."

Though the program is officially finished for the year, Clayborne said she still sees some of the participants exercising around post.

"My hope is that people will continue their healthy lifestyle choices they started because of the program," she said.

## News Briefs

### Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

### Scuba course

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

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

### NCO, Soldier of Year

The U.S. Army Aviation Center of Excellence hosts its NCO and Soldier of the Year ceremony June 8 at 3 p.m. at the U.S. Army Aviation Museum.

### Help wanted

The Army Community Service Employment Readiness staff stands ready to help members of the Fort Rucker community find jobs. The staff maintains a list

of job opportunities in the area, and can also give out tips and inform about resources to help people find the right job for them.

Some current opportunities on employment readiness' "hard to fill" list include: pet groomer, licensed practical nurse, certified management accountant, retail sales in a children's store, emergency medical technician, dental assistant, and medical billing and coding.

For more on employment readiness' services, call 255-3949.

### Clothing sales hours

The military clothing sales store's operating hours have changed. The store is closed Sundays, and open Mondays-Fridays from 8:30 a.m. to 6 p.m. and Saturdays from 9 a.m. to 4 p.m.

For more, call 598-9423.

### DHR closure

The Fort Rucker Directorate of Human Resources will close for its organizational day on June 8 at 11:30 a.m. and will reopen June 11 at 7:30 a.m. The closure will include the Army continuing education center, Army Substance Abuse Program and the military personnel division –Defense Enrollment Eligibility System and ID card section, in and out processing, reassignment, and transition and retirement services. Also, people should call ahead as there will be limited staffing with the Army Career and Alumni Program, 255-2558, and casualty operations and mortuary af-

fairs at 255-1813. For emergencies, call 332-9672 or 432-2070.

### ID card section

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

### Change of command

The 1st Battalion, 13th Aviation Regiment hosts a change of command ceremony June 19 at 8:30 a.m. on Howze Field. Lt. Col. Steven M. Pierce will assume command of the unit from Lt. Col. Darren V. Cox.

### Be on the lookout

Shaw Pest Controllers continues pavement vegetation control. Shaw treats the parking areas, streets, runways, taxiways and other paved areas of Fort Rucker and the various airfields until late September. The Shaw employees operate in a slow moving utility vehicle with a yellow caution light. People are asked to use caution when approaching the vehicle.

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



# Post offers emergency, weather notification system

By Jim Hughes  
Command Information Officer

Members of the Fort Rucker community can be among the first to know when severe weather threatens or security issues arise when they sign up for an emergency notification system offered by the post.

Local Army officials contracted with CodeRED last year to provide instant emergency notification via voice, email or text messages, according to Manny Alvarado, Directorate of Plans, Training, Mobilization and Security chief of Plans, Operations and Mobilization Division.

“CodeRED gives us an additional venue to provide information to our community in an effort to keep them safe — whether it is from Mother Nature threatening or an intruder on the installation,” he said. “The system gives us the ability to inform the community in the event there is an emergency on post, where it is and what actions to take.”

In order to receive these types of notifications

people must register — an easy process done on the Web, Alvarado said.

“The process is simple, they just follow the link on the Fort Rucker main page and it takes them to the CodeRED website,” he said. “Then they just enter the information required and submit. Once they complete the registration, they will immediately start receiving weather notifications as issued by the National Weather Service and the installation operations center.”

The system requires registrants to enter their name, phone number, physical address and email address where they want the alerts sent. The service will provide tailored weather watches and warnings based on their geographical location, said Willie Worsham, Fort Rucker duty battle captain.

“When we were testing the system, the signup process went pretty quick,” he said. “I signed up, and shortly after that I was mowing my lawn and received a weather alert on a severe storm coming to my area. I quit mowing, put away my equipment and within five minutes, the storm was there

with dangerous lightning, rain and hail.”

The system taps into the National Weather Service for warnings, and by using the address provided, it can tailor what messages people receive, based on their selection upon registration, according to company officials. This allows community members living in Dothan to hear about Dothan-specific warnings, while someone living on Fort Rucker would receive Rucker-specific watches and warnings.

Alerts issued on security threats or weather alerts specific to the installation will come directly from the Fort Rucker IOC.

“We’ll send out the local non-weather emergency notifications to the Fort Rucker community to ensure the information is getting to the community as quickly as possible,” Alvarado said. “This two-pronged approach will ensure our people are in the know quickly and accurately, and give our people a chance to prepare for whatever may happen.”

He added that once people enter their in-

formation, they need to keep it updated.

“The system is only as good as the information provided,” Alvarado said. “When people move or change their phone numbers or email addresses, they need to make sure the system has the most up-to-date information or they won’t be getting the notifications.”

The safety and wellbeing of the entire Fort Rucker community is a top concern of leadership at the post, and officials hope everyone here will take advantage of the free alert system. That said, signing up is completely voluntary, Alvarado said.

“It’s free, it’s simple, it’s valuable information,” he said. “And if you don’t like the service, you can always remove your registration from the service provider.”

To sign up for the notifications, visit the Fort Rucker website at <http://www.rucker.army.mil/codered> and follow the link to the company’s website to register for the service.

For more on the program, see the website, or call the IOC at 255-9777.

## Obama: All Americans must help shoulder burden of war

By Jim Garamone  
American Forces Press Service

ARLINGTON NATIONAL CEMETERY, Va. — Binding the wounds of war is the priority for our nation, President Barack Obama said during the Memorial Day observance Monday.

Representing all Americans, the president placed a wreath at the Tomb of the Unknowns and then spoke at the Memorial Amphitheatre.

“Today we come together as Americans to pray, to reflect and to remember these heroes,” he said. “But tomorrow this hallowed place will once again belong to a smaller group of visitors following a well-worn path to a certain spot and kneeling in front of a familiar headstone. You are the Family and friends of the fallen.”

Those who have lost a loved one “leave a piece of yourselves beneath these trees,” the president said. “You, too, call this sanctuary home.”

The president noted that for the first time in nine years Americans are not fighting and dying in Iraq. The war in Afghanistan is winding down, he said, and U.S. troops deployed there will come home. “After a decade under the dark cloud of war, we can see the light of a new day on the horizon,” he said.

With the war in Iraq over, the president put the scale of the sacrifice in perspective. He spoke of the four Marines who died in a helicopter crash on the first day of Operation Iraqi Freedom in March 2003. Maj. Jay Thomas Aubin, Capt. Ryan Anthony Beaupre, Cpl. Brian Matthew Kennedy and Staff Sgt. Kendall Damon Watersbey were the first casualties of the war. He then spoke of the last of the nearly 4,500 casualties: Spc. David Hickman who was killed by a roadside bomb in Baghdad a month before the last Americans left Iraq in December.

The president spoke about meeting the Hickman Family at Fort Bragg, N.C.

“Right now, the Hickmans are beginning a very difficult journey that so many of your Families have traveled before them — a journey that more Families will take in the months and years ahead,” he said.

Obama spoke directly to the Families of the fallen and shared what he told the Hickmans: that there is no more wrenching decision as president than sending service members into harm’s way.

“I can promise you that I will never do so unless it is absolutely necessary,” he said. “Then when we do, we must give our troops a clear mission and the full support of a grateful nation.”

Americans need to help the Families facing such tragedy, the president said. “As a country, all of us can and should ask ourselves how we can help you shoulder a burden that no one should have to bear alone.

“As we honor your mothers and fathers, your sons and daughters who have given their last full measure of devotion to this country, we have to ask ourselves how we can support you and your Families, and give you some strength.”

The best way to help is to remember the sacrifices and to remember the dead as not just a line in the newspaper, but as individuals, Obama said. The country can honor them by meeting its obligations to those who did come home, he added.

“To all our men and women in uniform who are here today, know this: The patriots who rest beneath these hills were fighting for many things — for their Families, for their flag — but above all, they were fighting for you,” Obama said. “As long as I am president, we will make sure you and your loved ones will receive the benefits you’ve earned and the respect you deserve. America will be there for you.”



President Barack Obama lays a wreath at the Tomb of the Unknowns during the Memorial Day observance ceremony at Arlington National Cemetery in Arlington Va., Monday.

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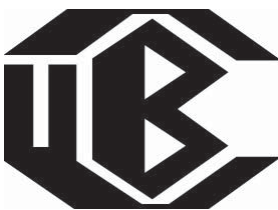
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# Ceremony: Decorations honor fallen Soldiers

Continued from Page A1

founding fathers knew there would be work and there would be sacrifice if the American experiment was to work. I think you'd agree they were right."

Many veterans groups and military Family groups were represented at the ceremony, and the crowd included former World War II prisoner of war, retired Lt. Col. Tom Stovall.

"I just appreciate the fact they show their appreciation for those who served," Stovall said. "So many of them gave their lives. I'm lucky to be alive."

Stovall, who turned 94 last month, is the former commander of the Wiregrass Ex-Prisoner of War group. He said the group once had more than 200 members, but now, only four are left.

"We're just happy to be here after all these years," he said.

Fred Griffin and Harry Grainger, both Vietnam veterans and members of the Disabled American Veterans and Veterans of Foreign Wars, also attended the ceremony.

Griffin said the ceremony was significant because Veterans Day is for the living, but Memorial Day is for those who made the ultimate sacrifice.

"It means were are able to get up from here and go enjoy the freedoms that the deceased paid for with their life," Grainger added. "It gives the Families a reason, a purpose, for having lost their loved ones."

Crutchfield asked those in attendance to continue to remember those Families who had lost a loved one as they were continuing to pay the ultimate sacrifice.

"Every single man and woman who is serving in our

Army today all volunteered to serve at a time of war," Crutchfield said. "They grew up in the shadow of Sept. 11, 2001 – a defining moment for most of them. Many endured multiple deployments with honor, distinction, pride and service."

He went on to say that many of those Soldiers returned home to yellow ribbons, hugs and handshakes, but many also returned home in a casket draped with an American flag.

"They gave their service," he said. "They gave their optimism. They gave their lives. They gave everything to support and defend this nation. A nation built on life, liberty and hope. To them, we owe our service. We owe our optimism. We owe our lives to them."

"This is why we need to celebrate and decorate for Memorial Day," he said.

# Tradition: Smalley prepared for USASAM future

Continued from Page A1

thanked Carnazza, his wife, Jane, and all of the USASAM Soldiers for making him "feel like part of the Family."

USASAM is the only Aviation medical training facility in the Army and is where training for all flight surgeons, flight medics and air medical training flight students takes place, according to the new dean.

"Aviation medicine is unique," he said. "I've been a flight surgeon for 17 years and we take care of the Aviators."

USASAM's future is ever changing and Smalley said that an upcoming change will be to train flight medics as paramedics, who require more medical training.

"That's our biggest issue right now," he said. "Flight medics have always been emergency medical team intermediates, but now they will have paramedic-



Col. Brian Smalley, dean of the U.S. Army School of Aviation Medicine, speaks during the USASAM change of dean ceremony at the Aviation Medical School's new facility May 24.

level training." Smalley said that the paramedic-level training offers a higher level of care and helps

focus on critical care, especially to Soldiers in Afghanistan and Iraq.

Carnazza and Smalley both share the same outlook on the future of USASAM when it comes to providing excellence in medical care in Aviation and constantly striving to make that care better.

"I can say with certitude that this unit will be the centerpiece for the Army in evolving en route care," said Carnazza. "The future [of USASAM] is surgical intervention, and more sophisticated platforms and equipment. USASAM generating the solutions for these future challenges will ... continue the Dustoff tradition of excellence."

One of the ways that USASAM is looking toward the future and providing better care for Soldiers is with its new Aviation medical training facility.

"[The new facility] is specifically designed to increase the amount of space for flight medic students to train," said Capt. Amy Bauer, USASAM chief of current operations.

The need for the addition came because of increasing student numbers and projected growth of the Flight Medic Course, she added. The new facility will allow USASAM to conduct station training and simulation training in separate facilities rather than in one building.

The new facility is just one way that USASAM will be providing excellence into the future, but core values and leadership also play a vital role in the success of the organization, said the outgoing dean.

"Our mission is so well aligned with our Army core values and the passion to save a life is in each of our instructors and civilians," said Carnazza. "I have total confidence in Colonel Smalley ... for taking the lead in such a dynamic time."

# Awards: Recipient encourages everyone to volunteer

Continued from Page A1

changed, or make a difference, or somebody says 'Hey, thanks to the council for doing that, things are better now' — it's unbelievable when a volunteer organization can actually make a difference," said

Unrath.

Unrath also had plenty of advice for anyone looking to get involved in volunteer work on Fort Rucker.

"There's usually no shortage of want for volunteers — I'd recommend going to see your MWR and asking if there're any

opportunities for volunteering specific to the military community," said Unrath. "MWR does a phenomenal job. I think the Fort Rucker MWR specifically is one of the best I've seen over my 22 years in the army."

As a final piece of advice, Unrath ad-

vised anyone getting into volunteering to work on something that genuinely interests them.

"If you're working on something you enjoy, something you care about, and something you're passionate about, all that effort becomes effortless."

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MAY 31, 2012

# Chinooks make historic journey

By Randy Tisor  
*Army News Service*

ABERDEEN PROVING GROUND, Md. — The signature sound of the tandem-rotored Chinook was multiplied by four as Sortie 2 took to the early morning air over Hunter Army Airfield in Savannah, Ga.

The new helicopters had been flown to the airfield just a couple of weeks earlier in mid-March from the Boeing production facility in Philadelphia. And though new, the helicopters were far from shiny; their mid-toned, flat green paint was well-designed to offer concealment against terrains in theater operations where most F models would fly.

It was now April, and the Chinooks were departing on what would likely be the longest mission they'd likely ever be tasked to do; fly from the eastern seaboard of the southern U.S. all the way to Fairbanks, Alaska. Once in Alaska, the new F models would be turned over to the Aviators of the 1st Battalion, 52nd

Aviation Regiment, 16th Combat Aviation Brigade.

The mission sounded easy enough. But the nearly 3,400 nautical mile route to Alaska would take almost two weeks with multiple fuel stops and overnight breaks for the crews along the way. They would be trailing in the wake of Sortie 1, also consisting of four new F models and a combined crew of about 22, by just a day. The sorties were separated by at least a day so that some of the smaller airfields used along the way would not be overly taxed in terms of fueling capabilities or ramp parking spaces.

Four more CH-47 F model Chinooks would follow a couple of weeks later to comprise Sortie 3 for a total of 12 new aircraft delivered to the 16th CAB in Fairbanks.

The route was lengthy and well-planned out.

The new F models and their crews would fly from Savannah, Ga., to St. Louis then on to Rapid City, S.D., with a quick stop for fuel and lunch at Camp-

bell Army Airfield at Fort Campbell, Ky. From Rapid City, the route continued north to Helena, Mont., and, from Helena, north across the Canadian border to Edmonton in Alberta. From there, stops included Fort Nelson in northern British Columbia, a brief fuel stop at Whitehorse in the Yukon, and, finally, the immense state of Alaska and the final destination of Fairbanks.

All of the major stops were conducted as an overnight stay to allow the crews needed rest and downtime as well as to allow for required maintenance on the Chinooks.

Amazingly enough, the ferry mission to Alaska was to be a first of sorts for the venerable airframe. In its 50 years of production and hundreds of thousands of hours of flight time as a fleet, a ferry of this magnitude across the breadth of North America had never been done before.

"From an operational standpoint, or

SEE HISTORIC, PAGE B4



PHOTO BY RANDY TISOR

A new CH-47F Chinook helicopter flies high above the Alcan highway in Canada, during a ferry trip from the southern U.S. to the interior of Alaska. A river can also be seen far below, winding its way through the northern Rocky Mountains.

## Memorial honors fallen at FOB Salerno

By Spc. Eric-James Estrada  
*TF Spartan Public Affairs*

KHOWST PROVINCE, Afghanistan — With Memorial Day right around the corner, service members deployed to Forward Operating Base Salerno dedicated a wall to honor their fallen comrades who made the ultimate sacrifice in support of Operation Enduring Freedom.

Memorial Day, formally known as Decoration Day, originated after the American Civil War to commemorate Union Soldiers who died in the Civil War. By the 20th Century, Memorial Day had extended to honor all Americans who have died in all wars while serving in the United States Armed Forces.

At FOB Salerno a wall was constructed to acknowledge the American military units that have deployed to FOB Salerno. The names of the service members, who gave their lives while deployed to Afghanistan, were painted below the insignia of the units they served in.

"I determined the best way to honor my fallen was to do what they had asked me to do and that is remembering them on Memorial Day with a smile," said Col. Morris Goins, commander of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, hailing from Southern Pines, N.C.



PHOTO BY SGT. WILLIAM BEGLEY

KHOWST PROVINCE, Afghanistan — Paratroopers with the 4th BCT (Airborne), 25th Inf. Bde., TF Spartan, watch as two AH-64 Apache attack helicopters fly over the memorial of the fallen at FOB Salerno May 24. The memorial was put together with a joint effort from Soldiers across the entire brigade.

He said that this day is about remembering those who've fallen and reflecting on how they lived their lives, not how they died.

In charge of designing and constructing this momentous project was CW2 Paul Curnow, an armament technician assigned to B Company, 725th Battalion Support Brigade, hailing from Butte, Mont.

Curnow said the creation of

this memorial is very personnel to him, coming from a Family with numerous Family members who are veterans.

"This is not only for the personnel here on the wall, but it's for all the people that went before us as well," Curnow said. "The best piece of making all of this is seeing the veterans and even the civilians who arrived here working giving us a pat on the back say-

ing 'good job,' and after hearing all that, it just makes all that much better."

During Goins' speech, he spoke on how he has grown to have a greater appreciation and understanding of the meaning behind Memorial Day.

"Prior to the Global War on Terrorism, I did not grasp the full

SEE SALERNO, PAGE B4

## Soldiers honor real 'memorial' day

By C. Todd Lopez  
*Army News Service*

JALALABAD, Afghanistan — There wasn't a BBQ with friends. No kids splashed in a pool or lined up for a rollercoaster on the official first day of the "summer fun" season.

No one got the day off. Memorial Day wasn't anything except a day to gather and remember, mark a patch of concrete with a small monument, and lament losing a friend.

"Sometimes, I think about how many lives Brian affected," said Capt. Augustine Castronovo, the MEDEVAC platoon leader on Forward Operating Base Fenty, near Jalalabad, Afghanistan.

On Oct. 13, Castronovo's MEDEVAC unit responded to an urgent call from a small observation post in Kunar province, near the Pakistan border. The post had been under heavy enemy fire, and three coalition Soldiers were critically wounded, requiring evacuation.

Among the medics on board was Staff Sgt. Robert "Brian" Cowdrey, from Atwater, Ohio. Cowdrey was a seasoned combat veteran on his fourth deployment, known for his "hard right over easy wrong" attitude.

As crews raced to rescue the wounded, weather deteriorated as the number of patients increased. The Task Force Talon, 82nd Combat Aviation Brigade MEDEVAC crews made the decision to continue on, despite dangerous, rugged terrain and limited visibility. Rain showers soaked the valley they traveled.

"U.S. Soldiers fought side-by-side with their Afghan counterparts. What happened at OP Shal wasn't about politics, foreign policy, or ethnicity," said Castronovo, of Woodland Hills, Calif. "These Soldiers were fighting for each other's lives."

Cowdrey jumped from the helicopter as soon as the pilot got two of three wheels on the ground, and ran to find the wounded. The helicopter delicately balanced on the side of the mountain, the whirling blades of the main rotor just a few feet from the ground.

"When it came to the wounded, it wasn't about the uniform or the country of origin — for Brian, it was about helping another human

SEE MEMORIAL, PAGE B4

## Captains Career Course undergoes redesign

By T. Anthony Bell  
*Army News Service*

FORT LEE, Va. — The Army is currently in the process of redesigning part of a component of the Officer Education System to better meet the requirements of an expeditionary force.

That component, the Captains' Career Course, is currently the subject of a pilot program that the Army hopes will produce leaders who are more adaptive and are critical and creative thinkers.

Each of the Army's branch schoolhouses were charged with conducting the pilot under the Army Learning Concepts 2015, a new technology-based learning model. One Combined Logistics CCC, or CLC3, class at the Army Logistics University was assigned the pilot's course of study. It concluded May 23.

The changes affect the seven-week common core portion of the roughly six-month course. Capt. Jennifer Ernest, a CLC3 small group leader instructor, said the pilot extends the course by one week and concludes with a staff exercise.

More importantly, it features a departure from the training approach that emphasizes repetition to one that develops how leaders think rather than what they think.

"The blocks of instruction, the way they are presented is the biggest change," said Ernest. "The old captains' course curriculum



PHOTO BY T. ANTHONY BELL

Students work on projects during the common core portion of the Captains' Career Course at the Army Logistics University at Fort Lee, Va. A portion of the course is currently undergoing a redesign to reflect new learning concepts and to better meet the requirements of an expeditionary force.

was designed to get students to a knowledge and comprehension/cognitive level of learning. The new curriculum takes them to something called analysis synthesis, which means that we're asking officers not just to regurgitate concepts, but to take those concepts and now apply them over operational vignettes or scenarios that are directly relatable to our operating environment."

Student response to the new curriculum has been varied, said

Ernest. Sixteen students were randomly selected to participate in the pilot that she described as "more rigorous than it used to be."

"There is a lot being asked of them," she said, noting the instruction is going in a positive direction. "The demands for reading as well as understanding self-development — it is a lot higher in the new curriculum. So, there are some challenges for these new students."

Capt. Jason Jones, a student

whose follow-up assignment was with the 2nd Armored Cavalry Regiment in Germany, said he is encouraged about the course material but much has to be done to find the right balance.

"The pilot program, if I could sum it up, it's pretty intense," he said. "We move at a faster pace with a flood of information."

The School of Advanced Leadership and Tactics, a

SEE COURSE, PAGE B4



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# Historic: Chinook flight covers more than 3,400 miles

Continued from Page B1

a logistical, planning and actual execution standpoint, it's been a big challenge," explained Col. Bob Marion, Cargo Helicopters project manager. Marion spoke during a weather delay in Helena that held up the mission for two days. The delay wasn't part of the extensive planning, of course, but the plans were necessarily flexible due to the complexity of the mission.

A team of Boeing technicians was traveling along to handle issues that might have come up during the long

flight. They didn't travel light. One of the four helicopters was the "maintenance bird," so-called because, in addition to the technicians, it carried a couple of large tool boxes as well as spare parts and other items they might need along the way.

Marion elaborated on the long history of the Chinook, noting that the basic design may be old in terms of military vehicles, but it was a completely up-to-speed aircraft.

"If you go back in time and look at the fact that the Chinook has been around for over 50 years now, flying in

the Army, from the big picture standpoint, it shows how reliable, how sustainable, how effective operationally the system is. The physics of the aircraft have remained the same for 50 years.

"We've done a lot of things like upgrading the engine, the gearboxes, the transmission, to make it more and more reliable as we've gone through these last generations of aircraft from A through F. We've improved the aircraft over 50 years, but the fact that it's continued to be a part operationally of the Army's inventory of aircraft shows just how reliable it is," Marion

said. "Engines have been upgraded over the years, as have the most of the other major components. What really sets the F model apart is its greatly upgraded avionics."

Marion added that Chinooks in theater have flown anywhere from 50 to 100 hours per month.

"And that's been ongoing for the last 10 years," he emphasized, noting that the airframe was originally designed to fly just over 14 hours per month with a life span calculated on those flight hours. "The aircraft has done great."

The first couple of days

covered familiar ground for most of the CH-47F crews. And though the scenery was entertaining from 1,200 feet in the air, the days were fairly uneventful.

The battle rhythm was developed.

Get to the airfield and the aircraft early in the morning. Pilots had already completed their pre-mission planning and all crew members assisted in getting the aircraft ready to fly for the day. The ramp at the back was lowered to allow access to the interior. Covers were removed from the engines, rotor hubs and other sen-



sors that needed protection overnight. Blade ropes that had secured each rotor's four large blades were taken off. Luggage was stowed and tied down within.

# Salerno: Site honors Soldiers who paid ultimate price

Continued from Page B1

meaning of Memorial Day, but God knows I do now," Goins said. "As a commander I've lost 32 heroes in combat and initially felt sorrow."

The dedication of this memorial so close to the where the fighting is ongoing has found some service members feeling a sense of wonderment and satisfaction.

"I've seen something like this in Bagram, but something out

here, right along the border, right where the fight is, I have not seen it. This is pretty amazing," said Staff Sgt. Christopher Patchen, the chaplain assistant assigned to 1st Battalion, 501st Infantry (Airborne), hailing from Casper,

Wyo.

Patchen also spoke on his appreciation for the Soldiers who worked so hard to design the memorial and the great service it bestows on the Family members who have lost a Family member.

"The Soldiers who did this should be proud of themselves," Patchen said. "They did an awesome job. This is for everybody to see and just take a second to pause and think about the fallen. Think about their Families."

# Memorial: Plaque placed at site to honor Soldier's life

Continued from Page B1

being," said Staff Sgt. Deane Bostick, a flight medic who was with Cowdrey that night.

Cowdrey loaded the two most critically-wounded patients onto the Black Hawk, then asked for permission to go back and get more.

"Brian didn't have to go back," said Castronovo, "but leaving a wounded Soldier behind never crossed his mind."

"I was with Brian the night he left us," said Bostick. "The last thing I said to him was 'be safe,' and with a crooked smile he responded

with the same, and then he was all business."

On his way back with yet another patient, Cowdrey was struck by one of the low rotor blades, killing him instantly.

"A ground medic who witnessed the events told me 'as Brian moved to the aircraft with the third patient it appeared he pushed the patient to safety before being mortally wounded,'" said Bostick. "I would like to think that was the case; that his last act in life was to ensure the safety of another. That is who he was."

"Brian gave his life while in the service of others," said Castronovo to a crowd of com-

manders, MEDEVAC crew members and pilots collected in front of a sheet-draped memorial just off the main runway on Fenty. "He died doing what he loved most and I know in my heart that he wouldn't have wanted it any other way. Brian laid down his life out of love for his brothers."

To honor Cowdrey's life and sacrifices, the MEDEVAC crews serving with TF Saber in Jalalabad dedicated FOB Fenty's V.I.P. landing pad to Cowdrey, and marked the site with a memorial — a simple marble plaque atop a pedestal of concrete.

"I will never forget you, nor will any-

one else who was fortunate enough to have known you," said Bostick. "I am humbled to have known this man and think it only appropriate that here at Jalalabad Airfield the VIP pad be named in his honor, forever to be known as 'Cowdrey Pad.'"

"Sometimes, I think about how many lives Brian affected," said Castronovo. "I try to count how many mothers, fathers, sisters, and brothers can embrace their loved ones because of Brian's actions? How many Family trees will continue to grow because Brian saved lives? Brian's impact is immeasurable."

# Course: Material encompasses 2nd level of OES training

Continued from Page B1


branch of the U.S. Army Combined Arms Center at Fort Leavenworth, Kan., is charged with writing doctrine for the course. It will analyze the data from student feedback and tweak the course to standard, said Ernest.

"They will take the feedback from the pilots and use it to further refine the curriculum — to tailor the assignments as well as the blocks of instruction to meet the needs of the student," she said.

Ernest said that she expects the ALU pilot programs will yield to implementation some time in fiscal year 2013,

however, "the overall Army concept is to go to full implementation in 2015."

The Captains' Career Course is sequentially the second level of training in the OES, between the basic officer leader course and the intermediate level course, formerly the Command General and Staff Course for majors.




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# Be prepared!

## NOAA predicts a near-normal Atlantic hurricane season

National Oceanic and Atmospheric Administration  
Press Release

Conditions in the atmosphere and the ocean favor a near-normal hurricane season in the Atlantic Basin this season, NOAA announced May 24 from Miami at its Atlantic Oceanographic and Meteorological Laboratory, and home to the Hurricane Research Division.

For the entire six-month season, which begins Friday, NOAA's Climate Prediction Center says there's a 70 percent chance of nine to 15 named storms (with top winds of 39 mph or higher), of which four to eight will strengthen to a hurricane (with top winds of 74 mph or higher), and of those one to three will become major hurricanes (with top winds of 111 mph or higher, ranking Category 3, 4 or 5). Based on the period 1981-2010, an average season produces 12 named storms with six hurricanes, including three major hurricanes.

"NOAA's outlook predicts a less active season compared to recent years," said NOAA Administrator Jane Lubchenco, Ph.D. "But regardless of the outlook, it's

vital for anyone living or vacationing in hurricane-prone locations to be prepared. We have a stark reminder this year with the 20th anniversary of Hurricane Andrew."

Andrew, the Category 5 hurricane that devastated south Florida Aug. 24, 1992, was the first storm in a late-starting season that produced only six named storms.

Favoring storm development in 2012: the continuation of the overall conditions associated with the Atlantic high-activity era that began in 1995, in addition to near-average sea surface temperatures across much of the tropical Atlantic Ocean and Caribbean Sea, known as the Main Development Region. Two factors now in place that can limit storm development, if they persist, are: strong wind shear, which is hostile to hurricane formation in the Main Development Region, and cooler sea surface temperatures in the far eastern Atlantic.

"Another potentially competing climate factor would be El Niño if it develops by late summer to early fall. In that case, conditions could be less conducive for hurricane formation and intensification during the peak months (August-October) of the season, possibly shift-

ing the activity toward the lower end of the predicted range," said Gerry Bell, Ph.D., lead seasonal hurricane forecaster at NOAA's Climate Prediction Center.

"NOAA's improvement in monitoring and predicting hurricanes has been remarkable over the decades since Andrew, in large part because of our sustained commitment to research and better technology. But more work remains to unlock the secrets of hurricanes, especially in the area of rapid intensification and weakening of storms," said Lubchenco. "We're stepping up to meet this challenge through our Hurricane Forecast Improvement Project, which has already demonstrated exciting early progress toward improving storm intensity forecasts."

Lubchenco added that more accurate forecasts about a storm's intensity at landfall and extending the forecast period beyond five days will help America become a more Weather-Ready Nation.

In a more immediate example of research supporting

SEE NOAA, PAGE C5



Willie Worsham, Fort Rucker duty battle captain, shows how the IOC can track weather systems as far out as almost two weeks.

### Being ready beforehand critical when storms strike

From Staff Reports  
Fort Rucker Public Affairs

Surviving a hurricane starts months, sometimes years before the first rain-drop falls on your town.

It's all about preparation before the hurricane strikes, and the Federal Emergency Management Agency, Department of Homeland Security and the Fort Rucker Information Operations Center

have a few tips to help you prepare for a hurricane.

The first thing is to make plans to secure your property. Permanent storm shutters offer the best protection for windows. Windows are usually the most delicate part of the structure. Outside objects picked up by strong winds can break glass, creating dangerous airborne

SEE READY, PAGE C5

### Preparation, vigilance key when hurricanes hit

From Staff Reports  
Fort Rucker Public Affairs

When a hurricane is bearing down on the area, it is not exactly the ideal time for people to start figuring out what to do to stay safe.

People need to be prepared and have a plan before disaster strikes, according to Army Ready, Federal Emergency Management Agency, Department of Homeland Security and Fort Rucker Information Operations Center officials.

"This area will usually have warning before a hurricane makes landfall," said Willie Worsham, Fort Rucker duty battle captain, adding that the IOC tracks potential storms when they leave the coast of Africa heading west to Fort Rucker.

"Usually, when it comes off the coast of Africa, it takes almost two weeks before it hits the continental U.S.," he said.

But what do you do when a hurricane approaches?

Once word is received that a hurricane is approaching the area, the first step FEMA suggests is that people listen to the radio or watch television for the latest information on the storm. On post, Worsham said the IOC will put information up on Fort Rucker's Chan-

nel 6 and 1640 AM Radio when severe weather approaches.

Next, secure your home. Close storm shutters and secure outdoor objects. You don't want to find your lawn furniture gone after the hurricane, or worse yet find it inside your car. Bring inside any objects in your yard that you can.

If you are instructed to turn off your utilities, do so. Otherwise, turn your refrigerator down to the coldest setting and keep the door closed. The colder your food is, the longer it will last if the power goes out.

FEMA also suggests turning off propane tanks. A hurricane can pick up objects and move them. Shutting off your propane tank makes it a little safer, and make sure more than one person knows how to shut it off so you have some backup. Also, avoid using your phone unless it is an emergency. You don't want to overstress the system.

Moor your boat if you have the time. If your boat is parked on your property, secure it to the ground. Some boats can be filled with water to weigh them down.

Lastly, FEMA suggests you ensure a supply of water for sanitary purposes such as cleaning and flushing toilets.

SEE VIGILANCE, PAGE C5

Category	Sustained Winds	Types of Damage Due to Hurricane Winds
1	74-95 mph 64-82 kt 119-153 km/h	<b>Very dangerous winds will produce some damage:</b> Well-constructed frame homes could have damage to roof, shingles, vinyl siding and gutters. Large branches of trees will snap and shallowly rooted trees may be toppled. Extensive damage to power lines and poles likely will result in power outages that could last a few to several days.
2	96-110 mph 83-95 kt 154-177 km/h	<b>Extremely dangerous winds will cause extensive damage:</b> Well-constructed frame homes could sustain major roof and siding damage. Many shallowly rooted trees will be snapped or uprooted and block numerous roads. Near-total power loss is expected with outages that could last from several days to weeks.
3 (major)	111-129 mph 96-112 kt 178-208 km/h	<b>Devastating damage will occur:</b> Well-built framed homes may incur major damage or removal of roof decking and gable ends. Many trees will be snapped or uprooted, blocking numerous roads. Electricity and water will be unavailable for several days to weeks after the storm passes.
4 (major)	130-156 mph 113-136 kt 209-251 km/h	<b>Catastrophic damage will occur:</b> Well-built framed homes can sustain severe damage with loss of most of the roof structure and/or some exterior walls. Most trees will be snapped or uprooted and power poles downed. Fallen trees and power poles will isolate residential areas. Power outages will last weeks to possibly months. Most of the area will be uninhabitable for weeks or months.
5 (major)	157 mph or higher 137 kt or higher 252 km/h or higher	<b>Catastrophic damage will occur:</b> A high percentage of framed homes will be destroyed, with total roof failure and wall collapse. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months. Most of the area will be uninhabitable for weeks or months.

\* Source: National Hurricane Center, <http://www.nhc.noaa.gov/aboutsshws.php>



# ON POST

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

## Financial Readiness Training

Army Community Service offers Financial Readiness Training Friday 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.

## June EDGE! Programs

People can sign up their children now for June EDGE! Programs. EDGE! is open to youth ages 6–18 from 2–4 p.m. during the week. Activities include tubing, bowling, a book club, water basketball, and framing. Cost for ages 6–10 is \$5 per hour and the programs are free for ages 11–18. A valid child, youth and school services registration is required to participate. Enrollment for all EDGE! activities is at parent central services in Bldg. 5700, the Soldier Service Center, Rm. 193 or online at [webtrac.mwr.army.mil/webtrac/ruckercyms.html](http://webtrac.mwr.army.mil/webtrac/ruckercyms.html).

For more, call 255-0666 or 379-1363.

## Summer Reading Program

Registration continues for the Center Library's Summer Reading Program. The program is open to children in kindergarten through eighth grade and kicks off Monday 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.

## 2012 Army Arts and 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.

## Friday Steak, Lobster

Every Friday in June The Landing Zone offers its Steak & Lobster Special to the first 100 customers who visit 5-9 p.m. Patrons can enjoy an eight-ounce flat iron steak and lobster tail with fries for \$12 with



PHOTO BY NATHAN PFAU

## 3 Free Summer at Rucker Lanes

Between Friday and Aug. 1, Sundays through Fridays, children can bring an adult for the 3 Free Summer special at Rucker Lanes. The special offers up to three children, ages 12 and younger, 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.

the purchase of a beverage. Other side items are available, including a side salad for \$1. The offer is for dine-in customers only and cannot be combined with other offers or discounts.

For more, call 598-8025.

## Stress Management Workshop

Fort Rucker's Family Advocacy Program holds a Stress Management Workshop Wednesday from 9-11a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include identifying causes and symptoms of stress, learning techniques on how to manage stress and developing stress management plans. Registration is required. The workshop is open to active duty military, retired military, Department of Defense employees and Family members.

For child care information or to register, call 255-3898 or 255-9641.

## Mobile Dairy Classroom

The Center Library hosts the Southwest Dairy Farmers Mobile Dairy Classroom June 8 at 9 a.m. The free event helps people learn about the modern milking process, the characteristics and anatomy of a cow, the importance of healthy foods in their diet and food safety. The event also features a live cow milking demonstration.

For more, call 255-0891.

## Summer camp programs

Fort Rucker School Age Services and the Middle School and Teen Program offer summer camp programs for youth. To participate, youth must have completed enrollment requirements. Fees

are based on total Family income. Regularly scheduled camp activities include skating, technology lab, swimming, bowling, movies, reading, video games, and arts and crafts. There are also field trips.

People can call child, youth and schools services 255-9638 to ensure their children are registered. To enroll a child in a summer camp program, call 255-2147 or 255-9108.

## Story Time

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

For more, call 255-0891.

## Youth Skate Night

The youth center hosts two sessions of Skate Night every first and third Friday of the month. 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.

## Father's Day Craft Making Activity

The Center Library hosts a Father's Day Craft Making Activity for children ages 3–11 June 12 from 3:30–4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children.

For more information or to register, visit the Center Library or call 255-3885.

# DFMWR Spotlight



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The Landing Zone

## FORT RUCKER MOVIE SCHEDULE FOR MAY 31 - JUNE 3

THURSDAY, MAY 31

FRIDAY, JUNE 1

SATURDAY, JUNE 2

SUNDAY, JUNE 3

The Three Stooges (PG) .....7 p.m. The Cabin in the Woods (R) 7 p.m. The 5-Year Engagement (R) 7 p.m. The 5-Year Engagement (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.



# School’s out – stay safe this summer

By **Angela Williams**  
*Army Flier Staff Writer*

A kindergartener in a bright blue ice cream cone shirt sat in the nurse’s office at Fort Rucker Primary School and talked about her plans for the summer.

“I’m going to the pool!” Elly Hanks said with a grin. “And maybe eat some ice cream.”

But while Elly is splashing in the sun, she’s also going to drink water, wear sunglasses and apply some of the principles she and the other FRPS students have learned about summer safety.

In the weeks leading up to the end of school Friday, Debbie Doggett, the school nurse, dressed up as “Miss Cool” and sang a rap song she made up to teach the students about wearing sunscreen, staying hydrated, watching for snakes and insects, wearing bicycle helmets, and not talking to strangers.

“They get a kick out of that,” she said. “They’re pretty good at remembering things.”

Claire Cohen remembers to call 911 to reach the “ambulance, the fire truck, and

the police” if there is an emergency. Nate Smith remembers to wear a helmet when he rides a bicycle so he doesn’t hurt his head and Hunter Wade remembers to wear tennis shoes, and watch for ants and snakes.

“If you don’t wear sunscreen when you know you’re going to be outside for a very long time or if you’re at the pool, at the beach or an indoor pool, you’ll get sunburn,” explained Adara Noble, a first-grader.

“And you have water in your body and if you’re running, all the water falls out,” Nate added excitedly. When you stop running, you need to put more water in it so you can be hydrated.”

Doggett said she is impressed by what the students remembered, but she also hopes parents remember to reapply sunscreen.

“You’ll have children come in with some really bad burns,” she said. “It’s not because the parents didn’t put the sunscreen on, but they put it on one time and forgot to reapply.”

Parents should be applying sunscreen every half-hour, she said, adding that if you wait until a child looks burned, it’s too

late.

Students aren’t the only ones getting ready for summer, as Fort Rucker police are preparing to be more active in post neighborhoods, according to Marcel J. Dumais, Directorate of Public Safety Department of the Army Civilian Police Chief.

“When school lets out, we’re going to be more critical about enforcing the traffic and speed limitations in the housing areas,” he said. “Knowing that children are out and about, we ask that people pay particular attention when passing parked vehicles on the side of the roads – those hazards where children could potentially dart out into the road.”

Dumais said the posted speed limit is 20 mph in neighborhoods and 10 mph in parking lots, but that doesn’t mean drivers have to go that fast.

“You need to go the speed that’s safe or prudent for the conditions,” he said.

Peggy Contreras, crime analyst and community police supervisor, said one of her big concerns for the summer is the heat. She advises parents to be aware of the temperature and keep children hydrated.

“It’s extremely hot,” she said, so parents

should never leave children or pets in the car.

Some other summer safety concerns are water safety and medical needs, she said.

“When you’re at the community center pools, a lot of times you’re talking with your friends and neighbors, but just be aware of the kids,” she said. “There should be lifeguards, but don’t leave the total responsibility with the lifeguard.”

Also, be sure a neighbor or child care provider is aware of any medications or allergies, she said. Make sure they know where the medications are kept and have emergency contact information.

Since many children will be at home during the day, Contreras also said parents should discuss situations like opening the door or talking to someone who stops in front of the house.

Children should not open the door or go to the street to answer questions, she said.

“I think the main thing is staying focused on safety throughout the summer,” said Dumais. “That includes a myriad of things but from my point of view, everything on the roadway is a potential hazard. I just want people to be aware of that.”

## DARE program teaches students to stay drug free

By **Angela Williams**  
*Army Flier Staff Writer*

Behind all the big smiles, fun songs and entertaining dances at Fort Rucker Elementary School’s Drug Abuse Resistance Education graduation May 16, there were serious lessons about drug abuse, peer pressure and violence.

Each of the fifth-graders receiving certificates during the ceremony completed the 10-week DARE curriculum, taught by Sgt. Zeyna Jimenez, about the dangers of drug and alcohol abuse and how to respond with confidence when pressured to use a dangerous substance.

“It was very exciting,” said Collin Irwin, one of the students who graduated. “I wasn’t nervous. I was smiling. I was happy. I’m glad I got to sing. I’m glad I got to go up. It was a good time.”

Irwin said the program taught him about how smoking, illegal drugs and alcohol can affect a person’s body and get them into bad situations.

“It can hurt your body when you grow up or when you have kids,” he said.

Jimenez said during the class she talked about drugs, alcohol, inhalants, and even prescription drugs. The students also discussed how to deal with peer pressure and how to say “no” to someone who offers them drugs.

“It’s important for the kids to know what’s out there, and that they understand what’s good for them and what’s bad for them,” she said. “If people try to get them to use drugs, which is really not good, they will know it is a danger to their health.”

The DARE program is a cooperative effort between the police, the school and parents, explained Peggy Contreras, crime analyst and community police supervisor. The graduation ceremony is an important part of the curriculum because the students get to be recognized by their friends and Family.

During the ceremony, the students wore matching DARE T-shirts and sang several songs about the commitment to stay drug free. The lyrics emphasized the importance of standing strong, talking through situations and depending on others for support. One song told the story of a friend who had given in to peer pressure and was found smoking at school.

Marcel J. Dumais, Directorate of Public Safety Department of the Army Civilian Police chief, made an unscheduled visit to the ceremony to thank the children, Fami-



Sgt. Zeyna Jimenez poses for a photo with some of the DARE graduates.

lies and teachers for their involvement in the program.

“I have the opportunity everyday to see the effects of drugs and alcohol on people in their daily lives — how it impacts Families, how it impacts marriages, how it impacts individuals and how it impacts the community,” he said. “I will say this: There is nothing positive about it. Everything I see is negative.”

He asked that the children continue in what they had learned through the DARE program by making good choices and continuing to be drug free.

“I consider the DARE program to be an important program because it is one of the first times students are exposed to this information – about how to resist drugs and how to make good, informed decisions,” he said. “It helps us to get that information to the children at this young age so we can help to develop good, sound judgment techniques.”

It’s important for the students to learn early, added Jimenez, because some of the students already have some information about drugs and alcohol, but they don’t really know what’s going on.

“This will answer all their questions,” she said.

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BUILDING 109

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

### MAIN POST CHAPEL, BUILDING 8940

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

### WINGS CHAPEL, BUILDING 6036

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

### SPIRITUAL LIFE CENTER, BUILDING 8939

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

### BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study, Yano Hall, Wednesday 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

## Church Directory

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

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www.centerpointag.org  
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5:45 pm  
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# National parks make great Family getaways

By Lisa Daniel  
*American Forces Press Service*

Ask people what their all-time favorite Family vacation has been and chances are good national parks will be in most of the answers.

I don't have any science to back that up, but I have been struck by the number of people who recollect their best memories of Family bonding in places like Yellowstone, Yosemite and the Grand Canyon.

Somehow, even traveling for hours in a cramped car with cranky kids seems to vanish from the memories of those who have experienced America's most magnificent places.

From the peaks of Alaska's Denali to the lowlands of Florida's Everglades, the National Park Service's 397 national parks and many thousands of historical and archaeological sites and wetlands were each brought into the federal system because they are the best of the best — those places deemed worthy of protecting for everyone to see.

That's exactly what Interior Secretary Ken Salazar had in mind when he announced recently that the \$80 annual pass for all the national parks and public lands will be waived for active-duty military members and their dependents — the offer started May 19, Armed Forces Day.

Salazar said he hopes military members and their Families will visit the

parks and public lands for fun, rest and relaxation, Family bonding, and to experience those places America holds dear. As the Interior secretary said, these are "the very places they not only defend, but that they own."

The World War II generation had a close connection to the parks, National Park Service Director John Jarvis said, because some military training was done there — such as when the 10th Mountain Division trained on Mount Ranier in Washington — and some places were reserved for a time only for returning service members and their Families. Also, the federal government then made a push to improve the parks and add infrastructure for the returning warriors.

"If you talk to folks of that generation, they came back, had kids, got in the station wagon, and did the national park tours," Jarvis said.

Officials hope today's generation of troops and Families make the same connections. And with national parks — 84 million acres of land and 4.5 million acres of oceans, lakes and reservoirs — in every state except Delaware, many are just a day trip, or less, away.

So, why wait? Play hooky on your Saturday chores, let the kids miss soccer practice, pry the electronics out of their hands, and hop in the SUV. Those mountain trails, battlefields, nature preserves and historic homes are just around the corner.



PHOTO BY LISA DANIEL

Great Falls National Park, Va., is one of 327 parks in the National Park Service system.

## WIREFLIER 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.

**ONGOING** — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30 p.m. to 9 p.m.

The organization also has a dance, with live music, every Saturday from 7:30 p.m. to 11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students.

For more information, call 222-7131 or visit [www.andalusialeionpost80.org](http://www.andalusialeionpost80.org).

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall.

For more information, call 222-7131 or visit [www.andalusialeionpost80.org](http://www.andalusialeionpost80.org).

### 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

**JUNE 7** — Children ages 6-13 have the chance to learn more about football from the Troy Trojans head football coach during the annual Larry Blakeney Troy University Football Camp at Rip Hewes Stadium in Dothan. Blakeney and his staff will help participants

improve skills including running, passing, pass protection and zone coverage during the one-day camp. The morning session, designed for children ages 6-9, runs from 8-11:30 a.m. The afternoon session, for children 10-13, is set for 1-4 p.m. The cost for each camper is \$25. A photo and camp T-shirt are included. For registration information, contact Gayla White at 983-6556, Ext. 1-377, or [gmwhite@troy.edu](mailto:gmwhite@troy.edu).

**JUNE 9** — The American Legion Riders of Post 12 in Dothan are hosting their second annual "Flag Day Ride." This year, the ride will leave the Houston County Farm Center at 9 a.m. and make an 80- to 85-mile scenic country ride. At the conclusion of the ride there will be vendors and entertainment at the Farm Center. There are still some vendor spaces available as well as full hook-up RV spaces. The ride is free and will visit the communities of Rehobeth, Taylor, Pinckard, Newton, Midland City, Headland, Kinsey, and Webb. More than 300 bikes are expected. For more information, call 400-5356.

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

### ENTERPRISE

**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

**ONGOING** — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station. The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs and other veteran services. All veteran services provided are free of charge. For more information, please call Chuck Lobdell at 334-718-5707.

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

### OZARK

**NOW THROUGH JUNE 23** — The Dale County Council of Arts and Humanities hosts 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 DCCAH and \$30 for members of DCCAH for the first entry, and \$5 for each additional entry, up to three total entries. Monetary awards will offered for the top three entries.

For questions or additional information, call DCCAH President Elizabeth Babine at 774-7145.

### PINCKARD

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

### SAMSON

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

### TROY

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments. For more information, call Janet Motes at 808-8500.

### VARIOUS LOCATIONS

**MONDAY THROUGH JULY 27** — The Wiregrass Tennis Association will be offering eight weeks of free tennis lessons in Enterprise, Eufaula, Ozark and Troy on different days throughout the week. For more information or to register for the free lessons, call 439-1128 or visit [www.wiregrasstennisassociation.com/CommunityRelations.html](http://www.wiregrasstennisassociation.com/CommunityRelations.html).

## Beyond Briefs

### 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 with local bands and a movie at dusk. The market will be held: Friday; June 8, 15, 22, 29, and July 6.

### Gulf Coast Pirate Festival

This two-day festival, June 9-10 at the Pensacola Interstate Fairgrounds, will feature live cannon fire, fierce battles, mermaids, pirate dancers, pirate music, pirate games, fire shows and pirate crews from across the Gulf Coast. The event will also include food, shopping, carnival and inflatable rides, costume contests, pony and camel rides, and an exotic petting zoo. Admission is \$10 for adults and \$5 for children under 12. For more information, call (850) 429-8462.

### Hot Air Balloon Festival

Friday and Saturday, the city of Valley and the Valley Historic Preservation Council will host the area's first-ever Hot Air Balloon Festival. This weekend event will kickoff with a balloon glow on Friday and the balloon launch will follow on Saturday. For more information on the Hot Air Balloon Festival, contact Martha Cato at 756-5228 or visit [www.cityofvalley.com](http://www.cityofvalley.com).

### ArchiTreats Lecture

The Alabama Department of Archives and History in Montgomery hosts ArchiTreats lectures on the third Thursday each month. The next lecture will be held June 21 from noon to 1 p.m. and is entitled "History of Automobile License Plates in Alabama." For more information, call 353-4726 or visit [www.archives.alabama.gov](http://www.archives.alabama.gov).

### World's Widest Yard Sale

From Phenix City, follow U.S. Hwy. 80 West throughout Alabama's Black Belt region for the first-ever World's

Widest Yard Sale, today through Saturday, featuring more than 350 miles of bargains. Look for an abundance of antiques, collectibles, one-of-a-kind treasures, arts and crafts, food, and other items from vendors in designated Black Belt counties and small towns. Organized by the Alabama Rural Development Office/ Black Belt Commission's Marketing and Tourism Committee, this backroads tour will provide visitors with three days of adventure, combining people's love of treasure hunting with the many historical and cultural amenities found along the route.

For more information, visit [www.widestyardsale.com](http://www.widestyardsale.com).

### Annual summer open house

Historic Pensacola Village consists of 20 properties in the Pensacola National Register Historic District. Ten of these properties will be open to the public Saturday from 10 a.m. to 4 p.m. The free open house will feature tours, kids activities and living history interpretation throughout the day. Tours of the 1805 Lavalle House, the 1871 Clara Barkley Dorr House and the 1890 Lear-Rocheblave House will be offered every 30 minutes.



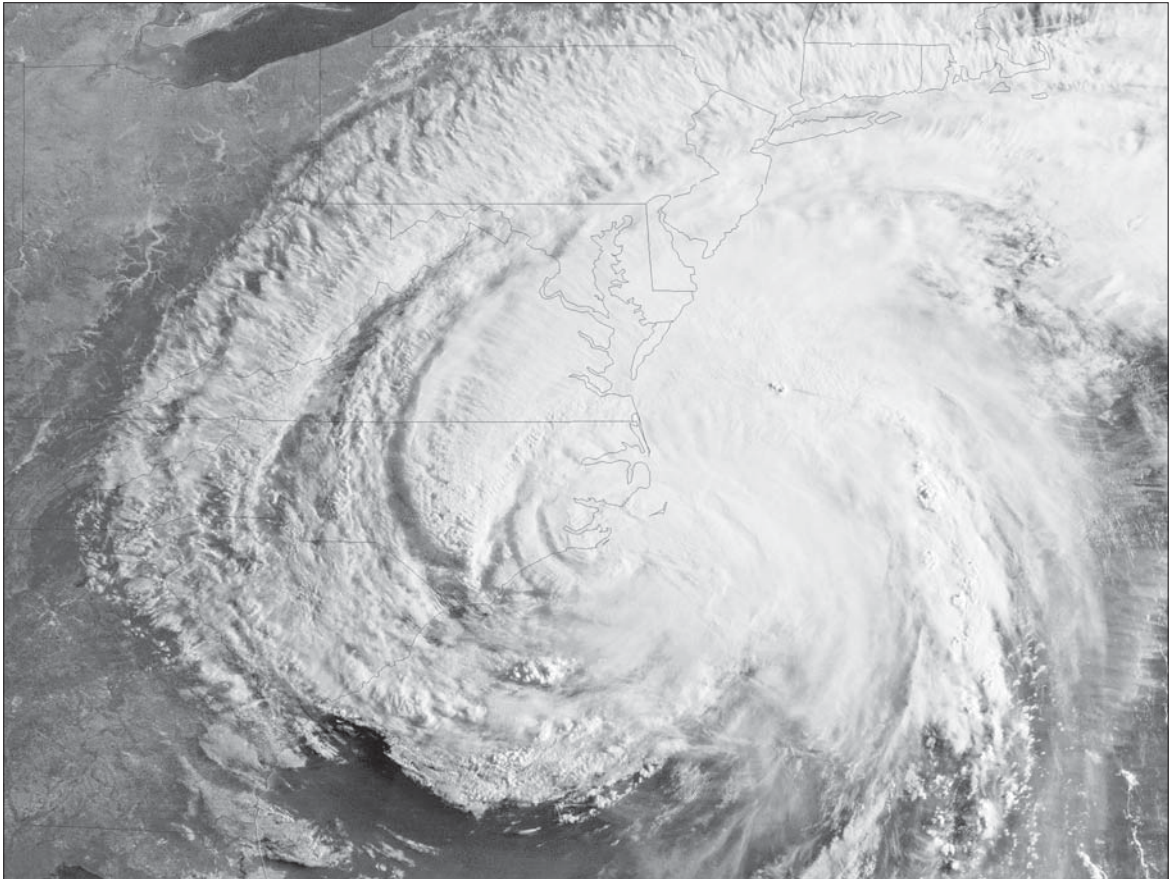
# NOAA: This week focuses on hurricane preparedness

Continued from Page C1

hurricane forecasting, NOAA this season is introducing enhancements to two of the computer models available to hurricane forecasters - the Hurricane Weather Research and Forecasting and the Geophysical Fluid Dynamics Laboratory models. The HWRF model has been upgraded with a higher resolution and improved atmospheric physics. This latest version has demonstrated a 20 to 25 percent improvement in track forecasts and a 15 percent improvement in intensity forecasts relative to the previous version while also showing improvement in the representation of storm structure and size. Improvements to the GFDL model for 2012 include physics upgrades that are expected to reduce or eliminate a high bias in the model's intensity forecasts.

The seasonal outlook does not predict how many storms will hit land. Forecasts for individual storms and their impacts are provided by NOAA's National Hurricane Center, which continuously monitors the tropics for storm development and tracking throughout the season using an array of tools including satellites, advance computer modeling, hurricane hunter aircraft, and land- and ocean-based observations sources such as radars and buoys.

This week is national Hurricane Preparedness Week. To help prepare residents of hurricane-prone



A satellite image of Hurricane Irene, which struck the east coast during the 2011 hurricane season.

areas, video and audio public service announcements featuring NOAA hurricane experts and the FEMA administrator are available in both English and Spanish.

“Every hurricane season we ask Families, communities, and businesses to ensure they are prepared and visit [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes),” said Tim Manning, FEMA deputy administrator for protection and national preparedness. “Being prepared includes developing a Family emergency plan, putting an emergency kit

together or updating your existing kit, keeping important papers and valuables in a safe place, and getting involved to ensure your community is ready.”

## Ready: Everyone should keep emergency bag inside safe room

Continued from Page C1

debris inside your home. If you have shutters on your house, try to close them. There are decorative shutters on the market that will do you no good in a severe storm.

Tape will not prevent windows from breaking. If you do not have shutters, a second option is to board up windows with 5/8" marine plywood. Like all these tips, this is something that has to be ready once the storm arrives. It's too late to head to the lumber store when a hurricane warning is issued. Get the wood, cut it to fit, and store it out of the way just in case.

FEMA also suggests installing straps or additional clips to securely fasten your roof

to the frame structure. This will reduce roof damage. A strong roof will also protect you from other types of severe weather.

Be sure to maintain your yard. That limb that fell this spring could become a wrecking ball if picked up by 150 mph winds. Also, trim the branches on all your trees and shrubs. Gutters and downspouts are there to keep water from pooling around your home. Keep them clear of clogs and flowing well.

That fishing boat looks heavy to you, but to a hurricane it looks like a toy to be tossed around like a beach ball. Make sure you have adequate straps and ropes to tie down outside objects if a hurricane is approaching.

The last FEMA recommendation is to build a safe room. A safe room does not have to be expensive or something you designed your house around. A safe room can be as simple as a central closet in your home that you install a lock on the inside. Practice getting to the safe room with your Family until everyone knows how to get there in the dark. Think about what you may need after the storm and put it in a bag inside the closet. An old pair of shoes might become priceless to you after rushing to your safe room barefoot and in your pajamas.

Willie Worsham, Fort Rucker duty battle captain, suggests everyone have an emergency bag in your safe room.

“Your kit needs to contain a battery-operated radio, a weather radio, flashlight, clean water and something to eat,” he said. A good source for the contents of a kit can be found at <http://www.ready.gov/build-a-kit>.

Worsham added that Fort Rucker will broadcast information for the installation on 1640 AM Radio in case of a disaster.

Worsham further advised everyone in the Fort Rucker area to visit [www.ready.army.mil](http://www.ready.army.mil) to learn more on how to prepare for a weather disaster and to sign up for the free notification service CodeRED at [www.rucker.army.mil](http://www.rucker.army.mil).

“Army Ready is an excellent program,” he said. “It gives you tips on what to do in an emergency.”

## Vigilance: Always remain indoors during hurricane emergencies

Continued from Page C1

You can fill a bathtub full of water and have many gallons to use until utilities are restored.

As for when you should evacuate your home, FEMA says you should if you are directed to do so by local authorities. Follow their instructions and don't try to second guess them.

Also, if you think your structure will not survive a hurricane, you should find a safer place. Mobile homes, temporary structures and camping shelters are particularly hazardous during hurricanes no matter how well they are fastened to the ground.

Hurricane winds are stronger at higher elevations, so if you are in a high-rise building and can safely move, you should do so. If you are on a coast, on a floodplain, near a river, or on an inland waterway, you should get to a safer location.

FEMA says, if you feel you are in danger, get to a better location. However, if the hurricane is close and you can't safely get away, then you have to make the place you are safer.

Get to your safe room if you are at home, but if you don't have one FEMA has tips for you.

The most important thing is to stay indoors during the hurricane, and away from windows and glass doors.

Close all interior doors and secure or brace exterior doors. Keep curtains and blinds closed, and don't be fooled by the “eye” of the storm. As the center of a hurricane passes over you, things may calm down. Stay where you are, this calm won't last.

Staying outside is a big time no-no. The best rooms to take refuge in are small interior rooms like a closet or hallway that is on the lowest level of the building. Lie on the floor if you can, or under a table or other sturdy object.

In the end, staying calm and making good decisions is the most important thing. It only takes one bad decision to turn an exciting story into a tragic one.

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# Free museum program honors service members, Families

By Lisa Daniel  
*American Forces Press Service*

WASHINGTON — Service members and their Families will have free entry into more than 1,600 of the nation’s museums this summer through a joint venture between the National Endowment for the Arts and Blue Star Families.

It is the third year for the summer admission-fee waivers, which representatives from the endowment and the military support organization announced yesterday at the Metropolitan Museum of Art in New York City.

The program began with about 600 participating museums in 2009 and its fast growth has been exciting, Rocco Landesman, chairman of the endowment said.

“It was really our idea along with Blue Star Families to give back to active-duty service members who defend this country and sacrifice every day, along with their Families,” Landesman said. “This is a way for museums to say ‘thank you,’ and also a way for them to build their partnership with the Department of Defense.”

Landesman said he hopes that partnership will continue to grow and offer more of the arts to military Families.

The free-admission program, known as Blue Star Museums, also “builds an audience of the future” for museums, Landesman said.

“Early exposure [to museums and art] is a critical element for building future exposure in the arts,” he said.

More than 300,000 service members and their Families took part in the program last summer, Landesman said.

Participating museums, including many children’s museums, can be found in every state, he said, noting the program is ideal for service members and their Families seeking entertainment on a limited budget.

Participating museums underwrite the waived fees,

Landesman said, and it is unclear how much money they lose. Museum entrance fees range from more than \$25, to some that have only nominal fees with suggested donations, he said. In those cases, he said, service members “could go in without paying, but I think they feel more welcome by knowing the fee is waived for them.”

Service members can simply show up at a participating museum with their military identification card, and spouses may visit without the service member provided they show their ID card.

Here’s a snapshot of museum offerings:

- The Wing Luke Museum of the Asian Pacific American Experience in Seattle’s Chinatown is a Smithsonian affiliate that claims the nation’s only museum devoted to the Asian Pacific American experience.
- Reiff’s Gas Station Museum in Woodland, Calif., is a circa 1950s gas station complete with antique gas pumps, a vintage tow truck, gas station signage and diner memorabilia.
- Napa Valley Museum in Yountville, Calif., offers all the flavor of the valley, from wine tastings and tours to explorations of the region’s history, culture and arts. Family Fun Days are held the second Saturday of each month and reservations are recommended.
- The World Figure Skating Museum and Hall of Fame in Colorado Springs, Colo., honors the world’s greatest skaters, from Dick Button and Scott Hamilton to Ekaterina Gordeeva and Sergei Grinkov.
- The American Quarter Horse Hall of Fame in Amarillo, Texas, showcases the western lifestyle and art, along with all things quarter horses.
- The Lucy Craft Laney Museum of Black History in Columbus, Ga., which honors the 19th-century educator and other African American heroes from Georgia.

- The Merry-Go-Round Museum in Sandusky, Ohio, displays original carousel animals dating from 1895 to the present.
- Cooperstown, N.Y., hosts The Farmer’s Museum with its 19th-century village and surrounding farm animals, toys and foods, and The Fenimore Art Museum, on the shores of Otsego Lake, which includes an array of American landscape, history and genre paintings, American folk art, photography and American Indian art.

Stephanie Himmel-Nelson, a spokeswoman for Blue Star Families, said the organization started the program with NEA based on feedback from its annual military Family surveys.

“We found that military Families are really concerned about the up tempo they are facing and the effect on their children,” she said. “We teamed up with the National Endowment with the hope that this would give military Families the opportunity to bond, to reconnect, to spend a little more time together, to be part of something bigger than themselves and help ground them.”

The program has become one of Blue Star Families’ most popular, Himmel-Nelson said.

“We hear from Families that they’ve made this part of their annual routine,” she said. “It’s part of their annual battle rhythm as they travel across the country, either relocating or visiting family, that they work in visiting the museums.”

The program is open to active duty military, and Guard and Reserve members.

For more information or to locate a participating museum, go to [www.bluestarmuseums.org](http://www.bluestarmuseums.org).



PHOTO BY NATHAN PFALZ

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MAY 31, 2012



PHOTO BY JIM HUGHES

Participants head out for the bike portion of last year's Audie Murphy Triathlon. The Directorate of Family, Morale, Welfare and Recreation hosts the Army Strong Triathlon June 16 at 7 a.m. at West Beach, Lake Tholocco.

## Triathlon provides endurance fitness

By Nathan Pfau  
*Army Flier Staff Writer*

Fort Rucker offers a wide variety of fitness training from aerobic workouts and weight lifting at the physical fitness facilities, to running and biking on one of many trails on the installation, but also takes it a step further with activities that are more demanding than traditional exercise.

The Army Strong Triathlon gives people a chance to be involved in the ultimate endurance activity, said Jon Cole, aquatics manager at the Fort Rucker Physical Fitness Facility.

"On a military installation, fitness is huge," said Cole. "There are a lot of different types of fitness, but a lot of military personnel are into endurance sports and triathlons are the king of endurance sports."

Cole said that triathlons are a perfect way for people that are already involved in biking, running or swimming to "take it to the next step."

The Army Strong Triathlon is a sprint triathlon and will begin at 7 a.m. June 16 at West Beach at Lake Tholocco. Cole said sprint triathlons are not as demanding as Olympic-style or Iron Man triathlon competitions that have set distances, but are a great way for people to get started in endurance sports.

"It's a great way to get people involved

that might not yet have the endurance to compete in a full triathlon," he said. "[The triathlon] is also a great thing for people to say they did — it's an accomplishment."

The competition will start with a 400-meter swim in Lake Tholocco, followed by a 10.6-mile, out-and-back bike ride, and end with a 5k out-and-back run, added Cole.

People can compete as individuals or on relay teams of no more than three people, according to Kristi Fink, fitness programs manager for Fortenberry-Colton Physical Fitness Facility.

Registration for the triathlon has already begun and people can register at either fitness facility up to the day of the competition, she said, adding that registration can also be done the day of the race from 5:30–6:30 a.m.

Early registration for the triathlon can be done by June 9 with a cost of \$40 for individuals and \$70 for teams and will increase to \$50 and \$80 respectively afterward, said Fink.

"T-shirts will be given to those that register but will only be guaranteed for those that register by June 9," she added.

Trophies will be awarded to the top winners in different age groups and the top three relay teams, said the fitness programs manager, as well as cash prizes to the top overall finishers and relay team.

A triathlon workshop is being offered at Flynn Pool for authorized patrons to help people train and get ready for the Army strong triathlon, said Cole.

The workshop will be June 2 from 11 a.m. to 2 p.m. and go over all the basics of each event of a triathlon and teach people what they can do to get a better result, said Cole, adding that the workshop will focus a lot on the swimming portion of the event.

"The swim is the area where people need the most training, so we'll spend an hour [or more] in the pool," he said.

Cole will also teach people about transition times and said it's important to cut out time during the transitions from one event to the next in order to have a better overall result.

"People that are doing a triathlon for the first time have no idea that they should be transitioning as fast as possible," said Cole. "They'll take five minutes to transition when it should really be taking two, which cuts into the race time."

The remainder of the time will be spent going over the bike training and running, during which Cole will teach people on proper posture while riding and running; proper hand positioning on the bikes; and proper breathing habits.

People have the least amount of trouble training for running, said the aquatics

manager, but usually aren't prepared when they get to the run, which is the last event of the race.

"When you're doing distance running, especially after you've swam and ridden a bike, your body is tired," he said, "We'll go over how to run and make sure that people aren't over extending their stride and wasting energy."

Flynn Pool is also available Mondays-Fridays from 11 a.m. to 5 p.m. to those that wish to do individual training for triathlons in their own spare time, said Cole.

"There is a notebook at the pool available for those that want to train that contains different swim workouts and some workouts that are triathlon specific," he said. There will also be a sign-up book that people can put their email addresses to be added onto a distribution list for people that might want to get together and do group training on weekends, added Cole.

Packets will be available to people that will offer race tips and inform people on common disqualifications and regulations for triathlons, said Cole, adding that the Army Strong triathlon won't be strict on the regulations, but he wants people to be well informed of the regulations if they wish to compete seriously in the future.

For more information on the triathlon, call 255-0308, and for more information on the triathlon workshop, call 255-9162.

## Paintball offers stress relief, builds teamwork

By Nathan Pfau  
*Army Flier Staff Writer*

While physical fitness opportunities abound at the post, there is also blasting friends, coworkers and family with paint to get the adrenaline flowing and the blood pumping with excitement.

Outdoor recreation teamed up with Dothan Survival Sports to bring the sport of paintball to West Beach at Lake Tholocco as a way for Soldiers, Families and the local community to relieve stress and teach people to work together in an environment they might not be used to, according to John O. Clancy, outdoor recreation and Lake Tholocco lodging program manager.

"Paintballing is a good way ... to teach people to organize, build team work, get good exercise and [open them up] to many more learning experiences," he said.

There are three different fields for people to play on the west side of Lake Tholocco: two of the fields are wooded courses and one, the Levee Field, is located near the spillway, said Clancy.

Offering the games on the installation saves people that are



FILE PHOTO

Jesus Figueroa, military Family member, fires at an opposing team member last year at the Dothan Survival Games paintball field at Lake Tholocco's West Beach.

interested in paintball from having to travel more than 25 miles to the nearest paintball range, said the outdoor recreation manager.

The games consist of three

to seven players per team with people spread out across three different positions; front, middle and back, according to Clancy.

The front position is usually

the position assigned to the most agile of players so that he or she can work his or her way to the bunkers that are furthest from the starting area — deeper into enemy territory, he said.

"A 'front man' doesn't fire off the break, he simply runs and dives for the farthest position," said Clancy. "There are typically no more than two front players on a team and front [players usually] shoo the most players and use the least amount of paint since they have the most advantageous angles."

The mid position, which is considered one of the most difficult of positions to play, is where a player is assigned to bunkers between the front and back players, said the outdoor recreation manager, adding that the mid player has to be a "Jack-of-all-trades."

"A mid player can fire while moving, jump into the snake and make lanes," he said.

Back position players are no less important than the other two positions as they are responsible for suppressing the opposing team off the start as the mid and front players move into position. "Back players sometimes car-

ry as much as a case of paint in their pod packs so they can consistently lay down suppressing fire," said Clancy.

No matter the position played, the team has to use teamwork in order to overcome the opposition and claim victory, he said.

The paintball fields are open on Saturdays from 10 a.m. to 5 p.m. and Sundays from 1 - 5 p.m. People can also play Mondays-Fridays, but by reservation only, said Clancy.

The cost for play is \$25 per person or \$20 per person with a group of 10 or more and the games include all-day field usage, equipment, unlimited CO2 and 100 paintballs.

Safety is a major concern for outdoor recreation and is taken seriously as staff briefs all patrons of all rules and regulations before any games are played, said the outdoor recreation manager.

"We make sure that all the fields are maintained, the staff is properly trained and referees are provided," he said. "Both Dothan Survival Games and outdoor recreation play a major role in emphasizing safety."

For more information, call 255-4305



# DOWN TIME



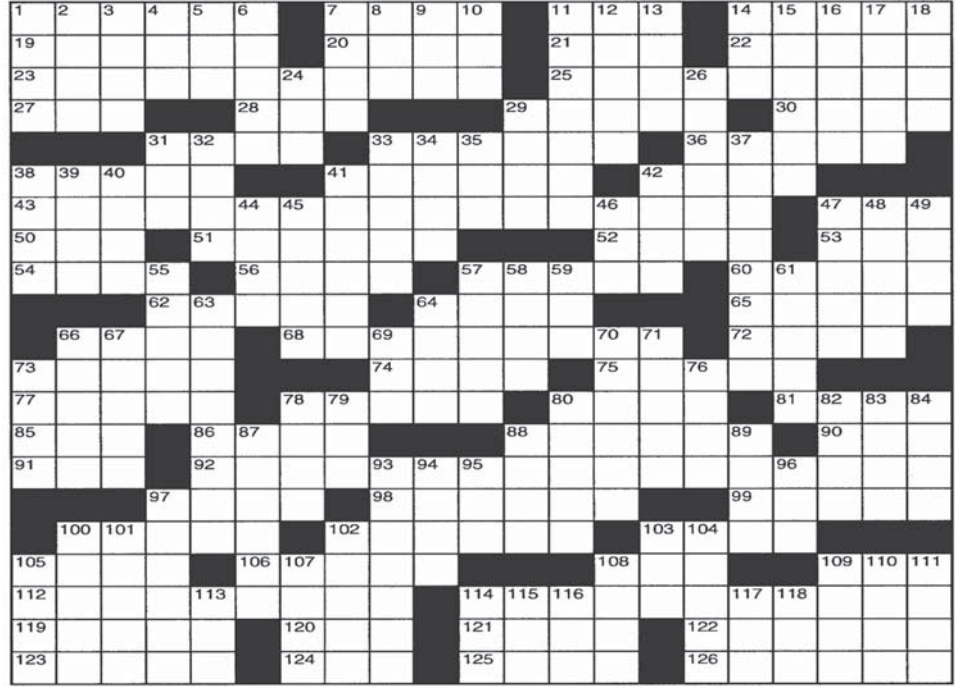
## TRIVIA

1. INVENTIONS: Who developed the process of pasteurization?
2. FOOD & DRINK: What is the liquor cassis made from?
3. POP CULTURE: When was the Pillsbury Doughboy introduced in TV ads?
4. ASTRONOMY: What is a "maria"?
5. GEOGRAPHY: What is the capital of South Dakota?
6. LITERATURE: The 2004 movie "Christmas with the Kranks" was based on which novel?
7. MOVIES: Who was the first black man to win an Oscar?
8. ROYALTY: What is Prince Andrew's official title?
9. SPORTS PERSONALITIES: What was the boxing champion Muhammad Ali's original name?
10. U.S. PRESIDENTS: What kind of dog did President Bill Clinton and his family have?

See Page D3 for this week's answers.

## Super Crossword

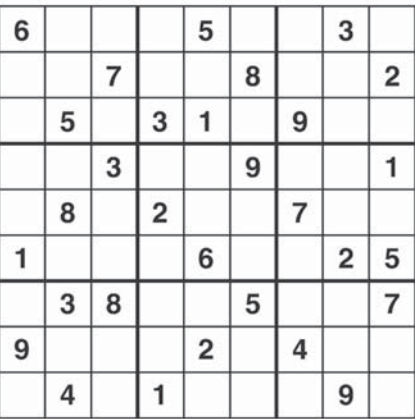
- ACROSS**
- 1 '84 Daryl Hannah film
  - 7 Belfry sound
  - 11 Poetic monogram
  - 14 Little rascal
  - 19 Bunch of ballplayers
  - 20 Fairy-tale fiend
  - 21 Spring mo.
  - 22 Forbidden
  - 23 Start of a remark by 114 Across
  - 25 Teddy-bear president
  - 27 Tut's relative
  - 28 Ganesh or Hanuman
  - 29 That's the spirit
  - 30 Building wings
  - 31 Level
  - 33 Actress Welch
  - 36 With 51 Across, "Wuthering Heights" author
  - 38 Face lift?
  - 41 Anchored
  - 42 Hot spot?
  - 43 Part 2 of remark
  - 47 Aries animal
  - 50 Important numero
  - 51 See 36 Across
- DOWN**
- 2 "— look at me!"
  - 53 Distinctive period
  - 54 Irving character
  - 56 Hotels
  - 57 Prepare the Parmesan
  - 60 Toil
  - 62 Dwelling
  - 64 Trim a photo
  - 65 Rotund
  - 66 Vittle
  - 68 He's got plans for you
  - 72 Skilled
  - 73 Pick-me-up
  - 74 Sheet of stamps
  - 75 Big name in kids' music
  - 77 TV's "Starsky and"
  - 78 Get on
  - 80 Cougar
  - 81 Viscount's superior
  - 85 Put into service
  - 86 Partially open
  - 88 "Summer —" ('72 hit)
  - 90 Mauna —
  - 91 Augsburg article
  - 92 End of remark
  - 97 Wise guy?
  - 98 Bother
  - 99 Like Hawaiian shirts
  - 100 Wails
  - 102 Vicar's assistant
  - 103 Bend
  - 105 Saucy
  - 106 It gets squirreled away
  - 108 Beastly place?
  - 109 Jacket info
  - 112 Gardener's friend
  - 114 Speaker of remark
  - 119 "— Gay"
  - 120 Khan opener?
  - 121 Kind of roast
  - 122 He's left holding the bag
  - 123 Enticed
  - 124 Pewter base
  - 125 Cunning
  - 126 Layers
  - 1 "The — and I" ('47 film)
  - 9 Word with folk or fine
  - 10 Tenor
  - 11 Durham denizen
  - 12 Bobbin
  - 13 Cupid, in Corinth
  - 14 Sault — Marie, MI
  - 15 Collapse
  - 16 Ring — (seem familiar)
  - 17 Aquarium fish
  - 18 Saucepans
  - 24 Charged atom
  - 26 Witty Wright
  - 29 Spiritual guide
  - 31 Lilly of pharmacu-
  - 32 Do or die?
  - 33 Takes a break
  - 34 Exercise aftermath
  - 35 Status —
  - 37 Diner fare
  - 38 Self-important
  - 39 Blabby bird
  - 40 Borodin's "Prince —"
  - 41 Sermon subject
  - 42 Woodwind instrument
  - 44 The Furies, e.g.
  - 45 Toyota competitor
  - 46 Banned pesticide
  - 47 Dely a dictator
  - 48 Faced the day
  - 49 Stallion's sweetheart
  - 55 Lose control
  - 57 Pulverize
  - 58 Learning method
  - 59 Mimic
  - 61 Activist Hoffman
  - 63 15th president
  - 64 Burn a bit
  - 66 Animal that roared?
  - 67 Log
  - 69 Pocket protector?
  - 70 Altar vessels
  - 71 He keeps lions in line
  - 73 Heavy blow
  - 76 Disconcert
  - 78 Bete noire
  - 79 Nev. neighbor
  - 80 Novel language?
  - 82 Baseball family name
  - 83 Crucifix
  - 84 Tramp's tootsie
  - 87 Pieceful pursuit?
  - 88 Gravy vessel
  - 89 Finish the lawn
  - 93 "The Avengers" actress
  - 94 Knitter's need
  - 95 Monk's title
  - 96 Wicked stuff?
  - 97 Pay up
  - 100 Reeves of "The Matrix"
  - 101 Mistake
  - 102 It's walked at Windsor
  - 103 Watch pocket
  - 104 Crochet units
  - 105 Rind
  - 107 Winter wear
  - 108 Off-the-wall
  - 109 — carotene
  - 110 "Players" actor
  - 111 Gumbo veggie
  - 113 Possessed
  - 114 North Pole worker
  - 115 Milne creature
  - 116 Cowboy Tom
  - 117 Bon — (witticism)
  - 118 "I'm freezing!"



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

**DIFFICULTY THIS WEEK: ★★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID'S CORNER

**Junior Whirl**  
by Hal Kaufman

ON TARGET! A sharpshooter with a fair for mathematics scored 100 on the target at right. This score was attained with six consecutive shots. While all six shots hit the target, the total obviously could not have been made with six bull-eyes or six of any individual amounts. How, then, was the target struck to score exactly 100?

As a clue, let it be known that one number was struck twice and another four times.

**SUM MEMORY!** "In the 5-year-old who fed you peanuts back in 1960, remember?" said the — year-old peer to the circus elephant. Fill blank with person's present (1995) age. No fair peeking below.

**WHAT IS THE WORLD'S LARGEST ROOM?**

**MATCH ROOMS WITH PLACES**

JUST for fun, see if you can match the following rooms (one each) listed below. Example: No. 1, classroom; school.

1. Classroom —  
2. Emerg. room —  
3. Bathroom —  
4. Reading room —  
5. Mudroom —  
6. Dressing room —  
7. Locker room —  
8. Choir room —  
9. Jury room —  
10. Dining room —

Locations: School, courthouse, ski resort, church, casino, steamship, theater, library, hospital, gym.

Time limit: 2 minutes.

**OVER CAST!** Cow, moon, dish, spoon—we have an assortment of at least 25 critters above. How many of them can you find?

**FLY BY!** Dear butterfly, please flutter down and smell the posies.

Colors: 1—Red, 2—L. blue, 3—Yellow, 4—L. brown, 5—Pink, 6—L. green, 7—Orange, 8—Dk. green, 9—Dk. purple.

**SPELLBINDER**

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

**MACKEREL**

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

Try to score at least 36 points.

**Wishing Well**

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

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

**HOCUS-FOCUS**  
BY HENRY BOLTIKOFF

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

1. Birdhouse is missing. 2. Post is shorter. 3. Birdhouse is different. 4. Bird house is missing. 5. Birdhouse is different. 6. Birdhouse is different.



# Natick Soldiers run home for PTSD, traumatic brain injury

By David Kamm  
NSRDEC

BOSTON, Mass. — It was a beautiful Sunday morning in May; the kind of week-end day where the sun is saying so long to spring and heating up for summer. Fans eagerly crowded into Fenway Park adorned with team shirts, supportive signs and the air was abuzz with excitement.

But, fans were not there to cheer on the Red Sox that morning.

Instead, they were supporting runners and walkers as they crossed Fenway Park's famous home plate. About a dozen active duty Soldiers and civilians from Natick Soldier Systems Center in Natick, Mass., joined the nearly 2,000 runners and walkers who participated in the Red Sox Run-Walk to Home Base, May 20, 2012.

The Run-Walk to Home Base is a 9-km fundraising run and 3-mile walk, which helps raise money for the Red Sox Foundation and Massachusetts General Hospital Home Base Program. Participants began at Fenway, wind through a scenic route of Boston and then end back at the Park with a timed finish in front of the Green Monster and a photo opportunity crossing home plate.

Dr. Naomi Simon is a psychiatrist and the chief medical officer for the Red Sox Foundation and Massachusetts General Hospital Home Base Program. She said that the program is a joint collaboration between these two organizations that provides clinical care and support services to Iraq and Afghanistan veterans and Families affected by combat or deployment-related stress and traumatic brain injury, regardless of their financial situation. This makes the dollars raised from the Run-Walk to Home Base vital.

"The Run-Walk to Home Base has been a major philanthropic sustaining force for the Home Base Program," Simon said. "Almost all of our services are paid for through philanthropic efforts like the Run to Home Base. This program is critical in giving Families a place to seek care regardless of their ability to pay for it."

The Home Base program also provides community education and research to improve the understanding and treatment of post traumatic stress disorder and traumatic brain injury - the so called "invisible wounds of war."

According to Simon, who oversees the clinical and research programs for Home Base, the vast majority of funding for the Home Base Program comes directly from



PHOTO BY DAVID KAMM

Soldiers and civilians from Natick Soldier Systems Center stand together at Fenway Park before the Run-Walk to Home Base May 20. About a dozen active duty Soldiers and civilians from Natick Soldier Systems Center joined the nearly 2,000 runners and walkers who participated in the Red Sox Run-Walk to Home Base. The Run-Walk to Home Base is a unique 9-km fundraising run and 3-mile walk which helps raise money for the Red Sox Foundation and Massachusetts General Hospital Home Base Program.

this annual Run-Walk. "Pretty much all of what we are doing would not be able to happen without this run taking place," she said.

Since its inaugural run in 2009, the Run-Walk to Home Base has raised nearly \$7 million to support the Home Base Program. Runners and walkers must raise a minimum of \$1,000 to participate in the Run-Walk, while active duty members are permitted to participate for a nominal fee and no fundraising requirement.

Along with the enormous generosity of donors, Simon said awareness of PTSD and TBI is also generated from this event.

"Another wonderful thing about working with the Red Sox Foundation is that they can help us move the needle on stigma associated with psychiatric illness," Simon said. "We've had Red Sox players do public service announcements to tell people it is completely expected that if you have combat stress that you should get help with that. There is nothing weak about suffering from these injuries and there is no reason not to get care."

For many of the service members participating in the Run-Walk, this statement hits close to home. For one Soldier from Natick Soldier System Center, awareness is what the Run-Walk is all about.

Sgt. David Arvizo, who currently works for the office of medical support oversight at the U.S. Army Institute of Environmental Medicine at NSSC, has deployed to Afghanistan as a medic for an Infantry Platoon with the 1st Battalion 17th Infantry Regiment.

This was the second year that Arvizo ran the race. Last year he did it for time. This year he said even though he ran for fun with his friends and fellow Soldiers, awareness of these injuries is always the most compelling reason to run.

"I'm running because this is important. PTSD and TBI are two things that we just don't know a lot about," Arvizo said. "There is so much research that needs to be done, so that the veterans who are affected with these injuries can get the care they need when they return home to a normal life. It's immensely important."

Arvizo, who is planning on temporarily leaving the military to complete an undergraduate degree in biology followed by medical school, would like to return to the Army in the future as a physician. He said that all too often he has seen Soldiers return from war and not get help.

"Veterans come back now and they do not all have visible wounds, they do not all get purple hearts if they get hurt," he said. "Veterans come back and they have problems. What people do not realize is that it's not easy to come back to normal life. A lot of people are afraid to ask for the help they need."

Arvizo hopes that programs like the Home Base will help improve the treatment of PTSD and TBI, allowing veterans to come forward and seek treatment. He encourages anyone who is having a hard time adjusting to home life to get help.

"If you even think you are having a problem, go talk to somebody. Get help. It is not easy coming back. Anyone who has deployed knows that. They should not be afraid to get help."

## TRIATHLON TRAINING

**B**RIEFS  
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, even people who just want to train for one event.

Additionally, sports, fitness and aquatics will host a Triathlon Workshop Saturday 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.

## ARMY STRONG TRIATHLON

The Directorate of Family, Morale, Welfare and Recreation hosts the Army Strong Triathlon June 16 at 7 a.m. at West Beach, Lake Tholocco. The event features a quarter-mile swim, 10.6-mile bike ride, and 3.1-mile run. Registration costs \$40 until June 9 and then \$50 from June 10-16. Reg-

istration for relay teams (maximum of three people) is \$70 until June 9 and then \$80 from June 10- 6. Participants who pre-register by June 9 will receive a T-shirt. Those who register after June 9 will receive T-shirts while supplies last. Cash awards will be given to top finishers and the top relay team. The event is open to the public.

For more, call 255-3794.

## 2012 SUMMER BOWLING INTRAMURAL LEAGUE

The Summer Bowling Intramural League runs June 19-Aug. 21 and features 10 weeks of bowling. There is a one-time fee of \$10 to cover the buffet on last night of league. Intramural play will take place from 6:30-8:30 p.m. each week. Intramurals are open to all military and civilian

personnel and their Family members with a valid ID card – Family members must be at least 19 years old.

For more, call 255-9503.

## ENTERPRISE BASEBALL

The City of Enterprise is looking to put together a baseball team and is in need of players 18 and older. People interested in playing baseball for Enterprise should call Joe Jackson at 806-6929 or 347-4275.

## INT WAKEBOARD COMPETITION

The Fort Rucker community is invited to come out to West Beach at Lake Tholocco to watch the Alabama INT Wakeboard Competition June 23 and 24 from 9 a.m. to 5 p.m. Admission is free.

For more, call 255-4040.

## Weekly SUDOKU

Answer

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

## TRIVIA

- Answers
1. Louis Pasteur
  2. Black currants
  3. 1965
  4. Also known as a sea, a maria is a dark region on the moon.
  5. Pierre
  6. "Skipping Christmas," by John Grisham
  7. Sidney Poitier won for his role in "Lilies of the Field."
  8. Duke of York
  9. Cassius Clay
  10. Buddy, a Labrador retriever

## PUZZLE ANSWERS

### Super Crossword

Answers

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

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II THE AVENGERS IN 2D- PG13

M-F 7:00 & 9:30 • \$85 2:00, 7:00 & 9:40

III WESTGATE CENTER

WHAT TO EXPECT WHEN YOU'RE EXPECTING- PG13

M-F 7:00 & 9:20 • \$85 2:00, 7:00 & 9:20

IV DARK SHADOWS- PG13

M-F 7:00 & 9:20 • \$85 2:00, 7:00 & 9:20

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III THE DICTATOR- R

M-F 7:10 & 9:10 • \$85 2:00, 7:10 & 9:10

OZARK

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Fri 7 & 9:20 • Sat 2:00, 7:00 & 9:20

Sun: 2:00 & 7:00 • Mon - Thurs 7:00

II THE AVENGERS - PG13

Fri 7 & 9:40 • Sat 2:00, 7:00 & 9:40

Sun: 2:00 & 7:00 • Mon - Thurs 7:00

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Video Game Spotlight >>

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



COURTESY SCREENSHOT



# Game offers more than average shooters

By Jim Van Slyke  
Contributing Writer

Any video game that incorporates an orbital drop ship automatically gets a few extra cool points.

“Starhawk,” from the creators of “Warhawk,” is a third-person shooter that does just that. The game takes place in the future and humanity is fighting it out in space over Rift Energy, the universe’s most precious resource.

Gamers become Emmett Graves, an outcast who is good with a gun. He’s been pulled back to a planet that he didn’t want to visit again to battle an outlaw he didn’t want to battle again. Combat takes place on foot, in vehicles and in the air. Graves is not alone, however. He’s joined by his partner, Cutter. The duo can make use of the in-game “Build & Battle” system that lets gamers call down weapons, vehicles and fortifications from the ultra-cool orbital drop ship.

Gamers can also get together with 31 friends and have massive online battles on five unique worlds. The battlefield actually changes according to each player’s strategy, depending on how they use fortifications. Gamers can upgrade skills and personalize their characters and vehicles with new skins. There are also online and co-op modes that let gamers team up with friends against wave after wave of enemies.

At its core, “Starhawk” is a fairly normal third-person shooter, but there are enough quirks to keep this game interesting. The changing battlefield is fun, the graphics aren’t bad on the eyes and the online modes are fun. Give it a shot.



COURTESY SCREENSHOT



COURTESY SCREENSHOT



**Publisher**  
Sony Computer  
Entertainment  
**Rated**  
Teen  
**Systems**  
PS3  
**Cost**  
\$60  
**Overall**  
3 out of 4

TO ADVERTISE  
IN THE  
ARMY FLIER

Call Brenda at 393-9715

MAY SPECIALS

Oil Change

\$24

\$49<sup>99</sup>

Excludes Synthetic Oil

Includes Synthetic Oil

Brakes

\$99<sup>95</sup>

Excludes Rotor Resurfacing

Tires

\$100

Off Set of Tires With Alignment Purchase

Bring this ad or mention you saw it to get special price!

Price Match • Free Road Hazard • Rotation & Balance (life of tires) • Not valid with any other specials

BONDY'S TOYOTA

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