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FORT RUCKER ★ ALABAMA

FEBRUARY 17, 2011

NEWSLINES

PRAYER BREAKFAST
 Early risers began the day with food for the body and soul Feb. 10.
See Page A3 for full story.

FAMILY READINESS
 Directorate of Family and Morale, Welfare and Recreation ensures Family members are aware of their benefits with first ever Spouses Expo. Several offices were available to share their services and answer questions.
See Page C5 for full story.

BLACK HISTORY MONTH
 The *Army Flier* highlights the accomplishments of select leaders of African-American descent during African-American/Black History Month.
See Page C6 for full story

TAE KWON DO
 Youth in the EDGE! program try their hands and feet at the most popular martial art in the U.S.
See Page D3 for full story.

ACAP EMPLOYER DAY EVENT
 The Fort Rucker Army Career and Alumni Program Center staff hosts Air Evac Lifeteam and the Social Security Administration for an employer day event Friday from 10 a.m. to 2 p.m. in the second floor break room of Bldg. 5700. For more information, call 255-3932.

WEST BEACH OUT AND BACK BIKE RACE
 The annual West Beach Out and Back Bike Race is Saturday from 9 a.m. to noon. Race course is 10.5 miles, out and back from West Beach. Race day registration begins at 7:30 a.m. at the West Beach parking lot. For more information, call 255-3794.
See Sport Briefs Page D1 for full information.

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Weather 3-DAY OUTLOOK

THURSDAY
 High **73**
 Low **47**
 Mostly sunny

FRIDAY
 High **75**
 Low **51**
 Mostly sunny

SATURDAY
 High **72**
 Low **50**
 Partly cloudy



PHOTO BY RUSSELL SELLERS

Sgt. 1st Class Jemar Ford, 1-58th Airfield Operations Battalion Air Traffic Control platoon sergeant, kisses his son, Marcus, during a deployment ceremony at Cairns Army Airfield Friday. The 1-58th AOB deployed to the Middle East last week.

Guardian Eagles leave for Middle East

BY RUSSELL SELLERS
Army Flier Staff Writer

The last two groups of deployable Soldiers of the 1-58th Airfield Operations Battalion set out for the Middle East last week.

On Feb. 9, the remaining members of the 1-58th's Ad-

vance Team departed Cairns Army Airfield while the nearly 60 remaining Soldiers, including Lt. Col. Glenn Moore, battalion commander, followed on Friday. Moore said everyone in the unit was well-trained and ready to get the job done.

“This is why we’ve been paid every cent of every dollar as

Soldiers,” he said. “Today is bittersweet. While it’s tough for all of us to leave behind our loved ones, it’s a relief to finally get this deployment started.” The deploying groups of the 1-58th underwent six months of specialized training for their mission in the Middle East, Moore said. Once on the ground,

he said the unit is more than capable of handling the tasks expected of it. “We’re definitely ready to go,” he said. “The past six months of training has been tough, but the past six weeks of movement of troops and equipment

SEE FLIGHT, PAGE A4



PHOTO BY KYLE FORD

Col. James A. Muskopf, Fort Rucker garrison commander, speaks to the local media Feb. 9 outside the public affairs office as part of the active shooter exercise.

Exercise prepares community, post

BY NATHAN PFAU
Contributing Writer

Fort Rucker put itself on lockdown as emergency officials sprang into action for an active shooter exercise Feb. 9. The exercise began at Lyster Army Health Clinic at 1 p.m. when a “gunman” entered the facility, firing his weapon and demanding to speak to “Dr. Smith.” The scenario called for the hospital to be evacuated and Fort Rucker emergency responders to jump into action. “The reason why we did the active shooter exercise is because the commanding general (Maj. Gen. Anthony G. Crutch-

field) is very Family oriented, and one of the key points he makes when he talks in any forum is the necessity to keep the entire Fort Rucker community, not just the command element, abreast of any situation that can put them in peril,” said Michael G. Whittaker, installation antiterrorism officer. “In light of the Fort Hood incident, and the many similar incidents in the news as of late, planning and preparation are key to preventing these kinds of events,” he said. First responders arrived on the scene and encountered

SEE EXERCISE, PAGE A4

MP comes home on romantic holiday

BY JEREMY WISE
Contributing writer

On Valentine’s Day, many people gave tokens of love – whether they were chocolates, jewelry or flowers – to their significant others. Sgt. 1st Class Chad Klinge, 6th Military Police Detachment, was able to give his wife, Candis, perhaps the best gift of all – his presence. Several 6th MP Detachment and garrison Soldiers welcomed Klinge home in a ceremony Monday afternoon. The Soldier spent the past year serving with Task Force 435 in Kandahar, Afghanistan. While overseas, he taught 32

Afghani college students and several units how to use the Biometrics Automated Toolset-Handled Interagency Identification Detection Equipment system. Klinge said the HIIDE devices take fingerprints and iris scans and send them to a laboratory where those scans are put in a database. “It (creates) a national registry,” said Capt. David LeMay, 6th MP Detachment commander. “It’s an easy way to take a census.” LeMay said in the beginning stages, the devices were used to document detainees. Over time, though, it has been used to better keep track of a population.

SEE HOME, PAGE A5



PHOTO BY JEREMY WISE

Sgt. 1st Class Chad Klinge, 6th MP Det., left, is welcomed home Monday by Col. James A. Muskopf, Fort Rucker Garrison Commander, outside the detachment’s headquarters.

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COMMAND

Maj. Gen. Anthony G. Crutchfield
FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf
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.

Net Zero – 100 percent benefit

BY LT. GEN. RICK LYNCH
*Installation Management Command
commander*

ARLINGTON, Va. — The Army has a bold vision for managing natural resources on its installations: they will become net zero.

That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or qual-



Lt. Gen. Rick Lynch

IMCOM MISSION STATEMENT

*Our mission is to provide
Soldiers, civilians and their
Families with a quality of
life commensurate with the
quality of their service.*

ity. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush con-

struction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps—great strides in some cases—to manage our resources more efficiently. Look at the water projects at Forts Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The

ASA is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, civilian and Family member, has a role to play in managing our resources. Maybe it seems like a smaller role — turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important—our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

Editor's note: See related story on Page A3.



Rotor Wash



Sgt. 1st Class Daniel Mitchell, D. Co., 1st Bn., 13th Avn. Regt., Safety NCOIC

"It is extremely important to inform others of the contributions that African-Americans have made to America. We can do this by celebrating Black History Month."



CW2 Evan Bartlett, B Co., 1st Bn., 145th Avn. Regt., flight student

"Celebrating Black History Month allows us to learn of all cultures, not to mention the contributions that African-Americans made to our country."



Pfc. Joseph Gough, 98th Army Band, Saxophone player

"We should celebrate Black History Month because it is a part of our history and what defines our country."



WOC Louis Greco, 4-81 Engineer Detachment, active detachment command

"Black History is part of America's history and it should be recognized."



Sgt. 1st Class Sandra Johnson, Fort Walton Beach, Army recruiter

"We should honor our African-American leaders during all months. We need to help keep their history alive."

Breakfast feeds bodies, souls

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

Nearly 400 early risers were rewarded with food for the spirit as well as the body at the post National Prayer Breakfast at 6:30 a.m. at The Landing Feb. 10.

Fort Rucker and Wiregrass area leaders, Soldiers and Family members took part in the annual event dedicated to praying for servicemembers and the nation which is hosted annually by the Fort Rucker Chaplain Office.

Attendees were greeted with prelude music by the 98th Army Band's piano-sax duo and took turns at the breakfast buffet that featured all the fixings of a traditional country breakfast, right down to the biscuits, grits and gravy.

"After 30 years in the Army, I believe this is the best breakfast I've ever had at an official event like this one," said Garrison Chaplain (Col.) Dennis Newton.

With breakfast as the appetizer, the Abundant Life Praise Band livened up the room with music for the soul, followed by guest speaker Donny D. Thrasher, a retired Army chaplain, who served up the featured entrée.

Currently the senior pastor of The Grace Place Church in Enterprise, Thrasher reminded Christians that "pride is a dangerous thing, except when it is pride in Jesus."

"If you're a Christian, be proud of what God has done for you ... wear your faith and give God credit," he said.

Thrasher served as a platoon leader and maintenance officer in the 415th Army Security Agency Company in Idar-Oberstein, Germany, and as a com-



PHOTO BY NANCY RASMUSSEN

Abundant Life Praise Band members (from left) Sgt. 1st Class Jorge Jimenez, Lawna Crossfield and husband Chaplain (Maj.) Scott Crossfield worship through music during the Feb. 10 Fort Rucker National Prayer Breakfast. The annual event is hosted by the Fort Rucker Chaplain Office to pray for Soldiers, Families and the nation.

pany Executive Officer and Battalion Operations Officer at Fort Leonard Wood, Mo.

From 1980 to 1987 he served in the Army Reserve while attending and graduating from seminary and serving as a pastor in Texas and

Arkansas. He reentered active duty as a chaplain in 1987 and served in Texas, Germany, Saudi Arabia, Kuwait, Iraq, Bosnia, Italy, Missouri and Alabama. Thrasher retired from the Army as a lieutenant colonel in January 2006.

Before concluding his remarks, Thrasher encouraged the assembly to become "recruiters for Jesus," 24 hours a day, seven days a week, practicing their pride in faith at all times, not just on Sundays.

In closing, Newton ac-

knowledgeed the dedication and efforts of Frances Turner, Chaplain Office administrator, who contributed untold hours coordinating the event; and Chaplain (Lt. Col.) Vance Freeman, event project manager.

It's easy to be green, save

BY JEREMY WISE
Contributing Writer

The Law of Conservation of Energy states energy cannot be created or destroyed, but Fort Rucker energy engineer Buddy Coleman believes it, and money, can be wasted.

People can save both by following a few simple tips — a couple involve light usage.

"If (people are going) to be gone from the office for more than 15 minutes, turn the lights off," he said.

Coleman added many offices are overlit, a problem that can be solved by removing one or two bulbs from a single ballast. This not only saves energy but can save people's eyesight as overlighting makes computer screens harder to see.

"In most offices, you open the louvers and twist off bulbs," he said. "You can use a task light

(lamp) to do your reading."

In order to remove light bulbs, Coleman encourages office personnel to place a service order into maintenance technicians.

Community members can save energy by also turning off computers and monitors when they leave their offices for extended periods of time. In fact, Army regulations not being used overnight must be turned off at the close of the business day.

Coleman said many computers, including all Energy Star-rated equipment, have sleep modes, which shut down the computer's power usage after about 20 minutes of inactivity. To ensure full energy savings, a person needs to check if the computer has a properly functioning sleep mode.

Having too many plugs in a socket can also

waste energy. If an office is cold, he encourages people to bundle up instead of plugging in a space heater to an electrical outlet.

Saving energy on Army installations is more than a suggestion — it's the law.

The Energy Policy Act of 2005 mandated a reduction goal of 20 percent from the 2003 baseline of usage by 2015, according to Andy Franks, Directorate of Public Works resource efficiency manager.

Coleman estimates Fort Rucker has reached only 5 percent overall.

Also, Executive Order 13423 requires a 3-percent reduction in usage per year and a 30 percent total reduction by 2015.

Taking steps to reduce energy usage also helps achieve the Army's new "Net Zero" program.

See Page A2 for more on Net Zero.

Energy – why waste it?

According to laws and executive orders, Army installations are required to save energy wherever possible. Here are a few tips community members can use to cut back.

- Stop idling government vehicles when unattended or waiting for more than 30 seconds.
- Scanners, copy machines, faxes, printers and other such equipment should be programmed with sleep modes to activate automatically when not in use. Equipment is required to be Energy Star rated and have a sleep mode by the Energy Policy Act of 2005, Energy Independence and Security Act of 2007 and Army Regulation 420-1.
- Use setback temperatures on all heating, ventilation and air conditioning equipment, including window air conditioners. If automated controls are not installed, activate procedures for manual adjustment of all heating and cooling equipment at the end of the every work day and for any periods an area is unoccupied during work hours.
- Turn off all outside lights during the day.
- Doors and windows between conditioned spaces and non-conditioned spaces should not stay open. Active management of doors and windows that control conditioned spaces is critical to reducing energy waste especially in maintenance areas with heating and/or air conditioning.
- All motors and pumps with automatic controls should be operated in the automatic mode and not in the manual mode. Disable systems such as hot water circulating pumps that run all day in facilities where the hot water is not required immediately at the faucet.
- Install or replace all weather stripping on every entry way where a gap or light is visible. Caulk all joints, window frames, door jambs and any penetrations from the outside of the building.

Source: Buddy Coleman, Fort Rucker energy engineer

Army kicks off official relief campaign

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

Fort Rucker kicks off its annual fund-raising season for the Army Emergency Relief 2011 campaign at 10 a.m., March 1 at the U.S. Army Aviation Museum.

The campaign, with the theme "Helping to make Soldiers and their Families Army Strong," runs from March 1 to May 15 and raises funds for continued support of eligible Soldiers and their Family members.

Soldiers can help other Soldiers by contributing to AER through allotment, check, money order or cash donations. In 2010 AER provided \$77 million in assistance to more than 66,000 Soldiers and their Families.

AER is one tool commanders have to get Soldiers the help they need when they need it through the command referral program. The program gives company

commanders and first sergeants the authority to approve AER loans to their Soldiers up to \$1,000.

Established in response to a need for financial assistance by Soldiers and their Families during World War II, AER provides emergency financial assistance in the form of no-interest loans or outright grants. In addition, it provides scholarships to children and spouses of active duty and retired Soldiers, financial support to surviving Families of fallen Soldiers, and grants to widows and wounded warriors.

"As a newly married private 20 years ago, I was fortunate to have Family support when we were struggling financially, so I didn't need to call on AER for help at that time," said one recipient of AER funds. "This year, however, when my daughter began college we realized a potential strain on our Family budget.

"The Soldier applied for and received

an AER scholarship in the amount of \$2,000, which made a big dent in the cost of her higher education," said Capt. Roderrick Duplin, this year's AER coordinator.

Duplin encourages leaders to remember those early years when they were struggling with the demands of a young Family, and to give generously to AER and to encourage their Soldiers to do the same.

The AER campaign relates to Army values according to campaign leaders.

"The values we all strive to live by, specifically: loyalty to other Soldiers and selfless service to subordinates," Duplin said.

The funds provided go directly to helping Soldiers in need.

"By donating to AER, Soldiers are helping to provide emergency financial assistance to fellow Soldiers," said Col. James A. Muskopf, campaign chairperson.

"I would have to say that this program is a great asset to the community. We are

here for both active duty and retired Army Soldiers, and their Families, for an array of assistance such as: food, (vehicle) issues, rent, utilities, emergency transportation, medical/dental expenses, and funeral expenses, to name a few," said Nereida (Mimi) Brooks, Fort Rucker Army Emergency Relief Officer. "AER also has new categories of assistance including child car seats, Heating, Ventilating and Air Conditioning repair, and repair/purchase of stove or refrigerator. The addition of these categories will allow us to help our community even more.

"However, if we are 'Helping to make Soldiers and their Families Army Strong,' we need continued support from active and retired Soldiers. The annual AER Campaign will help us do that and every contribution gives Soldiers an opportunity to help their own," Brooks said.

For full details on AER assistance, call Brooks at 255-2341, or visit www.aerhq.org.



PHOTO BY RUSSELL SELLERS

Soldiers in the 1-58th Airfield Operations Battalion stand in formation during a deployment ceremony at Cairns Army Airfield Friday. The 1-58th left for the Middle East last week.

Flight: Unit well-trained for upcoming missions

Continued from Page A1

has been even tougher due to the numerous mission changes and ever fluid mission in (the Middle East). However, every one of these Soldiers knows their job and is ready

to get to work.”

Sgt. 1st Class Jemar Ford, 1-58th AOB Air Traffic Control platoon sergeant, said it would be tough to be away from his Family for the 12-month deployment, but he echoed Moore in saying the unit is

well-trained and ready for the mission.

“(My Family) and I spent as much time together as possible to get ready for this,” he said. “This makes three deployments for me to the Middle East. As a unit, we’re

definitely ready to go.”

After a short ceremony, the members of the unit boarded buses as their Families, friends and fellow Soldiers waved goodbye.

The 1-58th AOB was created to fill a gap in air traffic ser-

vices, said Maj. Sherrie Sharpe, 1-58th AOB executive officer. It works with other entities and contract agencies in theater to provide more ATC support.

Sharpe was also among those who deployed in the two remaining groups.

Exercise: Training helps prepare local responders

Continued from Page A1

a lone gunman who, according to the scenario, is killed by military police, but not before he killed six people and wounded two others.

Responders soon learned there was a second gunman at a separate location who had taken hostages. In such a scenario, Fort Rucker officials would work with both the Dothan Police and the FBI in order to resolve the situation.

Fort Rucker emergency and medical responders, along with officials from other law enforcement agencies, need to be equipped to handle this type of situation, said Col. James A. Muskopf, Fort Rucker garrison commander.

“Preparedness can never be underestimated,” Muskopf said. “A tragic

event like the scenario today might happen, and the more you’re ready for it, the less chaotic, the less hectic and the less confusion there is going to be to keep people safe and get back to the state we want to be in.”

The scenario tested the training of emergency responders and the procedures put in place to react to this type of situation.

“We want to make sure that all of the policies, procedures and operating principles that we’re going to work on will, in fact, work,” Muskopf said.

He said that this scenario is just one of a number of emergencies the post prepares for — there are plans to keep the community safe during hurricanes, tornadoes, events that involve high explosives and Aviation acci-

dents, just to name a few.

But with some of the recent history, such as the Fort Hood shooting, Muskopf said he thought it was important that the active shooter scenario be exercised on a larger scale.

“We’ve done table top exercises before where we’ve sat around and talked through all the procedures with all the players involved, but this actually gave us the chance to roll out the police, the emergency management folks, shut down the post for a little while and to exercise the sirens,” Muskopf said.

He added that he was confident in the training and ability of Fort Rucker’s police, firefighters and emergency medical responders to do what they are needed to do in this type of scenario, but

another goal of the exercise was to get the rest of the base involved, military and civilian alike.

“We tried to immerse the population of Fort Rucker by making it a post-wide scenario,” said Muskopf, adding that the scenario called for all those on the post to lockdown their offices, turn off the lights and find a meeting point for everyone in their offices.

“The coordination for the active shooter exer-

cise began in November, and had been briefed to senior leaders, spouses groups and commanders on several occasions. Army and Air Force Exchange Service, the commissary and post schools were notified well in advance of the exercise date,”Whittaker said. “It is imperative that we share the responsibility with the command in ensuring that the entire Fort Rucker community helps us protect our most cherished assets—our Soldiers,

Families and the entire community.”

Muskopf said that he was satisfied overall with the way the emergency responders of Fort Rucker and other law enforcement agencies handled the scenario.

He also thanked local law enforcement officials for working with the military, and the entire post community for its patience and efforts to help prepare for an event no one hopes ever comes to the community.

ATTENTION VETERANS Effective Immediately!

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:

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Jeanne Wright (334) 347-3411 Ext 201
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Carla Steiner (334) 347-3411 Ext 236
(334) 447-7390 Cell



FDIC



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One level, 1272 +/- sq ft, with appliance and washer/dryer, one car garage, 2 BR/2 BA \$119,500

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End unit, two story, 1662 +/- sq ft, with appliances and washer/dryer, one car garage, 2 BR/2.5 BA \$131,500

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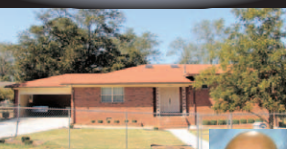
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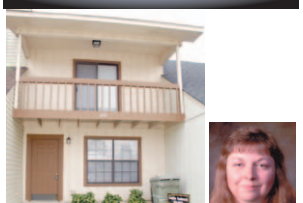
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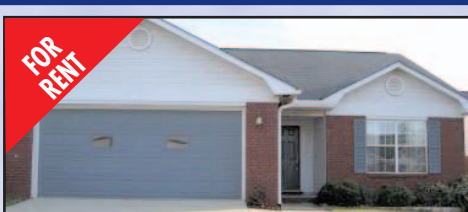
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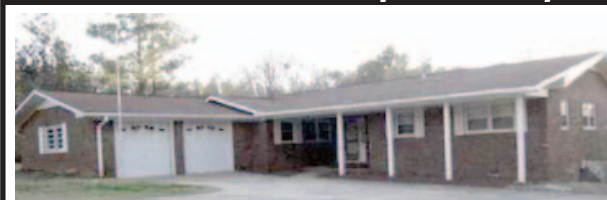


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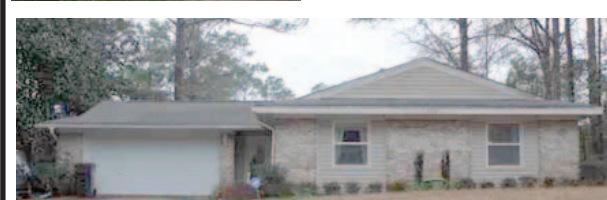
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ARMY BRIEFS

WTU REGULATIONS

WASHINGTON — The Warrior Transition Command is developing a consolidated regulation that will provide complete oversight and guidance for its 29 units across the Army.

The new regulation was one of the recommendations of a 158-page Inspector General report concerning the Warrior Transition Units that WTC Commander Brig. Gen. Darryl Williams spoke to reporters about recently, at the Pentagon.

Inspectors noted the Warrior Care and Transition Program had no single synchronizing document which outlined governing policies, guidance and regulatory requirements. In lieu of a primary instruction or regulation, the WTUs have been working under numerous orders, messages, directives and policy memos that create varying interpretations and cause some confusion among the staff.

ENHANCED COMBAT HELMET

WASHINGTON — The Army is looking at an improved combat helmet that surpasses the capabilities of what Soldiers are currently wearing in the field.

The new Enhanced Combat Helmet doesn't look much different than the Advanced Combat Helmet it's designed to replace, but the performance difference is huge, said Col. William Cole, project manager, Soldier Protection and Individual Equipment.

"If you hold them in your hand, you'd have a tough time telling the difference, other than the relative thickness," Cole said during a media roundtable Feb. 2, in the Pentagon. "The ECH is a little bit thicker, also about an ounce to four ounces lighter depending on the size. But it's really a huge leap ahead forward in terms of head protection capability."

The Army wants 200,000 of the helmets, though Cole said, "I'd be surprised if we stop at that number."

COMBAT VEHICLE DESIGN

WASHINGTON — The Defense Advanced Research Projects Agency is leveraging the "power of the crowd" to reduce the time it takes to design and build complex, expensive combat vehicles, an agency official said recently.

Lt. Col. Nathan Wiedenman, deputy program manager for the six-month Experimental Crowd-derived Combat-support Vehicle Design Challenge, told American Forces Press Service that the crowd includes servicemembers, engineers, members of the public and others who usually have no way to contribute to military design.

Local Motors began accepting design submissions Feb. 10, and will close the process March 3. The competition is open to the public, and designs can be entered using anything from a sketch on a piece of paper to a computer-aided design system. The winner will receive \$7,500, second place \$1,500 and third place \$1,000.

After the submissions are assessed, those that meet the challenge requirements will be up for vote from March 3-10.

Mullen: Military must plan for future Afghan transition



PHOTO BY SPC. JESSE LAMORTE

Soldiers with Special Operations Task Force - South prepare to load an all-terrain vehicle on to a CH-47 Chinook helicopter in preparation for a rapid offload during operations in the Maruf district, Kandahar province, Afghanistan.

BY KAREN PARRISH
American Forces Press Service

WASHINGTON — Special operations forces today are the best America has ever had, and are a good example of the military's need to plan now for continued success in the future, the nation's highest-ranking officer said Feb. 8.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, spoke during the awards banquet of the National Defense Industrial Association's 22nd Annual Special Operations and Low-intensity Conflict Symposium.

Mullen said he has learned "an incredible amount" about service and sacrifice from the special op-

erations community, noting that special operations forces have been decisive in the nation's wars since 2001.

As someone who serves alongside those forces, Mullen said, "I would want to just say thanks: Thanks to you who serve. Thanks to you who did. Thanks to you who still support the community."

Those who serve now in special operations are "the best we've ever had," the chairman continued, "And we need the best we've ever had."

Special operations forces typically are the first ones in, and will be the last to come out when

SEE TRANSITION, PAGE B4



PHOTO BY SPC. ROLAND HALE

NEW DAWN

A group of Soldiers from the 40th CAB step on to Camp Taji, Iraq, Feb. 10, at the beginning of their tour in support of Operation New Dawn. The brigade is replacing the eCAB, 1st Inf. Div., which will return to Fort Riley, Kan., after a year-long tour here.

Army wants 36 more 'Punisher' weapons

BY C. TODD LOPEZ
Army News Service

WASHINGTON — Only five XM25 weapons exist today, but Soldiers lucky enough to have used them in Afghanistan said more are needed.

Two Soldiers took the prototype weapons into theater to link them up with requesting units. They trained troops on the weapon's use and managed the Forward Operational Assessment to collect information about the weapon's performance in theater and how Soldiers used it.

"The XM25 brought the difference to whether they would stay there 15 to 20 minutes shooting (and) taking pot shots or the actual fight ended after using the XM25," said Sgt. 1st Class Carlos Smith, Soldier Requirements Division, Maneuver Center of Excellence, Fort Benning, Ga. "That was due to the defilade capabilities of the XM25 to shoot beyond targets and behind targets."

The XM25 allows Soldiers to engage defilade targets — those behind a barrier, protected from oncoming weapons fire. The XM25 measures the distance to the enemy's protective barrier, and can then program the round to detonate a user-adjustable distance past that — allowing Soldiers to put an air-bursting round directly above the enemy's head, inside their protected area.

The round measures the dis-



PHOTO BY PEO SOLDIER

A Soldier aims an XM25 weapon system at Aberdeen Test Center, Md. Five XM25s are being used now in Afghanistan.

tance it travels by counting its own rotations after leaving the barrel.

Both Smith and Maj. Christopher Conley, an assistant product manager for Program Manager Soldier Weapons, at Picatinny Arsenal, N.J., were part of the team that brought those weapons into theater for Soldiers to use in actual combat. The five prototype weapons entered theater in November, and were first used in combat Dec. 3.

"We disrupted two insurgents on an (observation point) and we silenced two machine-gun positions — two PKM positions," Conley said, describing some of the scenarios he witnessed in theater where the XM25 had been used. "We destroyed four

ambush locations, where the survivors fled.

"And when we launched it at a longer range target, who was carrying a machine gun and it exploded near his target — it either badly wounded him or scared him good enough that he dropped his machine gun and ran away," Conley recalled.

Overall in Afghanistan, the five XM25s have been with two separate units.

Some Soldiers who've used the XM25 in Afghanistan had taken to naming the weapon — though there is no official name for the system yet.

"The kids are calling it 'the Punisher,'" said Brig. Gen. Peter

SEE WEAPONS, PAGE B4

Duty to country unites father, son in Afghanistan

BY FIRST LT. BEN SHULL
10th Combat Aviation Brigade

PARWAN PROVINCE, Afghanistan — An unknown author once wrote, "Every father should remember that one day his son will follow his example instead of his advice."

In a combat aviation brigade, deployments are the norm, and Soldiers are asked to leave friends, loved ones and family on a regular basis.

Married Soldiers have a difficult time leaving behind spouses and children while they head off to war, but it's just as difficult for single Soldiers to leave their mothers, fathers, brothers and sisters.

Sometimes though, Soldiers and their loved ones are fighting on the same battleground.

Pfc. Allan Berry II, a petroleum specialist with A Company, Task Force Mountain Eagle, 10th Combat Aviation Brigade, sees his father on a near weekly basis.

Berry's father, Allan Berry Sr., flies a Puma S330J helicopter for a major aviation corporation, shuttling Soldiers and Army civilians around Regional Command-East. He frequently brings care packages and supplies put together by his son and his fellow Soldiers at Bagram Airfield, to other Soldiers in Berry's platoon working out of Forward Operating Base Ghazni.

Before flying for his present employer, Berry Sr. spent eight years fixing helicopters in the Marine Corps and then joined the Army, where he became a chief warrant officer and flew AH-64 Apaches. After returning from Operation Desert Storm, he got out of the service but continued to fly.

Following his father's example, the younger Berry enlisted in the Army in January 2008 and asked to be an aircraft refueler.

"My dad was always flying in helicopters and flew during the Gulf War,"

SEE DUTY, PAGE B4

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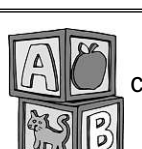
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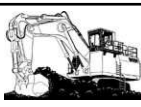
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Transition: Endurance to play key role in future

Continued from Page B1

U.S. forces leave Iraq, Mullen said. And the work special operations forces have done in Iraq, he added, has helped to pave the way ahead in Afghanistan.

“We are heavy into Afghanistan,” Mullen said, “and we need everything we learned in Iraq to do what we’re doing in Afghanistan.”

Afghanistan demands great effort across the full spectrum of

special operations missions, Mullen said: capturing and killing enemy fighters, conducting civil affairs missions, engaging with local populations and training indigenous forces.

Looking ahead, Mullen said, the question becomes one of endurance. “We’re in our 10th year,” he noted. “How long can we do it? Somehow we’ve got to figure out how to create a little more balance as we look to the future.”

Budget pressure also is increasing, the chairman said, and no one is immune to that pressure.

“Every dollar counts and we have to figure out how to spend our money wisely,” he said. “At some point in time — and I certainly don’t speak to the wars that we’re in, because we can’t back off there — but at some point in time, we have to ask ourselves, ‘What are we going to stop doing?’”

The health of the force and eco-

nom ic reality will require the military to eventually scale back, the admiral said. The military’s challenge in dealing with decreased funding, he added, will be to approach available resources with a team mentality.

“We’ve got to go through it together,” Mullen said. “And we’ve got to come through actually a stronger force, ready to continue to meet the challenges that are out there.”

Duty: Working with son gives father unique perspective

Continued from Page B1

the younger Berry said. “It made me proud to see what he did for our country, and I wanted to follow in his footsteps.”

When the elder Berry found out his son was deploying to Bagram Airfield he was excited at the prospect of getting to see him, but as any father would, he worried about the dangers involved with deploying to a combat zone.

“I didn’t get to see him in (Contingency Operating Base) Speicher when I was down in Baghdad on his last deployment,” the elder Berry said. “So when Allan told me he would be in Bagram, I was thrilled because my flights bring me into BAF on a regular basis.

“At the same time, though, it makes you worry,” he explained. “I’ve been flying in Afghanistan for almost a year now, so I know a lot of the dangers here. It scares me sometimes to think of him in harm’s way. But getting to see him helps reassure me that he’s doing well.”

To be working in the same area as his son gives the elder Berry a unique perspective.

“I love the fact that I get to directly support the Soldiers over here,” he said. “Knowing my son could be one of the young kids I’m flying around the battlefield makes this job enjoyable and means that much more to me. I always try to help the Soldiers out in any way



PHOTO BY FIRST LT. BEN SHULL

Pfc. Allan Berry II, and his father, Allan Berry Sr., stand outside Berry's helicopter at Bagram Airfield, Afghanistan. The younger Berry is a petroleum specialist with A Company, Task Force Mountain Eagle, 10th Combat Aviation Brigade.

I can and treat them like it's my son that I'm flying around.”

The younger Berry's platoon sergeant, Sgt. 1st Class David Essinger, sees benefits of having his Soldier's father in the area.

“I think it's great that Berry gets to see his father while we're deployed,” Essinger said. “I think Jim Valvano said it best when he claimed, ‘My father gave me the greatest gift

anyone could give another: he believed in me.’”

“Whether (Berry) has had a good day or a bad day, (his) dad always believes in him and always supports him. Not only is it satisfying to see a father and son reunited, but it's comforting to know that in a pinch, we have another asset to turn to in order to keep the mission happening.”

Berry agrees.

“Getting to see my dad and visit with him when he flies into Bagram really helps keep my morale

high,” he said. “Any time I miss home or want to talk to my Family, my dad's only a phone call away.”

Weapon: XM25 helps increase Soldier survivability, probability of effect

Continued from Page B1

N. Fuller, who heads up the Program Executive Office Soldier. “I don’t know what we’re going to title this product, but it seems to be game-changing. You no longer can shoot at American forces and then hide behind something. We’re going to reach out and touch you.”

Conley said during the Forward Operational Assessment, the performance of the XM25, and Soldier response to the system, provided positive response to three questions about the system from Army leadership, including if the weapon gives “higher probability of effect,” if the weapon provides more survivability for the Soldier, and how will the weapon be used at squad and platoon level.

“What our Soldiers have told us is, when we do fire this weapon, it does have a high probability of effect,” Conley said. “The enemy stops firing. They flee. They drag off their casualties. Essentially, a Soldier is very happy when the enemy stops firing at him.”

Soldier survivability is also increased with the XM25 because it allows Soldiers to fire on the enemy from protected positions, while the enemy themselves believe they are in protected positions.

“We have increased the survivability of our Soldiers because our Soldiers no

longer have to maneuver from their cover position to gain an advantageous firing spot for the enemy,” Conley said. “We are able to stay behind cover, and we welcome (the enemy) to stay behind cover — because we’ll get you.”

When the Forward Operational Assessment ended in January, and the testing organization had enough data to send to Army leadership, they expected to take the weapons home, but Soldiers thought otherwise.

“We had the Soldiers ask us to leave the weapon there and the ammo there,” said Conley. “They did not want to give up that capability. The word got back to us, we made the decision, let them keep the XM25, let them keep that additional ammunition. We will then go ahead and go back downrange and collect up any additional data that they have received.”

Now the Army is working to find the money to build an additional 36 XM25 weapons, said Col. Doug Tamilio, the Army's program manager for Soldier weapons.

The Army won't begin mass producing the XM25 until sometime in 2013 at the earliest, Tamilio said. Before that, improvements must be made to the system, including those learned from its use in Afghanistan.

Got Risk?

Dec. 27, 2010 - Jan. 2, 2011

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

A Soldier died Dec. 28 in a pedestrian accident near Fort Worth, Texas.

The Soldier left his vehicle to assist at the scene of a minor traffic accident and was struck by an oncoming vehicle.

The Soldier was thrown over a bypass onto a freeway and suffered fatal injuries.

A Soldier died Dec. 30 from injuries suffered in a motorcycle crash in Tampa, Fla.

The Soldier was traveling home from work when he lost control while slowing for traffic and crashed.

He died at a local hospital. The Soldier was wearing all required personal protective equipment.

Safety reflection

Situational awareness is a key factor in preventing accidents. No matter what your activity, paying attention to your surroundings and what others are doing can affect the outcome of an accident. Don't take anything for granted — watch out for yourself and your band of brothers and sisters.

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Story on Page C5

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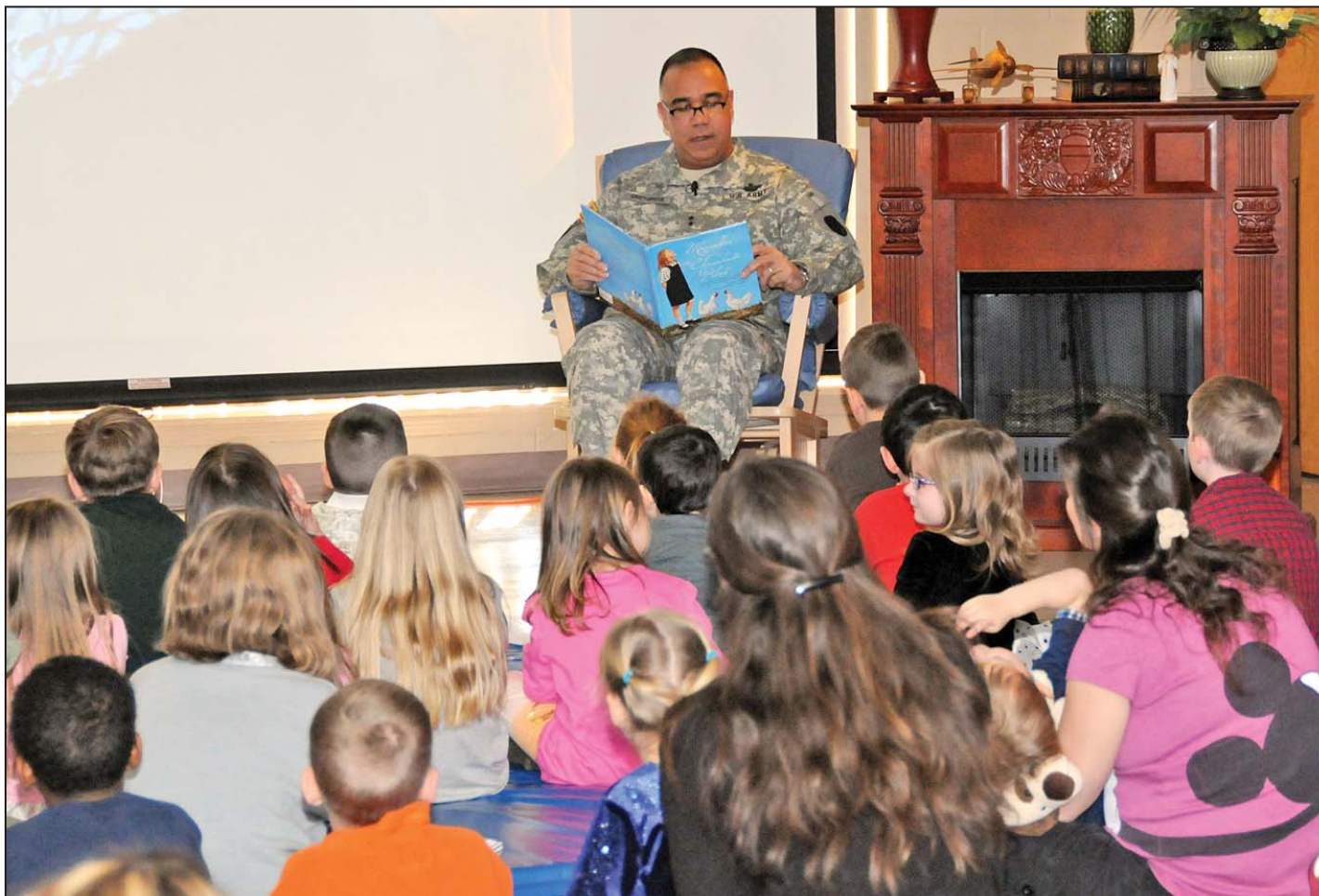


PHOTO BY RUSSELL SELLERS

Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, reads "Mercedes and the Chocolate Pilot: A true story of the Berlin Airlift" by Margot Theis Raven to a group of children and parents during the first "Tell Me a Story" event at The Commons Sunday.

Children listen, participate, learn

'Mercedes and the Chocolate Pilot: A True Story of the Berlin Airlift' addresses some issues children of deployed parents might be dealing with today

BY RUSSELL SELLERS
Army Flier Staff Writer

Children here experienced the post's first "Tell Me a Story" event Sunday thanks to the Military Child Education Coalition and Child, Youth and School Services at The Commons.

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, read "Mercedes and the Chocolate Pilot: A True Story of the Berlin Airlift" by Margot Theis Raven, to a group of about 40 children and parents while projections of the book's illustrations were displayed behind him.

The book is based on the true story of Lt. Gail Halvorsen, a U.S. military fixed-wing pilot during the post-World War II Berlin Airlift, and Mercedes, a young West Berlin girl who lived in Germany

during the Russian blockade of 1948.

Halvorsen, without the permission of his superiors, dropped candy tied to tiny, handmade parachutes from his aircraft as he flew over the blocked-off area where Mercedes and many other children lived.

Crutchfield said the story, while different from the wars of today, is still poignant and addresses some issues children of deployed parents today might be dealing with.

"Children today, after 10 years of war, feel some of that same uncertainty (after deployments) and anxiety that Mercedes may have felt," he said. "It's a great story of compassion. It can show children how to be more compassionate about others' feelings."

While the story's subject matter and setting might seem a little complex for younger children, Crutchfield said the

reaction he got from the children and parents was exactly what he'd hoped for.

"I thought there had to be some way to translate the story to make it entertaining and easier to understand," he said. "I got them involved with the story by (having them act out certain parts). It was an overwhelming reaction. They really stayed involved in the story."

Kim Crutchfield, the commanding general's wife, helped organize the event. She and John Jennings, School Liaison officer and Youth Education Support Services director, worked together to put the reading together.

"I've organized these things before and, as a former teacher, I was really excited to do it again," Kim said. "We've gotten such a positive reaction from this one, we want to do another. We can do up to three a year."

The date for the next event has not been set, but Jennings said he hopes to have an even bigger venue for the next one.

"After the response we got to the

preregistration I was kind of kicking myself for the small venue," he said. "The next time we'll go for something bigger."

Some parents were also impressed with the event and hope more will happen in the future.

"We really liked it," said Kristy McDermed, military spouse, who brought her son Kael, 4. "I have two other children who are younger and it was nice to be able to do something with (Kael)."

McDermed said she thought the story was a great choice for the first event and was happy each Family who attended received a free copy of the book.

"I loved the story and loved that it was about pilots," she said. "My husband is currently in flight school. He's been flying in an aircraft for about seven weeks and it was great to have a story we could all relate to."

For more information on "Tell Me a Story" and other upcoming events, call 255-9812.

DFMWR makes pledge to customers, employees

BY RUSSELL SELLERS
Army Flier Staff Writer

Directorate of Family, Morale, Welfare and Recreation and Fort Rucker leadership signed the first Employee and Customer Covenant during the quarterly DFMWR awards ceremony at The Landing Friday.

According to the covenant, taking care of customers begins with taking care of employees. It promises to position employees for success by offering "robust orientation, clear performance standards for service excellence, formal and informal training and career development opportunities."

Col. James A. Muskopf, Fort Rucker garrison commander and event guest speaker, said the covenant "embodies a promise of excellence to both employees and customers."

"I encourage each of you to get involved and be the best at what you do," he said.

While the covenant address-



PHOTO BY RUSSELL SELLERS

Col. James A. Muskopf, Fort Rucker garrison commander, signs the Employee and Customer Covenant during the quarterly DFMWR awards ceremony at The Landing Friday.

es taking care of employees, it doesn't forget to address customer needs.

The covenant promises customers they will "always be respected and treated as

individuals, receive prompt and friendly greetings, be offered high quality products and service, receive timely and helpful information and have opportunities

to provide feedback."

Evvy Bludworth, DFMWR deputy director, said the signing of the covenant was symbolic of Fort Rucker and DFMWR's dedication to those

living and working on post.

"It shows our commitment to providing quality through service excellence to our Soldiers and Families commensurate with the quality of their service to our nation," she said.

The signing also coincided with the implementation of the "Choose Excellence" program by DFMWR.

According to Bludworth, the goal of the program is to increase customer participation and satisfaction, increase employee job satisfaction, retain high-performing employees, and sustain employee engagement and commitment.

At the end of the ceremony, every employee who attended received a bracelet with "I love excellence" written on it. It was meant to remind them to always choose excellence, Bludworth said.

As the event closed, all employees were invited to sign the covenant as a show of their commitment to it and the new "Choose Excellence" initiative.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

FRCSC luncheon

Fort Rucker Community Spouses Club members host their monthly activity today at 6 p.m. at The Landing. This month features a newlywed game for couples. For more information or reservations, visit www.ftruckeresc.com.

FRCSC scholarship

The Fort Rucker Community Spouses Club is accepting applications from high school seniors and continuing education adults for scholarships to be awarded in May. Entry is open to military Families and citizens from the local community. For application, rules and eligibility requirements, visit www.ftruckeresc.com. Postmark deadline is March 14.

ACAP employer day event

The Fort Rucker Army Career and Alumni Program Center staff hosts Air Evac Lifeteam and the Social Security Administration for an employer day event Friday from 10 a.m. to 2 p.m. in the second floor break room of Bldg. 5700. For more information, call 255-3932.

Live entertainment by Delta Saints

The Landing Zone staff hosts live entertainment by the Delta Saints of Nashville Friday from 9 p.m. to 1 a.m. The courtesy van offers a free ride home to patrons who live on post. For more information, call 598-8025.

Blood drive

The 1st Battalion, 13th Aviation Regiment, hosts a blood drive Feb. 25 from 2-8 p.m. at the Fortenberry-Colton Physical Fitness Facility, Bldg. 5900. Donations support injured Soldiers in Iraq and Afghanistan, active duty Soldiers and Family members, and Lyster Army Health Clinic patients. For more information, call 255-7557 or 255-1333.

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Comedy Live at Rucker

Comedians Adam Ace and Louis Ramey perform stand-up comedy Feb. 25 from 8 to 9:30 p.m. in The Landing ballroom. Advanced tickets are \$10 and can be purchased at The Landing Zone and in The Landing's catering office. For more information, call 255-9810.

The Regulars Band in the Zone

The Regulars come to The Landing Zone Feb. 25 from 9 p.m. to 1 a.m. The courtesy van offers a free ride home to patrons who live on post. For more information, call 598-8025.

Stress Management Workshop

Army Community Service's Family Advocacy Program holds a stress management workshop Feb. 28 from 9 a.m. to noon at the early childhood activity center. Topics include identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required. This workshop is open to active duty, retired military, Department of Defense employees and their Family members. For child care information and registration, call 255-3898.

Exceptional Family Members Bowling Night

Army Community Service's Exceptional Family Member Program and Rucker Lanes sponsor a night of bowling Feb. 28 from 5 to 7 p.m. Please register by Feb. 25. Cost is \$1.75 per game and \$1.25 for shoe rental. For more information, call

255-9277.

Dr. Seuss's birthday

Center Library staff hosts a Dr. Seuss birthday celebration March 1 from 3:30 to 5 p.m. for children ages 3-11. Activities include a coloring and hat design contest. For more information or to register, call 255-3885.

AER Kickoff

The Army Emergency Relief 2011 campaign kickoff is March 1, 10 a.m. at the U.S. Army Aviation Museum.

Monday Night Trivia

Trivia in the Zone is now Monday nights. Winners receive prizes and free gift vouchers for meals. For more information, call 598-8025.

Becoming a Love and Logic Parent

Army Community Service's Family Advocacy Program holds "Becoming a Love and Logic Parent" classes each Thursday, Thursday 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.

AER scholarships

Army Emergency Relief scholarship applications are available at www.aerhq.org. Applications are due by April 1. For more information, call 255-2341.

Burger King renovations

The Fort Rucker main Burger King is closed due

to renovations, which are scheduled to be completed by the end of March. New hours for the Burger King Express in the mini mall are 7 a.m. to 7 p.m. weekdays, 8 a.m. to 6 p.m. Saturdays and noon to 6 p.m. Sundays.

Lawn care schedule

Picerne Military Housing lawn mowing schedules are now bi-weekly. For more information, visit www.ruckerpicerne.com.

Rucker Lanes breakfast

Rucker Lanes now serves breakfast starting at 7 a.m. It is open to the public.

ROWA

The Retired Officers Wives Auxiliary hosts their monthly meetings the second Tuesday of each month from now until May at The Landing.

The club offers wives the chance to stay in touch with military heritage and make new friends. For more information, call Mary Jane Collins at 774-2101 or Penny Griffith at 774-5065.

DFMWR Spotlight

Girls Night Out

Fort Rucker's Directorate of Family and Morale, Welfare and Recreation staff hosts a Girls Night Out March 18 from 6 to 9 p.m. inside The Landing's ballroom. This event is for women age 18 and up. Tickets are available at the Landing Zone for \$10 each. The event features a live DJ, refreshments and a sampling with numerous companies that cater to women. The first 50 women to purchase a ticket receive a gift bag on the night of the event. For more information, call 598-8025 or 255-9810.



PHOTO BY RUSSELL SELLERS

Pick-of-the-litter

Meet Carol, a 2-year-old female medium-hair tabby available for adoption at the Fort Rucker Stray Facility. She is happy and friendly. It costs \$81 to adopt Carol and other animals at the facility, which includes all up-to-date shots, microchip and spaying. For more information on animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic or the Commissary. No animals were adopted last week.

FORT RUCKER Movie Schedule for Feb. 17 – 19

See you at the movies



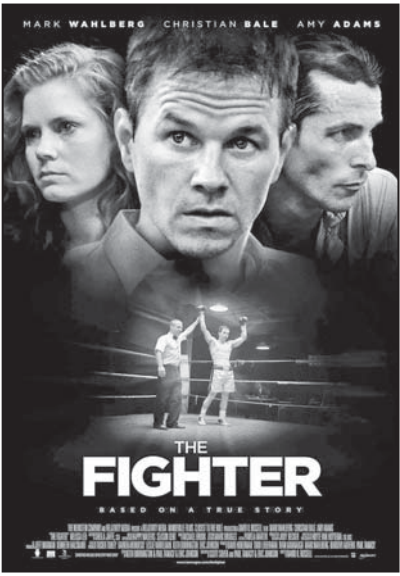
THURSDAY, FEB. 17

Gulliver's Travels (PG) 7 p.m.



FRIDAY, FEB. 18

The Fighter (R) 7 p.m.



SATURDAY, FEB. 19

The Fighter (R) 7 p.m.

Worship

CHAPEL CORNER

Cultivate healthy attitude during times of change

BY NANCY B. JANKOSKI
Director of Religious Education

The only thing I don't like about living here in the Wiregrass is the fact that we are at the beginning of the Central Time Zone.

In the winter months, it just gets dark too early.

By the winter solstice, the sun is setting as I leave work, and it is completely dark before I get home. Maybe it's just me, but I think that if we refer to part of the day as "afternoon," the sun should at least be partially visible.

Now that law makers have extended the period of Daylight Savings Time, I am a bit happier. I don't look forward to turning the clocks back an hour in November, but I can hardly wait to "spring forward" again come March.

It is probably a good thing that we have never been stationed anywhere near the Arctic. I'm certain I would be one of those "seasonal affective disorder" sufferers. Or I'd at least make other people suffer, as they heard me complain about the long months of darkness.

Once, my husband had the opportunity to get an assignment in Alaska, and I was appalled that he would even think about it. I told him that when I said I wanted to be near the ocean, the Arctic wasn't what I had in mind. So he turned down Alaska and we wound up in Guam instead.

I liked the tropics, even with the issues of mold, typhoons, threats of earthquakes or tsunamis and dangerous snakes that came with the tropical living package.

Every transition brings

its own set of issues.

If we had gone to Alaska, I doubt that snakes would have been a problem.

In Guam, they were. Once, I was taking a bubble bath when a brown tree snake came up through the floor drain just outside of my tub. The snake was between me and the bathroom door, blocking my only form of exit.

I yelled for my husband, who came running in to find out what was causing the commotion in the bathroom. My husband was barefoot, wearing shorts, and was now standing just inches away from the agitated snake. He did take care of the situation, but in order to do so, he had to leave me temporarily alone in the room with the snake while he ran and got a machete to come back and kill it.

We don't normally remember routine things like doing the dishes, taking out the trash, or taking a bath, but neither of us will ever

forget that particular bubble bath.

We take the good with the bad in life, and our attitude determines how well or poorly we cope in any situation. We spend time on physical fitness because it is so critical to a healthy physical life. We also need to spend time working on our spiritual fitness so we can cope in healthy ways with the changing circumstances of life.

How are you doing coping with the stresses of life? Are you including taking care of your spirit in your fitness plan? What about the rest of your Family?

The chaplain and the various worshipping communities offered here on Fort Rucker are resources for you, to help you get, or maintain your spiritual fitness. Life is challenging.

Your spiritual development can and should be a major source of resiliency for you, but only if you make spiritual fitness a priority.

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.

Professional Medical Associates

Welcomes

Shawna "Missy" Webb, CRNP, DNP
Nurse Practitioner

She will begin seeing patients February 7, 2011



Left to Right: Andy Gammill, DO; Beverly Jordan, MD; Gary Allen, MD, CMD; Missy Webb, CRNP, DNP; David Rhyne, MD

Gary G. Allen, MD, CMD
Internal Medicine, Hospice and Palliative Medicine
Certified

David N. Rhyne, MD
Internal Medicine

Beverly F. Jordan, MD
Family Practice
Sports Medicine

William "Andy" Gammill, DO
Internal Medicine
Pediatrics

101 E. Brunson St., Ste 200, Enterprise
Call for an appointment
393-3686

Business Card Spotlight

Your ad could be here for only \$96 per month. Call Mable Ruttlen for more information at 334-393-9713

Christian Mission Bargain Centers

Donation Pick-Up Available

Call 393-4471

Your donation of clothing, furniture, house-hold items, autos, etc. helps to provide the following services for the homeless and hungry...shelter, food, hot meals, for home-bound, emergency utility assistance and residential substance abuse program.

All donations are tax deductible
307 N. Main Street ~ www.christmissions.com

Chapel briefs

Protestant Women of the Chapel

Protestant Women of the Chapel hosts 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.



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.

Donations can be dropped off at the Veterinary Clinic or the Commissary.

Church Directory

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



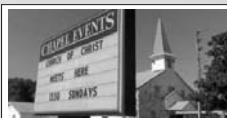
"Small things done with great love will change the world"

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DOTHAN

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DOTHANVINEYARD.COM

First United Methodist Church

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



Churches of Christ Invite You

Sunday Afternoon Worship
1330 Hrs. Every Lord's Day
Wings Chapel
Singing ~ Prayers ~ Sermon
~ Lord's Supper
POC: CW4 Jas. Baker
334-400-3304

Grace Baptist Church

Minutes from Ft. Rucker Ozark's Gate

On the corner of Highway 231 and Parker Dr
Independent - Fundamental - Old Fashion Baptist

Where the **Bible** is still believed and preached
You may contact the church at 774-2311

Please visit our **web site** and click on

"Plan of Salvation"

so you can know Heaven as your eternal home
www.GraceBaptistChurch-Ozark.com



EPISCOPAL CHURCH OF THE EPIPHANY

The Reverend
Donna A. Lockett, Vicar

302 East Grubbs St • Enterprise
epiphany@centurytel.net
fp1.centurytel.net/epiphany-episcopal
Sunday Worship Service 10:00am

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

1 Corinthians 11:1

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

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.

ANDALUSIA

ONGOING — Andalusia Public Library offers 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 receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

FEB. 24 THROUGH 26 — The 24th annual Civitan Club PCA Championship Rodeo is at the Covington Center Indoor Arena. Gates open at 6 p.m. with the show starting at 7 p.m. Admission is \$12 for adults and \$6 for students and senior citizens. For more information, contact Bert Champion at (334)313-5613 or visit www.pcarodeo.com. \$\$\$

DALEVILLE

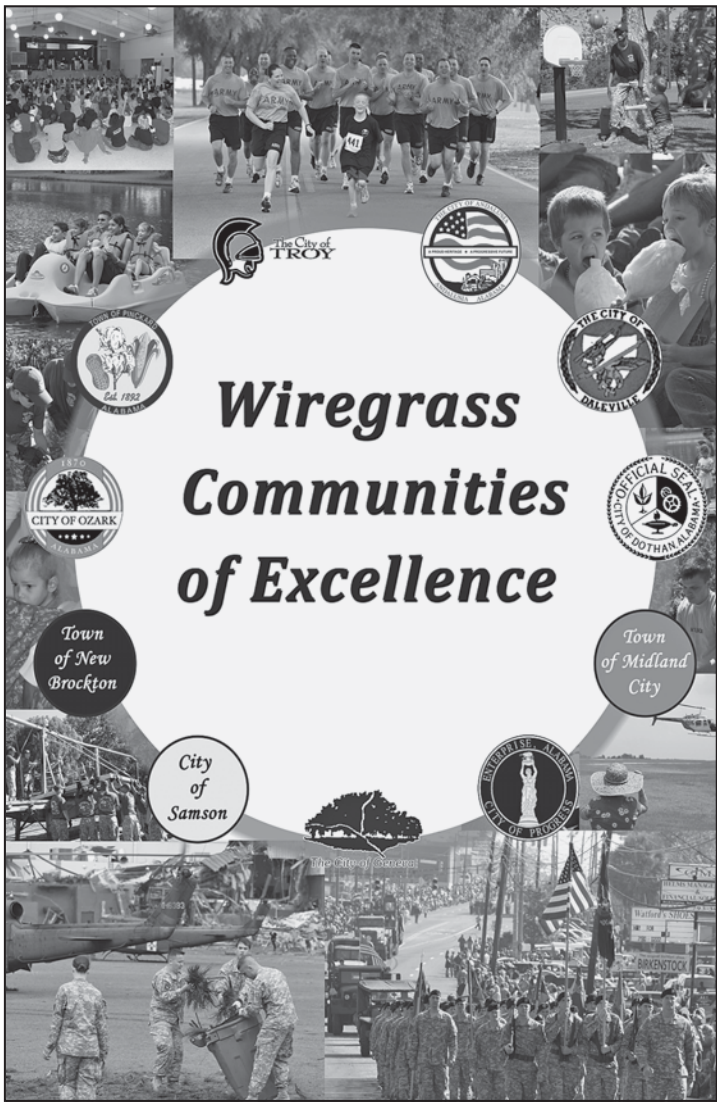
ONGOING — The Fort Rucker chapter of the Vietnam Helicopter Pilots Association meets the first Wednesday of each month at 7 p.m. Meetings are in the Daleville Veterans of Foreign Wars Post Ballroom.

DOTHAN

SATURDAY — The Wiregrass Woodturners hosts the second annual Woodturning Show and Expo in the Stokes Activity Barn at Landmark Park from 10 a.m. to 4 p.m. Admission into the park is \$4 for adults and \$3 for children. The show is free with paid admission to the park and includes demonstrations of woodturning. The event has vendors that sell handmade products such as bowls, vases, pens and pencils, along with tools and other woodturning-related products. For more information, call Laura Stakelum at (334)794-3452 or e-mail at laurav@landmarkpark.com, or visit www.landmarkpark.com. \$\$\$

APRIL 2 — Dothan CityFest is 6 a.m. to 8 p.m. in downtown Dothan. There will be events throughout the day including Criterium bicycle races. For more information, call (334)615-3700 or visit, www.dothancityfest.com.

APRIL 8 AND 9 — Teams are needed for the sixth annual Tri-state Barbeque Festival at the Houston County Farm Center. Space is limited to the first 40 professional teams and 25 backyard teams who register. For more infor-



mation, call 699-1475 or visit www.tristatebbq.com.

ENTERPRISE

FEB. 26 — The 2011 Community Health Fair at the Enterprise High School Gymnasium gives free health screenings and tests for those who attend. The fair is 8 a.m. until noon and also hosts a Children's Fitness Fair which awards several door prizes throughout the day. For more information, contact Lisa Pair at (334)347-0581.

MARCH 26 AND 27 — The Piney Woods Arts Festival is at Enterprise State Community College and free to the public. It features original artworks by local artists, much of which will be available for purchase.

There will be carnival games and face painting for children to enjoy, as well as

a Civil War living history display. For more information, call David Deal at 406-2787.

GENEVA

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, sculling contests, tug of war, coin scramble, arts and crafts, food vendors and live musical entertainment featuring country and gospel.

Tickets are \$8 for adults and \$4 for students kindergarten through 12th grade. For more information, call 684-8575 or visit 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.

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 crawdads, 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.

PINCKARD

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

SAMSON

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

TROY

APRIL 30 AND MAY 1 — TroyFest takes place 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 information, visit www.troyfest.com or call 566-2294.

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

Beyond Briefs

Southern Desserts

The Jackson County Public Library in Marianna Fla., sponsors the 3rd Annual Southern Classic Desserts event today at the Jackson County Agriculture Conference Center at 2741 Pennsylvania Ave. The event begins at 5:30 p.m. with a silent auction and continues until 8 p.m. Tickets for the event are \$10 per person and can be purchased at the library for from a library Board member. For more information, contact Wanda Biggs at (850)482-9631.

Run and Ride For Your Heart

The Exceptional Outreach Organization and The Auburn Opelika Running and Track Association sponsor the Love Your Heart Run and Crank Your Heart Ride at Chewacla State Park in Auburn on Saturday at 7 a.m. The fundraising even benefits children and adults with special needs that participate in various athletic organizations. A pre-registration fee for the run is \$16 and \$20 for day-of-race registration and for the ride is \$20 pre-registration and \$25 for the day of the race. For more information call (334) 501-2940 or visit www.loveyourheartrun.com.

Purse Party for Pets

A live purse auction and silent auction at the Green Island Country Club in Columbus, Ga., at 6501 Standing Boy Road is Saturday, to benefit Columbus Hospice's Pet Peace of Mind Program. The program pro-

vides veterinarian services, grooming and pet food to Columbus Hospice patients who are unable to do so on their own. For more information, contact Terri Roberts at (706)243-0044 or e-mail at t.roberts@columbushospice.com.

'Hansel and Gretel'

Jean Pierce's adaptation of "Hansel and Gretel" is open until Feb. 25 at 9:30 and 11:30 a.m. at the Birmingham Children's Theatre. In this new adaptation, Hansel and Gretel are starving for sweets. Dad's a dentist, mom's a nutritionist and there's no candy in the kitchen cupboard. The youngsters find their way to Cupcake Castle where Miss Licorice urges them to dine exclusively on desserts. Life is sweet, until they discover the Gingerbread People who used to be real boys and girls. To escape the same fate, Hansel and Gretel must defeat Miss Licorice and the audience has the answer. Tickets are \$8 for children and \$10 for adults. For more information, call (205) 458-8181 or visit www.bct123.org.

Plant Winter Gardens

Bellingrath Gardens and Homes at 12401 Bellingrath Gardens Road, in Theodore, Ala., hosts its final Winter Wednesday Feb. 23 to teach people what plants and combinations work best for winter gardens for those along the Gulf Coast. Admission is \$12 for Bellingrath guests and includes entry into the gardens for the day of the program. Members of the Friends of Bellingrath are admitted free. To register for these classes or for more

information, call (251) 973-2217 or visit www.bellingrath.org.

Panama City Beach Mardi Gras

Panama City Beach Mardi Gras is a two-day festival and parade with the Krewe of Dominique Youx celebrating the season March 4 and 5. The festival takes place at Pier Park in Panama City, Fla. The event includes live bands, Cajun food, tours of a Panama C Mardis Gras float and much more. For more information, visit www.mardigrasatthebeach.com.

Winston Howell Road Race

The Hartford Civic Club sponsors the 33rd annual Winston Howell 10k Road Race, the third oldest 10k run in Alabama, March 12 at the Hartford National Guard Armory. Registration for the run is at 7:30 a.m. and the race begins at 9 a.m. Age groups range from the 14 and under, to the 70 and up group. The entry fee for the race is \$20 and all proceeds go to benefit the Hartford Boy Scout Troup 32. For more information contact Cary Hatcher at (334)588-2342 or (334)944-7115 or Mike Kinman at (334)684-9818 or (334)588-2211, or visit www.winston-howellroadrace.blogspot.com.

Yatta Abba Day

Abbeville residents gear up to celebrate Yatta Abba Day April 9 around the court house square. Yatta Abba is the Native American name for Grove of Dogwoods and is what the city of Abbeville was

named after. The festivities will begin at 9 a.m. and go until 9 p.m. that night. Some things the festival features are garden vendors, a classic car show and dog shows. For more information, contact the Abbeville Chamber of Commerce at (334)585-2273 or visit www.abbevillecoc.com or www.cityofabbeville.org. Vendors may contact Jeff Skipper at (334)334-3473 or email at skippertrucking@yahoo.com.

Old Fashion Fish Fry

The 6th annual Old Fashion Destin Fish Fry Fundraiser is March 5 from 11 a.m. to 3 p.m. at the Destin History and Fishing Museum at 108 Stahlman Ave. Advanced tickets are \$10 and tickets bought the day of the event are \$12. The menu includes fried grouper, hush puppies, cole slaw, baked beans and a beverage. Proceeds benefit the Destin History and Fishing Museum. For more information, call (850)837-6611.

CSI: The Experience

Crime Scene Investigation: The Experience is available until 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.

Expo helps spouses prepare for deployments

BY MICHELE WATSON
Contributing Writer

The Army Community Service held its inaugural Spouse Readiness Planning Expo Friday at The Landing. Several organizations participated in the event to provide information to spouses as well as answer any questions they may have had.

"We want to make sure the spouses are aware of their benefits," said Deborah Cisneros, Family Readiness Support Assistant. "They are tired of Power Point (slides), and we needed something different to help them interact with each other."

Spouses were divided into groups and given the opportunity to explore the services and benefits available and ask questions of the organizations.

Organizations participating in the expo were:

**Adjutant General
Defense Enrollment
Eligibility Reporting
System**

This office helps Soldiers and spouses obtain military documents, such as military identification cards. It also educates the Soldier and Families on how to store valuable information in a safe file and to know where that file is when documents are needed.

For more information on services available through the AG DEERS, call 255-2700.

**Child, Youth and
School Services**

This office serves children from birth to 18 years old. CYSS offers childcare, before and after school programs, and summer camps. Youth services in-

clude several clubs to help educate children and get them involved in learning life skills.

"We have several activities that help students find different items that appeal to them, such as joining a cooking club or 4H," said Sasha LaForge, CYSS workforce preparation specialist HIRED program.

For more information on services available through CYSS, call 255-9638.

**Survivor Outreach
Services**

SOS helps the Army maintain its commitment to the Family of a fallen Soldier.

SOS answers the myth that when a Soldier dies, the surviving Family members are no longer linked to the Army Family. The truth is Families are part of the Army Family as long as they desire to be.

SOS also offers access to support, information and service through benefit coordinators, financial counselors and support coordinators.

For more information on services available through SOS, call 255-9637.

**Army Community
Services**

ACS serves as the installation's primary coordinating resources agency. It provides a multitude of community-based services that foster growth, development and readiness of Families assigned to the installation. ACS is about prevention and solution.

ACS is a clearinghouse for all kinds of assistance from financial counseling and investing to counseling for abuse.

For more information on services available through ACS, call 255-3817.

**Financial Readiness
Program**

The Financial Readiness Program educates Soldiers and Families on consumer education, consumer compliance assistance, individual financial counseling and debt reduction and liquidation.

For more information in the FRP, call 255-9631 or 255-2594.

**Family Readiness
Group**

The Family Readiness Group is designed to help Families solve problems by offering advocates. It provides education for the efficient use of available resources in the community.

For more information, call 255-0960.

**Military Family Life
Consultants**

Consultants work with Families, individuals, couples and children to provide non-medical problem identification and consultation services. They can meet with clients on or

off the military installation. The services are confidential — unless the issue involves child abuse, domestic abuse and duty-to-warn situations, which must be reported.

For more information on services available through MFLC, call 405-0353.

**Staff Judge
Advocate**

The Staff Judge Advocate Office division provides legal assistance to Soldiers and Families.

"We offer assistance with accidents, adoptions, bankruptcy, bar to re-enlistment, casualty assistance, contracts, custody, debts, divorce, hardship cases, insurance, letters of reprimand, name changes, non-support, paternity, real property, report of survey, wills, etc.," said Sgt. 1st Class Roger Larson, SJA Chief Paralegal noncommissioned officer. "The most important factor we handle and strongly encourage is a power of at-

torney, which should benefit Soldiers and Families."

For a complete listing of SJA services, call 255-3482.

Several questions were addressed by military Family members, however, the main question spouses asked regarded making sure children are taken care of if something should happen.

"I am very pleased with the information I received today," said Tracey Hinton, Family member. "The different forms of powers of attorney were addressed, and that is something, as a spouse, we should all know and take advantage of"

Kim Ball, who has been married to Col. Daniel Ball, U.S. Army Aviation Center of Excellence chief of staff, for more than 20 years, also found the expo beneficial.

"I am very pleased this expo was available to all spouses," she said. "Soldiers and their spouses need to prepare for the worst, especially when it comes to the protection of their children. It is very important to choose someone you trust to help you care for your children. If you do not have a power of attorney, visit the correct office and make sure your children will be cared for"

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Profiles in courage

1st WOC commander encourages leaders to invest in youth

BY JEREMY WISE
Contributing writer

Editor's note: In celebration of African-American/Black History Month, the Army Flier is highlighting the accomplishments of prominent leaders of African-American descent.

CW4 Christopher Hall's Army career has had many eclectic turns.

He served as a signal Soldier, as an infantryman, in the ROTC and in the Army Reserves.

He obtained a bachelor's degree, two master's degrees and is nearing a doctorate.

But no matter at what point a Soldier may be in his career, the 1st Warrant Officer Company commander believes each Soldier needs at least one essential person to further them along: a mentor.

That belief comes from personal experience.

Hall enlisted in the Army in December 1983 out of his hometown of Suffolk, Va.

"I enlisted in the Army because I was interested in phones and computers," he said. "I was interested in electronics. My mother worked for General Electric, and I used to go with her when they had open houses."

Hall's father also had an impact on his choice to serve.

"My father was a pastor. My community was about service," he said.

The Army provided an opportunity to marry both interests. Hall became a signal Soldier and completed training at Fort Gordon, Ga.

For the next few years, Hall served in the infantry until he went into the Army Reserves in order to attend college at Old Dominion University.

In 1990, he joined the Army ROTC program there at the behest of his brother, now a lieutenant colonel.

But while in the ROTC, he felt the need to become a warrant officer, reflecting back on his first



PHOTO BY JEREMY WISE

From left, CW4 Christopher Hall and CW2 Wesley Hall, 1st WOC, talk with CW5 Thomas Elder, WOCC U.S. Army Reserves deputy commandant.

encounter with someone in that rank structure.

"I was stationed in Panama in 1984. I had never met a warrant officer until then," he said. "All I saw was nobody talked to him unless it was a last resort on technical problems. Everyone called him 'chief,' and that's what really sparked my interest."

In 1993, Hall submitted his warrant officer packet and was selected as a signal warrant officer. He completed his training at Fort McCoy, Wis.

A few years later, he began to realize why Soldiers need mentors.

In 1997, Hall became a Training, Advising and Counseling officer at the Warrant Officer Career College here.

That is when he met now-retired CW5 Charlie Wigglesworth, a former WOCC deputy commandant, and CW5 Thomas Elder, current WOCC U.S. Army Reserves deputy commandant.

Hall immediately became attached to the senior warrant officers.

"They saw something in

me. They have been guiding me since then," he said.

"He was just a go-getter. He never let off. In a job like this, you need people like that: self-starters, self-motivators," Elder said.

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The guidance Wigglesworth and Elder provided has kept him in the Army until this point.

Hall deployed to Iraq in 2005-2006 and contemplated retirement after returning home, however, Elder and Wigglesworth convinced him otherwise.

"I was thinking about retirement, and my mentors called me," he said, noting they had jobs lined up for him. "That's what got me back here. Now, I'm promotable to CW5, and they've got two other jobs for me."

"His service was much needed - when Mr. Hall talks, people listen," Elder said.

Now that Hall leads the unit that teaches warrant officers leadership, he can instill the mentor-

ship lessons to those in his command.

"The first nine years (of my career) just happened," Hall said. "We used to just be on our own - now we teach (mentorship). We actually have mentors while they train."

And that mentorship message is not lost on Soldiers like CW2 Wesley Hall, a 1st WOCTAC officer.

"He allows each TAC to use personal experiences to better mentor candidates. We can sit and read from a manual or (standard operating procedure), but the candidates may not get it," he said. "When you throw personal experience in there, they have a better understanding of what goes on in the field."

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Tae Kwon Do about ‘defense, discipline’
Story on Page D3

SPORTS

VOL. 61 ■ NO. 07

ARMYFLIER★COM

FEBRUARY 17, 2011

SPORTS SHORTS

WEST BEACH OUT AND BACK BIKE RACE

The annual West Beach Out and Back Bike Race is Saturday from 9 a.m. to noon. Race course is 10.5 miles, out and back from West Beach. Race day registration begins at 7:30 a.m. at the West Beach parking lot. Cost to register is \$15. All riders are required to provide their own helmet and water bottle. All riders must wear a helmet on the course at all times. T-shirts are provided to all pre-registered participants and to race day participants while supplies last. Trophies are awarded to the top three finishers for both male and females. Refreshments will be provided after the race. For more information, call 255-3794.

ATV TRAIL RIDE

Outdoor Recreation staff hosts an All Terrain Vehicle Trail Ride Feb. 26 from 7 a.m. to 1 p.m. at Outdoor Recreation. Pre-registration is required. Open to all ages 16 and over. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times. For more information, call 255-4305.

BATTING CAGE OPERATING HOURS

The Youth Sports Batting Cages are closed now through Tuesday. 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 open until Feb. 26. 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 open until Feb. 26 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.

SURVIVAL SWIMMERS

Wiregrass Aquatics Swim Club staff and parents host “Survival Swimmers,” Feb. 22 from 6 to 8 p.m. at Fort Rucker’s Splash! Pool. WAC members are children ages elementary school through high school from Fort Rucker, Enterprise

SEE SHORTS, PAGE D4



PHOTOS BY RUSSELL SELLERS

Courtney Vigil, military spouse and 2011 Boot Camp participant, reaches for the edge of Splash! Pool during the campers’ workout Tuesday. Vigil said the daily workouts over the last five weeks have become part of her regular routine and she hopes to continue them once the camp ends.

BASIC TRAINING

Boot Camp workouts ‘becoming routine’

BY RUSSELL SELLERS
Army Flier Staff Writer

After five weeks of daily workouts, the ladies in the 2011 Boot Camp have settled into a steady schedule of getting and staying fit.

Courtney Vigil, military spouse, said the last few weeks have made her want to keep working out even after the camp concludes Feb. 25.

“I can tell that I can run farther and I’m seeing more muscle tone,” she said. “My husband and I have both been eating better by adding more whole grains, lean meats and lots of water. It’s now into a routine, so it feels more like a lifestyle change.”

Vigil and her fellow campers found out just how much they had improved when the group went for a 2 1/2 mile run Friday and everyone was able to do it without stopping. The group also cut its running time from week one in half.

“They completed the run in 35 minutes,” Lynn Avila, Fortenberry-Colton Physical Fitness Facility fitness specialist, said. “On our first run, we did 2 miles and we had a lot of walkers. It took us over an hour to finish. This time, almost no one walked and nobody fell out. That’s a huge amount of progress.”

Facing new challenges and getting stronger is another key aspect to the camp. Tuesday, the ladies were introduced to a workout most had not tried before: swimming.

The group met at Splash! Pool behind The



Courtney Vigil, military spouse and 2011 Boot Camp participant, carries a 10-pound brick while doing laps at Splash! Pool during the campers’ workout Tuesday.

Landing Zone for an hour-long session in the heated pool. Vigil, who admitted to not being the strongest swimmer, surprised herself by outperforming her own expectations.

“For me, this was the hardest thing we’ve done yet,” she said. “I’m not the strongest swimmer. The hardest part was trying to do the laps while holding the (10-pound rubber) brick.”

Vigil added that having all the workouts prior to the pool workout helped prepare her for the endurance test.

“I think the five weeks of Boot Camp we’ve had helped me build a lot of leg strength,” she said. “We have a pool at our house, so now I’m thinking of it as a viable workout option. I think some of us thought this would be easier than it was.”

Connie Watson, lead guard instructor here,

conducted the exercises at the pool and said the campers impressed her with their abilities.

“I took them through what we do with Soldiers during (physical training),” she said. “Once I saw what they could accomplish, I started adding to the difficulty. I had to see them swim laps and judge how much they could do before adding to their workout.”

Watson added that

swimming is a great way to work out because it’s resistance training with zero impact to bones and joints.

“This doesn’t have any stress,” she said. “Swimming works everything from your lungs to the tips of your toes. You don’t feel it as much. There’s no pounding on the joints and it helps to control breathing while still giving the same level of intensity as exercising on land.”

Down Time



Trivia test

by Fifi Rodriguez

TRIVIA

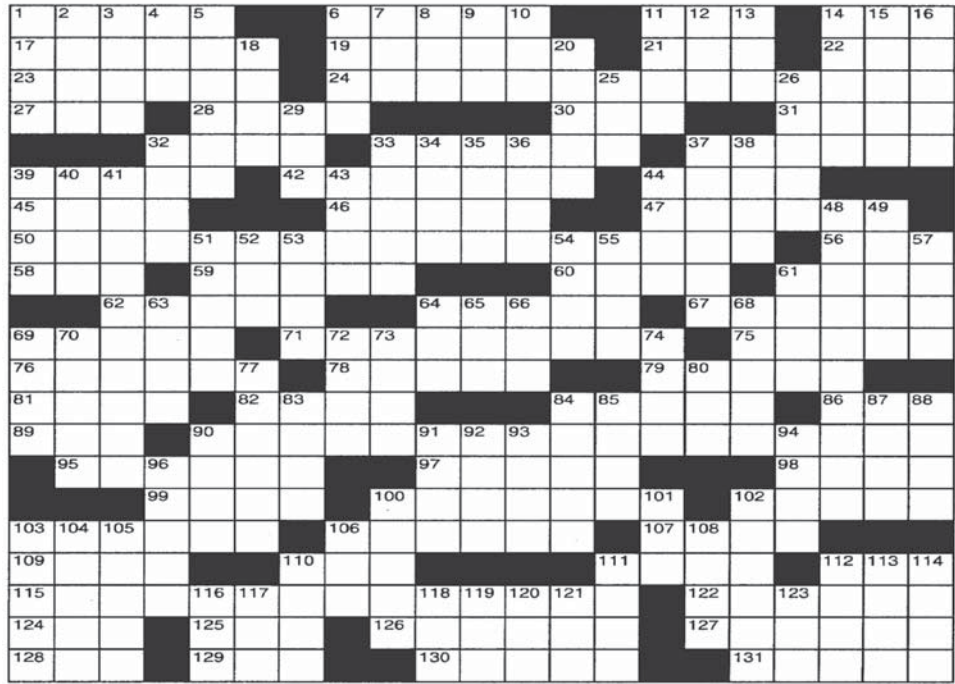
1. GEOGRAPHY: The North Sea is a part of what larger body of water?
2. MOVIES: Who directed the movie "Nashville"?
3. COMICS: What was the name of Clark Kent's boss at "The Daily Planet"?
4. THEATER: How many Pulitzer Prizes did Eugene O'Neill win in his lifetime?
5. BIBLE: What was the name of Abraham's wife?
6. GENERAL KNOWLEDGE: What was the name of the apartment building where John Lennon lived before he was murdered?
7. ANATOMY: Where are the adrenal glands located?
8. HISTORY: What revolution did Ernesto "Che" Guevara helped lead?
9. U.S. PRESIDENTS: Which U.S. president helped organize the Rough Riders cavalry?
10. BUSINESS: Which company has the nickname "Big Blue"?

See Page D3 for this week's answers.

Super Crossword

BLUE GENES

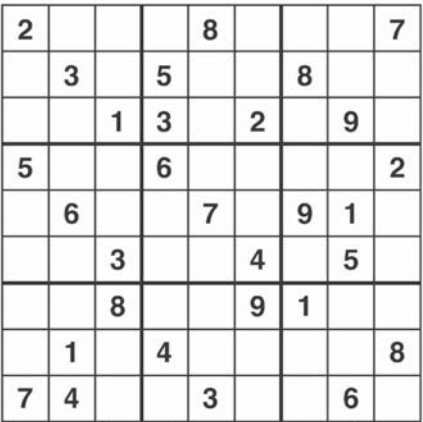
- ACROSS**
- 1 Plot
 - 6 Philanthropist
 - 11 Send out a page
 - 14 Highlander's headgear
 - 17 Vision-related
 - 19 Likes a lot
 - 21 Barcelona bravo
 - 22 "I — Rock" ('66 song)
 - 23 A few words
 - 24 Start of a remark by Laurence J. Peter
 - 27 Itch
 - 28 Loaf part
 - 30 Dram
 - 31 Emcee
 - 32 Swiss sharpshooter
 - 33 Like feta
 - 37 Feta
 - 39 Oscar or Tony
 - 42 Fragrant plant
 - 44 Mets' milieu
 - 45 Isolated
 - 46 Spud state
 - 47 97 Across singer
 - 50 Part 2 of remark
 - 56 Seal school
 - 58 Actress Massen
- DOWN**
- 59 TV's "The — Limits"
 - 60 Animosity
 - 61 Nimble
 - 62 Printer's proof
 - 64 Be buoyant
 - 67 Hindu duty
 - 69 Word form for "milk"
 - 71 Invalidated
 - 75 City on the Allegheny
 - 76 Storm
 - 78 Bounded
 - 79 Smiley's "A Thousand —"
 - 81 Medical suffix
 - 82 Spirit
 - 84 Gogol's "— Bulba"
 - 86 Jack of "Barney Miller"
 - 89 Ocasek of The Cars
 - 90 Part 3 of remark
 - 95 Principles
 - 97 "Here You Come —" ('77 hit)
 - 98 Hellman's "The Children's —"
 - 99 Duel tool
 - 100 Desk accessory
 - 102 On edge
 - 103 Stick-in-the-mud?
 - 106 Free tickets
 - 107 Pavarotti piece
 - 109 Third-rate
 - 110 Halloween decoration
 - 111 Yogi or Smokey
 - 112 Political abbr.
 - 115 End of remark
 - 122 Dolphin Dan
 - 124 Kind
 - 125 Flagon filler
 - 126 Proof-reader's list
 - 127 Leisurely, to Liszt
 - 128 Singer Brenda
 - 129 Literary pseudonym
 - 130 Solli's stick
 - 131 Wharton or Sitwell
 - 10 Word with carpet or cabbage
 - 11 Racing legend
 - 12 Boxing legend
 - 13 Makes one's mark
 - 14 Resort lake
 - 15 Pile up
 - 16 Lusterless
 - 18 Virginia —
 - 20 Alaskan city
 - 25 Italian greyhound, e.g.
 - 26 Bread ingredient
 - 29 Wee one
 - 32 — bien!"
 - 33 Chest material
 - 34 Get wind of
 - 35 Tennis legend
 - 36 A roaring success?
 - 37 Rubbed the wrong way?
 - 38 Juno, in Greece
 - 39 Plus
 - 40 Troubles
 - 41 Penguins' place
 - 43 Ready to eat
 - 44 Detect
 - 46 Tyranny
 - 49 With 101 Down, '79 Sally Field film
 - 51 Subject matter
 - 52 "Ben—" ('59 film)
 - 53 School founded by Henry VI
 - 54 Siamese
 - 55 Fill to the gills
 - 57 Actress Cannon
 - 61 Mail event
 - 63 Homeric characters
 - 64 So. state
 - 65 Mouth piece?
 - 66 Habitually, to Herrick
 - 68 Neigh-sayer?
 - 69 Den
 - 70 Upstairs basement?
 - 72 — Bator
 - 73 Singer Horne
 - 74 Irritated exclamation
 - 77 More enthusiastic
 - 80 Scoundrel
 - 83 — majesty
 - 84 Ridicules
 - 85 Superior
 - 87 Burden of proof
 - 88 Brute
 - 90 — the mornin'"
 - 91 Guys' counter-parts
 - 92 Corporate clashers
 - 93 Bank statistic
 - 94 Big bird
 - 96 Indra Gandhi's father
 - 100 Enjoy the beach
 - 101 See 49 Down
 - 102 Diatribe
 - 103 "To fetch —"
 - 104 Clavell's "— House"
 - 105 Alistair or Sam
 - 106 Part of PST
 - 108 Sita's husband
 - 110 Dylan's colleague
 - 111 Fiber source
 - 112 Leslie
 - 113 Caron role
 - 113 Step — (hurry)
 - 114 Cry of contempt
 - 116 Check
 - 117 Jeff Lynne's grp.
 - 118 Sphere
 - 119 Singing syllable
 - 120 It may be tipped
 - 121 WWII area
 - 123 "Great!"



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



HERBIE FINALLY SOLOS! Can you guess on which flight Herbie successfully landed his new remote-controlled plane?

Answer: He selected the first time and then ran into trouble.

AN INTERESTING ADDITION! In this AlphaMath problem, each number is used only once. To solve, replace each letter with one of the numbers 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9, in such a manner that you will have a correct addition problem. Try to get the highest possible total.

Our Answer: ABC = 10, DEF = 12, GHIJ = 13, KLM = 14, N = 15, O = 16, P = 17, Q = 18, R = 19, S = 20, T = 21, U = 22, V = 23, W = 24, X = 25, Y = 26, Z = 27.

IT'S MAGIC! Use the numbers 6 and 11, and 16 through 23 to fill in this Magic Square. The numbers in each horizontal row and vertical column should total 62. We've filled in six of the squares. The rest is for you to do.

Our answer: First row: 15, 16, 17, 18, 19, 20, 21, 22, 23. Second row: 24, 25, 26, 27, 28, 29, 30, 31, 32. Third row: 33, 34, 35, 36, 37, 38, 39, 40, 41. Fourth row: 42, 43, 44, 45, 46, 47, 48, 49, 50. Fifth row: 51, 52, 53, 54, 55, 56, 57, 58, 59. Sixth row: 60, 61, 62, 63, 64, 65, 66, 67, 68. Seventh row: 69, 70, 71, 72, 73, 74, 75, 76, 77. Eighth row: 78, 79, 80, 81, 82, 83, 84, 85, 86. Ninth row: 87, 88, 89, 90, 91, 92, 93, 94, 95. Tenth row: 96, 97, 98, 99, 100, 101, 102, 103, 104. Eleventh row: 105, 106, 107, 108, 109, 110, 111, 112, 113. Twelfth row: 114, 115, 116, 117, 118, 119, 120, 121, 122. Thirteenth row: 123, 124, 125, 126, 127, 128, 129, 130, 131. Fourteenth row: 132, 133, 134, 135, 136, 137, 138, 139, 140. Fifteenth row: 141, 142, 143, 144, 145, 146, 147, 148, 149. Sixteenth row: 150, 151, 152, 153, 154, 155, 156, 157, 158. Seventeenth row: 159, 160, 161, 162, 163, 164, 165, 166, 167. Eighteenth row: 168, 169, 170, 171, 172, 173, 174, 175, 176. Nineteenth row: 177, 178, 179, 180, 181, 182, 183, 184, 185. Twentieth row: 186, 187, 188, 189, 190, 191, 192, 193, 194. Twenty-first row: 195, 196, 197, 198, 199, 200, 201, 202, 203. Twenty-second row: 204, 205, 206, 207, 208, 209, 210, 211, 212. Twenty-third row: 213, 214, 215, 216, 217, 218, 219, 220, 221. Twenty-fourth row: 222, 223, 224, 225, 226, 227, 228, 229, 230. Twenty-fifth row: 231, 232, 233, 234, 235, 236, 237, 238, 239. Twenty-sixth row: 240, 241, 242, 243, 244, 245, 246, 247, 248. Twenty-seventh row: 249, 250, 251, 252, 253, 254, 255, 256, 257. Twenty-eighth row: 258, 259, 260, 261, 262, 263, 264, 265, 266. Twenty-ninth row: 267, 268, 269, 270, 271, 272, 273, 274, 275. Thirtieth row: 276, 277, 278, 279, 280, 281, 282, 283, 284. Thirty-first row: 285, 286, 287, 288, 289, 290, 291, 292, 293. Thirty-second row: 294, 295, 296, 297, 298, 299, 300, 301, 302. Thirty-third row: 303, 304, 305, 306, 307, 308, 309, 310, 311. Thirty-fourth row: 312, 313, 314, 315, 316, 317, 318, 319, 320. Thirty-fifth row: 321, 322, 323, 324, 325, 326, 327, 328, 329. Thirty-sixth row: 330, 331, 332, 333, 334, 335, 336, 337, 338. Thirty-seventh row: 339, 340, 341, 342, 343, 344, 345, 346, 347. Thirty-eighth row: 348, 349, 350, 351, 352, 353, 354, 355, 356. Thirty-ninth row: 357, 358, 359, 360, 361, 362, 363, 364, 365. Fortieth row: 366, 367, 368, 369, 370, 371, 372, 373, 374. Forty-first row: 375, 376, 377, 378, 379, 380, 381, 382, 383. Forty-second row: 384, 385, 386, 387, 388, 389, 390, 391, 392. Forty-third row: 393, 394, 395, 396, 397, 398, 399, 400, 401. Forty-fourth row: 402, 403, 404, 405, 406, 407, 408, 409, 410. Forty-fifth row: 411, 412, 413, 414, 415, 416, 417, 418, 419. Forty-sixth row: 420, 421, 422, 423, 424, 425, 426, 427, 428. Forty-seventh row: 429, 430, 431, 432, 433, 434, 435, 436, 437. Forty-eighth row: 438, 439, 440, 441, 442, 443, 444, 445, 446. Forty-ninth row: 447, 448, 449, 450, 451, 452, 453, 454, 455. Fiftieth row: 456, 457, 458, 459, 460, 461, 462, 463, 464. Fifty-first row: 465, 466, 467, 468, 469, 470, 471, 472, 473. Fifty-second row: 474, 475, 476, 477, 478, 479, 480, 481, 482. Fifty-third row: 483, 484, 485, 486, 487, 488, 489, 490, 491. Fifty-fourth row: 492, 493, 494, 495, 496, 497, 498, 499, 500. Fifty-fifth row: 501, 502, 503, 504, 505, 506, 507, 508, 509. Fifty-sixth row: 510, 511, 512, 513, 514, 515, 516, 517, 518. Fifty-seventh row: 519, 520, 521, 522, 523, 524, 525, 526, 527. Fifty-eighth row: 528, 529, 530, 531, 532, 533, 534, 535, 536. Fifty-ninth row: 537, 538, 539, 540, 541, 542, 543, 544, 545. Sixtieth row: 546, 547, 548, 549, 550, 551, 552, 553, 554. Sixty-first row: 555, 556, 557, 558, 559, 560, 561, 562, 563. Sixty-second row: 564, 565, 566, 567, 568, 569, 570, 571, 572. Sixty-third row: 573, 574, 575, 576, 577, 578, 579, 580, 581. Sixty-fourth row: 582, 583, 584, 585, 586, 587, 588, 589, 590. Sixty-fifth row: 591, 592, 593, 594, 595, 596, 597, 598, 599. Sixty-sixth row: 600, 601, 602, 603, 604, 605, 606, 607, 608. Sixty-seventh row: 609, 610, 611, 612, 613, 614, 615, 616, 617. Sixty-eighth row: 618, 619, 620, 621, 622, 623, 624, 625, 626. Sixty-ninth row: 627, 628, 629, 630, 631, 632, 633, 634, 635. Seventieth row: 636, 637, 638, 639, 640, 641, 642, 643, 644. Seventy-first row: 645, 646, 647, 648, 649, 650, 651, 652, 653. Seventy-second row: 654, 655, 656, 657, 658, 659, 660, 661, 662. Seventy-third row: 663, 664, 665, 666, 667, 668, 669, 670, 671. Seventy-fourth row: 672, 673, 674, 675, 676, 677, 678, 679, 680. Seventy-fifth row: 681, 682, 683, 684, 685, 686, 687, 688, 689. Seventy-sixth row: 690, 691, 692, 693, 694, 695, 696, 697, 698. Seventy-seventh row: 699, 700, 701, 702, 703, 704, 705, 706, 707. Seventy-eighth row: 708, 709, 710, 711, 712, 713, 714, 715, 716. Seventy-ninth row: 717, 718, 719, 720, 721, 722, 723, 724, 725. Eightieth row: 726, 727, 728, 729, 730, 731, 732, 733, 734. Eighty-first row: 735, 736, 737, 738, 739, 740, 741, 742, 743. Eighty-second row: 744, 745, 746, 747, 748, 749, 750, 751, 752. Eighty-third row: 753, 754, 755, 756, 757, 758, 759, 760, 761. Eighty-fourth row: 762, 763, 764, 765, 766, 767, 768, 769, 770. Eighty-fifth row: 771, 772, 773, 774, 775, 776, 777, 778, 779. Eighty-sixth row: 780, 781, 782, 783, 784, 785, 786, 787, 788. Eighty-seventh row: 789, 790, 791, 792, 793, 794, 795, 796, 797. Eighty-eighth row: 798, 799, 800, 801, 802, 803, 804, 805, 806. Eighty-ninth row: 807, 808, 809, 810, 811, 812, 813, 814, 815. Ninetieth row: 816, 817, 818, 819, 820, 821, 822, 823, 824. One hundred row: 825, 826, 827, 828, 829, 830, 831, 832, 833. One hundred and first row: 834, 835, 836, 837, 838, 839, 840, 841, 842. One hundred and second row: 843, 844, 845, 846, 847, 848, 849, 850, 851. One hundred and third row: 852, 853, 854, 855, 856, 857, 858, 859, 860. One hundred and fourth row: 861, 862, 863, 864, 865, 866, 867, 868, 869. One hundred and fifth row: 870, 871, 872, 873, 874, 875, 876, 877, 878. One hundred and sixth row: 879, 880, 881, 882, 883, 884, 885, 886, 887. One hundred and seventh row: 888, 889, 890, 891, 892, 893, 894, 895, 896. One hundred and eighth row: 897, 898, 899, 900, 901, 902, 903, 904, 905. One hundred and ninth row: 906, 907, 908, 909, 910, 911, 912, 913, 914. One hundred and tenth row: 915, 916, 917, 918, 919, 920, 921, 922, 923. One hundred and eleventh row: 924, 925, 926, 927, 928, 929, 930, 931, 932. One hundred and twelfth row: 933, 934, 935, 936, 937, 938, 939, 940, 941. One hundred and thirteenth row: 942, 943, 944, 945, 946, 947, 948, 949, 950. One hundred and fourteenth row: 951, 952, 953, 954, 955, 956, 957, 958, 959. One hundred and fifteenth row: 960, 961, 962, 963, 964, 965, 966, 967, 968. One hundred and sixteenth row: 969, 970, 971, 972, 973, 974, 975, 976, 977. One hundred and seventeenth row: 978, 979, 980, 981, 982, 983, 984, 985, 986. One hundred and eighteenth row: 987, 988, 989, 990, 991, 992, 993, 994, 995. One hundred and nineteenth row: 996, 997, 998, 999, 1000, 1001, 1002, 1003, 1004. One hundred and twentieth row: 1005, 1006, 1007, 1008, 1009, 1010, 1011, 1012, 1013. One hundred and twenty-first row: 1014, 1015, 1016, 1017, 1018, 1019, 1020, 1021, 1022. One hundred and twenty-second row: 1023, 1024, 1025, 1026, 1027, 1028, 1029, 1030, 1031. One hundred and twenty-third row: 1032, 1033, 1034, 1035, 1036, 1037, 1038, 1039, 1040. One hundred and twenty-fourth row: 1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1049. One hundred and twenty-fifth row: 1050, 1051, 1052, 1053, 1054, 1055, 1056, 1057, 1058. One hundred and twenty-sixth row: 1059, 1060, 1061, 1062, 1063, 1064, 1065, 1066, 1067. One hundred and twenty-seventh row: 1068, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1076. One hundred and twenty-eighth row: 1077, 1078, 1079, 1080, 1081, 1082, 1083, 1084, 1085. One hundred and twenty-ninth row: 1086, 1087, 1088, 1089, 1090, 1091, 1092, 1093, 1094. One hundred and thirtieth row: 1095, 1096, 1097, 1098, 1099, 1100, 1101, 1102, 1103. One hundred and thirty-first row: 1104, 1105, 1106, 1107, 1108, 1109, 1110, 1111, 1112. One hundred and thirty-second row: 1113, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121. One hundred and thirty-third row: 1122, 1123, 1124, 1125, 1126, 1127, 1128, 1129, 1130. One hundred and thirty-fourth row: 1131, 1132, 1133, 1134, 1135, 1136, 1137, 1138, 1139. One hundred and thirty-fifth row: 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148. One hundred and thirty-sixth row: 1149, 1150, 1151, 1152, 1153, 1154, 1155, 1156, 1157. One hundred and thirty-seventh row: 1158, 1159, 1160, 1161, 1162, 1163, 1164, 1165, 1166. One hundred and thirty-eighth row: 1167, 1168, 1169, 1170, 1171, 1172, 1173, 1174, 1175. One hundred and thirty-ninth row: 1176, 1177, 1178, 1179, 1180, 1181, 1182, 1183, 1184. One hundred and fortieth row: 1185, 1186, 1187, 1188, 1189, 1190, 1191, 1192, 1193. One hundred and forty-first row: 1194, 1195, 1196, 1197, 1198, 1199, 1200, 1201, 1202. One hundred and forty-second row: 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211. One hundred and forty-third row: 1212, 1213, 1214, 1215, 1216, 1217, 1218, 1219, 1220. One hundred and forty-fourth row: 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229. One hundred and forty-fifth row: 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1237, 1238. One hundred and forty-sixth row: 1239, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247. One hundred and forty-seventh row: 1248, 1249, 1250, 1251, 1252, 1253, 1254, 1255, 1256. One hundred and forty-eighth row: 1257, 1258, 1259, 1260, 1261, 1262, 1263, 1264, 1265. One hundred and forty-ninth row: 1266, 1267, 1268, 1269, 1270, 1271, 1272, 1273, 1274. One hundred and fiftieth row: 1275, 1276, 1277, 1278, 1279, 1280, 1281, 1282, 1283. One hundred and fifty-first row: 1284, 1285, 1286, 1287, 1288, 1289, 1290, 1291, 1292. One hundred and fifty-second row: 1293, 1294, 1295, 1296, 1297, 1298, 1299, 1300, 1301. One hundred and fifty-third row: 1302, 1303, 1304, 1305, 1306, 1307, 1308, 1309, 1310. One hundred and fifty-fourth row: 1311, 1312, 1313, 1314, 1315, 1316, 1317, 1318, 1319. One hundred and fifty-fifth row: 1320, 1321, 1322, 1323, 1324, 1325, 1326, 1327, 1328. One hundred and fifty-sixth row: 1329, 1330, 1331, 1332, 1333, 1334, 1335, 1336, 1337. One hundred and fifty-seventh row: 1338, 1339, 1340, 1341, 1342, 1343, 1344, 1345, 1346. One hundred and fifty-eighth row: 1347, 1348, 1349, 1350, 1351, 1352, 1353, 1354, 1355. One hundred and fifty-ninth row: 1356, 1357, 1358, 1359, 1360, 1361, 1362, 1363, 1364. One hundred and sixtieth row: 1365, 1366, 1367, 1368, 1369, 1370, 1371, 1372, 1373. One hundred and sixty-first row: 1374, 1375, 1376, 1377, 1378, 1379, 1380, 1381, 1382. One hundred and sixty-second row: 1383, 1384, 1385, 1386, 1387, 1388, 1389, 1390, 1391. One hundred and sixty-third row: 1392, 1393, 1394, 1395, 1396, 1397, 1398, 1399, 1400. One hundred and sixty-fourth row: 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409. One hundred and sixty-fifth row: 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418. One hundred and sixty-sixth row: 1419, 1420, 1421, 1422, 1423, 1424, 1425, 1426, 1427. One hundred and sixty-seventh row: 1428, 1429, 1430, 1431, 1432, 1433, 1434, 1435, 1436. One hundred and sixty-eighth row: 1437, 1438, 1439, 1440, 1441, 1442, 1443, 1444, 1445. One hundred and sixty-ninth row: 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1453, 1454. One hundred and seventieth row: 1455, 1456, 1457, 1458, 1459, 1460, 1461, 1462, 1463. One hundred and seventy-first row: 1464, 1465, 1466, 1467, 1468, 1469, 1470, 1471, 1472. One hundred and seventy-second row: 1473, 1474, 1475, 1476, 1477, 1478, 1479, 1480, 1481. One hundred and seventy-third row: 1482, 1483, 1484, 1485, 1486, 1487, 1488, 1489, 1490. One hundred and seventy-fourth row: 1491, 1492, 1493, 1494, 1495, 1496, 1497, 1498, 1499. One hundred and seventy-fifth row: 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1508. One hundred and seventy-sixth row: 1509, 1510, 1511, 1512, 1513, 1514, 1515, 1516, 1517. One hundred and seventy-seventh row: 1518, 1519, 1520, 1521, 1522, 1523, 1524, 1525, 1526. One hundred and seventy-eighth row: 1527, 1528, 1529, 1530, 1531, 1532, 1533, 1534, 1535. One hundred and seventy-ninth row: 1

Tae Kwon Do about ‘defense, discipline’

BY RUSSELL SELLERS
Army Flier Staff Writer

Military children here have an opportunity to learn about one of the most popular forms of martial arts in the U.S. thanks to School of Knowledge, Inspiration, Exploration and Skills and Child, Youth and School Services.

About 12 children participated in the second week of the Tae Kwon Do class at the Fort Rucker Youth Center Monday as part of February's EDGE! Program activities. Most had attended the week prior as well and said they were learning a lot of useful lessons for their everyday lives.

"I really loved last week's class, so that's why I came back," said Kerinne O'Donnell, 11. "My dad taught me (some martial arts) before, but I hadn't done anything that involved personal contact. Having the ability to do hands-on stuff is really great."

Martha Miller, EDGE! Tae Kwon Do instructor and third-degree black belt, said those participating in the class have made a lot of progress and seem to enjoy learning the self-defense technique.

"I've been instructing since 1985," she said. "Tae Kwon Do is great for teaching children self-esteem, confidence and how

to focus. That can help them in other aspects of their lives, too."

Miller added her favorite part of teaching the course was just being able to pass the knowledge on to children.

"If I have fun, I'm sure they're having fun," she said. "I don't stand over the children and (constantly tell them how to do something). I try to show them how to do something and then let them do it on their own."

Miller said the most important lesson to take away from the Tae Kwon Do course is to never give up and to only use the techniques for self-defense.

"If someone bullies these children, I want them to be confident enough to walk away," she said. "The (lessons taught here) are only for self-defense."

Denise Honeycutt, Directorate of Family and Morale, Welfare and Recreation partnership specialist, also participated in the class and said it was fun having something different for children try.

"It's really exhilarating," she said of her first experience with Tae Kwon Do. "I'm using muscles I haven't used in a while. When I get home I wonder why I'm so sore. The children are all having a great time."

For more information on Tae Kwon Do and other EDGE! activities, call 255-0666.



PHOTO BY RUSSELL SELLERS

Colton Stinger, military Family member, holds a practice bag as Josiah Berry, military Family member, delivers a knee strike during the EDGE! Program's Tae Kwon Do class at the Fort Rucker Youth Center Monday.



PHOTOS BY RUSSELL SELLERS

We are the champions

Above: Kent Anger, Plans, Operations and Mobilization Division operations specialist, holds up his National College Athletic Association pigskin picks trophies for 2009 and 2010. Anger beat out four other competitors to take this year's Army Flier NCAA pigskin picks title. He said he's proud to display the trophies alongside his beloved Ohio State Buckeyes memorabilia in his office and he looks forward to next season's competition.

Left: Jim Hughes, Public Affairs Command Information officer, displays his trophy for winning the Army Flier's 2010 National Football League pigskin picks. Hughes beat out four other competitors to take this year's championship. He also wrote the weekly NFL editorial column for the *Army Flier* for the season.

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Atlantic Ocean
2. Robert Altman
3. Perry White
4. Four
5. Sarah
6. The Dakota
7. On top of the kidneys
8. Cuban Revolution
9. Teddy Roosevelt
10. IBM

Super Crossword

Answers

CABAL	DONOR	FAX	TAM
OCULAR	ADORES	OLE	AMA
PHRASE	HEREDITY	IS	WHAT
YEN	HEEL	TOT	HOST
TELL	CHALKY	CHEESE	
AWARD	FREESIA	SHEA	
LONE	IDAHO	PARTON	
SET	THE PARENTS	SOFA	POD
OSA	OUTER	HATE	SPRY
REPRO	FLOAT	DHARMA	
LACTI	NULLIFIED	OLEAN	
ATTACK	LEAPT	ACRES	
IT IS	ELAN	TARAS	SOO
RIC	TEENAGER	WONDERING	
CANONS	AGAIN	HOUR	
EPEE	BLOTTER	TENSE	
ANCHOR	PASSES	ARIA	
POOR	BAT	BEAR	GOP
ABOUT	EACH	OTHER	MARINO
ILK	ALE	ERRATA	ADAGIO
LEE	BOZ	BATON	EDITH

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Video Game Spotlight >>

(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)



COURTESY GRAPHIC

FIGHTING FOR FATE

Newest Marvel vs. Capcom installment increases action, all-star roster

BY JIM VAN SLYKE
Contributing Writer

While it still seems a bit odd that the characters from Marvel Comics would somehow come across those from the Capcom universe, stranger things have happened in video games.

For the third time, gamers get the chance to see Wolverine take on Ryu from "Street Fighter" in a versus-style fighting game. The series has gotten better with age, although it still remains rather one dimensional.

In "Marvel vs. Capcom 3: Fate of Two Worlds," Dr. Doom has assembled the greatest villains in the Marvel Universe and joined



Publisher
Capcom
Rated
Teen
Systems
XBOX 360, PS3
Cost
\$60
Overall
3 out of 4

forces with Albert Wesker in order to unite their worlds in order to try to conquer both. This attempt, however, awakens a more

powerful force that threatens to destroy both worlds. Then it's up to the heroes – and some villains – to stop the destruction.

Although there are some notable absences, there are plenty of high profile Marvel and Capcom characters to enjoy: Captain America, Deadpool, Magneto, Thor, Hulk, Dante, Nathan Spencer, Jill Valentine and more are available.

The graphics take on a distinct comic book style that works incredibly well and the over-the-top versus fighting system allows for a lot of crazy combos and single attacks. Gamers can utilize three-on-three tag team fighting and try to build the perfect three-

member team.

Even with online play, "Marvel vs. Capcom 3: Fate of Two Worlds" doesn't offer a deep experience,

however. Those gamers obsessed with versus fighting games will find some long-term appeal. The rest of us will enjoy a short stay in the

Marvel/Capcom world and there's absolutely nothing wrong with that.

Reviewed on the Xbox

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SPORTS SHORTS

Continued from Page D1

and the surrounding communities. Anyone interested in sponsoring a club member to swim two hours or 200 laps, whichever comes first, may contact Keeley Garcia at 334-494-6857. Youth interested in joining the club are welcome to attend.

YOUTH AND CHALLENGED SPORTSMAN TURKEY HUNT

The 2011 Youth and Challenged Sportsman Turkey Hunt is March 26 from 5-11 a.m. at the Game Warden's Office located by Outdoor Recreation. Parents and/or escorts of youth and challenged sportsmen must have an Alabama State Hunting License and a Hunter Education Completion Card. Register at Outdoor Recreation, Bldg. 24236. For more information, call 255-4305.

PAN FISH TOURNAMENT

The 2011 Pan Fish Tournament is March 26th from 6:30-10:30 a.m. at Lake Tholocco. Contestants over 15 years old must have an Alabama Fishing License and a Fort Rucker Post Fishing Permit. Register at the Outdoor Recreation, Bldg. 24236. For more information, call 255-4305.

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