PIONEER

Family helps celebrate final flight





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JOB FAIR Fort Rucker employment event moves to Ozark

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SOFTBALL Spartans take down

Copperheads

Story on Page D1



FORT RUCKER ★ ALABAMA

Back to school

Fort Rucker schools back in session Aug. 6



Students journey to Fort Rucker Primary School for the first day of school last year. Fort Rucker schools will be back in session Aug. 6.

By Nathan Pfau

Army Flier Staff Writer

Summer vacation is winding down and school is getting back in session, and Fort Rucker officials are offering tips to make the transition from summer life to school life safe and easy for parents and children.

JULY 26, 2012

Fort Rucker schools will start Aug. 6, but Daleville, Enterprise, Ozark, Coffee County and Dothan schools will start Aug. 20, according to Kim Kozel, youth education support services director and Fort Rucker school liaison officer.

The transition from summer life to school life can be difficult on both parents and children, but Kozel offers some ways that parents can prepare their children for the change, and one way to start is by getting back into school time routines.

"Reestablish bedtime and mealtime routines," she said. "It is important to start getting children involved in a bedtime routine a couple of weeks before the start of school."

It's important for children to develop these routines before school starts so that they make sure that they are getting the proper amount of rest that is required to be productive at school, she added.

"Talk to your children about the importance of a nutritious breakfast and proper rest," said Kozel. "Also, get them used to getting up, dressed and eating breakfast within the required time to prepare for their schedule once school starts."

Parents should have a place in the home for children to store their backpacks and other school belongings, said the liaison officer. There should also be an area for important notices for parents to see that the children bring home from school.

Getting prepared at home is just one way to get Families ready for the start of school. Kozel suggests that parents with first-time students visit the school with the children before the start of the school year to ease tensions.

The Fort Rucker Elementary School and Fort Rucker Primary School will give parents the opportunity to tour the school with their Open House and Sneak a Peek Aug. 3 from 2:30-3:30 p.m.

SEE SCHOOL, PAGE A4

Chaplain Corps celebrates 237th birthday

By Sara E. Martin

Army Flier Staff Writer

The chaplains on Fort Rucker help Soldiers and their Families every day, and the chaplaincy will celebrate the corps' 237th birthday Friday at 10:30 a.m. in Bldg. 5700. Everyone is invited to join the festivities

The primary mission of the chaplaincy, listed by the Army as its second oldest corps, is to "take care of the Soldiers who are away from home, whether that be at basic or downrange," said Chaplain (Col.) Dennis Newton, chief of operations of the religious support office and the garrison and U.S. Army Aviation Center of Excellence chaplain.

"Wherever Soldiers are, we are. The Army takes its pastors with them," he said.

This is Newton's 39th time celebrating the chaplaincy's birthday and he says that he loves his job bers that need his assistance.

"We help Soldiers by being there for them. We are a part of their weekly lives," he added.

Assigned at the battalion level, Newton believes chaplains "are the first level of response."

"We are able to view [Soldiers] constantly and are able to pick up on things much earlier simply because we are there. The more [chaplains] go around with [their] Soldiers, really the less counseling [they] do because [they] can catch a problem early on. By be-

ing proactive we can help right away," said Newton. But Newton does not claim that a chaplain can solve all issues that a Family might be dealing with. "Of course, if there is something that a chaplain cannot help with he or she makes a referral to behavior health," but they can help Soldiers become mentally and spiritually fit.

"Behavioral health and psychological help are necessary, but they are removed from the Soldiers. It's sometimes hard for Soldiers to open up to a doctor they've only known for 10 minutes. We can be that bridge for the Soldier," Newton said.

"By doing a needs assessment, the chaplaincy can determine who the Soldiers are and just what they d for help, whether we can directly help or not, with the resources that Fort Rucker provides. We can always send them on the right path so they can get help," Newton said.

SEE BIRTHDAY, PAGE A4



Chaplain (Col.) Dennis Newton, chief of operations of the religious support office, and Chaplain (Lt. Col.) Milton Johnson, deputy installation chaplain work on a project at the Religious Support Office July 19.

ICE gives Fort Rucker customers a voice

By Nathan Pfau Army Flier Staff Writer

Fort Rucker provides many services for people on the installation from youth services to the fitness facilities, but also provides a way for them to provide feedback to help improve those services.

The Interactive Customer Evaluation program is a Web-based Department of Defense program that customers can use to get information about services that are provided on the installation and provide feedback about those services, according to Kristina L. Davis, lead management and program analyst for the plans, analysis and integration office.

"It's important to have a program like this because it gives customers a voice, and it's a quick and easy way for them to



Christie C. Pollard, management analyst for the plans, analysis and integration office looks at the

online Interactive Customer Evaluation website. provide feedback," she said. "The information they give ... goes immediately to

The program is used to let service providers know not only what they might be able to improve, but also to praise those that are doing their jobs well.

"I don't think that everyone really understands that ICE isn't just a complaint tool," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "It also serves as a great tool to let managers know about staff members who are providing outstanding customer service.

"We sometimes forget how much a positive comment can affect employee morale," she said, "Family and MWR actually uses the ICE program to recognize employees who receive positive ICE com-

The recognition that people get for do-

ing a good job doesn't only come from the

employee works for, but can come from installation leadership as well, said Da-Maj. Gen. Anthony G. Crutchfield, Fort

organization or service provider that the

Rucker and U.S. Army Aviation Center of Excellence commanding general, has recognized those that have received positive feedback through the ICE system.

"The commanding general surprises people sometimes," Davis said. "I've had a number of my service provider managers say that they were just doing their job and in walked [Crutchfield] with a coin, so the feedback really does go to the top.'

People can also use the program to submit feedback anonymously, but customer service can be better provided

SEE VOICE, PAGE A4

the service provider manager.'

PERSPECTIVE

Family Matters: Tackling obesity, for security's sake

American Forces Press Service

(Editor's note: The below article was originally an entry in Monday's Department of Defense Family Matters

WASHINGTON - It's not often there is a national call to action over a matter of national security, but that is what's happening over America's obesity problem.

Luckily, there is no shortage of resources for all of us to do our part in addressing it.

Concerns about the quick rise in obesity — some call it an epidemic — and its potential to harm military readiness are not new. Ever since 100 retired generals and admirals formed the nonprofit organization "Mission: Readiness" and released its landmark 2010 report "Too Fat to Fight" to convince Congress to mandate healthy school lunches, federal officials, at least, have known of the military imperative to reverse the fat trend. The report included the services' assessment that 75 percent of the nation's 17- to 24-year olds do not qualify for military service — mostly due to obesity.

Those concerns were reiterated last month when the Bipartisan Policy Center released its report, "Lots to Lose," which shows alarming trends not only in recruiting, but also in retention due to overweight problems. The report notes that nutrition concerns for service members and recruits factored into President Harry S. Truman's decision to mandate the federal school lunch program. The focus then, however, was vitamin deficiencies.

In the past two years, the movement has changed from alarm bells to action as public officials, including Defense Department leaders, carry the issue from Washington to cities, towns and military installations across the country.

Last week, First Lady Michelle Obama took her Let's Move campaign to Philadelphia to announce locally based public-private initiatives that include things like closing a city street to traffic to make a "safe play" place, challenging residents to a city-wide diet, bringing farmers' markets to low-income areas and holding information campaigns about the nutritional content of foods.

DOD has made similar changes, requiring all of its schools and daycare centers to give children meals emphasizing fruits and vegetables, restrict TV and computer time, ensure daily exercise and ban sweetened drinks.

Also last week, Charles E. Milam, principal deputy assistant secretary for military community and Family programs, met with military food and beverage workers for their annual workshop and directed that they ensure that dining facilities and other installation eateries give healthy choices that also fit into today's fast-paced culture. Also, Military OneSource (http://militaryonesource.mil) offers



free nutrition and fitness training to service members and their Families

In promoting Let's Move, the first lady often talks about changing American culture toward healthier living. That's where Families come in. As I talk to military spouses and other parents, most agree that one of our toughest challenges is in challenging the idea that "kid-friendly" cuisine is limited to pizza, fries and chicken nuggets.

Changing the culture will mean cutting back on the alltoo-easy and inexpensive drive-through meals. It will mean cooking healthy and encouraging kids to try new things even when your child's friends are over. Changing the culture means challenging the notion that kids need snacks for every event — soccer, Scouts, etc. — even when the event only lasts an hour. And it means asking teachers to discourage parents from bringing cupcakes in the classroom for every birthday, especially when there are 30 kids in a class.

I've had to do all these things in the year and half since my daughter was diagnosed with Type I diabetes. It's not easy to make these kinds of changes that affect the whole Family, but it can be done. Now, at age 9, my daughter has memorized carbohydrate counts of many foods - there are great carb and calorie counters on the market. She also recognizes foods high in sugar, salt and fat, and understands how much better she feels eating eggs for breakfast instead of pancakes or doughnuts.

Granted, she would not have learned all this without being forced to, and that is where the campaign against obesity comes in. With the right information - and there is plenty out there - Americans can change the tide on obesity and its many related problems. Even young children can tell if half of their plate is made up of fruits and vegetables, or count whether they've eaten five in a day. They can know that sweet drinks — including juice — is best saved for rare occasions, or if you have dessert at lunch you should skip

The cultural change the first lady speaks of will mean they have the information they need and the support of Family and friends. Some great websites for information are the Agriculture Department's Choose My Plate at www.choosemyplate.gov, Healthy Kids, Healthy Futures at www.healthykidshealthyfutures.org and the National Institute of Health's Health, Lung and Blood Institute at www.nhlbi.nih.gov/



What tips would you offer for protecting yourself during long periods of sun exposure or treating symptoms for overexposure such as sun burns and blisters?



Ollie Golden. military spouse

"Stay out of the sun entirely when it gets really hot. No need to risk getting



Samantha Burke. military spouse

Wear a cute hat and at least 30 SPF all over your body, not just your neck and shoulders."



Spc. Thomas Cutler, C Co., 1st Bn., 2-14th Landstuhl, Germany

"Make sure you hydrate and don't be afraid to get an I.V. if you really need one at sick call'



CW4 James Wright, TCMRA, B Co., 1st Bn., 13th Avn. Regt.

"Wear clothing that shields you from the sun and take breaks from working.



Ramon Defreites, C Co., 1st Bn.. 13th Avn. Regt.

"Just stay inside and keep

COMMAND

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

Fort Rucker recognizes college graduates

By Nathan Pfau Army Flier Staff Writer

Fort Rucker is known as the home of U.S. Army Aviation, but Soldiers on the installation can learn more than how to fly aircraft during their time here.

Families and friends came together at the post theater to celebrate and recognize 13 of the more than 60 students that graduated with a degree with the help of the Fort Rucker Education Center during a ceremony Friday.

"It gives us [at the education center] great pleasure to recognize [the graduates] as well as their Family members because they have reached an important milestone," said Jeff Pouncy, education services officer for the education center. "We in this country put great emphasis on education and we can never have too much of it."

The students who received certificates of graduation earned degrees from different colleges ranging from universities like Troy University to American Military University, and with degrees from associate degrees to master's degrees.

Sgt. 1st Class Claudia Jackson, who graduated with a Master of Business Administration from Trident University International, said she was extremely excited to receive her degree and recognition in front of her Family, some of who traveled from Dallas, Texas, to attend the ceremony.

"I'm the first in my Family to graduate college, so I'm really happy," she said. "My mother and father didn't even graduate high school, so to be the first in my Family to achieve this is really nice."

Before the certificates were handed out, Grey Edwards, chief of the Army Continuing Education System Hub Fort Benning, Ga., spoke on the benefits of Army education centers across the globe.

"The beauty of continuing education is that you have the opportunity to learn from each other," he said. "We go wherever Soldiers go ... and that's the reason we're here. If we didn't have Soldiers and the important Family members, then we don't have anything to be involved in."

Edwards also advised the graduates to build and maintain the relationships they have made throughout their time in classes



Sgt. 1st Class Claudia Jackson, who earned a Master of Business Administration from Trident University International, receives a certificate of graduation from Grey Edwards, chief of the Army Continuing Education System Hub Fort Benning, Ga., during a graduation recognition ceremony at the post theater Friday.

and throughout life.

"You never know when you're going to establish a good relationship," he said. "Don't ever burn bridges. You just never know where those partnerships and relationships are going to go."

The ceremony was also a time to give recognition to those at the education center who helped the students achieve their goals and earn their degrees, according to Henry Eagle, education services specialist for the education center.

"Our professionals in the education center are there for all the Soldiers and Fam-

"Our job is to help Soldiers and Families go as far as they can in their civilian education so that they can be successful both in the Army and beyond."

As the official portion of the ceremony came to a close, Pouncy offered a final piece of advice to the graduates that hold leadership positions on the installation.

"When young Soldiers come to you requesting and asking for assistance, please do all you can to see that he or she can get all they can get," he said. "In this country, education is one of the great discrimina-

ily members here at Fort Rucker," he said. tors. [The one] who can get the most education is normally going to be the one to move forward and progress."

> After the ceremony, the graduates and Family members gathered in the lobby of the post theater for food and cake, and to congratulate each other on their achieve-

> "Let this be a time for you to rejoice, enjoy and [recognize] that you've made a great step in your life," said Edwards. "Find something you like to do and go for it, and let education be the key to get you

DECA gets word out on sales, deals with commissary newsletter

By Connor Wolanski Army Flier Contributing Writer

The Defense Commissary Agency has started a new Army-wide initiative that is already impacting Fort Rucker residents — the publication of a monthly commissary newsletter.

Known as the "Commissary Express Line," the monthly newsletter was first published at the beginning of the year and provides supplemental information to the "Commissary Connection," an e-newsletter already in existence, according to Terry Ford, store director of the Fort Rucker commissary.

"It's a way to draw awareness to each store, and at each location [the newsletter is] configured to the needs of each store," said Ford. "It'll show what kind of events we have going on, what types of sales are on, store times for opening and closing, questions about specific products, availability of products, and so on."

The format of the newsletter shows how easily adaptable it is to the numerous commissary locations throughout the U.S.: while the headline story is a DECA-approved, Army-wide story, there is an additional story pertaining to that particular commissary, as well as the "Store Director's Scoop" column, written by the store director, and filled with news and tips geared towards the



Kimberly Boulton, store associate, prepares for a day of serving Fort Rucker residents at the commissary meat department.

"[For example] we're putting together a disaster preparedness day, and under a banner at the front door we'll have a lot of items presented so that people can take from that as they need," said Ford, adding that the newsletter will let people know about this and other promotional events ahead of time.

The newsletter will certainly have plenty of news on deals and promotions to fill its pages — according to Ford, the commissary implements new sales and special deals every two weeks.

"Every two weeks we have a promotional period, and during that DECA's marketing and business unit will send down a list of items that should be put on special deal," said Ford, adding that items could be marked down anywhere from 10-to-50-percent off regular price.

While the newsletter is DECA's newest method of reaching out to the military public, it is certainly not the only way that they advertise. There's the "Commissary Connection," an e-newsletter that customers can subscribe to at http://www.commissaries.com/subscribe. cfm, a Facebook page, and even a Twitter account.

"Customers can go [to our Facebook page] to compliment us, order items, ask questions, or even complain about us," said Ford. "There's also commissaries.com, which has links to all different commissary store locations, with store hours, staff information - everything a person could need to know about us.

"[The most rewarding thing about this job is] making sure that everybody's able to get what they need, and making sure we're taking care of them the right way," he said. "People from outside may not realize that the commissary could run by itself - we're just here to inform them, handle questions, and just help whenever there is a little bump in the road."

News Briefs

USAACE change of command

The U.S. Army Aviation Center of Excellence hosts its change of command ceremony Aug. 10 at 9 a.m. on Howze Field. Maj. Gen. Kevin W. Mangum will assume command from Maj. Gen. Anthony G. Crutchfield.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday from 3-4 p.m. in the post theater. All are welcome to attend to honor and congratulate the most re-

Chaplain Corps birthday

The Fort Rucker Ministry Team hosts a celebration of the 237th anniversary of the U.S. Army Chaplain Corps Friday from 10-10:30 a.m. in the atrium of the Soldier Service Center, Bldg. 5700. The gathering features cake and refreshments, and celebrates the work of the Chaplaincy of Fort Rucker while also honoring all Army Chaplains that have served as religious and spiritual leaders for Soldiers and Families since 1775. For more, call 255-2989.

Thrift shop

The Fort Rucker Thrift Shop hosts a bag sale Aug. 4 from 8 a.m. to noon. The sale allows people to buy items they can stuff into a brown paper bag for \$5. The

sale is open to the public. For more, call 255-9595. The Fort Rucker Thrift Shop is open Wednesdays-

Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more, call 255-9595.

ACAP meet and greet

The Fort Rucker Army Career and Alumni Program hosts Waffle House, G4S Secure Solutions USA and DOW Corning for an Employer Day Aug. 8 from 10 a.m. to 2 p.m. in the second floor break room in Bldg. 5700. The event allows people to network with militaryfriendly employers. The event is open to active-duty military, retirees, veterans and their spouses.

For more, call 255-3932.

Spouse club signup

For people new to Fort Rucker who are interested in meeting fellow spouses, the Fort Rucker Community Spouses Club's annual Super Sign Up and Exhibition takes place Aug. 16 from 10 a.m. to 1 p.m. at The Landing. The event, which is the club's annual membership drive, will feature everything from live music from the Silver Wings Band to shopping and prizes. This year, the club will welcome spouses with a Hawaiian Luau theme. Club membership is open to all spouses.

For more about the club, visit http://www.ftruckercsc.

Protestant Men of the Chapel

The Fort Rucker Protestant Men of the Chapel meets every first Saturday of the month from 8-9 a.m. in the Fort Rucker Spiritual Life Center. Men are welcome to attend for a time of fellowship and a short devotion. Breakfast is provided free of charge.

For more, call 255-2989.

Aviation museum construction

With work going on to replace the roof on the U.S. Army Aviation Museum, military graduations and most change of command ceremonies will be temporarily moved to the post theater in July and August.

The museum is still open its normal hours, though, from 9 a.m. to 4 p.m. Mondays-Saturdays. For more, call 598-2508.

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.

School: Students may visit school Aug. 2

Continued from Page A1

and 2:45-3:45 p.m. respectively, according to Vicki Gilmer, Fort Rucker Elementary School principal.

Elementary school students can also visit the school Aug. 2 at 3 p.m. to check the front window for class assignments, she said.

"A visit may help to settle preschool anxieties, especially if [the children] are just starting," said Kozel. "Allow children to ask questions about their new school environment. Show them their classroom ... the cafeteria, the playground and where the bus may be picking them up or dropping them off."

It's also important for parents to try and ease fears by letting their children know that they are comfortable and confident in the school, said Kozel.

"Transitioning from laid back summer to an activity-filled school day can take some adjustment," said the liaison officer. "If you can ease into the structured routine before school starts, the entire Family will benefit and the transition should me more smooth.'

Transitioning for the children is crucial during back to school time, but the transition is just as important for people living near schools or high traffic areas for children during school hours, according to Peggy Contreras, Fort they should not be in the road-Rucker Community Police super-

"The biggest thing is to remind people [in the communities] that school is starting back up and safety for the children is a priority," she said. "People driving on the installation should slow down because of the extra children and people walking to get to school."

Part of a parent's responsibility during this time of year is to make sure that their children know how to get to and from school safely if they are walking or riding bicycles, said Contreras.

"For those that are walking and riding their bikes, parents should teach their children that way," she said, adding that children riding bicycles must wear proper protective gear and must dismount their bicycles when crossing a crosswalk.

Contreras suggests that parents get to know the school routes with their children and walk with the children for at least the first week, and also get to know the neighbors that their children might be traveling with to school.

"They should try to get a buddy system going if they have neighbors going to school as well," said the community police supervisor.

She also advises parents to make sure their children know that there will be a main crosswalk in front of the elementary school on Red Cloud Road that the children will be required to

It's also important that children do not arrive to the school before 7:30 a.m., said Contreras.

"Last year there were issues with children getting there too early and climbing trees, throwing rocks and fighting, which poses obvious safety issues,' she said. "We don't want children there with no supervision, so it's the parent's responsibility to make sure they get to school when they are supposed to."

For more information, visit http://www.am.dodea.edu/rucker,

Birthday: Chaplaincy provides support to post, Wiregrass

Continued from Page A1

The chaplaincy is also involved in helping others besides Soldiers.

"Our second mission is to provide support for the Families who are left behind; the spouses and children that are left dealing with the separation of a loved one," continued Newton.

Newton says he wants to provide fellowship in many forms for everyone who is staying on post while they wait for the return of a parent or spouse.

Fort Rucker has many opportunities for Families and Soldiers to seek fellowship and guidance. A full Catholic parish with

a priest is located on post, as well as three Protestant services, which range from multi-cultural contemporary to gospel. There is also a Family life counselor who offers mature, religious, Family-oriented perspective counseling, several youth groups and vacation Bible school.

"We are able to help so many and so well because of our outreach," said Newton, adding that the ministry on post has the largest volunteer group on base.

The multi-cultural aspect of the military is apparent in the chaplaincy, providing for the needs of anyone on post regardless of religious affiliation.

Newton said that getting a Jewish ser-

vice on post is one of his top priorities.

"I'm really big on helping everybody. And our Soldiers need the opportunity to have access to a synagogue. We want to provide for all peoples, for all spiritual needs, not just the followers of Christianity," Newton said.

The chaplaincy provides support to the Wiregrass by bringing diversity into the leadership of nearby pastors, chaplains, rabbis and priests.

The clergy appreciation day is held by the Fort Rucker chaplaincy once a year. Clergy from around the Wiregrass are invited to participate in the training. Last year's focus was on how to assist military

children and teens in ways that are specific to them - 75 local spiritual advisers took part.

"We help them understand that these youth have traveled sometimes all over the world and how to talk to them and help them in their specific needs. They are much more culturally diverse than say, a child born and raised in this specific area. The experiences these children have are much different. It makes them a little bit different to deal with and clergy have to take this into account."

For more information on the chaplaincy, call the religious support office at

disa.mil.

Voice: ICE helps service providers enhance services

 $Continued\ from\ Page\ A1$

if people sign their names and provide contact information, said Davis.

We have a policy for people that request contact back from a manager to be contacted within three days," she said. "If people [provide contact information], especially if there has been some kind of problem, that gives the manager a chance to get more information ... and

the resolution is."

ICE allows service providers the opportunity to see how the public views their facilities, whether good or bad, said Erdlitz.

"Managers can see how patrons are rating their facility and can look for areas that need improvement," she said. "Sometimes I think patrons aren't aware that if there is an area that needs improvement, the first step really is letting

see if they can directly fix the issue.

Some of the services on Fort Rucker such as the bowling center and other MWR facilities have computers or kiosks set up that are dedicated for use by customers to give feedback through ICE.

"Quality of life is so important for [the Fort Ruckerl community, and through ICE, [people] can directly affect customer

let the person know what the manager know first to service," said Erdlitz. "We wanted to make ICE as convenient as we could for our patrons.

> MWR provides links on their website, www.ftruckermwr.com, that go directly to ICE for customers to use and provide feedback on their services, she added.

People can also fill out paper ICE cards and give them to a manager.

"Ken Blanchard famously said, 'feedback is the breakfast of champions,

and I think all the people I work with here on the installation really are here for the customer," said Davis. "Letting them know how well they are doing or how they can improve is really important.'

To use the ICE system, www.rucker.army.

NEWS

mil/imcom or www.ice.





- Have a Family disaster plan and supply kit.
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JUST MINUTES SOUTH OF ROSS CLARK CIRCLE ON US HWY 231

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Aviation pioneer: Family members help celebrate Aviator's final flight

By Sara E. MartinArmy Flier Staff Writer

A mixture of wind, tears, water and cheers met the Aviator as he stepped out of the Apache that carried him and his son-in-law on his last military flight Friday.

Family, friends and coworkers greeted CW5 Lance McElhiney celebrating his successful last flight as an active-duty Soldier after a 44 year career.

McElhiney's wife, Laurie, said it was important for her husband to have his last flight carried out at Fort Rucker.

"He wanted to fly with his son-in-law, CW4 Dan Lynn, who is stationed here at Hanchey. Lance retires Aug. 31 and graduated the Apache course here, so he wanted his final flight to be here with his son. That was the big thing," she said.

His wife and son, Lance Jr., an Air Force veteran, waited as he stepped away from the AH-64 to spray him down with

With his Family surrounding him McElhiney got a little emotional. "Forty-four years goes fast. I've been a CW5 for 19 years and I pray the younger ones can carry on what we have done. I am happy and sad. This is very bittersweet. I'm happy that I made it this far. I wouldn't change a single thing I've done. I want to cry, but I can't because I am an attack pilot."

McElhiney said the reason he served in the Army was to secure the safety of future Americans.

"It's about the future. It's about God and country. It's what our nation is all about. It's about kids and their future," he said.

He continued to describe how the Army benefited him and how he helped the Army.

"I started in 1969 and graduated here in 1970. I had no breaks and I never got out. I've been active duty the entire time.



CW5 Lance McElhiney is welcomed with a gush of water on Hanchey field July 20 by his son Lance and joined by his son-in-law Dan, who is a platoon leader stationed at Hanchey field.

to pick it up and take off," he said.

Those who knew him best were there

I wanted to make the warrant officer corps better. I've helped with a lot of policies and I am proud of that," he said.

McElhiney's career consisted of tours in support of the Vietnam War, Desert Storm, Desert Shield, three in Iraq and one in Afghanistan. He has a Purple Heart, two Legion of Merits, four Bronze Stars, and 31 air medals.

"I'm Airborne with 3,000 jumps, over 13,000 hours of flight time and 3,000 hours combat time. I've flown the TH-55, TH-13, B-model gunships, you name it. I went to Germany and helped with the first night vision goggle program there as well as to Iran as an Aviator adviser. I even used to be the standardization officer here at Fort Rucker for Abaches." he said.

McElhiney added that he just isn't as young as he used to be.

"In order to keep America strong, we have to keep our military strong. It's time for me to go. I am giving the reins to the younger guys. It's their time. It's their job

pilot, CW5 Michael Reese, Chief Warrant Officer of the Aviation Branch, who served with McElhiney in Texas and Iraq. "There isn't an attack pilot in the Army

One of those was a friend and fellow

"There isn't an attack pilot in the Army today that Lance hasn't touched and influenced in some way. This is just a small token of appreciation that the Aviation Branch is doing to celebrate his career," he said.

Jeremy Krometis, an Army civilian who served in the same battalion as McElhiney in Vietnam, said, "He is a true patriot. He's served all these years because he loves his country. This country owes him a big debt. He will be missed in the flying community."

Reese left him with one final wish.

"It's time to relax and enjoy retirement, Lance. We will keep driving on with your legacy," he said.

McElhiney was given his last flight strip before the celebration ended and he walked off the airfield shouting, "Go get'em boys and girls!"



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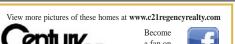
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JULY 26, 2012

Robots revolutionize maintenance

By Jaclyn Nix CCAD Public Affairs

CORPUS CHRISTI ARMY DE-POT, Texas — Corpus Christi Army Depot introduced its sixth robotic metal spray unit to coat helicopter components better, faster and more cost efficiently.

The robotic metal spray booth mechanically bonds plasma spray to coat aircraft components. Instead of Corpus Christi Army Depot, artisans at CCAD, machining metal onto a part, existing components can be restored and put back into service.

The plasma consists of a high heat source, gas and a metallic powder, which can be anything from aluminum to tungsten. The powder adheres and coats the component without harming the bare metal.

"Instead of throwing away the part, we prep it and do the thermal spray so

you won't lose the bare metal which costs the most," said Juan Medrano, senior project manager from Solzer Metco, a coating solutions center.

"This is actually going to have a return on investment of \$2.6 million from an initial investment of \$1.1 million over a life span of 20 years," said Lupe Lara, mechanical engineer.

Robotics have become a beneficial part of CCAD life since it reduces gun set-up time and rework while improving employment.

Darrell McIntyre metal operator, says that the switch to robots has made the job go by faster and with more consistency.

About 10 years ago, metal operators sprayed components by hand. They exposed themselves to hazardous conditions such as UV lighting and fumes from the plasma that required safety equipment from gloves to a full jacket, mask, safety glasses and ear plugs.

The operator would spray the components with multiple coats throughout the day, increasing the likelihood of human error with every coat.

"In the past we had to go in there manually to adjust all the positions every time we set up for a new part," said McIntyre. "Now we just punch a button, tell the system what part we got and the robot does the rest."

The robotic metal spray unit can spray up to 2.5 feet per second, making the job more accurate and faster than ever before.

"It's speeding up the process because guys were having to work late but now that we have five booths we will be able to push through equipment and make deadlines," said Lara.

A better product that uses fewer resources and still comes out faster is business as usual for CCAD as they continually look for ways to improve the world of helicopter support.



Maj. Gen. Frank Turner III, commanding general of the U.S. Army Security Assistance Command, is briefed by Ralph Molina, special process division chief, while getting to see the robotic metal spray unit up close.

35th CAB prepares for deployment

By Capt. Marvin J. Baker 120th Inf. Bde., Div. West

FORT RUCKER, Ala. — Before the Missouri Army National Guard's 35th Combat Aviation Brigade deploys to Kuwait this month, they completed a 10-day final training program coordinated by Division West's 166th Aviation Brigade at the Seneff Aviation Simulation Center here.

The Aviation training exercise tests all Soldiers in the unit as they use the center's simulation systems to replicate situations the unit will encounter during their nine-month deployment.

"The ATX is a multi-echelon training program that allows crews, commanders and their staff to all train together using the latest Army technology. The simulation center is set up to facilitate work in tactical operations centers, staff offices and classrooms," said Maj. Mike Stachour, exercise branch chief for Fort Rucker's Directorate of Simulation.

The heart of the action is the tactical operation center, where nearly a dozen Soldiers spend their day tracking everything the unit does, and writing reports so the brigade commander has the most up-to-date information possible.

brigade commander needs us to be thorough, accurate and fast as we check and doublecheck while updating him on in-



PHOTO BY CAPT. MARVIN J. BAKER

Spc. Noelle Foster, left, and Sgt. 1st Class John Zapata work in the 35th CAB tactical operations center during an aviation training exercise in the Aviation simulation center at Fort Rucker July 11.

formation that affects his ability to complete the mission," said Capt. David Nelson, 35th CAB battle captain. "During this training, I can see how things can pile up if we aren't efficient, and that's why I rely on my team to be diligent in their job.'

One of the team members Nelson relies on is Spc. Noelle Foster, an Aviation operations specialist and one of the brigade's youngest Soldiers. "I'm 20 years

old and this is my first full-time job," Foster said. "I feel prepared

for my deployment." Foster said she spent the bulk of the past two years training for her deployment, starting with her 15-week military occupational skill training in 2010 at Fort Rucker. Since then, she completed a year's worth of monthly battle assemblies and other collective training events near her unit's headquarters in Sedalia,

Sgt. John Zapata has nearly 12 years of service in the Army, but he is new to the 35th CAB operations mission.

"I used to be a medic, and I worked in the personnel section before," Zapata said. "This new job makes me a more wellrounded Soldier.'

The entire Aviation training

SEE DEPLOYMENT, PAGE B4

Army provost marshal urges vigilance

By William Garbe Army News Service

WASHINGTON — Speaking up about suspicious activity is always the first-line of defense rism said a top Army antiterrorism official.

"Antiterrorism is about people saying something," said Maj. Gen. David Quantock, provost marshal general of the Army. Quantock discussed the Army's antiterror-

ism initiatives in advance of the upcoming Antiterrorism Awareness Month in August.

"I think in this time, in this day and age, where there are people out there that mean us harm, it this antiterrorism effort and keep our vigilance and our focus up,' Quantock said.

As part of Antiterrorism Awareness Month, Soldiers will be educated about and reminded to participate in the iWatch program. That program operates like a neighborhood watch program, Quantock said.

are encouraged to recognize and enforcement agents. Reports filed in iWatch are then passed to the FBI's larger "eGuardian" system, which connects law-enforcement agencies and intelligence organizations at all levels of government, across the United States.

While technology is an important part of detecting and preventing terrorist activity, at the most basic level, antiterrorism efforts are actually cost-free; they involve Soldiers, their Families and Army civilians to simply keep their eyes open and to remain alert to that which stands out as unusual.

"Antiterrorism [efforts] can be people like you and I walking around our post, camp and stations." Quantock said "That's probably the most important, most cost-effective way."

The general said unusual or suspicious activity could include vehicles parked illegally, unseasonable or ill-fitting clothing, and persons loitering around or taking pictures of a sensitive area, post or access control point.

"All of these kinds of things that look suspicious really need to be reported to law-enforcement officials, and they'll do something

about it," Quantock said.

The general said consequences of not being vigilant could include a compromise of national security Soldiers, civilians and Families or military and civilian deaths or injuries.

sures into the contract support process is also an Army initiative. Quantock said military contracts over \$150,000 must now undergo an antiterrorism review to ensure contracts do not violate operational security. He also said measures must be taken to make certain contractors have been properly vetted and trained before being brought into the Army community.

"We have many folks working around (and) on our installations, supporting our installations," Quantock said. "We've got to make sure that they're actually trying to help us and not trying to hurt us.

Ouantock also said the lessons from the November 2009 shooting at Fort Hood have helped the Army identify insider threats.

"From looking at the Fort Hood study we have found many gaps and seams in our personnel, our behavioral, and our law-enforcement systems that really needed to be brought together," Quantock said.

The general said the military

SEE PROVOST, PAGE B4

Dempsey:

Forming partnerships vital for future force

By Claudette Roulo American Forces Press Service

WASHINGTON - In an increasingly competitive fiscal and security environment, major powers need to develop partnerships, and partnerships take work, Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, said July 17 at the National Guard Symposium on Mutual Security Cooperation.

The symposium was held for members of the National Guard's State Partnership Program. The 20-year-old program links National Guard elements with partner nations to develop closer relationships between the United States and other countries. There are now more than 60 state partnerships under the program, 13 of which have existed since 1993

The program is particularly valuable because of the National Guard's ability to provide continuity in its relationships with foreign counterparts, Dempsey

National Guard elements are better-suited than the active components to develop and leverage career-long relationships because of the way that active component service members move around, he said. The continuity in these relationships contributes to a high level of trust.

The State gram has reaped benefits far beyond what was initially conceived, Dempsey said.

"Partnering in general, whether you're partnering with other nations or whether you're partnering your own services it's not always easy," he said.

"Nation-states used to have a monopoly on the topend technologies related to lethal force and military instruments," Dempsey said.

"I think it's pretty clear to everybody that nation-states no longer have that monopoly. And what that does is it increases the risk in ways that I think we all need to continue to talk about and think about and interact about," he said.

This redistribution of power has created a security paradox, Dempsey said.

"The paradox is that although human violence is at an evolutionary low, the capability to dispense violence is at an evolutionary

SEE FUTURE, PAGE B4

Maj. Gen. David Quantock, Provost Marshal General of the Army, encouraged Soldiers and civilians to participate in iWatch Army.

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B2

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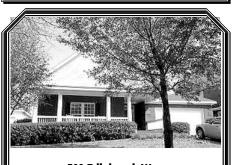
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334-393-2773

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Deployment: Training aims to mimic deployment environment

Continued from Page B1

exercise is overseen by observer controller and trainers in Division West's 166th Avn. Bde., along with other subject matter experts who returned from overseas deployments to share their fresh and relevant skills and

"When the 35th CAB deploys, they will be responsible for all Army Aviation assets in Kuwait," said Capt. Jared Maxwell, a trainer with the 166th Avn. Bde. "Our goal here is to mimic actions they might see in Kuwait so that they can slide right into work when they arrive."

During the ATX, trainers coached the 35th CAB Soldiers through situations such as loss of communications with aircraft, air medical evacuation and recovery of a downed aircraft, said Maxwell.

Before the start of the exercise, Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence

and Fort Rucker commanding general, spoke to the group of more than 130 Soldiers from the 35th CAB and the nearly 50 trainers and subject matter experts from the 166th Aviation Brigade.

"There's no experience required for the ATX; we will give it to you," Crutchfield said. "Use this training to sharpen the pencil and your processes and how you will work together. At the end of the exercise, you will know more about yourselves and about each other."

Future: Dempsey stresses importance of hard work, partnerships

Continued from Page B1

high," he continued.

The challenge presented is how to balance the requirements of a new fiscal environment with those of defense, while simultaneously recognizing that "you're probably going to get the future wrong," Dempsey said.

"We just have to watch to see that we don't contract beyond a point where we can meet our nation's needs from a security perspective," he said. "That we continue to make sure that the nation is immune to coercion from any domain."

In this new fiscal environment, the value of programs will be increasingly scrutinized, and after 10 years of war, less resources are to be expected, he added.

To meet these fiscal challenges, major powers will increasingly find that they need to partner with other nations, Dempsey said.

"In that environment, I think the State Partnership Program will compete very favorably. Not just because partnering is an intrinsic good," he said, but because major powers will need these partnerships to confront the types of decentralized foes that nations currently face.

"I think it's really a modest investment for a pretty substantial return," Dempsey said.

In summation, Dempsey cited a quote from Fred Franks: "You can't roll up your sleeves and wring your hands at the same



In an increasingly competitive fiscal and security environment, major powers need to develop partnerships, and partnerships take work, Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, said July 17 at the National Guard Symposium on Mutual Security Cooperation.

challenges that face us are remarkable in lenges both requires the hard work that understanding comes progress.'

up our sleeves than wring our hands. The I do think that getting through those chalthrough partnerships; and I think that in

"Obviously what I'd rather see is us roll both the number and the complexity, but comes in rolling up our sleeves and also

Provost: Marshal urges community to get involved, report crimes

Continued from Page B1

training and culture of getting involved and taking action goes hand in hand with antiterrorism.

Unlike civilians out in the community, who might fear

involvement in or cooperation with a police investigation, even if it means catching a wrongdoer in their own community, Soldiers, he said, take pride in doing what is

"All I would say is if you see something, say some-

thing," Quantock said. "Get involved. Don't be a bystander. Make a difference out there for your community, make a difference out there for your Army, and make a difference for your nation. By doing that, you may save someone's life someday.'





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Story on Page C4

Ozark to host Fort Rucker employment event

By Sara E. Martin Army Flier Staff Writer

With times making it difficult to secure steady employment, Fort Rucker provides a job fair each year to ease the stress of job hunting.

The ninth annual Fort Rucker Area Job Fair will be co-hosted this year by the Ozark area Chamber of Commerce.

This is the first year the fair will be held in Ozark, taking place at the Ozark Civic Center from 9 a.m. to 1 p.m., and the event is free and open to the public. Last year's fair was held in Enterprise.

'We decided to go to Ozark because it's important for Fort Rucker to confirm to the community that we want to support the area and give citizens easier access to go to this job fair," said Debbie Gaydos, the Fort Rucker employment readiness program

More than 25 employers will be in attendance. Some companies include: Manpower, Army Fleet Support, Navigator Development Group, Inc., and Time Warner Cable.

People should expect to be interviewed at the fair, said Tanya Roberts, executive director of the Ozark Chamber of Commerce.

"This is not a business fair. It's local businesses that are hiring now. They are offering jobs," she said.

Gavdos said that people $looking \, for \, either jobs \, or \, looking \,$ for a career will find what they are looking for at the fair. "The opportunity to meet face-to-face with this many hiring agents at one time doesn't come along often, so take advantage of this opportunity."

She added that it "can be hard to even get an interview and see Gaydos stands ready to help. someone, because everything is done over the Internet these days. It's not easy getting that one-on-one contact time. You can make a connection with someone [at the fair] as well as



More than 2,500 job seekers attended last year's Fort Rucker Job Fair in Enterprise

The city will also be hosting a resume writing workshop Aug. 8 from 9-10:30 a.m.to help prepare attendee's resumes. The workshop is free and open to everyone, and will be held at the Ozark Area Chamber of Commerce. Roberts suggests making a reservation early because seating is limited. To make a reservation, call 774-9321.

For anyone looking for tips and advice on job hunting,

"I can't express enough that people should be dressed professionally. Absolutely no jeans, flip flops or shorts. You only have one chance for a first impression. It's very important

that people be professional. I am sure we are going to have a lot of people there, and if you want to knock out the competition then you should dress like you deserve the job," she said.

Roberts has an optimistic view on career changes and job hunting for service members and their Families.

"People shouldn't go into the process thinking they are going to fail or not get a call back. Practice interviewing with a Family member so all your answers are fresh on your mind and don't forget to bring plenty of resumes," she said.

Forhelpinfindingemployment, visit the employment readiness program in Bldg. 5700 or call

Lyster Army Health Clinic

Bldg 301 Andrews Avenue Ft. Rucker, AL 36362

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▶ 3 AUG 2012 **▶** 0800-1200



Debbie Gaydos, the employment readiness program manager of Fort Rucker, speaks with a client at the Soldier Service Center.

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Classes on the following topics will begin promptly at 0900. Please make plans to arrive early for adequate seating.

- Q&A with Dr. Waters
- > Exercise and Diabetes

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Ms. Holer at (334) 255-7136, or Mandy Tucker at (334)-255-7752

- > Healthy Eating
- - ▶ 3 AUG 2012
 - ▶ 0800-1200
 - Room VI30

Reserved parking will be available on the east side of the building and the ramp entrance will be



Bldg 301 Andrews Avenue Ft. Rucker, AL 36362

"[To have] diabetics in this small of an area, that's a lot," said Debra Crosby, co-chair

Diabetic expo set to educate, provide care of the diabetic exposition. "We

By Connor Wolanski

Army Flier Contributing Writer

will find a wealth of valuable seeing that from this side, so we're intormation and opportunities for Diabetic Exposition Aug. 3 from 8 a.m. to noon at Lyster Army Health Clinic.

us, so we really want to showcase patients," said Kathy Holer, case manager at the clinic. "We can take care of them from medication to eye exams to nutrition - showcasing hour before and after to interact that is what the exposition's all about."

Diabetes is a chronic disease in which a person has high blood sugar because their body either is that they can." not producing or not processing enough insulin, according

to the American Journal of Medicine. It can have both genetic and environmental causes, and if left untreated can result in loss of weight, blurred vision, and severe gastric and abdominal complications.

have diabetics who don't have the education they need about how to Those suffering from diabetes control their diabetes — we were trying to get more involved medical care at the second annual teaching them what they need to know to control their diabetes."

Holer added that the diabetic exposition will also offer a variety "Basically, Lyster has about 500 of classes on living healthily with to 600 diabetic patients enrolled to diabetes, with sessions scheduled on everything from dental health what Lyster has to offer to diabetic to physical therapy, dieting and eye

"The classes will be from 9-11 a.m. — that gives [patients] an with providers who will be there." said Holer. "We're encouraging people to stay the whole time and get the widest range of information



Q&A with Dr. Waters **Healthy Eating**

> Exercise and Diabetes > Eye Health

> Oral Care

Medication Management

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

Salsa lessons

Free Salsa dance lessons. for military and their Family members, at The Commons on Seventh Avenue, Bldg. 8950 Aug. 2, 16 and 30 from 5:30-6:30 p.m. Classes are taught by Marta Vere, ballroom and latin dance instructor. For more information or to register, email hotsalsavu@hotmail.com or call 618-7424.

'Mind Candy'

Illusionist and hypnotist Wayne Hoffman performs "Mind Candy" Friday at 7 p.m. and 9:30 p.m. at The Landing. According to Hoffman, the audience doesn't iust watch the show, it becomes part of it. People may find themselves selected to take part in mind-blowing experiments and demonstrations. With a presentation that combines mind-reading and visual illusions, people may leave the show questioning their senses. Tickets for the evening performances will be available at The Landing Zone for \$10 in advance or \$15 at the door, Special VIP tables are available for \$150. which include 10 tickets and reserved seating. The event is open to the public and for ages 18 and older.

For more, call 255-9810 or 598-8025.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Aug. 3 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. This free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers. Spouses are also welcome to attend.

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

Steak Night

Starting Aug. 3, every Friday at 5 p.m. is Steak Night at The Landing Zone. The special features an 8-oz. Flat Iron Steak with fries for \$5 with the purchase of a beverage. Diners can add a side salad for an additional \$1 and other sides are also available. for purchase. This special is limited to the first 100 guests per night, is available for dine in only and is limited to one per guest. The offer is not valid with any other coupons or promotions. For more, call 598-2426.

Taco Tuesday

Starting Aug. 7, every Tuesday at 5 p.m. is Taco Tuesday at The Landing Zone. The special features \$1 tacos (beef or chicken with shredded lettuce, tomatoes cheese and sour cream) Diners can add a side of guacamole for 50 cents or make it a meal by adding black beans and rice for \$1.95, or chips and queso for \$2. This offer is valid with purchase of a beverage and cannot be combined with other discounts or coupons.

For more, call 598-2426.

Children's craft making activity

The Center Library hosts



Thrift Shop bag sale

The Fort Rucker Thrift Shop hosts a bag sale Aug. 4 from 8 a.m. to noon. The sale allows people to buy items they can stuff into a brown paper bag for \$5. The sale is open to the public. For more, call 255-9595.

a craft making activity for children ages 3-11 Aug. 14 from 3:30-4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served.

For more information or to register, stop by the library or call 255-3885.

Becoming a Love and Logic Parent Workshop

Army Community Service's Family Advocacy Program holds its "Becoming a Love and Logic Parent" classes each Thursday from Aug. 2 to Sept. 20 from 9-11a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. Topics include, raising responsible children, instilling values, problem solving and using natural consequences as a discipline technique. This workshop is a sevenpart series and participants must attend all of the classes to receive a certificate of completion. The workshop is open to active duty and retired military, Department of Defense employees and their Family members. The workshop will not meet on holidays

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

EDGE! August activities

Child, youth and school services offers EDGE! classes again in August. Activities include tubing at Lake Tholocco, cooking activities, rock climbing at the Fortenberry-Colton Physical Fitness Facility, sewing summer tops and dresses, beach volleyball and paddle

For more, call 255-0666.

Story Time

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

For more, call 255-0891.

ACS Family Bowling Night

Army Community Service hosts a Family Bowling Night for all active duty military Families with special needs, Family Readiness Groups and Hearts Apart Families Aug. 16 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 information or to register, call 255-9277 or 255-3735.

Landing Zone Birthday

The Landing Zone celebrates its third birthday with specials Aug. 18-24. All week, people can buy one entrée and get one free after 4 p.m. To kick off the festivities, Aug. 18 there will be complimentary smoothies and games by the Splash! Pool from noon to 6 p.m., as well as prizes for participating children. Aug. 21 there will be complimentary chips and salsa available with the purchase of a beverage from -9 p.m. Aug. 22 features beverage specials. Aug. 23, two children under 12 can eat for free off of the kid's menu with the purchase of one adult entrée from 5-8

The Landing Zone will host a Hawaiian-style Birthday Bash Aug. 24. People are welcome to wear a bright shirt, a grass skirt or a lei in celebration of The Landing Zone's third birthday from 6-10 p.m. at the outdoor Tiki Bay. The party is for adults 18 and older. Advanced tickets are available for purchase at The Landing Zone. Guests will be able to enjoy a Hawaiian-style dinner from 6-8 p.m. and drink specials all night, along with music by DJ Dave.

For more, call 598-8025.

DFMWR Spotlight





Free of Charge

Date: Wednesday, August 8th Location: Ozark Area Chamber of Commerce Time: 9 am - 10:30 am For more information call 334-774-9321

Representatives from Government Contractors, Employment Agencies, Federal Personnel Representatives and Local Companies.

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For details call the Ozark Area Chamber of Commerce at 774-9321 or the ACS Employment Readiness Manager at 255-3949. www.ftruckermwr.com

MOVIE SCHEDULE

THURSDAY, JULY 26 FRIDAY, JULY 27 SATURDAY, JULY 28 SUNDAY, JULY 29

Chaplain: You never fail until you stop trying

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

This is about the time of year when many people stop to evaluate how they are doing on goals and resolutions they set at the beginning of the year.

Every New Year, many of us make lots of promises, plans and resolutions that are not kept. Goals are set at the start of the year and abandoned before the end of the first quarter.

Now, there are reasons why people start things and don't follow through until they finish. One is they set unrealistic expectations for themselves. Two, more often than not people try to reach goals in big chunks rather than small projects. Three, when they get overwhelmed and discouraged, and have set backs along the way, they equate those with failure.

A number of years ago I decided to read the entire Bible in six months. My intentions were good, but I did not realize how difficult a task that would be with the schedule I had at the time. Time passed quickly. It seemed as if each month flew by. The deadline came and caught me less than half way through the end of the Old Testament. I was very discouraged, but instead of giving of up I decided to try again, only this time in a different way and at a later time.

That same year I ran across a chart with all the books of the Bible on it and it had a title that said, "Read the Bible Through in One Year." The outline il-

lustrated a plan of reading every book in the Bible over 12 months by completing three chapters each day, and five chapters on Saturday and Sunday. Joy filled my heart as I thought to myself, I can do that. That sounds even easier. So, the next year I tried it again ... and finished. Moreover, I learned the all-important lesson that certain goals need to be broken up into increments and accomplished by conquering little pieces at a time.

On my second attempt to read the 66 books of the Bible in one year, I made a sincere commitment to read every day getting up in the morning and covering the amount of chapters according to the outline became a habit.

At some point I remember missing a day or two and feeling bad about it. There were thoughts of quitting and settling for two or three hours of study every weekend, or joining a prayer group, or maybe enrolling in a Bible correspondence course. Nothing seemed to make more sense than the thought of finishing what I started and reaching the daily goal.

So, I doubled up on my reading to cover what I missed and catch up. At the end of the year I felt great about my accomplishment.

The truth is that success is failure turned upside down. Another word of wisdom is 'You never fail until you stop trying.'

Like the famous boxer who, after being knocked to the ground several times, looked up at his opponent form the mat with blood shot eyes and said, "I am

down, but not out."

Or, like the wounded Soldier who enthusiastically responded when hit by enemy fire, "I will lie down and bleed awhile, then get up and fight again."

Personal experiences with making plans and setting goals taught me to work

feated along the way, reorganize and start again. Make stumbling blocks stepping stones. Remember, Christ's help is available from start to finish. Above all, I can do all things through Him who strength-





WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, **BUILDING 109**

Multi-Cultural Worship Service

MAIN POST CHAPEL, **BUILDING 8940**

9:30 a.m. Catholic Mass Sunday

11 a.m. Liturgical Worship Service Sunday 12:05 p.m. Catholic Mass

(Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday

WINGS CHAPEL,

9:30 a.m. Protestant Sunday

10:45 a.m. Chapel Next Contemporary Worship Protestant

SPIRITUAL LIFE CENTER,

9:30 a.m. Protestant Sunday

10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

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

Fort Rucker Protestant Men of the Chapel

Fort Rucker Protestant Men of the Chapel meet the first Saturday of each month in the Fort Rucker Spiritual Life Center, from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short

Free breakfast is provided.

Mothers of Preschoolers (MOPS)

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

Protestant Women of

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









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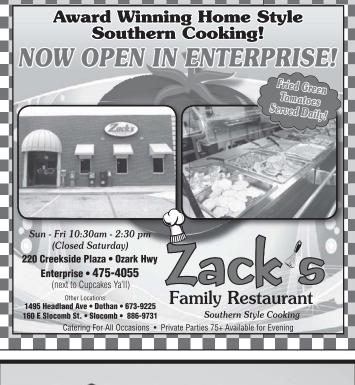
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Alabama Road Trip — Eastern Shore getaway features, Daphne, Fairhope

Alabama Tourism Department Press Release

Experience a getaway on Alabama's Eastern Shore where the charming small town of Fairhope offers boutiques, bistros, art and the top-rated Marriott spa in the world just down the road.

As you cruise along Scenic Highway 98 to Fairhope, you'll drive under canopies of oak trees draped with Spanish moss. The picturesque views are breathtaking and the beautiful buildings include the modern Daphne City Hall, built in 2008 and inspired by Italian architecture. A statue of Daphne sits atop a water fountain surrounded by palm trees.

The waterfront village of Fairhope on Mobile Bay includes residences of writers Winston Groom and Fannie Flagg and the gallery of Nall, an artist who lives in Fairhope when not in France. The downtown streets are lined with flowers and dress shops, antique stores, cafes, bed and breakfasts, a bookstore and shops where you'll find that unique gift to take home.

It has been named "Best Small Southern Town" by Southern Living and a Top 25 Place to Retire by CNN Money. "Coastal Living" magazine wrote, "This charming village nestles on the eastern shore of Mobile Bay like an idealized, movie-set small

Get away, relax and unwind as you take in the breathtaking beauty of Fairhope at the Fairhope Pier and Park on the bay located at the west end of Fairhope Avenue. The park is half a mile from downtown and has a fantastic display of flowers. The pier is a quarter-mile long with restrooms and a covered area. It's a great place to watch birds and spectacular sunsets over



Patrons shop along Fairhope's French Quarter.

On a still night along the Eastern Shore, you might also be lucky enough to witness a Jubilee, a phenomenon that occurs in only two places around the world - the Alabama's Eastern Shore and Tokyo.

Nobody knows when a Jubilee will happen, but some locals say it has to do with tides and the pull of the moon. Fish, crabs, shrimp, eel and other sea creatures are washed ashore because of low oxygen levels in the water. Locals and lucky visitors run to the shores with buckets to scoop up the bounty. Friends, Family and neighbors call out to alert each other to the phenomenon by yelling, "Jubilee!"

Your getaway starts as you exit I-10 onto Hwy. 98 in Spanish Fort (Exit 35) and take the scenic route through Daphne and Fairhope. After exiting I-10, drive about 1.7 miles and turn right onto Scenic Hwy.

98 (just past the Publix shopping center). Downtown Fairhope is approximately 9.8

Drive along Scenic 98 under the live oaks draped with Spanish moss from Daphne and Fairhope to the Grand Hotel in Point Clear. Make a quick stop in Daphne at the beautiful city hall and take a picture of the statue of Daphne. A historic marker in front provides a brief history of the city. Stop at the pier in Fairhope to relax and watch the birds flying gracefully over the bay. It's also a great spot to watch

Storybook charm of Fairhope

Stroll the waterfront village of Fairhope and you'll discover its storybook charm along the flower-lined streets. Find a bargain in one of the dozens of trendy boutique shops and art galleries filled with

designer clothes, art galleries, souvenirs, antiques and more. There are a number of restaurants, a hotel, and bed and breakfasts as well. The city is also known for its beautiful flowers throughout the year.

You may want to make your first stop at the Fairhope Museum of History (24 N. Section St., Fairhope, (251) 929-1471. www.cofairhope.com/dep_museum.php) to learn about this small town from its early beginnings. The museum features changing exhibits and is also the place to get information on Fairhope's history, such as the origin of its utopian single tax. Visitors can also see the old town jail, toys, Native American artifacts and other displays. The museum is open Tuesdays through Saturdays from 9 a.m. to 5 p.m.

Next door to the museum is the Fairhope Welcome Center (20 N. Section St., (251) 928-5095). It's a great place to pick up brochures, coupons and a layout of the shops. They also have public restrooms.

Take home a work of art from the Eastern Shore Art Center (401 Oak St., Fairhope, (251) 928-2228). You can purchase works by local painters, sculptors and woodworkers. The center also holds workshops for adults and children.

Getting there

The Eastern Shore consists of the towns of Spanish Fort, Daphne, Fairhope and Point Clear and is located on the east side of Mobile Bay. To get there from downtown Mobile, take I-10 across the bay bridge to the first exit (Exit 35). Take a right onto Hwy. 98 and make sure to turn right on the Scenic 98 route about one mile from I-10. The scenic route will take you through Daphne, Fairhope and Point

COMMUNITY CALENDAR

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

ANDALUSIA

SATURDAY — Covington County Cares Family Fun Day Festival begins at 8 a.m. with a 5k run and Tot run. Registration begins at 7 a.m. The Festival will be from 3-7 p.m. For more information, visit www.facebook.com/ covingtoncountycaresfestival.

NOW THROUGH AUG. 3 — The Andalusia Ballet Studio hosts its annual summer intensive dance classes at the Andalusia Ballet Church Street Cultural Arts Centre. The training is for experienced dancers ages 8 and up in ballet technique, jazz, and modern. For more information, call 222-6620 or email info@andalusiaballet.com.

DALEVILLE

NOW THROUGH WEDNESDAY — Registration for pee wee football is now through Wednesday. Practice sessions begin the first part of August and the season runs through Nov. 1.

For more information, visit www. dalevilleal.com.

DOTHAN

FRIDAY — Landmark Park's Animal Adventures begins at 10 a.m. for children ages 5 and up. Friday's topic is entitled "What Came First." Registration is required and the program is free with paid gate admission.

For more information, call 794-3452.

SATURDAY — Landmark Park will celebrate national watermelon month with a watermelon harvest and sampling at 10 a.m. Registration is required. Admission is \$4 for adults and \$3 for children.

For more information, call 794-3452.

WEDNESDAY — Wiregrass Museum

of Art presents "Play in the Clay!" every Wednesday now through Aug. 8 from 10:30-11:30 a.m. for children ages 5-9. For more information or to register, call

NOW THROUGH TUESDAY -

Landmark Park hosts a military appreciation month. Military members receive \$10 off membership. The park also provides a free Digitarium Planearium Program for military Families Saturdav at 11 a.m., 1 p.m., and 3 p.m. For more information, call 794-3452.

ENTERPRISE

MONDAY THROUGH AUG. 10 — Enterprise Recreation Center Pool hosts a swim camp prep course for children 5-12 years old Monday through Friday from 9-10 a.m. Pre-Registration is required.

It is \$70 per child. For more information

call, 472-0419. 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 — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise "Jug" Brown Recreation Center. Cost is \$5 per person. For more information, call 347-3381.

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 718-5707.

OZARK

SATURDAY — The American Cancer Society's sixth annual Rolling Thunder Ride begins at Larry's BBQ. Registration begins at 8:30 a.m. and the first bike out is 10 a.m. Cost is \$20 per bike and \$10 per rider. For more information, call

NOW THROUGH AUG. 4 — The Ann Rudd Art Center/Dowling Museum is sponsoring an exhibit of nature-related art, the 2012 Nature Show. Artists 18 years or older are eligible to enter up to three pieces, in any combination of painting, drawing, sculpture, printmaking and photography with a theme that relates to nature. Works must be original (not from a kit) and all works must remain in the gallery for the duration of the show. Previous contestwinning pieces may not be entered. Entry fee is \$35 for non-members and \$30 for members of DCCAH for the first entry and \$5 for each additional entry, up to three

total entries. Entry fees are not refundable. The "Nature Show" runs until Aug. 4. For more information, call 774-7145 or visit www.ruddartcenter.org.

AUG. 18 THROUGH SEPT. 28 —

The Dale County Council of Arts and Humanities is pleased to announce the 12th annual Regional Juried Art Exhibition that will be held at the Ann Rudd Art Center/Dowling Museum. Entry fee for non-members is \$35 and \$30 for DCCAH members for the first entry. One or two additional entries are \$5 each (three is the maximum that can be entered). Offered awards will be \$250 for first place, \$150 second place, \$100 third place and four \$50 merit awards. Due date of entry fees and art work is Aug. 4, 1-4 p.m. Opening reception and award presentation is Aug. 18, 7-9 p.m. For more information, visit www.ruddartcenter.org.

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

ONGOING - American Legion Post 78 meets monthly on the second Tuesdays

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

Beyond Briefs

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. All concerts start at 7 p.m.

Cake Decorating Challenge

For more information, visit pcbeach.org.

The "Mission Possible" Cake Decorating Challenge is Sunday from noon to 5 p.m. at Moose Lodge, Fort Walton Beach. It is open to all ages and skills. For more information or an entry form, visit www.

Mystery Dinner Mobile Mystery Dinners are performed at Mobile's

NWFLFightsMS.org.

Carnival Museum at 6:30 p.m now through December. Cost is \$55 per person. Reservations are required. For more information, call (251) 479-3212.

Ghost Walk

Birmingham's Ghost Walk at Linn Park runs all year long Fridays at 8 p.m.; Saturdays at 8 p.m. and 9:30 p.m. For more information, call (205) 538-1853 or visit ghostmagick.com/ghost-walks.html.

Flavors of the South

The Robertsdale Flavors of the South Festival is today from 5:30-8 p.m. Admission is charged.

For more information, visit www.centralbaldwin.com or call (251) 947-2626.

Rock Climb/Rappel Combo

Rock climbing and rappelling lessons are held Saturday from 10 a.m. to 2 p.m. at True Adventure Sports in Fort Payne. There is a three-person minimum. Cost is \$56 per

For more information, call (256) 997-9577.

Fort Rucker Lemon Lot features deals

By Sara E. Martin *Army Flier Staff Writer*

The Lemon Lot on post is ready to help Soldiers and Families make or find deals on wheels, whether they're looking to buy or sell.

The secure gates of the Lemon Lot currently protect over 30 vehicles and trailers off of Andrews Avenue day and night. The paved used vehicle lot helps people sell their many modes of transportation and people put everything on the lot, said Joan Varner, program manager at the arts and crafts center.

"Motorcycles, boats, RVs, trucks, ATVs, tow trailers, cars and other recreational vehicles. We have even had planes out here," she said.

The price to place an item on the lot varies depending on how large the item is, but clients always seem to walk away happy, according to Varner.

"This lot sells the car for them. It couldn't get any simpler. [The vehicles] basically walk off the lot," she said. Spaces are available for rent by the month.

"Spaces for large travel trailers and boats are \$30 a month, while motorcycles, cars, trucks and smaller spaces are \$20 a month," Varner said.

Customers seeking a new vehicle but who can't make it out to the lot can find many of the vehicles on the Lemon Lot website.

"An additional \$5 charge is added to those who want to be on the site as well as on the lot. If they just want to be on the website and not place their vehicle in the lot then the charge is \$15 a month," she said.

Varner said that proof of ownership of the vehicle is required either to place it on the lot or on the site.

"They need their registration, a title or a bill of sale to show ownership," she said. Clients also need to have a matching I.D.

The benefits of selling a vehicle on the Lemon Lot are many.

"There is a lot of foot traffic here," said Varner. "The fact that it's on base and super accessible is great. Plus, Soldiers and veterans trust each other."

Buying and selling at the Lemon Lot can be a speedy process, Varner added.

"Soldiers price it themselves and sell it themselves. They put their direct contact numbers on the vehicle so they can quickly be in contact to sell," she said.

Varner added that since Soldiers are always coming and going, there is always someone wanting to buy or sell.

going, there is always someone wanting to buy or sell.

One such Soldier was looking for a fuel-efficient car for

"I know that people are deploying or whatnot and don't want to have to store a large ticket item like a car, so I just wanted to check out what [the Lemon Lot] had to offer," said WO1 Jonathan Behuniak, B Co., 1st Bn., 145th Avn.

"It is such a transient post, people will sell their cars here, not just sit them here. So many people are coming for classes or graduating, as well as veterans in the area that circle through daily," Varner said.

Jimmy Cook, an Air Force veteran, said he likes to look and to trade, and is always passing through the lot to support military personnel.

"I just sold something not too long ago, and right now I have a motorcycle for trade because I am getting a little too old to ride," he said.

"Things turn over so quickly on this lot. I have had several personnel buy a vehicle on the lot and then sell it on the lot four months later. If you have anything you want to sell and sell now, come place it on the Lemon Lot," said Varner

The Lemon Lot is located on Fifth Avenue between the Soldier Service Center and AAFES gas station on the opposite side of the road.

To register a vehicle, go to the arts and crafts center located in Bldg. 9205 on Fifth Avenue or visit, www. ftruckermwr.com/lemon-lot-2/.



Business CardSpotlight

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Your ad could be here for only \$96 per month. Call Mable Ruttlen for more information at 334-393-9713



NO1 Jonathan Behuniak inspects a vehicle that he thinks his fiancée might enjoy.

PHOTO BY SARA E. MARTIN

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598-4242

ENTERPRISE

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347-4242

www.tcbenterprise.com





Pick-ofthe-litter

Meet Kimi, a female kitten available for adoption at the Fort Rucker stray facility. He is sweet and friendly. It costs \$81 to adopt Kimi and other animals at the facility, which includes all up-to-date shots, microchip and spaying. 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.

PHOTO BY NATHAN PFAL

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Dine In Specials everyday after 4pm. One special per table.

Take Out Orders all day

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With purchase of any two pasta/entrees get any kind of small salad

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\$12.99

Pickup order only

Special Deal 2 for \$20

Any Pasta

Buy 1 sandwich or wrap-get second at

1/2 OFF

Any order of

\$20 or more **\$3 Off**

Equal or lesser value. One per table. Dine-in only

Dine-in or Take Out

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Buy 1 Large Gourmet Pizza, Get 1 Large 1 Topping Pizza

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- Deep breathing Take slow deep breaths to feel relaxed and in control.
- Drink water Drink at least 8 glasses of water a day to flush out nicotine from your system.
- Do something else to keep busy. Discuss your urge
- with a friend or family member.
- Delay Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes

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Story on Page D3

Spartans take down Copperheads

By Nathan Pfau Army Flier Staff Writer

As the summer heat bears down harder than ever, intramural softball season is still going strong on Fort Rucker as it builds up to the final tournament.

The 1st Battalion, 223rd Aviation Regiment Spartans beat the 1st Bn., 13th Avn. Regt. Copperheads during a game at the Fort Rucker softball fields July 19.

"It was a good win for us," said Mike McHugh, coach for the Spartans. "We hit the ball well and we fielded well, so all in all, it was a good win."

"We played pretty well even though we had to ask around for players to fill our team," added Lucas Ferguson, catcher for the Spartans

The Spartans started the game strong during their first at-bat by bringing in a 3-run shot early in the 1st inning and consistently kept players on the bases throughout their time at the plate, despite having racked up two outs early in the inning.

Their constant base hits allowed them to bring in run after run before letting the Copperheads take their turn at the plate. The 1-223rd ended the inning leading 7-0, leaving their opponents with plenty of work cut out for them if they were going to get into the game.

The 2nd inning wasn't the Copperhead's time to shine however, as their first three batters were all tagged out running to first base.

The Spartans didn't fair much better in the inning as their first three players hit three pop flies in a row, sending their team into the outfield and giving the 1-13th a chance to close the 7-run gap between them.

As they took their time at the plate, the Copperheads got themselves into the game and on the scoreboard with a base hit that brought in the teams first run. They weren't able to keep the momentum up and the ball on the ground, and were unable to bring in any more runs before allowing the Spartans to take to the plate.

The 1-223rd was able to keep pressure on their opponents as they put some players on the bas-



Emmanuel Stallworth, player for the Copperheads, takes a swing during an intramural softball game on Fort Rucker July 19.

es, but were unable to bring any of them in, keeping the score 7-1 going into the 4th inning.

Although they maintained a healthy lead, they weren't able to extend their lead against the Copperheads, which gave them a chance to close the now 6-run gap during their time at bat.

The 1-13th started the 5th inning strong by placing two runners on the bases with their first two at-bats, but their opponents countered with a double play.

two outs, they managed to bring in a run and break the no-scoring streak that both teams had managed in the previous innings, and bring the score to 7-2 as their opponents took to the plate.

The Spartans showed they didn't want to be left out of the scoring fun as they brought in a run early during their time at the plate. They continued this trend with multiple base hits and eventually loading the bases making it

Although the Copperheads had easy for them to repeatedly bring in runs during the inning.

The 1-13th were unable stop their opponents and the 1-223rd brought in their final run with a base hit, leading the Copperheads by 10 runs, which ended the game in the 5th inning, 12-2.

The Spartans' win gave the team hope at winning the tournament, but also shows them how far they've come as a team, according to Ferguson.

"We've gotten a lot better [as

a team]," he said. "We used to have a lot of problems throwing to first base. It was something we've worked on and now we're able to get the ball directly to first base.

Because of the teams ability to work together and progress, McHugh feels that his team has a good chance to come out on top.

"We're hoping to do well in the tournament and I think we actually have a good chance of winning it," he said.

Sgt. Ted. E. Bear supports Army Olympians

Army Flier Staff Writer

The Summer Olympics return Friday and U.S. Army athletes will compete in London to represent their country in the athletic arena, and Fort Rucker icon Sgt. Ted E. Bear isn't being shy when it comes to showing his support.

The Army athletes that will be competing in the Olympics starting tomorrow come from different walks of life, ages and backgrounds, but what they do have in common is their collective drive to represent the USA.

Maj. David Johnson will be taking his place as the U.S. Olympic head rifle coach for the U.S. Olympic Rifle Team. He is no stranger to the Olympics having competed as a rifle team member in 1992, and head rifle coach in 2004 and 2008.

Sgt. 1st Class Darvl Szarenski is another seasoned Olympic veteran who will be competing in the free pistol and air pistol events at the 2012 Olympics in London. He has also participated in the 2000, 2004 and 2008 Olympics, according to the Army's World Class Athlete Pro-

Sgt. 1st Class Keith Sanderson will return as an Olympic shooter in the rapid fire pistol event. In the 2008 Olympic games he achieved the Olympic record for men's rapid

Sgt. 1st Class Dremiel Byers is also a returning Olympian who competed in 2008. He will be competing as a wrestler in the Greco-Roman style during the London

Staff Sgt. Charles Leverette will be attending the Olympics for the first time as an assistant boxing coach for the U.S. Olympic team. He is a former boxer in the U.S. Army World Class Athlete Program.

Staff Sgt. Joe Guzman will also be a boxing coach for the 2012 U.S. Olympic team and will serve as a trainer and corner man. He is also an assistant coach and former boxer in the U.S. Army WCAP.



Sut. Ted E. Bear wears his Olympic best to show his support for the Soldiers competing in the 2012 Olympic Games in London.

Staff Sgt. John Nunn will compete in track and field for the race walk event. Nunn is also a returning Olympian who competed in the 2004 games.

Sgt. Spenser Mango returns to the Olympic games as a Greco-Roman wrestler in the 55-kilogram weight class. He also competed in the 2008 games in Beijing.

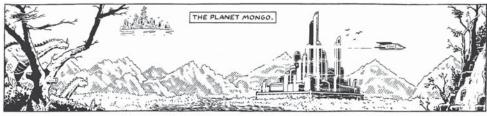
Spc. Justin Lester is a first-time Olympian also competing as a Greco-Roman wrestler in the 66-kilogram weight class. He is a wrestler in the U.S. Army WCAP and is also

a three-time U.S. national champion

Spc. Dennis Bowsher is another first-time Olympian who will compete in the modern pentathlon. The events he will compete in are fencing, swimming, equestrian, running and shooting.

For more information on Army athletes, visit www. thearmywcap.com.

The 2012 Olympics opening ceremony will take place Friday at 6:30 p.m.









59 So out it's
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STRIKE ONE! **Super** Crossword

Hatch? 58 Gardener's 89 Black piano 90 Spirit delight 59 So out it's

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Just Like Cats & Dogs

OH SURE, I'M AGING LIKE A FINE WINE ALRIGHT... OLD COLLECTING DUST AND MOST HAPPY LAYING ON MY SIDE. G

$test_{ ext{by }Fifi}$ Rodriguez

by Dave T. Phipps

1.ADVERTISEMENTS: What product was advertised in TV ads featuring a cartoon character named Charlie the

Tuna?

2. BIBLE: How old was David when

he become king of Israel?

3. LANGUAGE: What dance and music style from the Portugese language means "new trend"?

4. GENERALKNOWLEDGE: What is the name of the airport in Atlanta? 5. MUSIC: What was the theme song of country/western singer Gene Autry

6. MYTHOLOGY: In Greek mythology, what was Pegasus' unique characteristic?

7. GOVERNMENT: What U.S. government agency's motto is, "And ye shall know the truth and the truth shall make you free"?

8. GEOGRAPHY: What is the name of the island where Nassau is located in the Bahamas?

9. MATH: What is the distance around a polygon?
10. TELEVISION: What was the

name of Angus MacGyver's employer in the "MacGyver" drama series?

See Page D3 for this week's answers.

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.

KID'S CORNI

120



Junier Whirle

See Page D3 for this week's answers.

PERSONAL AD! "My name is Ben. I am lonely and would like to meet a plain quiet girl named Annie. Object: matrimony." Any idea why this might be a good match?

"pageu-ajuny sq pnow ejuny pue pegja-ueg sq pnow usg

SUM TOTALS! Sums of numbers in most magic number squares total the same horizontally, vertically and diagonally. Numbers of the magic square at right not only total the same

other four-block combinations. Just for fun, see if you can find at least 10 more four-block combos that total 78.

78 — in those directions, but also total 78 in numerous 40 | 10 | 20 | 8 7 21 9 41 One set of four, for example, are four corner 12 42 6 18 Magic Square: Corner squares (1); center foursome (1); cor-ner toursomes (4); mid-side sets of two (S); opposite two-somes of diagonals (S); etc. 19 5 43 11 SNAKES ALIVE EXERCISE

LET'S SEE how many of the following snakes you can find in the diagram at left:

Asp, boa, adder, cobra, mamba, krait, python, rattler,

anaconda, copperhead. Start anywhere, use the king's move as in chess, which is one square at a time in any direction — horizontally, vertically or diagonally. Individual letters may be used just once in each

See if you can find at least six of the 10 names listed within two minutes.

Remember, names are to

be found by moving letter to letter in adjacent squares of the dia-gram. Don't get rattled!

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TMDO

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





ND AT LEAST 6 DIFFERENCES BETWEEN PANELS

Adaptive therapy golf helps wounded warriors heal

By Ben Sherman Fort Sill

FORT SILL, Okla. — Soldiers recovering from wounds have taken up golf as part of their adaptive sports therapy.

All of the Soldiers in the Fort Sill Warrior Transition Unit have sustained injuries, often multiple physical injuries, that make normal mobility difficult.

Those injuries make any kind of exercise or sports participation even more challenging. One of the programs that the WTU developed for Soldiers to stay active is the adaptive sports therapy program. It includes sports activities such as wheelchair basketball, archery and swimming. Recently, they have added golf.

Sgt. 1st Class Charles Baker, a WTU cadre leader, knew he wasn't the only Soldier who played golf. So he and other wounded warriors went to the WTU command team and proposed that Soldiers be able to do their physical training requirement by playing golf as part of the adaptive sports therapy pro-

"Our WTU commander, Capt. Mike Carroll, said if we could put it together we could have an adaptive therapy golf program," said Baker. "That's the whole thing about adaptive sports therapy, you learn new activities and heal at the same time."

Soldiers began to work with Ernie Altic, golf professional at the Fort Sill Golf Course, to develop the adaptive therapy program. He wants the Soldiers to see the golf program as a way to begin to exercise.

'I don't care what kind of players they are right now. I don't ever want to turn anybody away, whether they want to just get out there and kill time. At least they are out there, and it may be something they want to do," he said.

Baker said his last tour in Iraq chewed him up pretty good, but golf has helped him recover.

"After my first back surgery, I played a couple of rounds of golf and the back just wasn't letting it happen," said Baker. "The first time I played, literally, if I made it off the tee box I was happy. I was going through physical therapy and one of the therapists told me that I could play golf, but I couldn't do the full back swing anymore."

He recently played golf with four other WTU Soldiers: Staff Sgt. Justin Stone and Staff Sgt. Felix Fisher, Sgt. Joshua Sawyer and Spc. Jared Page. Some of them had played golf for many years, while a couple of them have taken up golf because they can no longer participate in other

Stone had played golf when he was in junior and senior high school and was a good player.

He suffered multiple injuries after his squad was hit by eight simultaneous mortar attacks on their combat outpost in Laghman Province, Afghanistan.

"I have bilateral ulna nerve damage on both arms. I lost about 30 percent of my grip in both hands. So golf helps me reconstruct my grip again," Stone

He also suffered traumatic brain injury, neck injuries and a torn meniscus in his left knee.

"Being able to use golf for PT is pretty awesome for me. It keeps me challenged mentally. Physically it's very good because it keeps me outside getting good Vitamin D from the sun," he

Sawyer said he played a little golf but nothing serious before he came to Fort Sill.

"I used to run cross-country, but now I've got a broken bone in my foot so I really can't run until they re-break and reset it," Sawyer said. "Coming out here it's a good way to clear my head, relieve stress and take my anger out on something else," he joked.



Staff Sqt. Justin Stone sends a 20-foot putt toward the cup on the 16th hole at the Fort Sill, Okla., Golf Course, while Sot. 1st Class Charles Baker watches and Sot. Joshua Sawyer holds the flag. All three Soldiers are part of the Warrior Transition Unit and play golf as part of their Adaptive Sports Therapy program, which helps them regain mobility that was lost because of their battle injuries.

"I just play to play, not to make a score," said Fisher. "We all like command team, because withto play sports and some sports we can't play any more. But at least we can play golf and be with our buddies.

"My injuries are what brought me to golf, because I used to hate it," said Page. "Being young and not being able to play sports, like basketball again, has led me to learn how to play golf. We help each other and it means a lot to me because, otherwise I would be sitting at home, doing nothing."

"We want to thank our WTU out their supporting us coming out here, we wouldn't be able to do this. We do have our accountability for our participation in the golf program and we appreciate having this opportunity to play," Page said. "We also appreciate all that Ernie and the Fort Sill Golf Course staff have done to help us make this program possible."

Baker put the golf program into

can't do this anymore.' Wrong. You can do anything you want to if you put your mind to it. The paralympics are coming and take a look at those guys who compete in those events. You've got guvs missing arms, legs and everything else. But they are out there competing. So people can come out here, play a little golf and have some fun along the way,' he said.

One of the additional benefits of the golf program is efforts are being made to establish a WTU golf team.

"There's no reason we can't start something on our own," said Altic. "If we've got everybody listed who wants to participate, they can qualify for a WTU golf league. The requirement will be you play X number of holes each week, turn in a score card and get it signed."

"Once we've established a handicap for everybody, we'll have a list of names with their handicaps. That's not to say you can't every once in a while go out and do the scramble thing or whatever. For our purposes, we will have an organization in place," Altic said.

The goal for many of the Soldiers is to establish a Fort Sill WTU golf team so that they can compete against other posts and even host a tournament at Fort

"Fort Stewart (Ga.) has a WTU golf team. Fort Gordon (Ga.) and Brooke Army Medical Center at Fort Sam Houston (Texas) does also. Fort Campbell (Ky.) even has two WTU golf teams and that is their PT each week," Baker said. "What these posts are doing is having wounded warrior tournaments with a team from each post. That's what we want to get involved in. We have the backing of the WTU command team and even the [commanding general] here at Fort Sill. So we are excited about the prospects of "A lot of guys want to say, 'I developing our own team."

PUZZLE ANSWERS

Super Crossword -

Answers																				
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Weekly SUDOKU ___

Answer

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TRIVIA

1. StarKist tuna

2.30 years old

3. Bossa nova 4. Hartsfield International

5. "Back in the Saddle Again" 6. Pegasus was a winged horse

7. Central Intelligence Agency 8. New Providence

9. Perimeter

10. Phoenix Foundation

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Video Game Spotlight >>

CRAZY FUNKY PERFECT PERFECT

Just Dance: Greatest Hits nothing new

Ubitsoft

Rated

Everyone

Systems

Xbox 360, Wii

Cost

\$50

Overall

2.5 out of 4

By Jim Van Slyke *Contributing Writer*

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

It's understandable when a band that's been around for a while comes out with a greatest hits album, but is it appropriate for a video game to do the same thing?

That's what "Just Dance: Greatest Hits" does. It contains the most popular songs from all the "Just Dance" games that have already been released. There are 35 tracks in all, including some that haven't been available for the Xbox 360. Katy Perry, Rihanna, Beastie Boys, B.o.B. and Ke\$ha are included to help get the party started or to let the gamer get their groove on by themselves.

The gameplay is still the same thing we've been treated to for years. Gamers try to emulate the moves they see on screen to earn points and progress through the game. The true talent is being able to follow directions, although having quick feet pays off, too. The game supports Kinect for the Xbox 360 so gamers can get accurate results. Gamers can use "Just Dance: Greatest Hits" for fun and for exercise on their own, or form dance teams of up to four people to compete against another dance crew.

If you've been looking for a dance game to get you off the couch, then "Just Dance: Greatest Hits" is a fine introduction. It's by no means a fantastic game and no one will be pleased with the entire music collection, but you could do a lot worse. If you already have your dancing shoes on and absolutely, positively have to shake your groove thing, then give it a try.

Reviewed on Xbox 360

Post housing questions?

Visit Picerne Military Housing at www.ruckerpicerne.com

SPORTS BRIEFS

FALL YOUTH SPORTS REGISTRATION Fall youth sports registration takes place now through Tuesday. 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 information, call 255-9105 or 255-0950.

FLAG FOOTBALL COACHES MEETING

People interested in coaching an intramural flag football team should attend the coaches meeting Aug. 14 at 9 a.m. at the Fort Rucker Physical Fitness Facility gymnasium. Attendance is required to be a coach. The preseason will begin Sept. 10.

For more, call 255-2393.

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III THE AMAZING SPIDERMAN - PGT3
EVERYDAY 2:00, 7:10 & 9:40

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