

## RECOGNITION

AAAA recognizes Tomahawks, Aviators

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## D.A.R.E.

Students graduate from drug awareness program

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Course offers different strokes

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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

DECEMBER 13, 2012

## Post lights Christmas tree

By Sara E. Martin  
Army Flier Staff Writer

The community came together Dec. 6 to celebrate the Christmas season with the annual Christmas Tree Lighting Ceremony at Howze Field.

The ceremony gave the community a chance to exchange holiday greetings and to usher in the holiday season, according to Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator.

"This is a great event that gives Soldiers, Families, retirees and civilians the opportunity to celebrate and mingle together. It is a wonderful way to support those who support our troops, such as the Girl Scouts, Boy Scouts, post chapel choir, 98th Army Band and local volunteers," she said.

The event featured several choirs from the child development center, the Girl Scouts and the combined chapel choir, as well as revealed the winners of the ornament contest.

"This is a great event for all military Families to help celebrate Christmas. The kids get plenty of treats and prizes from Santa," said Brian Jackson, DF-MWR program manager. "It's exciting to see the general and other command staff members support this event because it gets Families out of their households so they can celebrate Christmas with other military Families. It creates more cohesiveness not only in their internal Family but their external Family as well."

A four-piece horn quartet from the 98th Army "Silver Wings" Band performed holiday tunes to entertain Families as they sipped hot cocoa. The large seating area was quickly filled and Families were soon scattered about the lawn around the tree.



PHOTO BY SARA E. MARTIN

Santa Claus gives out candy to children and listens to their Christmas wishes at the Christmas Tree Lighting Ceremony at Howze Field Dec. 6.

The ornament contest winners were announced at the ceremony before the tree was lit.

The winners of the contest were Will Mingus, Tyler Maxwell, Jimi Peoples, and the overall winner who lit the tree this year with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, was Taylor Wood. Each winner received a trophy and a large gift basket.

Every contestant's ornament was placed on the tree, but the overall winner was given a special prize.

"What is really special is that the overall winner not only received a gift package but she got

to light the tree with the general," said Jackson.

Mangum said he was honored to share the moment with Wood and was impressed with Fort Rucker's tree.

"Our tree may not be as tall as the one in front of the White House or as big as the one in Rockefeller Center, but it is special nonetheless because of the great care that our children have [taken] to put together their very special ornaments," he said.

The warm weather during the event provided for a comfortable, yet unorthodox, setting for the tree to be lit.

"This is the first Christmas Tree Lighting Ceremony I have ever been to where people were

wearing flip-flops and smelled like suntan lotion," said Justin O. Mitchell, deputy garrison commander.

Parents and children alike enjoyed the festivities for the Family atmosphere and convenient location.

"It helped me get into the Christmas spirit, despite the temperatures," said Alexandra Rogers, Army spouse. "I liked singing all the carols and watching the tree light up."

Her daughter, Cheyanne Rogers, added that she had never seen such a large Christmas tree.

"I really wanted to see who was going to win the ornament contest, but the tree is beautiful," she said.

Mangum asked everyone viewing the tree to think of the Soldiers who are away from home and cannot share traditional moments, like lighting a Christmas tree, with their Families.

"While we are in this blessed season of giving, I ask that everyone think about those who can't be home this holiday season, who are serving a cause greater than self and are in harm's way. Please say a special prayer for them and their Families this Christmas as they continue to do their mission and duty in lands far away," he said.

For those staying here this holiday, he hoped that they would cherish every moment with their Families.

## CFC surpasses goal, raises more than \$1.2 million



PHOTO BY NATHAN PFAM

Col. James Laterza, U.S. Army Aeromedical Center commander and member of CFC's board of directors, and Beverly Arnold, Heart of Alabama CFC Wiregrass area associate, unveil the total funds raised throughout the campaign during a victory celebration ceremony at the U.S. Army Aviation Museum Monday.

By Nathan Pfau  
Army Flier Staff Writer

It's hard to put a price on the gift of giving, but Heart of Alabama Combined Federal Campaign officials can proudly say that they've raised \$1,218,475 for those in need.

The sound of party horns and cheers filled the air as a victory and awards celebration was held at the U.S. Army Aviation Museum Monday to close this year's CFC, and celebrate and honor those who gave to the campaign.

"This is a great day and a great way to kick off our season of giving, by sharing what you've already given," said Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general. "Those gifts that you've already contributed – whether you gave of your time,

your money, or both – are absolutely significant in what we've accomplished this year."

The three-month long campaign, which encompassed 30 Alabama counties, was deemed a success in having surpassed the \$1.15 million goal by 6 percent.

"This year, 24 organizations exceeded their goals, exceeding previous records; 23 organizations met or exceeded stretch goals; and 22 did all of that within three weeks," making them eligible for the early bird award, said Mangum. Fifteen organizations achieved the trifecta, meaning they were able to meet the early bird requirement, stretch goal and set a new record.

The CFC raised money with project officers and key workers who worked tirelessly to contact

SEE GOAL, PAGE A5

## Tinsel, travel, trash — officials offer holiday safety tips

By Sara E. Martin  
Army Flier Staff Writer

Holiday exodus approaches and holiday shopping is in full swing while Families prepare to leave for a long vacation, so officials at the Fort Rucker Provost Marshal's Office want to make sure Soldiers and Families stay safe and smart while shopping, traveling and leaving their homes behind.

Oftentimes people do not realize the risks they take while shopping and leaving their homes unattended because they are wrapped up in Christmas Family fun and excitement, said Peggy Contreras, supervisor of community police and crime analyst.

"There are a number of things people need to remain vigilant about during Christmas time. People are going to be leaving their homes vacant, consuming more alcohol, becoming distracted while driving and many will not make wise decisions concerning their purchases," she said.

Soldiers and Families living on post who will be leaving for the extended holiday should fill out a quarter's checklist to safeguard their empty homes, according to Contreras.

"If we have a checklist on file, each shift can go by and check the home. The checklist asks for information like the address, if there is anything unusual in the yard, if there will be a car left in the driveway or if there is

going to be a neighbor feeding pets or checking mail," she said.

People can pick up and fill out a quarter's checklist at the provost marshal's office in Bldg. 5001, or they can have one emailed to them by calling 255-2222. Local law enforcement offer similar programs for Families living off post.

Thefts of every kind increase during the holidays so Contreras advises people to be vigilant and be aware of their surroundings—not only around the house, but while in town as well.

"Identify theft is big this time of year because so many people are using their debit and credit cards more

SEE SAFETY, PAGE A5



PHOTO BY SARA E. MARTIN

Spc. Raymond Mauck, 6th Military Police Detachment, 1st Battalion, 13th Aviation Regiment, performs a residence check Dec. 6.



# PERSPECTIVE

## ACAP welcomes spouses

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

Where are all the spouses?

When Soldiers come to the Army Career and Alumni Program for the mandatory pre-separation briefing, we tell them several times that their spouses are also welcome. Yet relatively few spouses take advantage of our pre-separation counseling, Veterans Administration briefings and job assistance services.

Perhaps some spouses never know that they are eligible to use ACAP. Others know that they are welcome but choose not to participate.

I want to address spouses of transitioning Soldiers and strongly encourage them to use ACAP.

Even if you are not going to job search for months or years, our job assistance workshop is worth attending. The most successful employment seekers don't wait until the last minute to start job searching. In fact, many civilian em-

ployees lead a job search lifestyle – they are always prepared to start a new job search if necessary. This is what we hope to teach those who may not be job hunting today, but surely will some day.

Before you find yourself in dire need of a job, spend those months or years researching employment trends, taking self-assessment tests and soul searching. Decide carefully what type of work will bring you personal satisfaction as well as a paycheck.

After selecting several possible options, begin networking in those fields. So often it's not what you know but who you know that gets you a job. Developing contacts and mentor relationships with people in your chosen field now will result in numerous employment leads later.

As for resumes, learn how to write them while ACAP counselors are available to assist you and edit your work. Once you learn, you will have that skill for the rest of your life.

Resumes today are tailored to each

specific job you apply for, making it even more inconvenient and expensive to pay a service to do it for you. The process of writing your own resume after the workshop will make all subsequent resumes easier to write in the years to come.

What are the typical interview questions? How long should your answers be? What are illegal questions and how will you answer them? What exactly should you wear to an interview?

By attending a workshop, you will know the answers to these questions. You will understand interviewing protocol and strategy, and begin the self-assessment necessary to tackle any interview question. At ACAP you can also use interactive computer-based training to watch other job seekers interview and practice your own interviewing skills.

The opportunity to increase your job search expertise through ACAP is tremendous. Department of Defense research long ago reported that separating military members and spouses who used ACAP job assistance services over-

whelmingly did not file for unemployment and, in fact, earned about \$6,000 a year more in that first civilian job than those who declined services.

If you think you will never need to job hunt, think again. Many spouses find themselves forced into the job market unprepared because of an unexpected divorce, or the death or disability of their spouse. If you believe job hunting is not hard work, I encourage you to do your own research on the labor market, unemployment rates, downsizing, and discrimination, harassment and glass ceilings.

As the ACAP transition services manager, I want the best for all the Soldiers transitioning from active duty back into civilian life. Likewise, I'm also rooting for the spouses.

Spouses of transitioning service members may call ACAP at 255-2558 to sign up for services in conjunction with their spouse's separation, or two years prior to their retirement. Spouses are encouraged to attend.

## This month in Army Aviation history

This month we're spotlighting the November 1959 issue of the *U.S. Army Aviation Digest*. This issue features:

### Caribou Debut

In 1958, the U.S. Army purchased five DHC-4 Caribous from the DeHavilland Aircraft Company, makers of the Beaver and the Otters. In October 1959, the U.S. Army Aviation Board at Fort Rucker received its first Caribou (Army designation YAC-1) and user tests were started immediately.

### Fueling with JP-4

The Army's new utility HU-1A helicopter is powered by a gas turbine engine requiring a relatively new hybrid type of fuel called JP-4, which is essentially a mixture of Aviation gasoline and garden-variety kerosene.

### Unit IP

The major, who is a hardboiled artilleryman from the old school, let me have it easy. He invited me up to the club for a drink after duty hours. "Captain, I've got a problem. You used to be an instructor

at the school," he said. "I need a unit IP. Orders will be cut tomorrow."

### Sir, Where Can I Find...?

Searching for information and reference material is a toilsome task. On any particular duty day at any Army installation there will be one or more officers seeking the written word. The officers' quest will usually take the form on inquiries directed to several people in various offices.

...and more!



## Rotor Wash



**Maureen Tolley,**  
Army spouse

"I like to buy little gift boxes and fill them with packages of cookie mix, a Christmas spatula and a fun holiday cookie cutter. That way they can make cookies with whomever they want."



**Tyrone Poole,**  
civilian contractor

"I think you buy time. You take them to do something they want and do a fun activity together."



**Sgt. Clint Dudas,**  
U.S. Army School of  
Aviation Medicine

"I think buying something where they can pamper themselves would be a good choice. Something like a gift card to a local nail salon."



**Spc. Julio Perez,**  
U.S. Army School of  
Aviation Medicine

"A small vacation would be good. Go on a cruise with the person or pay for them to take one."



**Staff Sgt. Lonzo Shelley,**  
U.S. Army School of  
Aviation Medicine

"I think personalized gifts would be good. Get some personalized birthstone jewelry for a significant other or an embroidered apron for someone who likes to cook."

“The gift-giving season is upon us. What gift would you purchase for the person who has everything?”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

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

## 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.



# AAAA recognizes Tomahawks, Aviators

By Sara E. Martin  
Army Flier Staff Writer

Fort Rucker honored several Aviators at the Landing for exceptional performance at the Army Aviation Association of America social Dec. 6. Soldiers from the 1st Battalion, 14th Aviation Regiment were recognized for their hard work in organizing the annual Chili 5k and Cook-off and two Soldiers were bestowed the Order of St. Michael award in silver and bronze.

The honors were given by Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, and those in attendance recognized the achievements made by all of the awardees, according to Col. Kevin Christensen, president of the Army Aviation Center chapter of AAAA.

"We recognized the accomplishments of a couple of key individuals with the prestigious Order of Saint Michael award as well as giving the Tomahawks over at Hanchey a needed congratulations," he said.

The Order of Saint Michael-Silver was awarded to retired Command Sgt. Maj. Patrick Laidlaw and a bronze was awarded to retired CW4 Harold Coghlan. Coghlan was also recognized for his accomplishment of surpassing 20,000 flight hours.

"The Order of St. Michael is an award that recognizes people who have made significant contributions to Army Aviation," said Christensen. "It is not a military award... but it recognizes people who have done things to move or make things better for the Aviation Branch.

"The bronze award is given to a person who has made a significant contribution on a local level. A person who has earned silver has improved Aviation at several installations and has made a lasting contribution," he said.

"There is a gold level," he added, "but it is very rare. It is for someone who has truly made an unprecedented, exceptional level of achievement. Someone who has made a lifetime contribution to Army Aviation and someone, I would say, who is clearly recognized as a leader in the field."

To receive an Order of St. Michael, an individual must be nominated by an AAAA member.



Maj. Gen. Kevin W. Mangum, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, awards retired Command Sgt. Maj. Patrick Laidlaw with an Order of St. Michael-Silver award Dec. 6 at the Landing.

Once nominated, the record is reviewed and voted on by a board of AAAA members either locally or nationally.

"It is not a competition against others but against oneself. It's a mark of individual accomplishment. The board is very tough—maybe 1 percent of the people here will ever earn this award," said Christensen.

The board looks for many personal qualities and professional deeds, according to the AAAA local chapter president.

"One of the things the board will expect is to see a person who is a recognized professional; they have professional standards and live by the code of conduct. They

are representing the best of Army Aviation," he said. "So, it's a person with the highest moral ethics and is a person who clearly represents the ideal of what we want in Army Aviation."

Coghlan, who is a flight instructor in the Spanish flight training company at Shell Army Airfield, was surprised to receive the Order of St. Michael award; he was only expecting to be recognized for his flight hours.

"I did not expect this at all. I am honored to receive this and it is an honor to teach here at Fort Rucker. I started here at Fort Rucker and it's great to be back — I love it," he said.

Reaching 20,000 flight hours

is unprecedented, according to Christensen and Mangum.

"I have never even heard of anyone ever getting close to 20,000. He is a person where every time there was an opportunity to fly and support his country in whatever way he was able he took it," said Christensen.

After honoring Coghlan, Christensen and Mangum presented Laidlaw with the silver medal.

"There are people in the [Aviation] Branch that have shaped the lives of many Aviators. Patrick Laidlaw is one of those people. With his leadership development and his way of moving forward the professionalism of not only the NCO Corps, but our officers

in general, he has greatly improved the Aviation Branch," said Christensen.

Laidlaw, who was once the command sergeant major of the U.S. Corps of Cadets at the U.S. Military Academy at West Point, was greatly honored by the recognition.

"For once in my life I am really speechless. This award is not my award, it is your award. It is the embodiment of what this community and this professional organization does for the community and the nation, and I couldn't have been a part of it without everyone [who has served] and I appreciate that," he said.

Mangum said he was honored and humbled to stand and help recognize the two Aviators.

"These two Americans have done so much for Army Aviation. Both have served over three decades and continue to make a difference inside our ranks. Thanks for helping us deliver professionals and making a difference for commanders on the ground," he said.

Mangum and Christensen also recognized the team from 1st Battalion, 14th Aviation Regiment for their hard work in organizing the Chili 5K event.

"They made our Chili 5K event such a tremendous success this year. We were able to award a record number of Families in our community with scholarships," said Christensen.

The event raised \$12,600 for the AAAA scholarship fund, which is a record for AAAA.

"This event is a great way for us to give back to the people who have done great things. We've never given as many scholarships away as we were able to give this year. We gave more away than any other chapter in the Army, anywhere," said Christensen, adding that it is a privilege to give back to the Fort Rucker community.

More chili teams participated this year than ever before, according to Christensen, with 26 chili recipes that ranged from nuclear hot to sweet.

"The chili was fantastic. It was a pleasure being able to be one of the judges and eat all that chili," said Mangum, "but I tell you what, I was combat ineffective the rest of the afternoon I was so full. It was definitely a first-class cook-off."

## Fort Rucker Post Theater to dim lights

Army and Air Force Exchange Service and Army Flier Staff

The Army and Air Force Exchange Service decided recently to close the Fort Rucker Post Theater because of the costs involved in upgrading it to a digital facility.

The last movie in the post theater will be Jan. 7, according to local AAFES officials.

The Fort Rucker Garrison is exploring other options for use of the facility after AAFES ceases operations in the theater. More details will be released as they become available.

Industry trends show that by early 2013 movie theaters using 35mm prints will be virtually non-existent as theaters across the country convert to digital picture and sound, according to AAFES officials. As a result, AAFES theaters that use 35mm prints have been undergoing extensive reviews to determine the cost-effectiveness of converting them to a digital format.

After a thorough review of the Fort Rucker theater, it was determined that, with a cost of approximately \$120,000 to convert to digital and the availability of local off-base enter-

tainment venues, the continued operation of the theater is not viable, said Larry Salgado, general manager for Maxwell-Gunter Air Force Base and Fort Rucker consolidated exchange.

"With a dual mission to provide quality goods and services while returning a dividend for quality of life programs, upgrading and continuing to operate theaters that are not viable is untenable for a self-sustaining entity such as the exchange," said Salgado. "We will still continue to provide avenues for Soldiers, Airmen and their Families to

see all the Hollywood hits with our wide selection of DVDs and Blu-Rays available at the Exchange as well as through Instaflix kiosks."

The Instaflix kiosks, entertainment vending machines at Mini Mall and Triangle Express stores, offer a selection of 600-800 discs per kiosk and let users rent DVDs overnight for \$1 and Blu-ray discs for \$1.49. Once customers rent videos, remembering when to return them is simple. Rentals are due the next business day by 6 p.m., no matter what time they were rented.

## News Briefs

### Primary care manager changes

Lyster officials said that all Soldiers and civilians on flight status were reassigned to primary care manager and flight surgeons on Team Respect. After the changes are processed, Humana will mail PCM Change notices to every person changed to identify their new primary care managers.

### Commissary hours

The commissary will have a change in hours on Christmas and New Year's eves. Dec. 24 and Jan. 31, the commissary will be open 8 a.m. to 4 p.m.

### 1st WOC change of command

The 1st Warrant Officer Company hosts its change of command ceremony Tuesday at 9 a.m. at the Fort Rucker Wings Chapel, Bldg. 6036 on Andrews Avenue. CW3 (P) Travis T. Elliott will assume command of the company from CW4 (P) Richard C. Myers Jr. For more, call 255-2646.

### Instructors of the year

The U.S. Army Aviation Center of Excellence hosts its Instructors of the Year Awards Ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. For more, call 255-9840.

### Lost and found

The Directorate of Public Service has a mountain bike in its lost and found section. Anyone wanting to identify and claim the bike should call 255-2861.

### PX hours change

Starting Dec. 26, the Fort Rucker Main Exchange will change its hours Mondays-Saturdays. The new hours are Mondays-Saturdays from 9 a.m. to 7 p.m. The PX is open Sundays from 11 a.m. to 6 p.m.

### AAFES gas special

The Fort Rucker Exchange and MILITARY STAR® are providing military Families a special holiday discount on gasoline. MILITARY STAR® cardholders will save 10 cents per gallon off gasoline from Dec. 28 to Jan. 4 when they use their MILITARY STAR® card at express fuel stations.

### AUSA scholarships

The Fort Rucker-Wiregrass Chapter Association of the United States Army is offering six \$1,000 academic scholarships for the 2013 spring semester to qualifying Army veterans and Soldier Family members in the Wiregrass area.

Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at [www.ausawiregrass.org](http://www.ausawiregrass.org). All scholarship applications (with attachments) must be submitted by mail and must be postmarked no later than Dec. 31.

For more information, contact Keith Gunter at [keith.gunter@us.army.mil](mailto:keith.gunter@us.army.mil) or 797-5479, or Bob Slagle at [slagleb@alaweb.com](mailto:slagleb@alaweb.com) or 494-2999.

### Holiday meal hours

During the holiday break from Dec. 20 to Jan. 2, the War-

rant Officer Candidate Dining Facility, Bldg. 5914, will close and meals will be served at the Advanced Individual Training DFAC, Bldg. 6204.

Meal hours at the AIT DFAC will be 8-9 a.m., noon to 1 p.m. and 4:30-5:30 p.m.

The WOC DFAC will close after the lunch meal Dec. 19 and will reopen for the breakfast meal Jan. 3. Dec. 19, the dinner meal will be served at Bldg. 6204.

The holiday meal will be served Tuesday at both DFACs during the regular scheduled lunch meal hours. The holiday meal rate of \$7.50 will apply. Family members, guests and retirees are welcome. A traditional holiday meal will also be served on Christmas Day for patrons on the installation.

For more, call 255-3017.

### Holiday gift wrapping

Community groups can raise funds while spreading holiday cheer as the Fort Rucker Exchange solicits partners for the Army and Air Force Exchange Service's annual community gift wrap program.

"In order to make the holidays a little easier, the exchange partners with local groups to ensure gifts can be wrapped up before they even leave the store," said Don Walter Jr., main store manager. "Beyond offering a one-stop solution for busy military shoppers, this effort also helps raise money for local military support initiatives."

During peak holiday seasons, the Fort Rucker Exchange sets up tables and provides supplies that community volunteer groups can use to wrap gifts in exchange for donations. Interested organizations can contact the Fort Rucker Exchange for information on scheduling a time to participate by calling 503-9044, Ext. 211.



# IMCOM assists Families, Soldiers during transition

Installation Management Command  
Public Affairs

JOINT BASE SAN ANTONIO — The U.S. Army Installation Management Command is committed to assisting Soldiers and Families transition smoothly into civilian employment and America's communities.

In response to the president's and U.S. Army's emphasis on a career-ready military, IMCOM is highlighting job fairs, expanding our transition services, and keenly focused on identifying employment opportunities within the command as well as business and industry.

"Our Soldiers deserve the best we can offer them, including the best opportunities for the future," said Lt. Gen. Mike Ferriter, commanding general, U.S. Army Installation Management Command. "We're making sure Soldiers can't slip through the cracks. We will do everything we can to help prepare them for civilian life as thoroughly as we equip them for battle. We owe that to our veterans in exchange for their life of service and sacrifice to this nation."

All transitioning Soldiers, from those retiring to first term enlistees, have a wealth of opportunity at their fingertips thanks in large part to the Veterans Opportunity to Work Act, which Congress approved in October 2011. The VOW Act is the driving force behind the completely revamped transition program, according to Kenric Echols, chief of Military Personnel, IMCOM G1.

"Changes went into effect on Nov. 21," Echols said, "but we're already getting lots of phone calls and inquiries about the new transition program. The intent is to better prepare transitioning Soldiers and their Families and get them in touch with potential employers—hopefully resulting in job offers."

That's good news for Soldiers, the Army and the nation, according to Ferriter.

What does the new program look like? Soldiers transitioning this fiscal year will receive mandatory pre-separation counseling that includes in depth discussion of veterans benefits, financial planning, civilian employment readiness training, and a heavy emphasis on individualized transition plans over a longer time period.

Transitioning Soldiers can also expect more individual attention and counseling on resume writing and practice interviews. And depending on a Soldier's preference, the program will include a detailed workshop focusing on one of three areas — education, technical skills or small business ownership. Spouses are highly encouraged to participate in the five day transition program as well, according to Echols.

"We highly encourage spouses to attend the entire session alongside their Soldier," Echols said. "They can attend all sessions or some and we have resources to help them in their search for employment as well."

IMCOM has already found that engaged and educated spouses are a key enabler to a successful transition from military service.

Job fairs are a critical part of the process. Echols emphasized that they provide a meeting place for military members and employers to connect, provide valuable networking opportunities, and give Soldiers better insight into the pay available



PHOTO BY PVT. HONGSEO LIM

USAG Yongsan's Army Community Services Job Fair in September gave Soldiers and potential employers the opportunity to make connections.

within the private and public sectors. Garrisons around the globe are now required to host a minimum of two employment events, such as community job fairs, each fiscal year.

Many garrisons are exceeding that goal by partnering with other agencies such as the U.S. Chamber of Commerce, which has a proven track record for connecting business to our talented Soldiers.

"We are also expanding the use of job fairs, allowing Soldiers to engage potential employers remotely, even from overseas," he said.

Soldiers can sign up for a virtual career fair program at <https://www.acap.army.mil/>. A listing and details on all the IMCOM job fairs is available at <http://www.imcom.army.mil/Organization/G1Personnel/ACAP/JobFairMap.aspx>.

Federal employment is another great avenue available to Soldiers. It's estimated that as much as 60 percent of the federal civilian workforce will be retiring in the next decade. This opens a wide variety of federal jobs, and few people will be more qualified to fill those positions than today's Soldiers. Those who have served in combat, have been decorated for valor, or have combat related injuries or disabilities, may find entry into federal service easier due to veterans' preferences and streamlined hiring practices.

The Army relies heavily on Army civilians every day. Army civilians write contracts, deliver goods, manage networks, and provide support functions that would otherwise present distractions to training and wartime operations. Civilians man the training ranges, run the finance offices, and in some cases cook the meals and manage the personnel actions. From the sound of

reveille to when a Soldier turns out the lights in the barracks at the end of the day, Soldiers are supported by their civilian counterparts.

"There's not much difference in how you feel about your job and how you conduct business in and out of uniform," said retired Command Sgt. Maj. Willie Wilson, who today runs the Army's World Class Athlete Program for the Installation Management Command. "And in most Army civilian positions, you're still taking care of Soldiers and their Families. I'm glad that's still part of my job description."

The skills sets and training Soldiers receive during active duty, whether they serve for four years or 20, directly translate to the Army civilian workforce. Making the switch from uniformed to civilian

service is easier than ever before and IMCOM's Transition Services Programs are working to ensure Soldiers and their Families are educated on how to cross-walk the Military Occupational Specialties to requirements of civilian positions. We are keenly focused on providing Soldiers and Families relevant training, programs and services for seamless transition.

"I'm certain that in the coming decades our Soldiers will give this country as much as they have in the past 10 years of war," Ferriter said. "While it's important to do all we can to support them no matter what path they choose after separating or retiring, we're also positioning the Army of 2020 to retain their knowledge, skills, enthusiasm, patriotism and willingness to serve."

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# Goal: Officials thank donors, volunteers

Continued from Page A1

potential donors, according to Bob Crittenden, master of ceremonies and director of special projects for Faith Broadcasting.

"Every bit of your hard work resulted in a successful campaign, and everyone can take pride that serving as volunteers and giving as donors will help strengthen and improve the lives of many people who we will never know," he said. "All the credit goes to our volunteers and generous donors throughout the campaign."

Col. James Laterza, U.S. Army Aeromedical Center commander and member

of CFCs board of directors, spoke during the ceremony and said the key to get people to donate their time and money is to have a cause that's worth donating to.

"When times are tough, you're going to have trouble getting people to reach down into their pockets and give a little bit more to something that isn't about them," he said. "[An economics professor of mine] once said 'Don't count out consumer sentiment.' If the consumers care about what you're selling, they're going to buy it.

"In this case, consumer sentiment is the heart of what we represent on Fort Rucker," Laterza continued. "As we go into the holi-

day season ... we did our part, and we're doing our part every day, and we'll continue to do it as we go into the new year."

Mangum agreed, but also said that giving doesn't only come from monetary donations, but donations of ones time.

"The most precious gift you can share with someone is the gift of selfless service," he said. "We say that often to folks in uniform, but everyone sitting here today has given of themselves, their time and money for a cause greater than self.

"Whether you are a volunteer who has given your time, or a representative of a charitable organization, thank you for making a difference in our world, our na-

tion and our community," said Mangum. "What you do and how you do it absolutely makes a difference, and the Combined Federal Campaign is one of those ways whereby your small gift, or your large gift, collectively, we are greater than each of us could be on our own."

The ceremony ended with cookies and coffee, but people left with high hopes for next year's campaign.

"When the campaign starts over again, we know we're giving what we can give and maybe a little bit more," said Laterza. "I want everyone to celebrate the giving to others, and recognize what we have and what we have left."

# Safety: Remain focused, diligent during holidays

Continued from Page A1

frequently. Be aware if someone is standing too close to you because the radio frequency identification chip in a card can be read and information stolen by a card reading device even if the card is in a purse or pocket," she said.

Physical theft is also a concern and Contreras warns people to not get distracted.

"Holiday gift buying at malls and outlet stores can be like shooting fish in a barrel for thieves," she said. "So, whenever possible, shop with a buddy, be aware of where you park, park in a lit area, try to leave the store with other customers, have your keys in hand when you get to the car and keep purchases out of sight inside the car."

Shopping carts are a prime target for thieves, according to Contreras, so keep eyes on purchases and purses that are sitting in the carts.

"Sometimes when [people] are trying to put a child in the car [they] may leave [their] purchases or a purse in a buggy, unattended, closer to the end of the vehicle or in the back of the vehicle with the door or trunk open where a thief can snatch a few things and run off without [them] ever knowing," she said.

She suggests to keep the buggy by your side or to secure the purchases inside the vehicle first.

Once purchases are home, Contreras warns people to not become complacent. She advises people to not put the boxes of expensive merchandise out on the street, because not only can they blow into the road and cause a driving hazard, but it could also attract burglars.

"When you put those boxes out on the road it is a welcome sign that shows potential thieves what is in your house. So wait until the morning of or evening before trash pickup to put it [on the curb], or better yet, break the boxes down and take them to a dumpster or the recycling center on post," she said.

Fire hazards cannot be left out when talking about holiday safety, so Contreras offered tips to keep a decorated house safe all season long.

- Be careful with the dryness of fake and real Christmas trees that can catch fire easily while at home or away.
- Be aware of light sockets, power strips and extension cords that can create a spark and start a fire.
- Unplug everything that you can so as to not overheat sockets and blow fuses.
- Be careful with candles near decorations because pets or children may knock something down where it can create a fire hazard.

Personal safety should not be neglected during the Christmas season either. Usually a time of merriment, Christmas for some, according to Contreras, is also a time of year where many people are alone and can get

severely depressed.

"We ask that Soldiers and their Families be aware and possibly reach out to a Soldier that is alone by inviting them to eat a Family dinner or to watch television. Give them a chance to hang out and spend time with your Family. It can really make a difference to someone who doesn't have anyone to do that with this holiday season," she said.

She added that many Soldiers who are invited over may feel like they are inconveniencing a Family, but people should give them a needed push to convince them to join in the celebrations.

"Tell them to come over and watch the game or have a meal. The important thing is to let them know that they are welcome and that they can stay as long or as little as they want," she said.



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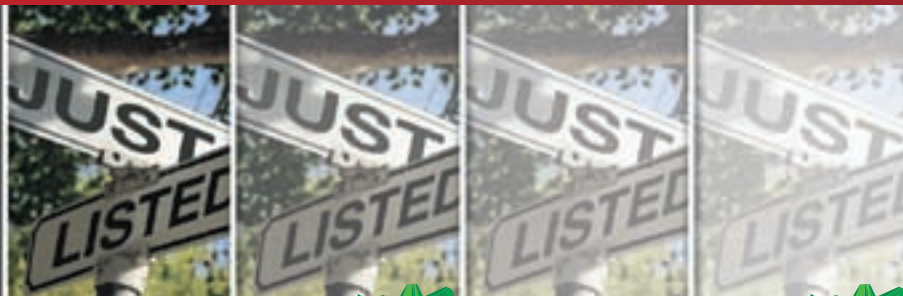
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**163 County Road 556: Bridlewood ~ \$402,270**  
 Approx. 1.5± acres, corner lot, new salt system pool, spacious home with over-sized crown molding, open floor plan, fireplace, solid surface counters, 4BR/3.5BA, bonus room with full BA, study/playroom, new roof 2011, large backyard, privacy fence, flooring allowance. **Jimmy Jones 406-175**

**NEW LISTING**



**302 Heath ~ \$14,000**  
 Great location & affordable price. Build your dream home in 2013 on this nice lot convenient to Hillcrest Elementary School, shopping & convenient to Ft Rucker. **Robin Foy 389-4410**

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**10426 County Road 1 ~ \$58,000**  
 HUD owned property "as is". 3BR/2BA with grandroom, formal dining & eat-in kitchen. Corner lot, priced to sell. Equal Opportunity. **Evelyn Hitch 406-3436**

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**309 Sandcreek ~ \$202,000**  
 Pool: Much loved home, 5BR/3BA, gazebo, privacy fence. Unique & selling at appraisal price. Must see to appreciate. Great for entertaining. Den with fireplace, living room & large dining room overlooking pool. Lots of windows. **Angie Goodman 464-7869**

**NEW LISTING**



**100 Victoria ~ \$104,500**  
 Great location, convenient to schools, shopping areas & Ft Rucker. 4BR/2BA, 2 living areas, fenced & level back yard. **VA foreclosure to be sold "as is". Nancy Cafiero 389-1758** Se habla Español.

**NEW LISTING**



**102 Commons ~ \$89,500**  
 Neat town house. Ready to move in. Excellent location. Priced to sell fast. Big bedrooms. Convenient to Fort Rucker. Community pool just across the street. Must see it today. **Nancy Cafiero 389-1758** Se habla Español.

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**305 Cedar ~ \$69,000**  
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**NEW LISTING**



**303 Hickory ~ \$150,000**  
 Ideal for entertainment & gatherings. This house has plenty of room for your family & friends. Excellent neighborhood, convenient to schools, shopping areas & Ft Rucker. Spacious 2 story wood shed. Must see it. **VA foreclosure, to be sold "as is". Nancy Cafiero 389-1758** Se habla Español.

**NEW CONSTRUCTION**



**203 Winterberry: The Cottages At Woodland Park \$149,500**  
 These cottages are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, stainless appliances, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. **[Winterberry Plan] Exclusively marketed by Century 21 347-0048**

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**115 Creeke ~ \$107,000**  
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**58 COUNTY ROAD 171 ~ \$286,500:** Beautiful home in Hunter Ridge. Hardwood floors throughout, custom cabinets, granite counter tops, stainless appliances, pretty custom trim package & custom built mantel. Claw foot tub & tiled shower in MBA. Custom cabinets & sink in laundry room, huge lot (1.05±) with mature hardwood trees, plenty of room for a pool. **Fran Claylor Kallenbaugh 790-5973**

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**103 Vintage: Pool ~ \$187,500:** Good taste fills this 3BR/2BA. Open & airy floor plan. Convenient to Fort Rucker & schools, lovely home on landscaped lot. Bay window, bonus room overlooking pool, fireplace, beautifully updated eat-in kitchen with granite counter tops & abundant cabinets, laundry room, split bedrooms, garage & carport. **Judy Dunn 301-5656**

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**89 COUNTY ROAD 679:** Enjoy the comfort of country living! Beautiful country setting, convenient to town & Ft Rucker. Enterprise school system. This home offers 4 large bedrooms, 2 full bathrooms with 24 x 36 shop with roll up garage door all situated on 1± acre. **Bob Kuykendall 369-8534**

**\$170,000**



**205 WILDWOOD:** Move-in ready, this 3BR/2.5BA split foyer has private backyard. Wood floors in formal living & dining rooms. Carpet in BRs, tile kitchen/baths/downstairs family room, 2 decks with entry from MBR on upper level & off family room. Privacy fenced yard, great garage & storage under deck. **Evelyn Hitch 406-3436**

**NEW LISTING PRICE**



**106 LAKE RIDGE ~ \$282,400:** 4BR/2.5BA home. The pool, marble foyer, spiral staircase & extra-large MBR are just a few of the impressive features of this beautiful home located just a golf cart drive to the greens. **Mary M. Jones 790-2933**

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**203 Winterberry Winterberry Plan**



**205 Winterberry Maple Leaf Plan**



**209 Winterberry Laurel Plan**

**203 & 205 Winterberry - The Cottages at Woodland Park**  
 These cottages are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, stainless appliances, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. (Winterberry & Maple Leaf plan) **209 Winterberry ~ \$163,500;** 2 story, Laurel plan)  
 Directions: Woodland Park Subdivision: From the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine Circle to Winterberry Way.

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## 25th CAB inducts NCOs



PHOTO BY SGT. URIAH WALKER

Sgt. Jessica Eggleston, a paralegal noncommissioned officer with HHC, 1st Bn., 2nd Avn. Regt., 25th CAB, signs her NCO Charge Orders with Command Sgt. Maj. Thomas Capel (right far), ISAF/USFOR-A CSM, and Command Sgt. Maj. Jesus Ruiz (right near), 25th CAB CSM, during the 25th CAB NCO Induction Ceremony on Kandahar Airfield, Afghanistan, Dec. 3.

By Sgt. Daniel Schroeder  
25th CAB Public Affairs

KANDAHAR AIRFIELD, Afghanistan — The thundering sound of Soldiers' voices echo as they file two-by-two into the room. Their voices end abruptly as they face the crowd.

Over the speakers, a voice says, "Welcome to the 25th Combat Aviation Brigade NCO Induction Ceremony where we recognize the passing of the group before you into the ranks of the time-honored United States Army Noncommissioned Officer Corps."

The 25th CAB followed the tradition of the NCO Induction Ceremony as a rite of passage symbolizing the transition from Soldier to leader on Kandahar Airfield, Afghanistan, Dec. 3.

"It is important for NCOs to partake in this tradition because NCOs are responsible for teaching Soldiers the history of the U.S. Army to include military customs, courtesies and traditions," said

Command Sgt. Maj. Jesus Ruiz, 25th CAB command sergeant major, originally from Gilroy, Calif.

The ceremony started by providing a brief history of the NCO. The history of the NCO began with the birth of the Continental Army in 1775. The NCO was a blend of traditions from the British, French and Prussian armies. In 1778 at Valley Forge, Inspector General Friedrich von Steuben standardized NCO duties and responsibilities for corporals, sergeants, first sergeants and sergeants major.

Sergeants and corporals were expected to instruct recruits in all manners of military training. NCOs of today retain many of the duties and responsibilities from 1778.

"Our NCO Corps is unlike any other NCO Corps in the world," said Ruiz. "Our NCOs lead and conduct several tasks, often without officers present. As an NCO, you train Soldiers on individual

SEE 25TH CAB, PAGE B4



U.S. ARMY PHOTO

Over the skies east of San Jose, Calif., a UH-60 Black Hawk helicopter was seen flying low and slow in November.

## Black Hawk flies autonomously

By Merv Brokke  
AMRDEC Public Affairs

MOFFETT FIELD, Calif. — Over the skies east of San Jose, a UH-60 Black Hawk helicopter was seen flying low and slow in November. There were pilots aboard the aircraft, but all maneuvers during this flight were being conducted autonomously.

The U.S. Army Research, Development and Engineering Command's Aviation and Missile Center successfully demonstrated low-level autonomous behaviors in a flight over the Diablo Range. This demonstration is critical to the next generation of tech-

nological advances in military rotorcraft: obstacle field navigation and safe landing area determination.

Terrain sensing, statistical processing, risk assessment, threat avoidance, trajectory generation and autonomous flight control were performed in real-time during the two-hour test flight.

"This was the first time terrain-aware autonomy has been achieved on a Black Hawk," said Lt. Col. Carl Ott, chief of the Flight Projects Office at AMRDEC's Aero Flight Dynamics Directorate.

Testing was conducted on the Rotorcraft Aircrew Systems Concept Airborne Laboratory, a JUH-60A Black Hawk equipped

with the H.N. Burns 3D-LZ laser detection and ranging system for terrain sensing.

"The RASCAL aircraft was the ideal platform to demonstrate this technology. It provides a fully programmable, fly-by-wire flight control system and [has] advanced sensor interfaces for rapid prototyping of new concepts while maintaining the standard UH-60 hydro-mechanical flight control system as a safety backup," said Jay Fletcher, RASCAL project manager.

Throughout the flight, the aircraft maintained an altitude of 200 and 400 feet above ground. During the final obstacle of the field navigation flight, the safe landing area determination algorithm autonomously

identified a safe landing spot within a forest clearing and commanded the aircraft to approach and hover at 60 feet.

Final hover was accurate within a foot.

"A risk-minimizing algorithm was used to compute and command a safe trajectory continuously throughout 23 miles of rugged terrain at an average speed of 40 knots," said Matthew Whalley, the Autonomous Rotorcraft Project lead. "No prior knowledge of the terrain was used."

Crew members on the historic flight were Army experimental test pilots Lt. Col. Mike Olmstead and Ott, RASCAL system operator Dennis Zollo, and Dr. Marc Takahashi.

## Wounded Warriors return to Afghanistan

By Sgt. Ashley Curtis  
117th MPAD

KANDAHAR, Afghanistan — The group made various stops here as part of Feherty's Troops First Foundation's Operation Proper Exit. This trip was the first of its kind to Afghanistan.

Army Sgt. Jared Lemon of the 4th Brigade Combat Team, 82nd Airborne Division, heard about the program from a fellow wounded warrior who had returned to Iraq through the foundation.

"He told me how it was a release for him and how it helped him out a lot," he said. "I wanted that. I wanted to have that feeling. It's great to come back here and feel like part of a unit again."

The Soldiers and Marines had been deployed to the country at various times between 2008 and 2011. Seven improvised explosive devices and one sniper later, the group collectively lost seven limbs and suffered burns, gunshot wounds and several other serious injuries.

But what keeps them bonded is far beyond the power of the enemy; their love of service and concern for their fellow Soldiers and the mission.

Recalling the event that took the life of the Soldier next to him as well as his right arm, Lemon said, "The hardest thing for me was waking up not with my guys."

The sentiment was echoed by the rest of the group.

"It's amazing just to put the uniform back on and be in this



PHOTO BY STAFF SGT. BRENDAN MACKIE

A service member participating in Operation Proper Exit loads a CH-47 Chinook helicopter at Kandahar Airfield, Afghanistan, Dec. 6. Operation Proper Exit brings severely wounded service members back to the theater where they sustained their injuries to provide a first-hand progress update on the continuing mission and to help in the healing process.

SEE WARRIORS, PAGE B4



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## ANNOUNCEMENTS

### GENERAL & SPECIAL NOTICES



**Fundraiser for Local Disabled Veterans**  
Saturday and Sunday at VFW Taylor Road. Hunts Place will be cooking Boston Butts \$20, Ribs \$15 and BBQ plates \$7.00  
**Saturday and Sunday December 8th and 9th 12 noon to 7pm**  
→ To order ahead call **Tim Reeves 334-714-4993**  
All proceeds go to local Disabled Veterans. Support our local Disabled Veterans They fought for you.

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# 25th CAB: Ceremony strengthens 'backbone'

Continued from Page B1

skills day in and day out. That is the building blocks for an organization to conduct collective training.”

NCOs are referred to as the “backbone of the Army” because they are the primary trainers of Soldiers, standard bearers, and are closely associated with the welfare of the troops and discipline in the ranks.

“Being an NCO means that I am no longer responsible for me,” conveyed Ruiz. “Now I am responsible for my Soldiers. Their issues and problems are now mine. Everything I do as a leader is for the good of the Army, the organization, and my soldiers.”

NCOs are often revered as role models for younger soldiers.

“I look up to command sergeant major [Keith] Cooper,” said Jessica Eggleston, a paralegal NCO with Headquarters and Headquarters Company, 1st Battalion, 2nd Aviation Regiment, 25th CAB, originally from Columbia, S.C. “NCOs have to show, not just tell, Soldiers what right and wrong looks like because younger Soldiers are always watching them.”

After the brief history of the Corps, 1st Sgt. Lester Day, B Company first sergeant, 209th Aviation Support Battalion; 1st Sgt. Jason Lamb, A Company first sergeant, 3rd Battalion, 25th Aviation Regiment; and 1st



PHOTO BY SGT. DANIEL SCHROEDER

Command Sgt. Maj. Thomas Capel, International Security Assistance Force/United States Forces – Afghanistan Command Sgt. Maj., is presented with a token of appreciation by Colonel Frank Tate and Command Sgt. Maj. Jesus Ruiz, 25th CAB Commander Command Sgt. Maj., during the 25th CAB NCO Induction Ceremony.

Sgt. Jon Griswold, A Co. first sergeant, 2nd Battalion, 25th Avn. Regt., each lit a candle and led the NCOs in reciting the Creed of the NCO. The creed was developed to give NCOs a “yard stick by which to measure themselves.”

The room filled with the thunderous voices of the NCOs again as they recited the creed in unison. After reciting the creed, the NCOs proceeded to sign the charge

of the NCO and passed through an arch symbolizing their entry into the NCO Corps. Recognizing the newly inducted NCOs was Command Sgt. Maj. Thomas Capel, International Security Assistance Force/United States Forces-Afghanistan command sergeant major, a native of Ellerbe, N.C.

“It is very significant that a four-star command sergeant major took the time to come here just for this ceremony to induct our NCOs,” Ruiz said. “Our Soldiers will be proud that someone of his stature would come here to take care of them.”

After all inductees passed through the arch, Ruiz continued the ceremony by leading the NCOs in reciting the NCO Charge. More than 70 NCOs were inducted into the NCO Corps during the ceremony.

“The ceremony made me feel a part of the NCO Corps,” said Eggleston. “It was great to see the support of all the senior leaders. I took what command sergeant major Capel said about how we need to know the creed and live by it seriously.”

Inducting the young NCOs caused Ruiz to recall his own induction ceremony.

“I was inducted into the NCO Corps in 1984,” Ruiz recalled. “Seeing these young NCOs today reminded me of myself. All of these NCOs can be successful and excel, and I know they will.”

# Warriors: Soldiers gain reassurance for sacrifices

Continued from Page B1

environment with Soldiers and Marines over here,” said retired Army Staff Sgt. Earl Granville of the Pennsylvania National Guard’s 1/109th Infantry. “Words can’t explain it.”

Four of the eight say they plan to continue military service and two others are working towards veteran-related occupations.

The group spoke to Soldiers much like the ones they were deployed with during a town hall gathering at Camp Nathan Smith, situated in the heart of Kandahar City. One Marine commented on how the now brightly lit city was void of electricity when he was here last and each member of the group commented on their amazement at the progress

that has been made across Afghanistan since they left.

“When we were there, we never really worked with the ANA (Afghan National Army) and AN-COP (Afghan National Civil Order Police) that well,” said Marine Corp Lance Corporal Jonathan Carnes of 3/7 Weapons Company.

“As soon as we’d ever get in a fire fight, or an IED blast or anything, they’d leave,” Carnes con-

tinued. “Now I hear about the progress they’ve made and how they’re taking over most of our battle spaces. They’re running the majority of the combat operations and they actually get to lead the fight and take it to the enemy. It’s profound, honestly. It’s amazing.”


“I had no hope for Afghanistan when I left. It means a lot to know it was all for something,” Spc. Lyle Yantz, 2/508th Parachute Airborne Regiment,

82nd Airborne Division, said of their sacrifices. “It’s meaningful.”

“I’ve learned a lot since I’ve been on this trip,” said

Lemon. “It really means a lot to me that things have changed. It was really good coming back and finding out what I’d done,

what my unit had done, what other Soldiers had done actually made a difference. It’s not a hopeless fight.”



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PHOTO BY NATHAN PFAU

Fort Rucker Elementary School fifth graders cheer after receiving their DARE graduation certificates during a ceremony at the FRES gymnasium Friday.



## Students graduate from drug awareness program

By Nathan Pfau  
Army Flier Staff Writer

Families and friends gathered at the Fort Rucker Elementary School gymnasium Friday to see more than 70 fifth grade students graduate from the Drug Abuse Resistance Education program.

The students went through a 10-week program in which they learned about adversity, drug facts, responsible-decision making, avoiding peer pressure, bullying and helping others, according to Lt Col. Madeline Bondy, Directorate of Public Safety and provost marshal.

"I'm honored to speak to the students who are graduating here this morning from the DARE program," she said. "We are incredibly proud of your accomplishments and very excited that you are a part of our community."

After the program, the children had to take a the DARE pledge,

which is essentially a promise to themselves that they will say no to drugs and alcohol, and lead a healthy and happy life, according to Keith Aamodt, FRES DARE officer.

"I told the [students] that it wasn't mandatory to sign it and to only sign it if they mean it," he said. "I can say today that every student signed [the pledge] and handed it over to me."

During the ceremony, each student was given a certificate of graduation and special recognition was given to essay contest winners. Winners include: Gabrielle Franklin, Celeb Sallila and Dustin Martin, for class winners who received a Darren the Lion; Caleb Roberts, overall runner-up, who received a Darren the Lion and an E-reader; and Caterina Martineau, overall winner, who received a Darren the Lion, an E-reader and a DARE basketball.

Aamodt worked with the stu-

dents over the course of the 10-week program to teach them about the hazards of drugs and alcohol, as well as bullying and how to deal with similar situations.

He said working with the students makes him feel that he can make a difference in the community and lives of the children.

"First, I decided I wanted to become a police officer because I wanted to make a difference," said Aamodt. "I remember staying up one night and thinking to myself, 'How do I truly make a difference in my community?' And then I thought back to when I was a kid in school and our DARE program.

"I remembered how much I looked up to [my DARE officer] – he truly made a difference in my life," he continued. "I set out to also be a DARE officer and make that difference."

Vicki Gilmer, FRES principal, expressed her appreciation to Aa-

modt as the assembly of students presented a gift to the DARE officer.

"We had a great DARE officer this year [in officer Aamodt], and the children have really enjoyed the program," said Gilmer. "Working with children is a very unique talent, and when you walk into a room with fifth graders, it's a different atmosphere. Investigator Aamodt walked in and was immediately part of the FRES Family.

"He absorbed being in the room with the fifth graders and he enjoyed their time, their humor and everything else that comes with being a fifth grader," she said. "We are so very thankful that he was our DARE officer this year."

Gilmer wasn't the only one who expressed her gratitude for the DARE officer. The students also showed their appreciation and presented Aamodt with a gift.

"Thank you for all that you've done," said Rheygan Mantle, fifth

grade student, to Aamodt. "I just want to say that you're awesome, and I think everyone here can agree that you're amazing, and no words can describe how much fun we've had."

After the ceremony, students were allowed to meet with their parents to share the memory and lessons learned from the program, and Staff Sgt. Daniel Brown, B Company, 1st Battalion, 143rd Airborne Infantry and parent of a graduate, had nothing but nice things to say about the program.

"I feel like this is a great thing because my daughter, Danielle, enjoyed it and talks about it all the time – it definitely made an impression on her," he said. "It's great that the school has a program like DARE because it's drug awareness and children are like sponges, so anything we can do to help them as far as drug and alcohol awareness is always a good thing."

## Computer security tips keep people safe, secure online

By David C. Agan Jr.  
Fort Rucker Public Affairs

Taking time to learn about some basic computer security concepts can go a long way to ensure your private information remains safe and secure, and your computer continues to function properly.

"Without computer security, your computer and the network it's attached to are vulnerable to viruses, worms and other types of malicious code," said Thomas Brindisi, network security manager for the Fort Rucker Network Enterprise Center.

The following are some of the various threats to personal and government computers people should be aware of.

### Computer viruses

Viruses are programs that can copy themselves to a computer and then spread from one computer to another over a network or the Internet. They can also be spread via removable media, such as CDs or USB drives.

There are different types of viruses. Some can be a nuisance, forcing your Internet browser to display an unending series of popup windows. Others, however, can maliciously delete your personal files, system files and even destroy your operat-

ing system. Many times, a computer will "catch" a virus via an untrusted website or by opening an email attachment.

### Malware

Short for malicious software, it is a general term used by computer professionals to describe software that secretly accesses a computer without consent.

Some examples of malware include Trojan horses, rootkits, spyware and keystroke loggers. They can steal data, record online passwords and even take control of a computer for large scale attacks on other systems and networks. Malware makes its way to a computer in a number of ways. Many times it is by installing software from untrustworthy sources (screensavers, for example) but malware can sometimes come bundled with software from reputable vendors.

### Social engineering

This form of computer access is a bit different from the previous threats. It involves manipulating people into performing actions or giving out information, rather than by using technical means to extract information.

In terms of computer security, phishing is frequently used to obtain private infor-

mation. A phisher may send an email that seems to come from a business, such as a credit card company or bank, requesting verification of personal details (e.g. Social Security Numbers, date of birth, password). It may contain a link to a website that also seems legitimate. However, the website is run by criminals aimed at identity fraud.

### Protect yourself

Fortunately, it is relatively simple to protect and identity and computer from harm. People can start by installing anti-virus and anti-malware programs.

"Educate yourself. The Internet Storm Center (<http://isc.sans.edu>) lets you know what's going on in terms of malware, viruses and other current attacks," said Shawn Foist, installation information assurance officer.

Anti-virus software can detect and eliminate threats before a threat can infect a system. Anti-malware programs provide real-time protection against the installation of malware as well as detection and removal of any existing instances of malware on computers. Be warned: People should never install free software claiming to be anti-malware or anti-spyware unless it is verified to be from a legitimate source,

as it could be malware itself. Some reputable sources for anti-virus and anti-malware software include Symantec, McAfee and Microsoft.

"Symantec and McAfee are great sources for information on ways to keep your computer safe and protected," said Foist.

One of the best ways to protect computers and online information is by using a strong password. It is never advisable to use nicknames, phone numbers, birthdays, pet names, the name of a child, or any word that can be found in a dictionary. Choosing a good password is easy. Use at least eight characters with at least one special character (#, \*, !, @, etc.) and at least one number. You should also change your password often and never give it to anyone. Finally, if you can avoid it you should never write your password down. If you do have to write it down, do not label it as 'my password' and keep it in a safe location.

Finally, always make backups of important computer files. Whether it is as simple as copying files to a CD, DVD or external hard drive, or utilizing an online backup service available via the Internet, a backup can reduce the harm caused by viruses, malware and other threats to computer systems.



# ON POST

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## AER scholarships

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at [www.aerhq.org](http://www.aerhq.org) and are due by May 1. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more, visit [www.aerhq.org](http://www.aerhq.org) or call (866) 878-6378.

## EDGE! December activities

Child, youth and school services hosts various activities as part of its EDGE! program in December. December activities include wreath making, winter scarf arts and crafts, wood burning crafts and more. EDGE! events cost \$5 per hour. Activities occur every weekday from 4-6 p.m.

For more, call 255-0666.

## Kids Night at The Landing Zone

Every Tuesday is Kids Night Character Dining at The Landing Zone from 5-8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kiddie Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

## Story Time

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

For more, call 255-0891.

## Taco Thursdays

In December, every Thursday after 5 p.m. is Taco Thursdays at The Landing Zone, featuring \$1 beef or chicken tacos with shredded lettuce, tomatoes, cheese and sour cream. People can add a side of guacamole for 50 cents, or make it a meal by adding black beans and rice for \$1.95, or chips and queso for \$2. People must purchase a beverage to be eligible for dinner specials. The offer is for dine in only and is not valid with other coupons or promotions.

## Rib Night

In December, every Friday beginning at 5 p.m. in The Landing Zone will be Rib Night, featuring half a rack of smoked barbecue ribs served with fries for \$7 with the purchase of a beverage.

The offer is for dine in only and is not valid with any other coupons or promotions.



FILE PHOTO

## Breakfast with Santa

The Landing will host breakfast with Santa Saturday from 9 a.m. to noon. The breakfast buffet will include eggs, bacon, hash browns, pancakes, toast, ham, biscuits with gravy, assorted fruits, a cereal bar and more. The price for this breakfast will be \$10 for adults 13 and older, \$5 for children 3-12, and children 2 and younger eat for free. There will be a Family special for \$25 for a Family of two adults and two children 12 and younger. Children will be able to get their photos taken with Santa at the breakfast. For more, call 598-2426.

For more, call 598-8025.

## Steak Night

In December, every Monday at 5 p.m. is Steak Night at The Landing Zone, featuring an 8-oz. Flat Iron Steak with fries for \$5 with the purchase of a beverage. People can add a side salad for an additional \$1. Other sides are also available for purchase. This special is limited to the first 100 guests per night and is available for dine in only, with a limit of one per guest. The offer is not valid with any other coupons or promotions.

For more, call 598-8025.

## Financial Readiness Training

Army Community Service offers Financial Readiness Training Jan. 11 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. This free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

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

## Teen babysitter training

Child, youth and school services hosts teen babysitter training Jan. 12 from 9 a.m. to 5 p.m. The free course is for ages 13-18. Teens must be registered with CYSS and register by Jan. 7.

For more, call 255-2958 or 255-9638.

## EFMP Information and Support Group

The Exceptional Family Member Program in-

vites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Jan. 15 from 9-10 a.m. at The Commons in Bldg. 8950 on 7th Avenue.

The topic for the meeting is available resources for individuals with special needs and disabilities. The EFMP Information and Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more, call 255-9277.

## Newcomer's Welcome

Army Community Service hosts the next Newcomers Welcome Jan. 18 and afterwards every third Friday of the month from 8:30-10:30 a.m. at The Landing.

Active duty, spouses, foreign students, Army civilians, and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served.

For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

## Comedy Live

The Landing hosts the next Comedy Live Jan. 18 from 8-10 p.m. The event will feature comedian Buzz Sutherland.

Tickets are \$10 before 2 p.m. Jan. 18 and \$15 at the door. Doors will open at 7 p.m. and The Landing Zone will have a live DJ following the Comedy Live performance. This show is for individuals 18 and older.

For more, call 255-9810.

# DFMWR Spotlight

OPEN TO THE PUBLIC

## BIG BREAKFAST WITH SANTA

December 15<sup>th</sup>  
9 am - 12 pm



Breakfast buffet to include:

- Eggs
- Bacon
- Sausage
- Hash Browns
- Pancakes
- Toast
- Ham
- Biscuits w/ gravy
- Assorted Fruits & other breakfast items



For more information call  
The Landing, 598-2426.

[www.ftruckerfmwr.com](http://www.ftruckerfmwr.com)



## FORT RUCKER MOVIE SCHEDULE FOR DEC. 13 - 16

Thursday, Dec. 13

Cloud Atlas (R) .....7 p.m.

Friday, Dec. 14

Paranormal Activity 4 (R) .....7 p.m.

Saturday, Dec. 15

Fun Size (PG-13) .....7 p.m.

Sunday, Dec. 16

Fun Size (PG-13) .....7 p.m.



# Chaplain: Synergy highest fruit of all habits

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

Synergy is the supreme or highest fruit of all the habits. It's the magic that happens when one plus one equals three or more. And it happens because the relationship between the parts is a part itself.

A great way to understand synergy is through the metaphor of the body. The body is more than just hands, arms, legs, feet, brain, stomach and heart all thrown together. It's a miraculous, synergetic whole that can do many wonderful things because of the way the individual parts work together.

Two hands, for example, can do far more together than both hands can do separately. Two eyes working together can see more clearly, with greater depth and perception than two eyes working separately. Two ears working together can tell sound direction, which is not the case with two unconnected ears. The

whole body can do far more than all the individual parts can do on their own, added up but unconnected.

You might even think of this part as a third person. The feeling of "we" in a marriage becomes more than two people; it's the relationship between the two people that creates this third person.

Synergy is a situation in which one plus one equals at least three. It represents the ultimate fruit of the tree. And there is no way to get that fruit unless the tree has been planted and nurtured, and becomes mature enough to produce it.

The key is to blend the best of them together in a way that creates something entirely new. You can't have a delicious stew without diversity. You can't have a fruit salad without diversity. It's the diversity that creates the interest, the flavor, the new combination that puts together the best of all different things.

Synergy is not just teamwork or cooperation. Synergy is creative teamwork,

creative cooperation. Something new is created that was not there before and could not have been created without celebrating differences.

Synergy unleashes tremendous capacity. It gives birth to new ideas. It brings you together in new multidimensional ways, making huge deposits in the emotional bank account because creating something new with someone else is enormously bonding.

Please look back at each of the seven habits that I wrote about over the past weeks and you will find that practicing these principles will lead to a union of synergy.

Below is a quick review of what I wrote about.

1. Be Proactive: Think before you act — take responsibility for your choices and the consequences that follow.
2. Begin with the end in mind: Consider what will happen tomorrow as a result of today's actions. Create a mission

statement.

3. Put first things first: Prioritize, plan and execute based on importance rather than urgency.
4. Think win-win: Value and respect people by understanding a "win" for all is ultimately a better long-term resolution than if only one person in the situation gets his way.
5. Seek first to understand, then to be understood: This creates an atmosphere of caring and positive problem solving.
6. Synergize: Combine your strengths, so as to achieve goals no one person could have done alone.

The Bible puts it this way: A person standing alone can be attacked and defeated, but two can stand back to back and conquer. Three are even better, for a triple-braided cord is not easily broken. Eccl 4:12

Next week we will talk about the final habit: sharpen the saw.



PHOTO BY NATHAN PFAU

## Pick-of-the-litter

Meet Kit Kat, a 4-week old female domestic short hair available for adoption at the Fort Rucker stray facility. She is sweet and loving. It costs \$81 to adopt Kit Kat and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BLDG. 109

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

### MAIN POST CHAPEL, BLDG. 8940

9 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, BLDG. 6036

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

### SPIRITUAL LIFE CENTER, BLDG. 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  
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday  
Noon Adult Bible Study, Soldier Service Center, Wednesday  
5:30 p.m. Youth Group Bible Study, Headquarters Chapel,

Tuesday

6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

### MOTHERS OF PRESCHOOLERS

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 at 9 a.m. at the Spiritual Life Center, Bldg 8939. For more information, call the religious support office at 255-2989.

### PROTESTANT MEN OF THE CHAPEL

PMOC meets 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 is provided. For more information, call 255-9894.

### Military Council of Catholic Women

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

### Catholic Adult Fellowship

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

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## Church Directory

*"Be ye followers of me, even as I also am of Christ."*

1 Corinthians 11:1

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Pastor: Ed Corley

† 3351 Lynn Road - Enterprise  
(right off Rucker Blvd)

#### † Service times

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☺ Sunday Evenings - 5 PM  
☺ Wednesday Evenings - 7 PM

☺ Nursery - Children - Youth

† Office: 334 347 5044

www.centerpointag.org

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

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Office: 334-347-3467

efumc@adelphia.net

Prayer Line (24 Hours) 334-393-7509

### Grace Baptist Church

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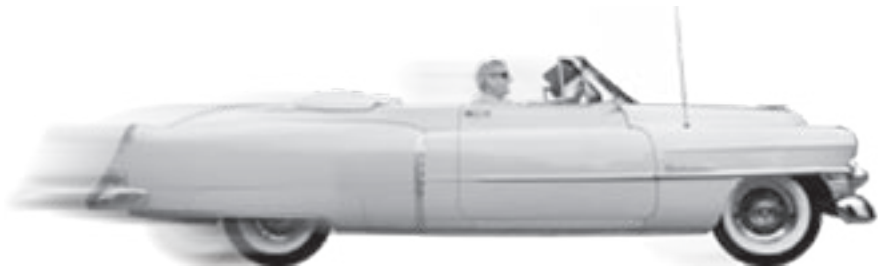
*"They ceased not to teach and preach Jesus Christ."* Acts 5:42

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WHICH ONE ARE YOU GONNA TAKE?

# Gee's Bend pastimes to patchwork tour

By Erin Bass and  
Marilyn Jones Stamps  
Alabama Tourism Department

Perhaps you've read about the women from Gee's Bend in rural Wilcox County, who have been piecing together some of the world's most beautiful patchwork quilts and passing their skills down for generations.

Or, you may have seen their artwork featured on postage stamps that carried mail across the country in 2006 or caught a glimpse of their creations on a segment of The Oprah Winfrey Show. Whether you've seen them on television or have only read about them, now you can get to know these women firsthand.

The Gee's Bend Pastimes to Patchwork Tour will take you to the hidden treasures of Alabama's Black Belt region and to the little hamlet at the bend in the Alabama River where the story of the Gee's Bend Quilters began.

## The Gee's Bend Quilters: their story

Surrounded on three sides by water and located in a bend of the Alabama River, Gee's Bend is accessible by ferry from Camden and County Road 29 from Alberta. This area, located in the Black Belt region of Alabama, was founded by the wealthy Gee family of North Carolina in the early 1800s, and the land sold to Mark Pettway in 1845. Joseph Gee brought several slaves with him to Alabama that he later sold with his land. After the Civil War, the freed slaves took the name Pettway and founded their own all-black, isolated community.

About a century later in the mid-1960s, the Freedom Quilting Bee, a quilting collective made up of women of Alberta and Gee's Bend, was founded as an offshoot of the Civil Rights Movement to foster community development by selling crafts. At that time, residents of the area also began taking the

ferry across the river to Camden, which was only about seven miles away by water, to try and register to vote. Ferry service was eliminated in 1962 to halt this effort, and service did not resume for 44 years. Lack of a ferry and the subsequent hour's drive to Camden from the other side contributed to Gee's Bend remaining isolated and untouched by the outside world.

Despite the isolation of the area, the Collective managed to capture the attention of fashion designers in New York and inspired a nationwide revival of interest in patchwork quilting. In 1997, in recognition of quilting as a unique art form, the Alabama Legislature voted to name the Pine Burr Quilt as the official state quilt of Alabama. The Pine Burr quilt pattern, boasting an intricate, three-dimensional design, has deep roots in the African-American community, particularly among the women of Gee's Bend. Loretta Pettway Bennett, who created a Pine Burr quilt that she later donated to the state archives, learned how to make the quilt pattern from her mother Quinnie Pettway, a Gee's Bend quilter.

In 2002, the Museum of Fine Arts in Houston, Texas, presented an exhibition of 70 quilts from Gee's Bend that propelled the handcraft activity and the quilters to new heights in the world of art. The story goes that art collector William Arnett, founder and chief curator of the Atlanta-based company Tinwood, came across a photograph of one of the quilts while working on a history of African-American vernacular art. He set out to find the quilt and its maker, and arrived in Gee's Bend. That following year, the Gee's Bend Quilters Collective was founded. There are several good photo books on Gee's Bend, including those under the Tinwood label that can be ordered through Amazon.com and other booksellers.

## The Gee's Bend Quilt Mural Trail

Ferry service was restored in West

Alabama in 2006, which reconnected the communities of Camden and Gee's Bend, and a Quilt Mural Trail was erected in 2008. The Gee's Bend Quilt Mural Trail begins at the Freedom Quilting Bee in Alberta with Patty Ann Williams' "Medallion with Checkerboard Center" quilt. Next, keep an eye out for "Blocks and Strips" by Annie Mae Young, then "Pig in a Pen" by Minnie Sue Coleman.

Follow the trail to the ferry, the Quilters Collective and an old school. Although they are now world famous, the women of Gee's Bend still hone and teach their craft daily at the Quilters Collective at the Boykin Nutrition Center (14570 County Road 29, Boykin), and their little wood frame houses dot the rural community. For those "Housetop" pattern fans, there are two on the trail: Lottie Mooney's "Housetop - Four Blocks," or "Half-Log Cabin," and Mary Lee Bendolph's "Housetop" variation. Altogether, there are 10 murals on the trail located at or near the homes of many of the original quilters like Bendolph, who was the subject of a 1999 Pulitzer Prize-winning Los Angeles Times article.

Anyone is welcome to visit the Quilt Collective, purchase a quilt and even sew a square or two. The quilters meet at the center on certain days but they do not have regular hours, so be sure and call ahead when planning your trip. They will gladly meet you at the center and will even give you tips on making your own quilt. In addition to the Collective, quilting by local women can also be seen daily from 9:30-11:30 a.m. at the Gee's Bend Ferry Terminal and Welcome Center.

Some of the Gee's Bend quilts sell for more than \$20,000, with the most affordable ones priced around \$1,000 and squares around \$30. Doormats and rugs printed with the now-iconic patterns are

also affordable souvenir options.

As a pastime to piecing together their works of art, the women spend a considerable amount of time fellowshiping with one another and their visitors, singing gospel songs and enjoying the feast of a home-cooked meal. With an advance reservation, an organized tour group can request singing as a part of the quilting tour package and also arrange to have a sit-down meal at the Quilt Collective or at the Ferry Terminal. Feel free to engage quilters like Tinnie Pettway in a conversation about the history of the area and how the Gee's Bend Pettways got their name. Tinnie will also gladly share poems from her book of personal remembrances about growing up in Gee's Bend. Be sure to have a handkerchief handy because it's hard to hear the stories of the women of Gee's Bend or listen to their songs without being moved to tears either by the struggles they endured through the Civil Rights Movement or through the laughter they bring to the table.

In addition to the Quilt Trail, the Collective, Ferry Terminal and Welcome Center, there are other enhancements on the horizon for making Gee's Bend more of a tourist destination. With help from architecture students at Auburn University and development organizations like Sustainable Rural Regenerative Enterprises for Families, the folks here hope to eventually have a learning center that would include the study of quilting and housing, a quilt exhibition, a retail shop selling quilting supplies and souvenirs, a cafe, and bike and paddling trails.

Since Gee's Bend doesn't have its own designated website, it's best to call Mary Ann Pettway at the Collective, 573-2323 or 573-2585, or Linda Vice with Alabama's Front Porches, 636-5506, for more information.

# WIREFRASS 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.

**ONGOING** — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast served on Sundays and games and TV's available for entertainment. Open to all. Post can host parties/weddings/hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

## DOTHAN

**SATURDAY** — The Wiregrass Habitat for Humanity Habitrot 5k will begin at 8 a.m. at the Kiwanis Pavilion on Whatley Drive. HFH asks the community to help them to eliminate substandard housing in the Wiregrass by running the trail with other "elves". Registration is \$25. Race starts at 9 a.m. For more information, email [aschutz@wiregrasshabitat.org](mailto:aschutz@wiregrasshabitat.org) or [jgreggs@wiregrasshabitat.org](mailto:jgreggs@wiregrasshabitat.org) or call 792-8453.

**MONDAY - DEC. 21** — Landmark Park hosts its Christmas Past Seasonal for students in preschool through sixth grade in either a

morning session from 9:30-11 a.m. or an afternoon session from 11:30 a.m. to 1 p.m.

Participants will have a chance to experience an old-fashioned Christmas with storytelling, games and cider. They will also have a chance to create an old-fashioned ornament.

For more information, call 794-3452.

**NOW THROUGH DEC. 27** — The Wiregrass Museum of Art hosts a series of paintings, entitled Color in Freedom: journey through the underground railroad. The series was part of a U.N. exhibition in Geneva, Switzerland. Open to the public. Admission to the museum is free Tuesday through Saturday from 10 a.m. to 5 p.m.

**DEC. 29** — The Cultural Arts Center hosts the Ballroom Dance Club from 7-9:30 p.m. Food and drinks are available. The cost is \$2 per couple. For more information, call 677-4967 or visit [www.theculturalartscenter.org](http://www.theculturalartscenter.org).

## ENTERPRISE

**ONGOING** — Two beginner's classes in the Taoist Tai Chi Society™ Internal Arts and Methods are offered at the YMCA. Classes will be offered on Thursday, 1-2:30 p.m. and Saturday, 10-11:30 a.m. Classes are suitable for all ages and physical conditions. For more information, call 348-9008 or 347-4663.

**ONGOING** — Every Monday and Tuesday at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit [www.cityofenterprise.net](http://www.cityofenterprise.net).

**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.

## OZARK

**NOW - JAN 4** — The Dale County Arts Council is sponsoring an Artisan Holiday Show and Sale from 10 a.m. to 3 p.m. (excluding Christmas and New Year's days) at the Ann Rudd Art Center. Attendees can buy homemade Christmas gifts by local artists.

For more information, call 733-9748 or visit [www.annruddcenter.org](http://www.annruddcenter.org).

## PINCKARD

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

## SAMSON

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

## TROY

**FRIDAY** — Troy Arts Council presents Shelia Jackson - Holiday Concert at the Crosby Theatre at Troy University at 7:30 p.m. Patrons can enjoy the voice of Troy's own Sheila Fayson Jackson as she joins with a host of other local vocalists, dancers, and musicians to present her annual Holiday Spectacular. Admission charged.

For more information, call 670-3593 or go to [www.troyartscouncil.com](http://www.troyartscouncil.com).

## WIREFRASS AREA

**FRIDAY THROUGH MONDAY** — Pattie Rutland Jazz presents "Santa's Workshop" musical and play.

The production has high-energy dance numbers, music and characters. Characters include Oscar the Grouch, Cookie Monster, Buzz Lightyear, Woody, SpongeBob, Raggedy Ann and the Cat in the Hat.

Show times are Friday at 6:30 p.m. at the Dothan Opera House, Saturday at 2 p.m. at the DOH, Sunday at 2 p.m. at the Enterprise High School, and Monday at 9 a.m. and 6:30 p.m. at EHS.

Tickets are \$10 and can be purchased at [www.epac.skytics.com](http://www.epac.skytics.com) or by calling 347-2171.

## Beyond Briefs

### Railroad Town

The 19th annual Christmas in a Railroad Town is today in downtown Opelika. The event is free. There are activities for all ages. Visit with friends and dine on traditional Victorian era food, write letters to Santa, enjoy pony rides, caroling and more. Downtown restaurants are open for dining and retail shops are open until 9 p.m. for Christmas needs. Photos with Santa and Mrs. Claus are also available,

as well as a wagon ride through the Victorian Front Porch Christmas Tour. For more information, call 745-0466 or visit [www.opelikamainstreet.org](http://www.opelikamainstreet.org).

### 12 Nights of Lights

For the month of December, a festive light show will be held at Sandestin Golf and Beach Resort in Destin at the Events Plaza set to holiday music every Wednesday, Friday and Saturday leading up to Christmas at 6 and 7 p.m. Event is free and open to the public. This event will also be featured during the holiday editions of the Wednesday

Night Concert Series at 7 p.m. For more information, visit [www.sandestin.com/events](http://www.sandestin.com/events) or call (866) 912-3224.

### Christmas Light Festival

Thousands of Holiday Lights illuminate The Montgomery Zoo in shapes of animals and Christmas themes now through Dec. 31 from 5:30-9:30 p.m. nightly. See displays by train or foot. Live entertainment, food, gifts and pictures with Santa. Military children ages 3-12 are admitted for \$7.50, military adults are admitted for \$11. For more information, call 240-4930 or visit [www.montgomeryzoo.com](http://www.montgomeryzoo.com).



# Lyster encourages Soldiers, civilians to go tobacco free

By Victoria Knighton and Katherine Rosario  
Lyster Army Health Clinic Public Affairs

Victoria Knighton, a nurse's aide during the 1960s, recalled a time when employees and patients alike were permitted to smoke inside the patient hospital room. Smoking in the hallways of a medical treatment facility was also considered normal.

Today, Knighton, a community health nurse at Lyster Army Health Clinic, said social changes and reforms have come a long way to increasing our health by banning smoking in buildings, especially medical facilities.

"We still have a long way to go," she said. "We shouldn't be using tobacco products at all."

Throughout the U.S. Army Medical Command, several military treatment facilities are currently designated as tobacco-free campuses. The use of tobacco products is not permitted anywhere on the facilities premises.

"I wouldn't be surprised if MEDCOM made tobacco-free facilities a standard at all health care facilities," she said. "The arena is changing from smoking and smokeless tobacco to a complete tobacco-free arena, we need to keep our patients' best health in mind."

In 2009, Alabama had the fifth highest smoking rate in the nation, according to the Coalition for a Tobacco Free Alabama.

Alabama legislation recently passed a statewide law prohibiting smoking on any Alabama health department campus to include hospitals and clinics, Knighton said.

An estimated 3,400 non-smokers die from lung cancer each year from secondhand smoke, according to the American Cancer Society. Secondhand smoke also contributes to health problems in both children and adults including respiratory conditions, heart problems and frequent ear infections for children living with secondhand smoke in the home.

"With the increased education on secondhand smoke and its detrimental long-term effects, clinics are starting to make the switch to help keep their patients healthy," Knighton said.

Lyster is ready to help those who wish to quit smoking by offering smoking cessation courses. Everyone is eligible to participate in the classes. Currently, Soldiers, their Family members and retirees who have a military ID card can receive anti-smoking medications.

The four-session course meets every Thursday. For more information, call 255-9908 or visit Bldg. 5700, Rm. 230 to sign up.



COURTESY PHOTO ILLUSTRATION



COURTESY PHOTO

## TRICARE Prime

Roger Showalter, retiree, shakes Lyster Army Health Clinic's Commander Col. James Laterza's hand after officially signing up for TRICARE Prime Nov. 30. Showalter was the first beneficiary among 400 others to respond to the postcard Lyster sent out about a month ago. He decided to rejoin TRICARE Prime and receive his benefits at Lyster after seeing all the new construction at the clinic. "I am looking forward to the services offered at Lyster and I know my wife can use to physical therapy clinic," he said.

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- James Grady, Ashford graduate AU 1918

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# New process improves shipments

By Donna Miles

American Forces Press Service

SCOTT AIR FORCE BASE, Ill. — A system being implemented at U.S. Transportation Command is making permanent-change-of-station moves more convenient, while reducing lost and damaged shipments and saving the government money.

The Defense Personal Property System, introduced in 2009 as a pilot program at 17 installations, now supports 90 percent of all military moves. Jill Smith, personal property division chief at Military Surface Deployment and Distribution Command, told American Forces Press Service.

The Web-based system automates many of the steps involved in military moves: pre-move counseling, scheduling, tracking, invoicing and claims filing for household goods shipments.

“The beauty of DPS is that customers can do all this from the comfort of their own homes. They can do it early in the morning or at 11 o’clock at night, whatever works best for them,” Smith said. “Plus, all the information they might want — whether it’s about gypsy moths or weight allowances, or just tips about how they can have a smoother move — is right at their fingertips, a click away, and available 24/7.”

DPS also gives customers the opportunity to track their shipments online. If their shipment is lost or damaged, they can file a claim online and settle directly with the moving company.

Moves not yet covered by DPS — generally those involving long-term storage or moves within an overseas theater — will be included as new features are added to make the system fully operational by September 2017, Smith said.

Military Surface Deployment and Distribution Command, TRANSCOM’s Army component, processes about 600,000 personal property moves each year for Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, Defense Department civilian employees and their Families, Smith reported. About one-third of these moves take place during the summer, and almost 70,000 include privately owned vehicle shipments.

Collectively, they cost the Defense Department about \$2.2 billion a year, Smith said. But with DPS, she projects between \$117 million and \$136 million in annual savings — while providing customers with better service.

That’s because rather than relying on “low-bid” transportation providers to conduct military moves, DPS provides “best value” services. This, Smith explained, factors in not just cost, but also variables such as timeliness, reliability, the incidence of lost or damaged shipments and ease in providing reimbursement for claims.

“We want to provide carriers that are not only qualified, but fully capable of making sure that they protect the members’ household goods, provide a great quality move and communicate with that customer,” she said. “The bottom line for us is that we want to do business with carriers that pick up the household goods on time and deliver them on time, with no or the least amount of damage — whether [that carrier] happens to be cheaper or a little bit more expensive.”

Those determinations are based directly on customer satisfaction surveys that help ensure the best movers get singled out for DOD business. “We rely on these surveys because [customers] get to evaluate the [transportation service provider’s] performance, and that ties directly into the best-value score,” Smith said. “The higher the customer satisfaction, the higher the score and the more opportunity that [carrier] gets to participate in future traffic.”

As an additional incentive for moving companies to apply extra care while handling DOD shipments, carriers are now required to pay full replacement value for anything lost or broken. Before that change was introduced about five years ago, transportation carriers paid a depreciated value on all claims.

The result has been a dramatic reduction in claims.

“If they break your \$500 china, that means they have to replace or repair it. So carriers have a tendency to be more careful,” Smith said. “That is a good thing, because it helps make service members feel a little bit more comfortable about turning over their prized possessions, knowing that the carriers are going to be held responsible for it.”

Smith said she’s looking forward to the complete roll-out of DPS and the convenience it will provide DOD customers throughout the move process.

“This will be a brand new era,” she said. “Customers will have a centralized one-stop shop that gives them all the tools they need to plan and manage their moves, that provides them best-value service and uses their feedback to ensure other service members will, too.”



COURTESY PHOTO

The Defense Personal Property System is making permanent-change-of-station moves more convenient, reducing lost and damaged shipments and saving the government money. Here, a moving truck is unloaded as a military Family moves into a new home at Camp Lejeune, N.C.

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**SPECIAL DELIVERY**  
West Point marathoners run night, day to deliver game ball  
Story on Page D3

DECEMBER 13, 2012

## Course offers different strokes

By Nathan Pfau  
Army Flier Staff Writer

Many would argue that there is no such thing as too much recreation, and Fort Rucker is adding to its repertoire of recreational activities with the addition of a new flying disc course at Beaver Lake.

Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, teamed up with the Directorate of Family, Morale, Welfare and Recreation to get the new course added to Fort Rucker as a way to give Soldiers, Families and civilians something different on the installation.

"[Similar to] ball golf, disc golf is a recreational sport in which you throw a disc down the fairway and try to make it into the baskets that are set up," said Meinders. "The goal is to get as few strokes as possible."

The course at Beaver Lake is an 18-hole, 55-par course that follows the path of the Beaver Lake trail for the most part. The beginning of the course starts near the parking lot for the lake, and people can participate in team play or solo play.

A lot went into bringing a disc golf course to Fort Rucker, according to Meinders.

"First we had to find a good location," he said. "Lake Tholocco was where we initially wanted to put it, but we didn't feel that there was enough visibility there."

"There were a few different locations that we picked out, but we decided on Beaver Lake because the close proximity it had to the physical fitness facility, and the high visibility and foot traffic of the area," said Meinders.

Meinders and his team spent about four months walking the trails at Beaver Lake to plot out a course that they felt was good enough for the area, and the way they set up the course is to have



PHOTO BY NATHAN PFAU

Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, throws a disc at one of the targets at the new Beaver Lake Flying Disc Course Monday.

it start off easy, and progressively get more difficult.

"The first few holes are really easy to play because there aren't any trees around and it's very basic," he said. "The next few holes get a little tighter, a little shorter and there are a lot more trees to play through, but the last six holes are very demanding."

The reason Meinders said the last few holes are demanding is because they are set up right next to the lake, increasing the chance of losing a disc in the water. The course culminates at the 15th hole, which Meinders and his fellow disc golf players have dubbed "The Gauntlet," where players

must make a decision shot – play over the water, or around it.

All of these factors were carefully thought out by Meinders and his team, and came from a mutual interest and understanding in a sport that is new to the area.

Disc golf began in the 70s, but gained most of its popularity in the 90s and early 2000s among college universities, according to Meinders. The sport has grown about 15 percent a year for the past decade and there are around 4,000 courses in the U.S., but none close to Fort Rucker.

In total, there are 10 flying disc courses within 100 miles of Fort

Rucker – none of which are within 75 miles of the installation, Meinders said.

"People would have to travel to Auburn, Fort Benning or the beach if they wanted to play, so I realized there was a big need for it," he said.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages.

"Disc golf is a virtually injury-free sport, and anyone from ages 5 to 80 can play," said Meinders. "The course is open to anyone who can get on post and people can even rent discs from the Physical Fitness Facility for \$10," adding that when people

return the disc, they get their money back as well.

To play an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes depending on the amount of players, and costs little to no money, which is beneficial to many Soldiers who are strapped for time and money, said Meinders, adding that his main goal is for the Army to embrace the sport.

"The Air Force and Navy have embraced it, and they have lots of courses on their installations, but there are only two Army installations that have disc golf courses – Fort Benning, Ga., and now Fort Rucker," he said.

## Mistletoe 5K

Runners of every age and fitness level competed in the early morning hours Saturday in the 2012 Fort Rucker Mistletoe 5k. The 5k was deemed a success by racers and officials as children as young as 3 and as old as 70 competed. About 280 competitors successfully completed the course in the foggy weather.



PHOTO BY SARA E. MARTIN

## PIGSKIN PICKS



N.Y. Giants vs. Atlanta

Green Bay vs. Chicago

Denver vs. Baltimore

Tampa Bay vs. New Orleans

Seattle vs. Buffalo

Kansas City vs. Oakland

San Francisco vs. New England

	N.Y. Giants vs. Atlanta	Green Bay vs. Chicago	Denver vs. Baltimore	Tampa Bay vs. New Orleans	Seattle vs. Buffalo	Kansas City vs. Oakland	San Francisco vs. New England
Jim Hughes Public Affairs (61-37)							
Brian Jackson DFMWR (48-50)							
John McGee CDID (60-38)							
Capt. Mike Simmons Directorate of Public Safety (56-42)							
Sharon Storti Network Enterprise Center (55-43)							



# DOWN TIME

**FLASH GORDON**  
Character Profile:  
**PRINCE THUN**

**SON OF KING JUGAD!**  
ONE OF THE FIRST OF THE PLANET MONGO'S HOSTILE INHABITANTS TO BEFRIEND FLASH.

**PILOT, STOP HERE.**  
**WHAT IS IT, FLASH?**  
I MADE PLANS FOR A QUICK RENDEZVOUS BEFORE THE CONFERENCE. HOLD DOWN THE FORT WHILE I'M GONE.

**PRINCE THUN, WHAT'S HAPPENED? WHY HAVE WE STOPPED?**  
**PRINCESS TYREE...**

**THAT'S GORDON OUT THERE. ISN'T IT? THIS IS HIS DOING!**  
**HE'LL ONLY BE A MOMENT.**

**I CAN'T BELIEVE THIS! THE ROYAL DELEGATION IS BEING HELD UP. JUST SO THAT EARTHMAN CAN HIT ON SOME UNDERWATER TROLLOP?!**

**WHY MY FATHER HAS ANY FAITH IN THE MAN IS BEYOND ME.**

BY JIM KEEFE

LEAVING RECEIVED APPROVAL BY THE ROYAL ASSEMBLY, A PEACE COUNCIL IS DISPATCHED TO KING KALA'S CITY BENEATH THE SEA.

TO BE CONT'D...

**Just Like Cats & Dogs** by Dave T. Phipps

WOW, THIS IS DEPRESSING. OUR TEAM IS SO BAD THIS YEAR THEY'RE ACTUALLY SHOWING CLIPS OF "THE AVENGERS" ON THE JUMBOTRON IN ORDER TO KEEP THE CROWD HERE UNTIL THE END OF THE GAME.

**Trivia test** by Fifi Rodriguez

## T R I V I A

- PSYCHOLOGY:** If you had choreophobia, what would you be afraid of?
- COMICS:** What comic hero has a nemesis named Ming the Merciless?
- TELEVISION:** Where were the characters of "Laverne and Shirley" employed in Milwaukee?
- ARCHITECTURE:** Who invented the geodesic dome?
- LITERATURE:** What were the names of "The Three Musketeers" by Alexandre Dumas?
- MOVIES:** What male actor starred in the 1981 film "Arthur," and who was his leading lady?
- GEOGRAPHY:** Where is the island country of Sri Lanka located?
- CHEMISTRY:** What is the Periodic Table symbol for zinc?
- GENERAL KNOWLEDGE:** What nickname did author Tom Wolfe give the 1970s?
- LANGUAGE:** What are corsairs?

See Page D3 for this week's answers.

## Super Crossword GETTING EFF-ENDED

- ACROSS**
- 1 Disjoined
  - 9 Spanish rice dishes
  - 16 Little newts
  - 20 Spoken test
  - 21 Shekel
  - 22 Boatloads
  - 23 "If I Were a Rich Man" musical
  - 25 Dirt-dishing
  - 26 Appraises
  - 27 Here, to Jean-Luc
  - 28 Medical school subj.
  - 29 Unkosher
  - 30 San Francisco tourist area
  - 34 Field of flight technology
  - 40 King, in Nice
  - 41 U.S. immigrants' subj.
  - 42 Treat for the prodigal son
  - 45 Gentlemen: Abbr.
  - 49 Booker T. & the —
  - 52 Luau hellos
  - 53 Tiny charged thing
  - 55 Online gabbing site
  - 57 France's Coty
  - 58 Do some written legal summarizing
  - 62 "Laura" director
  - 63 Back-country
  - 66 George's lyric-writing brother
  - 67 Country-pop singer Eddie Barrett
  - 69 Polar laborer
  - 72 Government bailouts, e.g.
  - 76 "Phooey!"
  - 77 Rust away
  - 79 "... goes, — go!"
  - 80 Under penalty —
  - 82 Korea's continent
  - 83 Crease to create two equal sides
  - 87 "If only — known!"
  - 91 Germinate again
  - 93 "Boyl!"
  - 94 Topped cracker
  - 96 Tiny bit
  - 97 Surpluses
  - 100 Coq au vin maker, often
  - 103 Ecol.
  - 105 "Bang!"
  - 107 Property confiscations
  - 108 Not be ailing
  - 115 Sitar music
  - 116 Purvey
  - 117 It's not gross
  - 118 South Pacific island
  - 124 "Have — a deal for you!"
  - 125 Be beaten by
  - 129 Nixing mark
  - 130 Quaint batting game
  - 131 See 33-Down
  - 132 Canine lines
  - 133 Some apples and potatoes
  - 134 "Definitely, count me in!"
- DOWN**
- 1 Big couch
  - 2 Discord
  - 3 Hippiess' digs
  - 4 Alan of films
  - 5 Have faith in, with "on"
  - 6 Tree fellers
  - 7 La Brea gunk
  - 8 Funny Phillips
  - 9 Toss
  - 10 More pale
  - 11 Sonnet preposition
  - 12 Wyoming city
  - 13 Singer Lewis
  - 14 Take out — (borrow cash)
  - 15 Puts through a strainer
  - 16 Rare — (some elements)
  - 17 Wallpaper design, often
  - 18 Printer ink
  - 19 Walking stick
  - 24 — for "Noose" (Grafton novel)
  - 30 TV regulator
  - 31 "... — joy forever"
  - 32 CD- — (PC insert)
  - 33 With 131-Across, U.S. Military Academy students
  - 34 Way, way off
  - 35 — of tears
  - 36 Take — faith
  - 37 Alternate
  - 38 Classy org.?
  - 39 Airport requests
  - 43 — Abner
  - 44 Adversary
  - 46 — -fi movie
  - 47 County lawman
  - 48 Nadal of tennis
  - 50 Mobster John
  - 51 Struck, biblically
  - 54 Getting exactly right
  - 56 Burgle
  - 58 Die down
  - 59 — do la Cité
  - 60 "It's chilly!"
  - 61 Actress Charlotte
  - 64 ET craft
  - 65 Coyote's kin
  - 68 Art teacher's deg.
  - 69 Digital greeting
  - 70 — turn" (dreaded game instruction)
  - 71 Game using a flying disc
  - 73 Lightning —
  - 74 Jackie's #2
  - 75 Cyber-guffaw
  - 78 Blame
  - 81 Cringe
  - 84 P.O. item
  - 85 Pickboy nickname
  - 86 — Lingus
  - 88 "Ver-ry funny"
  - 89 Adopt- — (animal shelter program)
  - 90 Dicts, are full of them
  - 92 Nonfictional
  - 94 Ovid's 300
  - 95 Spa sigh
  - 98 Hunks
  - 99 Trinity part
  - 101 Slim fish
  - 102 Rubber check abbr.
  - 104 China items
  - 106 Assailed
  - 108 Artist Kahlo
  - 109 Raring to go
  - 110 "Hell — Heroes" (1962 film)
  - 111 Reeves of "The Matrix"
  - 112 French feminine plural pronoun
  - 113 Small paving stones
  - 114 Ending for ordinals
  - 118 Part of a dog
  - 119 A.D. part
  - 120 Sharp
  - 121 "Ah, yes"
  - 122 Legal wrong
  - 123 "Assuming that's true ..."
  - 126 Hole in one
  - 127 Prefix with dermis or glottis
  - 128 Brick holder

See Page D3 for this week's answers.

**Weekly SUDOKU**  
by Linda Thistle

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

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

**OPPOSITE WORDS TO PONDER**

YOU are asked to insert a word of opposite meaning for each of the terms below. Examples (see illus.): Tall, short; big, little, etc. How quickly can you comply?

Smart: —      Strong: —  
Give: —      Fast: —  
High: —      Wint: —  
Good: —      Buy: —  
Pro: —      Wet: —  
Hit: —      Sick: —  
Sweet: —      Full: —  
Fake: —      Love: —  
Rich: —      New: —  
Stop: —      Heavy: —  
Day: —      Open: —

Answers may vary.  
Time limit: Two minutes.

**SUM DIVVY!** It is possible to divide the diagram at right into four segments of approximately the same size and shape, with each segment containing numbers 0 through 9. It may be done with scissors or a pencil (if a pencil is used, a ruler will help, too). Remember, the diagram is to be divided into a total of four pieces, each containing digits 0-9. Hint: It can be done with just two straight cuts or lines. It's that easy — think simple.

**Wishing Well**

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

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 BOLTNOFF

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.



# West Point marathoners run night, day

By Mike Strasser  
U.S. Military Academy at West Point

WEST POINT, N.Y. — Twenty-four hours after accepting the Army-Navy Game ball during the spirit rally at West Point the U.S. Military Academy's Marathon team ended its long-distance relay run as they entered Lincoln Financial Field in Philadelphia.

They had just encountered the friendliest of welcoming parties in downtown Philly around 7 p.m. Friday, with people cheering, cars honking and excitement growing the further they moved into the city.

But it was quiet inside the empty stadium ... just the team and a group of veterans and military supporters who escorted them on the final stretch of road from King of Prussia, Pa., into Philadelphia.

After 150-miles of pounding rubber soles onto cold concrete, the road-weary travelers exchanged handshakes, hugs, words of appreciation and called it a night. The team would make the moment more official Saturday when they returned to the stadium again with the world watching the ceremonial hand-off of the game ball.

In 1984 volunteers from the Corps of Cadets made the first delivery of the Army game ball. That tradition faded away until the marathon team revived it in 1994 and they've been running the ball ever since. It's only logical the academy's best long-distance runners would represent the Army in the annual Ball Run.

Case in point, every team member who ran the Richmond Marathon in November earned a spot to compete in the Boston Marathon this April. For West Point marathoners, that's like playing in the Army-Navy Game itself or competing in the Olympics. It's the pinnacle of their collegiate athletic careers.

They've certainly got the legs and stamina to run the ball cross-country, but better yet, they've got the right spirit. It doesn't diminish in sub-degree weather or falter by erratic roadways. When Class of 2015 Cadet Leora Reyhan jumped back into the van after completing several miles, her damp hair was frozen stiff. Every time runners returned to the van, the chill could actually be felt extending off their bodies for nearly a minute until their circulation returns to normal.

"It's cold, but you get used to it," she said.

Her fellow co-captain, Class of 2013 Cadet Nate Einfeldt, puzzled her because he chose to wear a tank top and shorts.

"How is he doing that?" Reyhan asked.

The best guess was he's part Alaskan, but Einfeldt hails from Atlanta, Ga., so he's not exactly a native of winter weather. Class of 2016 Cadet Nicholas Juliano resembled a human popsicle, nursing a frozen mouth with a drop of blood on his teeth caused by cracked lips. Still, they weren't complaining about anything — merely stating facts, nor did it keep them from going back out again. Even when given a shift that became mostly an uphill run, it's spoken about more with pride for tackling the incline than aggravation for getting it. What mattered more to Juliano was that his English instructor, who just happens to be the team's officer-in-charge, had assigned him homework over Army-Navy weekend. With term-end exams and deadlines for papers approaching, their minds were still very much in the classroom at times.

That spirit goes especially for the "graveyard shift." Of the three vans of runners, the second one is notorious for having to endure running in the darkest of night, in the coldest of temperatures and with the least amount of sleep. They may have more right to claim hardship, but didn't.

"This is my favorite shift," Class of 2012 Cadet Meg-Ann Braun said. "During my first



PHOTO BY MIKE STRASSER

Class of 2013 Cadet Nate Einfeldt, Class of 2015 Leora Reyhan and Class of 2014 Cadet Adam Irons prepares to take the Army-Navy Game ball out of West Point and into Highland Falls, N.Y., for several miles of the 2012 Army Game Ball Run. The first group of marathoners was tasked with running the first 53 miles of the relay run into Lincoln Financial Field in Philadelphia, Pa. Two other vans of runners would follow and eventually the entire team would run the last stretch of road in downtown Philadelphia together.

year, all the plebes got stuck on this shift — well, there were only two of us — but all the plebes and yearlings were in this van and I've loved it since."

"There's no one else out there, so it's like we own the place," Class of 2016 Cadet Tiffany Matthews said.

The only distinguishable difference in this group from the others is their enthusiasm was tempered — intermittent bursts, usually after a pair of runners returned to the warmth of the van, but then, like a switch, the chatter turned off abruptly for a quick nap.

Karn, running his fourth and final Army Ball Run, said those in the graveyard shift are all about the business at hand — running that football.

"After a while the conversations will end when you realize, OK, it's 3 in the morning and I need a little nap before it's my turn to run again," Karn said.

Remarkably, Braun and Matthews emerged quickly from rest and returned to the road for their second shift as if they were waking from a good night's sleep for a morning run. They returned invigorated and animated after clearing a four-mile stretch.

"It was warmer out this time, which is good," Matthews said. "More hills, but not bad."

She's already looking forward to three more years of running the game ball.

"I cannot wait to do this again — three more times," Matthews said. "This is a blast, so much fun."

Her running partner, however, had done her share of five Army Ball Runs, having had an extended stay at the academy for double shoulder surgery.

"The fifth and final time ... it's awesome as always," Braun said.

When Class of 2016 Marc Samland thought he only had about five or six miles left in him, he ran much further — even running in place for a bit while the convoy figured out a detour route around the heavy main road traffic.

"Once I started going I couldn't stop," Samland said. "It felt great and the countryside was beautiful. It's been great seeing people from these different states and just being out there is unique. Generally, people are

supportive. I passed an older lady who was running and she was cheering me on. It was a great experience ... fun."

No prizes could be awarded for most energetic on this overnight trip — they were equally prolific in storytelling, jokes and shop talk on running. Class of 2013 Cadet Johannes Olind argued the marathon is a perfect test of human endurance — just enough mileage to truly push the body to its limits. The ultramarathon runners in the van countered that theory, having found 50 miles to be just as rewarding an experience as a regular marathon. Hours earlier, faced with spine-shivering temperatures, Capt. Mark Davis, an instructor in the Department of Physical Education, provided a short discourse on cold-weather training — a lesson he just gave in class that day. With nothing to see but the runners illuminated by headlights for hours at a time, sometimes analysis was doled out on their particular gait, form and little quirks in movement. Even a hundred miles away from the academy, there are teaching opportunities.

Braun amused herself by teasing Class of 2015 Cadet Daniel Schlich, an underclassman, for being a road machine, but it's all good-natured. In Richmond, he placed 20th among a field of nearly 5,000 — fifth in his age division with a 2:38 time. Likewise, Reyhan might encounter friendly flak for not being knowledgeable about classic rock, yet she's a rock star on the road after finishing first in Richmond for her age division with a time of 3:21:12. Juliano is mocked for being — of all things — too verbose when he admitted to overextending the word count on a research paper for which he received an A-grade.

Midshipman Tom Rowland would seem the perfect target for ridicule — being the sole runner from the exchange program with the U.S. Naval Academy — but, no. Midshipmen have long been welcomed onto the Marathon team for the semester they attend West Point and are treated no differently. However, the idea of handing over the Army football to a Navy runner does bring up conspiracy theories. At one point he faked a fumble,

which caused a mild eruption of shock inside the van. That wasn't as much concern as the way Juliano was clutching the game ball with one hand. Einfeldt yelled from inside the van for the freshman to cradle it properly.

Sitting up front in the van, Reyhan was the first to welcome runners back in and asked how they were feeling — like when Class of 2015 Cadet David Richardson recorded the most road time during the first leg of the run.

"I was having fun, and it was kind of motivating being out there with people cheering 'Go Army' out their windows," Richardson said.

Later, Olind and Class of 2013 Cadet Colin Chapman would go even further — running roughly 80 minutes before readily tagging out for the next pair. Each van had differing strategies for completing their leg of the run. Some ran in pairs, triplets and infrequently in larger groups; sometimes it would be a solo run to conserve the energy of others for longer distances.

There was never the mass gathering of onlookers like they experienced in downtown Philadelphia, but occasionally people outside a tavern or apartment complex had just enough time to catch sight of the spirit messages painted on the sides of the vans and realized what this convoy was all about. Making out the "Go Army, Beat Navy" motif on the windows, spectators had just enough time to frame the action on their camera phones. Sometimes, a guest runner would join them, like Col. Tom Kastner, the former officer-in-charge of the Marathon team, who met up with Einfeldt and Richardson for part of the run. Kastner retired from the Army after 30 years of service to the nation, last having served as the director of the dean's staff and assistant professor in the Department of Mathematical Sciences at the U.S. Military Academy.

West Point Class of 1948 graduate Roger Conover enjoyed blasting Army fight songs on his car stereo. Conover has participated at least three times before and ran a quarter mile with Karn and Class of 2015 Cadet Ben Shields.

SEE RUN, PAGE D4

## Weekly SUDOKU

### Answer

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

## TRIVIA

### Answers

1. Dancing
2. Flash Gordon
3. Sholtz Brewery
4. Richard Buckminster Fuller
5. Aramis, Athos and Porthos
6. Dudley Moore and Liza Minelli
7. Off the coast of India
8. Zn
9. The "Me" Decade
10. Privately owned warships

## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

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Video Game Spotlight >>

# Mario Bros. make big splash

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.)

Are you ready for the U? The Nintendo Wii U hasn't turned the video game world on its head yet, but there are some excellent games out there for those who have made the plunge.

"New Super Mario Bros. U" is among the best, which probably surprises no one. It makes sense that Nintendo would want one of its flagship products to stand out.

"New Super Mario Bros. U" is a bit of a throwback with its dedication to the 2D sidescroller that Mario and Luigi made famous. It doesn't do much that we haven't seen before from Mario, but it certainly does almost everything better. The game is also quite challenging, both in the story mode and beyond. Finding all the extras, secrets and hidden paths has always been a fun and challenging part of Mario, and it's no different here. For those who like things even more difficult there is the Challenge Mode that requires gamers to complete levels by doing things like not killing enemies or never touching the ground. It can be frustrating, but also quite addictive.

On a new console like the U, the graphics ought to be better. They aren't bad, but they also fail to impress in most places. The audio is mostly the same. Nintendo could have made this product even more special with a bit more polish.

The multiplayer options sound good, but they ultimately led to unwanted chaos as up to four gamers traverse through environments together. There can even be a fifth gamer on the U's GamePad making it harder on the other four, but that will wear thin quickly, too. Expect the multiplayer not to be a long-term diversion.

The single-player story mode and challenge mode are a lot of fun and are definitely on the right track. Mario fans of all ages — especially those who are old enough to see the series evolve — will enjoy this game. The only sad part is that it should have been even better.



<b>Publisher</b>	<b>Systems</b>
Nintendo	Multiple
<b>Rated</b>	<b>Cost</b>
Everyone	\$60
	<b>Overall</b>
	3 out of 4



COURTESY SCREENSHOT

## Run: Journey seemed more than just about a football

Continued from Page D1

"He's in great shape," Karn said, impressed by this fit member of the Long Gray Line. "He talked for a little bit and told us it was nice to be able to come out and run with us."

"He was pretty serious when he said we have to beat Navy ... with conviction," Shields said.

The team doesn't have many opportunities for overnight travel, let alone overnight distance running so the annual Ball Run allows them a full day to build camaraderie and team cohesion, mostly in the confines of a van.

"Well, we got to spend a lot of time together, and it has been a unique experience that no one else has," Maj. Sarah Wolberg, assistant officer-in-charge, said.

At times the journey seemed more than just about a football or even football game. Part extreme team-building exercise and part goodwill tour, the marathoners proved to be exceptional at both. Every stopping point turned into an occasion to meet the public and represent the U.S. Military Academy.

At one fire station, a construction worker was eager to get a photo of him holding the game ball, but first got to know the cadets carrying the ball. They also received a warm reception at Reagent Chemical in Ringoes, N.J. The company has been hosting the Marathon team

during their Army Ball Run since 2005. Greg Huljack, a human resource manager, was among the first to greet the marathoners outside the office building. He said everyone is familiar with the annual Army-Navy Game but in 2005 the Ball Run was something of a surprise to them.

"The route that they run just happens to pass this office and one day one of our employees happened to see them approaching," Huljack said. "So everybody went out and started cheering."

Just a day earlier, the Girls Scouts had been delivering their cookies in the area, so the runners were treated to some refreshments. Since that first year, the gathering has become like a homecoming, with lots of food to eat while reminiscing and introducing new faces. The walls, decorated with poster boards of past Ball Run photos, documents all the West Point Marathon teams over the years. Once, they organized an appearance by a 100-piece high school band to welcome the runners with Army songs. Huljack said it's a little ironic for him to be so supportive of the Army team when his own son is a U.S. Naval Academy graduate and marathon runner.

"But this has always been a good-spirited and honorable exchange," Huljack said.

The Marathon team had much praise for the seam-

less escort provided by state and local police through every county, township and borough across three states. When they could, the marathoners would stop and chat before presenting them with commemorative Army T-shirts. When they couldn't, a few waves and words of thanks got the message across.

A fire truck led the way at one point, bringing the runners to the King of Prussia Volunteer Fire Company, where a large crowd gathered to meet them. After speaking with the cadets, a few photos were taken with community members who then filled the team van with snacks for the remainder of the trip.

Maj. John Dvorak was clearly a happy runner as he completed nearly 20 miles at the end of the trip. The assistant officer-in-charge ran alone at times or with his sister, Therese Dymek, and Wolberg, eventually filling the middle lane of the road with the entire team. Both officers would pump their arms skyward, and Dvorak held the game ball above his head to get a response out of the pedestrians and motorists.

"The adrenaline just carries you out there," Dvorak said, joined by the entire team for the last few miles. "This is the part that makes it all worthwhile ... bringing it home."

Dvorak was a member of the "Glory Van," the group

of marathoners who run the final stretch of road with most of the fanfare along the way. No matter how tired or cold, the entire team musters the energy for the downtown run to the stadium.

"The last few miles were incredible. We were pumped up, it was great," Samland said. "The people, the energy the lights...it was great. That, and knowing we were almost at the end."

The team received miles of support from the Warriors Watch Riders, a national organization of veterans and military advocates who often attend unit deployment and redeployment ceremonies.

Among them was retired Command Sgt. Maj. James Shreve, a former senior enlisted Soldier at West Point. He offered some final words

to the group at the end of their journey and congratulated them for proudly representing the Corps of Cadets and the Army.

"You did an awesome job and you didn't quit," Shreve said.

Shreve said he attended many class graduation ceremonies where the newly-commissioned officers receive their new rank. He was proud to serve with those

graduates, and said he would gladly serve again with this team.

"Hearing from the sergeant major was probably one of the coolest things about this run," Class of 2014 Cadet Benjamin Huff said. "It kind of puts things in perspective. We're not just running the ball for the Army team. It's for the whole Army community, the United States and all Americans."

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

**Ham Shootout**

Silver Wings Golf Course will host its Ham Shootout Saturday from 7 a.m. to 1:30 p.m. The event costs \$20, plus cart and green fees. The game is individual stroke play, and prizes will be awarded to gross and net winners.

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Sun 2:00 & 7:00 • Mon - Thurs 7:00