



# ARMY FLYER

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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 20, 2011

## NEWSLINES

### MLK CELEBRATION

Fort Rucker honored civil rights leader Martin Luther King Jr. with a program Thursday.  
**See Page A3 for full story.**

### INCOME TAX

Soldiers and Families can get income tax preparation assistance from the Office of the Staff Judge Advocate.  
**See Page C1 for full story.**

### HUNTER SAFETY

Hunters must follow rules and should use common sense when hunting on post.  
**See Page D3 for full story.**

### FRCSCLUNCHEON

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

### DFMWR SURVEYS

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

### 160TH SOAR BRIEFINGS

The 160th Special Operations Aviation Regiment (Airborne) conducts briefings Tuesday and Wednesday at 11 a.m. and 5 p.m. each day in the post theater. For more information, call Sgt. 1st Class David Whitten at (270) 956-3882.

### WAGE AREA SURVEY

The Dothan Wage Area Survey for Wage Grade Employees gathered information concerning wages that local businesses have paid within the last year to discover what, if any, wage adjustment should be made. These business included contacts by data collectors with local manufacturing, transportation, communications, public utilities and wholesale trade establishments which employ 50 or more employees. There is no wage adjustment for fiscal year 2011.

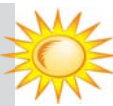
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## Weather 3-DAY OUTLOOK

### THURSDAY

High **64**  
Low **41**  
Mostly sunny



### FRIDAY

High **50**  
Low **26**  
Sunny



### SATURDAY

High **53**  
Low **27**  
Mostly sunny



# Crutchfield thanks workforce



PHOTO BY KYLE FORD

Brig. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, addresses the audience at the Fort Rucker Garrison Workforce Briefing Tuesday morning.

BY KYLE FORD  
*Army Flier Editor*

The U.S. Army Aviation Center of Excellence and Fort Rucker commanding general spoke at the garrison Workforce Briefing Tuesday morning.

Brig. Gen. Anthony G. Crutchfield thanked garrison personnel for the work they do daily to support Families and service-members, and shared his intent and imperatives as commanding general.

"I wish I could get around and see everybody all the time," Crutchfield said. "I try to but there's just one of me. When I heard you all

were going to be here I thought I'd personally thank you for what you do."

He said he reviews every single Interactive Customer Evaluation he is sent and is pleased with what he reads.

"There's a few of you in here I wish I could package and clone you, and make everybody like you," Crutchfield said. "Because I will assure you, people who write ICE comments, if they are saying something positive they don't have to do that."

The general mentioned he's begun writing letters of thank you to people

he sees receiving good comments repeatedly and delivering them personally.

"It's not much, I know that, and if you try to sell it online, you won't get anything out of it," he said. "But it's a way that I can say 'thank you,' personally. I want all of you to strive to get that letter and if all of you do, I'll write a letter for everybody on this post."

Crutchfield also shared his support of the Leading Change Team and encouraged people to get involved.

The LCT is a way to

SEE WORKFORCE, PAGE A4



PHOTO BY JEREMY WISE

Bob Strickland of Scarborough & Associates works on the front desk area of a remodeling project at Lyster Army Health Clinic. The construction is part of an ongoing process to merge LAHC primary clinics into one area near the front of the building.

# Lyster renovations to improve patient experience

BY MICHELE WATSON  
*Contributing Writer*

Lyster Army Medical center is improving patient experience by renovating and consolidating several patient facilities.

Several renovations will take

place throughout the Lyster Army Health Clinic to optimize space, and improve the patient experience from now through mid May.

"Once the renovations are completed, patients will notice a huge difference in their visits"

said Col. Patrick Denman, U.S. Army Aeromedical Center commander. "The whole purpose of this project is to put all patient care services close to the maintenance."

The patient service center will be located at the main en-

trance to provide easy access to patient registration and the Tricare service center. In addition, all primary care managers will also be consolidated from three separate areas to one area

SEE LYSTER, PAGE A5

# 110th Avn. Bde. rewards 20 years of accident-free flight

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

The flight training program at the Daleville-Dothan Learning Center achieved a major milestone Nov. 14: it has not experienced an accident in 20 years.

FlightSafety International flew more than 175,000 flight hours and more than 109,300 aircraft sorties while training more than 5,200 military Aviators in numerous aircraft types.

Col. Russell Stinger, 110th Aviation Brigade commander, presented FlightSafety International

representatives with a Certificate of Achievement in Safety during a Brigade meeting at the 110th Avn. Bde. Building Friday.

"The program (FlightSafety International) runs is just phenomenal," Stinger said. "They do the most incredible job in the most professional manner for the last 20 years."

Most in attendance had probably not heard of FlightSafety International before that day, Stinger remarked. However, he continued, that isn't necessarily a bad thing.

"The squeaky wheel may get the grease, but

the wheel who doesn't squeak just motors along, accident free, for 20 years," he said. "They do everything internally like maintenance, flight training, operations — it's all right there."

Ralph Hicks, FlightSafety International Daleville-Dothan Learning Center manager, said accepting the award was an honor and promised to continue doing the work the center has done for the last two decades.

"We didn't set out to achieve a 20-year safety award, we set out to



PHOTO BY RUSSELL SELLERS

Col. Russ Stinger, 110th Avn. Bde commander, presents Ralph Hicks, FlightSafety International Daleville-Dothan Learning Center manager, with Certificate of Achievement in Safety during a Brigade meeting at the 110th Avn. Bde. Building here Friday. FlightSafety International has not experienced an accident in 20 years.

SEE FLIGHT, PAGE A5



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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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# Perspective

LET YOUR VOICE BE HEARD BY WRITING AN E-MAIL TO THE ARMY FLIER AT KFord@ARMYFLIER.COM.

## IMCOM commander shares vision for Installation Management Community

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

Like many others this time of year, I have been reflecting on the past 12 months and looking forward to the new year.

In my professional capacity, I am focusing on the future of the Installation Management Community. Specifically, what should the Installation Management Community look like a year from now?

I have been asking this question of Installation Management personnel during meetings, town halls and garrison visits. After all, the dedicated professionals at the garrisons and headquarters are doing the work on a daily basis; they know what it takes to deliver the facilities, programs and services that support our Soldiers and Families.

I have also been seeking feedback from Soldiers, Families and leaders through a number of avenues, including installation visits, the Family Forums at the Association of the United States Army annual conference, the Army Community Service focus groups I recently held and the Army Family Survey. This feedback is critical because everything we do is focused on providing Soldiers and Families the programs, services and facilities that support their well-being, resilience and readiness. We need to know where we are on target and where we are missing the mark.

I urge everyone — Installation Management personnel, Soldiers, Family members, leaders — to continue to send me solid ideas



**Lt. Gen. Rick Lynch**

that help answer the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

The point of asking for input from so many different people is to build a shared vision of where we are going in the next year. I am meeting with senior Installation Management Community leaders this month to develop that vision based on all of this input. The shared vision will enable us to begin with the end in mind. Once we have a shared vision of what right looks like, we can figure out how to get there from here. We can eliminate random activities and focus all our efforts on the initiatives that will have the greatest impact on Soldiers, civilians and Family members.

We started 2010 by producing version one of the Installation Management Community's Campaign Plan. The Campaign Plan laid out a vision, strategy and way ahead for providing the programs, services and facilities that support Soldiers and Families.

With the Campaign Plan and the three fundamental questions as our guides, we have continually challenged ourselves to improve our performance.

Some of our efforts are visible to those we serve. For example, based on feedback from Soldiers and Families, we have enhanced delivery of several vital programs, including the Exceptional Family Member Program, Survivor Outreach Services, the Total Army Sponsorship Program, the Army Substance Abuse Program and the Army Continuing Education System.

Many of our efforts will not be immediately apparent to those outside of our workforce. For example, we are reducing the number of administrative regions from six to four and integrating the Family and Morale, Welfare and Recreation Command into IMCOM Headquarters. Soldiers and Families will see no difference in the quality of support or number of services they receive, but behind the scenes, we will be working smarter. We will streamline delivery of services to our customers and generate savings that can be applied to Soldier and Family programs.

Now, as we build a shared vision of what the Installation Management Community should look like in November 2011 and lay out the plan to achieve that vision, we will continue to challenge ourselves to go beyond what we already know and are comfortable with. We will continue to look at the shape and size of our organization and workforce. We will continue to reach out and build relationships with

others committed to supporting Soldiers and Families, including universities, businesses, non-government organizations, and other government agencies. We will continue to identify, develop and align the resources, policies and processes needed to support Family programs, safety, sustainability, energy security and other priorities.

The process of developing a shared vision can be difficult for some, since it carries the possibility of change, but it can also be energizing and it is important for us to do if we take our jobs seriously.

We owe it to our fellow citizens to be good stewards of all the resources entrusted to us. We always have to be mindful of how we impact the environment, how we treat our people and how we spend taxpayer dollars. If we do our job well, if we are good stewards of the resources entrusted to us today, then we will have the resources we need in the future.

An even more important reason is the Soldiers and Families we support. We are committed to providing a strong, supportive environment in which they can thrive. We do not chase change for change's sake, but if the only reason we do something is because we have always done it that way, then we can do better. We owe it to our Soldiers and Families to ask what right looks like and to make sure we are on track to get there.

*Support and Defend.  
Lt. Gen. Rick Lynch,  
Defender 6*

## Army Management Staff College opens 3rd annual Excellence in Education Award

**BY DEANIE DEITTERICK**  
*Army Management Staff College*

Is your organization comprised of at least 25 percent Army civilian employees? Does your organization have a firm focus on educating the Army Civilian Corps workforce so it can better serve the needs of Soldiers and the Army mission? Can you look at the training mission of your organization and confirm that it promotes lifelong learning? Do you want your organization to be recognized for its hard work and success in supporting the educational pursuits of your Army civilian employees and Army readiness?

If your answer is "yes," consider applying for the Army Management Staff College Excellence in Education Award

by Jan. 30.

Applying for the EIE award is an opportunity for your organization to review its processes, make necessary improvements and then to have those processes reviewed objectively by educators, human resource experts and subject matter experts who have interest and knowledge of education and lifelong learning and encompasses the 2010 calendar year.

The AMSC EIE award criteria is designed to dispel the notion that education is a single event or class and to promote a philosophy that education is a lifelong pursuit that can be influenced and enhanced by the institution or organization. The criteria are built on the premise that senior leaders in every organization are


the foundation that creates an agile workforce and holds the organizational Family together in harmony. They serve as role models to those they lead, and they empower the workforce through their own application and example of ethical behavior, mentorship, knowledge management, planning, work performance, fair performance reviews, appropriate recognition, developing strong leaders for the future and lifelong learning.

The keys to sustaining an environment of excellence in education are strategic planning, innovation, technology and a continuous assessment of customer needs. Striving for excellence in education strengthens our capability and contributes to improving Army Readiness. The size of your organization

is not relevant, but rather the procedures and standards that you have established and consistently maintain are vital to your success.


AMSC will recognize one organization for its achievements during the past year in promoting career development and lifelong learning throughout its civilian workforce during its annual leadership symposium. AMSC will manage the entire awards process, which includes the award criteria, marketing and public relations, the application process, selection and notification, and the recognition ceremony.

For more information on the AMSC EIE Award, visit [www.amsc.belvoir.army.mil/academic/edserv/eie/](http://www.amsc.belvoir.army.mil/academic/edserv/eie/). If you have questions, please contact [eieaward@conus.army.mil](mailto:eieaward@conus.army.mil).



# Rotor Wash

“What was your resolution for 2011?”




**Elli Canterbury, Travel Clerk Transportation**  
“I made a New Year's Resolution to do whatever I had to do to buy a new vehicle. My resolution became reality this week. Now, hopefully in March, I can take a vacation to Ohio.”




**2nd Lt. Laura Temp, B Co., 1st Bn., 145th Avn. Regt., flight student**  
“I had a friend issue a challenge to read more books. I agreed to her challenge and made that my resolution and I have done really well. I read every night.”



**WO1 Tyson Ruhle, B Co., 1st Bn., 145th Avn. Regt., flight student**  
“I am hoping by working hard to improve my Army Physical Fitness Test score — this will allow me to have better standing for aircraft selection.”



**Pfc. Montray Woods, A Co., 1st Bn., 13th Avn. Regt.**  
“I want to work out more and to not become so involved that I forget the main reason for me being here is to make a difference. My daughter helps me do this by motivating me.”



**Sgt. Chrishette Placencia, Human Resources Specialist**  
“My resolution for 2011 involves doing what I need to do to be promoted to E5.”



# Post celebrates MLK's life

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

“Life’s most persistent and urgent question is: What are you doing for others?” was the question Martin Luther King, Jr. asked in his “Conquering Self-Centeredness” speech in Montgomery, Ala., Aug. 11, 1957.

That question was the theme of the U.S. Army Aviation Center of Excellence Martin Luther King, Jr. Commemorative Program at the Post Theater Thursday.

The event was meant to reflect on the accomplishments of the famous civil rights leader and to promote the continuation of his work.

Rose Evans-Gordon, City of Dothan municipal judge and event guest speaker, spoke about her own experiences in trying to help others.

“As I pondered the (event theme) I was honored that somebody thought I had enough sense to answer that question,” she said. “I have learned we may never know the results of our actions, but we know if we do not act, nothing will ever change.”

Evans-Gordon touched on a variety of topics such as education and self-improvement, but also talked about how these things have an effect on the whole society.

“It is a great blessing to do service in the community and do work for others that is meaningful and enjoyable,” she said. “It is true that our service to others or to a cause is one of the ways we will define our life’s legacy. True success and purpose is not determined by making money, but by building better communities and societies in which to live.”

Col. James Muskopf, Fort Rucker garrison commander, also spoke about the importance of service to others and about the legacy of the man the event



PHOTO BY RUSSELL SELLERS

Members of the DOTD Music Ensemble perform during the annual USAACE and Fort Rucker Martin Luther King, Jr. Commemorative Program at the Post Theater Thursday.

was meant to celebrate.

“(King) taught that through non-violence and service to one another, problems such as hunger, homelessness, prejudice and discrimination can be overcome,” he said. “As we celebrate the 25th anniversary of the Martin Luther King Jr. federal holiday, Americans across the country and people around the world will celebrate his life and work.”

Attendees of the program also heard a variety of musical selections by the Di-

rectorate of Training and Doctrine Music Ensemble and a saw a performance by the Glory to Him Church of Ozark Praise Dancers.

At the conclusion of the event, Muskopf presented Evans-Gordon with a commemorative plaque to thank her for her service and for being the event speaker.

Timothy Knighton, Fort Rucker Equal Employment Opportunity Manager and event coordinator, thanked those who attended and those who helped put the

event together, and reminded everyone the reason for the event.

“Today, we’ve honored the memory of (King) and the timeless values that he taught us such as truth, courage, justice, compassion, humility and service to others,” Knighton said. “I can’t think of a better way to address community concerns than through community action and community service. I encourage each of you to continue (King’s) dream for a free and equal society, affording equality of opportunity for all.”

## DARE students begin 10-week course Monday

JEREMY WISE  
*Contributing Writer*

As the new year begins, Fort Rucker Elementary school fifth graders will meet a new teacher for their annual Drug Abuse Resistance Education program, which begins Monday.

Sgt. Kenneth Behar, 6th Military Police Detachment, begins the annual class, which teaches children how to resist drugs and peer pressure, said Peggy Contreras, Directorate of Public Safety community police supervisor.

Students also learn how to spot different advertising techniques used to get them to try tobacco, alcohol or other products, she said.

Behar, who previously served as a patrolman, said he wanted to become a DARE teacher because he loves working with children. He added he enjoys discussion-oriented sessions.

“(It’s) letting them talk to you. You try to see if they take over and teach you,” he said. “They tell you what scenarios they have encountered and how they handled it. If they did it wrong, you

say, ‘How about you try this?’”

He said teaching children about drugs by the fifth grade is critical to keep them away from substance abuse.

“It’s right before they have to (begin making) more demanding decisions,” he said, noting the youngsters may have older brothers and sisters who face decisions about drugs every day. “It lets them know (they) have a choice.”

The course also teaches the youth to figure out who to go to and who they can trust with their questions, Behar added.

In the course, students receive a different lesson each week for 10 weeks.

DARE began in 1983 in the Los Angeles schools to give “kids the skills they need to avoid involvement in drugs, gangs, and violence,” according to the program’s Web site.

About 75 percent of the United States school districts use the program.

For more information on the DARE program, call 255-DARE or Behar at 255-9399. For any questions about community police, call Contreras at 255-3273.



THE NEW LEADING CHANGE TEAM (LCT) IS BEING FORMED!  
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# Workforce: Employees encouraged to excel

Continued from Page A1

make important changes for Fort Rucker and for the Aviation Branch. He asked people to “come forward with their ideas to make our post, our lives and our branch better.”

Crutchfield quoted the saying, “If you continue to do what you did, you’ll always get what you got.”

“The point is if you continue to do things because that’s the way it’s always been, you will always be what you are now. You will never be any better ... ever,” he said.

Crutchfield shared his passion for Fort Rucker and Army Aviation, saying the post is where he began his career.

“I’m the first generation of Aviator, general officer that grew up in the branch that is now the leader of the branch. I’ve seen it from the beginning of the branch,” he said. “When I found out I was coming to Fort Rucker I spoke with anyone who would have an office call with me and asked them two questions. What does Army Aviation do for you? And how can we improve?”

After he thought about all the answers he received he came up with the commander’s intent and imperatives.

“I’m sharing all of this with you because you’re part of my team and I can’t do this without you,” Crutchfield said.

After he finished talking to all the people he

wrote down some things that have got to be done in Army Aviation.

“I call them imperatives not priorities,” Crutchfield said. “Because a priority is from top to bottom — imperatives, you have to do everything.”

“We’ve got to work as a team,” he said. “We’re doing great, but we could be doing better. Think about who you need to work with and how you can improve.”

Crutchfield explained cost culture means accomplishing the mission at best cost.

He also said he is dedicated to making sure Soldiers and the civilian workforce receive opportunities for professional education. Soldiers are required to do professional military education for promotions.

“The Army is not very good at educating our civilian workforce and we’ve got to do better,” Crutchfield said.

He said that by building relationships both locally and nationally the Aviation Branch and Fort Rucker will benefit. If people don’t know what we’re doing beyond the Wiregrass area or Montgomery, Ala., then we won’t get the things we need to improve and accomplish our mission.

“I just want to let you know that I acknowledge your hard work and I appreciate what you do,” Crutchfield said.

After Crutchfield spoke, Col. James Muskopf, Fort Rucker garrison commander and Justin Mitch-

ell, Fort Rucker garrison deputy commander recognized several people for their hard work and volunteerism in support of the garrison. They presented medals, awards and certificates of appreciation.

After the awards, Wes Hedman, Aviation Safety Specialist, spoke about the Leading Change Team and how it will help the garrison and Army Avia-

tion. He also shared how people can become members of the team.

Mitchell then discussed the newly reinstated reveille and retreat procedures and talked about entertainment and educational opportunities for garrison employees.

Muskopf recognized the importance of Crutchfield’s visit to the briefing. He said that a lot of what Crutchfield talk-

ed about applied across the board to all people on Fort Rucker, not just Aviation.

“So much of what we do is the fact that we are a service organization,” Muskopf said. “We render a service to our people that if we do treat every private like we do every general officer we will come a long long way to accomplishing our goals and objectives.”

He also thanked garrison personnel for all the work they do.

“Shortly after I got here I said that my worst day here at Fort Rucker is better than my best day at the Pentagon, and it’s still true today,” Muskopf said. “I wasn’t talking bad about the Pentagon, I was talking about how good it is to be here. I couldn’t be happier with the workforce I have here.”

## Commander’s Intent

Nothing is more important than how we train and sustain the flow of highly qualified Aviation professionals to rapidly meet the demands of Commanders worldwide and expertly employ the full spectrum capabilities Aviation brings to the Army and Joint Force. Trained by strong leaders, they are mentally, spiritually, and physically tough and are unsurpassed in their commitment. We must ensure all our efforts are synchronized with ARFORGEN and our process must be impossible for any other organization to duplicate.

## Crutchfield’s Imperatives

- Must work as a **Team**
- Must be **rapid** and **responsive**
- Must keep **“Cost Culture”** in mind
- Must develop the **correct Aviation Force** (Capabilities Integration and Force Modernization)
- Must **professionally develop** the Aviation Force (Soldiers AND Civilians PME)
- Must enhance the **strong relationships that exist with local, regional and national communities**
- Must eliminate the current **Aviation training backlog**
- Must significantly **reduce Aviation accidents**



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Photos courtesy of Department of Defense



# Lyster: Services not interrupted during renovations

Continued from Page A1

adjacent to the pharmacy, and will be organized in teams of four to five providers to improve continuity of care.

“Consolidating our primary care providers into teams is the foundation of the Patient Centered Medical Home and has been adopted at other military installations worldwide. It is designed in essence to bring back the neighborhood doctor from years ago,” Denman said. “Each beneficiary is assigned to one primary care provider within each team that will address any healthcare issues the beneficiary may have. The goal is to improve continuity of care from one visit to the next.”

The patient service center, should be completed by mid-May.

“We hope to start the first provider-team in April, if things stay on schedule,” said Lt. Col. Joseph Graham, Lyster Army Health Clinic deputy commander for administration, LAHC assistant facility manager Stacy Greaud and U.S. Army Aeromedical Commander Col. Patrick Denman discuss ongoing renovations at LAHC.

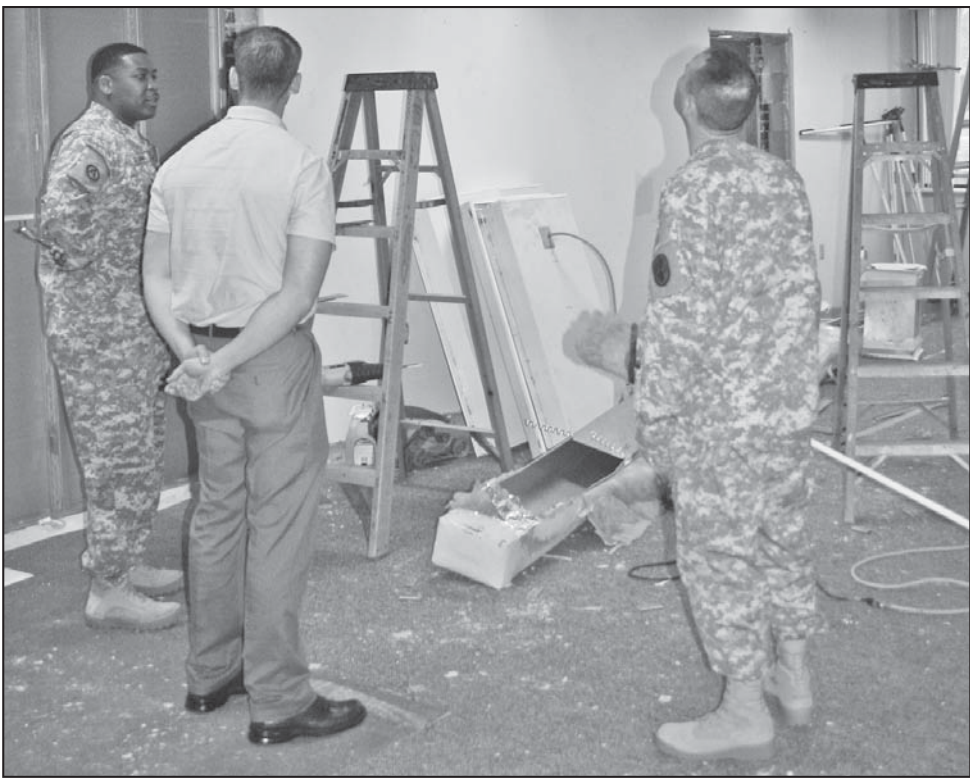


PHOTO BY JEREMY WISE

From left, Lt. Col. Joseph Graham, Lyster Army Health Clinic deputy commander for administration, LAHC assistant facility manager Stacy Greaud and U.S. Army Aeromedical Commander Col. Patrick Denman discuss ongoing renovations at LAHC.

you are not very familiar with where you need to go,” he said. “This project will reduce the need to walk from one end of the facility to the other to handle all your healthcare needs. An information station is also being added to the patient service center to provide information to newcomers and answer questions about services provided.”

The renovations and primary care teams are all part of the Army Surgeon General’s support of Military Health System’s Quadruple Aim, which includes readiness (pre- and post- deployment, Family health, behavioral health and professional competency); population health (health service members, Families and retirees, and quality health care out-

comes); a positive patient experience (patient and Family centered care, access and satisfaction); and cost (responsibly managed and focused on value.)

“We want you to have a positive experience” said Graham. “It has been several years since any renovations of this scope have taken place in the facility. Lyster has certainly under-

gone a lot of changes, particularly as it has adjusted from being a small hospital with inpatient care to an ambulatory health care clinic. We will continue to embrace change particularly when it improves care for our beneficiaries, optimizes operations and patient flow.”

Renovations also include adding a café style room, which will allow

patients the opportunity to access the Internet. A coffee cart will also be located in the area with tables and chairs.

“If patients want to just rest a minute after visiting the doctor in the café room, this will provide a comfortable place to just sit down,” Denman said. “We treat between 450 and 625 beneficiaries a day here. We realize we are visitors in our beneficiaries’ lives, but we want to do what we can to help make sure the services they receive here are putting them and their healthcare first. That is our goal — to help keep them well and to educate them on staying healthy.”

Both Denman and Graham are very appreciative of beneficiaries’ patience during the renovation. “While our patients health care needs should not be interrupted during this process, we would like to thank everyone for helping us improve the patient experience at Lyster Army Health Clinic,” Denman said.

## Flight: Crew completed 578K hours maintenance

Continued from Page A1

achieve no accidents daily,” he said. “When you do just that daily, before you know it, it’s been 20 years.”

Hicks thanked current and former FlightSafety International employees who helped to make the award possible and said he plans to get to work on the next 20 years right away.

While achieving the award was a great accomplishment, it didn’t come easy, Hicks said.

Over the course of 20 years FlightSafety International aircrews encountered various aircraft incidents ranging from land-

ing gear malfunctions to fuel leaks and engine failures.

FlightSafety’s maintenance professionals also completed 578,000 man-hours of scheduled and unscheduled aircraft maintenance tasks ranging from complete aircraft rebuilds to wing spar crack repairs and landing gear component replacements during the same time period.

Through it all, the FlightSafety team has made every effort to live up to its motto, “the best safety device in any aircraft is a well-trained crew,” wrote Lt. Col. Joseph Matthew, 1st Battalion, 223rd Aviation Regiment commander, in a memorandum dated Nov. 14, 2010.



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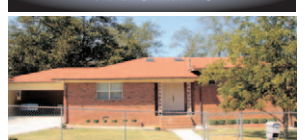
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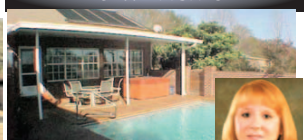
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# ARMYWIDE

VOL. 61 ■ NO. 03

ARMYFLIER★COM

JANUARY 20, 2011

## ARMY BRIEFS

### EMERGING TECHNOLOGIES

WASHINGTON — The Army is exploring a wide range of cutting-edge technologies such as solar-powered battery chargers, digital mapping technology, alpine goggles with a head-mounted global positioning system display screen, handheld smartphones for the dismounted Soldier, and more discussed at the International Consumer Electronics Show in Las Vegas, Nev., Jan. 6-11.

"There is a very important role that technology plays for the Army," said Lt. Gen. Michael Vane, director of the Army Capabilities Integration Center at Fort Monroe, Va. "We are constantly and actively engaged with the scientific community to leverage the leading-edge technologies as well as innovate and develop new ideas," he told an audience of public and government attendees Jan. 6, at the show.

### GARBAGE INTO ENERGY

SAN ANTONIO — The U.S. Army is furthering its goal to empower, unburden and protect the warfighter by developing "green" technology that converts waste into fuel.

Importing fuel and exporting garbage to and from the battlefield is an expensive and dangerous process for the Army. Doing so requires convoys that put Soldiers in danger and the disposal of the garbage is both an environmental and security issue.

The Tactical Garbage to Energy Refinery is a hybrid technology that alleviates these burdens by converting a broad spectrum of waste into a usable power source. The TGER metabolizes waste into ethanol and compresses undigested waste into pellets which are then converted into a composite gas. The ethanol, composite gas and a 10 percent diesel drip are injected into a diesel generator that produces electricity.

The technology behind the TGER has applications beyond the Army. It potentially could be used as relief for an area hit by natural disaster.

### BIONIC ARMY

SAN ANTONIO — An American warfighter can easily lift up to 200 pounds and significantly reduce knee and back injuries with emerging technology on display recently in the Army Strong Zone at the U.S. Army All-American Bowl.

The Human Universal Load Carriage, called HULC, is an anthropomorphic exoskeleton developed by Lockheed Martin in coordination with the Natick Soldier Research, Development and Engineering Center, a research element of the U.S. Army Research, Development and Engineering Command.

The HULC is designed to mirror a Soldier's body and support the lifting of loads up to 200 pounds. It enables rapid movement and preserves combat mobility while reducing combat

## Mullen seeks military self-examination

BY DONNA MILES  
American Forces Press Service

WASHINGTON — As the military enjoys tremendous support from the American people, the chairman of the Joint Chiefs of Staff said now is the time to step back, assess the impact of 10 years of war and ensure the institution remains on course.

Navy Adm. Mike Mullen, opening a leadership conference at the National Defense University at Fort McNair, Jan. 10, called for a proactive self-examination — institutionally and by individual leaders — and appropriate course corrections, as needed.

The chairman called the all-day conference — titled "Military Professionalism: Introspection

and Reflection on Basic Tenets and the Way Ahead" — "an opportunity to begin a conversation and debate about who we are, what we have become, and how that matches up to who we should be."

"For something like this, which is at the heart of who we are, we can't do enough self-examination," he told the attendees, key leaders of the military education and training community.

"This is not self-flagellation," he added. "This is examination to make sure we understand it and that we keep feeding it back to raise those who will lead, in the not-too-distant future, our military and, in fact, our country."

SEE MULLEN, PAGE B4



PHOTO BY NAVY PETTY OFFICER 1ST CLASS CHAD J. MCNEELEY

U.S. Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses audience members at the National Defense University Conference on Military Professionalism in Washington, D.C., Jan. 10.



PHOTO BY SPC. JEANITA C. PISACHUBBE

## Always ready

Spc. Michael Ortega, C Co. HH-60 Black Hawk crew chief, lowers Sgt. 1st Class Roger Kennedy, flight instructor and flight medic from C Co., TF Mustang, 4th CAB, 4th Inf. Div., during hoist training Jan. 3 in Afghanistan.

## Fueling crews keep Army birds in the air

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

CAMP TAJI, Iraq — Army helicopter fuelers on Camp Taji, Iraq, are running what is described as a full-service gas station for military helicopters.

Camp Taji's Forward Arming and Refueling Point is open 24 hours to service military helicopters that need to quickly refuel and rearm without shutting down their engines. In less than five minutes, ground crews can fit the birds with the fuel and munitions they need to continue their missions.

Despite the end of combat operations here, almost 10,000 aircraft have visited the Taji FARP since March. Also, its crews have pumped nearly 2 million gallons of jet fuel, an average of 5,000 gallons daily.

For the fuelers of A Company, 601st Aviation Support Battalion, gallons translate to hours.



PHOTO BY SPC. ROLAND HALE

Spc. Kasey Jinks, an Army fueler deployed to Iraq with A Co., 601st Avn. Supt. Bn., signals to stop the fuel pumping into a CH-47 Chinook helicopter on the Forward Arming and Refueling Point on Camp Taji, Iraq, Jan. 13. The Taji FARP has pumped nearly 2 million gallons of fuel since A Co. took charge of it last March.

"As long as there's aircraft flying we'll be busy," said Sgt. 1st Class Anthony Fields, the noncommissioned officer in

charge of the point. "Whether it's combat or stability operations,

SEE CREWS, PAGE B4

## Casey: Army rebalance to be complete by October

BY J.D. LEIPOLD  
Army News Service

WASHINGTON — Despite budget cuts, Army Chief of Staff Gen. George W. Casey Jr. said he expects the service to no longer be out of balance by the end of this fiscal year.

Casey spoke at the Association of the U.S. Army's Institute of Land Warfare Breakfast Jan. 6, and said the Army will soon reach the balancing goals it set in 2004.

"We will finish rebalancing, moving Soldiers out of Cold War skills to skills more relevant and necessary today to the tune of 150 to 160,000 Soldiers," he said. "Taken together, it's a fundamentally different Army than it was on Sept. 11, 2001. We had a good Army then, but we have a great combat-seasoned Army that is organized in a way that makes it much more versatile and relevant today."

"As I go around, I see we're starting to breathe again, that people are getting instead of 12 or 13 months at home between deployments, they're getting 18-24 months," Casey said. "And that's a good thing, believe me. We needed that."

"We expect by the beginning of fiscal year 12 that units deploying will deploy with an expectation of one year out to two years back for the active Army and one year out to four back for the Reserve Component," he said.

Casey said the Army was close to finishing off bringing in the additional 22,000 Soldiers who had been authorized in 2007 by the Bush administration, and that the drawdown in Iraq has played a large role in the increase in dwell time.

"A couple of words about the environment, and I think this is critical. This war's not over. We're involved in a long-term ideological struggle against the global extremist network that has attacked us on our soil. They're not going to quit. They're not going to give up," he said.

"So as we look out there at that environment, I see that our greatest challenge

SEE REBALANCE, PAGE B4





## ANNOUNCEMENTS

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FOUND: Male German Sheppard w/collar in Greenwood area. 850-594-9905

### LOST

**LOST:** Ladies eye glasses at Winn Dixie in Marianna. 850-482-2515

LOST: Male Beagle in Indian Springs area. 850-209-2971 or 850-482-0029

**LOST:** Male BlueTick near John Redd Rd. REWARD! May have GPS collar on. 850-559-2922/850-592-6846

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**Breakfast Set** - with 4 chairs and bar stools OBO **27" in TV-** Curtis Mathes OBO Call 334-699-7868

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**Fax Machine with printer and scanner** , brand new, used 1x \$300 334-435-9801

**FREE: Female Boxer mixed** with Golden Retriever, approx. 2 years old. 334-792-6903.

**Full size pillow top bed** with mattress \$ 75. **Electric smoker** \$50. 334-793-2304

**Futon-** Mahogany with memory foam mattress \$100. Call 334-790-1606

**Gas Logs-** brand new and never used \$150 Call 334-798-2141

**Generator, 10HP** 5250 Watts \$225 Please Call 334-479-7645

**Glass End Tables-** Have 3 \$100 each, \$250 for all 3 OBO(334)699-7544

**Hamilton Beach Shake Mixer-** have 2 Commercial \$125 Each (334)699-7544

**Heaters, 6 Gas or Electric** , \$400 for all 850-867-6868

**Hot Fudge/Nacho Warmer-** 3, \$125 each, \$325 for all OBO (334)699-7544

**Iron Bed,** Double, vintage, with rails, Primed for paint, \$150, 334-899-6408

**Iron Bed,** single, vintage, with rails, \$200, 334-899-6408

**Laundry Dryer** , runs good, heavy duty, \$75. 334-718-9617

**Lawn mower,** Electric, Good condition. Home Life 18"Cut \$200. 334-803-9687 After 4:30

**Log Cabin Style Jewelry Box** - \$50 OBO, Call 334-806-7361

**Loveseat,** brand new, \$75, 334-648-0668

**Matching Coffee table & end tables** , Good Condition \$100 334-618-9188 after 5am

**Meat Slicer-** Berkel Commercial slicer, works great \$495 (334)699-7544

**MJ Hummel** - 123 boy with backpack \$75, 334-806-4830.

**MJ Hummel** - Honor Student \$60, 334-806-4830.

**Nascar Diecast CARS** \$5., \$10, & \$20. ea. 334-792-3320

**New Firefield lazer site** with mount & battery \$45. 6-24X Mildot scope \$95. 334-671-8550

**New spotting scope** 1540X Barska \$40. 3x9 scope & rings \$60. 334-671-8550

**Norinco 9mm Luger** Caliber in superb condition, with 2 mags \$250 334-671-8550

**Oak Baby Bed** - \$100; 334-806-7361

**Original Paintings-** Various scenes and artists \$125 & up (334)699-7544

**UNUSED STEPPER** \$40 call 334-687-4122

### TREASURE SEEKERS

**Outboard Motor Tanks** - 5 Gallon, Mercury or Evinrude. \$25. 334-673-7539

**Peacocks for Sale-** Mated Peacock Pair \$125. Trio (1 Peacock and 2 Hens) \$175. 334-886-3961

**Piano for Sale** \$300 OBO; 334-806-7361

**Pictures by Terry Redlin, Hunter Haven** & Best Friends \$150 ea. 334-792-3320

**Power Balance Bands-** Many colors and sizes, \$15 each 5 for \$60 (334)699-7544o

**Refrigerator-** Sears brand with ice and water maker, beige, very clean. Call 334-347-0418

**Remington H70 Express Mag-** 12 gauge, like new, \$240 Firm Call 334-618-4908

**Remington md#742 semi-auto** 30-06 with lighted scope & sling \$425. 334-671-8550

**Sewing machine** NIB Brother, Full size, Easy to Use. \$125 334-803-9687 After 4:30

**Sofa** - new burgundy & hunter green \$50, tbl. & ch \$75. 334-648-0668

**Sofa Table & 2 end tables,** like new \$150. Full size mattress \$40. 334-699-7461

**Spinnett Piano** , dark wood, \$100 OBO 850-569-2770

**TANNING BED** Sunquest Pro good condition \$300 OBO Call 334-695-6650.

**Taurus 1911 AR .45** ACP Like New, With Case, papers and 2 mags. \$480 334-671-8550

**TV 9" RCA** under counter top / under counter mount. \$50. 334-702-7435

**TV stand** \$25. Ladies & boys shoes \$2-\$6 sz. 7-8, & 10-7 \$2. ea. 334-648-0668

**Washer and Dryer** , white, Sears Kenmore 70 Series \$325 each. Like New 334-794-2279

**Whirlpool Refrigerator** \$150. , white, fair condition. 334-673-0017

**Youth Bed** with mattress, mahogany color, \$75 OBO 850-569-2770



## PETS & ANIMALS

### BIRDS, FISH, EXOTIC ANIMALS



**Quail for Sale**  
**flight condition Ready**  
**for hunting**  
**➔ 850-326-3016**

### CATS

**FREE: female all white cat** , front declawed, spayed, and all shots. 334-791-0143

FREE KITTENS,

850-209-1266

**Free Kittens!** Litter trained. Beautiful!!! Only 3 left. 850-557-2846 DO 10965

**Free to GOOD home** 2 kittens, and 1-long hair blue Persian male. 334-393-9681

**Free to GOOD home** 3 kittens, and 1-long hair male cat, male, Playful!!!334-393-9681

**LOST: male cat, black & white** on Brookside Buena Vista area. 334-793-2567

### DOGS

**AKC Shelti Puppies-** (mini collie) puppies \$400. great marking-sable & white. 334-677-0055

**AKC Yellow Lab Puppies-** shots and wormed, 1 female, 2 males, very sweet \$300. Call 334-792-7233 or 334-677-5049



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

**FREE: Boxer male 6 mo.** old, all shots, very friendly, good with other dogs. 334-791-0143

**FREE:** Female dog white with brown, loves people and dogs, neutered, 35lbs Call 334-693-9097

**FREE: male Schnauzer mini-mixed,** 9wk puppy, wormed needs good home. **334-379-9067**

**Free Puppies to GOOD home** , Black Lab/Golden Retriever Puppies. 334-405-9027

**FREE:** Small German Sheppard/Chow mix, loves dogs, neutured, vet check 334-693-9097

**FREE TO GOOD HOME:** Female medium size mixed breed dog. Good with kids. 850-594-9905

**Free to GOOD home** , Lab mix puppies! 1 white, 1 tan & white, some black & white 334-677-3713

**Free to GOOD home,** Male black lab. Spayed. Great disposition. Needs large yard. 792-3680

**Free to GOOD home** , Very small Chihuahua mixes, Young. Moving,can't keep! 850-209-6977

**Lost:** Female long haired chihuahua, red & white US 84/Bear Creek, Reward 334-692-5597

**LOST: Mixed M Lg. black** with brown markings in Roosevelt area off W. Main 334-792-9391



**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

**YORKSHIRE TERRIER,** Precious 10 mo. old female, spaded 4 lb.Yorkie for sale. Special needs grandchild coming to live w/us and we need to find dog a loving home. Puppy pad trained. She loves to "fetch" and can jump up on your bed! A stay at home person would be best although she can entertain herself during the day. \$600 If you think you would be a good fit, please call 334-714-6502. DO 11035



## FARMER'S MARKET

### FARM & DAIRY EQUIPMENT

**2000 Tons broiler litter** . \$25 per ton. FOB Echo, AL 334-701-2592, 237-4219, 795-3056, 795-6698

### HORSES & CATTLE

**Cow-Calf pairs** - bred heffers and some bulls. Sim-Angus 334-898-1626



## EMPLOYMENT

### GENERAL HELP

**PUBLIC NOTICE**  
**THE CITY OF ENTERPRISE IS NOW**  
**ACCEPTING APPLICATIONS FOR THE**  
**FOLLOWING SEASONAL POSITIONS:**  
**14- Concession Workers**  
**10- Program Assistants**  
**8- Lifeguards**  
**9- Scorekeepers**  
**1- Night Supervisor/Recreation**  
**Assistant**

**OPENING DATE:**  
MONDAY, JANUARY 10, 2011  
**CLOSING DATE:**  
Positions Open Until Filled

**TO APPLY CONTACT:**  
**HUMAN RESOURCES, CITY HALL, 501 S.**  
**MAIN ST. ENTERPRISE, AL, 36330**  
**M-F; 7:30 - 4:30 EOE**

### HEALTH CARE

## Ozark Health & Rehabilitation

is seeking caring Maintenance assistant, certified nursing assistants (certified only apply), LPN's, & housekeeping to join our team in providing the "best" healthcare services for our residents.

### BENEFITS INCLUDE:

Scholarship Program  
BC/BS Health & Dental Insurance  
401K Investment Account  
In-house Training.

**Call 334-774-2561 Please apply in person**  
**come by our facility Mondays and Wednes-**  
**days at 312 Bryan Drive adjacent to Lake**  
**Lisenby in Ozark, AL E.O.E**

### SKILLED LABOR

### ENTERPRISE ELECTRONICS CORPORATION,

a TWCC Holding Corp. company, manufacturers weather radars for worldwide meteorology, military and government agencies, as well as, the broadcast community. The Company has designed, manufactured and installed over 950 radar systems in over 85 countries.

### MECHANICAL ASSEMBLER

High school diploma or equivalent and one to three years related experience/training Able to perform complex tasks which require thorough knowledge of fabrication techniques, tools, materials and equipment. Requires international/domestic travel

Enterprise Electronics Corporation offers a competitive salary and benefits package to include: medical, dental, vision, 401k match and vacation.

**Send resumes to: Fax: (334) 393-4556**  
**Email: [humanresources@eecradar.com](mailto:humanresources@eecradar.com)**  
**Mail: Attn.: HR, P.O. Box 311270, Enterprise,**  
**AL 36331, EOE ? M/F/D/V**



## 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)

### FARMS, LAND, TIMBER

**Wanted Land:** 5 to 20 Acres with pond near Dothan Call 334-598-2288

### HOMES FOR SALE

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



**HEADLAND'S BEST KEPT SECRET!**  
**699 CO RD 100**  
**HEADLAND**  
**\$341,500**

- Craftsman Design • Approx 2920 sq. ft.
- 5 BR, 3 Baths • Built in 2009 • 6.1 Acres
- Slate and tile • Hardwood floors
- Granite counter tops • Energy efficient
- Formal DR • 2 car garage • 2 stall barn
- Trey ceiling in master
- 18 ft. ceiling in living area
- Lennox Two Zone system

### REALTORS WELCOME!

Call 334-596-7763

★ **MOVE IN NOW! "0" MORTGAGAE** ★  
**Lease-Purchase:** Park like setting in the woodlands SD. 4/3, Great Rm, LR, Bk area, Deck overlooks lake. New roof &amp



## 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

**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 '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 '04 Grand Caravan,** Excellent condition \$7300 850-526-2055 or 850-272-8933 DO 11002

**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 Land Rover Discovery** . Silver. Good condition, \$6,500. Call 334-792-1109 DO 11033

**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, 139k 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 reasonable 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



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

## AUTOS FOR SALE



**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 R16,5 LT tires \$8,000. 334-266-5248



**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 interi 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 '07 Mazda3-** Sunroof, gold, 120k miles, \$9000. Call 334-794-4917 leave message DO 11026

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



**Nissan '05 350Z Convertible** Touring Edition. Auto. Exc. Cond. \$16,500 Pearl White 334-793-3686; 334-790-9431



**Nissan '05 2350 Roadster Convertible.** Nice Car!!! Priced at \$16,900. Call for more information about extras. 850-210-4166

**Nissan '06 Maxima** , 121Kmi. loaded, leather, heated seats, sunroof, new tires, excellent condition, \$11,500. 791-3081. DO 11029

**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** , auto tranmission, red in color, loaded. 34 mpg, 58K miles. \$13,500. 334-794-2927. DO 11038

**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

**VW 76' Beetle, Restored** , To many new items to list. \$5000. Serious Inquiry Only please.

➡ 334-798-4569 or 334-792-9680 ◀ DO 11001

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

## MOTORCYCLES

**2008 Honda V50 Shadow** Spirit Motorcycle. Low miles. Like new \$4,000. 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 \$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

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

## MOTORCYCLES



**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

**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. \$19,995. OBO \$44,000 invest-ed. 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 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



**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



**Ford '96 Explorer Limited** leather seats, electric windows. A/C, CD player, sun roof. Runs good and dependable, \$3,500. OBO.

Call 334-796-7338 DO 11007

**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 '09 Rav4-** blue, gray interior, 30k miles, power window and lock, luggage rack, like new \$17,500 Call 334-333-1392 DO 11024

## TRUCKS, BUSES, TRACTORS, TRAILERS

☆ 555C Backhoe For Sale \$13,500 Call 334-886-9003 or 334-726-4661

**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



# Mullen: Military must have public support

Continued from Page B1

Echoing a message Defense Secretary Robert M. Gates sent during a speech at Duke University in September, Mullen cited a growing chasm between the American people and the military that depends on their support for its very survival.

Gates noted during that speech that less than 1 percent of the U.S. population has shouldered the national security burden, and he expressed concern that Amer-

icans are losing contact with those who make up its military.

Today, Mullen said that although most Americans have tremendous goodwill toward their men and women in uniform, by and large they have little true connection to who they are or what they represent.

That's a dangerous situation for the military, which can't survive without public support, Mullen said.

"Our underpinning, our authorities, everything we are, ev-

erything we do comes from the American people," he said. "And we cannot afford to be out of touch with them. To the degree we are out of touch, I think is a very dangerous course."

The chairman cited changes in the American public's perception of the military during the span of his own career.

During the 1970s, he said, the public largely blamed the military for failures in Vietnam, resulting in deep organizational scars that remain today. Then, during

the 1980s, personal accountability began to erode within the military, the chairman told the group.

"We were much more focused on the image of who we were, the communications of who we were, particularly when things got tough," Mullen said. "And I saw too many not stand up who should have stood up from an accountability standpoint. And it bothered me to no end. For me, accountability is at the heart of this."

## Got Risk?

Safety reflection

"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>.

- Speed, alcohol and lack of seat belts all can affect the outcome of an accident.

- Speed influences the risk of crashes and crash injuries by increasing the distance needed to stop a vehicle and increasing crash impact forces.

- Alcohol affects judgment, concentration, coordination, reaction time and vision and hearing acuity, all of which are vital for anyone operating a motor vehicle.

- Not wearing seat belts takes away the single-most effective measure drivers and passengers can take to protect themselves in a crash.

- Alcohol and lack of seat belts spell disaster for those operating or riding in motor vehicles.

## Rebalance: Combat edge requires continuous adaptation

Continued from Page B1

over the next three to five years is the need to maintain our combat edge while we reconstitute this force and continue to build resilience for the long haul," he continued.

To maintain the combat edge, Casey said the Army was working to bring back strategic flexibility and held a first-ever full-spectrum operations rotation exercise against a hybrid threat down at the Joint Readiness Training Center in October.

"Two things that struck

me the most as I sat on a hill with a company, the company commander, the first sergeant, platoon sergeants and platoon leaders preparing their defense. They'd been up for 36 hours and these guys are sitting there and working through things. They're talking about what they did right and what they did wrong. Wow, that level of intensity is something we can all be proud of," he said.

"And, the second thing I saw which I actually expected, was when these companies and platoons

close with the enemy, they are absolutely lethal," Casey said. "We know how to fight at that level and that is a huge strength."

Casey said keeping and maintaining a combat edge requires continuous adaptation due to the uncertainty and complexity of the environment — weapons of mass destruction, technology, trends, safe havens — but he feels confident in how far the Army has come.

"If you'd asked me in 2007 if we'd have been able to maintain the pace and the tempo that we

do maintain, I'd have said, 'you're nuts,'" he admitted. "We're still a volunteer force, so it's a great tribute to the men and women in our armed forces that we're able to do that."

He praised the Reserve Components, saying he had never seen relationships between the components better than today, adding that half of Army Reserve and National Guard Soldiers are combat veterans, "and that makes us a fundamentally different Army."

Addressing Soldier and Family issues, Casey

said the Comprehensive Soldier Fitness program, which started in October of 2009, continues to grow and is a major part of the equation in building resilience for the long haul.

"We've been at war for almost a decade and the cumulative effects of war are still with us, and they're going to be for a while, so we have to deal with those effects," he said. Casey added that active-duty suicide rates for 2010 were down for the first time since 2004, crediting the efforts of Army suicide-prevention programs.

## Crews: Fuelers work 12-hour shifts, weeks without time off

Continued from Page B1

birds need fuel."

Fields is serving his second deployment to Iraq with the unit. Whether its rockets or fuel, the FARP will be busy until the unit returns to Fort Riley, Kan., this spring, he said.

"They're tired, but they're dedicated," said Fields. "It's hands-on work and most of the guys here are hands-on types of guys."

Spc. Anthony Samuel, one of the company's fuelers, is already counting down the days until the unit returns to the states. Until then, Samuel and the other fuelers work at least 12 hours per shift, often working several weeks without a day off. And for now, he has settled into a rhythm.

"It's a thrill — better than it's described at the recruiter's desk," said Samuel. "You see photos and videos of these aircraft all the time. It's another thing to work with them."

Another portion of the FARP's work is done away from the hoses. Sgt. Jamie Poole works behind the scenes to make sure the fuel meets the Army's quality standards. The point's personnel make daily runs to pick up fuel from a facility on the camp, and each batch has to be tested before it touches a pump, said Poole.

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Chaplains lead from the front  
Story on Page C3

# COMMUNITY

VOL. 61 ■ NO. 03

ARMYFLIER★COM

JANUARY 20, 2011



COMPREHENSIVE  
SOLDIER FITNESS  
STRONG MINDS ★ STRONG BODIES

Physical

Emotional

Social

Spiritual

Family

## CSF promotes strong bodies

BY MICHELE WATSON  
Contributing Writer

The Comprehensive Soldier Fitness Program helps Soldiers and their Family members to become aware of their strengths and weaknesses using five facets.

Those facets are physical, spiritual, emotional, social and family.

“Soldiers and Family members are faced with daily situations that can cause them to live a very stressful life,” said Kristi Fink, Fortenberry-Colton Physical Fitness Facility fitness programs coordinator. “Soldiers know the importance of training. However, those who are returning from deployment take a little break from their training and getting back into their routine can be difficult.”

Every Army unit assigns the physical training requirements of its Soldiers.

“A Soldier meeting their physical training is a must,” Fink said. “But, every Soldier knows the importance of being physically fit. Many spouses and Family members attend our facility to keep themselves in shape.”

Although staying in shape is a main goal for Soldiers and their Families, this is not the only reason they participate in physical training.

“Living a healthier lifestyle by staying active and exercising helps many just take time away from their daily routine,” Fink said. “It allows them to put everything else aside and concentrate on their well-being. Someone who exercises and lives a healthy lifestyle just really feels better, just because they are having the chance to clear their heads and concentrate on just themselves.

“A lot of Soldiers have a lot going through their minds and just having time to clear their heads actually puts them in a better physical condition,” she said.

A Soldier’s Family also needs time to just cope with everything taking place in their surroundings.

“For many spouses, visiting this facility offers them the ability to make friends as well as being around others who are going through the same situation,” Fink said. “For the spouses to know they are not alone — that gives them some sort of relief and allows them to bond. Just knowing they are not alone helps.”

The physical goal for the Comprehensive Soldier Fit-

ness is to promote strong minds and strong bodies. Once completed, the fitness program should improve the Soldiers’ performance and readiness, build their confidence to lead and to stand up for their beliefs and have compassion to help others. It allows the Soldiers and their Families to cope with their situations as well as stand strong.

Although being physically active and exercising is important to everyone, if they only exercise they are only doing part of the program. In order to be physically fit, individuals must develop a healthy lifestyle, which includes people eating healthy.

“If you want to be fit you must also watch what you eat,” said Theresa Osteen, registered dietitian with Lyster Army Health Clinic. “We are not saying never eat junk foods at all, we are just saying watch how much you eat.

“You will hear Soldiers say they are not worried about high cholesterol at this time because they are too young,” she said. “But, what they do not realize is what they do to their bodies at this time can affect them now and as they get older.”

“Remember, exercising, eating a healthy diet and having a healthy lifestyle not only attributes to you feeling better physically, but mentally as well,” Osteen said.

Recently the Armywide Initial Entry Training Soldier Fueling Initiative was implemented to identify what foods benefit the Soldiers.

“The IET brochure is available at any dining facility across the Army. The brochure is colored coded and informs all Soldiers what foods are best for their bodies and which ones will give them the most energy to accomplish their tasks,” Osteen said.

The codes are as follows: Green coded foods are the best beneficial foods; Amber coded foods provide nutrients, but are not as good or provide as much energy as the green coded foods; Red coded foods should be eaten in moderation.

The Lyster Nutrition Care Clinic has several programs available to Soldiers and Family members such as: Weight Management Program, Diabetes Education, Healthy Heart Education, etc.

For more information regarding the Nutrition Care Clinic services, speak with a primary care physician or call 255-7930.

### *Fitness facility events schedule*

The Fortenberry-Colton Physical Fitness Facility has the following events scheduled to help promote physical fitness:

- Feb. 5 - Black History 5K
- Feb. 15 -Yoga Challenge Night
- Feb. 19 - West Beach Out and Back Bike Race
- March 5 - Powerlifting competition
- March 12 - St. Patrick’s Day 10K/5K
- March 15 - Cardio Challenge Night
- April 21 - Spinning Challenge Night
- May 14 - Army 10 Miler
- May 19 - Yoga Challenge Night
- June 18 - Sergeant Audie Murphy Triathlon
- June 21 - Cardio Challenge
- July 21 - Spinning Challenge Night
- July 23 - Powerlifting Competition
- Aug. 18 - Yoga Challenge
- Sept. 15 - Cardio Challenge

## Legal staff offers free tax help for Soldiers, Families

BY RUSSELL SELLERS  
Army Flier Staff Writer

Tax season is here again, which means some will be looking for help in preparing their income tax forms.

Soldiers and Family members searching for such assistance can find it for free at the Office of the Staff Judge Advocate in Bldg. 5700, according to Tod Clayton, OSJA paralegal, legal assistant.

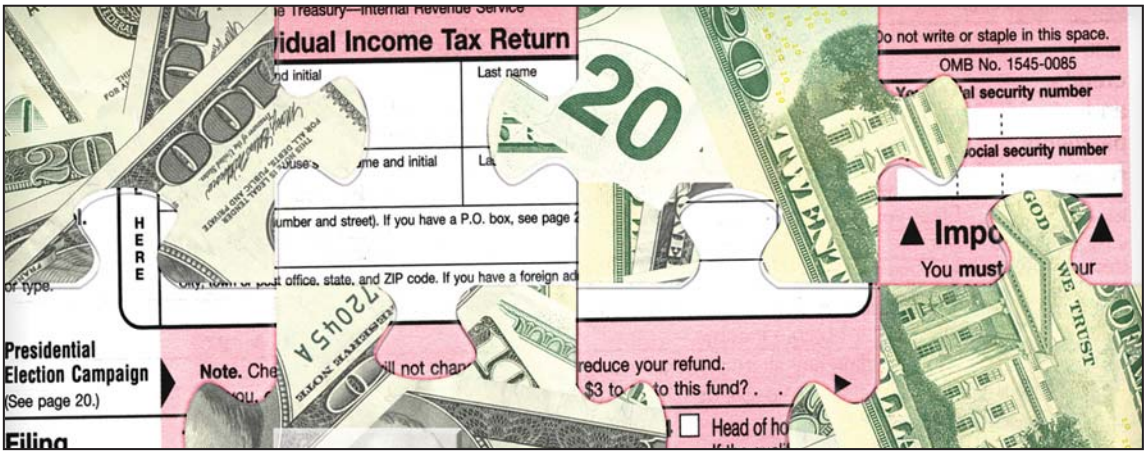
“We offer free tax preparation for servicemembers, retirees and their Family members through an Internal Revenue Service program called Volunteer Tax Assistant,” Clayton said. “In a nutshell, we offer basic tax preparation. We don’t get into the complexities of income tax returns. We also don’t do any business-type taxes in our office. Only households and personal forms.”

The by-appointment only service is offered starting Jan. 31 from 9 a.m. to 4 p.m., but people can begin making appointments Wednesday.

OSJA has offered the service for the last five years and Clayton said it’s been well-received by those on post.

“Everybody likes it,” he said. “We usually have about 1,500 Soldiers and Family members who come in.”

Clayton said, since Soldiers get their W2 forms usually in the third week of January, Clayton tries to have everything



COURTESY GRAPHIC

ready by Jan. 18. However, the usual opening date was pushed back to the last week of January.

This year, Clayton offers a new service to those who wish to file their taxes online.

“We are offering electronic filing of taxes, which can get their money back to them within 10 days,” he said. “I’ve even seen some people get their money as quickly as seven days.”

Clayton acknowledged there are plenty of do-it-yourself tax programs out there for people who wish to file their taxes online, but only those who know how to put their tax forms together should attempt to file that way.

“On average, a person could possibly do their taxes on their own through online prepara-

tion,” he said. “If they feel comfortable using (one of those programs), go ahead. They’re convenient and, sometimes, free.”

However, some people still need help filling out forms and Clayton, along with his assistant Harris Whitaker, OSJA legal clerk are there to help. Whitaker has 15 years of experience helping people file their taxes.

“I’ve worked with Clayton since we started offering aid here,” Whitaker said.

Whitaker said he usually sees people make a variety of mistakes in their efforts to put their taxes together themselves, but that’s why he and Clayton offer the service.

“People usually make little mistakes, but we’re all human

SEE LEGAL, PAGE C5

### *Forms needed for those seeking tax assistance*

- Military ID card
- Social Security Card(s)
- All W2s
- Copy of last year’s tax return, if available
- Blank/cancelled check with routing and account number
- Power of attorney
- 1098 (Interest statements for tuition, mortgage, student loan, etc.)
- 1099 - DIV and/or INT
- 1099-G (Gambling winnings, unemployment compensations, etc.)
- 1099-MISC (Payment received for nonemployee compensation, etc.)



# On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

### Burger King renovations

The Fort Rucker main Burger King is closed Monday due to renovations. New hours for the Burger King Express in the mini mall, beginning Monday, are 7 a.m. to 7 p.m. weekdays, 8 a.m. to 6 p.m. Saturdays and 12 to 6 p.m. Sundays.

### Call for the Arts

Military dependents in grades kindergarten through high school can now showcase their military experience through film, poetry or the arts. Selected submissions will be featured in an 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).

### FRCSCLuncheon

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

**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).

Mother Rucker's is Monday 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. The courtesy van offers a free ride home to patrons that live on post. For more information, call 598-8025.

### Debt Reduction Workshop

Army Community Service's Financial Readiness Program staff hosts a Debt Reduction Workshop Monday 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 collection agents and setting up an accelerated debt payoff plan. For more information, call 255-2594.

### 160th SOAR briefings

The 160th Special Operations Aviation Regiment (Airborne) conducts briefings Tuesday and Wednesday at 11 a.m. and 5 p.m. each day in the post theater. For more information, call Sgt. 1st Class David Whitten at (270) 956-3882.

### Anger Management Workshop

Army Community Service's Family Advocacy Program holds an anger management workshop Monday and Jan. 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.

### 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.ftuckerdmwr.com](http://www.ftuckerdmwr.com) Web site now through Jan. 30.

### Bank Account Maintenance Workshop

Army Community Service'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. The class helps individuals gain a better understanding of Army life and prepare for all the opportunities the Army has to offer. Advance registration is required and all materials and instructions are free. Child-care may be available. For more information and registration, call 255-2382.

### Becoming a Love and Logic Parent

Army Community Service's Family Advocacy Program holds "Becoming a Love and Logic Parent" classes each Thursday from Feb. 3 through March 17 from 9 to 11 a.m. at the Early Childhood Activity Center.

Topics include raising responsible children, instilling values, problem solving and using natural consequences as a discipline technique. This workshop is a seven part series. Participants must attend all classes in order to receive a certificate of completion.

The workshop is open to active duty, retired military, Department of Defense employees and their family members. For more information, call 255-3898.

### Corduroy Blues in the Zone

The Landing Zone staff hosts Corduroy Blues for live entertainment Feb. 4 from 9 p.m. to 1 a.m. The courtesy van offers a free ride home to patrons that live on post. For more information, call 598-8025.

## DFMWR Spotlight

THE LANDING ZONE

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

Look for us on Facebook today! The Landing Zone

### 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 1920s attire and be entered to win door prizes. For more information, call 598-8025.

PHOTO BY RUSSELL SELLERS

## Pick-of-the-litter

Meet Nola, a 1-year-old female mix breed. She is sweet and friendly. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. For more information on Nola or other 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. One cat was adopted last week.

### FORT RUCKER Movie Schedule for Jan. 20 - 23

# See you at the movies

THURSDAY, JAN. 20

Tangled (PG) ..... 7 p.m.

FRIDAY, JAN. 21 & SATURDAY, JAN. 22

Tron: Legacy (PG) ..... 7 p.m.

SUNDAY, JAN. 23

The Tourist (PG-13) ..... 7 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.



# Worship

## CHAPEL CORNER

### Chaplains lead from the front

BY NANCY B. JANKOSKI  
Director of Religious Education

I have some very fond memories of many chaplains and assistants who have come through Fort Rucker over the years.

They were my colleagues in ministry, and many of them were good friends, too.

A special favorite was Chaplain Terrell Jones. Chaplain Jones and his wife, Frances, were active supporters of the chapel Sunday school program, and he also happened to be assigned as pastor of the service I attended. He had been an enlisted person, and had become an Army Ranger before being called into ministry.

Jones was a high-speed kind of guy, very reliable and resourceful, and full of enthusiasm. We became very good friends.

I liked his love of God and I saw many instances of his heart for ministry. He was a great chaplain because he loved Soldiers, and it showed. Having been a regular Soldier, he had a lot of ideas on how to meet Soldier's needs, and he also possessed a boundless supply of energy.

One day, Jones came into my office, almost bursting from excitement. He had discovered that there was a local business that offered tandem skydiving experiences. He was seriously pumped about the idea of doing a retreat for his Soldiers at the skydiving center. His theme was that we don't need to be afraid when we step out in faith and give God control of our lives.

I was getting excited for him, until he told me he wanted me to join him on this trip. He kept on talking about how great the experience would be, and

while I admired his enthusiasm, I had no desire to jump out of an airplane.

I declined by asking, "and just how is my having a heart attack going to enhance your ministry, brother?"

He kept on trying for a while, but finally, he became resigned to the fact that I wasn't going up. By that point, I didn't even want our chapel choir director having us sing "I'll Fly Away" in the services.

So my friend held this retreat without me, and to this day, I have not regretted keeping my feet on the ground. Those who went appeared to enjoy it, and to learn a lot from it. Different strokes for different folks.

I learned several lessons from Jones' approach to ministry.

First, whatever God has called you to do, do it with enthusiasm. Next, lead from the front. He took

his Soldiers skydiving, and he was the first one out of the plane. Look for opportunities that may be nearby. Find fresh ways to share God's love and the joy of life with those you meet. Be sensitive to those in need. Jones was always looking for ways to help others. And finally, give the glory back to God. True greatness comes from being a servant leader.

I wouldn't follow Jones out of an airplane, but when a tornado struck the town of Daleville one Sunday morning, leaving many people injured and causing a lot of property damage, I went with Jones to meet people's needs. He was a first responder, and did a lot of follow up care in addition to meeting the immediate needs of the moment. Once again, he was leading from the front. In every sense of the word, he was a true leader, and a true minister.

## 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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Our ministries focus on every aspect of the family... youth, women and brotherhood. We are in partnership with the Dale County 211 Emergency Assistance Program and consider it a great privilege to serve those in need.



Feel free to stop by for a full, hot breakfast every Sunday morning 9:00 am to 9:40 am. We are located at 1366 Hwy 84 East, Daleville, Alabama - across from Karl's German Bakery and may be reached at **334-598-4778 or 334-503-9935.**

**See you Sunday!**

## Chapel briefs

### Wednesday Night Live

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 255-3447.

### 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).

## Church Directory

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



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DOTHAN

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**1 Corinthians 11:1**

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ANDALUSIA DALEVILLE DOTHAN ENTERPRISE GENEVA MIDLAND CITY NEW BROCKTON OZARK PINCKARD SAMSON TROY

Wiregrass community calendar

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, E-MAIL KYLE FORD WITH ALL THE DETAILS AT [KFORD@ARMYFLIER.COM](mailto:KFORD@ARMYFLIER.COM).

ANDALUSIA

**ONGOING** — Andalusia Public Library of-fers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more.

Patrons may select to take a test and re-ceive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

DALEVILLE

**ONGOING** — The Fort Rucker chapter of the Vietnam Helicopter Pilots Association meets the first Wednesday of each month at 7 p.m. Meetings are in the Daleville Veterans of Foreign Wars Post Ballroom.

**ONGOING** — Daleville Chamber of Com-merce meets the second Wednesday of each month at 11 a.m. at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more informa-tion, call 598-6331.

DOTHAN

**ONGOING** — The Wiregrass Museum of Art stays open late every Thursday evening in January with an eclectic line-up of arts and entertainment. Events include:

*Today* — Dinner and a movie

*Jan. 27* — Family night

For more information, visit [www.wire-grassmuseum.org](http://www.wire-grassmuseum.org).

**ONGOING** — A farm animal feeding is weekdays at 4 p.m. at Landmark Park.

Manager Sid Brannon feeds the farm ani-mals and teaches patrons what each animal eats and the traditional role they play on a farm.

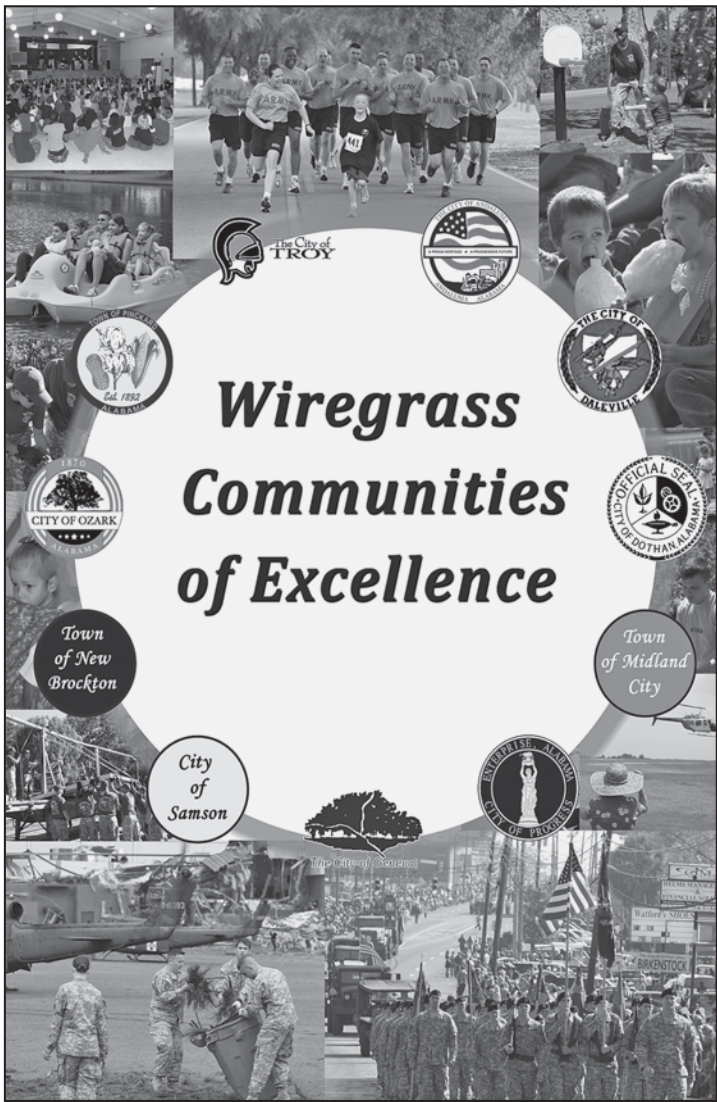
The event is free with paid gate admission of \$4 for adults and \$3 for children. \$\$\$

**APRIL 8 AND 9** — Teams are still sought for the upcoming sixth annual Tri-state BBQ Festival at the Houston County Farm Center. Space is limited to the first 40 professional teams and 25 backyard teams who register. For more information call 699-1475 or visit [www.tristatebbq.com](http://www.tristatebbq.com).

ENTERPRISE

**ONGOING** — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are held at the post headquarters, located on County Road 537, every third Tuesday of the month at 6:30 p.m.

For more information, call Paul Kasper at 389-5434, Bob Wills at 347-8297 or Bob



Cooper 347-7076 or visit the Veterans of Foreign Wars Post 6683 on *Facebook*.

GENEVA

**ONGOING** — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For additional information, call 248-4495.

**APRIL 29 THROUGH MAY 1** — Geneva's Festival on the Rivers is April 29 and 30 from 8 a.m. to 6 p.m. and May 1 from 1 to 6 p.m. at Robert Fowler Park.

The event features worm fiddling, scull-ing contests, a tug of war, coin scramble, arts and crafts, food vendors and live mu-sical entertainment featuring country and gospel.

Tickets are \$8 for adults and \$4 for stu-dents kindergarten through twelfth grade. For more information, call 684-8575 or visit

[www.genevariverfestival.com](http://www.genevariverfestival.com). \$\$\$

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

**ONGOING** — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6 to 9 p.m.

All classes are free for individuals 16 years old or older who are not enrolled in public school.

Individuals must take an assessment test prior to attending class.

Call 894-2350 for more information.

**JAN. 29** — A beginner's beekeeping class begins at Gerry's Honey House, located at 1070 Alabama Highway 153.

For more information and to register, call 894-2077 or e-mail [whitsfarm@centu-rytel.net](mailto:whitsfarm@centu-rytel.net).

**FEB. 3** — The Southeast Alabama Bee-keepers Association holds its monthly meeting at 7 p.m. at the Coffee County Farm Center.

Anyone interested in the honeybee is welcome to attend. For more information, call 372-7814 or 894-2077.

OZARK

**APRIL 9** — Ozark's Crawdad and Music Festival is 10 a.m. to 7 p.m. on the square downtown.

This festival is held as a way to increase tourism and provide local residents with a fun and relaxed entertainment venue.

The festival's main features are craw-dads, cold beverages and continuous live music as well as arts and crafts, children's activities and more.

For more information, call 774-2618 or visit [www.ozarkalabama.us](http://www.ozarkalabama.us).

PINCKARD

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

SAMSON

**ONGOING** — The Samson City Council meets monthly on the first and third Tues-days at 5:30 p.m. at the Samson Commu-nity Center.

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

TROY

**APRIL 30 AND MAY 1** — TroyFest is April 30 and May 1 in downtown Troy. The event is 9 a.m. to 5 p.m. April 30 and 1 to 5 p.m. May 1. It is free and open to the public and is the premier community arts festival for the Pike County region.

It features fine arts and crafts, a juried art show, antiques, farmers market, food court, merchants walk, children's art exhibit and kids' corner. For more infor-mation, visit [www.troyfest.com](http://www.troyfest.com) or call 566-2294.

\$\$\$ indicates a charge for the event

Beyond Briefs

Peacemaker arrives in Panama City

Free dockside tours aboard the tall ship Peacemaker are available from 10 a.m. to 7 p.m. now through Jan. 31 at the Panama City Marina in Panama City, Fla. The 150-foot barquentine was built in Brazil.

The dockside tour is free and open to the public. For more information or to make group reservations, call (912) 399-6946.

Eagle Awareness

Hear the call of the wild now through Feb. 6 at Guntersville State Park in Guntersville, Ala., during Eagle Awareness.

Enjoy fireside chats, guided inter-pretive programs at various bald eagle nesting sites and guest speakers. Each program is followed by meals in the park's dining room.

All activities take place at the park on Fridays, Saturdays and Sundays. Event hours vary. The event is free and open to the public.

For more information, call (256) 571-5440 or visit [www.alapark.com/LakeGuntersville](http://www.alapark.com/LakeGuntersville).

Cirque de la Symphonie

Cirque de la Symphonie is Friday from 8 to 10 p.m. at the Birmingham-Jefferson Civic Center Concert Hall

in Birmingham. Cirque de la Sym-phonie is a new production formed to bring the magic of cirque to the music hall.

It is an adaptation of artistic per-formances widely seen in theaters and arenas everywhere. These artists are among the best in the business and include world record holders, gold-medal winners of international competitions and some of the most original talent seen anywhere.

Tickets prices range from \$15 to \$72 based on seating. For more in-formation, visit [www.alabamasym-phony.org/cdsymphonie.htm](http://www.alabamasym-phony.org/cdsymphonie.htm).

Rockin' Jason D. Williams Rock and Roll Entertainment

Rockin' Jason D. Williams Rock and Roll Entertainment comes to Opeli-ka Friday at 7 p.m. at the Downtown Event Center.

From Memphis to New York and Boston, Rockin' Jason D. Williams has traveled the entire country and most of the world. Jason's talent has been admired by the greatest piano players in the music business. Elton John, Billy Joel and Jerry Lee Lewis have applauded his raw energy and talent. Jason plays more than 200 dates a year for more than 100,000 listeners.

Jason's style goes from boogie woogie rock and roll to the most dif-ficult Classical Contralto. Whatever the age, Tickets are \$25 each.

For more information, call 705-5466

or visit [www.eventcenterdowntown.com](http://www.eventcenterdowntown.com).

Drumline Live!

Drumline Live! is Jan. 26 at 7:30 p.m. at the Birmingham-Jefferson Civic Center Concert Hall.

Drumline Live! is an international tour based on the Historically Black College and University marching band tradition and created by the musical directors of the movie by the same name.

Tickets prices are \$20 to \$50 de-pending on seating. For more informa-tion, visit [www.drumlinelive.com](http://www.drumlinelive.com). To purchase tickets, call (800) 277-1700 or visit [www.ticketmaster.com](http://www.ticketmaster.com)

Supper and Stories

The Brundidge Historical Society presents the fifth annual Pike Piddlers Storytelling Festival on Jan. 28 and 29 at the We Piddle Around Theater in Brun-didge and the Trojan Center Theater on the campus of Troy University in Troy.

The event features nationally ac-claimed storytellers Donald Davis, Kath-ryn Tucker Windham, Barbara McBride-Smith and Michael Reno Harrell. Tickets are \$25 can be purchased at Rue's An-tiques in downtown Brundidge. For more information, call 735-3125.

Glenn Leonard and the Temptations Experience

Glenn Leonard and the Tempta-tions Experience is Jan. 29 from 7 to

9 p.m. at the Pell City Experience in Pell City, Ala.

Joining Leonard is Kareem Ali, Pete Marshall, Anthony McRae and Freddy Black. For more information, call (205) 338-1974.

Tickets are \$35 per person. For more information, call (205) 338-1974.

CSI: The Experience

Crime Scene Investigation: The Ex-perience lands in Huntsville Jan. 29 through May 1 at the Main Exhibit Hall of the Huntsville Space Camp.

Show times are held 9 a.m. to 5 p.m. seven days a week and tickets are sold two hours before close. Please allow 60-90 minutes for each CSI experience.

The exhibit immerses guests in hands-on science while leading them through the challenge of solving a crime mystery.

Ticket prices are not yet available. For information, call (800) 63-SPACE or visit [www.spacecamp.com/museum/csi/tickets](http://www.spacecamp.com/museum/csi/tickets).

Hansel and Gretel

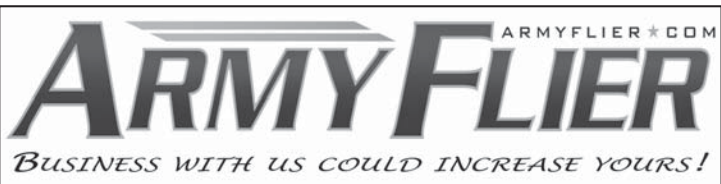
Jean Pierce's adaptation of Hansel and Gretel is Jan. 31 through Feb. 25 at 9:30 and 11:30 a.m. at the Bir-mingham Children's Theatre.

Tickets are \$8 for children and \$10 for adults. For more information, call (205) 458-8181 or visit [www.bct123.org](http://www.bct123.org).





COURTESY GRAPHIC



**Legal:** Soldiers can schedule appointments after Wednesday

*Continued from Page C1*

and that can happen," he added. "The main reason people should use this service is because it's free and we do everything by the book."

For more information, call 255-3482. To schedule an appointment after Wednesday, call 255-2937 or 255-2938.



**Adopt a pet**

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

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As a result of the Veteran's Benefit Improvement Act of 2008, which the President signed into law October 10, 2008, veterans who wish to refinance their homes are eligible for up to 90% of the appraised value which cannot exceed \$417,000, or purchase a home at 100% of the sales price.

Interested eligible veterans may contact the following personnel at the Citizens Bank for further details:

Zan McMahan	(334) 347-3411 Ext 246 (334) 470-0924 Cell
Chris Solomon	(334) 347-3411 Ext 231 (334) 806-8957 Cell
Jeanne Wright	(334) 347-3411 Ext 201 (334) 470-6210 Cell
Carla Steiner	(334) 347-3411 Ext 236 (334) 447-7390 Cell



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# DoD introduces Tricare Young Adult Program

DEPARTMENT OF DEFENSE  
News Release

The Department of Defense announced its introduction of the premium-based Tricare Young Adult Program, Jan. 13, which extends medical coverage to eligible military Family members to the age of 26.

Expected to be in place later this spring, TYAP implements the National Defense Authorization Act (NDAA) of fiscal 2011. Premium costs for TYAP are not yet finalized, but the NDAA specifies rates must cover the full cost of the program.

The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. Tricare previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, "high user" cancellations or denial of coverage for pre-existing conditions – but did not include this expanded coverage for adult children. Dependent eligibility for Tricare previously ended at age 21 or age 23 for full-time college students.

The fiscal 2011 NDAA now gives the DoD the authority to offer similar benefits to young adults under Tricare.

"We've been working hard to make sure we could put Tricare Young Adult on a fast track," said Rear Adm. Christine Hunter, Tricare Deputy Director. "Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the president includes opportunities for military Families to elect this new premium-based plan retroactive to Jan. 1."

Beginning later this spring, qualified, unmarried

dependents up to age 26 will be able to purchase Tricare coverage on a month-to-month basis – as long as they are not eligible for their own employer-sponsored health coverage.

"This program has the potential to extend Tricare coverage to several hundred thousand additional beneficiaries," said Hunter. "The premium allows us to provide this excellent benefit to our military Families while responsibly addressing the impact of health care costs on the DoD budget."

Initially, the benefit offered will be a premium-based Tricare standard benefit. Eligible Family members who receive health care between now

and the date the program is fully implemented may want to purchase TYAP retroactively and should save their receipts. Premiums will have to be paid back to Jan. 1, 2011, in order to obtain reimbursement.

Adults who are no longer eligible for Tricare, but need health insurance coverage, may wish to explore the Continued Health Care Benefit Program. CHCBP is a premium-based program offering temporary transitional health coverage for 18-36 months. Coverage must be purchased within 60 days of loss of Tricare eligibility.

For more information on TYAP and CHCBP visit [www.tricare.mil](http://www.tricare.mil).

## Lyster Army Health Clinic

### INFORMATION ★ UPDATES

#### Lyster renovations

**Patient service center** — Ongoing construction for the patient service center at Lyster Army Health Clinic at the main entrance 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 began 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.

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FEATURES  
SPORTS**  
every Thursday in the Army Flier



Fort Rucker officials urge safety 1st while hunting  
Story on Page D3

SPORTS

VOL. 61 ■ NO. 03

ARMYFLIER★COM

JANUARY 20, 2011

SPORTS SHORTS

GOLF INTRAMURALS

Silver Wings Golf Course staff hosts golf intramurals every Sunday at 1 p.m. with a shotgun start. There is a \$10 one-time league fee and \$5 cart fee per player per outing. All active duty military personnel, members of the Guard and Reserves and their Family members with a valid ID card are eligible; civilian employees, contractors on post and Family members residing in the sponsor's household are eligible to play. Prizes will be awarded at the end of the season to the teams with the highest point totals. For more information, call 598-2449.

YOUTH SOCCER COACHES MEETINGS

A spring Youth Soccer coaches meeting is Feb. 2 and 3 at the Youth Sports Department beginning at 6 p.m. For more information, call 255-9105 or 255-9638.

BLACK HISTORY 5K

Fort Rucker Physical Fitness Facility staff hosts the annual Black History 5K and 1 Mile Fun Run Feb. 5 from 9 a.m. to noon. Registration for the event begins at 7:30 a.m. at the PFF on Andrews Avenue. 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 eight, each additional person pays normal registration fee, includes shirt. Trophies will be awarded to Overall Male/Female, Master Male/Female, Grand-master Male/Female, first place trophies in 14 age categories, and second and third 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 all-terrain vehicle 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.).

SEE SHORTS, PAGE D4

BASIC TRAINING

Boot camp aims for lifestyle changes

BY RUSSELL SELLERS  
Army Flier Staff Writer

Maintaining a regular workout schedule and changing to a healthier lifestyle are goals those taking part in the 2011 Boot Camp have set for themselves.

The five-days-a-week camp, hosted by Fortenberry-Colton Physical Fitness Facility staff, runs for six weeks at various locations around Fort Rucker, according to Brian Bearman, Fortenberry-Colton personal trainer.

Two of the camp participants, military spouses Courtney Vigil and Rachel Tehvand, volunteered to have their progress tracked and documented by the Army Flier.

"I wanted to start this because, being a mom and my husband being active duty, I need to set the example," Tehvand said. "I've been the chunky kid all my life and know what it's like being made fun of in school. I don't want my children to go through that."

Vigil, a former Minnesota Vikings cheerleader, said she wanted to be part of the event for the challenge and to help her get back to a regular workout schedule.

"I wanted to see if I could last the whole six weeks and get more muscle tone," she said. "I have been working out about twice a week, doing mostly cardio at the gym. It's nice to try something different."

On the first day of training, the participants went through a series of seven exercises meant to push them physically and mentally.

The morning began with a two-lap run around the track behind the Fort Rucker Physical Fitness Center and continued with seven, two-person exercise stations, each



PHOTO BY RUSSELL SELLERS

Rachel Tehvand, right, and her workout partner Krissi Mace, perform a tire flip during the 2011 Boot Camp, hosted by Fortenberry-Colton Physical Fitness Facility staff, at the intramural football field Tuesday.

with a different activity.

Participants tested their endurance with tire flips, lunges, 40-yard sprints, pushups, jump-ups and burpies (a series of three moves starting with up-stretched arms to touching toes to a pushup and then repeating).

Each lasted two minutes, giving campers a chance to experience each station multiple times during the one-hour session.

"This is one of the

harder workouts I've done," Vigil said. "I cheered from 2004 to 2007 and it was a pretty tough workout, too. I'm definitely sticking with it to the end."

Tehvand said her first-day experience was tough, but it was exactly what she expected it to be.

"I have my husband's full support and lots of people checking on me to make sure I'm doing well," she said. "I'm definitely going to make

sure we watch what we eat at home and try to be more active as a Family. We want our children to grow up enjoying activity, not dreading it."

Bearman coached the participants through the first day and said he thought everyone performed well for the first day out.

"It went pretty well," he said. "I try to do everything I can to help them stay motivated and to keep pushing themselves."

Bearman, who has 15 years experience as a personal trainer, said he plans to continue working with the campers throughout the next six weeks.

"It's 100 percent a lifestyle change," he said. "Hopefully, over the course of six weeks, they'll develop a workout habit and it'll last longer than just six weeks. You have to stick with this and commit to it. I think it's more mental than physical."

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Record	67-45	64-48	73-39	67-45	67-45



# Down Time

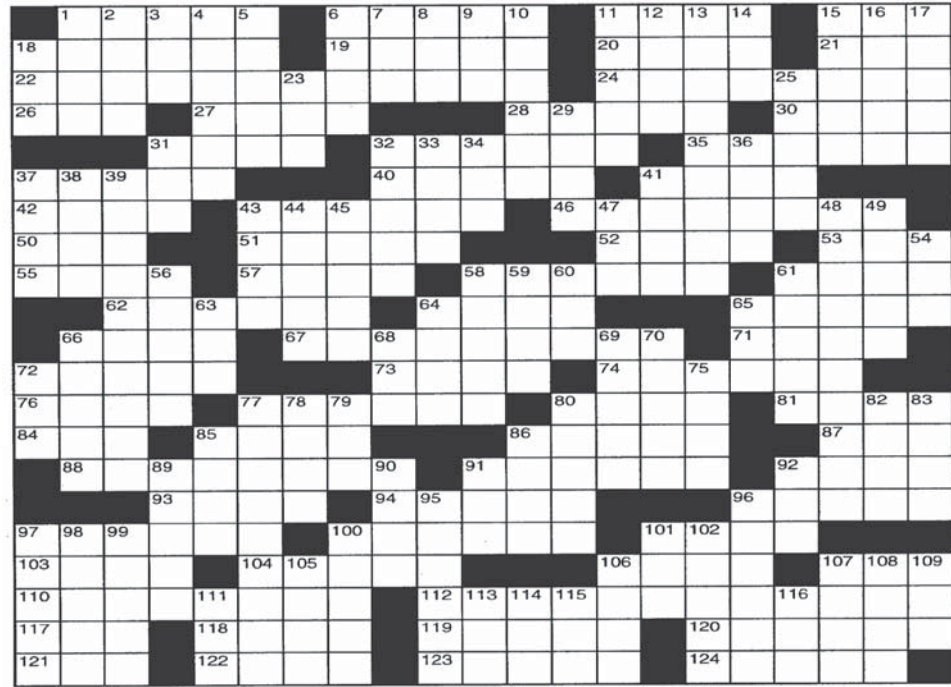


## Super Crossword GENE POOL

- ACROSS**

1 "Lili" actress  
6 Decorous  
11 Jack of "Rio Lobo"  
15 With 10 Down, "Cheers" star  
18 Entice  
19 It's tossed with sauce  
20 Waiter's offering  
21 Medical grp.  
22 Gene Barry role  
24 Gene Autry's horse  
26 Maestro de Waart  
27 Evened the score  
28 Prophets  
30 "So — You" ('77 song)  
31 Torrid or frigid  
32 Bluesman James  
35 Le Garre title start  
37 Zeal  
40 Tea of "Deep Impact"  
41 Diplomacy  
42 Libertine  
43 "Macbeth" role  
46 Kind of sale  
50 Vex  
51 Linda of "Dynasty"  
52 Revise a manuscript
- 53 Start to snooze  
55 Colors  
57 Gouda garbage  
58 Schedule  
61 Fluffy hairdo  
62 Annette of "48HRS."  
64 Privy to  
65 Refuse  
66 Out of range  
67 Gene Sarazen invention  
71 Architect  
72 "Die Fledermaus" maid  
73 "Oh, wool!"  
74 Irrational  
76 Stocking stuffer?  
77 Somewhat  
80 Scenter of your face?  
81 —de-camp  
84 Blunder  
85 Top-notch  
86 Fido's friend  
87 Fido's physician  
88 Silver-tongued  
91 Not long ago  
92 Kid  
93 Litter's littlest  
94 Mead's "Coming — in Samoa"
- 96 Trier  
97 "— Cafe" ('88 film)  
100 Popped one's pecs  
101 Actress Verdon  
103 Farm measure  
104 Swap  
106 Shopping center  
107 Zoo attraction  
110 Gene Roddenberry creation  
112 Gene Krupa's bandleader  
117 Sky light?  
118 Part of NB  
119 Stalin's predecessor  
120 Stereo components  
121 Choose, with "for"  
122 Bird food  
123 "Maria —" ('41 song)  
124 Clear the slate
- DOWN**

1 — All Over" ('64 hit)  
2 Choir member  
3 Cadge  
4 Wind instrument?  
5 Varnish ingredient  
6 Tore  
7 Pine product  
8 Burro  
9 Robert of "Quincy, M.E."  
10 See 15 Across  
11 Roast host  
12 Annealing oven  
13 '56 Ingrid Bergman film  
14 Silent  
15 Use one's noodle  
16 Overact  
17 Patron  
18 Vigoda or Fortas  
23 Placekicker's prop  
25 It's spotted out West  
29 Lexicographer Partridge  
31 Actress  
32 African antelope  
33 "Why don't we?"  
34 Berg or Drabowsky  
36 "New Jack City" actor  
37 Saharan  
38 Actor Calhoun  
39 Gene Chandler hit  
41 Barber  
43 Leander's love  
44 Iniquities  
45 Crete's capital  
47 Dawson of football  
48 Gene Hackman film  
49 Museum piece  
54 Computer acronym  
56 Play for time  
58 Statesman Sadat  
59 Departs  
60 Goal  
61 Amphitheater feature  
63 Nev. neighbor  
64 Unemployed  
65 "Agnus —"  
66 Cherish  
68 Uh-uh  
69 Florida feature  
70 Blackboard support  
72 "Stroker" ('83 film)  
75 Quite  
77 "Shaft" star (daringly)  
79 Decimal base  
82 Secretary, e.g.  
83 Diminutive suffix  
85 Blue hue  
86 Ire  
89 Court cry  
90 Spilled the beans  
91 Negligent  
92 Tenor  
95 Weak  
96 Circuitous course  
97 Lowdown crooner?  
98 Behave like a brat  
99 Endowment  
100 Pretended  
101 Berle bit  
102 Knocked out a novel  
105 Artist  
106 Sociable stalling  
107 The — Brothers  
108 Reduce, with "down"  
109 USNA grad  
111 Recipe abbr.  
113 Conger or moray  
114 Compass pt.  
115 Palindromic diarist  
116 "Jurassic Park" stuff



See Page D3 for this week's answers.

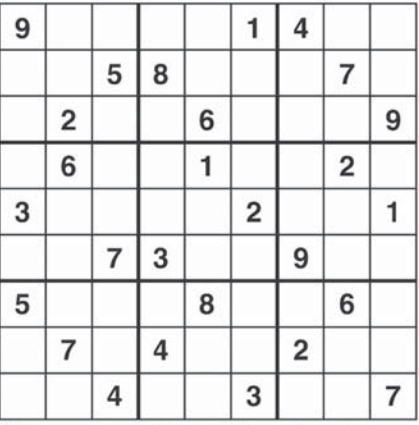
## TRIVIA

1. GEOGRAPHY: In what body of water are the Seychelles Islands located?
2. MOVIES: Who directed the movies "Stagecoach" and "The Grapes of Wrath"?
3. CHEMISTRY: What element's symbol is C?
4. MUSIC: What rock 'n' roll band included members Marty Balin and Paul Kantner?
5. HISTORY: What Union general captured Vicksburg, Miss., after a 40-day siege?
6. SCIENCE FICTION: What fictional character had a flying lab called Sky Queen?
7. LITERATURE: Who wrote "Riders of the Purple Sage"?
8. MYTHOLOGY: Hera was the sister and the wife of which Greek god?
9. U.S. PRESIDENTS: What U.S. president was born in West Branch, Iowa?
10. INVENTIONS: When was the ballpoint pen invented?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

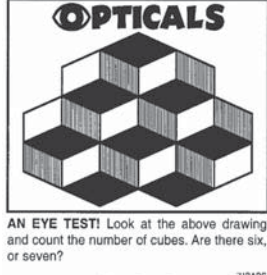
**DIFFICULTY THIS WEEK: ★★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

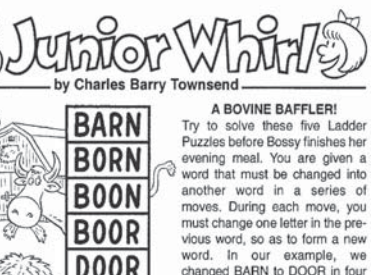
# Kid's Corner



**AN EYE TEST!** Look at the above drawing and count the number of cubes. Are there six, or seven?

Answer: Look at it long enough and you'll see both six and seven.

**CHAIN REACTION!** Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



**A BOVINE BAFFLER!** Try to solve these five Ladder Puzzles before Bossy finishes her evening meal. You are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed BARN to DOOR in four moves. See if you can change the following words in four moves each:

1. COOK to WARE  
2. HAND to SOME  
3. LAME to DUCK  
4. MENU to FOOD  
5. PARE to DOWN



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





# GRIDIRON CORNER

## No. 1 equals 1 and done in playoffs

BY JIM HUGHES  
Command Information Officer

The two teams who worked themselves into the top positions of each conference are on vacation, while the ones who made it into the playoffs by the hair on their chins are still playing for a spot in the Super Bowl.

Yes, the No. 1s went one and done in the playoffs, while the No. 6-seeded Jets and Packers are on the road yet again chasing championship dreams.

The NFC's No. 1-seeded Atlanta Falcons looked completely overwhelmed on its home turf. The Packers came in and completely dominated in every way possible.

At the start, it looked like the game most fans hoped for — tightly contested with lots of action, including a 102-yard kickoff return for a touchdown by Eric Weems of Atlanta. Then the Falcons fell apart as the Packers rattled off 35 straight points and never looked back to take the road win, 48-21.

In New England, not many outside of the Jets locker room, including me, gave Rex Ryan's bunch much of a chance and even thought all the smack talk would only incite the Patriots. Well, for the second week in a row the Jets backed up the talk — Peyton Manning and the Colts in the wildcard

round, Tom Brady and the Patriots last week.

Unlike so many in the sports world, the trash talk seems to work for the Jets. But wait ... I don't hear much about the upcoming game against the Steelers. As a matter of fact, early reports just show both teams complimenting each other.

But the Steelers don't talk that much anyway, and if you were the Jets, would you want to give that Pittsburgh defense any bulletin board material?

Speaking of Pittsburgh, the Steelers did all they could to blow the game against the Ravens, but Baltimore refused to take it. The Steelers, down 21-7 at halftime, finally woke up and outscored the visitors 24-3 in the second half for a 31-24 victory.

In Chicago, the Bears looked impressive in downing an inferior Seattle team, 35-24. It wasn't even that close as the Bears let off the gas after going up 28-0. The Bears defense is really in a zone right now and should pose a tough challenge to the Packers offense.

Oh, but the Bears offense is still a cause for concern. Jay Cutler looked decent in the game and made some good decisions, but he also made some poor decisions. Lovie Smith is going to have to continue reining in offensive coordinator Mike Martz, who got cute with

the play calling and launched the Wildcat formation with running back Matt Forte throwing an interception.

### American Football Conference

*Jets (6) at Pittsburgh (2)*

The trash talk silence is deafening as this game approaches. Pittsburgh is tough to beat. But surprisingly, it's tougher to beat on the road than at home — the Steelers finished the season 5-3 in Pittsburgh.

The Jets beat the Steelers at Heinz Field in Week 15, 22-17. It was a big win that kept the playoff run alive for the Jets, while the Steelers could easily absorb the loss and still win its division.

More is on the line this time, and, oh yeah, Troy Polamalu will be playing. It's a team sport, but sometimes one player can make a big difference. Pittsburgh's cornerbacks and other safety, Ryan Clark, are so good, they can afford to let one of the most explosive defensive players wreak havoc in the opponents' backfields — and I expect a high dose of that against second year quarterback Mark Sanchez.

I doubt the Jets are going to be able to run the ball against the Steelers and that is going to put a lot of pressure on Sanchez — on top of the considerable pressure from the Steel Curtain. He's played well

enough to win in Indianapolis and New England — no small feats — but, I don't see the same success for him in Pittsburgh.

The Jets defense will limit Pittsburgh's offense, but I think Ben Roethlisberger and Company will score enough to earn yet another Super Bowl berth. The Jets will have to pick their poison on who Darrelle Revis tries to shut down — speedster Mike Wallace or wily veteran Hines Ward. In the last game, they chose Ward, which I think is a good choice as I can see Ward abusing the Jets' other cornerback, Antonio Cromartie, worse than Wallace can.

This one could certainly go either way, but I give the Steelers the advantage with Big Ben leading the charge — he just finds ways to win, pretty or not.

Also, if this is a close game, keep in mind Heinz Field is a nightmare for kickers. Pittsburgh's kicker is used to it. The Jets' kicker is not.

### National Football Conference

*Packers (6) at Chicago (2)*

While it would've been funny to see Seattle hosting the NFC Championship game after going 7-9, the Chicago Bears had no interest in letting that happen. The result is a great matchup against two

teams who've been beating on each other since the NFL began. These two split during the regular season with home-field advantage proving to be just that.

Both of these teams have solid defenses and capable offenses. I give the Bears a slight nod on defense, the Packers the nod on offense and the Bears a big advantage on special teams. The Bears return game is the best in the business, and Soldier Field is another really tough place to kick, and Bears kicker, Robbie Gould, is one of the best in the game.

I think this one boils down to mistakes, and the Bears offense is more prone to those than any other unit that will be on the field Sunday. If that offense makes no mistakes and the Bears get pressure on Rodgers without blitzing, Chicago can win.

The Packers are on one of the greatest rolls in the history of the NFL. It went from almost being counted out of contention to making the playoffs and then winning two big playoff games on the road.

This one could go either way, but I think the Packers will keep it close, take advantage of any mistakes offered up by the Bears offense, and make the trip to Dallas for the Super Bowl.

## Fort Rucker officials urge safety 1st while hunting

BY RUSSELL SELLERS  
Army Flier Staff Writer

As the hunting season continues, Fort Rucker officials want everyone who chooses to hunt on- or off-post to put their safety ahead of getting the best game.

One of the primary concerns Directorate of Public Safety officials want hunters to be mindful of is making sure they don't get lost while hunting.

"Always take a good compass with you and know how to use it before you enter the woods," said Maj. Jay Massey, DPS deputy provost marshal. "A (global positioning system) is another good tool to have. They are small and fit into a hip pocket. However, as with any piece of technology,

make sure you test its ability to work in your hunting area before you hunt."

It's also important to let someone know where you will be hunting before you go, Massey added.

"Take an additional copy of your Fort Rucker installation map with you on your hunt," said Massey. "On one of the maps, circle the area where your deer hunting stand is located. Leave a copy in your vehicle. If you do get lost while hunting, responding patrolmen will have an idea of where you can be found."

Another way to prevent getting lost is to carry a cell phone, Massey said. It can be a lifeline in case a hunter finds him or herself in an emergency situ-

ation.

A chemlight, a flashlight and a whistle can be helpful if you find yourself lost during hours of limited visibility, Massey added. Having these items with you will assist responding patrolmen while attempting to locate your position.

According to a recent update to Fort Rucker regulation 215-1, all hunters using a climbing tree stand must now use a safety harness while climbing, said Karen Key, Outdoor Recreation assistant. Hunters using firearms must also take extra precaution when moving through hunting areas.

"They should keep the safety on until they are set in one spot and they should only point the muzzle at something they

intend to shoot," she said. "Hunters should always be thinking about weapon safety and handle the firearm with care."

Hunters should also be aware that transportation of a loaded firearm on post is prohibited, according to Fort Rucker regulation 215-1. The regulation also states, during the entire firearm deer season, all individuals using training areas, including bow hunters, must wear vests or jackets and headgear of hunter orange.

All hunters must have their state license, Fort Rucker permit, hunter education card and picture identification card at all times.

For more information, call DPS at 255-2222 or Outdoor Recreation at 255-4305.

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## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

### TRIVIA

#### Answers

1. Indian Ocean
2. John Ford
3. Carbon
4. Jefferson Airplane
5. Ulysses S. Grant
6. Tom Swift
7. Zane Grey
8. Zeus
9. Herbert Hoover
10. 1938



SPORTS SHORTS

Continued from Page D1

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 until 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 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 Child, Youth and School Services 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 Child, Youth and School Services 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.

TAOIST TAI CHI SOCIETY

The Enterprise YMCA staff hosts two beginner's classes in the Taoist Tai Chi Society arts of health. Classes are offered Thursdays, 1 to 2:30 p.m. and Saturdays, 10 to 11:30 a.m. The beginner's class covers all 108 moves of the Tai Chi set. Taoist Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or 347-4663.

BOWLING EVENTS

**'Burger and Bowl'**  
Rucker Lanes staff offers a daily "Burger and Bowl" special for \$7. The special includes a cheeseburger, fries, soda, shoe rental and two games of bowling.  
**Extreme Bowling**  
Extreme Bowling at Rucker Lanes is Saturdays from 8 to 11 p.m. for \$10 and features unlimited bowling with lights, music and glow-in-the-dark balls and shoes. For more information, call 255-9503.

Video Game Spotlight >>

(Editor's note: All opinions stated here are solely those of the article's author.)

Sackboy returns

BY JIM VAN SLYKE  
Contributing Writer

LittleBigPlanet 2 is fantastic. The levels are clever, the gameplay is improved and the building tools will have its followers playing this game into 2012.

Some of the issues that were present in the first game are still around, but they don't hamper things at all.

There are 30 story levels that tell the tale of Negativitron, a terrible entity that has invaded Craftworld and is eating all the cities on the planet.

Gamers become Sackboy and have to travel all over the planet to save the day. The story is pretty bland and uninviting, but thankfully the actual gameplay is so fun that we don't need a decent story to keep us playing.

The majority of this game is a two-dimensional platform game like

most of the Mario offerings. Gamers start on one side of the level and beat obstacles and enemies while trying to get to the other side.

Up to three other gamers can join in, either locally or online. Each level is unique and gets more challenging as the game progresses.

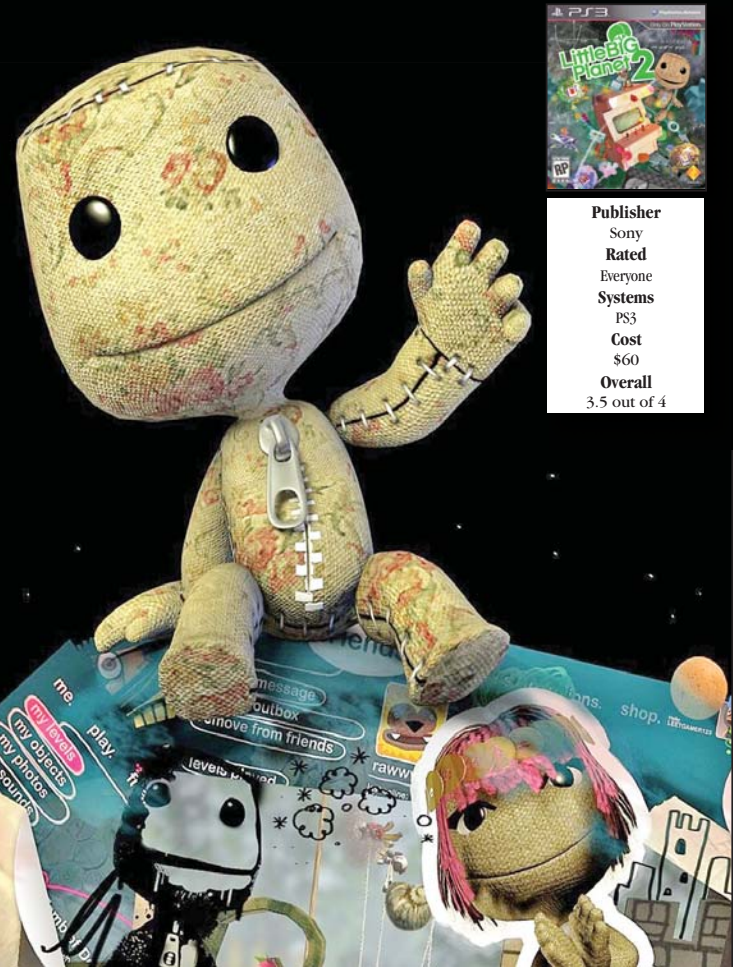
Speaking of creative, the sky is nearly the limit when it comes to creating new games and levels in LittleBigPlanet 2.

Everything from the enemies to the music in these other games can be tweaked.

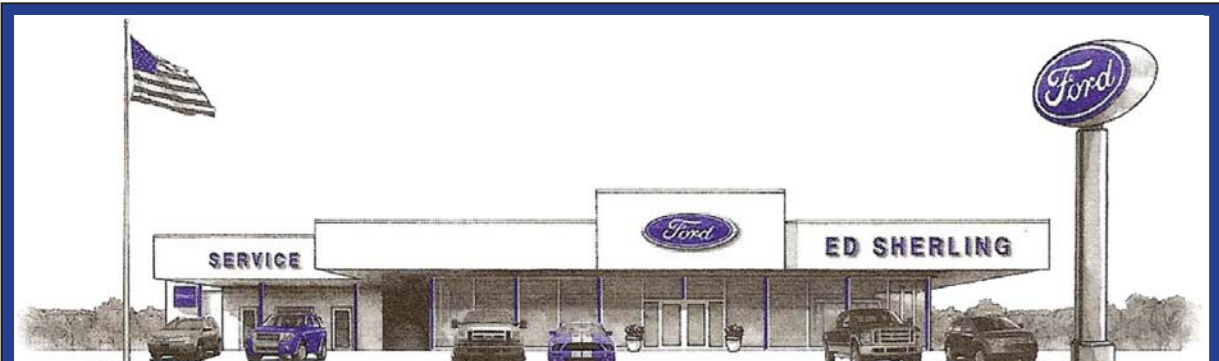
The tools are mostly easy to use, although there are some that are less user friendly than others.

This is an amazing game. It's fun, clever and engaging. Even gamers who don't want to create levels will enjoy their time in LittleBigPlanet 2.

Don't hesitate to pick this one up.




<b>Publisher</b>	Sony
<b>Rated</b>	Everyone
<b>Systems</b>	PS3
<b>Cost</b>	\$60
<b>Overall</b>	3.5 out of 4



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