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

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FORT RUCKER ★ ALABAMA

JANUARY 13, 2011

## NEWSLINES

### CREDIT CARD SCAM

Government credit card holders are vulnerable to phishing e-mails.  
See Page A3 for full story.

### QUIT TOBACCO

Tricare encourages service-members to be one of the million to quit tobacco this year.  
See page C5 for full story.

### MLK JR. CELEBRATION

Fort Rucker hosts a commemorative Martin Luther King Jr. program from 10-11 a.m., today at the Post Theater.  
This year's theme is, "Life's most persistent and urgent question is, what are you doing for others?" Soldiers, Families, civilians and community members are invited to take place in this program featuring gospel singing, scripture reading and guest speaker, Judge Rose Evans-Gordon of Dothan.

### GYM CLOSING

The Fort Rucker Physical Fitness Facility on Andrews Avenue is closed Monday. The Fortenberry-Colton PFF will be open from 10 a.m. to 6 p.m.

### RETIREMENT CEREMONY

The quarterly retirement ceremony is at 3 p.m. Jan. 20 at the U.S. Army Aviation Museum. For more information call 255-2366.

### FRCS LUNCHEON

Fort Rucker Community Spouses Club members host their monthly luncheon Jan. 20 at 10 a.m. at The Landing. This month's theme is Swap it Bingo. For more information or reservations, visit [www.ftuckercsc.com](http://www.ftuckercsc.com).

### SPLASH! POOL CLOSURE

Due to extraordinarily low forecasts in the 20s, Splash! pool is closed during physical training shift today and Friday. The pool is still operational 9 a.m. to 1 p.m. and 4 to 6 p.m. today and Friday and 11 a.m. to 2 p.m. Saturday. Splash! pool closes when temperatures drop below 30 degrees due to health and safety concerns.

## What's Inside

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Community ..... 1-6C  
On-Post .....2C  
Wiregrass .....4C  
Sports ..... 1-4D

## Weather 3-DAY OUTLOOK

**THURSDAY**  
High **46**  
Low **23**  
Mostly sunny

**FRIDAY**  
High **50**  
Low **25**  
Sunny

**SATURDAY**  
High **57**  
Low **31**  
Mostly sunny



PHOTO BY NANCY RASMUSSEN

Retired Army Chaplain (Col.) Alvin M. Sonny Moore III, joins retiring Chaplain (Col.) Stephen L. Cook, Fort Rucker Garrison Chaplain, and others in an opening prayer during Cook's retirement luncheon at The Landing Tuesday. Moore was a mentor to Cook early in his career.

# Chaplain leaves legacy

BY NANCY RASMUSSEN  
Fort Rucker Public Affairs Office

After taking care of Fort Rucker Soldiers and their Families for the past 30 months, Fort Rucker Garrison Chaplain (Col.) Stephen L. Cook is looking forward to retirement and reuniting with

his own wife and Family.

The Garrison Chaplain Staff sponsored a tribute luncheon honoring his career and departure from Fort Rucker at The Landing Tuesday, and his wife was by his side.

When he arrived here in July 2008 from Fort McPherson, Ga.,

Cook's wife, Vicki, stayed there, a situation he looks forward to changing with retirement.

"I have been a geographical bachelor for 2 1/2 years and I'm moving home to Stockbridge, Ga," Cook said.

While he is glad to be returning home, it was obvious by com-

ments made by luncheon emcee Chaplain (Lt. Col.) Mickey Jett, Fort Rucker Deputy Garrison chaplain, and other participants on the program that his leaving will be peppered with sadness for many who have grown to

SEE CHAPLAIN, PAGE A4

# Reveille, retreat return to Fort Rucker

BY JEREMY WISE  
Contributing Writer

The bugle's emission cracks the increasingly quiet evening and echoes through the buildings and trees.

Nearby, Soldiers brace for the shattering sound of 10-gauge cannon fire.

For years, this has occurred at other installations. Now, Fort Rucker community members will again experience this when "Reveille" and "Retreat" observances return to the installation Tuesday.

The ceremony includes the raising and lowering the flag at Howze Field. Soldiers raise the flag at 5:30 a.m. Tuesdays through Fridays and lower it at 5 p.m. Mondays through Thursdays, according to Sgt. Maj. John Hendricks, U.S. Army Aviation Center of Excellence operations.

Once the flag is raised on Friday, it is not

lowered until 5 p.m. Monday. Lights illuminate the flag at night during the weekend.

Cannon fire accompanies both "Reveille" and "Retreat," Hendricks said.

A five-Soldier detail from the 110th Aviation Brigade handles "Reveille" observances each month from the 1st to the 15th. A five-Soldier detail from the 1st Aviation Brigade handles "Retreat" the rest of the month.

A six-Soldier detail from the Noncommissioned Officer Academy is responsible for the "Retreat" services.

"Reveille" and "Retreat" observances occurred on Fort Rucker in previous years, ending during Brig. Gen. E.J. Sinclair's term as commander last decade. When Brig. Gen. Anthony G. Crutchfield took over as USAACE and Fort Rucker commanding general he wanted the ceremonies reinstated, Hendricks said.

"He said, 'Let's bring the pride back to

Fort Rucker, to Army Aviation,'" Hendricks said.

He added the ceremonies remind Soldiers of where they came from, whether it is images of the bugles being played on the frontier to other historical Army images.

"It's the Army itself. That's where we started," Hendricks said, noting the ceremonies give older Soldiers a chance to share pride and tradition with younger, newer service-members.

Even though the events begin Monday, community members should not expect cannon fire until later. Hendricks said members of the installation were picking up a 75-millimeter cannon this week, but an important piece had to be modified to a 10-gauge to prevent car alarms from sounding.

SEE REVEILLE, PAGE A4

# PII compromises lead to financial, security issues

BY JEREMY WISE  
Contributing Writer

People use it every day. It is a very powerful thing that, if harmed or compromised, can cause them financial hardships or even put them at security risks.

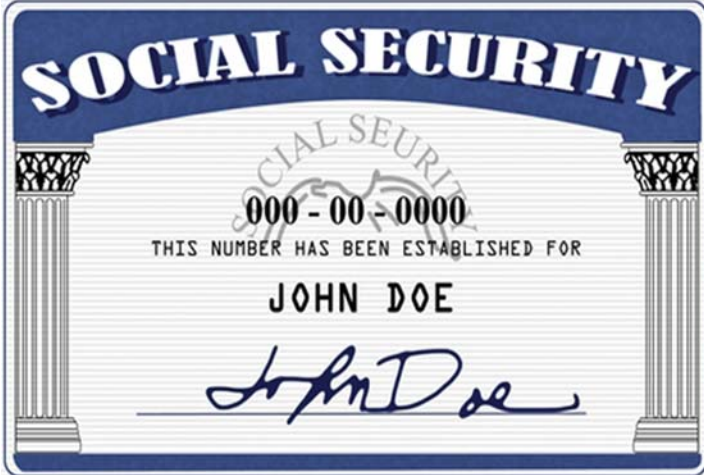
It is personally identifiable information, and as 2011 begins, Fort Rucker officials want to ensure people safeguard others' PII properly.

PII is "any information about an individual maintained by an agency, including, but not limited

to name, Social Security number, birth information, biometric information, or medical information, according to Lillian Yance, Directorate of Human Resources records and publication management.

Federal government agencies were required to protect PII beginning with the Privacy Act of 1974.

"It required agencies to establish appropriate administrative, technical and physical safeguards



COURTESY GRAPHIC

SEE PII, PAGE A5



## ARMYFLIER

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FORT RUCKER COMMANDING GENERAL

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# Perspective

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## Promises made, promises kept

### *Army Aviation's return on RMD 802 investment*

BY BRIG. GEN. ANTHONY G. CRUTCHFIELD  
*U.S. Army Aviation Center of Excellence and Fort Rucker commanding general*

In April 2009, Defense Secretary Robert M. Gates and Gen. Martin Dempsey, U.S. Army Training and Doctrine Command commanding general, visited to the U.S. Army Aviation Center of Excellence and Fort Rucker to assess the center's flight training program and the installation's supporting infrastructure.

After touring Fort Rucker and meeting with USAACE and garrison leaders, flight students, instructor pilots and aircraft maintenance personnel, the secretary concluded his visit by meeting with national and local news correspondents at Cairns Army Airfield.

"I've recommended the president add an additional \$500 million to increase the throughput of pilots and maintenance crews for our helicopters, for our rotary lift capability," Gates told reporters. "That will help us train more instructors, help with the infrastructure, probably get some additional airframes and, at the end of the day what's most important, get us more well-trained pilots that can support our warfighters."

What resulted from Gates' visit was a fiscal commitment by the Department of Defense for more than \$310 million to increase flight student throughput at Fort Rucker given the increased demands for Army Aviation capabilities in Iraq, Afghanistan and elsewhere around the world. Special Operations Aviation would receive additional funding separate from the \$310 million earmarked for USAACE.

Nearly two years after his visit, the additional funding promised by Gates and authorized by the Office of the Secretary of Defense Resource Management Decision 802 has paid great dividends in increasing USAACE's capacity to generate relevant combat power for the operating force.

To meet the operating force's demand for trained and qualified Army Aviators, Army Aviation was directed to incrementally increase the number of flight students from 1,200 in fiscal year 2009 to 1,463 in FY12, and 1,558 by FY15. However, given the complexity of interrelated factors, any increase in student input required additional and corresponding increases in classroom seats, instructor pilots, training aircraft, hangar and ramp space across the five Fort Rucker base fields and a greater refuel and aircraft maintenance capability. The increase in flight training operations meant more airspace congestion and an increased demand for air traffic services throughout the 32,300-square mile local flying area, and the cen-

ter's 17 stage fields and 38 remote training sites.

Since 2009, USAACE committed more than \$92 million for construction of maintenance facilities and additional classrooms across Fort Rucker.

A majority of the funds went to hangar and maintenance facility renovation at the center's four base fields (Hanchey, Cairns, Shell and Knox Army Airfields). Additionally, funding allowed the center to renovate existing classrooms, bringing them up to TRA-DOC's Classroom XXI standards that provides a state-of-the-art environment that leverages the latest technology to assist in making training more effective and efficient.

One of the greatest resource challenges facing USAACE was the number of available instructor pilots. Although the 110th Aviation Brigade remains critically short of instructor pilots with military manning at 74 percent, RMD802 funding allowed for the hiring of 56 additional civilian contract IPs.

With the support of the Army National Guard Bureau, USAACE used the Contingency Operation for Active Duty Operational Support to bring in additional volunteer IPs from the Army National Guard to augment the flight training program. Under CO-ADOS, Reserve Component Soldiers volunteer for active duty assignments for up to three years to support various training requirements pursuant to Title 10 authority. CO-ADOS has been a win-win for the flight training program at Fort Rucker and for the IPs who volunteer. To date, 32 ARNG IPs from 20 states have volunteered for the program and will remain at Fort Rucker for at least 24 months pursuant to available funding. Fort Rucker was also able to fund 19 additional Air Traffic Control specialists, also mobilized under CO-ADOS, to support the increase in flight training operations. The Army's Human Resource Command and G-1 are currently working with USAACE to fill Fort Rucker's IP authorizations to 85 percent. This will bring USAACE to 100 percent aggregate assigned when combined with IPs assigned when combined with the CO-ADOS and contracted IPs.

Adding additional aircraft to Fort Rucker's training fleet was another challenge for the command.

Prior to spring 2009, the center's training fleet consisted of 60 AH-64 Apaches, 77 UH-60 Black Hawks, 25 CH-47 Chinooks, 36 OH-58D Kiowa Warriors, all dedicated to advanced aircraft flight training and 183 TH-67 primary training aircraft. With the support of a number of Army Reserve, ARNG and active duty units Army

wide, the Army redistributed 24 AH-64s and 21 UH-60s to augment the center's training fleet. Funding also allowed contracted maintenance to support an increase of 100 flight hours-per-airframe per year (up from 500 hours) that would correspond to the increased demand in student input numbers.

With the incremental increase in IPs, available training aircraft and Aviation maintenance and classroom capacity, the command began to slowly increase the number of flight students in mid-2009 by increasing the student capacity of the Initial Entry Rotary Wing common core classes. A typical IERW class in 2008 included 52 students and yielded an annual total of about 1,200 IERW graduates. With the multitude of improvements made possible by RMD802 funding, by April 2011, IERW classes will have 60 students and will generate 1,267 flight students in FY11 and reach a steady state of 1,558 graduates in FY15.

While the Aviation Center is on a solid glide path to increase the number of flight graduates over the next few years, output alone is only half of the equation needed to train and sustain the flow of highly qualified Aviation professionals to rapidly meet the demands of commanders worldwide. The other half, and equally complex, involves eliminating the backlog of flight students currently in the training pipeline.

Upon completion of the Basic Officer Leadership Course, flight students undergo Helicopter Over Water Survival Training and Survival, Escape, Resistance and Evasion Level-C training prior to beginning IERW common core flight training. Upon completion of IERW, students move to advanced aircraft training in one of the four advanced aircraft (Apache, Kiowa Warrior, Black Hawk or Chinook). This is where backlog occurs due to a number of factors including aircraft availability, weather, instructor pilot availability, classroom scheduling and even student availability.

In some past cases, students spent up to two years at Fort Rucker when actual flight training instruction only demands nine to 12 months depending on the advanced aircraft training the student received following IERW common core.

In August 2010, the command established a Student Backlog Tiger Team from experts across the command to define the problem(s), collect data, assess current policies and procedures and develop viable solutions to eliminating the current backlog. The team is looking holistically at flight training from before students arrive at Fort Rucker to after they graduate and depart.

Since spring 2009, USAACE managed to reduce the backlog by 46 percent. To date, the team has made a number of recommendations that, once implemented, will serve to completely eliminate the backlog sometime between May and September. To us, sooner is better than later.

When I became the Army Aviation branch chief and commander of USAACE and Fort Rucker in August 2010, I made the elimination of the flight training backlog no later than September 2011 the command's highest priority. Again, we are on track to meet this goal based on the incredibly hard work being done by Soldiers, civilians and contractors across USAACE and Fort Rucker. It was the leadership and oversight of former USAACE and Fort Rucker commander Maj. Gen. Jim Barclay and his team who set the gears in motion nearly two years ago that got us where we are today. In September 2009, Barclay told a group of local business leaders that the easy part in this was getting the check and depositing it in the bank.



"The truly challenging part," he said, "was putting together an excruciatingly detailed plan and synchronizing it across the entire Aviation Center of Excellence so that every tax-payer dollar was spent wisely and with the greatest return."

With his vision and dogged determination, the USAACE team took the ball into the "Red Zone." I believe we can get it into the "End Zone." We are determined to do so.

While it may appear that we are "first and goal" there is still hard work to be done. My guidance five months ago was that flight training standards would not be lowered. That guidance will not change.


Our branch's reputation, forged by the professional men and women who form Army Aviation, has never been stronger because we remain a standards-based profession. That cannot change even with the tough decisions that will follow in the upcoming months. We will also maintain a cost-culture awareness in everything we do that will allow us to accomplish the mission at best cost rather than at any cost. As our Army moves into fiscally uncertain times, Army Aviation currently has sufficient resources to continue training, support worldwide operations and respond to new threats or crisis. But, we recognize that there will be no excess.

The promise made by Gates and OSD in April 2009 was honored. The return on that investment will ensure Army Aviation meets the demands of commanders worldwide, today and in the years to come.




# Rotor Wash


“Why is it important to celebrate Dr. Martin Luther King Jr. Day?”




**Retired Command Sgt. Maj. Richard Frye, CSC**  
“Martin Luther King Jr. is known for advocating non-violent equal rights and in this world of violence it is important to recognize his statesmanship.”




**Sgt. Steven Sherwood, HHC, 1st Bn. 126th Avn. Regt., Aviation Operations Specialist**  
“His opinions and his ideas brought positive changes as far as equal rights to every individual.”



**Pfc. Michael Striegel, 164th TAOG, Supply Unit Clerk**  
“He changed our country by helping African Americans have more freedoms and rights.”



**2nd Lt. Nick Tsamoutales, C Co., 1st Bn. 145th Avn. Regt., Flight Student**  
“It not only recognizes the man and his message, but also demonstrates that the civil rights movement is an important part of our history.”



**Spc. Jonathon Wright, D Co. 1st Bn. 13th Avn. Regt., Carpentry and Mason Specialist**  
“He is the leading civil rights movement person that helped us all become equal.”



# D6 shares AFAP issues update

BY LT. GEN. RICK LYNCH  
*Installation Management Command  
commanding general*

As the Assistant Chief of Staff for Installation Management, I have an important responsibility to oversee the Army Family Action Plan process, which is a program that enables Soldiers, civilians and Family members to communicate quality of life issues to Army leaders. Information provided through this process allows leaders the opportunity to affect changes that will lead to a more satisfied and resilient Army community.

Every month subject matter experts from across the Army meet to analyze recommendations submitted through the AFAP process to determine if they are achievable. These recommendations will then be presented at the next annual General Officer Steering Committee in January 2011. I have promised to regularly communicate our progress throughout the process. This month we reviewed recommendations related to employment and Family support.

Issue Number 617 recommends providing greater visibility of qualified Wounded Warrior job applicants to federal hiring officials. The Civilian Human Resource Agency has made much progress with this issue. One accomplishment is their partnership with the U.S. Department of Veterans Affairs to integrate the use

of their Veteran Resume Inventory (VetSuccess.gov) into Army recruitment business processes. Additionally, CHRA has developed:

- The Civilian Personnel On-Line Wounded Warrior Web page.
- The Wounded Warrior Referral Process.
- The Wounded Warrior and spouse Web-based resume inventory.
- A briefing that explains how to direct-hire Wounded Warriors. This briefing is now included in the mandatory New Supervisor's Training Course.

Department of Defense State Liaisons and the Army have also made progress on Issue Number 524, which recommends granting unemployment compensation to military spouses that leave their jobs when accompanying service members on a permanent change of station move. To date, 38 states provide unemployment compensation while the District of Columbia and Maryland evaluate eligibility on a case-by-case basis. Ohio and Tennessee have active legislation in progress to provide unemployment compensation. Outreach efforts are being focused on the remaining states to solicit their support for these dedicated military spouses and their Families.

Issue Number 556 is a recommendation to eliminate the financial inequities in the



Lt. Gen. Rick Lynch

DoD Child Care Fee Policy due to a limited number of Total Family Income categories. Work on this issue resulted in the addition of three new categories and an expanded fee range in each category. We are on track to achieve our school year 2012-2013 goal of reaching an Army-wide single fee in each TFI category, which will result in more consistency and predictability for Families as they move from post to post.

Issue Number 639 recommends that Advanced Individual Training Soldiers who require Exceptional Family Member services and have received an overseas assignment remain at their current installation until notification of EFM service availability and command sponsorship is granted by the overseas travel approval authority. As a result of this recommendation, a rapid revision to AR 608-75, which governs the Army Exceptional

Family Member Program, is in the process of being published. The revision directs that all Soldiers with EFMs will remain at their current installation pending notification of EFM service availability and command sponsorship from the overseas command.

Although we have made progress with some issues, we still have work to do on others. This month we will continue to analyze the attainability of the following issues:

- Authorizing 100 percent of the death gratuity to any person designated as a beneficiary by a Department of the Army Civilian killed in a military contingency operation (regardless of their relationship). Currently the law only recognizes spouses, children, parents or siblings as eligible survivors (Issue Number 634).
- Establishing a centralized Department of Defense leave donation bank for civilian employees (Issue Number 615).
- Aligning compensatory hours with standard overtime rates for Army Civilians (Issue Number 649).
- Standardizing and enforcing the Total Army Sponsorship Program by providing trained and available sponsors equipped with the information and referral resources needed for Soldiers and Families during times of transition (Issue Number 609).

- Accounting for the unborn children of pre-existing pregnancies when calculating the transitional benefits for Family members of military personnel who were separated and discharged due to domestic abuse (Issue Number 625).

- Coordinating with U.S. Citizen and Immigration Service for approval of DoD-administered fingerprinting and physical examinations (Issue Number 515).

- Providing EFMP enrollment eligibility for Reserve Component Soldiers (Issue Number 650).

- Conducting a holistic review of Family Readiness Group fundraising in the Active and Reserve Components (Issue Number 652).

The Army is working the issues, but the Army Family Action Plan is your program. I encourage you to learn more about the AFAP process and follow the progress on issues that are currently being worked. I invite you to visit the Army OneSource website at [www.mymilitaryonesource.com](http://www.mymilitaryonesource.com) and select the Family Programs and Services menu to activate the AFAP active issue search feature.

Once there, you can search by keyword or issue number. You can also search by subject area, demographic group or geographical area to see what we are doing to improve the quality of life for Soldiers, civilians and Families.

## E-mail scams targeting Visa card holders

U.S. GENERAL SERVICES  
ADMINISTRATION OFFICE  
OF CHARGE CARD  
MANAGEMENT  
*News Release*

A sophisticated e-mail scam is targeting Visa card holders, and if community members do not stay cautious, their account information can be stolen.

The phishers attack people by enticing them to join the "Verified by Visa" program. People targeted have received e-mails similar to this:

*Dear Visa Card user,*

*In addition to our other ways of preventing, detecting, and resolving fraud, we offer Verified by Visa, a free, simple-to-use and free service that confirms your identity with an extra password when you make an online transaction.*

*Since January 20, 2011 we require all our customers to enroll their Visa cards in the Verified by Visa program. If you do not do so you will not be able to shop online with your Visa card.*

*This is a reminder to activate the Verified by Visa feature for your card as soon as possible.*

*Click here to activate your account.*

*We thank you for your prompt attention to this matter. Please understand that this is a security measure intended to help protect you. We apologize for any inconvenience.*

*Sincerely,  
Visa Inc.*

Ironically, "Verified by Visa," is an actual security program issued by Visa.

In spite of the seemingly genuine logos and

formatting in the message, it does not originate from Visa. Instead it is a phishing scam intended to steal financial information. Those who do click on the link in the message will be directed to a fake Web site designed to closely resemble a genuine Visa web page.

The fake site will request details about the cardholder's account, which can then be harvested by the scammers running the phishing operation.

While no local attacks have been registered, community members may be at a high risk since all government issued cards are Citibank Visa cards, according to Kitty Keener, Fort Rucker Directorate of Resource Management.

She mentioned the attacks can come through Army Knowledge Online accounts.

To safeguard against potential threats, Keener said community members should never respond to an e-mail asking for vital financial information.

"We never ask for account information. We never ask for checking account information, Social security numbers," she said.

If a person feels his or her account has been compromised, they can call the Citibank customer service number on the back of the card or Keener and ask to cancel. If charges have been incurred, people can file dispute forms within the first 60 days, Keener said.

If people receive suspicious correspondence, report it to Citibank at 1-800-200-7056 or Keener at 255-3133.

*Editor's note: Jeremy Wise contributed to this article.*

THE NEW LEADING CHANGE TEAM (LCT) IS BEING FORMED!  
THE LCT WORKS WITH THE USAACE SENIOR LEADER TEAM  
TO GUIDE CHANGES THAT ARE TAKING PLACE THROUGHOUT  
THE USAACE COMMUNITY.

USAACE  
WANTS YOU  
ON THE LCT

IF YOU POSSESS LEADERSHIP SKILLS,  
COMMUNICATION AND ANALYTICAL SKILLS, AND HAVE A  
SENSE OF URGENCY.

THE LEADING CHANGE TEAM IS COMPRISED OF  
PEOPLE FROM ALL LEVELS OF USAACE AND THE  
FORT RUCKER COMMUNITY. THE TEAM'S MAKEUP  
REPRESENTS A VARIETY OF EXPERIENCE LEVELS AND  
ABILITIES, WHICH ENABLES THE TEAM TO MAKE  
INFORMED AND INTELLIGENT RECOMMENDATIONS WHICH  
WILL BENEFIT US NOW AND INTO THE FUTURE

APPLY NOW

visit us at [www.rucker.army.mil/leadingchange](http://www.rucker.army.mil/leadingchange)  
or email questions to [ruckerlct@conusarmy.mil](mailto:ruckerlct@conusarmy.mil)



# Chaplain: Bittersweet departure opens world of opportunity

Continued from Page A1

know him.

“Retirement is often bittersweet. It is a time of welcome anticipation for the one retiring, but it is also a sad realization for those left behind. In my brief time here, I have been impressed with what Chaplain Cook has accomplished,” said Col. James A. Muskopf, Fort Rucker garrison commander.

Cook’s dedication to his profession is evidenced by those he has served with over the years, including retired Army Chaplain (Col.) Alvin M. Sonny Moore III.

Before Moore led the audience in prayer, he reminisced about the early days he spent as Cook’s lead chaplain and mentor.

A video production portraying high points of Cook’s career entertained the gathering following Moore’s comments. The video, produced by Frances Turner, chaplain administrative assistant, featured a combination of Cook’s favorite music and photos of him with Soldiers, chaplains and celebrities Gary Senise and Robert DeNiro, among others.

“Since Chaplain Cook’s arrival, he has always displayed a special care and concern for the Soldiers and Families, as well as the entire Fort Rucker community. His humor involves his great magic tricks which always put a smile on your face at the right time,” Turner said.

When he first arrived, Cook was intent on providing the very best to Fort Rucker Soldiers and Families and caring for the chapel’s Religious Support Team and their Families.

“We usually do pretty good taking care of our Soldiers and Families, but not ourselves. I really push that hard — that our chaplains and chaplain assistants, have got to take care of themselves and their Families, Cook said.

Cook’s devotion to his spiritual team spans religious denominations — a welcome trait among chaplains here.

“In the brief six months that I have been here, it has been wonderful to work with an installation chaplain who is supportive not only of his chaplains in general, but I can also speak particularly to his support to the Catholic community,” said Chaplain (Capt.) Christopher Butera.

“I wanted to make this workplace a better place where people want to come to work. I wanted to build a very cohesive and effective team delivering the abso-



PHOTO BY NANCY RASMUSSEN

lutely best religious support,” Cook said.

Ground breaking for the new chapel here was his proudest achievement, he said. He added that working in such a budget constrained environment and being separated from his family were the most challenging issues during his tenure here.

In addition to the many verbal accolades spoken at Cook’s farewell, Muskopf presented both Cook and his wife with physical symbols of his military career achievements from Chaplain (Maj. Gen.) Douglas Carver, U.S. Army Chief of Chaplains.

On behalf of Carver, Muskopf presented Cook with the Seal Chaplain Corps Retirement pin, a retirement letter and certificate of appreciation and Vicki with a gold chaplains’ crest pendant trimmed in black.

After his departure this month, Cook said he intends to further his education and perhaps that of others.

“I hope to go back to school for a Doctorate of Ministry degree,” he said. “I wanted to be a teacher when I started college in 1968. I was at the Chaplain School from 1995 to 1999 and got to teach new chaplains. I really enjoyed that — we will see how that goes.”

# Reveille: Soldiers, civilians should always remember guidelines

Continued from Page A1

## What to do when you hear “Reveille” and “Retreat”

- Soldiers not in formation:**
- On the first note of “Reveille,” Soldiers should come to attention and salute the flag. If the flag is not visible, Soldiers should face in the direction of the music and salute.
  - In the evenings, “Retreat” is played before “To the Colors.” On the first note of “Retreat,” Soldiers should come to attention and face the flag. If the flag is not visible, Soldiers should face in the direction of the music.
  - On the first note of “To the Colors,” salute. Exceptions are made if duty requires Soldiers to face elsewhere or saluting hampers the assignment.

**Soldiers in formation:**

- The senior Soldier will

- call the group to attention and then parade rest at the first note of “Retreat.”
- That same Solider will call the group to attention and “Present, Arms” at the first note of “To the Colors.” At the conclusion, “Order, Arms” is called.

**Civilians/Soldiers in civilian clothing**

- When in civilian cloth-

- ing, Soldiers should place their right hands over their hearts instead of saluting.
- Civilians should remove hats and place their right hands over their hearts.
  - Military veterans have two options: salute like other civilians or render a military-style salute.

**While in vehicles:**

- Vehicles in motion

- should stop.
- People in cars or on motorcycles should dismount and render proper honors.
  - If Soldiers are with a group in a military vehicle or bus, only the individual in charge will dismount the vehicle and salute.

Source: Sgt. 1st Class Nicholas Beauchamp, NCO Academy.

# Opportunity Knocks

## >>>Employment Forum<<<

The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit [www.cpol.army.mil](http://www.cpol.army.mil).

<b>Internal</b>	<b>Instructional Systems Specialist (Quality Assurance)</b> GS-1750-12 SCEG10674249 Closing Date: Jan. 18
<b>Helicopter Flight Instructor (OH-58 A/C)</b> GS-2181-13 SCEG10543610R Closing Date: Jan. 13	<b>Aviation Projects Manager</b> GS-0301-12 SCEG11684892 Closing Date: Jan. 18
<b>Electrical Engineer</b> GS-0850-12 SCEG10705423 Closing Date: Jan. 13	<b>Supply Technician (OA)</b> GS-2005-06/07 SCEG11729175 Closing Date: Jan. 19
<b>Supervisor Air Traffic Control Specialist</b> GS-2152-11 SCEG10673959 Closing Date: Jan. 13	<b>Equipment Specialist (Aircraft)</b> GS-1670-12 SCEG11704968 Closing Date: Jan. 19
<b>Air Traffic Control Specialist (Terminal)</b> GS-2152-10 SCEG10673984 Closing Date: Jan. 14	<b>Plans and Operations Specialist</b> GS-0301-12 SCEG11697523 Closing Date: Jan. 19
<b>Medical Support Assistant (OA)</b> GS-0679-04 SCEG11770369 Closing Date: Jan. 14	<b>Information Technology Specialist (APPSW/SYSADMIN)</b> GS-2210-09 SCEG11634525R Closing Date: Jan. 19
<b>Flight Instructor (Non-Rated Crewmember)</b> GS-0301-09 SCEG10739265 Closing Date: Jan. 14	<b>Social Science Analyst (Safety)</b> GS-0101-09/11 SCEG11597874R Closing Date: Jan. 19
<b>Logistics Management Specialist</b> GS-0346-13 SCEG11672546 Closing Date: Jan. 17	<b>Supervisor Counseling Psychologist</b> YC-0180-02 SCEG11751222 Closing Date: Jan. 19
<b>Physical Therapy Assistant</b> GS-0636-05 SCEG11770483 Closing Date: Jan. 18	<b>Supervisor Social Worker</b> YC-0185-02 SCEG11751222 Closing Date: Jan. 19
<b>Safety and Occupational Health Manager</b> GS-0018-13 SCEG11708346 Closing Date: Jan. 18	

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# PII: Loss could lead to security breach

Continued from Page A1

to ensure the security and confidentiality of records and to protect against any anticipated threats or hazards to their security or integrity, which could result in substantial harm, embarrassment, inconvenience or unfairness to any individual on whom information is maintained," Yance said. "It is imperative that federal agencies protect the confidentiality of PII unauthorized and from inappropriate access, use and disclosure because it can seriously impact individuals by contributing to identity theft."

Michael Whittaker, installation antiterrorism officer, said the loss of PII can lead to security breaches for individuals, as well.

"We've heard of people getting phone calls and all kinds of harassment," he said. "It's not just the terrorists. There are a lot of whack-a-dos out there."

Government agencies label breaches based on low, moderate or high impact. Low impacts create a minor inconvenience, while moderate impacts

include financial loss, denial of benefits or discrimination, Yance said.

High impacts lead to serious physical, social or financial harm.

These are mitigated through several steps, Yance said.

Organizations should develop proper security policies and train all individuals on them. They should also implement privacy-specific protection measures.

For all paper-based records, PII should include "FOR OFFICIAL USE ONLY" markers. When faxing PII, label the information FOUO and call the destination to ensure someone is waiting to receive the fax immediately.

When e-mailing PII, encrypt the correspondence.

If a breach is believed to occur, Whittaker said people should immediately call the Network Enterprise Center or their information management officer. If people spot a breach, an immediate response would be to reply to the e-mail and issue a desist command, he added.

Failure to report an unintentional compromise can be interpreted as an intentional breach,



COURTESY PHOTO

and people responsible for it can be held criminally liable, Whittaker said.

"We are all vulnerable to identity theft, whether on a government computer or a personal

computer. Hackers might take over your computer to send spam or perform attacks on other computers using your (Internet protocol) address," Yance said. "Remember that it is easier to protect your PII before it is

stolen than it is to restore it afterward.

"If you are a government employee who maintains records that contain PII, remember: if you collect it, protect it," she said.

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<sup>1</sup>Average auto premiums based on countrywide survey of new customers from 10/1/09 through 9/30/10, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of competitors' names does not imply affiliation, endorsement or approval. <sup>2</sup>Storage discount is not available in CA, HI, MA, NC, NY, PA and VA. To qualify for the discount, the vehicle must not be driven and must be stored in a secure location. Other restrictions apply. <sup>3</sup>Also known as Military Installation Discount, this is a reduction in your premium for comprehensive coverage, except in CA, where it applies to your premium for collision coverage. Not available in MA and NY. Other restrictions apply.

Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. © 2010 USAA. 123262-1110





# Real Estate Page



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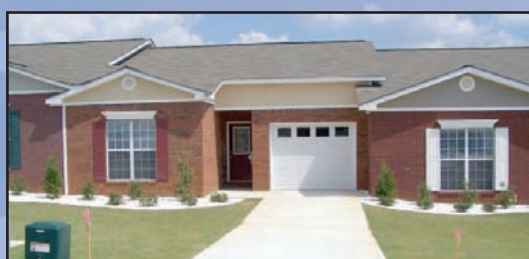


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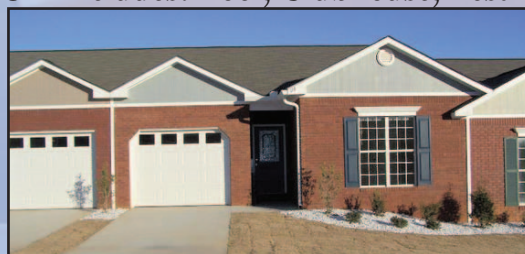
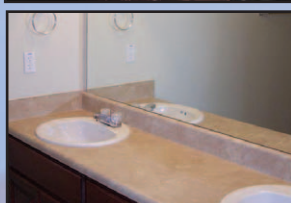
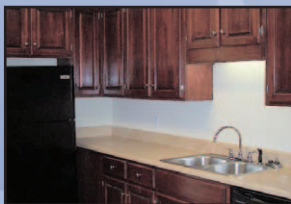
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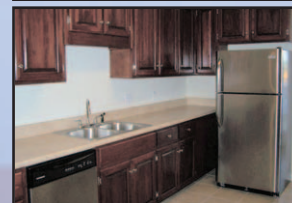
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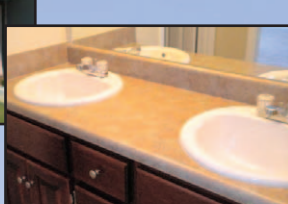
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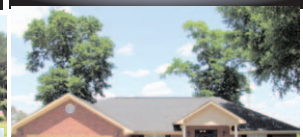
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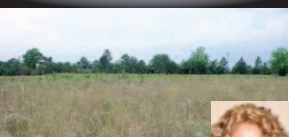
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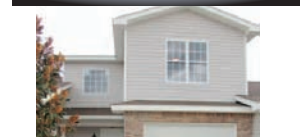
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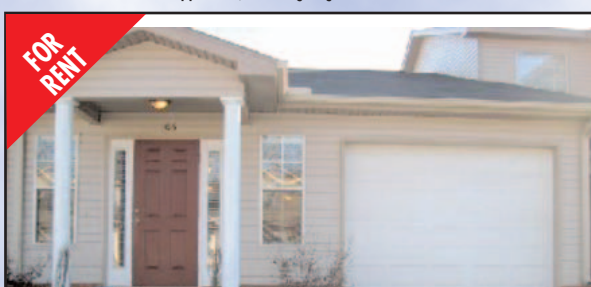
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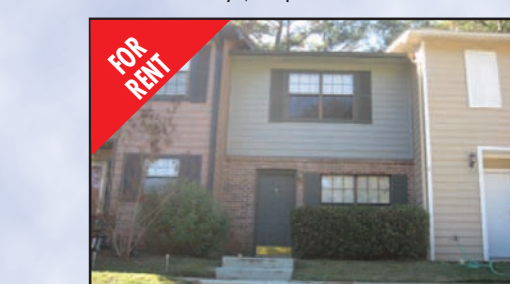
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# ARMYWIDE

VOL. 61 ■ NO. 02

ARMYFLIER★COM

JANUARY 13, 2011

## ARMY BRIEFS

### 'DON'T ASK' REPEAL PROCESS

WASHINGTON — Defense Secretary Robert M. Gates described the Pentagon's three-step process for preparing to allow gays to serve openly in the military services Jan. 6.

"Our goal here is to move as quickly, but as responsibly, as possible," Gates said. "I see this as a three-step process. The first is to finalize changes in regulations (and) policies (and) get clearer definition on benefits."

The second phase is to prepare training materials for use by personnel specialists, chaplains, commanders and other leaders, and those who are in daily contact with servicemembers, he said.

The third phase is the actual training for service members.

"We're trying to get the first two phases of that process done as quickly as possible," Gates said. "My hope is that it can be done within a matter of a very few weeks, so that we can then move on to what is the real challenge, which is providing training to 2.2 million people."

"From my perspective," the chairman said, "now is not the time to 'come out,' if you will," noting that even after the required certification takes place, the present law will remain in effect for 60 more days.

### SUICIDE PREVENTION

WASHINGTON — A suicide prevention task force for troops and veterans has been added to a national alliance that officials hope will help bring more attention to the issues and offer solutions in the future.

The National Action Alliance for Suicide Prevention last week announced that troops and veterans, identified as a high-risk group, were added because of their increased suicide rates.

"Combined with initiatives already under way by the Department of Defense and the (Department of Veterans Affairs), this task force will further strengthen prevention, bringing together the best minds in the public and private sectors," said Army Secretary John McHugh, co-chair of the alliance.

### NEW MRAP BUMPER

FOB FENTY, Afghanistan — Looking to improve their vehicles' performance, two Soldiers from the 426th Brigade Support Battalion, 1st Bde. Combat Team, 101st Airborne Division, came up with an idea for a new bumper on the Mine-Resistant, Ambushed-Protected all-terrain vehicle.

Sgt. Shawn Brunney and Staff Sgt. Jason Lawson developed the first push bumper for use on missions along Main Supply Route California.

"On our routes, we take local-national trucks with us," said Brunney. "They tend to break down, and during engagements we need to be able to move them quickly so everybody can get out of the kill area. And that was the beginning of everything, as to why we started building these bumpers."

Before the bumper was created and perfected, using the M-ATV to push other vehicles was damaging its hood, radiator and other parts.

"It was taking forever to get hoods in, and our vehicles would be deadlined because of the hoods," said Lawson.

# A bird's-eye view

## Army's sole Aviation brigade in Iraq sees success from above

BY SPC. ROLAND HALE  
Enhanced Combat Aviation  
Brigade, 1st Infantry Division  
Public Affairs Office

CAMP TAJI, Iraq — While Operation New Dawn has changed the role of most U.S. forces in Iraq, it has not curbed the momentum of an Army Aviation brigade from Fort Riley, Kan.

For the Enhanced Combat Aviation Brigade, 1st Infantry Division, operations actually increased after most of the combat troops

left. Since March the brigade has flown over 100,000 hours, moving more than 230,000 passengers and 7.5 million pounds of cargo.

Flying out of 14 locations across Iraq, nearly every helicopter in the country wears the unit's distinct "Big Red One" patch. If an aircraft doesn't wear the patch, it likely still belongs to it, as the brigade is now the Army's only Aviation brigade deployed here.

SEE VIEW, PAGE B4



PHOTO BY SPC. ROLAND HALE

An Army UH-60 Black Hawk helicopter flies low over Camp Taji, Iraq, Jan. 3. The helicopter belongs to the eCAB, 1st Inf. Div., the Army's only Aviation brigade deployed to Iraq.



PHOTO BY SPC. ROLAND HALE

An HH-60M MEDEVAC helicopter from C Co., 3rd Bn., 126th Avn. Regt. spins up for a mission out of Camp Taji, Iraq, Jan. 3. The unit is the first to receive the HH-60M, which is the Army's newest MEDEVAC helicopter.

## New MEDEVAC helicopters take flight in Iraq

BY SPC. ROLAND HALE  
Enhanced Combat Aviation Brigade, 1st Infantry  
Division Public Affairs Office

CAMP TAJI, Iraq — The Army's newest medical evacuation helicopter is seeing action for the first time in Iraq while serving as a test bed with a Vermont National Guard Aviation company.

The Soldiers of C Company, 3rd Battalion, 126th Aviation Regiment, deployed in No-

vember with a dozen HH-60M MEDEVAC helicopters, the latest medical variant of the Army's Black Hawk airframe.

In addition to their MEDEVAC mission, the unit's crews are working with representatives from Sikorsky Aircraft Corporation to work through the kinks of the aircraft's new systems.

Already the new bird is popular with crew.

"It's like going from a '67 Buick to jumping

into a brand new Cadillac," said Sgt. David Diminico, an HH-60M crewmember.

The MEDEVAC features include an integrated electrocardiogram machine, an oxygen generator, electronically controlled litters, an infrared system that can locate patients by their body heat and a built-in, external hoist.

"There's a lot of the stuff built into this

SEE FLIGHT, PAGE B4

## 159th CAB Soldier receives Air Medal, Purple Heart

BY SPC. SHANIKA L. FUTRELL  
159th Combat Aviation Brigade  
Public Affairs Office

FORT CAMPBELL, Ky. — A Soldier with the 563rd Aviation Support Battalion, 159th Combat Aviation Brigade, 101st Airborne Division, was awarded the Purple Heart and Air Medal during a ceremony here, Jan. 4.

Maj. Gen. Francis Wiercinski, the acting senior commander for the 101st Airborne Division, presented the awards to Spc. Leandro Garcia for exceptional meritorious service while serving as a door gunner aboard a CH-47 Chinook that was shot down by enemy fire during the 159th CAB's deployment to Afghanistan last year.

"It was an honor to have someone so high in the chain of com-

mand to take the time and present me with this award today," said Garcia.

Garcia is a truck driver who volunteered to serve as a Chinook door gunner with 7th Squadron, 17th Cavalry Regiment, during the deployment and participated in extensive training to prepare him for this role.

"It was the training our unit instilled in the crew that brought us back," said Garcia. "Training was essential to this mission, and I am thankful that we were prepared."

The Jan. 17, 2009, mission that led to Garcia's awards was supposed to be a routine resupply mission to Outpost Restrepo. But Outpost Restrepo is located in the heart of the Korengal Valley,

SEE HEART, PAGE B4



PHOTO BY SPC. SHANIKA FUTRELL

Maj. Gen. Francis Wiercinski, the acting senior commander for 101st Abne. Div., presents an Air Medal to Spc. Leandro Garcia, a fueller with the 563rd Avn. Spt. Bn., 159th CAB, during a ceremony at Fort Campbell, Ky., Jan. 4.



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**STEEL BUILDING** YEAR END CLOSEOUT! SAVE THOUSANDS! Canceled Orders, Repo's. 30x35, 16x20, 24x25, others. Limited supply selling for Balance Owed. Additional Display Program Savings. 866-352-0469

## PETS & ANIMALS

### BIRDS, FISH, EXOTIC ANIMALS



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**flight condition Ready**  
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### CATS

**2 Sweet Cats-** need indoor home and lots of attention  
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**Free Kittens to GOOD home** . multicolor, litter trained, 8 weeks, 334-805-8944 or 334-805-0057

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### DOGS

**Chocolate Boykin Spaniel Puppies-** 7weeks old, S/W UKC & AKC \$700. Call 334-695-0060 or 334-695-1382

**CKC Boston Terriers Puppies!** UTD on shots and worms, ready on 1/16 M/F \$300 334-693-9195

**CKC Mini-Schnauzers** Black & Silver (2) \$375 Chocolate (1) \$475 Taking Deposits. S/W, Groomed. Ready in February 334-889-9024

**FOUND Cocker Spaniel** FM on Slocomb backroads-beautiful. Call to identify.334-791-7312

**FOUND: Female Pitt Bull** on 84 and Sanders Rd. 334-791-7312 Call to identify.

**Found:** Tan and white mix dog, Salem Rd near Shellfield Rd in Enterprise Call 334-347-1077

**Lab Puppies:** CKC registered. \$100. (334)735-3481

**Lost:** black poodle 5lbs, Cherokee and Keating rd. Reward upon return Call 334-596-2382

**LOST!! Cavalier King Charles Spaniel** , brown & white named Sophie w/collar,no tag. Lost Woodmere S/D 334-699-3898 or 334-216-2431

**LOST female Boxer** on Northside Dr. No collar, inside dog. 334-494-2188

**Rescued dogs for very loving home-** lab mixes, terriers, pit-bulls, mini golden retriever and more. All need responsible and loving pet owners. Call 334-791-7312

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## FARMER'S MARKET

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Insert the job number above.  
Click search to review the position and click "submit my resume to apply."  
Call 877 532 7462 to be screened immediately. EOE M/F/D/V

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## RESIDENTIAL REAL ESTATE FOR RENT

### APARTMENTS UNFURNISHED

#### Camelot Apartments

**New Year Special ½ off First Months Rent! 1 and 2 Bedroom Apartments- \$300/\$350 month, plus \$300/deposit, pool and laundry on premises, Approved Credit Needed. Small dogs OK with pet fee. Call 334-347-0604**

## COMMERCIAL REAL ESTATE FOR RENT

### OFFICE & DESK SPACE

**Office Space for Rent in Enterprise, Also** , fenced and unfenced open space for rent. Call Tim Whitehead at 334-347-8906

## RESIDENTIAL REAL ESTATE FOR SALE

### CONDOS & TOWNHOMES

**Auburn, Student Condo, 2B/2B** , w/Loft across from Vet School. Wire Rd. on Tiger Transit route, Convenient location. \$91,500, 334-501-2045 [gunwright@bellsouth.net](mailto:gunwright@bellsouth.net)

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**BY OWNER** private setting, four -.5.5 & two-7.8 acre tracks, 8 miles from Dothan airport, 8 miles from Headland square, paved road, county water, phone & electric service. Owner will Finance, at 6.5 % interest \$4,750 per acre. 770-378 -1559

**2BR/1BA-** Separate living & dining room, quiet area in New Brockton, Call 207-439-9646



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**Honda '02 XR250R** Dirt Bike. Excellent condition \$2200 Firm. Please Call 8PM-11PM 334-684-9129

**Honda '08 TRX250 4-wheeler** . Red. Excellent condition. New cost \$4,399. Will sell \$2,500. 334-797-2337

**Honda 2007 TRX 90 Youth 4 wheeler.** Almost New! Elec. Start, Red, Low hrs, Garage Kept. \$ 1,500. OBO. 334-796-3721

**Kawasaki '08 Kfx** 90 ATV Kid's model 36345 (334)726-2168 [jqwcpa@live.com](mailto:jqwcpa@live.com) \$1500.00

**Kawasaki '09 KXF250-** Motor by BPM, 2 brothers performance pipe. Very fast bike for the motor-crossing extremist. 334-726-3842

**Polaris 500, '06** 4x4 Automatic, low hours & miles, \$4,200. 850-482-8717.

**Polaris '96 2x4 Magnum 425hp 4-wheeler** Good condition \$1,750. 334-792-5253

**Yamaha '04 Bruin-** 4wd, extra low hours, cam ouflage. \$4,000. Call 334-795-6743



**Yamaha '05 Raptor 660** , 5-speed Manual 2WD. Good condition \$2300 OBO Call 334-477-0185

### BOAT SUPPLIES & ACCESSORIES

**Mariner motor 4HP** , low hours, runs great. short shaft. Fresh water used only, \$525. 334-441-8421

### BOATS

**16 FT GLASS STREAM BOAT** 28HP Johnson, trolling motor, depth finder \$2,300. Call 334-232-4610

**24' Pontoon Boat '95-** Runs great, \$7,500 OBO Call 850-573-1920

**Bass Tracker 06 Pro-team** 175 Mercury out board, Trailstar trailer, not used, off the showroom floor. Sheltered and maintained \$9,000. Call 229-723-9277



**Bass Tracker '09 Pro 160** 16 ft. 30HP Mercury with power trim, trolling motor, depth and fish finder, only 5 hours on motor. Is in like new condition. \$8,300. Call 334-493-7700

**Chinew- 14 ft.** with 4HP motor and new trailer. Excellent condition, \$1,450. 334-596-1738

**Chrysler '78- Fish-n-Ski** , 15 ft, 40HP Chrysler motor, \$1,500 OBO 334-687-6863 or 334-695-2161


**Correct Craft Torino 17ft** . complete refit '07 350CID/450 hp Penta outdrive. Garage kept. Excellent condition. Very fast!!! \$10,750. 334-347-7930

**Cruise Master LE, '05** , 36ft workhorse chassis 8.1 gas engine, 22k mi., no smk, 7kw gen. 3 sl, SAT, 2 TV, 2 A/C, auto leveling, R cam. Roadmaster tow/brake system, '05 Jeep Wrangler Unlimited, 41k mi, Auto air, 6 cyl, \$75k w/jeep, \$60k without jeep, both in great cond. selling due to health. 850-352-2810 DO 10984

**Fisher '01 Hawk-** 18 'ft Class 2, with 115 Mercury outboard motor with trailer, 2 fish finders, trolling motor, access ladder, Bemini, AM/FM radio, on board charge, cover, very well kept in-door shelter. \$14,000. Call 334-685-7319

**Gheenoe Camo 13' with trailer** . 2HP motor. 32 # thrust trolling motor. \$1,500 Firm. 334-793-3432 Night: 334-677-5606

**Pontoon '02 by Sport Crest-** Less than 15 hrs. Great Condition \$6,400. 334-447-5001



**Sailboat '76-Catalina 30'** , 2 cycle Yarmar diesel engine. Very low hours; less than 250. Roller furling, bimin, head, micro, fridge. Good condition Docked @ Snug Harbor slip B-6.334- 673-0330. REDUCED to \$12K

**Seacraft, '89, 20 ft-** Center console, '95 225HP Johnson, dual axle trailer w/brakes. Great condition, very clean. \$5,500. 334-791-4891

**Seado RXP '05** , Jet Ski, 60 hrs. Very clean, life jacket and cover included. \$5,500. 850-527-4455

**STRATOS '00 22FT** Tournament Ready, 225 HP motor. Kept inside, \$11,900 Must see! Call 229-321-9047

**Stratos '95 285 Pro XL-** Dual console. Johnson Fastrike 175 2 depth finders, GPS, deck extension \$7,000. Call 334- 671-9770

### CAMPERS & TRAVEL TRAILERS

**27 ft. Jayco 08'** only used 1 time. NEW, large slide out, large shower by it's self.cable hook-up, lots of extras. \$10,500.

**Carriage '02 Cameo-** 30 ft. 2 slides well kept. In cludes super slide hitch \$15,000. 334-687-9983

**Copper Canyon '07 34'** 5th wheel, excellent cond. rear living room, 2-slides, awning, cabinets galore, dinette, kitchenette, large bedroom, private bath, super deal to serious buyer.334-792-0010 or 805-0859

**Dutchmen 40 ft. Travel Trailer** '06, 38B-DSL, Sleeps 8, has 2 slideouts. Loaded, Like new. \$18,750. Call 334-406-4555

## CAMPERS & TRAVEL TRAILERS

**FLEETWOOD '05** Prowler AX6- 5th wheel, 36ft, 4 slides, large shower, 30/50AMP. \$26,000 OBO Call 334-695-4995 or 334-687-7862

**Fourwinds '06, 30' Travel trailer** . Double slide-out 2BR, microwave, stereo, CH&A., Loaded. Like new. Must sell immediately, \$11,500 OBO. Cell: 585-269-0244

**Jayco '08 Flight 27'** with super slide, large bath, used 2 times, \$10,500. 850-482-8717

**JAYCO '09** 35 ft., Like New, 2 slides, 27" flat TV, loaded, very nice, \$19,000. 334-687-3606, 334-695-1464.DO10976

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**Sport Coach 1983**  
I'm old but love to travel!  
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**Sunny Brook TT '02 2750SL 28'-** with slide out. queen bed, Like new, kepted under shelter. Compare to showroom. Price \$30K, Will sell \$12K. Call 334-447-5001

**Sydney '10 Outback 31ft.** Only used 3 times, dual slide outs, sleeps 10, 2-entrance doors, in/out ent. center, outdoor stove, electric awning, 28" flat screen TV, \$26,000 OBO 229-310-7252

### MOTOR HOMES & RVs

**BT CRUISER '05** , 23FT WITH SLIDE OUT. LOW MILES \$25,000 OBO 334-687-1955 DO 10990

**COACHMAN '92 Catlin Travel Trailer-** 22ft. excellent condition Must Sell! \$3,500 Call 334-687-6486

**Concord Coachman '05 Motor Home-** 23' long 2700 miles. Take over payments. 850-593-5103

**Damon 2000 Ultra Sport** . Cummins diesel, 12K mi. slide, Leveling jacks, diesel genertor. \$52K 334-701-7787 or 706-681-5630

**R-VISION 2006** Trail Lite, 26 ft., fully loaded, like new, low mileage \$38,500 OBO 334-616-6508

**Winnebago - '97 34 ft.** Adventurer, 29k miles, Clean, Runs Great, \$19,000, 334-405-9127

## TRANSPORTATION

### 4 WHEEL DRIVE

**Jeep '98 Wrangler** 117k miles. New tires and wheels. Looks and drives good. 5-spd, 4 cyl. \$8,000 OBO. 334-726-6165

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**Buick '98 LeSabre** (BY OWNER) low miles, leather, loaded, new tires, tune-up, new rad. \$3,495 OBO. 850-592-2832 or 693-6835

**Mercedes 1983-** Collector 240D in very good condition, rare 4-speed manual transimtion, very smooth shifting, a dream to drive, a bargain at \$6,800 Call 334-797-4883

**Mercedes '82 380SL** - 93K miles H/S tops chalk brown PWRs/B, windows, ant. auto, AC, upgraded sound sytem, car cover & top storage rack. Clean, well maintained with records. REDUCED \$11,500. Call 334-792-9789

### AUTOS FOR SALE

**2005 John Deere** 500 Buck 4x4. \$4,999.00. Call: 850-210-4166

**BMW '96** Convertible NICE CAR! \$6,995. Call 850-210-4166

**BMW 04 325i** Red, beige leather interior. Excellent condition, 93k mi, \$10,900 OBO. Call 256-497-8985.

**BMW '96 NICE CAR!** Trades Considered! \$5,995. Call 850-210-4166

**Buick '00 LeSabre Limited** , loaded, 1 owner, 91K miles, LIKE NEW!, Priced at \$5800. 334-790-7959

**CADILLAC - '05 DeVille DTS.** Loaded with moonroof, factory navigation and DVD, heated and cooled memory seats, 95,000 highway miles, \$9,500 obo. 334-797-2320

**Cadillac '99 Deville** white with tan leather interior, new tires, air & front end. good condition \$3,600. 334-774-5333

**Chevrolet '74 El Camino-** Good condition but needs minor work. \$5,500 OBO 334-699-1366 or 797-6925

**Chevy '04 Impala RUNS GOOD!** Newly Built Transmission! \$3,950 Call 850-210-4166

**Chevy '05 Cobalt-** 4 door, loaded. Great Gas Mileage. \$200 down \$200 month. Call Steve Hatcher 334-791-8243

**Chevy '06 Silverado LS-** ext. cab. 4.8 eng. tow package, blue, no power windows or locks only 53K mi. \$12,000. 334-494-0460

**Chevy '08 Corvette** Convertible, Black, loaded, excellent condition, garage kept \$45,000. 334-692-5624

**Chevy '08 Impala** Excellent Condition Loaded 28K Mi. 1-Owner Auto. V6 \$12,500 334-237-1039

**Chevy '08 Impala LT.-** 3.9L Leather, CD changer, rear spoiler, New back tires, keyless entry with remote start. Like New Condition, Auto.Trans. \$12,900 Call 334-475-0237

**Chevy 81' Corvette.** Red, AT, Mirrored tops, 52K mi. New tires, calipers, brakes & shocks. Garage kept. \$13,500 OBO. 334-596-2376

**Chevy 91 S10 Z6-** Auto, 20" chrome rims, new tires, AC, \$2,800. Call 334-691-2987 or 334-798-1768

**Chevy '96 Silverado-** 2500 V8, Auto air. Runs great \$2,800 OBO. 334-691-2987

**Chevy 97 Suburban-** great condition, 1500 series, leather \$3000. Call 303-906-3683

**Chevy '98 Z71-** Extended cab, blue, loaded, 3rd door, grill guard, very good cond \$5900 OBO 334-389-3624

**Infinity '10 G37** Silver, Black Leather Interior Premium package 7500 miles. New condition \$29,500 obo. 912-655-8971

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## AUTOS FOR SALE



**Chrysler '07 PT Cruiser**, Loaded, 48K miles, Automatic, LIKE NEW! \$8,500. 334-790-7959

**Chrysler '07 PT Cruiser**- Low Mileage, loaded, LIKE NEW! \$200 down, \$189 per month. Call Ron Ellis 334-714-0028

**Chrysler '07 PT Cruiser Touring Edition**- black exterior with gray interior, 17k mi, \$11,900 Call 334-648-1828 or 334-792-5151 after 5pm

**Chrysler '07 Sebring**- 4 door, power windows, tilt, cruise control AM/FM/CD. NICE CAR! \$200 down \$250 mo. Call Steve Hatcher 334-791-8243



**Corvette '81**- Automatic 350 (Silver). Will sell as is for \$4,900. OBO 334-774-1915

**Corvette 88'** Stingray convertible 108K mi. \$9,800. 334-791-3081

**Corvette '96 Collector Edition** . Silver, 2 tops, Bose, 1381 made. Best offer. 334-677-7796



**FORD Mustang '98 GT** Automatic, NICE CAR! \$4,850. Call 850-210-4166

**Dodge '06 Dakota** - extended cab 4x4 \$200 down \$229 per month. Call Ron Ellis 334-714-0028

**Ford '01 4X4** V-10 Reduced Price single cab, 71K Miles \$7500 229-220-0456

**Ford '01 F-150 Supercab XLT** . 4.6 v8 engine. One owner. 98K miles \$9500 Please call 334-793-6933 or 334-701-8922



**Ford '02 Taurus SE** Loaded, LIKE NEW! ONLY 15,125 miles \$6,725. Call 334-790-7959

**FORD - '03 Mustang GT**, 96000 miles, CD, leather, power locks, power windows. \$8,500 334-494-6480

**Ford '05 Crown Vic.** Excellent mechanical condition, light blue, 137k miles, \$6,750 OBO. 405-615-1099 or 850-573-3426



**Ford 06 F250 diesel king** Ranch Lariat. Leather seats, 4WD, heated seats. All power. Low miles. Excellent condition. Asking \$31,900. obo. 334-393-0343

**Ford '83 Mustang GLX Convertible** Rare 5 liter. H.O. 5-speed. Black on black. Senior's car last 10 years. Service records available Runs Great. New top & boot. \$2,200 850-243-1155

**Ford 86 Bronco 2-** Runs, good body, 4WD, new parts, rebuilt engine, \$2,400 OBO. 334-794-5780



**FORD '89 F150, 4wh, 4x4** Automatic \$4,600 or reason able offer 229-334-8520, or 229-296-8171

**Ford '95 E350 Van-** straight 6, 310k on body, no rust, 40k miles on engine \$2500 OBO Call 334-703-0323



**Ford '98 Explorer** RUNS GOOD! Priced at \$2,195 Call 850-210-4166 for more info

**Ford '99 Taurus Wagon SE-** white with tan interior, 2.4 liter, 49k miles, keyless entry, \$5,995. Call 334-794-5776

**GMC '92 Sonoma-** V6 5-speed. Runs great \$1,800 OBO. 334-798-1768 or 334-691-2987

**GMC '95, Conversion Van** , new AC, runs great, \$2,500. S & M Auto Sales 850-774-9189 or 850-774-9186

**Honda '03 Santa fe** 137K miles. Burgundy. In good condition. New tires. \$6,000 OBO. Call 334-449-6071



**Honda Civic CLEAN NICE** CAR! RUNS GOOD! \$3,495 Call 850-210-4166



**Hundai '04 Accent GT** , 2 door, Auto, 4 cylinder, 1 owner, 69K miles, excellent, Priced at \$4995. Call: 334-790-7959



**Jeep 1979 CJ7-** rebuilt 304 engine, new paint, mild cam, headers, aluminum intake 600 Holley Carb., rebuilt transmission, 1 ton

Chevy Axles with 456 Chevy gears in rear with Detroit locker and Dana 60 in front. Mickey Thompson 16x12 rims with new 37x12.5 R16, LT tires \$8,000. 334-266-5248

**Jeep '94 Wrangler-** very low miles, aluminum alloy wheels, all terrain tires, new CD player, new front seats, black & gold color, \$7,500. OBO. Call 334-792-1994



**Lexus '07 RX350** Bamboo pearl color, V6, 4WD, fully loaded, 50k miles. \$28,500. Call 334-333-1824



**Lexus '98 LS400** 114K mi. Gold with tan leather interior or heated seats. Excellent condition \$9,800. 334-333-3436 or 334-671-3712.

**Lincoln '01 Towncar** , Signature series 101,130 miles \$6,000. Call 850-579-4467 after 6pm

**Lincoln '07 MKZ**, Light tan with beige interior, leather heated seats, ABS, side airbags, 37k mi NADA \$21,175 sell for \$17,900. 850-814-0155

**Mazda '06 Miata MX5-** Grand Touring Edition, blue with ground effects, one owner, garage kept, only 7330 miles, Auto, Bose stereo/CD, Like new. \$15,900. Call 334-393-8864.



**Mazda '09 Miata MX5** Hardtop Convertible Loaded, Bluetooth & Sirius Radio, Low miles \$22,000 334-379-6749

**Mercedes '73 450 SL Convertible** (hard/soft top) \$12,000 OBO. 904-368-1153 Leave message

**Mercury '05 Grand Marquis LS** - white, leather seats, wood dash trim, 170,780 mi. \$6,500. Call Polyengineering, Inc. 334-793-4700 ext. 134



**Nissan '05 350Z Convertible** Touring Edition. Auto. Exc. Cond. \$17,500 Pearl White 334-793-3686 or 334-790-9431



**Nissan '05 Pathfinder-** 4X4 Maroon, black leather. Must Sell! Great condition \$14,500 Loaded! 360-808-0584.



**Nissan '05 Z350 Roadster Convertible.** Nice Car!!! Priced at \$16,900. Call for more information about extras. 850-210-4166



**Nissan '06 Altima SE** SUPER NICE CAR! PRICED TO SELL! \$10,988. Call 850-210-4166

## AUTOS FOR SALE

**Nissan '07 350Z-** Convertible. Black and tan. 6-speed. 25,500 miles, 1 owner. \$20,000 Call 334-701-5380



**Nissan '10 Rogue SL** - Black, excellent tires, power seat, & windows, 4dr, 2wd, 15K miles. Excellent condition. \$20,500 OBO. 334-791-6485



**Pontiac '02 Montana** Extended AWD Excellent Condition Blue, leather interior, dvd, tv, Fully loaded \$7000 334-796-1602



**Toyota 04 Sienna** Champagne color, fully loaded, 91k miles, luggage rack, power sliding door, \$10,000. Call 334-798-5699

**Toyota '07 Prius** , Black, 64k miles. Excellent condition, GPS, backup camera, JBL sound, tint, great gas mileage, transferable warranty, new tires. Asking \$13,995 OBO. Call 334-470-3292.

**Toyota'09 Corolla Sport.** Charcoal gray 31k miles. Warranty. 5-spd. 16" wheels, power locks, windows, CD, \$12,000. 334-475-3370 or 334-464-1709.



**Volkswagen '05 Beetle** Convertible GLS- 5-speed, leather, loaded, only 19K miles. Excellent condition. \$13,900. Call 334-714-4001



**Volkswagen '06 Jetta TDI.** Grey w/gray leather. Diesel, sunroof, heated seats, aluminum wheels, satellite radio 40 mpg. 120K miles \$11,800 334-685-6233

**Wanted Junk-** Vehicles top price, I also sell used parts. Call 334-792-8664



**Z71 '98 EXT. CAB** LOOKS SHARP! RUNS GREAT! PRICED AT \$6,995. Call 850-210-4166

## MOTORCYCLES

**2008 Honda 750 Shadow** Spirit Motorcycle. Low miles. Like new \$5,000. Call 334-899-4224

**Goldwing '05 1800, Anniv. Edi** , Metallic Grey, Garage kept w/ cover, under 20k mi, many accessories. \$15K 850-482-7357

**Goldwing, '92** 60k miles, Red. Excellent paint and running condition. \$7,000. Call 850-445-2915 leave message



**Harley 06 Sportser XL-** 1200C, 3940k mi, 2 seat screaming eagle, pipes, windshield \$6900 Call 334-393-3463

**Harley Davidson '02 Sportster** 1200 custom 11k miles, chromed out, \$6500. Call 334-691-3468 or 334-701-3855



**Harley Davidson '03** Heritage softtail classic, 100 Anniversary. Gun metal blue metallic, V&H, big shot slants, Kuryakyn, trigger with frinze, HD, windshield

bag, chrome running boards, 18K miles. \$11,000. Call 334-446-1208



**Harley Davidson '03 Ultra Classic.** Black and purple custom paint. Max. chrome. Garage kept. 12K mi. \$14,500 334-792-8701

**Harley Davidson '05 1200C.** 11,000 miles \$3,000. Includes extras. Clean \$6,750 OBO. 334-449-3713

**Harley Davidson '06 Sportser** 1200, 13,400 miles detachable windshield & back rest \$6,000. 334-685-3214



**Harley Davidson '08-** Ultra Classic Screaming Eagle Anniversary Edition. Very low miles \$26900. 334-685-0380

**HONDA '06 Shadow,** 2.8 miles, NEW dealer road tested only, \$5,200, 229-334-8520 or 229-296-8171



**Honda '06 UX 1300.** 3,000 miles, \$4,900. Call: 850-210-4166



**HONDA '07 CBR, 600,** loaded, 4,000 miles, stretch/lowered, 2 brother exhaust, \$6,200 334-355-0454



**Honda '08 Shadow 750.** Excellent condition. Low miles 5-year service plan included. \$5K OBO 334-701-2329



**Honda 1962 C102** - super cub 50, 4k miles, Black & white, good condition, electric start 3 speed, \$2500. Firm. Call noon (M-F) 334-347-9002

**Kawasaki 2000 Classic LT 2007.** Under warranty until 2012. 2053CC Low miles \$8,500. Call 334-774-3474 or 334-791-1074

**Suzuki '05 Boulevard** Black/Gray 2,000 miles on it. Garage Kept. Lots of extras! \$3,800. Call 334-798-4751

**Suzuki '08 BLVD S83** 1400cc, Black, 1-owner. Garage kept, helmet and jacket included, 900 miles \$5,800. Asking \$5000 OBO. 334-718-6338.



**Vintage '66 Honda Trail 90** , runs great, new seat cover, original tool kit, all works, 3,360 mi. \$1,150. 334-393-9654



**VW '02 Custom** made VW power Trike. All chromed engine. Custom, one of a kind paint job and wheels, Adult ridden. Fire engine

red. 23K miles. New tires, garage kept, custom cover, AM/FM CB. \$22,000 OBO \$44,000 invested. Call 239-410-4224 for more details.

**Yamaha '05 V-star 650** Silverado, Saddle bags, windshield, back-rest. 1K mi. Garage kept. \$3,750 OBO. 334-701-7552

**Yamaha '06 R6 760 Raven Edition** Track Ready. Lots of Extras excellent condition \$5500 OBO 334-432-5800 Call for details

**Yamaha '07 V-Star 1100** , 11,600 miles new rear tire, and extras, asking payoff of \$5,900. Call 850-762-2071/718-5069 after 4pm.

**Yamaha 2004 V-Star 1100 Classic.** Black and chrome, excellent condition. \$4500 OBO 334-618-7525

**Yamaha '99 XVS1100** 42K miles. Asking \$3,200 OBO 334-726-1215 or 334-477-3152

## SCOOTERS &amp; MOPEDS



**Geely Scooter.** In good condition \$550 OBO. Not street legal. Call 334-796-6613.

**Mojo '05 Motor Scooter** , 200mi, Blue, \$1650 850- 258-1638

## SCOOTERS &amp; MOPEDS



**U.M. 08 250CC-** Seats 2, 2 helmets, Large Scooter. 80 miles per gallon. 1000 miles factory warranty \$2,000 OBO. 334-445-6302

## SPORT UTILITY

**Chevy '01 Blazer** , Excellent, Runs perfect. 4-door, LT 6 cyl. all power, sunroof \$4900 Will trade 334-723-2284 or 334-449-1864



**FORD '03 Expedition** Eddie Bauer, fully loaded, third row seat, 187K miles, \$8,000 334-689-9135



**Ford '95 Explorer EXTRA** CLEAN! NEW TIRES! \$2,950 Call 850-210-4166

**GMC '00 Jimmy** , great condition, \$4,200 OBO Call 850-526-2491 ask for Tom.

**GMC '07 Yukon SLT-** white with tan leather interior, 63k miles \$26,500 334-718-6836

**Honda '04 CRV LX.** Black, Excellent condition 77,800 miles. Power windows. \$9,300 Negotiable. Reduced!!!! 334-333-2239

**Jeep '06 Wrangler**, both tops, AC, automatic, loaded, 22K miles \$17,000 OBO. 334-726-1530



**Jeep '95 Cherokee** NICE CAR! PRICED AT \$2,195. Call 850-210-1466



**Jeep '95 Grand Cherokee** RUNS GREAT! Trades Considered \$2,950 Call 850-210-4166

**Nissan '03 Pathfinder SE,** 110,990 miles, V6, 4 wheel drive, black leather interior, Bose 6 CD changer, \$10,900. Call Anthony 334-797-1342.



**Nissan '05 Murano NICE** CAR! MUST SELL! \$10,900 Call 850-210-4166

**Toyota '02 Highlander LTD** Excellent Condition 4WD Leather, 82K mi. \$11,500 OBO 334-796-8648

**Toyota '05 4-Runner Limited,** 105k miles. Gold w/tan leather, heated seats, V8, 4WD, sunroof, trailer hitch, grill guard, JBL stereo, \$15,900 334-685-6233

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**6X12 Enclosed Trailer** with 1 side door and double doors in back. \$1,900. New condition. Call 850-933-9228 or 643-8312.

**Bison '91 Tractor** 28HP. Runs very good, all works, looks great too. \$2,500. OBO. Call 334-655-8966 or 714-2480.

**CATAPILLAR '04 TH 350 B-** 36FT. TELESCOPE, 702 hours, like a Lull. \$45,000 firm 334-886-2150

**Chevrolet '85 K5 Blazer.** Fully restored, 450 hp engine, 411 rear end, 1000K miles since restored. \$12,900. 407-353-3629

**Chevy '91 Cherokee pickup,** lift gate \$1,500. 850-352-4724

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Merchandise \$500 & UNDER

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**King Size Bed** , Brass headboard, frame, Pillow-top mattress & boxspring \$150 678-1383 5-8pm

**King size** bedspread,skirt,shams & matching pillows & curtains \$100 firm 678-1383 5-8pm

**2-bulb ceiling light fixtures** - (6) \$15 each. 334-237-0293

**2 door dbl panel prehung interior door, solid core** \$275 OBO 850-693-9633 DO 10978

**2-Mccoy cookie jars** , banana & pineapple \$200. each.mantel german clock \$100 334-898-7453.

**2 plaid sofas** \$150. \$100. loveseat \$50. china cabinet \$175. 334-585-0636

**32" Sony TV-** not HD or flat screen, excellent condition \$50 Call 334-791-2552

**900 Drop in Ceiling panels** . 2'X4' \$1.30 each 1 full electric hospital bed \$450 334-237-0293

**90 Light Fixtures** - ceiling, drop in 2'X4' \$28 each 334-237-0293

**American Bisque cookie jar** donkey-wagon \$100 Atlantian old peach lamp \$150 334-898-7453.

**Antique China**; bridal rose; 6 plates; 6 dessert plates; \$120. Czech. 334-587-8163



# View: Air crews note indications of progress

Continued from Page B1

Despite their busy schedule, the brigade's Aviators have noticed a difference here. "The mission isn't done yet, though there is some sense of accomplishment," said Command Sgt. Maj. Jim Thomson, the brigade's senior enlisted Soldier. Thomson noted several indications of progress his crews see from the air.

"Flying over the cities at night there's many more neighborhoods lit with lights," he said, "and there is a sense that in the end when the mission is over it's going to be an accomplishment. "Even flying over Iraq now there is much more fertile farmland than there was just a few years ago," Thomson said. For Chief Warrant Officer 2 Joval Eblen, progress is evident in some of the missions he has

flown this tour. A few months ago Eblen and another pilot from one of the brigade's subordinate battalions flew a partnership mission with Aviators from an Iraqi squadron. While the mission involved some training, it was primarily intended to strengthen relations between the two militaries, said Eblen. "They know this place better than we do," said Eblen. "When it comes to operations I think

they're absolutely ready to defend and support their country." The brigade has also partnered with the Iraqi army in the specialties of air traffic controller, vehicle maintenance and rifle marksmanship. The troops are ready to hand over the mission to the Iraqis, said Eblen. The brigade will begin its return to Fort Riley this spring. It is scheduled to be replaced by the California National Guard's 40th Combat Aviation Brigade.

# Flight: New model features more powerful engines

Continued from Page B1

aircraft that we used to have to carry out to the aircraft," said Diminico. "We've got everything we need in one aircraft, and we can get off of the ground pretty quickly." That means the world to MEDEVAC crews, he said. On an urgent call, crews must take off in under 15 minutes. Every minute carrying and assembling gear adds to that time. With the HH-60M, C Company recently launched in less than seven minutes. "When you're talking about our flight medics getting there, 30 seconds can make a huge difference," said Diminico. Performance-wise the HH-60M is an upgraded derivative of the UH-60M



An HH-60M MEDEVAC helicopter from C Co., 3rd Bn., 126th Avn. Regt., sits at a hover before launching on a mission out of Camp Taji, Iraq, Jan. 3. The unit is the first to receive the HH-60M, which is the Army's newest MEDEVAC helicopter.

Black Hawk featuring an autopilot feature. It also has new features that enhance its medical mission. The aircraft's digital-age cockpit to the crew area, setting the HH-60M apart from some of its more rugged looking predecessors. The crew chiefs' seats have

moved to the very back of the aircraft, making room for up to six patients and a myriad of technological gadgets. The crew can easily access litters and other medical equipment from their seats. From the outside, one of the more noticeable differences is the absence of open crew chief windows. The crews now use plastic bubbles protruding from the aircraft's doors. The sealed windows help the crews maintain a sterile environment, said Diminico. The HH-60M will be put to use with the company for the next year. The Army will continue to field the HH-60M to its fleet, incorporating lessons learned from the company's deployment.

# Heart: Pilot responds to pressure, saves air crew lives

Continued from Page B1

which was at one time dubbed "the most deadly place on Earth." During the mission Garcia's aircraft was hit by a rocket-propelled grenade that caused a fire to break out in the cabin. While the flight engineer attempted to put the fire out, Garcia remained focused on help-

ing the aircrew survive. He continued to scan for enemy threats. He also helped identify an adequate emergency landing zone, as the Chinook would not be able to reach a secure area. Minus a rear port side fuel cell, and ablaze, the aircraft made a hard landing approximately 300 meters from Observation Point Vegas and proceeded to roll onto its side.

Garcia was immediately knocked unconscious and pinned under debris inside the aircraft. "I am thankful to be here today, and that I only suffered minor injuries," he said. When Garcia regained consciousness and freed himself of the debris, he exited the aircraft, but realized he'd suffered injuries to his right side.

## Got Risk?

Accidents for Dec. 6-12

"Got Risk?" is one of the tools the U.S. Army Combat Readiness Center produces weekly to increase awareness of Army loss and to help mitigate risk. For more information about "Got Risk?" and other Army safety tools, visit <https://safety.army.mil>.

A Soldier died Dec. 12 from injuries suffered during a training incident Dec. 8 on Fort Bragg, N.C. The Soldier was participating in scuba training when he lost consciousness under the water. Lifesaving measures were administered on site and the Soldier was put on life support at a local hospital.

### Safety reflection

- Lifeguards and medical personnel should always be present when conducting training in and around water. Other precautions that can help prevent water emergencies include:
- Always swim with a buddy—never allow anyone to swim alone.
  - If someone is missing, check the water first. Seconds count in preventing death or disability.
  - Know how and when to call 911 or the local emergency number.
  - Ensure appropriate equipment such as reaching or throwing gear, cell phones, life jackets and first-aid kits are available on site.

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# JAN 15

## 10am - 2pm

# Enterprise Civic Center



Lyster helps Soldiers prepare for flu season  
Story on Page C5

# COMMUNITY

VOL. 61 ■ NO. 02

ARMYFLIER★COM

JANUARY 13, 2011



COMPREHENSIVE  
SOLDIER FITNESS  
STRONG MINDS ★ STRONG BODIES

Physical

Emotional

Social

Spiritual

Family

## Armywide program advocates resilience through spirituality

BY NANCY RASMUSSEN  
Public Affairs

The words “spiritual” and “spirituality” mean many things to many people.

According to the Comprehensive Soldier Fitness spiritual fitness module, spirituality is the human spirit — the essential core of a person.

CSF, an Armywide program launched last year, offers assessment tools to help Soldiers, Families and Department of Army civilians become resilient not only physically, but in areas of emotional, family, social and spiritual fitness as well.

Based on the premise that spiritual fitness defines the deepest part of the individual, it requires a conscientious strengthening of beliefs, principles and values, according to CSF.

“Not all people believe in God or any supreme being, but they still possess a spiritual being within them,” said Garrison Chaplain (Col.) Stephen Cook.

While everyone experiences situations that can test the human spirit, CSF suggests that these struggles can be a sign of strength and courage and an opportunity to re-examine individual beliefs to redefine lives, and ultimately become more spiritually fit and resilient during the most challenging times.

So in this dimension, we consider spirituality as that which you value most deeply or hold sacred, as well as spiritual struggles, the tension or conflict within yourself, with others, or with a higher power about your deepest values or what you hold sacred, according to CSF.

“While we as chaplains see spiritual fitness to be a religious issue, spirituality transcends the day-to-day stuff of life and looks at something much deeper and meaningful

and broader in scope,” said Cook. “I think spirituality allows anyone to look at a bigger picture instead of just the foxhole they are in. In all of this, if the spiritual nature of an individual is tapped, it should give hope for the future.

“Whatever ‘enemy’ you may be fighting ... a combatant, a bad memory, or a problem back at home ... your human spirit can sustain you,” he said.

The Army CSF spiritual fitness module aims to help strengthen an individual’s set of beliefs, principles, or values to sustain beyond family, institutional, and societal sources of strength, ultimately resulting in becoming more spiritually fit and resilient during times of greatest challenge.

The CSF Web site suggests that to build spiritual resiliency individuals:

- Strengthen a set of beliefs, principles, or values to sustain themselves beyond family, institutional, and societal sources of strength.
- Develop an attitude of gratitude.
- Learn the value of being part of something larger than ourselves.
- Explore the benefits of being connected to community and surroundings.
- Look for and appreciate the positive things that happen.
- Learn why people tend to over-emphasize the negative.
- Discover why and how to intentionally seek the “Good Stuff.”
- Practice journaling to increase their awareness of the positive things life offers you.

The CSF Global Assessment Tool featuring the spiritual fitness module is available at [www.army.mil/csf](http://www.army.mil/csf). The assessment is totally confidential and provides instant feedback to help build personal spiritual resiliency.

### Reflections on spiritual fitness

BY CHAPLAIN (CAPT.) CHRISTOPHER S. BUTERA  
Fort Rucker Catholic Chaplain

Spiritual fitness is an important part to a Soldier’s comprehensive and overall fitness.

Although there are many forms and ways to develop and foster an individual spiritual fitness program, one way that everyone can take advantage of and tailor-make is through a daily examination.

Every day is an opportunity when we can critically reflect upon our day, the last few days, tomorrow and the upcoming days.

Anytime works, but at night, at the conclusion of the day, is especially helpful. It’s an opportunity for us to be honest with ourselves in the good and the not so good.

Ask yourself:

- Have I used the gifts and talents that God has given me to my fullest potential?
- Was I purposely not the best person I know I could be?
- Was I able to see the goodness and the talents in others, even in those who may annoy me in particular ways?
- Have I seen growth in those areas since my last examination and have I set a reasonable goal to meet for our next examination?

A daily examination can be as extensive and long or as brief and short as we want. The most important thing is to use our examination to grow spiritually and allow us to be, and to continually become, the best people that God has intended.

Physical

Emotional

Social

Spiritual

Family

## Lyster, ACS encourage mental, emotional health

BY RUSSELL SELLERS  
Army Flier Staff Writer

Maintaining emotional well-being is an essential part of the five pillars of Soldiers’ strength.

Army Community Service and Lyster Army Health Clinic officials offer several programs and suggestions to help Soldiers and their Families cope with issues like stress and anger.

“Someone going through a tough situation should never be alone, they should always seek support,” said Dr. Massi Wyatt, Lyster Aeromedical psychologist. “That’s the good thing about the Army, there’s always someone around to give you that support.”

While Wyatt encourages Soldiers and Family members who are experiencing issues to contact the health clinic, he also said prevention is the best way to deal with a potential problem.

“It all goes back to basics. Good exercise, good diet and sleep are essential to healthy living,” he said. “You don’t necessarily need a pill.”

Determining what the best



COURTESY PHOTO

course of action is for a particular mental health issue can be determined by a screening at Lyster, Wyatt added.

“If the basics aren’t working, it’s time to talk to a professional and figure out what to do next,” he said. “We offer free screenings here for Soldiers and Family members.”

For Soldiers who might not feel comfortable talking to someone on post, Wyatt said there are other options available to them to get the help they may need.

“Soldiers can go to the Military Family Life Counselor who is a mental health professional who works

through the Chaplains office and there are Web sites like [www.afterdeployment.org](http://www.afterdeployment.org), which is for Soldiers and Families,” he said. “Doing things like that can help Soldiers and Family members determine what’s normal and what’s not.”

Wyatt said the most common problem he sees at Fort Rucker is both a simple and yet complex one: sleep.

“When you don’t sleep well, you can’t concentrate, you can become irritable and your memory can be affected,” he said. “It causes hyper-arousal, which is a response Soldiers are used to while being in

combat. It keeps them alive by making them more vigilant, but it can cause problems when they come home from a deployment.”

Other issues Soldiers and Families may encounter involve stress and anger issues. ACS officials also want those experiencing these problems to seek help and offer programs on post.

“Anger and stress symptoms are closely related,” said Twanna Johnson, ACS Family Advocacy Program parent educator. “Some physical symptoms could include a change in appetite, back pain, high blood pressure, clammy hands, fatigue, restlessness, jaw clenching and grinding of teeth.”

There are so many emotional symptoms that could manifest if someone is stressed or angry, Johnson added. The symptoms include anger, anxiety, denial of a problem, depression, feeling unhappy for no reason and worrying frequently.

Some behaviors to look for include arguing with friends or partner, avoiding tasks and responsibilities, crying easily, decreased job performance, difficulty concentrating, in-

crease use of alcohol, tobacco or other drugs and over- or under-eating, she continued.

“The mental wellbeing of the Soldier directly affects his or her Family, and this holds true for Family members’ effect on the Soldiers’ wellbeing,” she said.

ACS’ Family Advocacy Program offers anger and stress management classes for Soldiers and their Families, said Johnson. The anger management workshop is a two part series and is offered quarterly. The workshop focuses on identifying causes of anger, symptoms of anger, techniques to manage anger and developing an anger management plan.

The stress management workshop, scheduled quarterly, offers Soldiers and Families ways to identify stressors, the symptoms of stress, techniques to manage stress and developing a stress management plan.

For more information on anger or stress management or to sign up for classes, call 255-3898. For more information on mental health or to schedule a mental health screening, call 255-7028.



# On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

### Mini Mall closure

The Mini Mall Shoppette closes at 8 p.m. for annual inventory on Jan. 28.

### Call for the Arts

Military dependents kindergarten through high school can now showcase their military experience through film, poetry or the arts. Selected submissions will be featured in art exhibit at the Military Child Education Coalition Annual Conference, annual calendar, magazine and MCEC media. Deadline for all entries is Feb. 11. For more information, call (254) 953-1923 or visit [www.MilitaryChild.org/child-student/arts](http://www.MilitaryChild.org/child-student/arts).

### Rockin' Country in the Zone

The Landing Zone staff hosts Rockin' Country in The Zone Friday from 9 p.m. to 1 a.m. The event features live entertainment from Shane Owens, line dancing, Texas-style barbeque and prizes to the best dressed cowboy and cowgirl. For more information, call 598-8025.

### FRCSCLuncheon

Fort Rucker Community Spouses Club members host their monthly luncheon Thursday at 10 a.m. at The Landing. This month's theme is Swap it Bingo. For more information or reservations, visit [www.ftruckerercsc.com](http://www.ftruckerercsc.com).

### 2011 Soldier Show auditions

Auditions for the Army Soldier Show are open to all Soldiers (Active duty, U.S. Army Reserve, U.S. Army National Guard) with sufficient time in service remaining. USAR and U.S. Army National Guard Soldiers must be activated for the duration of the tour. Performer audition packets are being accepted for vocalists, dancers, musicians and specialty acts. Technician audition packets are also being accepted for lighting, audio, video, costuming and stage technicians.

**DEADLINE**  
for **On Post**  
is noon Thursday  
for the following  
week's edition.  
E-mail submissions  
to Kyle Ford at  
[kford@armyflyer.com](mailto:kford@armyflyer.com).

All qualified applicants are screened by a panel consisting of industry professionals, BOSS representatives and military community leaders. Candidates are selected not only based on their musical talent, but also on their ability to represent the Army in appearance, level of physical fitness and military bearing.

Interested Soldiers should send their audition packets directly to: U.S. Army Entertainment Division, Army Soldier Show, P.O. BOX 439, Fort Belvoir, VA 22060. Submissions must be received by Tuesday. For more information visit [www.armymwr.com/recreation/entertainment/soldiershow/default.aspx](http://www.armymwr.com/recreation/entertainment/soldiershow/default.aspx) or at [www.ftruckerarmy.com](http://www.ftruckerarmy.com).

### ACAP Employer Day

The Fort Rucker Army Career and Alumni Program hosts an employer day for LogiCorp, System Studies and Simulation and Air Eval LifeTeam Jan. 21 in the second floor break room of Bldg. 5700 from 10 a.m. to 2 p.m. Applicants are advised to bring three copies of their resume. For more information, call the following individuals for each perspective employer — Trivian D. Smith, LogiCorp, (256) 533-5789 ext. 229; Jay Sherrill, Air Eval LifeTeam, (417) 255-9960; or System Studies and Simulation, 598-2500.

### Mother Rucker's Grand Opening

The grand opening for Mother Rucker's is Jan. 24 from 4 to 11 p.m. The event features door prizes, games and more. Ribbon cutting begins at 4 p.m. Complimentary food is provided during the grand opening ceremony from 4 to 5 p.m. Courtesy van offers a free ride home to patrons that live on post. For more in-

formation, call 598-8025.

### Debt Reduction Workshop

Army Community Service's Financial Readiness Program staff hosts a Debt Reduction Workshop Jan. 24 from 6:30 to 7:30 p.m. in classroom 284 of Bldg. 5700. The workshop will cover the basics on how to become debt free including checking credit reports, dealing with creditors and/or collection agents and setting up an accelerated debt payoff plan. For more information, call 255-2594.

### Anger Management Workshop

ACS's Family Advocacy Program holds an anger management workshop Jan. 24 and 31 from 9 to 11:30 a.m. at the Early Childhood Activity Center. Topics include identifying causes of anger, symptoms of anger, techniques on how to manage anger and developing an anger management plan. Registration is required. This workshop is open to active duty, retired military, Department of Defense employees and their Family members. For more information, call 255-3898.

### Roarin' 20's Party in the Zone

The Landing Zone staff hosts a Roarin' 20's party Jan. 29 from 8 p.m. to 1 a.m. Patrons are invited to wear their 1920's attire and be entered to win door prizes. For more information, call 598-8025.

### DFMWR surveys

The Directorate of Family, Morale, Welfare and Recreation is currently conducting a financial readiness program survey and a new events programming survey. The surveys are available on the [www.ftruckerarmy.com](http://www.ftruckerarmy.com) Web site now through Jan. 30.

### Bank Account Maintenance Workshop

Army Community Ser-

vice's Financial Readiness Program staff hosts a bank account maintenance workshop Jan. 31 from 6:30 to 7:30 p.m. in Bldg. 5700, Rm. 284.

The workshop covers the importance of managing bank accounts including the different types of accounts for spending and savings purposes, keeping up with account balances through regular statement reconciliation and how a disciplined spending plan can ensure control over money. For more information, call 255-2594.

### Monday Night Trivia

Trivia in the Zone moves to Monday nights beginning Jan. 31. Winners receive prizes and free gift vouchers for meals. For more information, call 598-8025.

### AFTB Level I

Army Community Service offers AFTB Level I classes Feb. 2 and 4 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 371A. Advance registration is required and all materials and instructions are free. For more information and registration, call 255-2382.



PHOTO BY RUSSELL SELLERS

## Pick-of-the-litter

Meet Missy, a 10-year-old female American short-hair available for adoption at the Fort Rucker Stray Facility. She is calm and friendly. It costs \$81 to adopt Missy and other animals at the facility, which includes all up-to-date shots, microchip and spaying. For more information on animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray 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. Two cats were adopted last week.

## DFMWR Spotlight

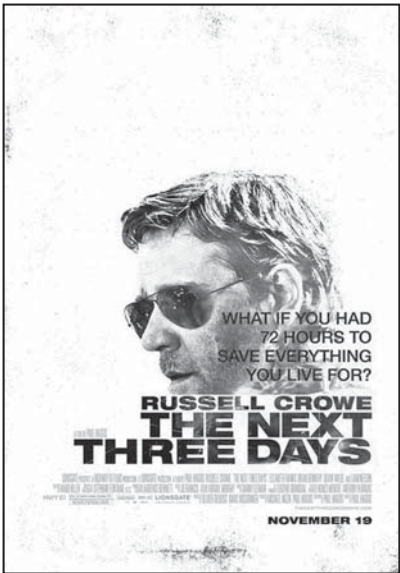
**COMEDY MURDER MYSTERY DINNER THEATER**  
**MURDER 101**  
**GET YOUR TICKETS TODAY!**  
**28 & 29 JAN. 6 PM**  
**THE LANDING, FT. RUCKER 598-2426**  
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**DOORS OPEN AT 6:00 PM**  
**DINNER 6:30 PM**  
**SHOW 7:30 PM**  
**ADVANCE COST:**  
**\$18 PER PERSON**  
**GROUPS 8+ \$15 PER PERSON**  
**\$24 AT THE DOOR**  
**APPROPRIATE FOR AGES 12 AND OLDER**

### Murder mystery night

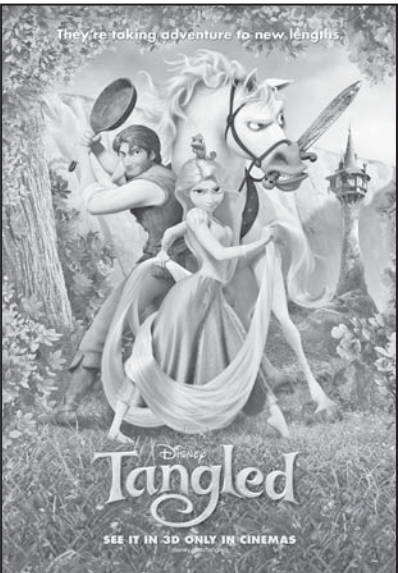
A Murder 101 "Who-Dun-It" murder mystery dinner theater is Jan. 28 and 29 from 6 to 9:45 p.m. at The Landing. Murder 101 is an interactive comedy murder mystery set at a class reunion of a closing high school. Tickets are \$18 in advance, \$15 in advance for groups of eight or more, \$15 in advance when Blue Star or Never Forgotten Card is presented and \$24 when purchased at the door. Advance tickets must be purchased by Jan. 26. Tickets include dinner and entertainment. Show is recommended for patrons 12 years of age and older. For more information, call 255-9810.

## FORT RUCKER Movie Schedule for Jan. 13 - 15

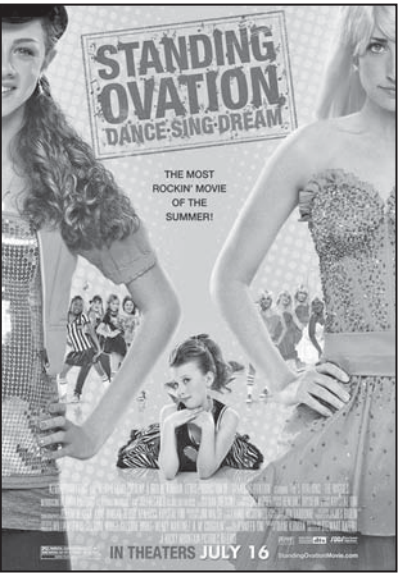
# See you at the movies



THURSDAY, JAN. 13  
The Next Three Days (PG-13) ..... 7 p.m.



FRIDAY, JAN. 14 SATURDAY, JAN. 15  
Tangled (PG) ..... 7 p.m.



SATURDAY, JAN. 15  
Standing Ovation (PG) ..... 2 p.m.



# Worship

## CHAPEL CORNER

### Chaplain office offers spiritual opportunities

BY NANCY B. JANKOSKI  
Director of Religious Education

My oldest brother was a Boy Scout, and the Scout motto is “Be Prepared.”

I remember watching him put on his uniform, working on various merit badges and getting his gear together any time his troop went on a camping trip.

Since it looked like a lot of fun, I wanted to be a Scout too.

He had one adventure that really caught my imagination. Once, he came home from a camping trip and told what happened to him in the Okefenokee Swamp. His canoe was surrounded by alligators. He waited them out, keeping still for hours until they moved away. My brother was eagerly describing the adventure to the rest of the Family.

When I reached the minimum age, I joined the Girl Scouts. I liked wearing my uniform to school, but I quickly discovered that what we did in Girl Scouts program wasn't the same as what my older brother had done in his Scouting program.

He went camping. We made crafts and sold cookies. Selling cookies meant talking to people, and I was a very introverted child. I had no interest

in selling anything to anybody. I'll eat the cookie. I'll buy the cookie. Just don't ask me to sell the cookie.

Our arts projects and the field trips we took were fun events, but our activities didn't compete with camping out in swamps, at least for story telling value. Had I actually been given the opportunity to camp out in a swamp, I am not so sure that I would have enjoyed the mosquitoes, and I'm sure I would not have wanted to encounter any snakes.

Sometimes, we think we want something that we may not actually want. Of course, the basic idea behind both Scouting programs is to teach young people skills they may need later in life. Knowing how to survive in an emergency situation is a good skill to have. Being able to function in nature, even if deprived of modern conveniences isn't a first choice, but it is good to know. .

Our participating in Scouting programs, youth sports leagues and music lessons gave my siblings and me the skills we still use as adults. Of all the activities we participated in, though, by far the most important were our church activities.

We learned things

at church that helped us make real sense of our lives. From joyous events, such as celebrating a marriage or a baptism, to dealing with life's tough moments: illness, deaths, fears, deployments, you name it; we were being prepared to live while we were going to church. We were gaining an understanding of who we are, and who God is and how it all comes together.

Crisis and hope seemed to be the twin themes of life.

Are you prepared to deal with life? Maybe it is time to get ready.

Here is the essence of the biblical story. God created you and loves you.

One well known television preacher says that “God is on your side.” He is right, but he stops short of the whole truth. God is on your side, but the other half of that truth is that you have to be on God's side for the relationship to work.

Are you prepared to deal with life? If not, get ready. Training is available now, but you have to seek it out. Just like our community offered Scouting, sports and music programs for those who wanted to join, your community offers opportunities to learn about God.

## Religious Services

### CATHOLIC PARISH SERVICES

Confessions are conducted at 4 p.m. Mass is offered Saturdays at 5 p.m., Sundays at 9:30 a.m. and Tuesdays-Fridays at 12:05 p.m. at the Main Post Chapel. For more information, call 255-9894.

### ISLAMIC PRAYERS AND PROGRAMS

All prayers are held at Bldg. T6609 on Fifth Avenue. For more information about daily prayers, weekly and monthly programs, call Chaplain (Maj.) Abdullah Hulwe at 255-1073.

### LUTHERAN, EPISCOPALIAN WORSHIP SERVICES

Lutheran and Episcopal worship services are offered Sundays at 8 a.m. at the Main Post Chapel. For more information, call 255-3140 or 255-2989.



### CHURCH OF CHRIST SERVICES

Church of Christ services are offered Sundays at 1:30 p.m. at the Chapel of Wings featuring the Lord's Supper, singing, sermon and prayer. Everyone is welcome.

### PROTESTANT CONTEMPORARY PRAISE SERVICES

Protestant Contemporary Praise services are offered at 9 and 11 a.m. Sundays at the Chapel of Wings. For more information, call 255-9221 or 255-2989.

### COLLECTIVE PROTESTANT WORSHIP SERVICES

Collective Protestant worship services are offered Sundays at 11 a.m. at the Main Post Chapel. For more information, call 255-3140.

### LATTER-DAY SAINTS SERVICES

Services are offered Sundays at the Ozark LDS Chapel at 9 a.m. For more information, call 255-4359 or 255-2989.

### JEWISH SERVICES

Services are offered Fridays at Temple Emanu-El, located at 188 North Park in Dothan at 7 p.m. For more information, call 792-5001.

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## Chapel Briefs

### Wednesday Night Live

255-3447.

Wednesday Night Live is from 5:30-6:45 p.m. Wednesdays at the Spiritual Life Center Bldg. 8939.

People can enjoy fellowship, prayer, Bible study, and food. WNL offers “Answers in Genesis.”

The seminar focuses particularly on providing answers to questions surrounding the book of Genesis, as it is the most-attacked book of the Bible.

Learn more at [www.answersingenesis.org](http://www.answersingenesis.org).

For more information, call

### Protestant Women of the Chapel

Protestant Women of the Chapel host Bible studies, fellowship, praise and worship Tuesdays from 8:45 to 11 a.m. at the Spiritual Life Center, Bldg. 8939.

Child care is provided by the Child Development Center with preregistration.

For more information, e-mail [rucker@pwoc.org](mailto:rucker@pwoc.org).

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# DoD challenges servicemembers to quit tobacco

BY ALICE POTOSKY  
*Tricare Management Activity*

FALLS CHURCH, Va. — Each year, more than a million people successfully quit tobacco, and the Department of Defense wants more military personnel included in that number in 2011.

“In the tradition of New Year’s, we are asking our active duty and retired servicemembers and their families to make a resolution to quit tobacco,” said Cmdr. Aileen Buckler, M.D., chair of the DoD Alcohol and Tobacco Advisory Committee. “Tobacco use impairs military readiness and results in serious health problems, so New Year’s is a great time to commit to stopping tobacco use.”

With studies showing people are 10 times more likely to succeed in behavior change when acting on a resolution, New Year’s appears to be the perfect opportunity to start the process of quitting tobacco.

“But making a resolution to quit tobacco is just the beginning. Developing a strategic plan to overcome obstacles and stay on course is the ultimate key to successful quitting,” Buckler noted. “DoD has developed a comprehensive set of tools and a support system to help individuals prepare to follow through on their New Year’s resolution.”

Buckler is referring to several Tricare resources including Quit Tobacco — Make Everyone Proud, the DoD tobacco cessation campaign.

The campaign Web site, [www.ucanquit2.org](http://www.ucanquit2.org), features Train2Quit, an online support system that uses interactive quit tools, self-assessment questionnaires, quizzes and other activities. The support sys-

tem shows service members how to create a customizable quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal. The site also offers live help with links to personal quit coaches, available seven days a week, 24 hours a day, to get answers to questions about quitting tobacco and how to stay tobacco free.

Currently, the Web site also features a New Year’s Resolutions page where individuals can post their resolution to quit tobacco. Individuals can send e-cards of their resolution to quit tobacco, and family and friends can also send e-cards of encouragement to those trying to quit. Free New Year’s smoking cessation materials are available for health professionals and other installation leaders to order or download to help promote events. The site also has an “I made a resolution to quit tobacco in 2011” badge that can be downloaded to a Facebook page.

Users of the DoD Web site can sign up to receive quit tips via text messages or personal widget downloads. The DoD site also has a savings calculator, fun games like Texas Hold ‘Em and blogs for peer support, as well as social networking links to Twitter, Facebook and YouTube. The site provides medication information, news articles, podcasts, RSS feeds, special monthly features and much more.

All non-Medicare eligible beneficiaries can receive assistance with smoking cessation through Tricare’s toll-free smoking help line. Toll-free telephone lines are available in each Tricare region offering support, 24 hours per day, seven days per week, 365 days per year.

## Officials urge flu vaccinations

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

January is in the heart of influenza season and Lyster Army Health Clinic doctors and officials want everyone to be prepared by getting a flu shot.

While this season has been relatively mild, with no cases of Influenza A being reported here, there have been seven cases of Influenza B here, said Maj. Laura Ricardo, Lyster Preventative Medicine chief. While the B-type is a milder version of the flu, getting a flu shot is still a good idea for anyone, Ricardo added.

“A lot of people think if others around them have been vaccinated that they can’t get the flu, but they can still get sick,” she said. “The flu can be fatal, especially if left untreated. It’s most hazardous to those who have weaker immune systems, like the very young or old. We have plenty of doses for those ages six months and older. We have a different vaccine for those under six months of age.”

The flu shot is available at Lyster to those with TriCare military insurance, retirees and dependents, according to Ricardo. No appointment is necessary to receive the shot.

Col. Patrick Denman, Lyster Army Health Clinic commander, said getting the flu shot every year is important to build up a person’s immune system and prevent illness.

“People are still getting sick from the flu, it’s still on the rise,” he said. “Having a flu shot can help prevent the illness or, if you do get sick, keep it from being so bad.”

Preventing the spread of the flu is a concern for those at Lyster as well. There are several methods that are recommended to help keep the disease from becoming wide spread.

“Covering your coughs and sneezes with your sleeve instead of your hands is a good way to keep the spread down,” Ricardo said. “Also, washing your hands for at least 15 seconds is a preferred way of

keeping your hands clean. A lot of people use the alcohol-based hand sanitizers, but it’s still alcohol and it breaks down the skin. If you don’t have access to soap and water, then use the (hand sanitizer).”

Knowing the difference between the common cold and the flu is also vital to helping prevent its spread, according to Dr. Richard Gilbert, Lyster Preventative Medicine Public Health physician. Some people don’t realize the symptoms they have could actually be the flu.

“A cold has symptoms like head congestion and scratchy throat,” he said.

“The flu has those symptoms, but more severe and with a fever, muscle aches and pains, and possibly vomiting.”

In the counties surrounding Fort Rucker, no cases of influenza have been officially diagnosed, Gilbert said. It has been identified in counties in southern Georgia, northern Alabama and counties in Alabama bordering Mississippi.

Those eligible for a flu shot on post should visit Lyster between 7:30 a.m. and 3:30 p.m., Ricardo said. According to Denman, about 98 percent of the installation’s active duty personnel have received a flu shot.

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**See you Sunday!**

## Lyster Army Health Clinic

INFORMATION ★ UPDATES

### Lyster renovations

**Patient service center** — Construction for the patient service center at Lyster Army Health Clinic at the main entrance began Saturday and is scheduled to be complete in mid-May.

The center will house the administrative officer of the day, patient registration desk, the information help desk, and Tricare service center. Construction will occur in three separate phases; the first happens behind closed doors; the second involves the entrance doors and main hallway, and the third occurs at the front portion of the old primary care clinic. The main entrance is scheduled to remain open during the construction.

**Aviation medicine hallway** — Construction in the Aviation medicine hallway begins Friday and is scheduled to be complete in mid-April. The project consolidates primary care (primary care clinic, adult medicine, Aviation medicine, physical exams). When complete, the four clinics will operate in the same area (Aviation medicine hallway). This change enables LAHC to better utilize resources, allows the clinics to share administrative services, increases the examination rooms and staffing for primary care managers, and better prepares the clinic to start the patient centered medical home. The consolidation helps families stay together while being serviced by the same PCM.

**Medical Home** — Patient Centered Medical Home construction begins April 11. This model of primary care positions the clinic to empanel families and units together so each will see the same PCM. All PCMs/PCM Teams will be able to see Aviators and their family members so they will not have to go to separate parts of the clinic to obtain primary care.

**Parking lot** — The parking lot is nearing the end of construction. Each area now has new asphalt and striping has occurred in 75 percent of the parking areas. There are twice as many handicapped parking stalls and in general, each parking stall is bigger, which should minimize parking issues.

### Patient security

In order to provide maximum security for patients and the staff, the public access to Lyster Army Health Clinic is limited to the main entrance off of the large parking lot. In addition, the main entrance will have a metal detector to minimize bringing in concealed weapons. The main entrance will also have guards to ensure concealed weapons are not brought into the facility.

### Affordable Care Act

The recent Patient Protection and

Affordable Care Act (Public Law 111-148) requires civilian health plans that provide medical coverage to children to make that coverage available until the child turns 26 years of age. The Act did not give the Department of Defense the authority to offer this benefit through Tricare.

The House and Senate recently passed the National Defense Authorization Act for Fiscal Year 2011 that would extend dependent medical coverage up to age 26 via a premium-based program. It does not become effective until signed into law by the President of the United States. When that occurs, DoD will make every effort to implement its provisions as soon as possible. For more information visit [www.tricare.mil/tma/default.aspx](http://www.tricare.mil/tma/default.aspx)

### Tricare Online

Tricare Prime beneficiaries assigned to Lyster Army Health Clinic have choices when they need to schedule a primary care appointment. In addition to calling the Central Appointment Line to an appointment, Tricare Prime patients can register themselves and family members on Tricare Online to book primary care appointments. Tricare Online affords beneficiaries the opportunity to schedule primary care medical appointments 24 hours a day seven days a week by using the internet.

About 88 percent of all Lyster primary care appointments are available to be booked by the Tricare Prime patient online by utilizing TOL.

Tricare Online allows members to book primary care appointments, cancel online booked appointments, request refill prescriptions, check prescriptions for side effects/drug interactions, access a medical library with a variety of databases.

Patients can register by going to [www.tricareonline.com](http://www.tricareonline.com). First, the person must review the security and privacy policy, and click the “I Agree” button. Then, from the pre-login home page, click on the “Register Now” link located under the login area on the home page and follow the instructions to complete account registration.

After patients are able to login with a username and password (this may take up to 24 hours from the time of registration), they will be able to start the search for appointments from the “Beneficiary Home Page” or click on the “Book Appointment” link. Beneficiaries must also be registered in the Composite Health Care System at Lyster Army Health Clinic in order to use the Book Appointment feature. For more information contact the Managed Care Division at 255-7230 or 255-7233.

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PHOTO BY KYLE FORD

## Winter crafts

Cyan Stone, 4, spreads glue on the arms of a polar bear while her mom, Sarah, helps. The project was part of the Fort Rucker Center Library monthly craft activity, Tuesday. Children and parents were treated to a craft activity, juice and cupcakes, and Girls Scouts from Troop 9065 assisted. Next month's activity is a Valentine's Day theme scheduled for Feb. 8.



### Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations. Donations can be dropped off at the Veterinary Clinic.



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# Down Time





# GRIDIRON CORNER

## Road rules in wild card round

BY JIM HUGHES  
*Command Information Officer*

The NFL's wild card playoff round certainly lived up to its name last weekend with road teams winning three out of the four games played.

Only one game could be defined as a real upset, but what an upset it was as the magic of the Saints' 2009 season drained away and was absorbed by the Seattle Seahawks who downed the visitors 41-36.

The Seahawks played as good a game as the team is capable of, and with the Saints defense a total no-show for the game — especially on the game-clinching run by Marshawn Lynch where eight Saints had a chance at him and all whiffed — not even Drew Brees could overcome the disadvantage.

In the other National Football Conference game, it came as no real surprise that the Packers beat the Eagles in a close one, 21-16 — this matchup was very even. What was a surprise was one James Starks, No. 44 in your Green Bay Packer program. In the regular season, his rookie year by the way, he ran for 101 yards on 29 carries. Sunday, he ran all over the Eagles for 123 yards on 23 carries — so much for the Packers not having a running game.

Over in the American Football Conference, the Baltimore Ravens trashed the Chiefs, as was expected. The Chiefs looked like it might make things interesting early on, but the Ravens put its cleats on the home team's collective throat and won 30-7.

In Indianapolis, it is clear that while it may not yet be time to put the Colts out to pasture, the old horse ain't what it used to be.

The Colts defense played well enough to win, but it was the offense and special teams that came up short — allowing that big kickoff return (and also an ill-advised timeout) at the end was inexcusable.

On the flip side, the Jets must be wondering exactly what they have in Mark Sanchez. He looked awful in the first three quarters, then good in the fourth. He and the rest of



the team will need to ratchet it up a notch this week.

Other than the Seattle vs. Chicago matchup, this week's playoff games look like one of the best divisional rounds in recent memory. The AFC's games are all divisional rivals taking on one another for the third time, and the Packers heading to Atlanta makes for the most intriguing Seed 1 vs. Seed 6 game ever.

The do-or-die matchups:

### American Football Conference

### Ravens (5) at Pittsburgh (2)

These two beat on each other mercifully in their previous two encounters and split with each team winning on the other's home turf. The tie will be broken Saturday, and the stakes couldn't be higher. One will go on to the AFC Championship game, the other goes home.

Picking a winner in this one is as tough as it gets. I'm taking Pittsburgh because I feel their defense is better, and also because of Ben Roethlisberger. Big Ben may make more mistakes than Joe Flacco, but he is not averse to taking risks, as Flacco seems

to be at times. The team that reaches out and turns risk into reward wins it, and Pittsburgh fits that bill.

### Jets (6) at New England (1)

Another Round 3 between two rivals. Anything could happen, but it would surprise me if the Jets won it. The Patriots are polished, poised and very well coached. The Jets seem prone to poor decisions and mistakes at critical moments — the Patriots, not so much.

The Patriots defense is a question mark. The offense is not. Even if the Jets can run the ball, keep the clock moving and keep the game from hinging on how well Sanchez does, I don't think they can outscore Tom Brady and company.

And the Jets just don't seem to like playing in Foxboro. For the past two seasons, the Jets win close ones in New York, and then get blown out in New England. The game is in Foxboro. The Patriots win.

### National Football Conference

### Seahawks (4) at Chicago (2)

I know, I know, the Seahawks beat the defending champs. I know, I know, the Seahawks beat Chicago earlier this year. I also know Seattle was 7-9 and they just aren't that good of a team. I also know that Chicago will not overlook the Seahawks. And I know Chicago's defense isn't going to pull a disappearing act. Chicago takes it big time.

### Packers (6) at Atlanta (1)

The worst of all possible playoff scenarios for the Falcons — Green Bay is a terrible matchup for the Falcons. Above and beyond the nightmare quarterback Aaron Rodgers and his stable of great receivers poses is the fear that the Packers may have actually found a running game. If that fear is valid, the Falcons will be in trouble.

The Falcons have a solid defense and they beat the Packers in Atlanta on a last-second field goal in Week 12. But in that game, Rodgers was the top rusher for Green Bay with 51 yards. If Starks is for real, the Falcons might be in trouble.

I expect a close game once again, but I think the Packers take it this time.

# Year of the Tiger ends in BCS title for Auburn

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

The Bowl Championship Series national title game went about like I expected with one exception: the score was a lot lower than I predicted it to be with Auburn putting up a 22-19 win.

Auburn (1) and Oregon (2) turned up the dial on the defensive side of the ball in what was a fairly boring first half of football. Then the offenses finally took the field after halftime and things started getting interesting.

The most surprising thing about this game was how Auburn quarterback Cam Newton gave the spotlight to one of his teammates, running back Michael Dyer.

Dyer had 22 carries for 143 yards and turned into the hero of the game when he put the Tigers

into field goal range with the score tied late in the fourth quarter. However, nobody seems to be singing the praises of the guy who actually put the final points on the board to seal Auburn's win, kicker Wes Byrum.

Oh well, that's how it's gone all year with this Tiger team. Nobody pays much attention to the rest of the team while Cam Newton is front and center.

Enjoy it Tiger fans, chances of a repeat next year don't seem likely, especially if Cam Newton makes the obvious move to the NFL. He could surprise us all and pull an Andrew Luck by deciding to stay, but I don't think that's going to happen. Miami sure could use a boost in the quarterback area. Then again, so could Carolina.

It was quite a season

overall and I'm sad to see it come to an end. Each week has been exciting and, given the ending, this season proved you never know what to expect from college football. I certainly wouldn't have expected a team who started the season ranked 22nd in the nation to finish first.

Looking ahead to next season, things could be very interesting in just about every conference.

Who will coach the near-perfect Stanford Cardinal? Does Andrew Luck's decision to stay at Stanford mean more of his teammates will do the same? Can Oregon bounce back after a big loss? Which Southeastern Conference team will make a run for next year's BCS national title game? Is a playoff system inching ever closer to being a reality?

That's a lot of questions

to try and answer at this point and there are still more I didn't bother to list here because it would take up the entire article.

I do find it interesting that so many coaching jobs are opening up throughout the NCAA. Even more interesting is how certain coaches are now trying to make the jump to the NFL.

Jim Harbaugh should have stayed with Stanford. His star quarterback is back in play and he decides to jump to the San Francisco 49ers?

The guy did great things for the Stanford program, like taking the team from being a 1-11 team four years ago to being 11-1 now. That's quite an accomplishment, and his leaving doesn't mean Stanford is done, but it does seem a little spiteful.

One move that might

have been good for everyone involved would have been Les Miles leaving Louisiana State University for Michigan. He's not doing that, but maybe he should have. The guy got lucky this season by getting players who could make sense of his, let's face it, schizophrenic play-calling and that's not likely to happen again next season.

Alabama is putting in a junior QB to replace the outgoing Greg McElroy, but I'm not really sure the guy has the chops to take 'Bama back to the glory it had in 2009. Losing running back Mark Ingram and wide receiver Julio Jones definitely hurts, but it doesn't mean the Tide can't make a strong showing in the new season. RB Trent Richardson is coming back, so the team won't be without at least some proven offensive

weaponry.

However, the momentum in the SEC is with Mississippi State. The Bulldogs ran over Michigan in the Gator Bowl pulling out a 52-14 win.

Add to that the team gets the majority of its players back next season, its QB has shown a lot of growth this season and coach Dan Mullen seems committed to taking the Bulldogs all the way to a championship season. Maybe not a National Title, but an SEC title doesn't seem out of reach.

Let the debate begin about who should have done what to make this season better, let those who lost make excuse after excuse, let the winners gloat and the Cinderella stories come to an end. NCAA football is over for another year and it was, as I said at the beginning, the Year of the Tiger.

## PUZZLE ANSWERS

### Weekly SUDOKU

Answer

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

### Super Crossword

Answers

EATS	DAVIT	TAMER	MOE
THOU	AMISH	ELATE	SOWN
COWNT	BASIE	AESOP	CONE
HYNDE	ASIS	ONA	AHEM
ARAB	SHAUN	SALARY	
STEER	LINGMOSS	TRIM	
PAL	ABEL	CHEAP	CAMEL
ABYSS	BROOKE	SOFA	ADA
ETA	OBI	PRODD	ASK
OCCULT	ULM	DIODE	DINK
SCAT	BULLY	THECUD	CLOY
TEL	MELEE	SOB	SEQUIN
ALF	CRAM	GUT	REB
ROC	ATNO	KISSED	DAMON
STAND	ENTER	SEES	ARA
LYON	BEEFY	NEUWIRTH	
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DOWN	NERVE	HUGH	HEIFER
ERAS	CANON	EDGES	TRIO
DEY	ELAND	RESET	EONS

### TRIVIA

Answers

- William Sydney Porter
- A vessel used by Jesus at the Last Supper
- Nine
- The House of Lords and the House of Commons
- The back
- New Mexico
- Richard Nixon
- World War I
- A fear of fur
- 10, 1975

### CLARK THEATRES ENTERPRISE

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For R Rated Films, one must be 17 or with parent\*

I LITTLE FOCKERS - PG-13  
M-F: 7:00 & 9:00 • S&S: 2:00, 7:00 & 9:00

II SEASON OF THE WITCH - PG-13  
M-F: 7:10 & 9:10 • S&S: 2:10, 7:10 & 9:10

#### WESTGATE CENTER

For R Rated Films, one must be 17 or with parent\*

III YOGI BEAR - PG  
M-F: 7:00 & 9:00 • S&S: 2:00, 7:00 & 9:00

IV TANGLED - PG  
S&S: 2:00 Only

THE FIGHTER - R  
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#### COLLEGE CINEMA • ENTERPRISE

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I TRON LEGACY DIGITAL 3D - PG  
M-F: 7:15 & 9:30 • S&S: 2:15, 7:15 & 9:30

II GULLIVER'S TRAVELS DIGITAL 3D - PG  
M-F: 7:15 & 9:00 • S&S: 2:00, 7:15 & 9:00

III TRUE GRIT - PG-13  
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For R Rated Films, one must be 17 or with parent\*

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FRI: 7:00 & 9:00 • SAT: 2:00, 7:00 & 9:00  
SUN: 2:00 & 7:00 • M-THURS: 7:00 ONLY

II YOGI BEAR - PG  
FRI: 7:00 & 9:00 • SAT: 2:00, 7:00 & 9:00  
SUN 2:00 & 7:00 • MON - THURS: 7:00

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SPORTS SHORTS

Continued from Page D1

BLACK HISTORY 5K

Fort Rucker Physical Fitness Facility staff hosts the annual Black History 5K & 1 Mile Fun Run Feb. 5 from 9 a.m. to noon. Registration for the event begins at 7:30 a.m. at the Physical Fitness Facility on Andrews Ave. The Fun Run is free to all participants under age 12. Participants are encouraged to register early. Cost for the run is: \$15 by Jan. 29 with shirt; \$20 Jan. 30 and after with shirt; \$10 no shirt option. \$80 for a team of 8, each additional person pays normal registration fee, includes shirt. Trophies will be awarded to Overall Male/Female, Master Male/Female, Grandmaster Male/Female, 1st place trophies in 14 age categories, and 2nd and 3rd place medals in 14 age categories. Toy donations will be accepted for Hearts Apart. For more information, call 255-3794.

ATV TRAIL RIDE

Outdoor Recreation staff hosts an ATV Trail Ride Feb. 12 from 7 a.m. to 1 p.m. at Outdoor Recreation. Pre-registration is required. Open to all ages 16 and over. Patron must provide their own ATV and protective gear (helmet, boots & etc). Protective gear must be worn at all times. For more information please call 255-4305.

BATTING CAGE OPERATING HOURS

The Youth Sports Batting Cages are closed now through Feb. 15. Special openings for groups and units are made by appointment only. Only groups with five or more may schedule an appointment. Cost is \$20.00 per hour/per cage/unlimited pitches. For more information, please call 255-9105.

SPRING BASEBALL REGISTRATION

Registration for Youth Spring Baseball is Feb. 1-28. Children must meet age requirements by May 1. Current sports physical and a valid CYSS Registration are required for participation. Cost is \$30 with each additional child discounted. Coaches are needed for all age groups. For more information, call 255-9105 or 255-9638.

YOUTH BOWLING REGISTRATION

Youth bowling registration is Feb. 1-28 for children ages 6 – 18. Current sports physical and a valid CYSS Registration are required for participation. Cost is \$25 with each additional child discounted. Coaches are needed for all age groups. For more information, call 255-9105 or 255-9638.

ORLANDO MAGIC TICKETS OFFERED AT LEISURE TRAVEL

The Fort Rucker Leisure Travel office offers Orlando Magic Basketball tickets. The prices range from \$26.50 to \$107. Seating is available in the upper and lower sections. A voucher will be given at time of purchase and reservations will be made for the game. These tickets are non-refundable. For more information, call 255-9517.



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- Build or identify a safe room in your home.
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TUESDAY 18<sup>th</sup>

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WEDNESDAY 19<sup>th</sup>

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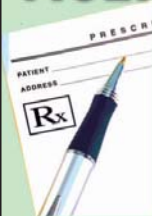
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