MEN'S HEALTH

Expo offers MMA demonstration, info

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VBS Program instills values, educates

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SPLASH! Facility offers Family fun, a reprieve from the heat

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OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

FORT RUCKER * ALABAMA JUNE 7, 2012

The 98th Army Band and a local reenactment group perform an Army Streamer Ceremony during a Music Under the Alabama Stars concert last year. The next MUTAS concert, June 22 at 6:30 p.m. at Howze Field, will celebrate the Army's birthday and again feature a Streamer Ceremony that describes the history of the service.

Concert celebrates Army's 237th birthday

By Nathan Pfau Army Flier Staff Writer

As the Army turns 237, the Music Under the Alabama Stars concert series is set to celebrate its birthday with a Streamer

The MUTAS concert series, designed to give participants a place to just relax

and listen to music, returns June 22 at 6:30 p.m. to Howze Field.

"This MUTAS event is all about the Army birthday. We're going to do a short patriotic concert to start," said 1st Sgt. Albert E. Kaufmann, 1st Sergeant of the 98th Army "Silver Wings" Band, adding that the Streamer Ceremony will follow afterwards. The ceremony, according to

Kaufmann, is a "snapshot of Army history from the beginning.'

"Each streamer on the Army flag represents a campaign that the Army has participated in throughout its history," he said, "and the color of the streamer represents a campaign that the Army has participated in throughout history.

Kaufmann, who also plays the trumpet

in the 98th Army Band, said that the Streamer Ceremony will be set to music and take people on a musical journey through the history of the Army from the Revolutionary War up to modern times to correspond to each streamer on the flag.

"We'll be playing appropriate music

SEE BIRTHDAY, PAGE A5



PHOTO BY NATHAN PFAU

Maj. Gen. James E. Rogers, U.S. Army Aviation and Missile Life Cycle Man-spoke about the responsibility Aid assumed with the agement Command commanding general, passes the colors to incoming ACLC command of ACLC, as well as his confidence in the commander Col. Michael C. Aid, who assumed command of the unit from Col. new commander. Richard E. Crogan II during the ACLC change of command ceremony at the U.S. Army Aviation Museum May 30.

ACLC welcomes new commander

By Nathan Pfau

Army Flier Staff Writer

The people of Fort Rucker and surrounding communities welcomed the new commander of Aviation Center Logistics Command, Col. Michael C. Aid, and said goodbye to Col. Richard E. Crogan II, outgoing ACLC commander, during the ACLC change of command ceremony at the U.S. Army Aviation Museum May 30.

The ceremony kicked off as flowers and coins were presented to the Family members of the incoming and outgoing commanders, and with the official passing of the colors from one commander to

Aid expressed his gratitude to Fort Rucker and leadership for the overwhelming support he has felt joining the Army Family here at the installation.

Maj. Gen. James E. Rogers, commanding general of U.S. Army Aviation and Missile Life Cycle Mannt Command, presided over the ce

"This is a huge brigade and a huge responsibility for our nation that Mike is taking over right now

and he is up to the task," he said. "Mike Aid is no stranger to logistics and maintenance, and what a great asset he is going to be to the Fort Rucker Family. The experience that he has had up to this day makes him the perfect candidate.

"I want to thank Major General Rogers for ... entrusting me with this command and allowing me to join the great [Aviation and Missile Command] team," he said, adding that he feels very welcome joining the Aviation Center team.

Crogan, who served 30 months as the commander of ACLC, said that it was hard to believe the time he had served as the commander had passed so quickly, adding that commanding the ACLC was an honor

"Part of the honor ... is knowing that I'm handing the command over to another leader - an outstanding one at that," said Crogan. "Colonel Mike Aid brings a great depth of experience and he is a perfect fit to lead ACLC into the future."

The future of ACLC that Aid must t

changing, according to Rogers. "Logistics, sustainment and maintenance is a never-ending story," said Rogers. "It will always

SEE COMMANDER, PAGE A5

Motorcycle training teaches Soldiers riding safety

By Angela Williams Army Flier Staff Writer

Although Motorcycle Safety Awareness Month has come and gone, Soldiers can still take stens to keep themselves and others safe while on the

One of those steps is wearing the required personal protective equipment. Another step is taking the Motorcycle Safety Foundation training courses offered on post, according to Sharon Manning, director of the installation safety of-

"In order to ride a motorcycle, all Soldiers are required to receive initial training in the Basic Rider Course, whether they are going to ride on or off the installation" she said. "It's a two-day course and motorcycles are provided."

The BRC is designed for individuals interested in motorcycles and covers the "broad strokes" of

motorcycle safety and operation, explained Andrew Smith, lead instructor for the Traffic Safety Training Program at Fort Rucker. "It's really, really well constructed."

Motorcycles, helmets and gloves are all provided for the course participants, he added.

Within a year after taking the BRC, Soldiers must also complete either the Experienced Rider Course or the Military Sport Bike Rider Course, Manning said. Soldiers must use their own motorcycles during both the ERC and the MSBRC.

"Every three years after completing either the ERC or the MSBRC, the Soldier must complete the sustainment training, which consists of taking an Army-approved advanced level motorcycle course," she added. "At Fort Rucker, this training consists of the ERC or the MSBRC."

According to Smith, the ERC is a "skills



Andrew Smith gives instructions to riders during a recent Experienced Rider Course.

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ON POST ■ C2

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PERSPECTIVE

Simple steps aid job search

Fort Rucker Army Career and Alumni Program Manager

Do you like to be in control of every aspect of things that affect your life? If you do, you're not alone. Most

However, if you are leaving the military after spending several years of living a specialized lifestyle, you may feel that you are surrendering most, if not all, of your control. To many, this can be a very disturbing thought.

Are there many tips to help maintain control while you transition to a new job? Well, let's discuss a few things that may help keep you in control of things.

First, do you know what you want to do and where you want to do it? Until you nail down the specifics of this question, it's hard to go to the next step. There are many tools available to help you explore career opportunities and determine what you can do. One of these is the h2h. jobs website. This automated tool can help you with civilian wording for any occupation. You can research and find out what each job entails and determine whether or not you can qualify to do it. This automated tool also indicates what you can expect to get paid for a particular job as well as the projected growth or decline over the next ferent consideration. The first consideration needs to be whether or not you are available to relocate. Generally, the more flexible you are regarding where you can live, the more opportunities that are available to you. If you are locked into a certain location, remember that you are also locked into the available jobs and pay scale for that area.

Try to be as flexible as possible. Try to research and list at least a few locations that you would be happy living in. Keep in mind the job you want when you get there. If there are no jobs that you want or qualify for in a particular area, you may not want to continue considering it. Allowing yourself several locations gives you a greater

Second, you need a good job search plan that meets your needs. Generally speaking, nothing good happens that hasn't been planned and worked for.

Making a plan and sticking to it puts you back in control. But just like resumes, plans have to be tailored to fit an individual. One plan will not work for everyone. Start by making a list of the different actions associated with a job search – the ACAP Center offers workshops to teach you the job search process.

Then, list the days of the week across a sheet of paper, breaking the different days of the week into hours. Then, fill in each day with different aspects of the job search

Allow yourself time to do some personal and family things you would normally do. Try to stick to the plan. Don't allow yourself to get side tracked. Most likely you'll find that, just like dieting, when you're trying to be good, there always seem to be more temptations. But remember, the more you deviate from your plan, the more control you are giving up.

Third, try to find out as much as you can about what to expect during the job search. This can alleviate a lot of stress and make it easier to cope with the process. Stress can make you feel out of control.

Visit your ACAP Center and sign up for a Job Assistance Workshop. These workshops allow you the opportunity to network with others going through the same process as you are. But networking also has an added benefit of possibly getting a good job lead.

Staying in control is an important aspect of your job search. The more comfortable you are with the process, the easier it will seem to you and the more you will enjoy it. However, staying in control is only one aspect of the entire job search process.

For information on all the other equally important aspects, call the ACAP Center at 255-2558.

Website helps military children on the move

By Lisa Daniel

Department of Defense Family Matters Blog

It's that time of year again when so many military Families are starting their relocation plans and dealing with the fallout from kids who would rather stay put.

As a parent of young children, I often think if I ever want a change of scenery, i.e., moving to a new area, I have a window of opportunity before the kids become teenagers. That's because I remember vividly my own 14-year-old inner voice screaming "no way, not now, not ever" at the slightest hint that my parents might upend my comfort zone with a move. But I don't have the weight of the U.S. military behind me, and they didn't either.

Military kids don't have that luxury of influencing a Family's decision to move, which is among the many reasons the Defense Department created the Month of the Military Child — to celebrate military children's shared sacrifice for the nation.

While even one relocation is traumatic for most teens, military kids have done it multiple times. But that doesn't necessarily make it easier, as Karen Morgan knows firsthand.

Morgan is a senior program analyst with the department's Military Community and Family Policy office in the Pentagon. But she also was a Marine Corps wife for 25 years, and the couple has two children.

"Moving anywhere can be traumatic for anyone, but it's doubly traumatic with kids," she told me recently.

Morgan mostly remembers their relocations fondly - as a Family bonding experience, and a chance to experience new areas together. But there were hard times, too, like when they moved in the summer and couldn't find other children to play with, and when their daughter left for college in Virginia while they still were stationed in Okinawa.

Now Morgan uses those experiences to give insight into a DOD website designed to help military kids with their parents' many relocations. Military Youth on the Move http://apps.mhf. dod.mil/myom has tabs for teens, pre-teens, and younger kids to help with everything from preparing for college, to dating, to making new friends. There is a "Moving Out" section with advice on packing, saying goodbye and keeping in touch, and a "Get Help" tab offers advice on dealing with a parent's deployment, divorce and bullying.

Moving is never easy, but sites like Military Youth on the Move certainly help



Dealing with Deployment

Changing Schools Staying Fit and Healthy

Explore Military Youth on the Move!

Check out the latest podcasts

Get connected, get the info you need, and get moving through Military Youth on the Movel http://apps.mhf.dod.mil/myom





Temperatures will continue to rise as we edge closer to the heart of summer. What should people do to remain safe while working, exercising or playing in extremely hot and humid conditions?



Angela Dani, Family member

"Stay hydrated - that's always been a problem for



2nd Lt. Bruce Large, 1st Bn.. 145th Avn. Regt.

"Limit your outside activity in the middle of the day."



Rhonda Brasfield. Family member

"Stay hydrated - drink lots of water.



Charles Keys, Family member

"Stay hydrated."



CW4 Tim Lawson, B Co., 1st Bn., 13th Avn. Regt.

"With a Family of six, we stay in the water a lot - we go to the pool or get out in the sprinkler."

purchase, use or patronage without

COMMAND

Maj. Gen. Anthony G.

Crutchfield

Col. James A. Muskopf

FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes

David C. Agan Jr. COMMAND INFORMATION OFFICER AS

EDITORIAL STAFF

Jim Hughes jhughes@armyflier.com Jeremy P. Henderson

SYSTEMS & DESIGN EDITOR... 255-2028 jhenderson@armyflier.com

Angela Williams

...255-1240 awilliams@armyflier.com

Nathan Pfau

STAFF WRITER..... npfau@armyflier.com

BUSINESS OFFICE

Robert T. Jesswein

rjesswein@dothaneagle.com

Brenda Crosby

SALES MANAGER.... ...347-9533 bjcrosby@dothaneagle.com

DISPLAY ADVERTISING......393-9713 mruttlen@eprisenow.com

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If you would like to contact the Army Flier by e-mail, please contact the editor at jhughes@armyflier.com.

By Angela Williams Army Flier Staff Writer

While many men may be reluctant to go to the doctor, many of those same men readily visit the gym.

Because of this, the Directorate of Family and Morale, Welfare and Recreation and Lyster Army Health Clinic health promotions and wellness center are taking the medicine to the men by hosting a Men's Health and Fitness Expo, 10 a.m. to 2 p.m., June 14 at the Fort Rucker Physical Fitness Facility.

The expo will feature more than 100 door prizes, a variety of health vendors from the Fort Rucker area and demonstrations by Dothan's Wolfpack MMA, a martial arts training center. The event will also include a Ride and Drive event that allows attendees to test drive vehicles from local Hyundai, Mercedes-Benz and Honda dealerships, said Leigh Ann Dukes, MWR sponsorship manager.

"I think the Wolfpack demonstrations will be fun because MMA and the military just seem to fit together," she said, adding that the door prizes will include solid black sling backpacks.

"We just try to give the patrons



FILE PHOTO

Capt. Dave Winter and Maj. Jesse Delgado, B Co., 1st Bn., 212th Avn. Regt., get information about sleep disorders from Dana Florea, Southeast Medical Center account executive, at last year's Men's Sports, Fitness and Wellness Expo. This year's Men's Health and Fitness Expo takes place June 14 from 10 a.m. to 2 p.m. at the Fort Rucker Physical Fitness Facility.

here on post — civilian, military or retiree — an opportunity to see some of the options that the Wiregrass offers when it comes to medical facilities," she explained. "A lot of us can't go off post to attend the health fairs that

here on post — civilian, military the surrounding communities or retiree — an opportunity to have."

Lyster representatives will be present to offer information on smoking cessation, weight control, nutrition, self-exams and more, said Jeff Atkins, licensed practical nurse and health promotions tech. They will also offer body mass index screening and blood pressure checks.

"We want to get awareness out about what men need to look for," he said. "The ladies are talked to constantly. From the time they hit puberty, the doctor is telling them they need this test and this test and this test, but the guys don't get that."

Atkins said he was hoping to help change that mindset so that men are better informed about their health and potential health problems.

"Physical fitness plays into all this," he said. "People today want to pop a pill, but they don't realize that exercise is free. It doesn't have to be that much. It can be a little bit, but that little bit can be the difference between being able to move around and breathe and not being able to."

"We wanted it to be in a venue that is more conducive to people who are health-conscious or fitness-conscious," Dukes said. "If they're working out on their lunch break, maybe they can walk through the booths. If they see a car they want to test drive, it's there too."

Atkins recommended men of all ages attend the expo, and encouraged fathers to bring their sons along.

"It's not just the older men. Young guys need to know, too," he said.

For more information on the health fair, call 598-5311.

ACS offers 'flightplan' to prepare for retirement

By Nathan Pfau

Army Flier Staff Writer

Most people look forward to retirement, but for many, figuring out how to get there is the hardest part of the journey.

Army Community Service offers Your Retirement Flightplan, a free seminar to help educate people on not only how to set up their retirement plan, but what they should know before they start investing in their future, according to Mike Kozlowski, personal financial readiness specialist for ACS.

"Before you put your money into anything, you've got to understand what that thing is," he said, adding that the reason for the seminar is because there is a lot of interest among people in regards to investing, but most people don't know how to go about doing it.

The seminar will be Tuesday from 6-8 p.m. at the Munson Heights Neighborhood Center, and will focus on educating people on the basics of investing so that people know what they are putting their money into, said the financial specialist.

The flightplan seminar will cover investing techniques; strategies and investment vehicles, such as stocks, bonds and mutual funds; as well as educate about the Army's own Thrift Savings Plan.

The TSP is a government form of a 401k plan that is available to military and civilian personnel, said Kozlowski. The plan offers various investment choices and vehicles in an effort to help people grow their money, he added.

"The TSP is a retirement tool," he said.
"You put money into the TSP with the purpose of withdrawing [your money] one day down the road."

It up to the individual as to where he or she wants the money put into the TSP to be invested. A person has the choice

YOUR RETIREMENT "FLIGHTPLAN"

A practical seminar on basic investing and the Thrift Savings Plan



Munson Heights Neighborhood Center

45 Red Cloud Road, Fort Rucker Tuesday, June 12th 6:00 – 8:00 p.m.

Registration is required by June 11th!

Learn to put your money to work for you! An investment seminar focusing on the basics of investing, discussing techniques, strategies and investment vehicles. We'll also cover the TSP's essentials, to include its investment choices and positioning your money for solid long-term growth. Reserve your seat today! Space is limited – first-come, first served!

No childcare provided.

For details and to register, call 255-2594/9631



to invest into five basic mutual funds or invest in the lifecycle fund, which is

funds, according to Kozlowski.
"Some of the funds invest money into stocks and others into bonds, which are income driven," he said, adding that the

a super fund that encompasses all five

TSP has been touted as one of the best retirement plans ever created.

The seminar will go into details about the TSP and how it can benefit those that wish to invest into it, as well as helping people map out and maintain their retirement flightplan, said Kozlowski. Just as a pilot has to balance out his or her flight plan when piloting an aircraft, people need to balance out their financial flightplan when investing their money, he said.

"One way to plan it out is to understand how your money can grow the best over time; taking into consideration the risk or volatility," said Kozlowski, comparing the balance being measured to that of an air speed indicator on an aircraft.

"You need to stay balanced," he said.
"You don't want to get too aggressive or too conservative when it comes to investing — you want to stay kind of in the middle."

Kozlowski also pointed out that the determining factor on how aggressive or conservative to invest is age, and said that the older a person gets, the less aggressive their investment strategy should be

Another representation in the flightplan is the glide-slope indicator, which represents staying on track, according to the financial specialist.

"Every pilot knows that when they're flying a precision approach that they're going to make it to the runway if they stay on course or on glide slope," he said. "You can't see the future, so you have to pay attention to some basic principles [that we'll teach], stay on course and not spend money that is used for investing on something else."

These are just a few of the principles that will be discussed during the seminar, and Kozlowski said that he wants people to be able to walk away from the seminar with knowledge of how plan out their own financial future.

"We can help [plan out people's future] here at ACS," he said, "but I want to do more than just do it for them — I want to teach people what they own. That is why the seminar is there; to educate them."

News Briefs

NCO, Soldier of Year

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

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.

DHR closure

The Fort Rucker Directorate of Human Resources will close for its organizational day Friday at 11:30 a.m. and will reopen Monday 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 affairs at 255-1813. For emergencies, call 332-9672 or 432-2070.

Special Ops brief

The 160th Special Operation Aviation Regiment hosts recruiting briefs Tuesday-Wednesday at 11 a.m. and 4 p.m. in Bldg. 5700, Rm. 284. For more, call Sgt. 1st Class

Timmy Hammonds at (270) 798-9819 or send an email to timmy.hammonds@soar.army.mil.

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.

ACAP Employer Day

The Army Career and Alumni Program hosts an Employer Day featuring Waffle House, CSX Railroad and the U.S. Navy Reserve June 20 from 10 a.m. to 2 p.m. in Bldg. 5700 in the second floor break room. The event is open to active duty military, retirees, veterans and their spouses. For more, call 255-3932.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Sat-

urday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible. For more, call 255-9595.

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.

Army redefines eligibility for civilian leader courses

U.S. Army Recruiting Command

WASHINGTON — The Army has redefined employee eligibility for its complement of Civilian Education System leader development courses, as well as the rules for receiving course equivalency credit based on previous military education and training.

We wanted to eliminate any confusion and establish a clearly progressive leader development model for our civilian workforce," said Vicki Brown, chief of the Army's Civilian Training and Leader Development Division, Army G3/5/7 Training Directorate.

In addition, she said the changes were implemented to help all Army leaders, supervisors and managers better define command training requirements, more clearly understand their civilian employees' training and leader development requirements and make appropriate recommendations for their professional development.

CES courses are aligned with a civilian employee's grade level similar to the way the Army has identified grade requirements in the Noncommissioned Officer Education System, Warrant Officer Education System, and Officer Education System. The realignment will allow for greater consistency of requirements development across commands and organizations, provide deliberate progressive development for Army civilian employees and meet the Department of Defense Instruction 1430.16 to grow civilian leaders.

Eligibility is based on the following grade levels, with first priority given to supervisors, managers and team leaders, in accordance with Army Regulation 350-1, Army Training and Leader Development:

- Basic Course: GS-01 to GS-09 or equivalent pay band; • Intermediate Course: GS-10 to GS-12 or equivalent
- Advanced Course: GS-13 to GS-15 or equivalent band (no change); and
- Continuing Education for Senior Leaders: GS-14 to GS-15 or equivalent (no change).

In addition, the Foundation Course is required for all civilian employees (GS-01 to GS-15 or equivalent) hired after Sept. 30, 2006. If required, the Foundation Course must be completed before employees are eligible to apply for the resident phase of their target CES leader course.

The Civilian Education System, administered by the U.S. Army Training and Doctrine Command through the Army Management Staff College, provides centrally funded progressive leader development courses for the Army's civilian workforce commensurate with that of uniformed members.

"It's important for employees to learn about the system and the programs available to them so they can take ownership of their own development," Brown said. "A successful career always requires active management and the best person to manage your career is you. No one else has as much at stake in the outcome of your career decisions, and no one else will work as hard to ensure success.

When individuals create/update their profiles and register for CES courses within the Civilian Human Resource Training Application System they will see the CES course for which they are eligible based on grade level and previous professional military education and civilian leader development course completions recorded in the Army Training Requirements and Resource System, known as ATRRS.

In addition, the "10-year rule" for receiving course equivalency credit has been eliminated. Individuals may now receive credit for legacy civilian or military leader development courses regardless of when they completed the courses. CHRTAS automatically determines equivalent course credit for PME and civilian leader development courses that have been approved for equivalent credit by TRADOC.

The list of courses is available in the 'Resources' section of the Army G-3/5/7 Civilian Training and Leader Development website at www.civiliantraining.armv.mil, and in CHRTAS via the main menu under 'About CES Course

Equivalent credit will only be granted for CES courses for which the individual is eligible by grade. For example, employees who are GS-11, GS-12 or equivalent may not receive credit for the Advanced Course because they are not yet grade-eligible to attend the Advanced Course. Once employees advance to the appropriate grade, equivalency will be automatically assigned in CHRTAS if they previously completed the higher level equivalent course.

fected by the new eligibility rules that went into e

Reference Army ALARACT 121/2012 — Civilian Edu-



Erika Brooks, TRADOC civilian educator of the year, instructs students in the Civilian Education System Basic Course March 30 at the Army Management Staff College's Fort Leavenworth, Kan., campus. The Army has redefined employee eligibility for the CES Basic and Intermediate courses, as

cation System Policy Changes, dated April 27. ALARACTS can be found on Army Knowledge Online at https://www. us.army.mil/suite/page/550282.

To learn more about and register for CES courses and other Army civilian professional training and leader development opportunities, visit www.civiliantraining.army.mil.



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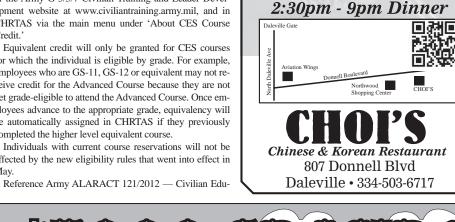
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REGISTRATION BEGINS 7:00PM - ENTRIES TAKEN ON A FIRST COME BASIS. UP TO 40 CONTESTANTS.





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www.heda.us

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Birthday: Multiple musical groups to perform

Continued from Page A1

for the era that is represented [by the streamer]," he said. "For the Revolutionary War, we will play [a song] that would have been played during that time, like 'Yankee

Along with songs being played for the time of each streamer, an overview of the history of the time will also

'We have to remember what we've gone through to be where we're at right now — we've got to remember the sacrifices that were made," he said. "The Army birthday is tradition; it's history and it's why we are what we

Unlike previous MUTAS performances, the Army birthday concert will feature different music performance teams from the ceremonial band to the rock band, out of their shared love for music, he added. Crossfire

Crossfire will take the stage after the Streamer Ceremony to entertain the crowd with rock and roll music from different decades up to today's hits, said Kaufmann.

The 98th Army "Silver Wings" Band is made up of different music performance teams: MPT Bravo, which is the ceremonial group that plays graduations and ceremonies: MPT Charlie, better known as Crossfire, which plays rock music and is also broken down into the jazz combo; MPT Delta, which is the blackout brass band; and MPT Echo, which is the brass quintet.

There is a lot of integration between the MPTs, said Kaufmann, and some members play in more than one music performance team, not only out of necessity, but

'We love to play music and this is what we came in [the Army] for. There is no greater honor than to play for the troops. The Army band ... tells the Army story and gives everybody a sense of patriotism," said the First Sergeant. "We want everybody to feel good and we want them to forget their troubles for a while ... just let everything go and enjoy yourself."

Also in celebration of the Army's birthday, The Landing Zone will serve free cake June 14, according to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director, adding that they will start serving at 11 a.m. until supplies last.

For more information on MUTAS, visit the 98th Army "Silver Wings" Band Facebook page, and for more information on the free cake, call 598-2426.

Commander: Aid honored to accept challenge

Continued from Page A1

be there and every day is a new challenge. Mike, I challenge It's your mission, your task take command."

Aid accepted that challenge Aviation's finest professionals."

and said that he was honored to be able to have to opportunity to contribute to training "Army

what the mission is," he said. "I ers worldwide. I have some big understand the importance of ACLC's mission and helping to best."

"At the end of the day, that's meet the demands of commandshoes to fill and I'll try to do my

Training: Course aims to reduce motorcycle incidents

Continued from Page A1

plus" course. It starts with a basic review of safety procedures, but largely, "it's interaction among a bunch of riders and what we do to keep ourselves alive and well with the riding that we're doing."

The MSBRC includes four hours of classroom time and four hours of time on the motorcycle.

"It's designed to give them more skills and knowledge about their capabilities and their bike's capabilities," he said. "Just because you can go fast doesn't mean you should."

Instead, the class emphasizes more advanced skill, accuracy and cornering techniques, he said.

In addition, to the BRC, ERC and MS-BRC requirements, "Soldiers who are returning from 180 days of deployment are required to take a two-hour motorcycle refresher training course," Manning said.

"Benefits to taking training are that it improves both your mental and physical capabilities for riding and helps identify

bad habits the rider has obtained," she added. "It also helps you become a more defensive driver and improves your perception."

No matter where they are in the training or where they are riding, all Soldiers must wear the required PPE, Manning said.

"Soldiers must comply with these requirements whether they are riding on post or off post," she said. "If a Soldier is riding in a state that does not require a helmet, the Soldier is still required by Army regulation to wear a helmet."

The PPE requirements include fullfingered gloves, over-the-ankle footwear, eye protection, long-sleeve shirt, long pants and helmet. Riders are also required to wear fluorescent colors and retro-reflective material, Manning said.

"This requirement is satisfied by wearing a reflective vest, a jacket with reflective materials or a brightly-colored reflective-type belt like a physical training belt," she explained.

During a recent BRC course, participants offered suggestions and asked questions about fulfilling the PPE requirements. One Soldier recently moved to Fort Rucker from another post and wanted to make sure he was abiding by the PPE regulations for this installation.

"Is it as cool looking as I want it to be?" Smith asked of the protective gear. "Maybe, maybe not. But it reduces my headaches and heartaches."

He encouraged the course participants to abide by the on-post requirements for protective gear no matter where they

"We're not dying on base, we're dying off base," he said. "If it's good enough to wear on base, why do we stop outside

the gate and take our stuff off? That just doesn't make sense

"We've got Soldiers surviving wars, then coming home and dying on America's highways," he added. "It's tragic."

Department of the Army civilians, contractors, retirees and Family members are not required to complete the motorcycle training, but, according to Smith, several local companies offer MSF-based training and many of them offer discounts for military dependents and retirees.

To register for a motorcycle training course, visit https://apps.imcom.army. mil/airs. For questions about the training, call 255-1027 or 255-0779.





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COVER A Soldier covers a

Photo on Page B4

Resupply operations

Missions bring critical supplies, boost morale in Afghanistan



A CH-47 Chinook helicopter assigned to 3rd Bn., 25th Avn. Regt., 25th CAB, hovers while being hooked up to a container for a sling load resupply mission at a remote outpost in Afghanistan, By Sgt. Daniel Schroeder

25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Army flight crews conducted a critical resupply mission, May 19, to support ground forces throughout Regional Command-

It was flight crews from B Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, who conducted one of several resupply missions meant to bring emergency supplies to Soldiers conducting operations in the field.

Task Force Hammerhead has completed more than 50 resupply missions, and has transported more than 1,500 tons of cargo since arriving in Afghanistan.

"I have conducted approximately 20 resupply missions," said CW2 Damien Anderson, a CH-47 Chinook pilot. "These operations are all about the guys on the ground and what they need to complete their tasks."

When supplies are running scarce for Soldiers in the harsh Afghanistan environment, the sound of a Chinook approaching with much-needed supplies brings a sense of joy with it, said one Soldier.

"During my last mission, we ran low on food and water," said Sgt. Derek Hoover, a team leader with Company F Pathfinders, 2nd Squadron, 6th Cavalry Regiment, 25th CAB. "This was my first time receiving a resupply while out in the field. I was happy to see the aircraft arrive with the supplies we needed."

For Soldiers on the battlefield who are away from the security of a forward operating base, or who are on a remote outpost, resupply operations bring comfort for troops and build morale with the knowledge the supplies will be there when needed.



Four New Jersey Army National Guard Black Hawk helicopters from the 1-150th Assault Helicopter Battalion land at Atlantic City International Airport, N.J., May 29. The helicopters transported civilian employers of New Jersey National Guardsman for a "Boss Lift," an event run by the Employer Support of the Guard and Reserve. The civilian employers got to spend the day touring facilities and meeting Soldiers

Medevac crew reacts to dangerous call

25th Combat Aviation Brigade Public Affairs

CAMP DWYER, Afghanistan - In the midst of combat, acts of valor and bravery are performed so often they are sometimes overlooked. This was almost the case with the story of the Soldiers who rescued Marine Lance Cpl. Winder Perez.

A call was passed over the radios Jan.12 to a medical evacuation crew to rescue a 3-year-old Afghan girl who had suffered from a gunshot wound and shrapnel to the back. After dropping off personnel and equipment from their current mission, they headed back out to the location for pick-up.

Upon contacting the ground crew on the directed frequency, they were told the pick-up location had moved. After verifying the medevac request and landing safely to retrieve the patient, the landing zone controller came over the radio with a loud, frantic voice, "the patient has (unintelligible) unexploded ordnance!"

The patient was no longer the girl, but Perez who had a rocketpropelled grenade embedded in his leg extending to his lower abdomen. The RPG had not detonated yet, meaning the slightest wrong move could set it off.

"That call will be in my mind all my life," said Sgt. Robert Hardisty, a crew chief with C Company, 1st Battalion, 171st Aviation Regiment, New Mexico National Guard, who was attached to 25th



Combat Aviation Brigade. "First you land thinking it's a little girl A call was passed over the radios Jan. 12 to a medical evacuation crew to rescue a 3-year-old Afghan girl who had suffered from a gunshot wound and shrapnel to the back. Pictured above, Soldiers transport a trauma victim to a U.S. Army medical helicopter

SEE CALL, PAGE B4

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B2

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Call: Crew overcomes obstacles to save wounded Soldier's life

Continued from Page B1

and the next thing it is a Marine with an unexploded RPG embedded in his body."

Spc. Mark Edens, a flight medic with C/1-171, was the first to see the RPG round visible in Perez. At this point the crew had to make a decision.

"Because of the level of danger, if the crew left Perez on the ground and decided not to take him, no one would have ever blamed them. We all would have understood," said Maj. Christopher Holland, C/1-171 commander.

Capt. Kevin Doo, the pilot-in-command for this mission, decided they would only take Perez if the entire crew agreed.

"There was no doubt to anyone that we were going to take this Marine and get him the medical attention needed to save his life," said Doo. "When dealing

with this, not knowing that any moment could be your last. Eighteen inches from the patient's legs was about 360 gallons of Aviation fuel."

The crew transported Perez as quickly as they safely could, landing at Forward Operating Base Edinburgh only 24 minutes from the time the RPG hit Perez.

"After Lance Corporal Perez was loaded on the Black Hawk, it was a total of 11.2 minutes of flight time where every minute felt like an hour," Doo said. "During that time, we were on the radio coordinating with our escorts, the Explosive Ordnance Disposal team, and medical personnel who were going to treat Perez."

The crew's coordination paid off. The coordination included telling the armed escorts of the medevac helicopter to stay a good distance away for their safety, calling the EOD team to handle the dis-

posal of the RPG, and ensuring medical personnel were aware of and prepared for the situation they were about to handle.

Upon hearing the news of the RPG, the medical team set a plan in motion to properly remove the round as they gathered necessary supplies and met the medevac at the landing zone. When Perez arrived at FOB Edinburgh, he was transported to a safe area to extract the round with only the necessary personnel present.

Lt. Cmdr. James Gennari, department head, Surgical B Company, 2nd Supply Battalion, noticed the wounds Perez received were life threatening. If he had not been transported by the speed of medevac he would have died of those wounds.

After removing the round and closing up the wounds, Perez was transported to Bastion Hospital for further care. The same crew who evacuated him from the

battlefield were the ones who transported him to the next higher medical facility.

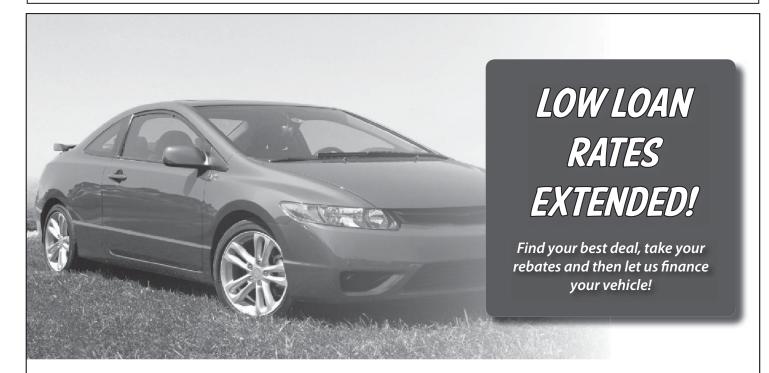
Although the RPG round was now miles away from Perez, other issues arose for him and the crew. His ventilator failed during the flight prohibiting his oxygen flow. At this moment, Edens and Hardisty acted rapidly manually giving oxygen and bringing the Marine back to a stable

"After stabilization, I witnessed Specialist Edens and Sergeant Hardisty work in a calm, cool and professional manner ensuring the safety of this patient who suffered a second near catastrophic event with the loss of the oxygen ventilation machine," said Gennari. "I distinctly remember thinking that if Dustoff could risk their lives to bring this patient to us, the least I can do is take some risk and get that thing out of his leg."



Providing cover

A Soldier covers a helicopter's landing during the 2012 USASOC Capabilities Exercise on Fort Bragg, N.C., Friday.



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Bible, School

JUNE 7, 2012

Program instills values, educates children

Army Flier Contributing Writer

The Main Post Chapel held this summer's Vacation Bible School session Monday through Friday, entitled "Babylon: Daniel's Courage in Captiv-

"We want the kids to know the word of God by focusing on biblical stories," said Nancy Jankoski, Fort Rucker director of religious education, as chapel staff and volunteers led over a hundred children ranging from kindergarteners to sixth-graders to different activity rooms in the Spiritual Life Center on Monday. She added that Vacation Bible School at the main Post Chapel is non-denominational.

"One of our goals is to show that Christians of different denominations have much more in common than they have differences, even if we sometimes tend to focus on the differences," she said.

Jankoski also explained the theme for this week's schooling centers on Christianity's roots in Jewish teachings and traditions, adding that, "If we don't have an understanding and a respect for that, then how can we understand where Israel - and participate in we came from?"

Each session of Vacation Bible School lasts for one week, with the crafts and learning various average enrollment totaling between 100 and 120 children. Volunteer staffs of 50 to 70 people donate their time in order to en-



Children put together wooden lambs with the help of volunteers during the carpentry activity at the Main Post Chapel's Vacation Bible School session Monday.

sure that classes can still take place between 8:30 and 11:30 a.m.

Children are split into 12 groups – called "tribes" to reflect the 12 tribes of a wide variety of educational activities, including carpentry, astronomy, musical instruments.

Interest was evident on many faces as a younger group of children were instructed by Bethany Weiss, spiritual life vice-president, who taught some basic facts of Jewish tradition at the time of Christ in character as a rabbi.

"How do we know that God is always with us?" she asked, and received several quick replies, including one from a young girl who said, "Because he's in our heart."

"[The most rewarding thing is] seeing the kids use all five senses to learn," said Jankoski.

"When they try something and they're successful at it, their faces light up.

You know, not every kid is a good reader, not every kid is good at crafts, not every kid is good at athletics - but this [Vacation Bible School] is done in such a way that they're rotating between all different kinds of activities and they'll find something that they can shine at," she said.

The curriculum uses

biblical stories to instill they had to decide: were values in the children that forced in the home and used to provide a moral foundation that can last a lifetime.

"Some of these kids' parents have served in places like Iraq, where they may have been able to go visit at the prophet Ezekiel's tomb," she said. "These were real people who lived in a culture that was changing rapidly, and

they just going to blend Jankoski hopes are rein- in with the culture or were they going to stand true to the values they had been taught as children?

"That's the same thing our kids are facing in the modern world," she said. "They may ask, 'If I find myself in a foreign culture that doesn't seem to respect the same things I do, how can I respect people while still remaining true

Summer camps help youth battle boredom

By Angela Williams

Army Flier Staff Writer

Since last August, the children of Fort Rucker have been busy with math, history, science and English assignments. But now that school is out, many of those children have to find something eise to keep them busy.

Summer camp, offered by child, youth and school services, could be exactly what they need.

CYSS summer camp options are divided into two age groups. School Age Summer, from 5:30 a.m. to 6 p.m., is for children ages 6-10. The Middle School Teen camp, for ages 11-18, is from 7 a.m. to 1 p.m., but MST participants can stay at the youth center until 6 p.m. through the free Open Rec program.

The camps include a variety of activities at the youth center as well as field trips to Panama City Beach, the Center Library, the Wiregrass Museum of Art, the U.S. Army Aviation Museum. Lake Tholocco and more

We have to keep them busy," explained Eugene Johnson, CYSS facilities director. "If we don't keep them busy, the kids get bored quick."

The youth center has 15 computers, Internet connectivity, computer games, and several Xbox and Wii consoles. It also has an arts and crafts room where children can learn quilting, crocheting, embroidery and other skills, as well as an all-purpose room



PHOTO BY ANGELA WILLIAMS

Children play basketball in the all-purpose room at the youth center.

where children can play basketball and other games.

Staff members also host various types of tournaments throughout the summer. Johnson said

Children enrolled in the MST program can participate in even more activities. The program's summer calendar includes archery, sports and fitness, technology, robotics, renewable energy,

according to Linda Ivy, MST di-

According to Johnson, parents can pay by the week through the summer.

"If you're going out of town next week - so you'll be here this week but you won't be here next week - you need to pay the Friday before," he said. "Then, if you're

dramatic arts and culinary arts, not coming back, you don't have to worry about it.'

The fee is scaled based on income, but it ranges from \$40 to \$111 for SAS and \$20 to \$55 for

"Parents are paying for child care," Johnson said. "They're not paying for the field trips. We pay for the field trips."

"Everything is included," Ivy

explained.

When not involved in a scheduled activity, such as a tournament or field trip, children are free to visit whatever youth center activity they wish. When children are enrolled, their names are printed on a color-coded card and laminated. Children carry the cards with them and place them in a card holder on the door of each activity room. When they leave one room and go to another, the card goes with them.

"This is so we know where the kids are at all times and we know how many kids we have in the room," Johnson said. "Everywhere you see kids, we've got staff."

Johnson said the youth center activities are open to all the children involved in summer camp, but the teens have a room for themselves and the field trips are divided into smaller age groups.

For example, the 6-8 year olds may visit the Center Library on Tuesday and the 9-10 year olds may visit on Thursday of the same week. The same principle also applies to the MST program. A group of younger teens may visit Gulf World on Wednesday; then the older teens make the trip on Friday.

"We just try to get them out of the building," Johnson said.

Summer camp started Monday but weekly registration is open through the summer. For more information or to register for the camp, call 255-9108 or

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

Mobile Dairy Classroom

The Center Library hosts the Southwest Dairy Farmers Mobile Dairy Classroom Friday 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, 255-0891.

Father's Day Feast

The Landing offers a Fathers Day Feast June 17 from 10 a.m. to 2 p.m. The meal will be served buffet style and will cost \$18.95 for adults, \$8.95 for children ages 6-12, \$4.95 for children ages 3-5 and will be free for children 2 and younger. A military Family special will be available for two adults and two children to eat for \$45 Reservations are encouraged.

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

Get R.E.A.L.

Army Community Service offers its Army Family Team Building Level I and Rucker Experience, Army Learning program June 20 from 8:30 a.m. to 2:30 p.m. in the Soldier Service Center, Rm. 371F to help those new to the Army make sense of the lifestyle, terms, acronyms and services offered. The interactive day of learning includes topics such as acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required.

To register or get information, call 255-2382.

Single Parenting Workshop

The Family Advocacy Program offers a Single Parenting Workshop June 20 from 9-11:30 a.m. at the Early Childhood Activity Center. The workshop will focus on single parents' taking care of their children and themselves, balancing parents' time with children's time, enjoying a loving relationship with children, and effective communication and negotiation skills. People need to register by June 15. The workshop is open to active duty and retired military, Department of Defense employees and Family members.

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

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 and framing. Cost for ages 6-10 is \$5 per hour and the programs are free for participate.

THURSDAY, JUNE 7



Army Strong Triathlon

Participants emerge from Lake Tholocco during the swim portion of last year's Audie Murchy 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 Saturday and then \$50 from Sunday to June 16. Registration for relay teams (maximum of three people) is \$70 until Saturday and then \$80 from Sunday to June 16. Participants who pre-register by Saturday will receive a T-shirt. Those who register afterwards 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.

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.

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

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. 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 and 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 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

call more, 598-8025.

Story Time

The Center Library holds Story Time Fridays from 10:15-11 a.m., except for holidays and days of no scheduled activity. club, water basketball, The free program introduces "the joy of reading" to children ages 2-5 years old and enhances parentages 11-18. A valid child, child interaction, accordyouth and school services ing to library officials. A registration is required to typical event includes a Enrollment story, music, and coloring

FRIDAY, JUNE 8

or craft time. For call more,

Youth Skate Night

255-0891.

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 Tuesday 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.

Army Birthday specials

In celebration of the Army's 237th birthday, The Landing Zone will serve free cake June 14 starting at 11 a.m. during lunch while supplies last. For more, call 598-2426.

Also in recognition of the Army's birthday, the Center Library will offer five free printed or scanned copies Wednesday. For more, call 255-0891.

ACS Family **Bowling Night**

Army Community Service offers Family Bowling Night for all active duty military Families June 14 from 5-7:30 p.m.at Rucker Lanes. Cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to the event.

For more, call 255-9277 or 255-3735.

DFMWR



SUNDAY, JUNE 10

MOVIE SCHEDULE

The Cabin in the Woods (R) 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.

SATURDAY, JUNE 9



Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, talks with a child with the TAPS organization at the 18th annual TAPS National Military Survivor Seminar and Good Grief Camp in Arlington, Va., May 25.

Survivors of fallen share memories, understanding

By Lisa Daniel American Forces Press Service

ARLINGTON, Va. When David Lloyd's wife, Ann, died, he hit a level of loneliness he says he never could have imagined. Today, he stood among some 2,000 people who had been there.

As the Washington area marked the first day of a weekend teeming with public events commemorating the nation's fallen service members, some 1,500 adults and 500 children filled the Crystal Gateway Marriott here in an effort to help themselves and each other deal with the grief of losing their very own military heroes.

The 18th annual TAPS National Military Survivor Seminar and Good Grief Camp for Young Survivors offered four days of events to help the Families of those who died while serving in the military cope with their grief. Sponsored by the nonprofit TAPS — Tragedy Assistance Program for Survivors — the seminar includes numerous sessions for adults and children ranging from coping with suicide to helping siblings and children to understanding survivor benefits. "As the surviving Family

and friends of members of the armed forces, we share a very special bond of service and sacrifice to our nation' TAPS Founder and President Bonnie Carroll said. "We have in each other our most powerful resource for comfort and understanding. This is a safe place to spend time with others who have experienced a similar loss and understand the pain we all carry.'

Lloyd and his wife were Soldiers with the 3rd Army Division at Fort McPherson, Ga. — David, a lieutenant colonel, and Ann, a major. Ann was away at training. preparing to deploy, at Fort Gordon, Ga., in November 2006 when David got the call that Soldiers there had found her dead in her room from a blood clot.

With their two daughters, Rhaynae and Nicole just 5 and 11 years old, respectively, and the Family living off base with no relatives nearby, Lloyd quickly decided to retire. "I had a new iob then" - as a full-time father, he said

The Family got by as best they could, returning to their routines, and some happy times, too, Lloyd said. But he was concerned that the girls weren't dealing with

their loss at the same time he was trying to figure out his own grief.

It all caught up with him one night shortly before retirement, Lloyd said. "I was very much alone in the office that night," he said.

Lloyd picked up a magazine among the papers on his desk "I couldn't even tell you what the magazine was," he said, "I just flipped it over and there was TAPS advertised on the back cover. The ad included a hotline for grief counseling. He didn't hesitate in picking up the phone. The TAPS volunteer spoke with him in exactly the way he needed, he said.

"When I called, it just opened up a new world to me," he said. "Then I understood I was not alone. It was just one of those things, one of those defining moments,'

Lloyd returned to the annual TAPS seminar for the fourth time this year, mostly for the girls, he said, "It's therapeutic for them."

Rhaynae, now 11, looks at it as going to camp and playing with other children who have lost parents, and Nicole, now 19, has come a long way in dealing with her grief, Lloyd said. It was only a year ago that Nicole asked what her mother had died from, "She just didn't want to know," he said.

"This place makes you

Pilcher

see the kids in a different light," Lloyd said. "You just know the hurt [they're going through], then you see them laughing and you know this is a great thing."

Other parents also voiced concern that their teens and young adult children also wouldn't talk about their

When Shelann Clapp's husband, Army CW5 Douglas Clapp, was killed in a helicopter crash along with Army Brig. Gen. Charles B. Allen and five other Soldiers near Fort Hood, Texas, in 2004, Clapp quickly sought support with TAPS and other groups, she said.

"It helped me that I was employed," said Clapp, who works in education and is a doctoral student. "I just had to keep going. I didn't know what else to do."

Vice President Joe Biden spoke at the seminar about losing his wife and infant daughter, and how it made him understand how people can contemplate suicide. Clapp said his message resonated with her.

"I didn't want to go on; I didn't know how," she said. "I was married to this man longer than I had lived with-

While Clapp worked through her grief, her then 18-year-old daughter, Jennifer did not "She kept telling me she didn't want to talk about it. She was angry.

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but she couldn't say why."

The Clapps marked a milestone today when Jennifer, now 27, attended the seminar for the first time with her mother. After just one day of TAPS, Jennifer said she was glad she attended. "I never really dealt with

it," she said of losing her father, but being at the seminar forced her to think about it and realize she wasn't alone Jennifer said she felt better about her loss when she met a mother of three young children on a Metro train this morning. The woman's husband, a service member, recently died.

"It really opens your eyes about what people are going through," Jennifer said. "You think you're the only one it's happened to, then you meet others who have it just as bad."

"We're very much about survivors helping survivors," said TAPS spokeswoman Ami Neiberger-Miller, whose brother was killed in action in Iraq in 2007. "We find people

come, first for themselves, then they come for others," she said of TAPS mentoring

Bob and Kitty Conant attended the seminar for the first time this year, and went through mentor training. They said they hope to help other grieving Families by being TAPS mentors. "It's about coming alongside them and listening and being there for them." Kitty

The couple, from Valencia, Calif., said their religious faith has gotten them through the loss of their son, John, an Army sergeant, who died of an undiagnosed heart condition, miocardial arythmia, on April 10, 2008.

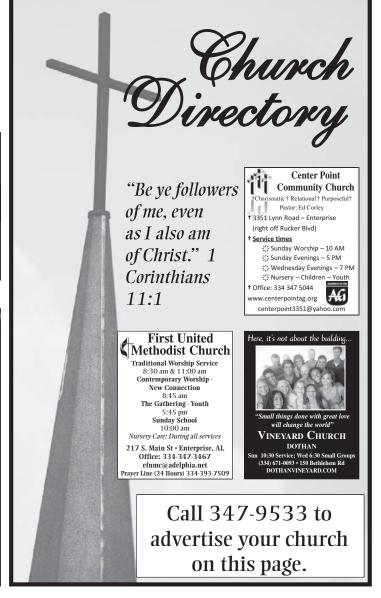
"He just had a duty station change and he's serving the supreme commander now," Kitty Conant said of her son's death. "He just went before us."

Conant, the second of four boys, three of whom serve in the military, had been in the Army 15 years and completed two deployments to

Iraq and one to Haiti when he died suddenly. While his heart problems were unknown, he had been battling post-traumatic stress and seemed to have turned a corner in the months before his death. He had started calling again, having long conversations with his parents, and reconnecting with his brothers, one of whom he had started to bond with in their shared PTSD and combat experiences. John found out two days before his death that he had been cleared to return to Iraq, his parents said.

While John's death was a shock, the Conants say they are content in knowing that he died doing what he loved. "He had wanted to be a Soldier since he was a Cub Scout," his mother said. "That was his dream."

Ellen Andrews, TAPS Defense Department liaison, said participants find a bond that lasts years. "This is like a Family reunion for us," she said. "This is the group no one wants to belong to, but we're so glad it's here."





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Alabama Tourism Department *Press Release*

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Beaches

Gulf Shores: Charter a fishing boat, enjoy succulent local seafood or just sip a drink and watch the sunset. Gulf Shores is a beach lover's dream destination, with plenty to keep you busy day and night. For more, visit http://gulfshores.com.

Orange Beach: Explore miles of Alabama's famed sugar-white sands while enjoying attractions ranging from Adventure Island to The Wharf Resort and gorgeous Perdido Pass. For more, visit http://orangebeach.com

Dauphin Island: Escape the frenzy of modern life on this Family-friendly, wildlife-rich island that has been attracting visitors to its secluded shores for more than 1,500 years. For more, visit http://dauphinislandtourism.com.

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Seafood

Abundant crab, shrimp, oysters and fresh fish caught daily from the Gulf make Alabama's beaches a seafood lover's paradise. Enjoy a steaming bowl of authentic gumbo, get a soulful bite of shrimp and grits, or crack into crab claws that you'll be talking about for ages.

Activities

Alabama's Gulf Coast is famous for the relaxing effect of its emerald waters and sugar-white beaches, but the activities available are sure to get your blood pumping. Chartering a fishing boat is an absolute must if you're an avid angler, and for those who'd rather just enjoy the scenery, dolphin sightseeing tours are a great option, as well.

Another can't-miss experience is the world-class golf offered near Alabama's beaches, where you can find more than a dozen golf destinations including two stops on our famous Robert Trent Jones Golf Trail.

For more ideas on things to do in Alabama, check out http://www.alabamatravel.com.



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WIREGRASS COMMUNITY CALENDAR

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ANDALUSIA

ONGOING — Andalusia Public Library offers free practice tests.

Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring.

Call 222-6612 for more information.

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.andalusialegionpost80.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.andalusialegionpost80.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

TODAY — 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 children10-13, 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@

SATURDAY — 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 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 Cen-

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

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

NOW 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.

Beyond Briefs

Gulf Coast Pirate Festival

This two-day festival, Saturday and Sunday 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.

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.

Buster Britton Memorial Triathlon

This Buster Britton Memorial Triathlon tradition continues by celebrating 26 years on Saturday. The event, held at one of the beautiful Alabama State Park venues, is one of the longest running triathlons in Alabama. The race honors the life of Buster Brittonone of the Birmingham area's original triathletes that lost his life in a fun run after completing the Hawaii Ironman only a short time earlier. For more information, visit team-magic.com.

State Blueberry Festival

The Brewton Blueberry Festival, on June 16, features original arts and crafts, an antique car show, motorcycle show and ride, live entertainment, children's area, blueberries, blueberry bushes, cookbooks, Tshirts and more. For more information, visit www. alabamablueberryfestival.com.

Alabama Sports Festival

Alabama's largest multi-sport Olympic-style event features 25 different sports June 22-24. The Birmingham event is open to all residents of Alabama. The event also presents an official opening ceremony that includes a parade of athletes, oath to the athletes, lighting the cauldron, and musical entertainment. For more information, visit www.alagames.com.

Pier Park Summer Concert Series

Relax and enjoy free music on the lawn at Panama City Beach's Aaron Bessant Amphitheater. The concerts are open to the public and free of charge. Bring your own lawn chairs or blankets for more comfort. Food and coolers are allowed. Scheduled bands include The Black Lillies on June 14, Telluride on June 21, The Kevin Jacobs Band on June 28, Heritage on July 5, George Porter Jr. and the Runnin' Pardners on July 12, The Lee Boys on July 19, and Boukou Groove on July 26. All concerts start at 7 p.m. For more information, visit pc-beach.org.

Pick-of-the-litter

Meet Shane O'Malley, a 1-year-old male domestic medium length hair available for adoption at the Fort Rucker stray facility. He is loving and good with people. It costs \$81 to adopt Shane O'Malley and other animals at the facility, which includes all up-to-date shots, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's *Facebook* page at http://www.facebook. com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



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Clear communication is integral to success

By Chaplain (Lt. Col.) Milton Johnson

Garrison Chaplain's Office

Don't garble the mes-

sage! If I've heard the statement once, I must have heard it four dozen times. Again and again, our units are warned against hearing one thing, then passing on a slightly different version. It is very amazing how the original story, report or command appears after it has gone through its verbal metamorphosis.

Consider the following.

A colonel issued this directive to his executive officer: Tomorrow evening at approximately 2000 hours, Halley's Comet will be visible in this area, an event that occurs only once every 75 years. Have the men fall that we see God's style of out in the battalion area in communication doesn't fatigues and I will explain this rare phenomenon to them. In case of rain, assemble the men in the theater and I will show films

After being transmitted through each chain of com-

squad members received: When it rains tomorrow at 2000 hours, the phenomenal 75 year-old General Halley, accompanied by the colonel, will drive his Comet through the battalion area theater in fa-

Garbled messages are not unique to the military. They provide the most fuel for gossip. All it takes is the ability to exaggerate this detail or rearrange the facts, omit a few specifics, leave room for the subtle innuendo and be sure to add some color to make the story more interesting.

So what if you forgot to mention a couple of tiny tidbits of information that might have set the story straight?

It is for the above reasons seem to leave much margin for generalities. He told more than one prophet to say it painfully straight and make it obviously clear. Moses received precisely 10 commandments, not a "dozen or so." He told mand, this is the story the Jonah to go directly to Ninevah, not "whatever city seems fair to you."

The preservation of the truth of the message demands respectful treatment and accurate communication.

Paul wrote to the Corinthians that "...if a trumpet does not sound a clear call, who will get ready for battle?" (1 Corinthians 14:8

Today we need the clear call of bugler. If there is something you have been trying unsuccessfully to communicate to someone, take the time now to write it down as clearly as you

Do you pass on reliable information? If you do, don't garble the message!







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Religious Services

HEADQUARTERS CHAPEL (BLDG 109)

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

MAIN POST CHAPEL (BLDG 8940)

- Catholic Confessions,
- 4 p.m., Saturday.
 Catholic Mass, 5 p.m. Saturday
 • Catholic Mass, 9:30
- a.m., Sunday.

 Liturgical Service, 8
 a.m., Sunday.

 General Protestant,
- 11 a.m., Sunday.

WINGS CHAPEL (BLDG 6036)

· Contemporary Protestant Service, 9 a.m. and 11 a.m., Sunday.

SPIRITUAL LIFE CENTER (BLDG 8939)

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

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THE HUNTSMAN- [*6] 3 EVERYDAY 2:00, 7:00 & 9:30

MEN IN BLACK 3- PGTS

Ozark

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Story on Page D3

Birthday ball

JUNE 7, 2012

Splash! offers Family fun, a reprieve from beat

By Connor Wolanski Army Flier Contributing Writer

Fort Rucker's Splash! pool and spray park should start seeing a big boom in business as the hot months of summer arrive.

Located behind The Landing Zone, Splash! has long been a Family favorite in the Fort Rucker

"Splash! is the perfect place for Families to unwind during the hot Alabama summers," said Janice Frdlitz. Directorate of Family and Morale, Welfare and Recreation marketing director.

Splash! consists of a large swimming pool divided into a shallow end for the younger kids and a deeper end for older kids and adults. Two interlocking tube slides - the favorite of many children - feed into the shallow side of the pool, while a more challenging rock wall juts out of the water on the deeper side. The pool is completed by a diving board, and is carefully watched over by multiple lifeguards at all times.

"Splash! also offers a spray park for those younger kids not quite ready to take on the big pool," said Erdlitz. "It also offers mom and dad a place to sit back and relax while watching the kids

This proved to be true enough for Katy Sund, a military spouse and first time visitor to the Splash! pool on Monday.

"I'm not really a big pool person," she said, adding that the main attraction for her was to relax in the sun while watching her kids enjoy the pool. Her daughter, Taylor, added her own thoughts about the Splash! pool.

"I really like the slide and the rock wall since I actually made it to the top," she said. "I've been here about six times or so - they didn't have a lot of this stuff last time we were here."



PHOTOS BY NATHAN PFAU

A Family drifts through the shallow end of the pool at Splash! Monday.

The Sunds weren't the only Family enjoying the pool on an afternoon that saw temperatures exceed 90 degrees.

"We come at least once every couple of weeks during the summer," said Lanina Sasser, civilian. "It's clean, it's bigger. We come pretty far – we live about 45 milesaway." Her daughter, Sasha, was quick to explain that the slides are the best part about the Splash!

"Quality of Life is important to us," said Erdlitz. "We strive to provide top quality recreational programming for our Soldiers and Families at Fort Rucker."

This assertion was backed up as nearly everyone had something positive to say about the Splash! pool's upkeep, level of cleanliness, and friendly and helpful staff.

"It's nice and it's clean," said Rhonda Hardy, a civil service employee. "This is the first time [we've been here] this year, and they love the water slides," she said, pointing at two young boys who wanted to keep their goggles on even as the Family got ready to leave.

"It's entertainment for them, that's the main reason we like to come," Hardy said. "And to cool

"Family and MWR makes it a priority to offer fun safe recreational activities for your military youth," said Erdlitz. "Child youth and school services offers teen camps and summer programs to keep kids entertained and active during the school summer break, and Splash! offers a safe swimming activity for everyone."



Taylor Sund (center) took the plunge from the rock wall into the deep end of the Splash! pool on Monday, while onlookers laughed and applauded

Bulldogs take down Double Tap during tournament

By Nathan Pfau Army Flier Staff Writer

Children played in the stands, and Families and friends watched as teams took to Fort Rucker softball fields to particip in the 2012 Mid-Season Softball Tournament.

The B Company, 1st Battalion, 11th Aviation Regiment Bulldogs were one of the victorious teams as they took on the members of the U.S. Army Aeromedical Research Laboratory's team Double Tap and advanced to the next round of games in the tournament, winning the game

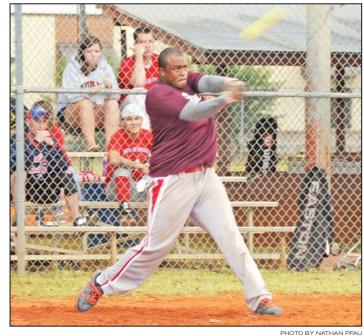
The game started strong for team Double Tap as Marcus Prichard hit a home run to bring in the first two runs of the game in the first inning. They continued bringing in runs ending the first inning 4-0 and set the pace for the rest of the game.

Double Tap showed promise through the beginning of the game as they widened the lead as Prichard hit his third home run of the game, bringing in two additional runs and maintaining their lead to 6-1 at the top of the third, but ending their home runs for the game

"I knew we had them when [Prichard] hit that third home run with just a solo shot," said Robert Smith, coach for the Bulldogs, adding that teams are only allowed three home runs per game.

The Bulldogs showed they weren't out of the game as they followed up by bringing in three runs by the end of the inning.

Their opponents continued to put on the pressure though, as Double Tap con-



Marcus Prichard, player for Double Tap, sends the ball flying over the fence with a 2-run home run at his first at bat during a mid-season softball tournament game at the Fort Rucker softball fields.

sistently brought in runs throughout the game, but that wouldn't hamper the Bulldogs' morale.

"I just tell my guys to keep your heads up throughout the game," said Christopher Saucedo, pitcher for the Bulldogs. "If [we're] down by two or three [runs], just keep going and we'll pull through."

The Bulldogs did pull through and

proved that they were still in it when they tied the game in the bottom of the fifth with multiple base hits, eventually pulling ahead of their opponents as Jeffrey Gehringer hit a 3-run home run to go up

"We had better hitters and we had better fielders - plain and simple," said Smith. "We knew that they were a big team that hits home runs and they only get three a

Double Tap went into the next inning aggressively as they maintained the momentum they showed throughout most of the game and stayed on the Bulldog heels bringing in five runs early in the sixth inning, but were unable to retake the lead going into the rest of the inning, which gave their opponents the opportunity to again widen their lead.

The Bulldogs only managed to bring in one run during the bottom of the inning, giving Double Tap the chance to close the 2-run gap.

Double Tap managed to pull out an inthe-park home run at the top of the 7th and to bring them within one run of their opposition, but the team was unable to get any hits through the infield and the Bulldogs won the game.

"I've been playing softball for 22 years," said Smith. "Close games like this are the best to play. It's better to come out on top like we did, but these close games are the most fun."

The games aren't only fun for the players, but for the people watching from the stands as well, according to Jennifer Stinson, an Enterprise native who came out to enjoy the games with her friends and son,

"I like to bring my son out here because it's great for him to play with some of the other kids while I watch my friends play," she said. "It gives us something to do on the weekdays."

The final Mid-Season championship game will be played tonight at 6 p.m.



MY CLAN... KOFF

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test by Fifi

1. TELEVISION: What was the name of Tonto's horse in the series

"The Lone Ranger"?

2. GENERAL KNOWLEDGE:
What was the country of origin for the
pop group The Bay City Rollers?

3. COMICS: In the "Archie Comics," Archie Andrews has a hard time
choosing between two young ladies.

choosing between two young ladies.

What are their names?

4. INVENTIONS: What did Leonard A. Fish and Robert P. Cox patent in 1972 that was described as a "foamable resinous composition" that was propelled from a can?
5. LITERATURE: What futuristic

novel's first line reads, "It was a plea-sure to burn"?

6. MUSIC: What kind of instrument

does musician Chuck Mangione play?
7. MOVIES: What was Ron's patronus in the "Harry Potter" movie

series?

8. FOOD & DRINK: Farfalle is a

type of what food?

9. GEOGRAPHY: What is the second largest of the Hawaiian Islands?

10. HISTORY: What was the code

name of Hitler's planned invasion of

See Page D3 for this week's answers.

BY ANY OTHER NAME

89 Stocking stuffers? 90 Cousin's more 93 Canal feature 94 And more of the same 95 Lion's pride 95 Solo peform-ances 97 Essence 100 Old French coin

Super Crossword

55 Revolution-ary War hero? 59 Nest egg 60 Madame Curie ACROSS
1 Bert of "Rose Marie"
5 Decorate glass 9 Tight 14 Oven feature 19 Hodge-

27 Alpha

opposite
28 Use the
microwave
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29 — Pan Alley 31 Cable channel 32 Vote in 34 Use a

dagger 38 Shadowy

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45 Family car
46 Dutch painter
47 Spine start
49 Fountain order

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Curie 62 Gelid 63 Rock's podge 20 "Star Trek" navigator
21 Really big
star?
22 Florida city
23 Legendary
drummer?
26 Boxer
Roberto
27 Alpha

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WHERE?

- 63 Rock's Maiden 64 Word form for "center" 65 Wrapped up 68 Gymnast Korbut 71 Overdo a tan 72 Caravansary 73 Safe place? 75 Syndicated film critic? 78 Tizzy 79 Circle section 80 Paella
- section
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 ingredient
 81 Wordy
 Webster
 82 Actor Reeve
 84 Sprawl on
 the sofa
 85 Computer
 image
- image
 86 "Winter of Artifice" author
 88 Terra —
 91 Aspin or Paul
 92 "It's Too Late" singer?
- singer?
 98 Letters of credit?
 99 Move through mud

20

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 103 A real
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 104 Nick of
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 107 "The Man"
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 109 Most
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 111 Vietnam's —
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 112 Painter Paul
 113 Baker's
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 114 Taradiddle
 115 Fall behind
 117 Coup d'—
 119 Gary of
 "The Buddy
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 123 City on the
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 126 "I Dream of
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 star?
 131 Flynn of
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 132 Psychedelic
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 135 Stick
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7 Influence 8 Clean your ears?
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36 South African

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- 13 Pocket flowers? 14 Director Browning 15 Hosp. area 16 "Captain Ron" star? 17 Serengeti springer 18 Be bombastic
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See Page D3 for this week's answers.

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Weekly **SUDOKU**

by Linda Thistle

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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!

See Page D3 for this week's answers.

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-by Hal Kaufman 123000 **496000** 789 ???



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e. 3—Yellow, 4—Lt. brown, 5—Flesh, 6—Green, 7—Dk. —Purple, 9—Dk. blue, 10—Black, 11—Lavender,	7	4	2	3	2	4	2	7	3	4	5	3	5
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less 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 right. Then read the ecked figures give you.



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Wounded warrior to represent WCAP athletes at 237th Army Birthday ball

By Rob McIlvaine Army News Service

WASHINGTON — This Soldierathlete believes in hard work, thanks to his father. And after having his leg amputated due to an improvised explosive device in Iraq, that hard work helped him become a member of the Army World Class Athlete Program.

For his hard work, Master Sgt. Edward O'Neil, a volleyball player, will represent other Army WCAP athletes at the Army's 237th birthday celebration and ball in the nation's

Other WCAP Soldiers attending the event include Spc. Justin Olsen, whose team won the Gold at Vancouver for bobsledding, and Spc. Dennis Bowsher, modern pentathlon competitor.

The Army Ball invitation is exciting, O'Neil said, because he knows he's near the end of his career and he's never been before.

"The one thing I asked, after being invited, was I want to be able to take my wife with me. In my 21 years, we've never been to an Army ball. For everything my wife has been through, I kind of feel like I owe it to her to step out in a formal environment, so we can enjoy a nice evening," O'Neil said.

O'Neil served first in uniform with the Navy, from 1988 to 1992. After that tour of duty, "I got out and did what a lot of people do: you go to school and figure a few things out, what you want to do with your future," O'Neil said. "I decided to come into the Army in 1995 and I've been in the Army for 17 years."

He and his wife, Shalynn, have a six-year-old daughter, a 13-year-old son and a 16-year-old son. Originally from Northampton, Mass., O'Neil and his family now live in Edmond.

Injured in Iraq

At the start of his third tour in Iraq, in May 2008, O'Neil was injured by a deadly form of improvised explosive device, the explosively formed penetrator.

"I was wounded May 2008 in Najaf, about 100 miles south of Baghdad, on a convoy," O'Neil said. "I was blown up. My driver was killed."

The explosively formed penetrator, he said, is a very powerful weapon that easily penetrates armor. The Soldiers feel safe in a Bradley or Stryker, until suddenly and EFP enters the vehicle and goes out the other side.

"I was injured with shrapnel wounds, and my left leg was pretty messed up," he said.

O'Neil refers to getting injured as the close of one chapter and then moving on to recovery in the second

Recovery

After being hit, O'Neil went first to Balad Air Base, Iraq, before heading up to Landstuhl Regional Medical Center, Germany. After that, it was on to Walter Reed Army Medi-



For his hard work, Master Sgt. Edward O'Neal, a volleyball player, will represent other Army World Class Athlete Program athletes at the Army's 237th birthday celebration ball in the nation's capital.

cal Center, Washington, D.C. He did his recovery at Brooke Army Medical Center, San Antonio, Texas.

"After my leg was amoutated. I got on my prosthetic," O'Neil said. "I really wanted to get back on my feet. There's a lot of reasons for my motivation. Of course, one of them would be my Family."

Another reason for his motivation, he said, was that he did not want to simply lie around and cry about his situation. But he had to work through certain things that were very difficult.

"I would say the whole PTSD aspect for me was very difficult and still is," he said.

The whole recovery process, he

said, was very shocking. "I was not ready for it. I thought I was but I wasn't," O'Neil said. "Your stump goes through different stages. It starts off big and then it gets smaller and then you have to learn how to take care of it. But I wanted to run and get back on my feet."

To appear normal and to not draw attention to himself, he said he worked on his gait -- the way he walks -- so it's not noticeable at all that he has a prosthetic device on one leg. He also wears long pants.

When people see it, there's always a bunch of questions, although I have no issues answering any of them," O'Neil said.

World class athlete program

"I've always been into sports, recreationally, as a child," O'Neil said. He was interested in baseball, as well as the professional sports teams in Massachusetts, including the Boston Red Sox, the New England Patriots, the Boston Bruins and the Boston Celtics.

He also played volleyball while attending school at Amherst High School. That's his sport now, as part of the WCAP

"At 42, I'm a lot older than most in WCAP, and that always has to be taken into consideration," he said. "But it's all about your drive and your initiative, and I like sports.'

WCAP, headquartered at Fort Carson, Colo., supports nationally and internationally ranked Soldiers as they work to make U.S. Olympic teams in either the Olympics or the Paralympic Games. Since 1997, 40 Soldier-athletes have participated in the summer and winter Olympic Games winning gold, silver, and bronze medals.

"After high school, I didn't play volleyball for a long time except for some pick-up games or beach volleyball, but not competitively. I shifted to running and cycling; things I could do outdoors with my family," he said.

When an athlete starts playing sitting volleyball at a world-class level, he said, they discover it's a fast-paced sport with no time to think of the next move. It's all muscle memory.

"I'm a defensive player," he said. "I'm the libero for the team, so I never go to the front row. I'm a defensive passing specialist, it's all I do. It's basically my job to enhance the defensive game

The libero position, a defensive specialist, was added to the game in 1999 along with special rules for play in order to foster more digs and rallies and to make the game more exciting.

"When I was going through my recovery, I really wanted to go back to my unit back in Fort Carson," O'Neil said. "I contacted the surgeon in the unit and said I want to go back in the Special Forces group, work through my recovery. and get back out to the war.'

He knew he didn't want to be injured or wounded any longer, and wanted to just get back on his feet and keep moving.

To help in his quest, he went to a military sports camp at a place called Lakeshore Foundation, Birmingham, Ala., where he first saw sitting volleyball.

"It's one of these sports camps where they show you all these disabled and adaptive sports for wounded warriors or people that are injured, and that's where I saw sitting volleyball," he said. "We played a quick game, and because of the way I set the ball or moved, or hit, a recruiter for the national team asked me if I wanted to check it out in Edmond at the University of Central Oklahoma."

O'Neil went to a national camp in April 2009. He said camp coordinators told him they'd like to have him train with the resident athlete program.

"I was very intrigued by the invitation to do this, because it was never my intent to do this, it's something I kind of fell in to," O'Neil said.

His wife did some research and learned that Fort Carson is where the World Class Athlete Program is located. O'Neil was accepted into the WCAP in 2010, and moved his family to Edmond.

"I train five days a week, about four hours each day, and we have a national camp every month or so. On my own, I'll do cardio and things of that nature," O'Neil

This July his team will compete in a tournament in Brazil. But in his competitions, he's been around the world. He's been twice to Egypt, to England, and played in Sarajevo, the capital and largest city of Bosnia and Herzegovina.

He's been more than once to Bosnia and Herzegovina. In 1998 he was there in the French sector. He said then it was like a war zone with everything torn up. He went back again in 2003 on a mission and said things had really picked

"Last May, I went back to that same base that was in the French sector back in 1998, and there were parks, and all the war damage had mostly been picked up and renovated. The building I staved in was a restaurant and hotel and it was very exciting to see the transformation all the way through," he said.

During last month's Warrior

Games in Colorado Springs, he was on the U.S. Special Operations Command team and participated in two running events, the 1,500 and the 4 x100, but he wasn't allowed to play sitting volleyball, because he's on the national team.

"I didn't do that well, because we just showed up there and had a one-week train-up and then competed against other teams, Army, Navy, Coast Guard, Air Force and Marine teams," O'Neil said. "A lot of those people train yearround, but I was just happy to be out there and to be around those types of folks."

O'Neil said the experience, for him, is about more than the com-

"It was about the camaraderie and just sharing stories and information that was really big for me. and my wife and my kids were out there and we had a good time," he

Opportunities missed

We had three opportunities to make the Paralympics in London this summer," O'Neil said. "The first one was at our world championships back in 2010. The top three teams out of 25 teams would get an automatic Olympic bid and we were not among them."

Then, he said, they went on to probably their best chance, which was at the Parapan American games in Guadalajara, Mexico, last November. There, they beat Brazil in their opening match.

The Parapan American Games is used as a qualifying event for the Paralympics.

"We were like 6 and 0 going into the gold medal match and we lost to Brazil and it was a huge let down, a huge disappointment," O'Neil said. "We got the silver medal; but it's just not enough, it's not good enough. And it's disappointing because we realized that we let that opportunity slip away. We did our best, we played our best, but it just wasn't good enough, so that's disappointing."

In March, the team went to Cairo, Egypt, to compete in the 2012 World Organization Volleyball for Disabled International Cup. Among 20 teams there to compete, there was only one slot that would advance to the Olympic Games.

'We lost to Germany and they won the Olympic bid - the last one available in the world," O'Neil said.

His team not qualifying for the London games was a huge let-

"But disappointment is a part of sport, so we had to regroup and figure out what we're going to do to get on track so we can qualify the women's team is going, the men's team is not, so we have to figure out how we're going to get to Rio de Janeiro, Brazil, in 2016, even though I might not make it, but I certainly want to," he said.





1. Scout

8. Pasta

9. Maui

2 8 4 1 9 3 6 5 7 10. Operation Sea Lion

2. Scotland Betty and Veronica
 Silly String

Flugelhorn
 A Jack Russell terrier

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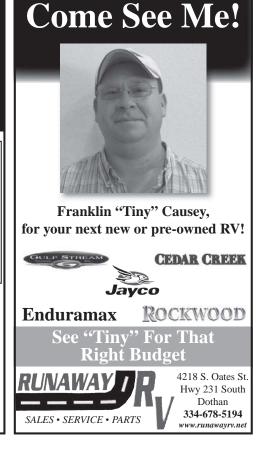
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SPORTS **BRIEFS**

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. Registration for relay teams (maximum of three people) is \$70 until June 9 and then \$80 from June 10-6 Particinants 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.

FALL YOUTH SPORTS REGISTRATION

Fall youth sports registration takes place July 1-31. Fall sports include tackle football for ages 8-12, cheerleading for ages 4-12, tennis for ages 7-18 and soccer for ages 4-17. Children must meet age requirements by Sept. 1. A current sports physical, and child, youth and schools services registration are required for participation. For more informaion call 255 or 255-0950.

INT WAKEBOARD COMPETITION

The Fort Rucker community is invited to come out to West Beach at Lake Tholocco to watch the Alabama INT Wakehoard Competition June 23 and 24 from 9 a.m. to 5 p.m. Admission is free. For more, call 255-4040.

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.

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The Biltmore Estates 3 Days / 2 Nights November 13 - 15, 2012 Deadline to Register: Oct. 1



December 4 - 7, 2012 Deadline to Register: Oct. 30 Western Caribbean Cruise 8 Days / 7 Nights



Alaskan Cruise 9 Days / 8 Nights May 30 - June 7, 2013 Deadline to Register: Feb. 8

4 Days / 3 Nights

Boston - Cape Cod 8 Days / 7 Nights August 24 - 31, 2013 Deadline to Register: June 10, 2013

February 28 - March 9, 2013



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