

LEADING CHANGE
Mangum meets with
LCT

Story on Page A4



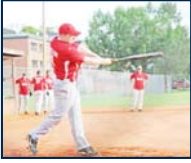
BRIGHT FUTURES
FCC program offers
jobs, safe child care

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SOFTBALL
Misfits win softball
championship

Story on Page D1



ARMY FLYER

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

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AUGUST 16, 2012

Mangum assumes command of USAACE

By Nathan Pfau
Army Flier Staff Writer

As rain fell on the Soldiers standing in formation, cannons fired and the reviewing party trooped the line, Fort Rucker welcomed a new commanding general to the installation.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, assumed command from Maj. Gen. Anthony G. Crutchfield during a change of command ceremony at Howze Field Friday.

“Kevin and [his wife] Angel, come [to Fort Rucker] with a great reputation and great credentials,” said Lt. Gen. David G. Perkins, commanding general of the U.S. Army Combined Arms Center and Fort Leavenworth, Kan. “He comes with a great background in leadership of taking care of Soldiers and Families, and is able to command the team that is here at Fort Rucker as well as all the pieces that come with it in the community and throughout the United States Army.”

Mangum began his leadership career after graduating from the U.S. Military Academy in 1982, and is an experienced Aviator having served tours in Korea with the 128th Aviation Company Assault Helicopter and the 160th Special Operations Aviation Regiment.

He comes to Fort Rucker from his previous position as the commander of the U.S. Army Special Operations Aviation Command in Fort Bragg, N.C., and has held positions ranging from commander of A Company, 4th Battalion, 101st Aviation Regiment, at Camp Stanley, Korea, to serving as the senior commander of Fort Drum, N.Y., and division rear commander of the 10th Mountain Division, which was his first post as a general officer.

“I’ve known [Mangum] for a long time and I can’t think of anybody better or that I feel more comfortable with taking the controls,” said Crutchfield.

Crutchfield will go on to serve as the chief of staff of U.S. Pacific Command in Hawaii.

Perkins said that he had full confidence in Crutchfield when he took command of USAACE and the installation, and has

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PHOTO BY NATHAN PFAU

Lt. Gen. David G. Perkins, commanding general of the U.S. Army Combined Arms Center and Fort Leavenworth, Kan., passes the colors to the new U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Maj. Gen. Kevin W. Mangum, during a change of command ceremony at Howze Field Friday. Mangum assumed command from Maj. Gen. Anthony G. Crutchfield.

MUTAS concert series returns Aug. 24



PHOTO BY NATHAN PFAU

CW4 Jesse Pascua, 98th Army “Silver Wings” Band commander, conducts the band during the Music Under the Alabama Stars concert series at Howze Field June 22 to celebrate the Army’s 237th birthday.

By Nathan Pfau
Army Flier Staff Writer

The Music Under the Alabama Stars concert series returns to Fort Rucker Aug. 24 as the 98th Army “Silver Wings” Band prepares to provide entertainment with a variety of sounds.

With only three MUTAS concerts left for the year, CW4 Jesse Pascua, commander and bandmaster of the 98th Army “Silver Wings” Band, invites people to bring lawn chairs, picnic baskets and even their pets on leashes to Howze Field at 6:30 p.m. to enjoy music from the band’s various music performance teams.

The concert will start with the ceremonial MPT performing patriotic music and will then transition into the band’s jazz combo and rock band, Crossfire.

“We want to have a variety of music for people to enjoy,” he said. “A lot of the older crowd really enjoys the patriotic music and the younger generation ... likes to hear pop music and things that they would hear on the radio, so we’ll have something for them as well.

“It’s a chance for people to come on post, hear a professional product and enjoy some of the Army

life,” said Pascua.

“It’s on Friday evening, it’s been a long week and we just want people to come out and unwind,” added 1st Sgt. Albert E. Kaufmann, first sergeant of the 98th Army “Silver Wings” Band.

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

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

“We love to play music and this is what we came in [the Army] for. There is no greater honor than to play for the troops. The Army band ... tells the Army story and gives everybody a sense of patriotism,” said the first sergeant. “We want everybody to feel good and we want them to forget their troubles for a

SEE MUTAS, PAGE A5

Fort Rucker celebrates Women’s Equality Day

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker’s Women’s Equality Day celebration seeks to display the achievements of women and to educate people on how to make their voices heard at the polls.

This year’s Women’s Equality Day will be celebrated in the atrium of Bldg. 5700 Aug. 23 from 9 a.m. to noon. The celebration will include light refreshments, a mini health fair, voter registration information, job application information, a women’s history book display, an equality day quiz and videos depicting the struggles of women over the past 100 years, said Cindy Lockhart, of the staff judge advocate office.

Lockhart said that it is important to be aware of the plight of women because “historically women have been second-class citizens, but with Women’s Equality Day we can recognize and celebrate

what women have achieved.”

“We were given the right to vote almost 100 years ago. It’s very important this year especially because it is an election year. This means that more women are going to be at the polls and they need to recognize that they have a choice when it comes to who governs for us,” she said.

With the Department of Defense opening up six occupational specialties last summer, the Army is leading the way when it comes to women’s equality and Timothy Knighton, Fort Rucker Equal Employment Opportunity director, believes that thanks to the Army women have been able to expand further towards equality.

“We want people to be aware of the advancements women have made in the Army. The military has been in the forefront for advancements of our society in so many ways and this is one of the

SEE EQUALITY, PAGE A5



PHOTO BY SARA E. MARTIN

Cindy Lockhart and Timothy Knighton prepare a display about female Aviators Aug. 16 for the Women’s Equality Day celebration to be held Aug. 23.

PERSPECTIVE

ACAP: Your 30-second commercial

By Bryan Tharpe
Transition Services Manager
Fort Rucker Army Career and Alumni Program

If you were fortunate enough to get into an elevator with a hiring official, could you successfully market yourself in the few seconds it takes for the ride up?

If not, you need to prepare a commercial about yourself so you can do just that.

Hiring officials are normally busy people with very little time to devote to interviewing people for jobs. They don't want to be bored with long-winded speeches about your life. They want to know quickly what you can do for their company's bottom line. Also, this will most likely be your first impression on the hiring official. Remember, first impressions are lasting

Fort Rucker Job Fair

The Fort Rucker Job Fair is scheduled for Wednesday from 9 a.m. to 1 p.m. at the Ozark Civic Center. For more information, call the Ozark Chamber at 774-9321 or Army Community Service at 255-3949.

impressions.

However, whether or not you are fortunate enough to get into an elevator with the hiring official, there are other times a 30-second commercial will come in handy for you in the job search process.

When you go for a job interview, many times the interviewer will begin by asking you to relax and tell him or her about yourself. Because you have done the necessary research on the company and have tailored your 30-second commercial

to the company, you can use it here. However, if you haven't done the research and don't have a commercial, you could reveal more personal information than what you intended. For instance, it's not lawful for an employer to ask you certain questions, such as your marital status, number of children, etc., but given the opportunity to respond to the question, you may reveal that information voluntarily without even realizing it. If so, it could play a part in the interviewer not selecting you for the job.

Another time a 30-second commercial could benefit you is when you are networking. Networking is telling everyone you meet that you are looking for a job, and asking them for their help in finding one. Statistically speaking, this is the way most people find a job. A 30-second commercial is a succinct way to introduce yourself, and at the same time market your abilities and experience.

Not everyone is an extrovert; therefore, an introduction to a new person can be awkward, but if you are armed with a 30-second commercial you can use it effectively on everyone.

Job fairs or career expos are excellent places to use your 30-second commercial. Remember, there will be many employers gathered in one location to speak with you. There will be long lines and

usually a crowded location. You may have to wait for a while before it's your turn to speak with a recruiter, so listen to the people who go before you to see how they handle the introduction. Then, when it becomes your turn, walk right up, shake hands, and begin your 30-second commercial.

Hopefully, you've tailored your 30-second commercial for each company representative that you plan to speak with. If so, the company representative can't help but be impressed, but if not, it could bomb for you.

For more information on how to construct a great 30-second commercial, transitioning Soldiers and their adult Family members can call the Fort Rucker ACAP Center at 255-2558 or log on to the ACAP website at <https://www.acap.army.mil> to make an appointment with an

This month in Army Aviation history

This month we're spotlighting the August 1976 issue of the U.S. Army Aviation Digest. This issue features:

11th Aviation Group Aviation Training in USAREUR

Army Aviation in Europe prior to 1974 was practically at a standstill as USAREUR took a backseat to the Vietnam war effort. Little interest and money were invested in the conventional role of Army Aviation in Europe. Now things are changing; Aviation in Europe is on the move!

The Hawk Performs in Europe

Want a real challenge? Want to fly with the best? Want to do something really worthwhile? The challenge is flying the product-improved OV-1D Mohawk in the European environment.

Night Terrain Flight Training in USAREUR

The first man to enter the briefing room is "Cisco" Rettaguez. Close on his heels is his constant companion, "Pancho" Villa. It is 1545 hours. They have 15 minutes before the 1600 hours briefing on tonight's terrain flight training.

A Bavarian Fable (Four Key Lessons)

There is only one thing in this world greater than a helicopter pilot – and that is a group of helicopter pilots. I guess I've spent the majority of my adult life in the association of these guys, and the bad times have been few and far between.

PEARL ... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-aug76>



Rotor Wash

“The Center Library hosts story time for Families every Saturday from 10:15 to 11 a.m. What is your favorite children's story and why?”



Steve Cole,
retired military
“*Heaven is Having You*, because I read it to my granddaughter.”



Mercedes Paiz,
Family member
“*Bambi*, because I like sad stories and it's not your typical fairy tale.”



Gabriela Cedeño,
Family member
“I like *The Little Mermaid* because the mermaid is cute.”



Emily Besaw,
Family member
“*Miss Nelson is Missing* is my favorite. It's not just a story, it makes kids think. I go around to schools and I read it to children.”



Capt. Ben Winborn,
Captain's Career Course
“*Harold and the Purple Crayon*, because it has a lot of imagination and it's a simple story to follow.”

COMMAND
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FORT RUCKER GARRISON COMMANDER
Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER
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ACE SUICIDE INTERVENTION

- ### Ask your buddy

 - Have the courage to ask the question, but stay calm.
 - Ask the question directly. For example, "Are you thinking of killing yourself?"
- ### Care for your buddy

 - Remove any means that could be used for self-
- ### Escort your buddy

 - Never leave your buddy alone.
 - Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.
- ### injury.

 - Calmly control the situation, do not use force.
 - Actively listen to produce relief.

Mangum meets with LCT

By Sara E. Martin
Army Flier Staff Writer

The new commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker met the Leading Change Team Aug. 6 to discuss the team's future and show its relevance to the success of the post and the Aviation Branch.

Former commanding general Maj. Gen. Anthony G. Crutchfield introduced the LCT to the new CG, Maj. Gen. Kevin W. Mangum.

The LCT is a volunteer organization on Fort Rucker that dedicates itself to assist with the process of change. Members range from representatives of the NCO Academy to Army spouses to environmental specialists. They receive training in communication, organization and what LCT is to prepare them for the mission to promote change.

"The LCT is a process change team for Fort Rucker. It's how we made changes to the base, and they've made significant changes," Crutchfield said.

To reinforce the importance of the team, Crutchfield gave Mangum an example of the team's impact.

"The outprocessing reconstruction that we helped make more efficient was huge. It benefits more than just Fort Rucker. We, along with some people from the garrison, were able to take a seven-page outprocessing list and eliminate six pages of it. That seven pages took up time, money, manpower, staffing. It makes an impact because it diminished the frustration that Soldiers have to go through, improved quality of life, and it has saved time and money. It affects the entire Branch. It gets people out of here faster and it gets Soldiers to their first unit assignment faster," he said.

Crutchfield geared the team to have a broader impact on the Aviation Branch instead of solely focusing on local issues.

"We want to do things that affect the Aviation Branch, things like leader development. At first we were changing things like a seat cushion and a stop sign, small stuff. Now we still want to do that, those



PHOTOS BY SARA E. MARTIN

Members of the LCT meet with Maj. Gen. Kevin W. Mangum and Maj. Gen. Anthony G. Crutchfield to discuss the future of the LCT.

things are good, but we want to be broader. I want it to be 20 percent local, small everyday ideas, and 80 percent of things that can affect the branch, like the outprocessing reconstruction. We might have to make the change here at first, but it affects the Branch," he said.

One thing that the LCT currently does well, according to Mike Tarutani, Combined Arms Center training liaison officer to USAACE, is "providing a network for people who do have ideas. We can link them to the correct organization or body so they can take action and see their projects go all the way to completion."

Janice Erdlitz, marketing director for the Directorate of Family, Morale, Welfare and Recreation, emphasized the purpose of LCT.

"Our mission is 'to empower you [the Soldier] to take ownership for change that produces and supports the best Aviation warfighter.' We are not fixing [Soldiers] problems; we are empowering them and pushing them in the right direction. We are not a complaint line and we don't handle quality of life issues, but we are here to promote change and help guide it," she added.

Erdlitz added that there is more to change than just addressing a problem.

"Professional development is a huge part of this. The empowerment of Army civilians or spouses is immense. We might not be able to fix a problem to-



Members of the LCT welcome Maj. Gen. Kevin W. Mangum and bid farewell to Maj. Gen. Anthony G. Crutchfield.

day or the day we receive notice on an issue, but the fact is that through us things are brought to the command's attention that might not otherwise reach that level," she said.

CW4 Timothy McCarter, warrant officer proponent at the Warrant Officer Career College, said one value of the LCT is the ability to help with communication on post between components and to connect commanding bodies to people's needs.

"Communications between the different entities like Training and Doctrine Command and Installation Management Command are vital and LCT helps with that. LCT also gives the command an extra resource to use and for the lower ranks it's a way for their voice to be heard," he said.

Debra Brandon, administrative support specialist of the secretary general staff, said that the LCT helps cover the gray areas that are not under the jurisdiction of Interactive Customer Evaluation or Army Family Action Plan.

"We are unblocking the clog in areas that no one really handles," she said.

Crutchfield said influence is needed from commanding staff, but the key is people taking part in making change.

"I just have the influence to getting an idea solved. I can't see everything. That's the importance of having a team like this. It's easy to criticize, but hard to create, so we have to get people involved," he said.

CW5 Paul M. Sivacek, an instructor at 1st Battalion, 145th Aviation

Regiment, encourages everyone to speak up if they see a problem and have an idea that can solve it. LCT supports the idea that even the lowest ranking Soldier can change the course of the future.

"It's about empowering people even at the lowest levels to make the changes that need to be made. If a junior guy sees something, but doesn't know how to go about getting the right pieces in play, that's where we come in. We want them to do it themselves and get credit, but we are here to facilitate that process," he said.

"We can be a buffer for privates or specialists that feel like they can't voice their opinion on a viable issue that's not being addressed by their superiors. They can come through us ... because people in the

trenches can make a difference," Brandon said.

"A post-wide change can be ignited from the mind of a junior enlisted Soldier," McCarter said.

Mangum agreed that it was the grassroots workers seeing how things operate every day who will see the best way to make things more efficient on their level and said he would support the cross-level team.

"Change does come from the folks doing it every day; they know how to make it better. This is exciting stuff. Thank you for stepping up and taking ownership. If more people stepped up to make change our planet would be a better place. We have to lead change. You have my support."

For more information about LCT, call 255-0546.

News Briefs

Wings of Honor

The U.S. Army Aviation Center of Excellence hosts a deputy commander's Wings of Honor ceremony Aug. 24 at 10 a.m. in the U.S. Army Aviation Museum. During the ceremony, Col. Douglas M. Gabram will assume duties as the USAACE deputy commander from Col. Jessie O. Farrington

Blood drive

The 1st Battalion, 13th Aviation Regiment hosts a blood drive Aug. 24 from noon to 8 p.m. in the Fortenberry-Colton Physical Fitness Facility. The blood drive benefits Soldiers, Family members and Lyster Army Health Clinic patients.

For more, call Karla Moorehead at 255-7557 or Sgt. 1st Class Jemar Ford at 255-1333.

Parker awards

The deadline for submitting nominees for the 2012 Lt. Gen. Ellis D. Parker awards is Nov. 2. The Army-level Parker awards are given each year to recognize excellence at the battalion level.

The Parker awards are broken into four categories: Combat, Combat Support, Combat Service Support, and Table of Distribution and Allowances. One winner will be selected as the Top Aviation Battalion in each category. Each winner will then compete for the title of Top Aviation Battalion of the Year.

The guidelines and nomination format can be obtained from the USAACE G-1/4 website at http://www.rucker.army.mil/usaace/g1-g4/award_edp.html. Inquiries can be made by calling the USAACE G-1 Awards Section at 255-1487.

Cub Scout drive

Fort Rucker's Cub Scout Pack 50 holds a membership drive Aug. 27 from 5-7 p.m. at The Commons on 7th Avenue next to the youth baseball fields.

The local pack takes part in various programs throughout the year, such as camping, community service projects, a bike rodeo, Blue Angels Weekend, Pinewood Derby races, Cubmobile March and more.

For more information on the pack or a list of costs involved, send an email to pack50ftrucker@yahoo.com.

CAC check

People need to look at their Common Access Cards for the wording "Oberthur ID One 128 v5.5 Dual" or "Gemalto TOPDLGX4 144" in the laser engraving above the magnetic strip on the back of the card. If neither is there, the CAC must be replaced prior to Oct. 1 or people's certificates will not be recognized.

For more information or to set an appointment to have a card replaced, call 255-2437 or 255-2182.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

Child Find

Fort Rucker Primary School conducts on-going Child Find screenings. People who suspect their child, ages 2-4, has a developmental delay in any area can

call Michelle Griffin at 598-4473 to set up an appointment.

Lost and found

Fort Rucker Community Police have two bicycles, one boy's and one girl's, that were found in the housing area on post in its lost and found department.

To get more information or to check if it is their bike, people can call 255-2861 or 255-1359.

Motorcycle safety

The U.S. Army Combat Readiness/Safety Center recently produced a Leader/Individual Motorcycle Operator Responsibilities brochure to provide leaders and riders general information and guidelines to develop a safe and disciplined riding culture within their organizations. The goal is to reduce motorcycle accidents that lead to injuries and fatalities. The brochure defines three key terms regarding safe and responsible motorcycle riding: disciplined rider, undisciplined rider and indisciplined rider.

People can download the brochure at: <https://safety.army.mil/motorcycle-responsibilities>.

USACR/Safety Center offers guide

The U.S. Army Combat Readiness/Safety Center recently updated the Commander's Guide to the Tactical Safety Professional handbook with Brig. Gen. Timothy Eden's foreword. The downloadable version is available on the USACRC public website at: <https://safety.army.mil/LinkClick.aspx?fileticket=F73uO7IOgMc%3d&tabid=2297>.

MUTAS: Concert shows support for community

Continued from Page A1

while ... just let everything go and enjoy themselves.”

The concert is also a good way for the people to show their support for the mili-

tary and a chance to show people how the 98th Army “Silver Wings” Band supports the Army, said Pascua, adding that the concert series is Fort Rucker’s way of giving back to the community.

“The Army Band’s mission is to pro-

vide music throughout the spectrum of the military operations, to instill in our forces the will to fight and win, foster the support of our citizens, and promote our national interests both home and abroad,” said Pascua. “[The concert series] is all

about thanking the community for their support to Fort Rucker and welcoming them on to the installation.

For more information on MUTAS, visit the 98th Army “Silver Wings” Band Facebook page.

Equality: Day aims to educate, encourage women

Continued from Page A1

ways recently where women are now allowed to serve in areas that they were previously prohibited from,” he said.

“Fort Rucker has been celebrating Women’s Equality Day for more than 20 years. A few years ago we had a major effort to recognize the four-or-so women Aviators on post. We wanted to do a special feature on them. A few didn’t want to take part because they felt that they weren’t special, that they were just another Soldier, an Aviator, but we beg to differ. We know from history that we have Aviators here every day, but not women Aviators every day. So when we do have one it is a special occasion,” he added.

Knighton added that military women have struggles that their male counterparts don’t understand sometimes.

“Women have some unique challenges to becoming Aviators, or just being a Soldier, that men don’t. As a result it is important to convey that women are excelling and achieving, and those who are, well, we want to highlight them to encourage others,” he said.

With the policy banning women from certain jobs removed, more than 13,000 Army jobs will be available to women Soldiers for the first time. More than 135,000 female Soldiers have deployed to Iraq or Afghanistan, earning more than 400 valor awards, including two Silver Stars, according to www.defense.gov.

Knighton said that the women Aviators who come to train at Fort Rucker serve as a reminder of the struggles women have to face to compete in the same fields as men and that they serve as an inspiration.

“I always look at it as something that young women, teenagers, can be influenced by. To see a woman Aviator flying an aircraft is special and it’s something that can be a great encouragement to young people,” he said.

Knighton said that the day serves as a reminder of the struggle that women had to go through to get the right to vote, and he hopes that men and women will come by to show support for women and what they have achieved.

“We’re going to have videos depicting women’s efforts and accomplishments from the past years. More than anything, though, the day will be an informational campaign to promote awareness and to convey the importance of women’s struggles, because it was a monumental effort working to achieve the right to vote,” said the director.

“It’s not something anyone should take lightly. I believe not only women in the military, but spouses and Family members need to be aware of the effort and the struggle and take advantage of the opportunity to vote in the upcoming election. We often minimize things that have taken place in the past, but because of the monumental effort of women’s suffrage it is something that we really need to hold dear,” he said.

The theme this year is to educate women and to encourage them to go out and vote and have a voice. Lockhart said that “people need to be more informed about the things that are going on around [them].”

“It’s important for people to stop by Aug. 23 to keep up with women’s current events and really to just celebrate the right to vote. We want to maintain awareness, that’s critical,” said Lockhart.

Knighton also commented on many young people’s ideas about voting.

“Many people struggled for years to vote, a right we take for granted today and some even mock, but it is very important to just vote and realize what women had to do and how they were persecuted and humiliated just to vote. There were a lot of sacrifices and people should stop thinking that their vote doesn’t count,” he said.

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203 WINTERBERRY: The Cottages at Woodland Park: These cottages are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Stainless appliances, lowe E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom. (Winterberry Plan) **EXCLUSIVE MARKETING BY CENTURY 21** 334-347-0048

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AUGUST 16, 2012

Odierno to War College students: Education, adaptability key to future of Army



U.S. ARMY PHOTO

Chief of Staff of the Army Gen. Raymond T. Odierno spoke to the Army War College Class of 2013 Aug. 13 in Bliss Hall at Carlisle Barracks, Pa., about strategic leadership and the strategic environment, through the lens of Army Initiatives.

By Army War College Public Affairs

CARLISLE BARRACKS, Pa. — The Army chief of staff spoke to the Army War College student body Aug. 13 about strategic leadership and the strategic environment, through the lens of Army Initiatives.

Gen. Raymond T. Odierno initiated the students to the program of keynote speakers who will engage the students throughout the year. He commended them for their accomplishments; he charged them with the urgency of applying their experience and education to the strategic level.

During an hour-long address to the class, the 38th chief of staff of the Army laid out his priorities and the students' key roles. Fiscal constraints, an armed forces coming out of more than a decade at war and the increased pressure of globalization will be their challenges. They will need to be prepared, and know how to lead change and to surround themselves with people who will give them different

perspectives and challenge them.

It begins here.

The experience here is the beginning of developing a joint, interagency, multinational culture necessary for us to come together to solve problems, said Odierno, urging them engage the outstanding faculty and form relationships with fellows students, especially the 71 international officers.

Education needs to be back in the forefront of everything the Army does as it is fundamental to developing key leaders, he said.

His vision for The War College is that it is considered the "finest strategic thinking institution in the country."

Each time the students engage with a senior leader in Bliss Hall auditorium, they continue their own discussion in seminar — 24 seminars, each populated with a cross section of US military, federal agencies, and international officers that

SEE FUTURE, PAGE B4

Zero tolerance in Army for bullying, hazing

By C. Todd Lopez
Army News Service

WASHINGTON — All service members have a personal responsibility to intervene in and stop any occurrences of hazing or bullying, said Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, in a recent statement.

"(This behavior) undermines our values, tarnishes our profession and erodes the trust that bonds us," Dempsey said.

A recent letter signed by Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. Raymond T. Odierno and Sgt. Maj. of the Army Raymond F. Chandler III, underscores the chairman's position.

"The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders," the letter reads. "Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk."

The Army's senior leadership said that hazing or bullying has no place in any component of the Army, amongst neither Soldiers nor civilians. It will not be tolerated, they said.

Hazing

Hazing, a type of bullying that is usually tied to organizational initiation rituals, can be both physical and mental, said Dr. Rene Robichaux, the Army's Social Work program manager.

Robichaux said hazing often occurs in "elite" military units, and that much of it is psychological and directed at newcomers. He explained that hazing is often rationalized as necessary for one to become "hardened" or "inoculated" for the rigors of combat. He said there is a gray area between what is considered effective training and what may cross the line into hazing-related bullying.

Robichaux said he became aware first-hand of ritualized hazing during his college fraternity days.

SEE ZERO, PAGE B4



U.S. ARMY PHOTO

STRIKE AIR ASSAULT

The artillerymen of 1st Bn., 320th Field Artillery Regt., 2nd BCT, conduct air assault training at Fort Campbell, Ky., training ranges July 30. The air assault missions flew Soldiers and artillery guns to a destination and fired them for effect.

First flight test successful for Army LEMV

By Army News Service

WASHINGTON — For more than 90 minutes Aug. 7, the hybrid air vehicle known as the Long Endurance Multi-Intelligence Vehicle stayed afloat above Joint Base McGuire-Dix-Lakehurst, N.J.

The Long Endurance Multi-Intelligence Vehicle, like a blimp, is capable of carrying multiple intelligence, surveillance and reconnaissance payloads for more than 21 days at altitudes greater than 22,000 feet. The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command conducted the first flight test of the vehicle.

"Murphy Bays" on the LEMV can carry a wide variety of sensors and equipment, and design specifications for the LEMV require the vehicle to provide up to 16 kilowatts of electrical power for those payloads.

The LEMV is intended to be used to conduct long-term Intelligence, Surveillance and Reconnaissance and persistent stare-type missions, and can also be used as a communications relay.

The primary objective of the first flight was to perform a safe launch and recovery of the LEMV. A secondary goal was to verify the flight control system operation. Additional objectives included airworthiness testing



COURTESY PHOTO

The Long Endurance Multi-Intelligence Vehicle above Joint Base McGuire-Dix-Lakehurst, N.J., during its first flight on Aug. 7. The LEMV is intended to provide warfighters with multi-intelligence sensors capable of persistent intelligence, surveillance and reconnaissance in a forward combat environment.

and demonstration, as well as system-level performance verification.

All objectives were met during the first flight.

The football-field-sized LEMV can operate at altitudes greater than 22,000 feet above mean sea level, has a 2,000 mile radius of action, can carry a 2,750 pound ISR payload for more than 21 days, and boasts a fuel consump-

tion that is more than 10 times less than comparable capabilities.

Design requirements for the LEMV include providing up to 16 kilowatts of electrical power for payload, as well as runway independence.

The LEMV is designed to be a recoverable and reusable multi-mission platform. It can be forward located to support extended

geostationary operations from austere locations and capable of beyond-line-of-sight command and control.

During this first flight, the LEMV was manned, though the air vehicle can also operate unmanned.

Following a planned and detailed inspection of the vehicle, there will be additional manned flights.

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Future: Students test their knowledge, knowledge of peers

Continued from Page B1

foster joint-interagency-multinational exchanges. In the first full week of classes, students test themselves and their understanding of fellow students, discussing, for example, the services' perspective on the

role of doctrine. Group development coexists with the Strategic Thinking course — a 10-day focus on the fundamental thinking skills. The first 10 days of resident classes are devoted to the Strategic Thinking course. Monday's Introduction to Strategic Thinking session was highlighted by Odi-

erno's comments and the students' reading of Gen. Martin Dempsey's "Developing Strategic Leaders," written while he served as commander of U.S. Army Training and Doctrine Command; and Douglas E. Waters' lesson, "Strategic Thinking and Developing Strategic Thinkers."

Zero: Hazing, bullying can lead to post-traumatic stress disorder

Continued from Page B1

He experienced it again in 1967, while going through qualifications on a Navy submarine. There, he said, there was no gray area. "I knew it was definitely hazing, and that it was time-limited, and completely tied to the time that it took to become proficient on that submarine." The best way to curtail hazing is for unit leaders to get involved and not turn a blind eye to this behavior, he Robichaux.

Bullying

While hazing often happens in elite military units as a form of initiation, bullying can occur in any unit and even within Soldier Families. "Bullies were often once bullied themselves as children and some are not even aware that they are bullying," Robichaux said. "The abusive behavior can be physical, but more often is psychological; talking down to someone, treating them as inferior or inadequate, constantly criticizing and controlling their behavior."

Both bullying and hazing can result in psychological stress, depression and in some cases "could result in a longer term response that would fit the diagnostic requirements of post-traumatic stress disorder," Robichaux said.

Bullies or victims of bullies are often attracted to the military for positive reasons.

"They often have experienced abuse and neglect as children," Robichaux said. "The negative behavior of their parents may have been unpredictable. Perhaps they came home late after a night of drinking and meted out punishment in unexpected or inappropriate ways."

The military often can provide the predictability such individuals did not have when they were



PHOTO BY CAPT. THOMAS CIESLAK

Army leaders say they have zero tolerance for hazing or bullying. Here, Capt. Joseph Driskell, commander of A Co., 1st Bn., 504th Parachute Infantry Regiment, describes the actions his paratroopers should take if fired on by insurgents in their upcoming patrol Aug. 1 in Ghazni, Afghanistan.

younger. "The military structure seen in basic training and [advanced individual training] is appealing because of the predictability and routine, which for the Soldier coming from a chaotic background, equates to safety, you're told what to do and when to do it," he said. "After a year or two, however, they often get into a marital relationship, move off base, get into financial difficulties or have relationship problems, and the bullying/abusive behaviors begin to emerge." Bullies can also be found higher up in the ranks. Although leaders are supposed to look out for the welfare of their Soldiers, they are sometimes the ones who do the bullying. "I worked in a section once where the department supervisor, a very

large and intimidating colonel, would verbally threaten people and get right in their face," Robichaux said. "In today's organizational climate, he would have been removed and forced to retire. Fifteen years ago the leadership elected to move his victims to safe locations, while allowing him to continue his abusive behavior until he retired after 30 years of service." In cases where supervisors are themselves the bullies, Robichaux advised going up the chain of command to the supervisor's boss to report the abuse. He said if that person's supervisor doesn't act, then the inspector general, or in some cases the equal employment opportunity representative, should be notified.

"Unfortunately, I've never known a case of a bully voluntarily seeking help," he said. For Soldiers and Family members suffering from abuse there is help available. He said Army social workers are in an excellent position to assist. He said social workers can be found in Family advocacy,

where they investigate child abuse and domestic violence. Others assist in direct support of wounded warriors or practice in primary care, behavior health, and marriage and Family therapy. Other professionals can help as well, including chaplains, counselors and first sergeants.

On a positive note, Robichaux said he's seen fewer cases of hazing and abuse over the last 10 to 15 years. "We as a society have become more aware of the problem and are less tolerant of these types of behaviors," he said. "Plus, the Army culture has changed over time."

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AUGUST 16, 2012

Bright futures

FCC program offers jobs, safe child care

By Sara E. Martin
 Army Flier Staff Writer

The Family Child Care program on Fort Rucker is looking for providers to welcome children into their homes, offering safe child care services as well as employment for Family members.

FCC providers are needed for regular work week hours as well as weekend shifts and night shifts to cover the needs of training and working Soldiers. Positions are also available for full day, hourly, before and after school, overnight care and special needs, according to Vender Tabb, Family Child Care director.

The FCC offers patrons a “warm Family atmosphere to meet their child care needs. Children are cared for in a home on post. They are fed and have outdoor as well as indoor activities to promote learning and exercise,” she said.

“Becoming a provider for children in the home is a good employment opportunity because people can stay at home with their own children and help out Soldiers and their Families while they work,” she added.

“It’s also another means of income. They get reimbursed for the meals they provide for the children and it can be a good way to help out the community while building a professional status. They can attain child development associate credentials—skills they can take with them when they move to another base,” she said.

The program differs from the child development center because the FCC is a home-like setting run by Families on post, according to Tabb.

“The ratio in the home is six children to one adult. Homes are warm and friendly and it can be more convenient if there is



PHOTO BY SARA E. MARTIN

Family Care provider Jennifer Francis sets up snack time for the children in her care Tuesday.

a FCC down the street. Parents also like the program because siblings can stay together. Because our homes run a multi-age environment, siblings are playing together, growing together and learning together,” she said.

According to Tabb, FCC providers offer care for children ranging in age from 4 weeks to 12 years old and each home is allowed two children under the age of 2, and four children 2 and older.

Civilians who work on post but do not live on post are allowed to participate in the program, but all providers must meet United States Department of Agriculture guidelines for food and nutrition and are eligible to enroll in the program for

meal reimbursement.

To get started, Tabb said that applicants must fill out an application packet at the FCC office in Bldg. 132. Depending on the background check, it takes anywhere from a few weeks to over a month for an applicant to be approved.

Tabb added that applicants must complete 40 hours of orientation training in child development and must adhere to fire, health and safety requirements and inspections to become a provider.

Multiple other elements must be completed before a home can be approved.

“Once providers are certified, they must complete a total of 13 modules in child development,

two modules on child abuse identification, reporting and prevention and an additional 10 special-needs care modules,” the director said.

Tabb said once everything is complete providers will receive a Rainbow, which is a “decal they must put in their window to signal that they are approved FCC providers.”

Tabb displayed evidence for the need of more providers.

“There are currently eight houses on post providing in-home care, but Fort Rucker is allowed to have up to 40 homes. We need more providers,” said Tabb.

Along with the sums that providers receive to take on each child and the USDA subsidies

Fort Rucker offers monetary subsidies based on the care offered ranging from \$100 for each full time infant to \$35 for weekend or holiday care.

“When providers first enter the FCC program they receive a start-up kit that consists of items such as fire extinguishers, safety latches, door knob covers, a first aid kit, lock boxes for medicine and outlet covers,” said Tabb.

“Providers also receive a monthly program guide to assist them in planning activities that will enhance the growth and development of the children,” she added.

Training for prospective providers occurs quarterly. To begin the process of becoming an FCC provider, call 255-3446.

Suicide prevention events celebrate life

By Sara E. Martin
 Army Flier Staff Writer

Fort Rucker aims to celebrate life during Suicide Prevention Month in September with activities to help Soldiers and Families beat depression.

The Army wants to combine the mission to stay healthy and be alert with getting the help that Soldiers need, said Army Substance Abuse Program risk reduction program coordinator Denise Clarke.

“We at Fort Rucker have decided to focus on celebrating life. We want Soldiers and Family members to participate in things to put value on their life as a way of addressing suicide prevention. The overall theme for the Army is ‘A healthy force is a ready force,’” said Clarke.

The events include a golf tournament, a bowling tournament and a concert, Clark said.

“All of our events go with our theme to get out there and take advantage of life. Picerme Housing, the Family advocacy program, religious services office, behavioral medicine and Army Community Service have been fabulous partners to help us put on these events. We are grateful they are helping with the campaign,” Clarke said.

The campaign’s kickoff event is the “Swing Fore Life” Golf Tournament Sept. 7 at the Silver Wings Golf Course and is open to the public.

“Teams of four players will play in a scramble. What’s special for us is all the players will be using the yellow balls to show their support (yellow ribbons represent both suicide awareness and Soldier support). Registration and breakfast will be 7-8:15 a.m. and tee time is 8:30 a.m.



PHOTO BY SARA E. MARTIN

Jane Clements, Army Substance Abuse Program, sets up a display Friday of the trophies and plaques that winners will receive at the Swing Fore Life Golf Tournament and the Strike Out Suicide Bowling Tournament in September.

The cost is \$55 per player and the fee includes green fees, practice balls, a cart, a mulligan, the “Grab & Go” breakfast, lunch and a pass for a free round of golf,” said Clarke.

The bowling tournament is for units and directorates of Fort Rucker only.

The Strike Out Suicide Bowling Tournament will be Sept., 6, 13, and 20 at Rucker Lanes. Teams of four must choose a day to bowl. The luncheon will be held Sept. 27 from 11:30 a.m. to 1 p.m. The last major event celebrating Suicide Prevention Month features the 98th Army “Silver Wings” Band.

“The Music Under the Alabama Stars

event will be Sept. 21 at 6:30 p.m. at Howze Field. People should bring lawn chairs and set up a picnic to celebrate life with their friends while they listen to the band. We will have promotional items and will have luminaries placed out to depicting the 2012 suicide stats.”

With the average of almost one suicide a day, 190 Soldiers have committed suicide in 2012 according to the Army.

“One loss of life to suicide is one too many. We do have a problem,” said Clarke.

If someone thinks they are suffering from symptoms of depression there are many avenues they can take to get on the road to

healthy living, according to Clarke.

“There is the behavioral medicine at Lyster, the national suicide lifeline at 1(800)273-8255, Army Community Service has military life consultants that a Soldier can open up to and there are also pastors and chaplains. If you have symptoms of depression then seek professional help, don’t go on in silence thinking you are alone, because you’re not,” she said.

“Just talking about it can help alleviate some symptoms of depression. Whether it is relationship, career, life altering or financial problems that make a person feel overwhelmed and hopeless, seeking help is the first step to being a healthy person again,” said Clarke.

Clarke also emphasized the importance of getting outside.

“It may seem silly, but get up and get out. Go somewhere new and you might have an amazing experience that might change your whole outlook on life. Something as simple as the rising sun or a bird can give someone hope,” said Clarke.

Suicide prevention for the Army also means being a good battle buddy or neighbor.

“If you think one of your friends or coworkers is overwhelmed, follow these three steps: ask your buddy, care for your buddy and escort your buddy. These steps help prevent suicide because it not only shows that you care, but you can protect them from themselves, if need be. Just be blunt with your buddy, don’t be afraid to get involved,” said Clarke.

Department of Defense statistics show that suicides are the second most common cause of death for Soldiers, and Clarke wants Soldiers to focus on not being a statistic by going out and enjoy being alive.

ON POST

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

Fort Rucker Job Fair

The Fort Rucker Job Fair is scheduled for Wednesday from 9 a.m. to 1 p.m. at the Ozark Civic Center.

For more information, call the Ozark Chamber at 774-9321 or Army Community Service at 255-3949.

Landing Zone Birthday

The Landing Zone celebrates its third birthday with specials Saturday through Aug. 24. All week, people can buy one entrée and get one free after 4 p.m. To kick off the festivities, there will be complimentary smoothies and games by the Splash! Pool Saturday from noon to 6 p.m., as well as prizes for participating children. There will be complimentary chips and salsa available with the purchase of a beverage Tuesday from 5–9 p.m. Wednesday 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 p.m.

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 for \$15. Tickets will be available at the event for \$18. Guests will be able to enjoy a Hawaiian-style dinner from 6-8 p.m. with drink specials all night, along with music by DJ Dave.

For more, call 598-8025.

Feds Feed Families Campaign

The Feds Feed Families Food Drive continues now through Aug. 31. All donated items will be taken to Fort Rucker's 1st Aviation Brigade Food Bank. Donation drop-off points are located at the commissary, post exchange, Soldier Service Center, 1st Aviation Brigade Food Locker and the Picerne neighborhood centers. Among the most needed items are diapers, baby lotion, multigrain cereals, rice, oatmeal, pasta and canned items.

For more, call 255-9631.

Newcomer's Welcome

Army Community Service hosts a Newcomers Welcome the third Friday of each month from 8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Department of the Army civilians and Family Members are all encouraged to attend. A free light breakfast and coffee is served. For free childcare, parents should register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the Newcomer's Welcome.

For more, call 255-3161 or 255-2887.



COURTESY PHOTO

Dive-In movie rescheduled

Inclement weather caused the Picerne Dive-In Movie to be rescheduled to Friday and the movie changed to "The Lorax." Post housing residents are invited to enjoy the free Family-friendly movie at the Bowden Terrace Neighborhood Center pool. Coolers and alcoholic beverages are not permitted. Picerne Military Housing will provide popsicles and cool beverages free of charge, along with several door prizes and glow bracelets. For more information and times, residents should call their neighborhood office.

AFTB Level I

Being new to Army life can be confusing, but Army Community Service's Army Family Team Building Level I training is designed to help with the transition. The next AFTB Level I training is scheduled for Aug. 28-29 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 371F. Modules of learning include military acronyms, chain of command, customs and courtesies and more.

For more, call 255-2382.

Boneless Wing Night

Beginning Sept. 3, every Monday in The Landing Zone will be Boneless Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

Traditional Wing Night

Beginning Sept. 5, every Wednesday in The Landing Zone will be Traditional Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

EDGE! September activities

Child, youth and schools services offers its September EDGE! program with activities such as accessory making, map reading, painting, pottery and woodworking. EDGE! events cost \$5 per hour for children 6-10 years old and are free for children 11-18 years old. Activities occur every weekday from 4-6 p.m.

For more, call 255-0666.

Grandparent's Day Craft Making

The Center Library hosts a Grandparents Day Craft Making Activity Sept. 4 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register.

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

Financial Readiness Training

Army Community Service offers Financial Readiness Training Sept. 7 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 (E-1 through E-4). Spouses are encouraged to attend.

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

Girl's Night Out

Fort Rucker Directorate of Family, Morale, Welfare and Recreation hosts a Girls Night Out Sept. 7 from 6 -11 p.m. in The Landing Ballroom. This event is for women ages 18 and older only. Tickets cost \$10 and include DJ entertainment, fashion show, door prizes and gift bags, and sampling with numerous companies that cater to women. Door Prizes will be awarded from 7-9 p.m. People do not have to be present to win. Prizes must be picked up at DF-MWR within 30 days or they will be forfeited. After the expo, entertainment includes ladies-only karaoke and dancing from 9-11 p.m. with DJ Dave. There will be a \$5 cover charge for ladies who only wish to take part in the karaoke.

For more, call 255-9810.

DFMWR Spotlight



Birthday Week SPECIALS

In celebration of The Landing Zone's Birthday we will be offering specials during the week of August 18th – 24th.

August 18–24

The Landing Zone will offer a Buy 1 Get 1 FREE Entrée Special, after 4 pm. Offer only good at The LZ. Available for dine in only and cannot be combined with any other offer.



Birthday Bash

Aug. 24th from 6 - 10 pm
The Landing Zone and Tiki Bay

Celebrate Hawaiian Style!
Wear a bright shirt, a grass skirt or lei, we're going to celebrate the tropical way! Live music by DJ Dave and drink specials all night!
Hawaiian dinner from 6 pm – 8 pm.
Tickets: Advanced \$15, At Door \$18
Open to the public, Ages 18+

For details on specials call The LZ at 598-8025 or visit www.ftruckermwr.com.

 The Landing Zone

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 16-19

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FRIDAY, AUGUST 17

SATURDAY, AUGUST 18

SUNDAY, AUGUST 19

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Whooping cough

Officials warn of old enemy’s return

By Donna Upshaw-Combs
Community Health Nurse

Pertussis, also commonly known as whooping cough, used to be considered a disease of the past, but over the last 20 years there has been a dramatic increase in the incidence of this disease.

Cases have risen in the United States from an estimated 3,000 cases to well over 27,000 cases per year, according to the Centers for Disease Control and Prevention. The number of reported pertussis cases in Alabama in all ages has increased from 68 in 2008 to 315 in 2009. Within the first six months of 2010 there were 93 reported cases of pertussis.

What is pertussis?

Pertussis is a highly contagious bacterial disease that causes uncontrollable, violent coughing. The coughing can make it difficult to breathe and a deep “whooping” sound is often heard when the patient tries to take a breath. It is a serious disease that can cause permanent disability in infants, and even death.

When an infected person sneezes or coughs, tiny droplets containing the bacteria move through the air and the disease is easily spread from person to person. The disease can affect people of any age and usually lasts six weeks, according to the CDC.

Before vaccines were widely available, the disease was most common in infants and young children. Aggressive immunization practices have decreased the incidence in young children and it is often now seen in adolescents and adults who need booster shots to increase their immunity.

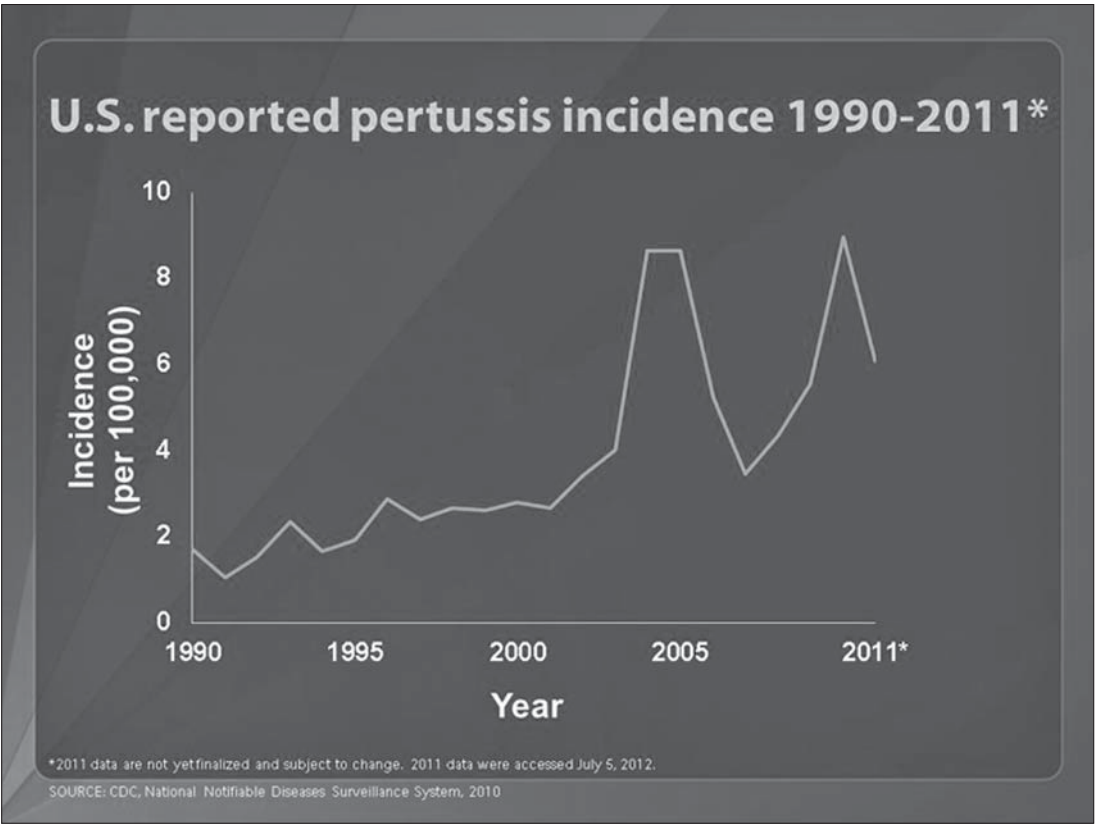
How will I know if my child has it?

Symptoms are similar to the common cold and usually develop about a week after exposure to the bacteria. Severe episodes of coughing start about 10 to 12 days later. In children, the coughing often ends with a “whoop” noise, although this is not usually seen in patients under 6 months or in adults, according to the CDC.

Between coughing spells the patient may appear well – it is rarely accompanied by a fever. Of particular concern is when the patient’s cough leads to vomiting or loss of consciousness. When this happens, people should seek medical help immediately. Other pertussis symptoms may include a runny nose and diarrhea.

Should I take my child to see a medical provider?

If a child comes down with cold symptoms that include a cough, parents should talk to their medical provider. The initial diagnosis is usually based on the symptoms; however, when the symptoms are not obvious, pertus-



sis may be difficult to diagnose.

To know for sure, the medical provider may take a sample of mucus from the nasal secretions and send it to a lab, which tests it for pertussis. While the results are pending, the medical provider will initiate treatment – usually a course of antibiotics that can help the symptoms go away more quickly and reduce the patient’s ability to spread the disease to others.

Outcomes for older children and adults are generally good, while infants have the highest risk of death and will need careful monitoring to ensure their breathing isn’t compromised.

How can I protect my Family?

Prevention of this disease through vaccination is highly recommended. The diphtheria, tetanus, and pertussis vaccination protects children against pertussis infection and can be safely given to infants. A series of five DTaP vaccines is recommended – given to children at ages 2 months, 4 months, 6 months, 15-18 months and 4-6 years. To boost immunity in older children and adults, the Tdap vaccine is recommended at age 11 or 12, and every 10 years thereafter up to the age of 65.

During a pertussis outbreak, unimmunized children under age 7 should not attend school

or public gatherings and should be isolated from anyone known or suspected to be infected. This should last until 14 days after the last reported case.

More information

For more information on pertussis, visit the following websites:

- Center for Disease Control at: www.cdc.gov/pertussis/; or
- Alabama Department of Public Health: <http://www.adph.org/Immunization/index.asp?ID=557>
- Or call:
- Alabama Department of Public Health: 1 (800) 469-4599; or
- Fort Rucker Public Health Nursing: 255-7930.



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Alabama Road Trip: Marion features interesting people, places

Alabama Tourism Department
Press Release

Alabama’s Black Belt region, so named because of its rich black soil, cuts a swath across the state that encompasses 22 counties, including Hale and Perry.

In Marion, the county seat of Perry County, you’ll learn that this town is the site of the former Judson Female Institute (now Judson College) founded in 1838. Marion is also home to the once all-male Marion Military Institute established in 1842 and the town is also the birthplace of civil rights pioneer Coretta Scott King.

Early morning bird watching

The best way to begin is with a bird-watching adventure in Marion just after sunrise when the Perry Lakes Park & Barton’s Beach Cahaba River Preserve opens to visitors. For the best bird viewing, climb to the top of the 100-foot birding tower at the park. From this height, you will be above the tree canopy. The park comprises four swampy oxbow lakes, formed when the Cahaba River changed its course 150 years ago.

To get to the birding tower, you will first walk over a covered pedestrian bridge and then along a raised boardwalk that takes you by moss-covered trees and slightly over one of the swampy oxbow lakes. This is a short and very scenic walk. In the opposite direction of the parking lot is a quarter-mile walk to Barton’s Beach Cahaba River Preserve with a spectacular view of the Cahaba River.

Perry Lakes Park can be hard to find.



ALABAMA TRAVEL PHOTO

Cahaba River Preserve

Travel AL Highway 175 a few miles north of the AL Highway 14 intersection and look for the Aquatic Biodiversity Laboratory, which is marked by a sign on its building. Slow down and turn as if you were going to stop at the laboratory. You will find a road alongside the laboratory’s parking lot. One hundred yards down the drive, you will see the Perry Lakes signs. Take the single-lane gravel road for approximately one mile until you reach a parking area.

Historic Marion

From Perry Lakes travel to Marion, home to both the Military Hall of Honor, located on the campus of Marion Military Institute and the Alabama Women’s Hall of Fame, located at Judson College. While

in the area, drive around town to spot the beautiful St. Wilfrid’s Episcopal Church (104 Clements St.; (334) 683-5124) and historic First Congregational Church (601 Clay St.; (334) 683-8111).

First Congregational Church was organized in 1871 by freed slaves. St. Wilfrid’s cemetery includes graves of both Confederate and Union Soldiers.

Judson College, the fifth oldest women’s college in the nation, is located just one block from the courthouse square. The campus is also home to several state champion trees, including Leland cypress, Japanese flowering cherry, English oak and Japanese evergreen oak.

Park your car along the square in one of the many free parking spots. Look for

Zion United Chapel’s Methodist Church on Jackson Street. The Civil Rights Freedom Wall is a large black granite marker in front of the church honoring the many freedom fighters in Perry County, including pioneer Coretta Scott King who was born in Heiberger, a small settlement 10 miles north of Marion, on April 27, 1927. One of the other names listed is that of Jimmy Lee Jackson. He and others were attending a civil rights rally at the church on the night of February 18, 1965, when an Alabama state trooper shot him.

See a working plantation

Seven miles west of Marion on AL Highway 14 is the site of one of Alabama’s last active plantations, the Moore-Webb-Holmes Plantation. The land has been passed down for generations from William Moore, who came to Alabama and homesteaded the original 80 acres in 1819 shortly before Alabama gained statehood. Now operated by the sixth-generation descendants, the farm offers tours, which not only take you back in time, but also showcase the family’s current practices of producing grass-fed beef, organic gardening and self-sustainability.

Take a self-guided tour

Many stops on this road trip are included in a self-guided tour that can be enhanced by bringing your cell phone along to hear local people talk about their attractions and historical sites. Dial (334) 526-3061 for sites in and around Marion and then enter the appropriate stop number that is listed at each location on the tour.

WIREFLIER COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post No. 80 regular meetings are the second Monday of each month at 6:30 p.m. at the Legion Hall.

For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

AUG. 25 — “Ride for Supplies,” sponsored by FAITH Riders, is a benefit motorcycle ride to collect basic school supplies and monetary contributions to purchase supplies for Daleville city school children and teachers. Cost of the ride is \$15 per person and includes lunch. Ride departs Daleville Baptist Church at 9 a.m. Riders are also asking for donations for “Stuff the Bus” parked next to MaFoosky’s Deli from 9 a.m. to noon. For more information, call 598-4530 or 598-2313.

DOTHAN

SATURDAY — The Dothan Artifact Show held at Westgate Gym from 8 a.m.-3 p.m. Admission charged; free to those 12 and younger. There will be display cases, pipes, bowls, spears, arrowheads, clothing, jewelry, books, educational displays as well as pre-Columbian, Civil War relics, fossils, and related artifacts. For more information, call 821-5823 or visit www.dothanshow.com.

SUNDAY — The Cultural Arts Center hosts the Wiregrass Talent Quest as preliminary auditions for the contest are Sunday through Aug. 23 at 2 p.m. Contestants have the opportunity to demonstrate their talent in front of judges from

all disciplines of the arts. Cost is \$25 for single acts and \$75 for groups. For more information, call 699-2787.

TUESDAY THROUGH AUG. 25 — Southeast Alabama Community Theatre presents “Disney Cinderella Kids” at the Dothan Opera House at 7 p.m. Tickets are \$15. For more information, go to www.seact.com or call the Dothan Civic Center box office at 615-3175.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

OCT. 9 — City officials host “Getting to Know Enterprise Fair and Picnic” at Johnny Henderson Park from 9 a.m. to 1 p.m. Local businesses and clubs provide information on services and activities for retirees and newcomers to the area. Entertainment and food are provided. For more information, call 347-0581 or 389-1554; or visit www.enterprisealabama.com or www.visitenterprise.com. Free tickets are available at the chamber office.

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 — Disabled American Veterans Chapter No. 99 meets Aug. 23 at 6 p.m. in the New Brockton City Hall. Food and drinks will be served followed by regular chapter business. Veterans throughout the Wiregrass are invited to join as new members. Each Tuesday and Wednesday, Chapter No. 99 maintains a DAV service office in the New Brockton Police station. All veteran services provided are free. For more information, call 718-5707.

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 — St. Michael’s Episcopal Church hosts a barbecue from 11 a.m. to 2

p.m. in the parish hall of the church. Tickets are \$12 for adults and \$8 for children. St. Michael’s Episcopal Church is located at 427 Camilla Ave. For more information or to reserve a ticket, call 774-7145.

FRIDAY-SATURDAY — The Dale County AgPlex Arena hosts the 18th annual South Alabama Pro Rodeo Classic. The rodeo will feature barrel racing, steer wrestling, bull riding and more. Gates open at 6 p.m. and rodeo begins at 8 p.m. At the gate tickets are \$10 adults; \$8 children; 5 years and younger get in free. At Leisure Travel, advance tickets are \$8 for adults and \$6 for children and ages 5 and under are free. For more information, call 774-9448 or 797-9754.

WEDNESDAY — The Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

PINCKARD

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

SAMSON

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

TROY

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

Beyond Briefs

Mystery Dinner

Mobile Mystery Dinners are performed at Mobile’s 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.; and Saturdays at 8 p.m. and 9:30 p.m. For more information, call (205) 538-1853 or visit ghostmagick.com/ghost-walks.html.

Friday Fest

On the first Friday of the month now through November from 6-10 p.m., downtown Panama City on Harrison Avenue hosts a street fair with music and food. For more information visit, <http://www.pcfridayfest.com>.

All the King’s Women Play

The Kaleidoscope Theatre, located on 24th Street in Lynn Haven, Fla, hosts a comedy about Elvis and his fans Saturday through Aug. 26. Saturday shows begin at 7:30 p.m. and Sunday shows at 2 p.m. For more information visit, www.kt-online.org.

Golf FORE Education Tournament

The Bay Education Foundation Golf FORE Education Tournament is Aug. 25 at the Panama Country Club in Lynn Haven, Fla. Check-in begins at 8 a.m. Cost is \$100 per golfer. For more information, call 767-4111 or email kessljf@bay.k12.fl.us.

Father Daughter Dance

The Gulf Coast Medical Center hosts the seventh annual Princess Ball — Father Daughter Dance Aug. 25 at the Lisenby Ave. National Guard Armory in Panama City from 5-7 p.m. for girls ages 12 and younger and their dads. Formal attire is required. A RSVP is required. For more information, call (850) 747-3600.



PHOTO BY NATHAN PFALZ

Pick-of-the-litter

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

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

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

WINGS CHAPEL, BUILDING 6036

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

SPIRITUAL LIFE CENTER, BUILDING 8939

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

BIBLE STUDIES

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

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.

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 devotion. Free breakfast is provided.



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FOR RENT



1535 SPRINGVIEW DRIVE, 3BD/2.5BA includes washer & dryer, refrigerator with icemaker, microwave/hood combination, stove, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, single garage with remote, patio, & fence. Lawn care, monthly pest control, use of clubhouse and community pool included. **Pets allowed with non refundable pet fee!**

FOR RENT



61 COURTYARD WAY, Very Nice 3BD/2.5BA townhome with washer and dryer, refrigerator, stove, microwave, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, and single car garage with remote. Lawn care, monthly pest control, use of clubhouse and POOL included. **Pets allowed with a non refundable pet fee!**

FOR RENT



105 E DOGWOOD DRIVE, This lovely 3BD/2BA home features a living room with fireplace, dining area, stove with built in microwave, refrigerator, dishwasher, garbage disposal, washer and dryer connections, laundry room, hardwood flooring, two car garage, patio, and fence.

FOR RENT



75 FOXCHASE LANE, This 3BD/2BA Home includes washer, dryer, refrigerator with icemaker, stove, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, double car garage with remote, fence, and patio.

FOR RENT



2815 PARTRIDGE, This 3 BD/ 2BA home features a living room, dining area, stove with built in microwave, refrigerator, dishwasher, garbage disposal, washer and dryer connections, laundry room, two car garage, patio, and fence. **Pets allowed with non refundable pet fee!**



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Tickets: Advanced tickets available for purchase for \$15 at The Landing Zone until August 23rd at 4 pm. Tickets will also be available the night of the event for \$18.

Birthday Week Specials

In celebration of The Landing Zone's 3rd Birthday we will be offering specials during the week of August 18th through 24th; Buy 1 Get 1 FREE Entrée Special, after 4 pm. Offer only good at The Landing Zone. This special is available for dine in only and cannot be combined with any other special or offer.



FOR DETAILS CALL THE LZ AT 598-8025.
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**WHISKEY WING NIGHT
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Specials are available for dine in only and cannot be combined with other offers or discounts.

Virginia teen’s Operation Hawkeye pays tribute to 30 fallen troops

By Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON — One of the most tragic moments of the war in Afghanistan has inspired an American teenager to honor the memory of 30 fallen service members and to help their Families — by shooting hoops.

Will Thomas, a 13-year-old boy from McLean, Va., has spearheaded Operation Hawkeye in an effort to raise money to help the Families of fallen special operators — particularly 30 American troops killed in an Aug. 6, 2011, CH-47 Chinook helicopter crash that also claimed the lives of eight Afghan forces and a military working dog.

U.S. investigators concluded that a Taliban insurgent fired a rocket-propelled grenade that brought down the chopper as it attempted to land in Afghanistan’s Wardak province.

Will recalled hearing about the crash from his father. “I was just outside shooting baskets with my dad ... when it happened. I was just thinking, ‘Wow, that’s a horrible loss.’”

Struck by the great loss of life, the eighth grader felt a strong urge to do something to help the grieving Families’ healing process, in part because one of those left a widow is a fellow McLean native whose husband, Navy Lt. Cmdr. Jonas B. Kelsall, was killed in the crash.

“My dad and I were talking, and I said ‘I’d really like to do something about this,’” the teenager said. “He [asked], ‘Well, what would you like to do?’ and we thought about it.”

His father suggested shooting baskets, he said, because that’s what they were doing when they got the news.

“So we just thought if there was a way we could work that into help, that would be great,” Will said.

He didn’t have to go far to start Operation Hawkeye, shooting baskets in his driveway in exchange for donations to the Families. Will didn’t stop until he had raised nearly \$80,000 for the Navy SEAL Foundation.

He didn’t have to do anything special to prepare for his task, he said, but he admitted with a laugh he was plenty sore afterward, having shot 20,317 baskets.

“I shoot a lot, but, obviously, it was more than I usually do,” he said.

He named his effort Operation Hawkeye after the loyal pet of one of the victims.

“There was a dog of one of the fallen Soldiers from Aug. 6,” he said. “At the Soldier’s funeral, the dog refused to leave the casket. So when I saw the article about it, I thought that would be a cool name for it.”

Will has set this year’s Operation Hawkeye goal at \$310,000, an amount he hopes to raise from donations and pledges.

“There were 31 members of the team that fell — 30 members and one highly trained dog. So we just added the zeroes to it, because it was a significant number,” he said.

With success from his last fundraiser, Will said he feels encouraged and intends to continue to raise money in honor of the fallen troops “as long as people are willing to donate.”



COURTESY PHOTO
Will Thomas, 13, of McLean, Va., has used his passion for shooting baskets to raise money for survivors of special operations service members killed in an Aug. 6, 2011, helicopter crash in Afghanistan.

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AUGUST 16, 2012

Misfits win softball post championship

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker got a break from the rain as the sun peaked through the clouds to provide ideal weather for the Fort Rucker Intramural Softball Post Championship Game Aug. 9.

The 1st Battalion, 145th Aviation Regiment Misfits won the post championship as they beat the U.S. Army Aeromedical Research Laboratory's Double Tap in the final game of the double-elimination tournament, 14-6.

Jason Umiamaki, pitcher for the Misfits, said it was a team effort that brought them to this point.

"We came together really well during the past four or five weeks and it was more of a team effort than anything," he said. "There was no one person who stood out. Our defense was sensational and our hitting was impeccable."

As the game started out, the Misfits got home field advantage during the coin toss and took to the field as their opponents went up to bat.

Double Tap started off strong with a base hit to put a man on the base before their power hitter, Marcus Prichard, mirrored his first at bat the first time the two teams met and hit a home run to bring in two runs for his team to start the game strong.

The USAARL team was able to get a few more base hits, but their opponent's defense went to work and quickly sent Double Tap out into the field.

As the Misfits took to the plate, determined not to fall behind, they were able to put the ball on the ground and get players on the bases.

Despite a pop fly that led to an out, they managed a 2-run shot to put their team on the scoreboard.

They continued to find the gaps in their opponent's defense and put more runners on base to make sacrifices and bring in runs to allow them to surpass Double Tap.

A pop fly to center field eventually ended their time at the plate to end the 1st inning leading their opponents, 4-2.

As the Misfits took to the field, their defense played as hard as their offense to keep Double Tap



PHOTOS BY NATHAN PFAU

Ryan Welch, player for the Misfits, prepares to run to third base during the Fort Rucker Intramural Softball Post Championship Game Aug. 9.

from getting on base. An out at first sent the USAARL team back into the field without adding any runs to the scoreboard.

The Misfits went back up to bat, up by two runs, giving them the advantage in the bottom of the 2nd. They managed multiple base hits but Double Tap's defense got into the game and was able to keep their opponents at bay.

It wasn't enough to stop the Misfits, however, as they seemed to find the gaps in Double Tap's defense and managed to bring in two more runs and lead the game 6-2.

Although it was still early in the game, Double Tap had to work hard to get back in the game. With two outs early in the inning, things weren't looking

good for them, but they managed to start getting the ball on the ground to bring in a run before another pop fly sent them into the field.

The Misfits continued to play their offense aggressively as they hit base hits giving them the opportunity to sacrifice players to bring in runs and extend their lead by another two runs.

Double Tap went into the 4th inning determined to get back into the game, but were unable to break their opponents' aggressive defense as they ended another at bat scoreless.

As the Misfits took to the plate, their offense seemed to dwindle and mirror that of their opponents as they hit three back-to-back pop flies for three consecutive outs.

Double tap took advantage of their opponent's scoreless inning and stepped up their offense by putting a man on the base before hitting a home run to bring in two runs for the team and close the scoring gap.

Despite having two outs, USAARL's team was determined to stay at the plate and managed to get more base hits and bring in additional runs to end the inning only down by two runs.

Although the Misfits' defense slipped in the previous inning, their offense made up for it as they were able to keep the ball on the ground, load the bases and bring in three runs before heading back into the field to lead their opponents 11-6.

Their defense echoed their offense as they kept Double Tap at

bay during their time at the plate and kept them from bringing in any runs.

As the Misfits went back up to the plate in the bottom of the 6th inning, their opponent's defense seemed to falter again as they allowed the 1-145th team to get on the bases and extend their lead by three more runs.

Double Tap had one final opportunity to pull out a win in the final inning, but their opponent's superior defense went into play and stopped them from scoring to end the game 14-6.

"We had a good team and we knew we would contend this year," said Brad Mort, coach for the Misfits. "[Double Tap] is a good team and they blew out two teams last night to play us again."

Retiree reaches swimming milestone

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker offers many ways for people to stay fit, from rock climbing at Fortenberry-Colton Physical Fitness Facility to racquetball at the Fort Rucker Physical Fitness Facility, but the installation also rewards and recognizes those that reach various milestones in their regimens.

John Edmunds, retired military, is the first person to hit the 750-mile achievement in Fort Rucker's Swim for Life program offered by the Directorate of Family, Morale, Welfare and Recreation's Sports, Fitness and Aquatics program.

"I love to swim and it's just something like a goal that I tried to meet, so it gives me something to keep track of and gives me the motivation to do it," said Edmunds. "I just want to log as many miles as I can because the more miles I get, the more fit I'll stay."

The free Swim for Life program is designed as a motivational tool to keep people fit for life, said Jon Cole, DFMWR aquatic manager.

"It's basically what it sounds like – it's swimming for life," he said. "We normally have about 50 participants and they will get a badge for every 50 miles they swim up to 200."

After the 200-mile achievement, par-



PHOTOS BY NATHAN PFAU

John Edmunds, who reached the 750-mile achievement in the Swim for Life program, swims laps at Flynn Pool Monday.

ticipants are given medals for the 250- and 500-mile marks, and then offered a towel or T-shirt at 750 miles, added Cole.

Edmunds was awarded with an embroidered Swim for Life towel with his name and mileage milestone.

Edmunds said he got into swimming after a high school classmate urged him to join the swim team.

"I've been swimming all my life and

I've been swimming for fitness since I graduated high school," he said. "I've continued to use swimming as my primary mode of exercise since."

Swimming to exercise has benefits over other traditional exercises in that it is a very low impact way to exercise, according to Cole.

"It's great because it's easy on the joints," he said, a point that Edmunds was

quick to back up.

"My knees and ankles won't take the pounding from running and I can't do that anymore," said Edmunds. "Swimming is probably the best cardio-aerobic exercise that a person can do. It's a great way to exercise without any lateral difficulties to your body, particularly for somebody that already has issues with knee and ankle problems."

Although swimming is a great exercise for people that might have joint problems, Cole said that the Swim for Life program is open to all ages.

"There is no age limit to participate in the program," he said. "We have some participants that are in their teens and some that are seniors. [The program] is really about finding something that you can do to help maintain your fitness throughout your lifetime."

The program is for authorized patrons and takes place at Flynn Pool, which is open Mondays-Fridays from 11 a.m. to 5 p.m.

"For someone who wants to exercise and have a program that is going to reward you for it, this is definitely the thing to do," said Edmunds. "The aquatic staff supports us really well ... and it's just a good deal overall for everybody."

For more information on Swim for Life, call 255-9162

DOWN TIME



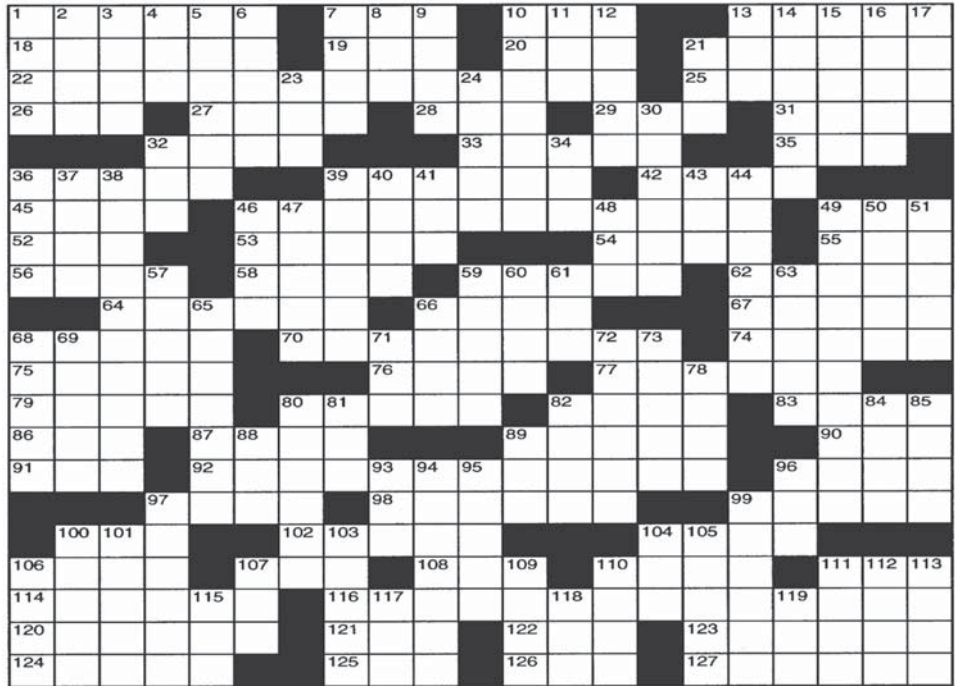
TRIVIA

1. LANGUAGE: In English slang, what is a jumper?
2. LITERATURE: What author used the pen name Ellis Bell?
3. SUPERHEROES: Who was the Green Hornet's sidekick?
4. GEOGRAPHY: What is the capital of Laos?
5. MUSIC: The film "Rhapsody in Blue" was a biographical movie about what composer?
6. MOVIES: Who wrote the music score to the movie "Jaws"?
7. AD SLOGANS: "You can trust your car to the man who wears the star" was an advertising slogan of what company?
8. GENERAL KNOWLEDGE: What was the original name of the island that is home to the Statue of Liberty?
9. TELEVISION: What sport is featured in the series "Friday Night Lights"?
10. RELIGION: What is the color of the skullcaps worn by Catholic bishops?

See Page D3 for this week's answers.

Super Crossword

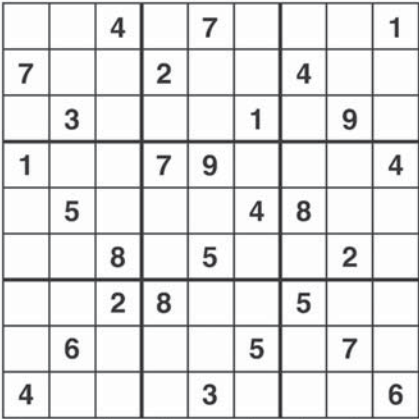
- ACROSS**
1 Picker-uppers
7 Mr. Ziegfeld
10 Bread spread
13 Actress Laurie
18 Conductor Toscanini
19 Word with corn or snake
20 Mr. Baba
21 Scavullo's equipment
22 Elizabeth Taylor movie
25 Hudson River city
26 Day—
27 Rock's — Floyd
28 "Holy cow!"
29 Use the microwave
31 "Topaz" author
32 Gab
33 Football's Matson
35 Pupil's place
36 Energetic
39 "64" Hitchcock film
42 Way
45 Steber solo
46 English racer
49 Arkansas hrs.
- DOWN**
52 West's "Diamond"
53 Presses
54 Help in a heist
55 Cry of discovery
56 Blend
58 — chef
59 "Die Fledermaus" maid
62 Word form for "bone"
64 Fancy
66 Sailing
67 "Wait — Dark" ('67 film)
70 Bribe-to-be
74 Recesses
75 Pays to play
76 Manuscript imperative
77 Peter's partner
79 Smallest
80 Fiery felony
82 Atmosphere
83 Ridicule
86 Bisoglio or Kirmir
87 Perry's creator
89 "—, you'll like it!"
90 Laudatory verse
91 Wapiti
92 Jason's quest
- DOWN**
3 Director Preminger
4 — generis
5 Award
6 Sanchez or Braga
7 — dance
8 Actress Ullmann
9 First name in fashion
10 Field event
11 Flagon
12 Actress Gaynor
13 Crony
14 Permeated
15 Pole star?
16 Banks of baseball
17 Sunshine, slangily
21 Mushroom part
23 Farm animal
24 Tea of "Deep Impact"
30 Certain bacterium
32 Numbers man?
34 Part of a triangle
36 Reading matter?
37 Part of HOMES
38 Doris Day movie
39 Writer de Cervantes
- DOWN**
40 Olympic hawk
41 "Kidnapped" monogram
43 Sugary suffix
44 Flabbergast
46 Iranian city
47 Moves like a Morgan
48 — de mer
49 Certain poplar
50 Arabian chieftain
51 Hoes and hammers
57 Produces prunes
59 Wan
60 Adroit
61 — Claire, WI
63 A nose that shows
65 IRA, e.g.
66 Concerning
68 Bisect
69 Hoopster
71 Nav. designation
72 Vietnam's Van Thieu
73 Column style
78 Figure of interest?
80 Accuse tentatively
81 Florid
82 Length X width
- DOWN**
84 Scheme
85 Relate
88 Salty spread
89 FN's specialty
93 Ike's domain
94 Connecticut city
95 "Tempus —"
96 Gush
97 Explosive mixture
99 Considerate
100 Paul of "American Graffiti"
101 Lunch-eonette lure
103 Wee
104 Shorten a slat
105 Karpov's game
106 Towel word
107 Author LeShan
109 Svelte
110 Grass "The Tin —"
111 Kind of carpet
112 Major conclusion
113 Obsolete title
115 Chemical ending
117 Ivy Leaguer
118 Author Umberto
119 Kennel threat



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

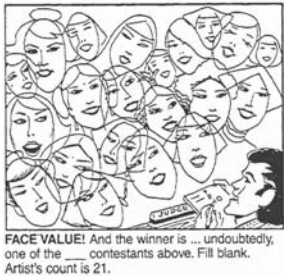
DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



ED SKED! Who's away at college? There's Dale at Yale, Luke at Duke, Gwen at Penn, Flo at Coe, Jill at McGill, Grace at Pace, Hugh at Drew, Clayton at Dayton, Herman at Furman, Winston at Princeton. Any to add?

BOXED IN! Eight numbers between 0 and 15 are in place in a cluster of 16 squares, at right. Numbers in each of the diagonals and also those in the four squares at center total exactly 30.

You are asked to insert the remaining numbers of the 0-15 series — 1, 2, 4, 7, 8, 11, 13, and 14 — so that all four horizontal rows and all four vertical rows also total 30.

How long will it take you to puzzle this out?
Time limit: Five minutes.

Top row across: 0, 1, 4, 13, 15; second row: 11, 5, 6, 8, 10; third row: 7, 9, 12, 14, 15.



GOOD LUCK to you in this step-word exercise whose key word is TALISMAN. Object is to drop a letter in each step and to form a new word with remaining letters, in accord with definitions provided below.

1. Home of the baseball Dodgers (abbr.)
Time limit: 2 min.
No fair peeking below.

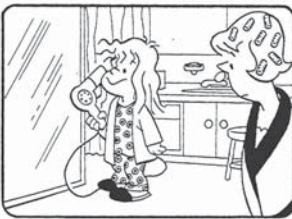
4. Abs. 9. Salt 2. All 1. L.A.
7. Talisman 6. Animals 5. Salts

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6	4	8	3	2	5	8	4	3	8	2	4	2
C	E	V	D	O	S	E	R	E	E	D	F	N
7	5	3	5	3	6	3	5	6	3	4	7	4
U	W	A	I	L	H	S	T	A	R	U	T	L
7	2	7	5	3	7	6	8	5	2	7	8	6
I	E	O	C	E	N	X	H	W	A	T	N	
7	5	3	2	5	4	8	3	4	5	4	5	3
D	T	A	S	O	D	E	L	A	S	Y	U	I
6	5	6	3	6	8	6	5	7	6	7	8	7
E	C	L	Z	D	N	E	C	V	S	I	D	S
6	3	7	3	5	6	7	8	6	8	6	5	5
I	E	E	D	E	R	D	E	E	D	S	S	S

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

HOCUS-FOCUS



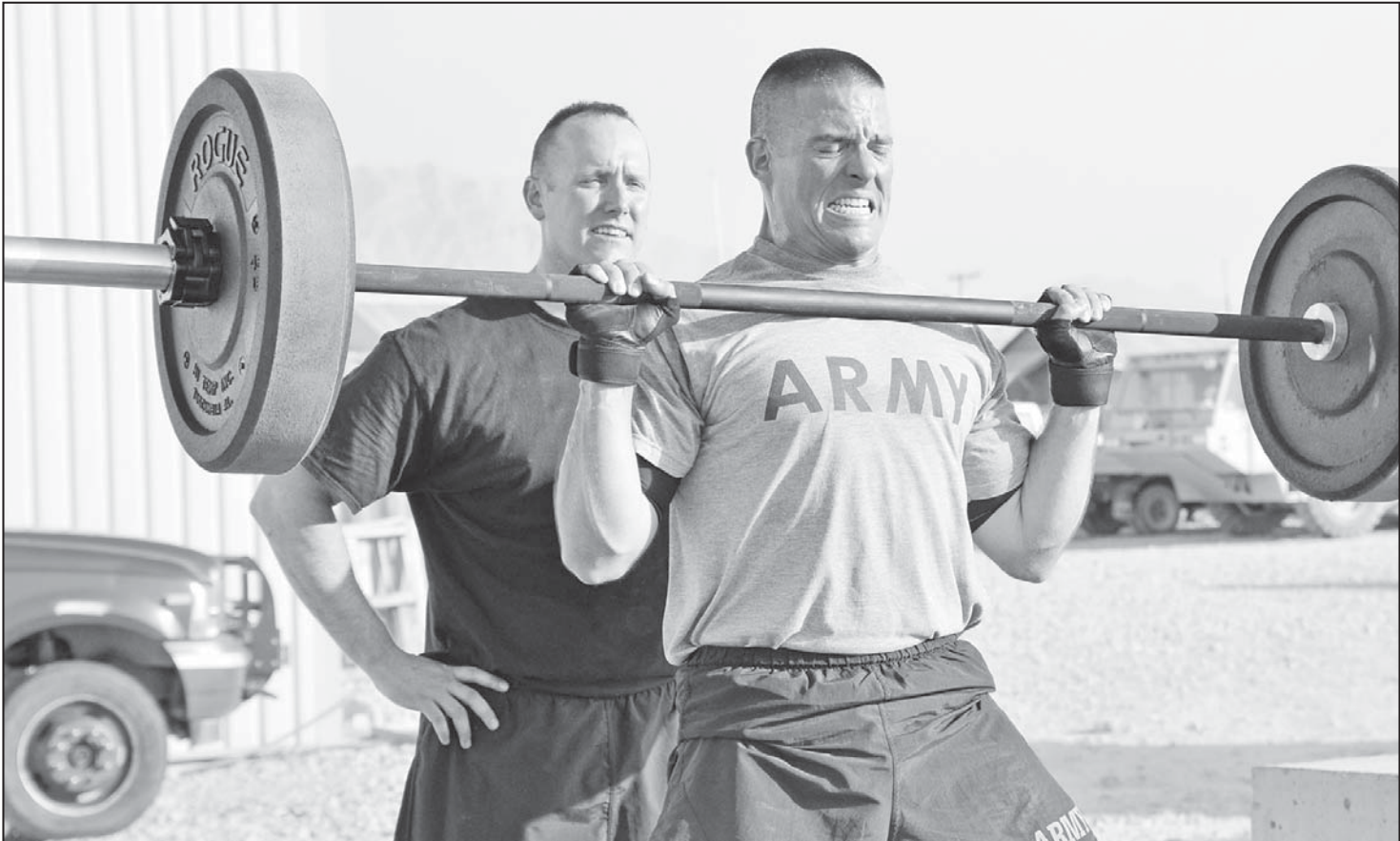


PHOTO BY CAPT. MIKE BARTH

Capt. Brent W. Reno, operations battle captain, TF Protector, performs a lift as a portion of his workout of the day, while Maj. Robert L. Smith, intelligence officer in charge, TF Protector, spots and encourages him. Service members at Camp Sabalu-Harrison, Afghanistan, participate in daily Crossfit workouts, seeking a way to stay in shape with limited time and fitness facilities.

Fitness program motivates service members

By Tim Hippi
IMCOM Public Affairs

CAMP SABALU-HARRISON, Afghanistan — “Get some!” screams a fit Sailor in high socks and Converse All Stars as her training partner grunts through lifting an absurd amount of weight above his head for what seems like the 500th repetition of the morning.

He slams the weight to the ground in triumph and doubles over catching his breath, knees shaking, chest heaving, but with a huge smile on his face.

Crossfit has swept through Camp Sabalu-Harrison like a wildfire, igniting the fuse of fitness in a large group of committed service members here who are looking for a new way to test their limits and improve their physical fitness.

Camp Sabalu-Harrison is a small camp on the outskirts of Bagram Airfield where an estimated 2,000 service members live and work. Due to the location of the camp and limited availability of gym equipment, the service members banded together in early February, to establish an area where they could hold Crossfit classes. The small group of 15 members, with limited equipment and one class a day, has grown to four classes a day, a social media page, and a complete indoor/outdoor Crossfit gym.

Crossfit seems to inspire deep emotion from its supporters, as well as some

staunch naysayers. Critics of the program claim that the exercises are only for the super-athletic and would not be the type of fitness they are comfortable doing, but local supporters say otherwise.

“Anybody can do Crossfit,” said Master Sgt. Robert A. Thiele, noncommissioned officer in charge of the intelligence section of Task Force Protector. “There are workouts designed for kids all the way up to senior citizens and elite athletes.”

Crossfit’s workout of the day, or WOD, is designed to push the participant to work harder each day either by increasing the weight, or reducing the time in which their WOD is completed. While the format requires participants to push themselves, it also allows and encourages them to make smart decisions in the choice of weights or speed at which the exercises are completed. During each group session, Crossfit mentors readily assist those that are new to the program. They help with the participants form and movement techniques, and act as a source of encouragement by shouting and pumping the group up with positive enforcement.

“There are such a wide variety of workouts, like Olympic lifting, gymnastics, strength training and cardio that you can excel in one event that a stronger partner may struggle in,” said Capt. Kevin M. Hartford, intelligence officer, Task Force Protector. “Because of the diversity, everyone can do Crossfit.”

Proponents say the biggest misconception about Crossfit is that it will not help service members reach their fitness goals or maximize their score during physical fitness tests, or PT tests.

“I’ve lost about 10 pounds and my PT test went up from 202 to 255 in five months,” said Sgt. Dustin J. Majors, intelligence analyst, Task Force Protector. “I’ve done my best on pushups and sit-ups ever since I’ve been in the Army.”

The high intensity WODs often last less than half an hour and combine both cardio and strength training in one workout. This type of physical training assists service members preparing for their PT test by raising their endurance, cardiovascular strength and mental toughness.

“I never really saw the gains in terms of improving my overall PT score and run times in my physical fitness prior to Crossfit,” said Hartford. “In the past year, I’ve dropped over a minute off my run and scored my first perfect score on a [Army] PT test.”

Some would-be Crossfitters may never attempt the workout due to intimidation. They may see a group doing the exercises, grunting, climbing ropes, running with a barbell, or doing box jumps and not have the confidence in themselves to do the exercises, so they disregard Crossfit before they ever give it a try.

According to Thiele, the Crossfit mentors are aware that first timers are wary

of the exercises. Instructional classes are taught to new members enabling them to learn the more complex moves and adjust their techniques, allowing the new member to work out safely to receive the highest gains from their efforts.

Crossfit groups thrive on gains of personal records, called PRs. This means that the person doing the exercises has placed the fastest time, most repetitions for a certain block of time or heaviest lift that they have ever completed. These PRs are then compared among others in the group as a means of friendly competition and inspiration.

“The workouts are set up in a way that every type of athlete can gain from the exercises,” said Hartford. “Regardless of age, sex or athletic ability, Crossfit will give you the explosive strength and endurance needed during military training.”

Service members at Sabalu-Harrison now seem addicted to the Crossfit routine. Instead of talking about work during their meals, they talk about their workouts, and then talk about their workouts at work, and mumble “one more rep, WOD, and no more burpees,” in their sleep.

Crossfit Sabalu-Harrison offers a strenuous workout, camaraderie and a proposed lifestyle of alternative health and fitness for the service members who have the courage to overcome their objections and spend 20 minutes working out as hard as they possibly can.

PUZZLE ANSWERS

Super Crossword

Answers

BOOSTS	FLO	JAM	PIPER
ARTURO	OIL	ALI	CAMERA
NATIONAL	VELVET	ALBANY	
GLO	PINK	GEE	ZAP
URIS			
CHAT	OLLIE	EYE	
PEPPY	MARNIE	ROAD	
ARIA	STIRLING	MOSS	CST
LIL	URGES	ABET	OHO
MELD	SOUS	ADELE	OSTEO
ORNATE	ASEA	UNTIL	
HOWIE	SLUSH	FUND	NOOKS
ANTES	STET	GORDON	
LEAST	ARSON	AURA	TWIT
VAL	ERLE	TRYIT	ODE
ELK	GOLDEN	FLEECE	JOEL
AGEE	TOUCAN	PEDAL	
LAM	GEORG	SCOT	
HERA	EEL	WIT	DAHL
SET	EMOTED	FEATHER	WEIGHTS
RAMONA	ILL	ICU	STRATA
STALE	NIK	NOM	SERGER

TRIVIA

Answers

1. A sweater
2. Emily Bronte
3. Kato
4. Vientiane
5. George Gershwin
6. John Williams
7. Texaco
8. Bedloe's Island
9. High school football
10. Purple

Weekly SUDOKU

Answer

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

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Video Game Spotlight >>



COURTESY SCREENSHOT

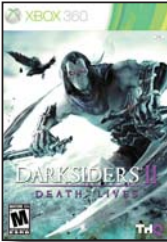
Darksiders II adds role-playing elements

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.)

Given that the first "Darksiders" didn't live up to anyone's expectations, it's interesting that a sequel was even made. But let's be glad that the powers that be decided to take the chance on another Four Horsemen of the Apocalypse game. "Darksiders II" is a much better game. Instead of a game that was based solely on action, the sequel keeps all the action and combat while also adding deep role-playing elements, lots of treasure to find and use, and a fuller world to explore.

Gamers became War in the first game, but this time around they are Death, his brother. The game follows a parallel storyline occurring at about the same time as the original "Darksiders." War has been framed for starting the Apocalypse,



Publisher
THQ
Rated
Mature
Systems
Xbox 360, PS3, PC
Cost
\$50-60
Overall
3 out of 4

and Death has to investigate the accusation and search four distinct areas for clues. Each realm offers battles and also allies, shops and other places to kill time. There are plenty of environmental puzzles to solve as well. The loot available is a nice mix of weapons, armor and other goodies that each have their own benefits. The action and combat is fluid and gamers won't flinch every time a battle begins. The RPG elements mean every gamer will play "Darksiders II" differently as they level up different abilities according to their personal tastes. The game will last about 30 hours depending on how often the gamer gets distracted from the main mission. The designers were smart to stay away from a straight-up action-combat game and instead include the role-playing options and fuller world. "Darksiders II" is a much better game than its older brother and is certainly worth a ride to the Apocalypse.

Reviewed on Xbox 360



COURTESY SCREENSHOT

SPORTS BRIEFS

VOLLEYBALL COACHES MEETING

People interested in coaching a men's or women's intramural volleyball team should attend the coaches meeting Tuesday at 9 a.m. at the Fort Rucker Physical Fitness Facility gymnasium. Attendance is required to be a coach. Preseason will begin Sept. 17. For more, call 255-2393.

STRIKE OUT SUICIDE BOWLING TOURNAMENT

In observance of National Suicide Prevention Month, Rucker Lanes will host a bowling tournament Sept. 6, 13 and 20. People can form four-person teams, select a time to bowl and go to Rucker Lanes for a special "Lunch & Bowl" price from \$6-\$8.50, depending on food choice. The tournament awards luncheon will be held Sept. 27 from 11:30 a.m. to 1 p.m. Teams must register with Rucker Lanes no later than Aug. 30. Available "Lunch & Bowl" times are 11 a.m., 1 p.m. and 3 p.m. This event is open to all Soldiers, Family members, Army civilians and retirees. For more information or to register, call 255-7509.

SWING FORE LIFE GOLF TOURNAMENT

In observance of National Suicide Prevention Month, Silver Wings Golf Course will host a Swing Fore Life tournament Sept. 7. Teams consist of

four players using a Scramble format with a yellow ball twist. Registration and "Grab & Go" breakfast will take place from 7-8:15 a.m. with an 8:30 a.m. tee time. The cost for the event is \$55 per player and members of Silver Wings Golf course will receive a \$10 discount. This fee includes green fees, practice balls, a cart, one mulligan, breakfast, lunch and a pass for a free round of golf. Prizes will be awarded based on participation. This event is open to all Soldiers, Family members, Army civilians and retirees. For more information or to register, call 255-7509.

2-MAN BUDDY BASS TOURNAMENT

Outdoor recreation hosts its Two-Man Buddy Bass Tournament Sept. 15 from 6 a.m. to 2 p.m. at West Beach on Lake Tholocco. Cost is \$100 per team. Door prizes will be offered throughout the event and cash prizes will be awarded to participants with the top three weigh-ins. The person with the largest catch will win a special prize for "Biggest Fish." All participants must have an Alabama State Fishing License and a Fort Rucker Post Fishing Permit. Space is limited, so people are encouraged to register early. This event is Exceptional Family Member Program-friendly. For more, call 255-4305.

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