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# ARMY FLYER

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

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## PT road closures focus on safety



PHOTO BY NATHAN PFALU

Signs are posted at most affected intersections to let drivers on Fort Rucker know when they can and cannot drive on Fifth Avenue. Mondays-Friday from 5:30-7 a.m. Fifth Avenue is closed for morning PT and drivers may not drive on or cross the road during that time unless at one of the designated crossing points; Division Road, Red Cloud Road and Novosel Street.

By Nathan Pfau  
*Army Flier Staff Writer*

The morning rush to get to work can be hectic at times, but the safety of Soldiers during physical training hours should be everyone's first priority according to Directorate of Public Safety officials.

Mondays-Fridays from 5:30-7 a.m., Fifth Avenue is closed for morning PT, but installation officials have noted that some people are not complying with regulations and either driving on the road or crossing at non-designated crossing points, according to Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker.

"The main issue is that individuals are not complying with the requirement to either not drive on Fifth Avenue or cross where it is blocked,"

she said. "There are only three designated crossing points during that time of the morning; Division Road, Red Cloud Road and Novosel Street."

Signs are posted at almost every intersection stating the times during which the road is closed for PT in the mornings and cones are also set up along the route to ensure that people don't cross, but people are violating the regulation for a number of reasons, said Bondy.

"People may not be following the regulations because of a combination of things. There may be some individuals who are just ignoring the requirements just to use the most expedient route to get from Point A to Point B," she said. "Some people know that they aren't suppose to drive on Fifth Avenue, but may not know that they can't cross it, and some people are new here and just

might not have knowledge of it, but either way, [the signs] are very clearly posted and people need to follow these regulations."

The regulations are in place specifically for the safety of the Soldiers that are doing their morning PT routes and part of DPS's and the Fort Rucker Police Department's job is to protect those Soldiers and enforce the regulations if necessary, said Marcel Dumais, chief of police on Fort Rucker.

"At 5:30 in the morning it's still dark out, and if someone is running PT, even if they have a reflective belt on, it's hard to see them," he said. "A person that crosses the PT route could potentially strike a Soldier doing PT."

"That's the major concern and that's the reason we want to make sure the

SEE SAFETY, PAGE A5



FILE PHOTO

Paul and Sarah Stirling sample the "Knights of the Round Chili Pot" chili during last year's Chili 5K and Cook-off. This year's event, along with Military Family Recognition event, is Nov. 3 at the festival fields.

## Chili events provide food, fun, fitness

By Sara E. Martin  
*Army Flier Staff Writer*

Cooler weather has reached Fort Rucker, and people can warm up with a hot cup of chili or get their blood pumping with the Chili 5K during the Army Aviation Center Chapter's 21st Annual Chili 5K and Cook-off in the field between 4th Street and Division Road Nov. 3.

The 5K start is at 9 a.m., the 1-mile fun run is at 10 a.m. and the chili tasting begins at 10:30 a.m. with music and chili booth displays, said CW3 Justin Bowser, instructor pilot and Aviation safety officer at C Troop, 1st Battalion, 14th Aviation Regiment.

"This event brings our community together, so for anyone to come out to taste the chili or participate in the events is great," he said.

The Family-friendly event promotes physical wellbeing as well as provides an avenue for Families to come together and have a good time.

"This is a great way for Families to relax, either with the run, the fun run or the cook-off. Parents get to talk and enjoy adult conversation and kids can play," said Bowser.

The first event is the 5K, which

beings at the corner of 4th Street and 5th Avenue.

"Runners may register between 6 and 8:30 a.m., but we suggest runners register early at <http://www.chili5k.com/>. Registration is \$15 per person until the day of the race, the fee goes to \$20 Nov. 3 and runners are not guaranteed a shirt if they register the day of. Teams of up to eight can register for \$100," said Bowser.

There will be trophies for overall fastest male and female, overall fastest male and female over 40, and the fastest team. Medals will be presented to the top three fastest males and females in each age group. The fun run will immediately follow the 5K.

"The runs promote fitness, and it is a healthy and fun way to be able to eat as much chili with as little guilt as possible," said Bowser, joking that runners could pile on the cheese and sour cream to their chili knowing that they did their part promoting healthy living.

The chili-cook off begins at 8 a.m. when the chili begins cooking, but the tasting for the public does not begin until 10:30 a.m. The official ceremony begins at 2 p.m. with awards going to the three best tasting chilies, best in show, people's

choice and the worst chili.

Attendees can buy tickets, \$1 per ticket or \$5 for six tickets. Each ticket can be exchanged for one cup or sample of chili. Attendees can then vote on their favorite chili, which will be the people's choice category.

"The Best in Show category is the theme and costume portion of the competition," said Bowser. "Teams can choose to decorate their booths and wear costumes according to their theme. This category is also judged on how the teams interact with Soldiers, Families and all attendees of the cook-off."

Teams must register by Wednesday and the suggested amount of chili each team makes is 15 gallons. Teams must have at least two people, but can have as many members as they wish, according to Bowser.

"If teams want helpers to stand in front of the booth to encourage people to come taste and vote for their chili, that is perfectly acceptable," he said.

Bowser encourages everyone from the local communities to form teams.

"Forming a team can be great

SEE FUN, PAGE A5

## Former undercover cop discusses PTSD

By Nathan Pfau  
*Army Flier Staff Writer*

Bob Delaney, NBA referee and former undercover police officer, spoke to Soldiers, Families and civilians on post-traumatic stress at the post theater during his visit to Fort Rucker Tuesday and Wednesday.

Delaney spoke about his experience as an undercover police officer and how post-traumatic stress that he suffered affected his personal and professional lives.

"Those of us who wear uniforms like to think of [ourselves] as being able to leap tall buildings in a single bound, whether it be the uniform I used to wear or the uniform that you wear," he said to Soldiers. "While we know that heroic things are done on a daily basis by those who wear uniforms, we can never lose site of the fact that there are human beings inside these uniforms."

Delaney joined the New Jersey State Police in 1973, and said that later in his career he was offered the opportunity to go undercover and work with the FBI to find out how organized crime infiltrates legitimate businesses, as well as learn about the mafia subculture.

He said that his experience in the undercover operation caused him to develop real relationships with many of the members of the crime Families and become friends with many of the criminals he would soon be arresting.

"What you ask undercover people to do is become friends with people and then tell on them," he said. "I broke that value of trust that we all have in our personal and professional relationships."

Delaney said that when the time came to arrest the members of the crime Families involved in the operation, the look that went between him and the people that he befriended throughout the sting wasn't that of anger, but of hurt and disappointment. That break in trust that was felt between him and the crime Families partly led to his post-traumatic stress, but he soon learned that in order to help his problem get better, he had to talk about it.

"I was on an emotional rollercoaster," he said. "But the more we talk about this subject, the more we become educated and aware about a subject — we get better at it."

He also spoke about peer-to-peer conversations and how talking to people who have gone through the same experiences can help a person get through post-traumatic stress, and one thing that he admires about Soldiers is their honesty.

"I love your honesty. I love that what you see, you speak about," he said. "Let's take that honesty that you guys have

SEE PTS, PAGE A4



PHOTO BY NATHAN PFALU

Bob Delaney, NBA referee and former undercover police officer for the New Jersey State Police, talks to Soldiers, Families and civilians about post-traumatic stress during a seminar at the post theater Tuesday.



# PERSPECTIVE

## Early detection key in fight against breast cancer

Centers for Disease Control  
Press Release

October is National Breast Cancer Awareness Month and in the United States in 2008 (the last year statistics are available for), 210,203 women were diagnosed with breast cancer and 40,589 women died from the disease.

Except for skin cancer, breast cancer is the most common cancer among American women. CDC supports breast cancer surveillance and research, and provides free or low-cost mammograms to underserved women.

The following are some Qs and As on breast cancer.

**Q: Is breast cancer the most common cause of death for women?**

A: No. Although many women get breast cancer, it is not a common cause of death. Heart disease is the number one cause of death among women age 40 and above, followed by stroke, lung cancer, and lung diseases. Breast cancer is the fifth leading cause of death.

**Q: What are the symptoms of breast cancer?**

A: When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however,

breast cancer can cause changes in how the breast looks or feels. Symptoms may include:

- a new lump in the breast or underarm (armpit);
- a thickening or swelling of part of the breast;
- an irritation or dimpling of breast skin;
- redness or flaky skin in the nipple area or the breast;
- pulling in of the nipple or pain in the nipple area;
- nipple discharge other than breast milk, including blood;
- any change in the size or the shape of the breast; or
- pain in any area of the breast.

**Q: What is a mammogram?**

A: A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. If you are age 50 to 74 years, be sure to have a screening mammogram every two years. If you are age 40-49 years, talk to your doctor about when and how often you should have a screening mammogram.

**Q: Why should I have a mammogram?**

A: Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years be-

fore it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

**Q: Where can I go to get screened?**

A: Most likely, you can get screened for breast cancer at a clinic, hospital, or doctor's office. If you want to be screened for breast cancer, call your doctor's office. They can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

**Q: How can I lower my risk of breast cancer?**

A: Control your weight and exercise. Know your Family history of breast cancer, and if you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk. Find out the risks and benefits of hormone replacement therapy. Limit the amount of alcohol you drink.

**Q: Can men get breast cancer?**

A: Men can also get breast cancer, but it is not very common. For every 100 cases of breast cancer, less than one is in men.

For more on breast cancer, see the CDC's website on the subject at <http://www.cdc.gov/cancer/breast/>.

## This month in Army Aviation history

This month we're spotlighting the October 1987 issue of the *U.S. Army Aviation Digest*. This issue features:

### Integrating Army Aviation and forward area air defense

A number of new elements make up the subject of this article, most of which would have seemed fairly radical even two or three years ago.

### High altitude, high danger

With the possibility of aerial combat

in a high-altitude environment, it's increasingly important that as much information and training are provided about flying at high altitude as is given for low-level flying.

### The other side of the coin

With the cessation of hostilities in Vietnam and a return to a "peacetime" Army, we expected to see a marked increase in the major parameter with which we measure the effectiveness of our aircraft maintenance program in the Army.

### NBC defense in Aviation operations

Shortly after graduation from the Chemical Officer Basic Course, I was assigned to the 228th Attack Helicopter Battalion, 1st Cavalry Division. As the chemical officer for this newly activated unit I found myself faced with an NBC defense dilemma.

### ... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-oct87>



## Rotor Wash

“Cooler weather is finally here and leaves are beginning to cover the ground. What is your favorite cool weather activity?”



**Jeremiah Jackson,**  
civilian

"I like to golf. I can enjoy the weather more and spend it with close friends and Family."



**Amber Robinson,**  
Family member

"I like hanging out with my friends, because you want to be close and cozy with your buddies in the fall."



**Yolanda Bickham,**  
contracting officer

"I love watching the leaves change color."



**Alfred Alexander,**  
AFAP contract  
installation manager

"I like running, the time change helps a lot."



**Sgt. Braxton Henry,**  
164th TAOG

"I love to go fishing in the cooler weather."

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FORT RUCKER COMMANDING GENERAL

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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-

injury.

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

### 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.

# DAGIR takes Aviation training to new heights

By Nathan Pfau  
*Army Flier Staff Writer*

The Army is often at the forefront of innovation when it comes to technological advances and training, and Aviation training is no exception.

The Digital Air-Ground Integration Range is the newest addition to Army ranges that is focused on air-ground integration, according to Ron Moring, Sustainable Range Program Army Training and Doctrine Command capability manager.

“Not only does [this digital range] provide a relevant venue for aircrew qualification, but it also enables integration with ground platforms and dismounted Soldiers,” he said. “It also enables those dismounted Soldiers to get into urban terrain and call in Aviation fire to nearby targets, which is something that has been very difficult to do on installations in the past.”

The DAGIRs are live-fire ranges that use digital means to measure a gunner’s performance, and Moring said the program also incorporates unmanned aircraft systems, dive-and-fire targets and full-sized 3-D targets.

“This is a live-fire training range that enables crew qualifications,” he said. “Our Aviation crews have to qualify annually, and the current ranges aren’t optimized for Aviation use.”

Moring said on current ranges the protective walls in front of the targets aren’t high enough, so when a crew does their dive-and-fire exercise at a particular target, they actually damage the target structure and lifter.

“Now, when we build the ranges for a moving target, the protective wall is six feet tall, and for stationary targets the protective wall is 54 inches tall, so it’s better protected,” he said.



PHOTO BY DUSTIN SENGER

**Soldiers from 1st Bn., 2nd Avn. Regt., fire 30mm bullets from an AH-64 Apache helicopter M230 chain gun Oct. 13, 2011, during gunnery exercises at Fort Carson, Colo.**

Building the ranges to better accommodate Aviation training is just one way DAGIR enhances the program, said Moring. It also provides a more detailed and thorough after action review.

The AAR is when the master gunner, who is looking over a gunner during gunnery training, reviews that particular gunner’s performance during the training exercise using video footage, he said.

“After they shoot gunnery, they bring the aircraft tape back and they sit down with the master gunner and go over their performance on that particular qualification,” said Moring. “We do that now the same way we did back in 1992 – on a seven-inch screen.”

Moring said the master gunner will review the tape and point out the things that he sees on a score sheet that he must interpolate with

what he’s seeing on the footage.

“There is just a better way of doing it,” he said. “With a digital range, it’s a very robust system. There is through-site video, tactical situation display with a birds-eye view of where the vehicle is at, where the turret is pointing and in-cab cameras of what the crew is doing.

“That is all part of AAR today, and unfortunately, Aviation was left out of that,” Moring continued. “Now we’re working to integrate Aviation into the digital range training system to bring the same level of fidelity for the after action review.”

Moring said that a key component to being able to provide this level of training is to have all of the people involved in the program on the same page when it comes to integration and equipment.

“What we’re trying to accomplish is to be able to transmit the

aircraft data from the aircraft to certain instrumentation systems,” he said. “These systems allow you to know when and where your aircraft is on the map, and what it’s weapon systems are doing. In order to accomplish this, we felt that we needed to get all the right people together to get a common platform device or component.”

Currently, two ranges are being built at; one Fort Bliss, Texas, and the other at Fort Knox, Ky. to accommodate two Combat Aviation Brigades at Fort Campbell, Ky., according to Moring.

Having different components at different ranges that aren’t compatible with the program could hinder the training when comparing data and sharing feedback, he said.

“What we don’t want is to have a separate type of component for every venue, and we don’t want each agency to go after a different

solution because it’s very expensive and complex,” said Moring. “We’re looking to get one component that can be put on an aircraft that supports all of the different architectures.”

The integrated concept team, which is the team made up of aircraft capability managers, material developers and different Aviation representation, has since evolved into an integrated product team since the meetings began, according to Moring. This particular meeting is the eighth time the team has met, and meeting on Fort Rucker is integral to its success, he said.

“We want the proponent to be the center and [Aviation] requirements come from Fort Rucker,” said Moring. “They come directly from the proponent, and we want to make sure we keep the proponent in the driver’s seat.”

## Veterans receive recognition for helping out

By Sara E. Martin  
*Army Flier Staff Writer*

Many people see the older gentlemen shuttling elderly and disabled patients around the Lyster Army Health Clinic parking lot in a golf cart, but few recognize the honorable deed they complete each day.

Col. James A. Laterza, U.S. Army Aeromedical Center commander, acknowledged the seven veteran volunteers who operate the golf cart shuttle Oct. 17 in a ceremony at Lyster.

“I wanted to make a special opportunity just to reward these men for their volunteerism. I thought it would be appropriate, and right, to recognize these guys that volunteer at least once a week to drive our patients around,” said Laterza.

The commander continued his praise for the men, most of whom are veterans who served in Korea, Vietnam and Germany.

“The only reason [the volunteers] don’t drive in the rain is because of insurance, not because they wouldn’t do it. I am so thrilled to have a program like this — the mission could not be completed without these guys,” he said. “There are a lot of older folks, 80 or 90, that won’t take a ride unless they are invited to ride in the cart. This is quite a service we can offer them.”

Laterza thanked each man in-

dividually and gave his coin to each one.

Laterza reminded the audience that some of the veteran volunteers and veteran patrons of Lyster were not appreciated during their time of service to America.

“Nowadays, every Soldier that comes back from war is welcomed and is told how much they are appreciated, but that hasn’t happened for a lot of wars. I know a lot of Soldiers couldn’t wear the uniform in public back then,” he said.

Bobby Enfinger, the coordinator for the golf cart drivers and a Vietnam veteran, agreed with Laterza and encouraged everyone to say “thank you” to all service members.

“What we do is a gift for those coming back and for those who have served in earlier wars. Just remember, if you see a man or lady that has a WW1, WW2, or Korea insignia or hat, just tell them thank you for their many services. You wouldn’t believe how many will have tears in their eyes just from a thank you,” he said.

There are currently seven veteran volunteers who drive the cart during Lyster’s operating hours, each driver’s shift lasts from 8 a.m. until 2 p.m.

“We are just veterans helping other veterans and spouses and our wounded warriors by [chauffeur]ing them to and from Lyster



PHOTO BY SARA E. MARTIN

**Col. James A. Laterza, U.S. Army Aeromedical Center commander, acknowledged seven veterans who operate the golf cart to shuttle elderly and disabled patients Oct. 17 in a ceremony at Lyster.**

parking lot.] We also look for elderly in the parking lot who can’t walk too well and we can get them a wheelchair for their time at the clinic,” said Enfinger.

The golf cart was donated to the hospital more than a year ago and Enfinger hopes that more volunteers will sign up to drive it.

“We need more volunteers. Please come out to help vets, their Families and wounded Soldiers by driving the cart. We would love to have more drivers come if they could. Drivers do not have to be a veteran. Anyone who has some spare time that they would like to donate can drive the cart as long as they are 18 and in good

standing,” he said, adding that they would welcome five or more volunteers.

The veterans who were recognized were: Jack Caldwell Jr., who entered the Army in June 1969 and retired from the Alabama National Guard in 2001; Oliver Copeland, who served in the Army from August 1968 to September 1988; Danny Doss, who entered the Air Force in February 1963 and retired after 22 years; Bobby Enfinger, who was drafted into the Army in 1969 and was selected as the Vietnam Veteran of the year for 2012; Moses Fryer, who was drafted into the Army in 1966 and retired after 25 years of

service; Jack Harper, who served in the Army from 1963 to 1967 on the East and West German and Russian borders; and Edward Sanders, who served in the Navy from 1963 to 1967 and was based in Subic Bay, Philippines.

Enfinger said that all the veterans enjoy volunteering at Lyster, because if they didn’t they wouldn’t keep coming back for drive duty.

“This is a pleasure to come out and work at Lyster; it is for all of us. We are dedicated, older men who enjoy what we do to help others. I couldn’t ask for a better place to come and serve the men of our country the way that we do

## News Briefs

### Lyster organizational day

Lyster Army Health Clinic will close Nov. 9 from noon to 4:15 for its organizational day. Lyster will reopen Nov. 13 at 7:30 a.m., the day after Veterans Day.

### Retiree Appreciation Day

Fort Rucker invites retirees and their Families from across the Wiregrass to attend its 38th annual Retiree Appreciation Day Friday. The day features an information and health fair from 8 a.m. to noon

at the Fort Rucker Physical Fitness Facility on Andrews Avenue, a retirement ceremony at 2 p.m. at the U.S. Army Aviation Museum, cake and shopping at the post exchange at 3 p.m., and a social hour, dinner and a guest speaker on retiree matters at The Landing beginning at 4 p.m. The dinner costs \$15 and attendees must sign up in advance. For more on the event, call 255-9124.

### 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.

### CFC update

The Fort Rucker Combined Federal Campaign has raised \$683,017 as of Friday. The amount raised is 59 percent of the campaign’s goal of \$1.15 million.

To find out more or to give to the CFC, visit <http://www.heartofalabamacfc.org/>. The cam-

paign ends Nov. 9.

### Native American Heritage kickoff

Army and Air Force Exchange Service and the Fort Rucker Equal Opportunity Office host the post’s two-day Native American Heritage kickoff event Nov. 2-3 from 11:30 a.m. to 2 p.m. each day at the main exchange. The event will feature tribal dances, music, historical displays, vendors and more.

For more, call 598-9423.



# Improvements enhance customer experience

By Nathan Pfau  
*Army Flier Staff Writer*

Grocery shopping can be pleasant for some and stressful for others, but the commissary on Fort Rucker is looking to relieve some of that stress with improvements to patrons’ shopping experience.

The Fort Rucker commissary has added a rewards card program, has plans to add cart corrals to the parking lot as well as plans to restripe the parking lot, according to Terry Ford, Fort Rucker commissary store director.

“The rewards card program is [one of the improvements] that the [Defense Commissary Agency] came up with to try and eliminate the use of paper coupons,” he said. “People can actually add digital coupons to an account that you have that is linked to the card.”

The cards come with a barcode and account number located on the back of the card that is specific to each card, said Ford. People can activate their card by going to [commissaries.com](http://commissaries.com) and clicking on the customer service tab where they will find the link to the rewards card.

“When people go to the site, they can click on the rewards card link and register their card,” he said. “Once their card is registered, they can look through the website and see the different coupons that have been preloaded onto the system, and all they need to do is go in and click on which coupons they would like to use in the store.”

The coupons are automatically



PHOTO BY NATHAN PFAU

Shoppers check out at the commissary Oct. 18. The commissary will be adding improvements such as restriping the parking lot and adding cart corrals. The commissary also has a new rewards card program that allows patrons to use coupons digitally.

downloaded onto the account number once a person chooses what they want and when a person comes into the commissary to shop, the coupons will automatically be deducted from their purchase during checkout when they present the card.

“Right now there are over 20 coupons available with the rewards card system and more will be added over time,” said Ford.

Like with paper coupons, Ford said the digital coupons will also have an expiration date, so people should stay current with their coupons and check on the site regularly for new coupons.

“As the coupons hit the expira-

tion date, they will drop off the system and no longer be eligible for use,” he said, “but as those coupons drop off the system, new ones are added, so people can keep their coupons current.”

There is also an option on the website for people to print out a page of the coupons that they added to their card to help them remember, said Ford.

The cards are available at the commissary from any of the registers or at the customer service desk, and come with a pamphlet to show people specifically how to register their card. Ford said that the people at the commissary will also be more than happy to

help people that might be reluctant to switch to the new rewards program.

“Some people might be hesitant to take on this new system because they don’t have a computer,” he said. “I’ll tell customers that if they have time and they don’t have a computer, they can come into the commissary and we’ll help them get started.

“We will sit with them, log them into the system and help them register their account and even help select the coupons they want to put on their card,” said the store director. “That means they can start shopping for those items right then in the store.”

Other improvements that are coming to the commissary are the addition of cart corrals and restriping of the parking lot, according to Ford.

“We needed [the cart corrals] because the carts can cause a lot of damage to vehicles outside with the steep slope of the parking lot,” he said. “In addition to that, the parking lot will be restriped and more room will be made for additional handicap parking.”

The cart corrals will be added to the parking lot after it is restriped, and Ford said that a meeting was held with the Directorate of Public Works to determine a timeframe in the near future for when that would be done.

“We also have to decide exactly where these cart corrals will go, but they will most likely be in areas toward the back, midway and one less than midway toward the bottom so that people have a chance to put their carts in one of the corrals relatively close to them,” he said.

These improvements are only a small step in improving the overall experience of shoppers on the installation, as a new commissary is slated to start construction in the second quarter of next year.

“The current commissary has over 31,000 square feet of floor space and the new commissary will add another 20,000 square feet,” said Ford. “With the new floor space, we will be able to service a lot more people, and that’s what it’s really about – we want to make sure we can keep our current audience with us.”



PHOTO BY ART POWELL

Command Sgt. Maj. Richard Stidley, command sergeant major of the U.S. Army Combat Readiness/Safety Center, Fort Rucker, discussed safety Oct. 15 at Bell Helicopter in Ozark. Stidley discussed the positive results of the Army Safety Program with approximately 140 Bell employees during a safety stand down. The Bell facility was celebrating two years with no reportable accidents.

## Safety leader shares success with industry

By Art Powell  
*Public Affairs Specialist  
Strategic Communication Directorate  
U.S. Army Combat Readiness/Safety Center*

The command sergeant major of the U.S. Army Combat Readiness/Safety Center at Fort Rucker helped a local firm celebrate two years of work with no time lost due to accidents.

Command Sgt. Maj. Richard Stidley visited Bell Helicopter employees Oct. 15 at the firm’s Customizing and Remanufacturing Facility in Ozark.

“Safety is the same, here in a manufacturing environment or in the Army,” Stidley said. “It’s about thinking before you act, it’s about making good choices, it’s about stopping an accident before it happens.”

Stidley pointed out the important role leadership plays in keeping a safety program energized on a daily basis.

“If leadership and management are involved, show they care that safety is important and apply resources to safety, you’re going to have a successful program,” he said.

Stidley explained how the success of the Army Safety Program has reduced accidental deaths among Soldiers.

“In fiscal 2012, we had a total of 161 fatalities, that’s down from 299 in 2005,” he said. “Our concern now isn’t

necessarily just the Soldiers in Afghanistan, it’s what happens when they return home and get into avoidable accidents because of drinking, driving too fast or not wearing seat belts.”

According to Les Lee, support services manager, Bell Helicopter-Ozark, each of the approximately 140 employees at Bell is encouraged to think safety and be proactive in taking measures to correct a problem if they find one, or bring it to the attention of their supervisor.

“We say that every person is a safety officer,” Lee said. “We don’t have one group working on safety and others who aren’t.”

At the beginning of each work shift, he explained, employees are asked by their supervisors if they know of any safety issues or have any questions. The success of their safety program shows in the numbers of accidents at their facility: 16 reportable accidents in 2007, none in 2011.

“We feel good about going two years with no reportable accidents, but we know that’s when you have to be that much more vigilant,” Lee said. “The good numbers don’t do anything but talk about the past. We know our safety program is only as good as our attitude and behavior today.”

For additional safety information, visit <https://safety.army.mil>.

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# Safety: Officials urge situational awareness

Continued from Page A1

PT route is closed and safe for Soldiers,” said Dumais. “When you look at the [intersection] and you see a cone in the road, that means that you can’t cross there. We’ve seen a lot of people driving around the cones in the road and we’ve been [enforcing

the regulation] pretty hard this week.”

The price a person has to pay for violating safety regulations is a citation and a \$55 fine, but for installation officials, it’s not about the citations or the money.

“We are here as enforcement like we are on a lot of things, but it’s not just about citing people,”

said the police chief. “We’re out there to try and protect the people that are doing their PT in the morning.”

“We’re not in the business of hammering and writing tickets,” agreed Bondy. “Yes, we’re here to enforce, but the key thing, the most important thing is the safety and security of this installation

– specifically the people and the resources on it.”

Bondy said that one of the keys to ensuring safety for everyone is situational awareness and people on the installation should be aware of their surroundings and familiarize themselves with the driving regulations on post.

“If there is a sign on the side

of the road ... people should read it and take whatever is posted on it into consideration,” she said. “People should take a few extra minutes to become aware and store that knowledge, and if they have questions, they can pick up the phone and call us.”

For more information, call 255-2222, or 255-2511.

# PTS: Delaney discusses post-traumatic stress with Soldiers

Continued from Page A1

and move it into post-traumatic stress and let’s take that honesty that you guys have and talk about suicide.

“We’re not going to eliminate [PTS], that’s not the goal,” he continued. “The goal is to minimize [the affect that it has on Soldiers and Families].”

As Delaney closed the session, he left the people in the audience with a quote from Dr. Martin Luther King Jr.

“The true measure of a person is not where he or she stands at times of comfort and convenience, but rather where he

or she stands at times of challenge and controversy,” he quoted.

“Those words ring true in every aspect of our lives today,” said Delaney. “We have a challenge before us and we need to figure out and think of ways that we can minimize this.”

Although the event was mandatory for all U.S. Army Aviation Center of Excellence military personnel who were present for duty, many, like Master Sgt. Torlina Wofford, B Company, 1st Battalion, 13th Aviation Brigade, found the seminar to be enlightening.

“Not only did he hit the marks about

PTS, but just listening to his life and his testimony was very inspiring, and I feel that he has touched so many lives,” she said. “Before I came here today I thought, ‘What in the world is this mandatory class that I have to attend?’ But when he started talking, it was just amazing. I could have listened to him all day.”

CW4 Carroll Wallace, B Co. 1st Battalion, 13th Avn. Regt., agreed.

“It touched me on a spiritual aspect,” she said. “There were a lot of spiritual undertones that you can take away from it, and the main thing I took away was the fact that you have to peel away those

layers in order to be healed.”

Staff Sgt. Jordan Anthony, B Co. 1st Bn. 13th Avn. Regt., who also attended the session, said that the seminar was a great way to boost Soldiers’ confidence who might be suffering with issues that they might not want to talk about.

“He was absolutely right about people not wanting to bring those things up because you don’t want to stand out for that,” he said. “But it’s OK to talk about issues that you have either downrange or at home. As Soldiers, we live unique lives, but we’re never too big to seek help.”

# Fun: Participants, teams sought for Chili Cook-Off, race

Continued from Page A1

fun. It’s a chance for people to compete in a laid back atmosphere. Having a team can help with a unit’s team development or with a businesses camaraderie. It’s also a great way for friends or neighbors to get out of the house and help with a great cause, and have fun while doing it,” he said.

Bowser said that any chili recipe is welcome; there are no limitations on the ingredients or condiments that enhance the chili.

“It is encouraged for teams to decorate their chili and offer things like sour cream, crackers and cheese to the tasters. Judges are looking at the appearance of the chili as well as taste, so condiments help with both those categories,” he said.

To ensure a fair competition, judges will not know which team’s chili they will be tasting.

“The chili that is in the No. 1 spot is not booth No. 1. So even though the judges will be writing down, say chili No. 4 is the best, that chili will not be booth No. 4’s,” said Bowser.

Pets are not allowed at this year’s cook-off, but Bowser said plenty of entertainment will be offered.

“We will have a band, Triple Threat, performing thought the day. We will also have two inflatables, an old antique fire truck accompanied by Sparky the fire dog, an obstacle course and a media trailer will be set up with Xboxes and Play Station 3s,” he said.

The Salute to Military Families will also be held in conjunction with the 21st annual Chili Cook Off and 5K Run.

“Salute to Military Families is the kick-off event for the tribute to Month of the Military Family,” said Tom Jenkins, Army Community Service information and referral program manager.

“As part of the activities, a coloring and essay contest was held. The commanding general and garrison commander will present all contestants with a certificate of appreciation and gift cards/coupons from Army and Air Force Exchange Service and Directorate of Family, Morale, Welfare and Recreation businesses at the cook-off,” said Jenkins.

“In addition,” he continued, “the garrison had the opportunity to nominate Families that exemplify Families of Excellence and the commanding general and garrison commander will present all nominees with a certificate of appreciation and gift cards/coupons.”

Following the presentation of certificates, a resigning of the Army Family Covenant will convene, according to Jenkins. There will also be DFMWR and ACS information tables and displays located at the festival.



To register for either the cook-off or the 5K, visit <http://www.chili5k.com>.



PHOTO BY NATHAN PFAU

## Soldier awarded Distinguished Flying Cross

Col. Kevin J. Christensen, 110th Aviation Brigade commander, pins the Distinguished Flying Cross on CW2 Erik M. Sabiston, C Company, Task Force Phoenix, at Lowe Army Heliport Oct. 19 for extraordinary achievement while participating in aerial flight.



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The Equival Life Monitor that “Fearless” Felix Baumgartner strapped on before his 128,100-foot, record-breaking jump was supported and developed with the assistance of researchers at the U.S. Army Research Institute of Environmental Medicine’s Biophysical and Biomedical Modeling Division, in Natick, Mass.

# ‘Fearless Felix’ historic space jump has Army ties

By Kelly Sullivan  
USARIEM

NATICK, Mass. — Last weekend, the world watched as “Fearless” Felix Baumgartner made his epic descent from a balloon 128,100 feet above the Earth.

But what the world didn’t know at the time is that the technology used to monitor Baumgartner’s heart and respiratory rate has ties to the Army.

The Equival Life Monitor manufactured by Hidalgo Ltd. in Cambridge, U.K., which Baum-

gartner strapped on before his record-breaking jump, was supported and developed with the assistance of researchers at the U.S. Army Research Institute of Environmental Medicine’s Biophysical and Biomedical Modeling Division, in Natick.

This device monitors a patient’s heart and respiratory rates, skin temperature, oxygen saturation, body position and motion. That data can then be transmitted to a smartphone or computer for analysis.

Today, the Life Monitor is used

in a wide range of applications, including use by hospital patients, subjects of pharmaceutical studies, athletes and military personnel. This has become possible because of the research conducted at USARIEM.

USARIEM began working with Hidalgo in 2000 after conducting a down select process from which Hidalgo was chosen from four potential collaborators.

Researchers at USARIEM were looking for a company that could help them develop a wearable monitoring system that could col-

lect physiological data, such as heart and respiration, from Soldiers doing a variety of physical tasks.

“We conducted a series of lab comparisons to find out which vendor would meet our research needs the best,” Anthony Karis, a USARIEM research scientist said. “In the end it was Hidalgo that gave us the most flexibility in terms of collecting the data we needed for our mathematical model development.”

Research conducted at Fort Polk, La., by USARIEM in 2003, demonstrated the important role

user acceptability and comfort play in the successful development of a wearable life signs detection system. Any successful system must be compatible with the uniform and equipment worn by the military. In other words, Soldiers have to like it.

“If a Soldier perceives that his/her comfort, performance, morbidity, mobility and lethality will be negatively affected by a certain piece of equipment, then the Soldier will be unlikely to wear

SEE JUMP, PAGE B4

## Vietnam veteran continues service



PHOTO BY CAPT. CHRISTINA WRIGHT

CW4 Walter Jones is a 61-year-old native of Clarksville, Tenn., who serves with D Co., 5th Bn., 101st CAB, in eastern Afghanistan. Jones is a Vietnam veteran with over 30 years of service.

By Capt. Christina Wright  
101st CAB Public Affairs

LOGAR PROVINCE, Afghanistan — Ask CW4 Walter Jones why he serves and he will tell you, “It’s all about flying and Soldiers.”

Jones, born in Mountain Home, Idaho, is serving in Afghanistan as an Aviation maintenance officer with D Company, 5th Battalion, 101st Combat Aviation Brigade. Jones enlisted in the Army at the age of 18 and after completing basic training in 1969, went on to Fort Rucker, to become a UH-1 “Huey” crew chief. Soon after that he found himself assigned to the 162nd Assault Helicopter Company in Can Tu, Vietnam.

One day during a mission his aircraft started to receive small arms fire. Rounds struck the helicopter’s fuel cell, and the aircraft immediately caught fire. The helicopter began to spin about 200 feet above

the ground.

Jones braced for impact and was knocked unconscious.

He was injured and spent 10 months recovering in the hospital. During this time he made an important decision.

“That experience really made me focus on what I wanted to do with my life,” said Jones. “I wanted to make a career out of the Army.”

The Army reclassified him as a telephone line repairman and stationed him with the 82nd Airborne Division at Fort Bragg, N.C. Having valuable combat experience as a Huey crew chief in Vietnam, he quickly found his way back into Aviation.

He also stood ready to support the Arab-Israeli War in 1973. He remembers sitting on the green ramp being on standby to support Israel if needed, but Israel did not require it.

SEE SERVICE, PAGE B4

## Air Assault School helps shape Army’s future

By Spc. Jennifer Andersson  
159th CAB Public Affairs

FORT CAMPBELL, Ky. — Maj. Gen. James McConville, the commanding general of the 101st Airborne Division at Fort Campbell issued an order in July to increase the number of air assault-qualified Soldiers within the next three years.

“Seventy percent of the Division will be air assault qualified,” said Capt. James B. Prisco, the commander of the Sabalauski Air Assault School at Fort Campbell. “That means, with about a 30 percent turnover annually, the standard is every Soldier who’s been in the division over a year will go to Air Assault School. The standards of the air assault course are the baseline standards the division commander set for the division.”

The ideal qualities of the Air Assault School candidate align with the Army’s expectations of Soldiers — fit, trained and disciplined,

three qualities the 159th CAB uses to define a Thunder Warrior.

Col. Jimmy Blackmon, the commander of the 159th CAB, said Soldiers of the 159th CAB should be physically and mentally fit, capable of operating at their maximum potential.

These qualities are the foundation of what a Soldier needs to prosper, but Sgt. Jose Calderon, the medical noncommissioned officer in charge with 7th Squadron, 17th Cavalry Regiment, said being driven, punctual and eager to learn are important traits, too.

“Being determined plays a part — you have to be determined to get through,” he said. “You have to have the drive to better yourself, to improve.”

Maj. Nathan Surrey, the deputy commanding officer for 159th CAB, said the brigade has begun preparing Soldiers to attend



PHOTO BY SPC. JENNIFER ANDERSSON

Pfc. Carlos Verdejo (center), a cavalry scout with Troop A, 1st Battalion, 32nd Cavalry Regiment, 101st Airborne Division (Air Assault), keeps his eye on the trainer at the top of the tower as he completes his rappel Oct. 12 at the Sabalauski Air Assault School at Fort Campbell, Ky. Over the next three years, 70 percent of the 101st Abn. Div. Soldiers will be air assault qualified.

SEE SCHOOL, PAGE B4



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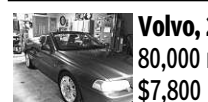
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OCTOBER 25, 2012



PHOTO BY SARA E. MARTIN

Sesame Street Experience performs Friday night at the youth center gym to a crowd of about 500 people.

## 123 SESAME STREET Experience entertains, educates youth

By Sara E. Martin  
Army Flier Staff Writer

The Sesame Street Experience tour returned to Fort Rucker Oct. 18-19 with a new story and a new character that catered specifically to military children, who were up and dancing throughout the performances.

The show is a partnership between the USO and Sesame Street, and helps children with the adjustment of being in a new place and not being afraid of change, said Tom Zaizar, company manager of the Sesame Street and USO Experience tour.

"Katie was created specifically for this tour. She is a military child that has to deal with moving to a new base, and Elmo and all the friends try to help her with her transition to keep the friends that she has made at her current installation and give her the tools to make new friends at the new base," he said.

This is the second time the tour has come to Fort Rucker; it was here last in the spring of 2010.

"Sesame is always a huge hit," said Brian Jackson, Directorate of Family, Morale,

Welfare and Recreation program manager. "The actors and staff are always easy to work with and the USO is doing a great job with the tour. It's just something that military Families in general will like."

All four 30-minute shows were sold out, indicating that sitting on the gymnasium floor at the youth center did not deter many Families from claiming tickets.

"The show is made for a gym; it's not made for a theater setting. It's perfect for kids to sit on the gym floor with parents so they can see the characters up close and personal, take photos and really experience the show," said Jackson, adding that the interaction that the children had during the show with the characters seemed to be their favorite part.

Several times during the show the Muppets walked out into the audience in a taped off runway that stretched into the crowd so characters could safely shake hands, hug and give high-fives to children.

"I liked when they came out into the audience so we could say 'Hi!' and touch them. I got to meet Grover," said Brinkley Thomas, 6.

Roughly 2,000 people saw the show,

which tried to teach children that change doesn't have to be a bad thing.

"This show is one of a kind. Children can relate to the story because of Katie's struggle with change. It's a great way to show kids in a fun atmosphere the different struggles they have to go through as a military child, and it helps them overcome those struggles in a positive way," said Jackson.

Fort Rucker, being a Family-oriented community, is the perfect place to host the show, said Jackson.

"A lot of our events cater to military Families and Sesame Street is the perfect avenue to bring a form of entertainment that satisfies their needs and brings enjoyment to their lives," he said.

The show is geared towards toddlers and young children, but adults could be seen swaying to the music and singing along to the songs, a fact that Jackson said brings satisfaction to everyone at DFMWR.

"Everyone enjoys the show. Seeing the smiles on everyone's faces in the crowd is a reward in itself. It's just nice to sit back and watch that," he said.

Soldiers, like 2nd Lt. Brandon Thomas, B Company, 1st Battalion, 145th Aviation

Regiment, were pleased with the new story line.

"The show was great. It brought a lot of life into what our Families have to go through. The best part is that the USO and DFMWR are willing to put together programs like this and allow it to be free so Families can come and enjoy it, and they tailored it for the military to help our children," said Thomas.

Zaizar said the crew was enjoying its time at Fort Rucker and members were excited to come back after seeing that the base was on the 2012 itinerary.

"We are familiar with Fort Rucker and are happy to return. We are just thankful to be performing for military Families," he said, adding that the crew was pleased to give back to military Families that sacrifice so much.

"We are here to give back. It's very rewarding. This show is a thank you for the huge sacrifices that military Families make. This is a dream job for all of us, and this is our way to show our appreciation for Soldiers and their Families. The USO has been so generous. Thank you military Families for all you do," he said.

## ACS provides tips to avoid holiday financial hangovers

By Sara E. Martin  
Army Flier Staff Writer

Avoiding a holiday money hangover can be difficult with the pressures of gift giving, but the financial counselors at Army Community Service offer help staying on track while being a responsible consumer.

The holidays are coming up, and for some people it can be an expensive time with the tradition of making expensive purchases for friends and Family members, but there are a lot of ways for people to stay within their financial means, said Mike Burden, Army Community Service accredited financial counselor.

He suggested people should plan ahead, make lists, make and stick to a budget that they are comfortable with, buy in bulk, make homemade gifts, reuse gift bags, use reward points, keep receipts, shop at discount stores, buy gifts all year long at sales and squirrel them away, participate in secret Santa games and take advantage of bargains.

Planning ahead is Burden's No. 1 tip, though.

"If you haven't got a plan or list now, you need to make one. People need to prepare for the holidays long before the season gets here. People need to have a spending plan and set aside money all year long for holiday purchases," he said.

It can be hard for many people to stay financially disciplined during the holidays, so Burden warns, "If you make \$5, don't spend \$6.

"If you wait until the last minute to buy something you're going to pay more for it. So spend your money wisely. Take advantage of the after-Christmas sales by buying stocking stuffers, small gifts, wrapping paper and decorations to prepare for next year and know how much you can spend. Your dollar can only go so far," he said.

There are some repercussions to overspending that Burden said can hinder a Soldier's career as well as the Army mission.

"The Army requires Soldiers to be financially responsible. Overspending can cause a number of stressors. Soldiers may be distracted from their job or the overall mission if they are thinking about their money problems, so there are

many safety concerns there. It can also cause relationship issues with a spouse, and lastly overspending and a bad credit history can interfere with a Soldier's security clearance," he said.

There are also a few things people should be wary of, according to Burden.

"Don't wait until Black Friday to purchase the majority of Christmas gifts. There are sales just as good all year long. I would also suggest to not sign up for a store card," he said. "Stores will give you a discount for opening a new account and while it might seem like a good deal, the interest rate is usually higher."

Eggnog isn't the only overindulgence during the holidays, so Burden advises people to stay on track with spending.

"Just because you see something that you think you just can't live without, step back and think about the purchase and see if it is something that is within your budget. You might have to sacrifice another item," he said.

Though using a credit card to offset the burden of buying gifts is a tactic often used by Families,

Burden said that using a charge card during the holiday season could be a smart thing to do, if done correctly.

"People resort to credit cards this time of year. Last December people charged more than \$851 billion, according to the Federal Reserve Board, but the holidays can be a good time to charge," he said.

Burden said everything from challenging purchases to taking advantage of big ticket item deals are benefits to using a credit card during the Christmas season.

"If you run across a good deal on a big item, like a tablet, you can use a credit card and use the extended warranty on the item," he said. "On top of that, if the tablet doesn't work once out of the box and the company won't issue a refund or exchange, people can call the credit card company and challenge the purchase.

"You can tell them to not pay the company until the dispute is settled," he continued. "Also, if a person purchases something online and it is damaged or never shows up, the credit card can be used to challenge

the shipping fee."

Burden also said it's OK to use a credit card if within a person's budget to pay the charges off quickly.

"If you can pay the amount charged in two to three months after the holidays, then you are basically borrowing money for free," he said.

The rewards that many credit cards offer shouldn't be forgotten about when it comes to pinching pennies during the season.

"Some high-end cards have gift-card rewards where you can buy gift cards or other gifts with your reward points. Save those rewards for holiday gifts instead of having to pay for them out of pocket or charging them," said Burden.

An Investment 101 class will be held Nov. 15 at the Bowden Terrace Community Center for people interested in financial security.

For Soldiers or Family members concerned about holiday spending, financial counselors are available during business hours in Bldg. 5700 on the third floor in Army Community Service and can be reached by calling 255-9631 or 255-2594.



# ON POST

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

### Trick or treating on post

Trick or treating on post takes place from 6-8 p.m. Wednesday. For more, call child, youth and schools services at 255-2375.

### Haunted Trail, Barn of Nightmares

The Fort Rucker Riding Stables will host the Haunted Trail of Terror and the Barn of Nightmares Friday and Saturday from 7-11 p.m. The event is intended to be frightening and is suggested for people ages 12 and older who do not suffer from medical conditions affected by strobe lights. Each tour will last about 45 minutes and tours will depart every 10 minutes. Closed toe shoes are highly recommended. Tickets are \$10, payable in cash only.

For more, call 598-3384.

### Fall Festival

The Fort Rucker Riding Stables hosts the Children's Fall Festival Saturday from noon to 2 p.m. Children ages 0-12 years can participate in the costume contest. There will also be clowns, games, pony rides and concessions available. Games will cost one ticket, and horse and pony rides will be four tickets. Tickets cost \$1 each, payable in cash only. No pets are allowed at the event.

For more, call 598-3384.

### Monster Ball

The Landing Zone's annual Monster Ball will take place Saturday from 9 p.m. to 1 a.m. at The Landing. The event is open to the public, ages 18 and older. Advance tickets cost \$10 and tickets at the door the night of the event will cost \$15. The event will feature a costume contest where people have the chance to win \$200 for the best overall costume, \$150 for the most original costume and \$150 for the best couples costume.

The event will also feature live music by the band Junior, a pop punk and southern rock band. Junior has opened for bands such as Reel Big Fish, The All American Rejects and Everclear. People can buy advance tickets now at The Landing Zone. This event is open to the public, ages 18 and older.

For more, call 598-8025.

### Kids Night Pumpkin Carving

The Landing Zone will host a special Kids Night with Pumpkin Carving Tuesday from 5-8 p.m. Children 12 and younger eat free from the children's menu with the purchase of one adult entrée. Pumpkins will be provided to carve or paint while supplies last. Children are invited to wear their Halloween costumes and every child in costume will be entered into a drawing to win a prize. The event is free and open to the public.

For more, call 598-2426 or 598-8025.



PHOTO BY JIM HUGHES

## Wounded Warrior Hunt closes

Master Sgt. Alan Goetzinger, a wounded warrior from Fort Benning, Ga., speaks with the local media about the Fort Rucker Wounded Warrior Hunt during last year's closing ceremonies. The 2012 Wounded Warrior Fall Hunt closing ceremony will take place at 11 a.m. Saturday at West Beach at Lake Tholocco and will feature food and drawings for door prizes. All proceeds will go towards equipment for wounded warriors in future programs. For more, call 255-4305.

### Youth Adjusting to Change bus tour

Fort Rucker's Youth Adjusting to Change program, designed to help youth between the ages of 13 and 18 who are new to the post adjust to their new home, hosts a bus tour Saturday from 1-5 p.m., beginning at the youth center in Bldg. 2806. The event serves as a welcome to the post and surrounding communities and puts youth new to the area in touch with other youth to show the different things to do in the area. All youth must be registered with child, youth and schools services prior to the tour. Youth can register and sign up for the tour at CYSS Parent Central Services in Bldg. 5700.

For more, call the school liaison officer at 255-9812.

### Parenting Children with Special Needs Workshop

The Army Community Service Exceptional Family Member Program and Family Advocacy Program host a Parenting Children with Special Needs Workshop Tuesday from 5:30-7:30 p.m. at The Commons in Bldg. 8950. The workshop will provide tools and techniques on the challenges of parenting a child with a disability, communication and stress management. Presenters will be Leslie George, licensed clinical social worker at Lyster Army Health Clinic, and Marion Cornish, licensed professional counselor with ACS. People should register for the workshop by Saturday.

For more, call 255-9277.

### Couples workshop

Army Community Service hosts a couples workshop Friday from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950. In The Five Languages of Apology, participants will learn how to recognize their own primary apology language while speaking the lan-

guages of those they love. Topics of this workshop include expressing regret, accepting responsibility, making restitution and requesting forgiveness.

For more, call 255-9641.

### EDGE! November activities

Child, youth and schools services host various activities as part of its EDGE! program in November. November activities include cooking, ceramics, a book club and more. EDGE! events cost \$5 per hour. Activities occur every weekday from 4-6 p.m.

For more, call 255-0666.

### Youth ornament contest

Youth ages 3-11 are welcome to participate in the Directorate of Family, Morale, Welfare and Recreation Ornament Contest in November. Youth should turn in their ornaments between Nov. 1-25 to youth services in Bldg. 2806 at 7th and Division Road, the child development center in Bldg. 8938 on Red Cloud Road or parent central services in Bldg. 5700 on Novosel Street. The ornament submissions should include the child's name and age along with the guardian's name and contact information. Ornaments will be judged based on overall aesthetics, creative use of materials, quality of craftsmanship and originality of design. All ornaments will be hung on the post Christmas tree on Dec. 6. People wanting to keep their ornament can remove it from the tree following the ceremony. Ornament contest winners will be announced during the ceremony. There will be one winner chosen in the following categories: 3-5 years, 6-8 years, 9-11 years and an overall winner. All winners will receive prizes and a trophy at the tree lighting, and the overall winner will help to light the tree. For more, call 255-1749.

# DFMWR Spotlight

**Family & MWR Events**

**HALLOWEEN EVENTS**

**BOSS HAUNTED HOUSE**  
Oct. 20<sup>th</sup>, 6 Pm - 10 Pm  
Fortenberry-Colton PFF, 255-9810/9404  
Admission: 2 canned goods, baby food or formula per person. Children 12 & under must be accompanied by an adult. Open to the public.

**FRIGHT NIGHT** Haunted Hayride & Barn of Terror  
Oct. 26<sup>th</sup> & 27<sup>th</sup>, 7 - 11 Pm  
Riding Stables, 598-3384  
Tickets: \$10 per person  
Available the night of event (cash only), Leisure Travel or Riding Stables. Open to the public, recommended for ages 12+. Please wear closed toe shoes, not recommended for people with seizures/asthma.

**MONSTER BALL**  
Oct. 27<sup>th</sup>, 9 Pm - 1 am  
The Landing, 598-8025  
Tickets: \$10 advance / \$15 at door  
Live music by band Junior. Costume contest and dance. Open to public, ages 18+.

For more information on upcoming Halloween events and activities visit us on Facebook  Fort Rucker FMWR or online at [www.ftruckerfmwr.com](http://www.ftruckerfmwr.com).

## FORT RUCKER MOVIE SCHEDULE FOR OCT. 25 - 28

#### Thursday, Oct. 25

Paranoman (PG)

.....7 p.m.

#### Friday, Oct. 26

Lawless (R)

.....7 p.m.

#### Saturday, Oct. 27

Lawless (R)

.....7 p.m.

#### Sunday, Oct. 28

Lawless (R)

.....7 p.m.



# Consider outcome when making life decisions

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

Several years ago, my wife and I were at a doctor's office in Hinesville Georgia waiting to be seen when a young woman walked in and signed the check-in roster as well.

She had two small children — one was a toddler son who walked beside her, and the other, a newborn that she lovingly held in her arms.

This woman appeared very drained and worn from taking care of the kids, and she looked like she could use a good vacation. She was casually dressed with blue jeans and a pullover shirt. Her eyes were red and her skin flushed — no doubt, she was tired and obviously exhausted.

After putting her name on the sign-in roster, she sat down and started adjusting the baby on her lap. In the meantime, as toddlers sometimes do, her son started to survey the waiting area and peered in the face of each client in the room, one by one.

After a few minutes, he eased away from his mother's side and slowly walked around the room as if he was shy, but quietly sizing everybody up. There were at least 15 people in the room and he looked squarely in each of our eyes giving the appearance that he was up to something and wanted to see if he could carry out his intentions without a hindrance from any one of us in that room.

Finally, after a couple of slow walks completely around the room, and several good long stares at every one of us, he appeared to be relaxed and comfortable enough to begin his mission.

Head up and chin out with a huge grin on his face, this lad kept pacing the floor and speeding up with each lap. The faster he walked the more he looked at everybody and swung his arms like a Soldier on a road march.

I looked in amazement at this little fellow as he consciously and carefully planned his work and worked his plan. It was so funny to me. I thought to myself, this is better than television. It was stunning to watch him check everything out before he started playing. No doubt, (in his mind) he needed to be sure that he could have fun freely and not irritate anybody in that room at the same time.

Within minutes, this youngster had several of us laughing as he ran, jumped, played, gave high-fives to everybody and screamed as loud as he could.

Needless to say, mom was not happy. I guess she thought he was being a nuisance to the people in the lobby. Perhaps he was to some, but not everyone — certainly not me and my wife. We enjoyed watching him have fun.

After a few minutes of this mother's patience, with a look of deep concern for the people in the waiting room, she said asked her son to please sit down. Clearly, he was in full motion now and having too much fun to pause, and that was the last thing he wanted to do, so he emphatically said, "No," in reply. Lord, why did he did he say that to his tired mother? He disturbed a sleeping giant in this woman.

She signaled again for him to stop running and reached out her hand to catch him, but he swerved farther away from her and laughed as hard as he could.

Obviously, she could not run as fast as

he could because she had the baby in her arms, so she got out of her chair in haste, ran after him, snatched him by one arm and picked him up clearly off the floor. She then sped out of the waiting room with him dangling from one hand and the newborn clinched tightly under the other arm. As she walked out of the room we could hear her saying to him, "What's wrong with you? I'm going to kill you!"

Now, of course she would not kill her son for being a child. And, I am 100-percent sure she certainly didn't mean to harm him in any way shape or form. Moreover, I really don't think she minded that he was running around and being a boy. The fact is, in her mind she just wanted to get his attention and keep him from disturbing the people who came to see the doctor.

The problem is, whether she realized it or not, she modeled for him how to

handle anger and frustration in situations like that. She probably could never imagine in her wildest thought that this experience would by no means leave his mind and even form the foundation for his own actions years later.

Today's suggestion is to begin with the end in mind. In other words, think about long-range consequences before deciding to act. Consider the impact of tomorrow from today's performance.

Just think about the outcome from this incident if mom would have acted differently. This little fellow would see and witness another approach to handling frustration. His mind would observe a healthier response to anger and irritation. And his own action in the future would reflect what he viewed as a child.

The truth is, if we think carefully before making certain decisions, we might decide to make a different decision or not act at all. Begin with the end in mind.

## 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 255-9899.

### 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.

### Protestant Women of the Chapel

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

### Military Council of Catholic Women

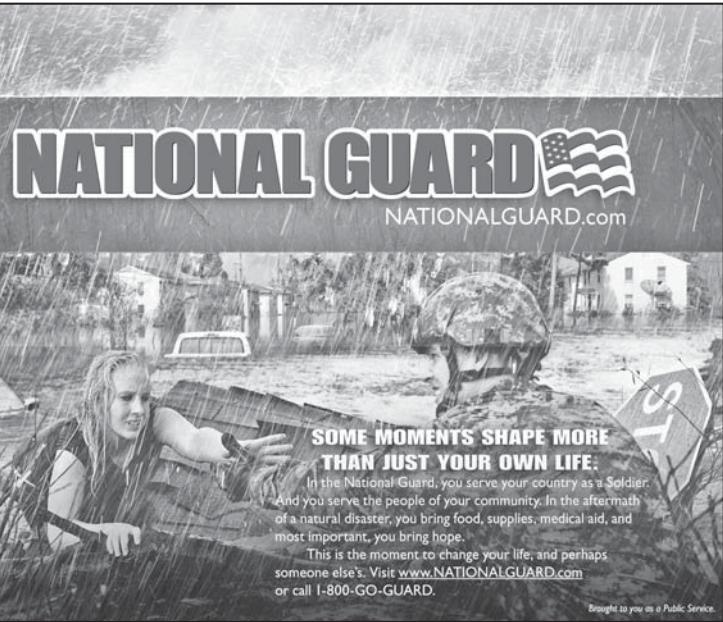
MCCW meets every Tuesday from 5:30 p.m. - 7 p.m. at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

### Catholic Adult Fellowship

CAF meets regularly throughout the year. For more information, call 255-9894.

### Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday  
1703 JV Club (Sixth - Eighth Grade), Thursday  
For more information, call Eric Gillis at (850) 333-3039.




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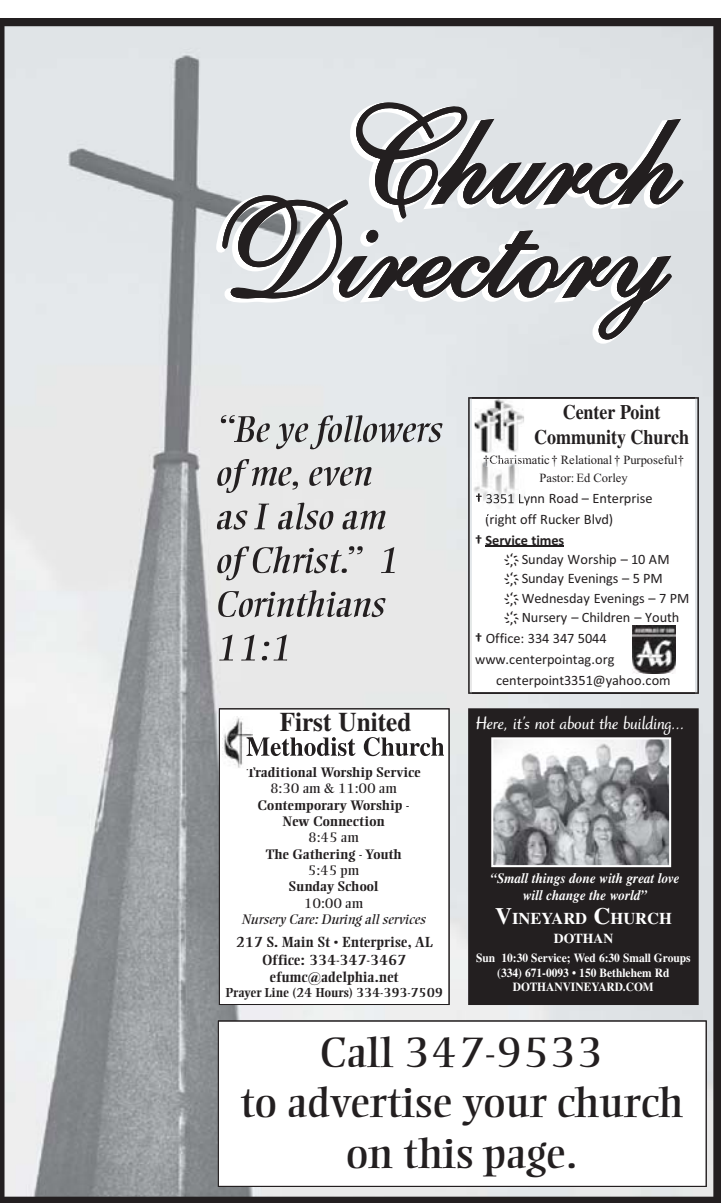
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# Church Directory


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

**Center Point Community Church**  
†Charismatic † Relational † Purposeful†  
Pastor: Ed Corley  
† 3351 Lynn Road – Enterprise (right off Rucker Blvd)  
† **Service times**  
☪ Sunday Worship – 10 AM  
☪ Sunday Evenings – 5 PM  
☪ Wednesday Evenings – 7 PM  
☪ Nursery – Children – Youth  
† Office: 334 347 5044  
[www.centerpointag.org](http://www.centerpointag.org)  
[centerpoint3351@yahoo.com](mailto:centerpoint3351@yahoo.com)

**First United Methodist Church**  
†Traditional Worship Service 8:30 am & 11:00 am  
†Contemporary Worship - New Connection 8:45 am  
†The Gathering - Youth 5:45 pm  
†Sunday School 10:00 am  
†Nursery Care: During all services  
217 S. Main St • Enterprise, AL  
Office: 334-347-3467  
[efume@adelphia.net](mailto:efume@adelphia.net)  
Prayer Line (24 Hours) 334-393-7509

**VINEYARD CHURCH DOTHAN**  
Sun 10:30 Service; Wed 6:30 Small Groups  
(334) 671-0093 • 159 Bethlehem Rd  
[DOTHANVINEYARD.COM](http://DOTHANVINEYARD.COM)

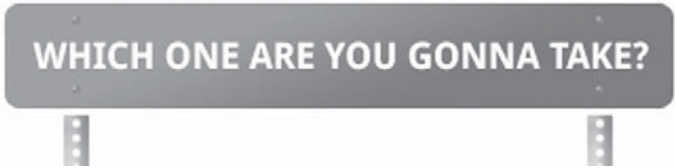
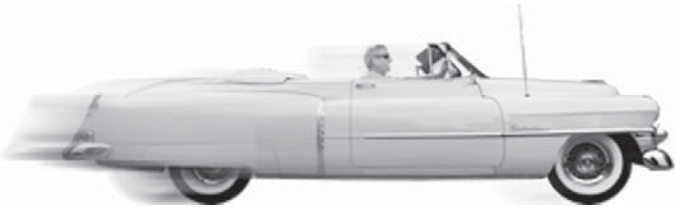
**Here, it's not about the building...**



**“Small things done with great love will change the world”**

**Call 347-9533 to advertise your church on this page.**





# Road trip features tour through Steele, Ashville, Springville

By Grey Brennan  
*Alabama Tourism Department*

Get off the stretch of interstate that lies between Birmingham and Gadsden for a wonderful road trip where you will find beautiful mountains, historic towns and one of the best bouldering sites in America as well as attractions, shops and restaurants operated by local townspeople.

The Schultz Family owns and operates a nature park on Chandler Mountain near Steele. Near Springville, the Whites of White’s Mountain have built a bluegrass music festival park while another family of Whites on Pine Mountain cut off-road vehicle adventure trails on their land. And in the city of Springville at Homestead Hollow, thousands come for the annual arts and crafts events. A visit to attractions along Interstate 59 just northeast of Birmingham will allow you to race or climb your way to adventure and enjoy traditional bluegrass music, all on top of a mountain.

This entire trip is off three adjacent I-59 exits: 166, 156 and 154 near the towns of Steele, Ashville and Springville.

### Steele

Start this road trip in Steele at Horse Pens 40 (3525 County Road 42, Steele; (256) 538-7439), a privately owned outdoor nature park located atop Alabama’s third-highest mountain, Chandler Mountain. The park got its name from the original deed that allocated the land into three

sections: the Home 40, the Farming 40 and the Horse Pens 40. Each tract contained 40 acres of land. To find Horse Pens 40, take I-59 Exit 166 to U.S. Highway 231/County Road 35 and start watching for signs.

Horse Pens 40 is known among the rock climbing community as a premier bouldering site and the site for one of the legs of the Triple Crown Bouldering Series, the largest bouldering competition in the United States. Held each fall, the Triple Crown attracts 700 competitors and spectators during the one-day event. On other days of the year you will find this nature park more lowkey. It is home to several bluegrass music festivals with many in the area remembering hearing Emmylou Harris perform on a small stage, which is still standing among a field of large boulders.

You don’t have to love rock climbing or bluegrass music to enjoy the park. Horse Pens 40 is a great nature and history lover’s destination. It is said the only peace treaty ever made between the Creeks and the Cherokees was signed on this property. In later years moonshiners and outlaws used the land, which adds an element of mystique and intrigue to the site.

There are also many types of rare plants and trees in the park so even if you don’t climb rocks, it’s enjoyable to stroll through one of the most interesting boulder fields in the world. There are hundreds of weird shapes and faces to be seen in the 600-million- to 1.3-billion-year-old rocks that are found here. Walk through the park and look for rock formations such as Turtle

Rock, Mushroom Rock and both Little and Big Elephant Rock. Local legend is that Native Americans would celebrate spring on the day sunlight poured through the trees and rock formations, striking an eagle-shaped rock.

### Ashville

From Horse Pens 40, return to the I-59 Exit 166. Cross over the interstate and go south to Ashville, (205) 594-2116. Just before you reach Ashville’s historic square, you will see the large yellow Box-Drake House, which is home to the Ashville House Quilt Shop (35 Third St.; (205) 594-7046), open Wednesday through Saturday.

When you reach Ashville’s square, take a leisurely drive around the courthouse and locate Jillybeans (120 Sixth St.; (205) 594-3357), the local ice cream and fresh produce store. Other stops within walking distance are the Old Ashville Masonic Lodge and Mattie Lou Teague Crow Museum (Seventh Street; (205) 594-2116), which is open by appointment, and the John W. Inzer Museum (229 5th St.; (205) 594-2116), which is open on Saturdays from May through June and by appointment.

You can also visit the Ashville Museum and Archives (78 Sixth Ave.; (205) 594-2128) where the local tourism office is located. The John Looney House Pioneer Museum (4187 Greensport Road/County Road 24; (205) 594-2116) is open Saturday and Sunday afternoons and is

located 5 miles west of Ashville and the Judge Elisha Robinson House (20 Rose Lane; (205) 594-4366)is on U.S. Highway 231, south of Alabama Highway 23.

### The Whites of White’s Mountain

Tommy White and his wife, Sibyl, are both bluegrass musicians, and when their jam sessions outgrew their living room their fellow pickers persuaded them to build a bluegrass park on their land. Located on the edge of St. Clair Springs, a former resort community with a long history of traditional music, the couple pledged to incorporate the natural surroundings into an outdoor music festival. They built a stage, amphitheater, a large refreshment area and a general store on their land, appropriately called White’s Mountain, and started White’s Mountain Bluegrass (40 White’s Mountain Lane; (205) 467-6927). Their bluegrass festivals, held on the second full weekend in June and the third weekend in October, feature the music they and their audience love while their Chimney Corner Celebration, held on the last weekend of October, focuses more on the mountain traditions of the area.

To get to White’s Mountain from Ashville, go back to I-59 and Exit 166. Travel south (toward Birmingham) and get off at the next exit (exit 156). From Exit 156, travel south on AL Highway 23 for 1 1/2 miles to reach a dirt road called White’s Mountain Lane. Drive up this road to get to the festival location. RV and tent camping is available.

# WIREGRASS 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](http://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.

### DOTHAN

**FRIDAY** — Landmark Park hosts “Cane Grinding Day” from 9 a.m. to 1 p.m. Experience farm life in the early 1900s with quilting, blacksmithing, butter churning and other traditional skills. Admission costs \$7 per student; teachers/aides are admitted for free; Homeschools must register through the group coordinator. Event is for third through eighth grade preregistered students. For more information, call 794-3452.

**FRIDAY THROUGH SUNDAY** — Landmark Park, in conjunction with Wiregrass Heritage Festival, hosts the “Landmark Park Quilt Show” at the Stokes Activity Barn. View over 100 antique and contemporary quilts, exhibits, juried show, guest speakers and more. Free with paid gate admission. Visit [www.landmarkpark.com](http://www.landmarkpark.com) for more information.

**SATURDAY** — The Wiregrass Heritage Festival is 10 a.m. to 4 p.m. at Landmark Park. Learn how peanuts were harvested in the Wiregrass a half-century ago. Enjoy the sights, sounds and smells of cane grinding, syrup making, butter churning, basket weaving, soap making and other traditional farm activities. Plus, food, music and antique tractors and farm equipment. Cost

is \$8 for adults; \$6 for seniors and active duty military; \$4 for children; and free for park members.

**SUNDAY** — Troy University Dothan Campus hosts Ann Rosenheck, a Holocaust survivor. She will share her experiences of both Auschwitz and Dachau in a lecture that begins at 2 p.m. For more information, call 670-3102.

**SUNDAY** — The First Baptist Church of Dothan hosts Family Fall Festival: The Blue Ribbon Rodeo from 4-7 p.m. Free event for all ages. Chance to win tickets to the National Peanut Festival. For more information, call 792-5117 ex. 209.

**NOW THROUGH WEDNESDAY** — Dothan Area Botanical Gardens hosts “Scarecrows In The Gardens.” Take a stroll through the gardens to see all the different scarecrows designed and decorated by local schools, civic organizations and local artists. The event is free and open to the public. For more information, call 793-3224 or visit [www.dabg.com](http://www.dabg.com).

### ENTERPRISE

**SATURDAY** — The second annual Boo! Weevil Poker Run ride begins and ends at the recreational complex. Prizes are given for the Ugliest, Meanest and Prettiest bikes and lunch is provided. Commemorative T-shirts are given to the first 200 registered riders. Costumes are optional for riders. For more information, call 389-1554.

**NOV. 3-4** — The Ladies Guild of St. John the Evangelist Catholic Church will hold their annual Holiday Bazaar and Bake Sale at the “Old” Parish Hall on Heath Street from 8 a.m. to 7 p.m. Nov. 3 and from 8 a.m. to 1 p.m. Nov. 4. Lunch is available Nov. 3, and a Chinese auction will take place. Handmade ornaments and gifts will be available for purchase. For more information, call 347-0533.

**ONGOING** — The American Legion Post 73 meets at the American Legion/

Doer’s Shrine Club at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call Post Commander Jerry Goodson at 347-5961 or 447-8507.

**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*.

### GENEVA

**ONGOING** — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

### MIDLAND CITY

**ONGOING** — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

### NEW BROCKTON

**ONGOING** — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station.

The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans’ job programs and other veteran services. All veteran services provided are free of charge. For more information, call Chuck Lobdell at 718-5707.

**TODAY** — Disabled American Veterans Chapter No. 99 meets at 6 p.m. at city hall. Food and drinks are served followed by

regular chapter business. For more information, call 718-5707.

### OZARK

**SATURDAY** — The Coalition for a Drug Free Dale County of SpectraCare Health Systems is holding its fourth annual Dale County Red Ribbon Community Block Party from 10 a.m. to 1 p.m. at the Ozark Square parking lot. Booths, bouncy houses, carnival games, balloons, chili cook-off, kids costume contest and other fun activities contests will be offered. Free food from local restaurants will be served.

**ONGOING** — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

**ONGOING** — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. For more information, call 774-2042.

### 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 Tuesday 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

### Scarecrows in the Park

More than 300 scarecrows spread along the trails of Lake Frank Jackson State Park in Opp will be featured now through Nov. 12. The scarecrows are made by various individuals, businesses and school groups. There are about 3 miles of walking trails. For more information, call 493-7840.

### Trick or Treat Street

Trick or Treat Street is a free Family-friendly Halloween

event where patrons will trick-or-treat through the Village streets of Sandestin Golf and Beach Resort in Destin, Fla., from 6-8 p.m. Oct. 31. Firework show at 8 p.m. For more information, visit [www.sandestin.com/events](http://www.sandestin.com/events).

### Peanut Butter Festival

Downtown Brundidge hosts the harvest and heritage celebration Saturday from 9 a.m. to 5 p.m. The free festival features a 5K Peanut Butter Run, non-stop entertainment, contests, games, exhibits, a recipe contest, Peanut Butter Kids Contest and the Nutter Butter Parade and food galore including everything peanut butter. For more information, call 670-6302 or visit [www.piddle.org](http://www.piddle.org).

### Renaissance Festival

The 29th annual Dauphin Island Renaissance Festival will be Friday and Saturday in historic Fort Gaines, 51 Bienville Blvd. View and visit melees, sieges, lords and ladies, medieval merchants and the fort’s resident blacksmith. For information, call (251) 861-6992 or visit [www.baronyosprey.org](http://www.baronyosprey.org).

### Halloween Scream!

Downtown Headland hosts the event on the square Tuesday from 6-8 p.m. Free play available for kids of all ages with inflatables, games, hayrides, a dance and costume contest and candy. For more information, call 693-3303.





PHOTO BY SARA E. MARTIN

Children make buttons with 4H extension agent Marion Clemmons during the Lights on After School rally at the Fort Rucker Youth Center Oct. 18. The rally brought awareness to the afterschool programs that are available at Fort Rucker.

# Rally spotlights after-school programs

By Sara E. Martin  
Army Flier Staff Writer

With some after-school program budgets shrinking, rallies like the Lights on After-school open house held Oct. 18 at the Fort Rucker Youth Center bring awareness to how important after-school programs are to children, parents and the community.

The open house spotlighted the numerous after-school programs available on Fort Rucker, and Jeanet Pascua, Fort Rucker Youth Center training specialist, said that the opportunity for parents and the community to take a closer look at the programs was invaluable.

“The open house is a way for people to see inside our programs. People viewed the learning opportunities that we offer to children who participate in our after-school programs and learned how important they are to their children,” she said, adding that the open house was open to all Families of children and youth ages 6-18 years-old of military, Department of Defense civilians and Fort Rucker contractors.

The programs provide a safe and supervised space for children to engage in creative and educational activities, but a rocky economic climate and budget tightening at the local, state and federal levels have put these programs at risk, according to americaspromise.org.

The goal of the rally was to educate the public and parents on what the youth and soon to be teen centers offer children and teenagers and why the programs are a valuable community asset.

“We have a game room, a gymnasium and a technology lab to help keep the children’s minds engaged and constantly learning. We have a power hour, which is homework time where students can earn points for rewards,” said Pascua. “Our Schools of Knowledge, Inspiration, Exploration and Skills program offers a variety of instructional sport and art classes like piano, ballet and taekwondo classes all year long.

“We also have an arts and crafts room, and a teen and middle school room. The children are separated by ages, but mingle together in a few rooms to enhance learning,”

she said.

An informational video played continuously throughout the afternoon telling viewers what the children and mentors thought about the program, and parents and children watching the video seemed impressed with all the available activities.

“My son has been involved in the program since 2008; I like the program values and all it has to offer. They do so many things, he is so happy here,” said Heather Casteel of her son Justin. “I feel safe with him participating in the activities and I know all the programs have really furthered his education. He can take a computer apart if he wanted to.”

Justin, who is looking forward to moving to the teen center, said he would be sad if the program went away.

“I like the arts and crafts room because there are a lot of things to make there. My favorite thing to make is the paracord bracelets. I have made so many friends here that I don’t go to school with,” he said.

Special activities were held during the rally, including a button-making session with a 4H extension agent, a mancala tournament and prize drawings. Pizza and juice were served for youth and their parents.

Parents and guests could be seen talking with youth activities staff at the information booth and prize table, and child youth program assistants were available to answer questions about the program.

“Our programs provide safe and fun activities, and provide a means for our military and civilian parents to be in compliance with GC Policy Memo 12-39 - Fort Rucker Child Supervision Policy,” said Pascua, adding that studies have consistently shown that children involved in an after-school program benefit because they have an outlet to foster their creativity, have a place to establish new friendships and have homework help, which leads to success in schools. “Our programs also promote healthy eating habits with our food program.”

The programs have club partner memberships in 4H Clubs, the Boys and Girls Club and with the Josephson Institute for Youth Ethics.

This is not the first time a rally has been held to bring

awareness to the programs.

“We have had different Lights on After School celebrations. Last year the children performed in a talent show, but this is the first time that our SAS 101 news reporters, in partnership with Susan Bailey’s husband, conducted interviews and starred in our premier information video that played at our event,” said Pascua.

The teen center opening is a much anticipated event that staff and children are looking forward to.

“We are looking forward to the opening of our brand new Middle School-Teen Center in the next couple of months. That will allow more participants and spaces in the School Age Services and SKIES programs at our existing center and open up a world of exciting teen and sport programs in the new building,” said Pascua.

The Lights on After School rally, according to Pascua, was a hit and she said she enjoyed the chance for parents to take a closer look at their child’s activates after school.

“Our afterschool event was a wonderful way to spotlight the critical concept that investing in quality programs for our youth today ensures our future leaders will have a great foundation to build from for the continued success of our nation,” she said.

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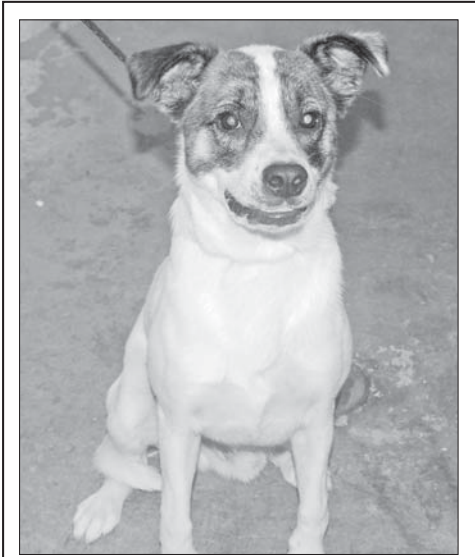


PHOTO BY NATHAN PFAU

## Pick-of-the-litter

Meet Wilbur, a 1-year old male mixed breed. He is very obedient and sweet. Wilbur is \$81 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's **Facebook** page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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PHOTOS BY NATHAN PFAU


# Haunted house

Above: Deuce Sapp, civilian, eyeballs an unstable patient while his friend Lexi Santisteven, civilian, holds onto him tightly as they make their way through the BOSS Haunted House at Fortenberry-Colton Physical Fitness Facility Saturday.

Left: Groups of friends, Family members and Soldiers make their way through the BOSS Haunted House at Fortenberry-Colton Physical Fitness Facility Saturday as they are scared by different ghouls and creatures.


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Capt. Dan Bair, B Co., 1st Bn., 13th Avn. Regt. and player for the A Co. team, runs the ball downfield during an intramural football game at the Fort Rucker Physical Fitness Facility football field Tuesday. A Co. beat USAARL's Double Tap 28-12.

# 145th takes down USAARL Double Tap

By Nathan Pfau  
Army Flier Staff Writer

A Company, 1st Battalion, 145th Aviation Brigade met the U.S. Army Aeromedical Research Laboratory's Double Tap on the football field at the Fort Rucker Physical Fitness Facility during an intramural football game Tuesday.

A Co. came out on top and defeated Double Tap with superior offense and formidable defense, 28-12.

"I feel good about the win and this was a tough team that we lost against earlier in the season, so this was a big win for us," said Capt. Walter Thomas, captain of team A Co.

"We're coming along throughout the season and you can see that we're getting better," said Capt.

Julius Meyers, quarterback for A Co., "so it's nice to play a team that has beat us before and see that we can do well against them."

A Co. received the opening kickoff and ran the ball for a short return, but managed first downs in their first few plays to bring the team within 30 yards of the goal line.

They were able to play offense aggressively against their opponents to advance closer to the end zone and come within five yards of their first touchdown.

Double Tap tried to match A Co.'s aggression with their defense by staying on the quarterback, but it wasn't enough to keep their opponents from scoring only minutes into the game.

A Co. was successful in their extra point attempt to 7-0 in the first quarter.

As Double Tap took possession of the ball, they were determined not to fall behind as their quarterback was able to run a first down on their first play and got within 20 yards of the end zone on their next play.

They were able to complete a pass to score a touchdown, but were unable to make the extra point, trailing team A Co. by 1 point.

A Co.'s offense proved to be a lot for Double Tap to handle as they were able to continuously get first downs to advance toward the goal line. They scored their second touchdown and extra point to extend their lead on their opponents further, bringing the score to 14-6 in the second quarter.

As Double Tap took possession of the ball, they tried to play the aggressive defense they had in

the first quarter by playing a lot of running plays, but were unable to score before the quarter ended to finish the half.

"We had to adjust our defense [against Double Tap] because they had a lot of speed and they were running the ball a lot," said Meyers. "We don't see that much, so we had to make some adjustments to contain their running back and quarterback, and it worked out."

As the second half got under way, Double Tap received the kick and an opportunity to get back into the game, but A Co.'s defensive strategy kept them at bay, which resulted in a turnover.

The turnover occurred right at the 50-yard line, giving A Co. an advantage against their opponent's defense. Two complete passes brought them within yards of the goal line, but two false starts

pushed them farther from it.

It wasn't long, however, before they had another complete pass to score a touchdown to further stretch their lead, followed by a successful extra-point kick to bring the score to 21-6 in the third quarter.

Double Tap was able to run the ball past the 50-yard line during the return and their offense completed a pass on the following play to get within two yards of the goal line, which was soon followed by a running play for a touchdown. The USAARL team tried for a 2-point conversion, but were unsuccessful, bringing the score to 21-12 with A Co. still in the lead.

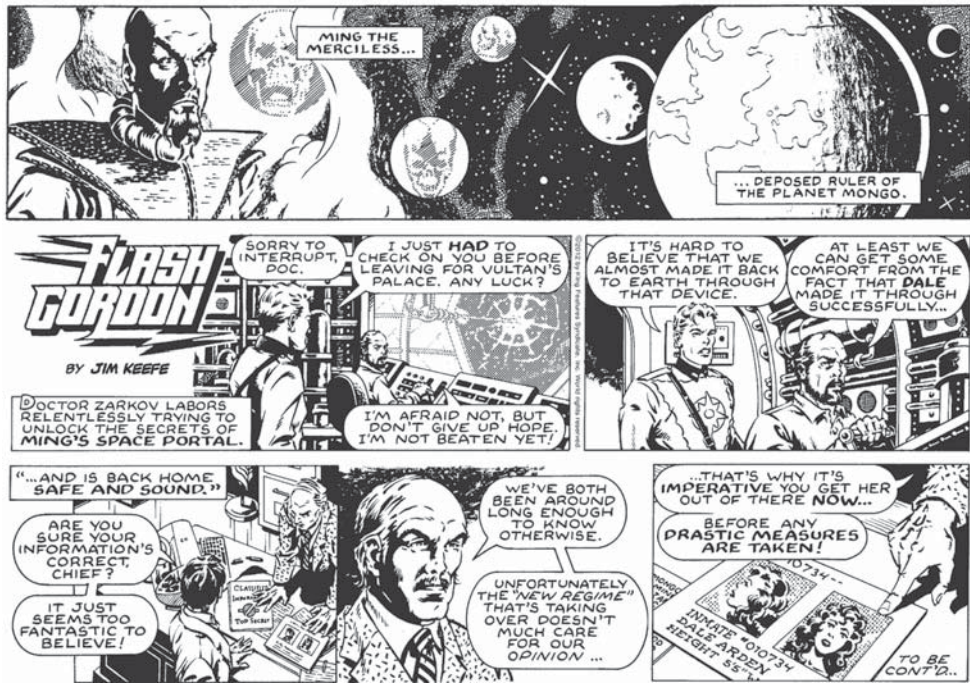
A Co. was able to get past the Double Tap defense for another touchdown and extra point with just over a minute left in the game.

## PIGSKIN PICKS

	Seattle vs. Detroit	Indianapolis vs. Tennessee	Miami vs. New York Jets	Atlanta vs. Philadelphia	Washington vs. Pittsburgh	Oakland vs. Kansas City	San Francisco vs. Arizona
 <div>Jim Hughes Public Affairs (28-21)</div>							
 <div>Brian Jackson DFMWR (19-30)</div>							
 <div>John McGee CDID (27-22)</div>							
 <div>Capt. Mike Simmons Directorate of Public Safety (25-24)</div>							
 <div>Sharon Storti Network Enterprise Center (25-24)</div>							



# DOWN TIME



## Super Crossword REVERSAL

**ACROSS**

1 One- (short shows)

7 Practice of staying in one's birthday suit

13 Comes into view

20 Skier's lodge

21 Ancient Greek city

22 A few

23 Furrier's philanthropic family from Texas?

25 Height

26 Music Muse

27 Member of the mimosa family

29 "The Divine Comedy" poet

30 Sight-related

33 How heavy a British Conservative is?

35 For each

39 Stray

42 Matt Dillon portrayer James

43 Crew creating protective car parts?

45 Dir. opposite NNE

47 Serious

48 By (alone)

51 Coming into existence

57 Perfumes ceremonially

59 Letters for Old MacDonald

61 Certain boat propeller

62 Lech of labor

65 Dale where beans are grown to make a cathartic oil?

67 Chief Norse deity

68 Poet Neruda

72 Slow, on a music score

73 Jar tops

74 Decorate an infant's bed with images of celestial bodies?

77 Most polar

79 Fish enticers

80 Juliet's beau

81 Pierre of fashion

84 Wise guy

86 Rich fabric with raised designs

88 Crawls (with)

92 Chinese menu "General"

94 Slight imperfection on an entry blank?

96 Utters

101 Worthy to be given a title

104 Jump

105 Legal wrong committed by a gobble?

107 Novelist

109 Utah's Hatch

110 Most twisted

113 Willa Cather's "My —"

118 Carbon 14 or uranium 235

120 Rush angrily at a longtime South Carolina senator?

123 Like ailments that can be remedied

124 Group of mine things

125 Legume seed holder

126 Time in court

127 Give consent

128 Tennis star Williams

**DOWN**

1 Devil target

2 En-lai

3 Stretched

4 Besides that

5 Goes back (1946 film)

6 Plug in a tub

7 Secretive

8 Govt. group

9 Pkg. shipper

10 Input info

11 Camaro

12 Layers

13 Team animal

14 Elia writing

15 Ran into

16 Dodging sort

17 Keep

18 Filth

19 Rare (elements #57 to #71)

20 Rains cold pellets

21 After-tax

22 Infuriates

23 "What have — to deserve this?"

24 Dwarf planet in the asteroid belt

25 Drink in a sippy cup

26 What sit-ups strengthen

27 "Cheers" barmaid

28 Madison Ave. workers

29 Abode: Abbr.

30 — bitsy

31 Corn holder

32 Takeoff stat

33 Livy's 1,150

34 — wolf

35 — about (roughly)

36 Exercises utilizing bars

37 Impassive sorts

38 Go after

39 Typos, e.g.

40 Japanese police dogs

41 Obi-Wan — ("Star Wars" role)

42 Comes up

43 Volcano in E. Sicily

44 11- or 12-year-old

45 Jacuzzi user's sigh

46 JVC rival

47 Low card

48 Actor Sharif

49 "Ixnay"

50 Privy to

51 "— pinch of salt"

52 Al Fatah gp. of film

53 QBs' scores

See Page D3 for this week's answers.

## TRIVIA



1. GEOGRAPHY: Where are the Balearic Islands located?
2. ANATOMY: Where is the ulna located in the human body?
3. ANCIENT WORLD: Who kidnapped Helen of Troy, an event that started the Trojan War?
4. LITERATURE: Who wrote the novel "Light in August"?
5. HISTORY: In what year was the first Zeppelin flight?
6. INVENTIONS: What did Elisha Otis invent?
7. GENERAL KNOWLEDGE: Where is original Mayo Clinic located?
8. U.S. STATES: In what state is Mount Rushmore located?
9. ANIMAL KINGDOM: What is a group of ducks called?
10. RELIGION: What is a more common name for the religious group called United Society of Believers in Christ's Second Appearing?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID'S CORNER

## Junior Whirl

by Hal Kaufman

**LOOSE ENDS** You are asked to complete seven longer words by the addition of a three-letter word to each of the letter combos provided at right. Ex: In pose at left, try "and" and get share, fare, rare, stare, cane, mare — but alas, there is no such word as mare. Therefore, try another word. "Said" another three-letter word is required for the second pose shown. All words involved are in common use.

**DISPATCH WITS FOR A COUNT** Each of the two poses presented above requires insertion of numbers 1 through 9. This is to say, you are asked to see how quickly you can insert these numbers in a manner that is in keeping with the following results.

A. That each of the three-number rows of the square — across, down, and two diagonals — totals 15.

B. That each of the four-number sides of the triangle totals 20. Remember, all nine numbers are to be used in each instance. Answers may vary.

**TOTE BAG!** What is it that the farmer is toting above? To find out, draw connecting lines from 1 to 2, 2, 3, etc.

## Wishing Well

WARMING UP! S-t-r-e-t-c-h those muscles to run that race. Add colors: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh tones, 6—Lt. green, 7—Dk. brown, 8—Dk. green, 9—Black.

**SPELLBINDER**

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

LATCHKEY

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

Try to score at least 50 points.

## Wishing Well

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

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

## HOCUS-FOCUS

BY HENRY BOLTIHOFF

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

DIFFERENCES: 1. Glasses in window. 2. Chair is overturned. 3. Candle is lit. 4. Cat is different. 5. Bed is different. 6. Bed is different.





PHOTOS BY SPC. NATHAN GOODALL

Beverly Kimball, the project engineer for the Army physical fitness uniform with the Program Executive Office, lays out prototypes for the new PFU shorts for Soldiers to choose and try on during the PEO Road Show Oct. 17 at Joint Base Lewis-McChord, Wash.

# Thunderbolt Soldiers try new PT uniform

By Spc. Nathan Goodall  
17th Fires Brigade

JOINT BASE LEWIS-McCHORD, Wash. — Soldiers with 17th Fires Brigade modeled the design concepts for the new physical fitness uniform during the Program Executive Office Road Show, Oct. 17, at Carey Theater.

It's time to not just change the Army physical fitness uniform, but to improve it, said Command Sgt. Maj. Emmett Maunakea, the command sergeant major with the Program Executive Office.

Based on input of U.S. Army Soldiers worldwide, using a survey sent to all Army email account users, the PEO was able to develop several prototypes, Maunakea said.

The PEO designs all uniforms for the Army and

wanted to make changes based on Soldiers' ideas.

"If you've never worn the uniform, you're just a designer," Maunakea said. "It's the people using it whose feedback we need."

The first survey took place in February, and gathered more than 75,000 responses from Soldiers. Those responses inspired 36 changes to the uniform, said Maunakea.

"Improvements such as the lighter materials [used to make the clothes] all happened because Soldiers said 'these are things I think need to be changed,'" he said.

The Soldiers with 17th Fires Brigade experienced the improvements first hand. They were brought in to wear the prototypes and by doing so were, able to act as models for command leadership to see, as well as provide their own



On right, Command Sgt. Maj. Emmett Maunakea, command sergeant major with the Program Executive Office, talks with Soldiers trying on prototypes of the new Army physical fitness uniform during the PEO Road Show.

feedback.

"They feel and fit a whole lot better because of the new material," said Pfc. Stacey Gourdine, a truck driver with 606th Forward Support Company, 1st Battalion, 377th Field Artillery Regiment, 17th Fires Brigade.

Gourdine was especially

impressed with the new pockets on the physical fitness shorts. The small pocket created to hold car keys that is sewn into the waistband on the current uniform, has been reconfigured so keys sit sideways instead of vertically. The vertical key placement at times dug into Sol-

diers' skin when performing exercises like sit-ups, something the new design has corrected.

All prototypes modeled by the Soldiers had the same improvements, but were cosmetically different. With the overall design improvements completed, the PEO is moving on to the next step for creating the new uniform: choosing which style Soldiers like more, said Maunakea.

The PEO is holding another survey that is open until Monday, where Soldiers can vote on their favorite style. With awareness of the newly designed uniform spreading, more than 161,900 votes have already been cast, he said.

"We want what the Soldiers want," said Master Sgt. Jeff Leonard, the non-commissioned officer in charge of Soldier Clothing

and Equipment with PEO, speaking to the Soldiers wearing the new uniform designs. "It's very important that you vote."

One of the popular choices for 17th Fires Bde. Soldiers at the road show were shorts with yellow-gold stripes on the sides.

"I like it," said Spc. Brianna Griffin, a truck driver with 606th Forward Support Company. "The gold stripe gives it a little more color."

The new uniform is scheduled to be the standard physical fitness uniform Army wide in 2015, Maunakea said.

Soldiers that want to vote on their favorite style of the new uniform can do so by going to <https://ipfusurvey.natick.army.mil>, and logging in with their CAC. To take the survey without a CAC go to <https://surveys.natick.army.mil/Surveys/ipfu.nsf>.

## PUZZLE ANSWERS

### Super Crossword Answers

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

### Weekly SUDOKU Answer

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

### TRIVIA

#### Answers

1. Mediterranean Sea
2. Forearm
3. Paris
4. William Faulkner
5. 1900
6. Elevator safety brake
7. Rochester, Minn.
8. South Dakota
9. A gaggle
10. Shakers

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# PIGSKIN PICKS



Cincinnati  
vs. Louisville

Ball State  
vs. Army

N.C. State  
vs. N.C.

Florida vs.  
Georgia

Troy vs.  
Florida Atlantic

Michigan vs.  
Nebraska

Notre Dame  
vs. Oklahoma

 David C. Agan Jr, Fort Rucker Public Affairs (34-22)							
 Kent Anger, Directorate of Plans, Training, Mobilization and Security (40-16)							
 Benjamin Conner, Directorate of Public Safety (32-24)							
 Wes Hamilton, Network Enterprise Center (40-16)							
 Tish Williamson, USAAACE (34-22)							

## Video Game Spotlight >>

# Revolution offers great game, price

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.)

We need more worms like this. "Worms Revolution," the latest in the 17-year history of Worms games is among the best in the series. It maintains the same premise as all the other games by having two armies of worms battle against each other in comedic and colorful warfare. The battles are turn-based, with each side having an allotted amount of time to decide their moves.

There are worms in jetpacks dropping sticks of dynamite, worms using hand grenades to set off barrels of napalm and even worms using Uzis and machine guns to take out their enemies. There may not be a better combination of strategy and humor in a video game.

After the worms gave 3-D a

try, this game takes everything back to 2-D, a good move that will help the gamer quickly scan the battlefield. There are a lot of new options in "Worms Revolution," including such crazy things as ability for a worm to use telekinesis to move combustible objects to strategic places on the map.

The biggest change is that classes have now been introduced to the franchise. Instead of just one type of worm, there are now Soldiers, Scouts, Scientists and Heavies. Each has their own strengths, something that plays a big strategic role.

The single-player is fun, but the multiplayer is where the meat of the action is. There are countless ways to play, nearly all of which are defined by the gamer. It has infinite replay value. No game will be the same.

"Worms Revolution" would be a great game at twice the price. As it stands, there is no reason not to be hooked by this Worm.



**Publisher**  
Team 17  
**Rated**  
Everyone  
**Systems**  
Xbox 360, PS3, PC  
**Cost**  
\$15 by download  
**Overall**  
3 out of 4

Reviewed on Xbox 360



COURTESY SCREENSHOT

## SPORTS BRIEFS

### Spooky 5K

The Fort Rucker Physical Fitness Facility will host the annual Spooky 5K and 1-mile fun run and costume contest Saturday from 9-11 a.m. Registration on the day of the event will begin at 7:30 a.m. and end at 8:45 a.m. at Fortenberry-Colton PFF. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children and will begin after the 5K is completed. Each fun run participant will receive a medal. There will be a costume contest with first place trophies for Overall Best Costume, Scariest Costume, and Most Original Costume for both adults and children categories. The costume contest is free to enter and will start at 8 a.m. Cost for the 5K is \$25 with shirt, \$12 without shirt and \$100 per team of eight.

For more, call 255-2296.

### Monster Bowl

Rucker Lanes will host the annual Monster Bowl Friday from 9 p.m. to midnight. For \$45, up to six people can enjoy unlimited bowling, including shoe rentals, a 16-inch one-topping pizza, a pitcher of soda or sweet tea, and a bowl of tortillas and salsa. People are welcome to wear Halloween costumes, and there will be giveaways throughout the night. Reservations are recommended.

For more, call 255-9503.

### Youth basketball registration

Registration for youth basketball will take place throughout October. The cost is \$40 and all children must have a current sports physical, and be registered with child, youth and schools services to participate. Children must also meet age requirements by Sept. 1, 2012. Prospective coaches are needed for all age groups. Basketball regular season will begin Jan. 7.

For more, call 255-9105 or 255-0950.

### Big Buck Contest

Outdoor recreation's Big Buck Contest will run now through Jan. 31. Registration for the contest is now through Nov. 16. Participants must have an Alabama state hunting license, a Fort Rucker post hunting permit and a hunter education card. Registration costs \$25.

For more, call 255-4305.

### Turkey Trot

The Turkey Trot 5K/10K will take place Nov. 17 from 9 a.m. to noon at the Fort Rucker Physical Fitness Facility. There will also be a 1-mile fun run that begins after the 5k/10k race and is open to all children free of charge. Each fun run participant will receive a medal. Registration costs \$12 without a shirt, \$20 with a shirt before Nov. 10, \$25 with a shirt after Nov. 10 and \$100 for a team of eight. People who register after Nov. 10 will receive shirts while supplies last. All pre-registered patrons will receive shirts. Registration forms will be available at both fitness facilities. Refreshments will be provided. This event is open to the public.

For more, call 255-2296.



- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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**III PARANORMAL ACTIVITY 4 - R**  
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Sun: 2:00 & 7:00\*\*\* • Mon - Thurs 7:00

**II ALEX CROSS - PG-13**  
Fri 7:00 & 9:00\*\*\* • Sat 2:00, 7:00 & 9:00  
Sun: 2 & 7:00\*\*\* • Mon - Thurs 7:00

**69<sup>TH</sup> NATIONAL PEANUT FESTIVAL**  
**November 2<sup>nd</sup> - 11<sup>th</sup>**  
**2012 Entertainment**

**FRIDAY, NOVEMBER 2**  
Regular Price Gate Admission  
McDonald's Ride-a-thon - \$20 Armband

**SATURDAY, NOVEMBER 3**  
Regular Price Gate Admission

**SUNDAY, NOVEMBER 4**  
\$6 Gate Admission for anyone ages 6 & over  
Super Sunday Armband - \$18.00

**MONDAY, NOVEMBER 5**  
Pre-registered farmers and their families  
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Regular Price Gate Admission

**SATURDAY, NOVEMBER 10**  
Military and their family members  
with ID admitted for \$5.00  
Regular Price Gate Admission for all others

**SUNDAY, NOVEMBER 11**  
Ride-a-thon Armbands - \$20

**Regular Price Gate Admission**  
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Ages 5 and under are free

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Advance tickets and ride coupons on sale at the NPF office until 4 PM, Tuesday, Oct. 30<sup>th</sup>

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