

EXTRAVAGANZA

Event offers special savings for Soldiers, Families  
Story on Page C1



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TAKING AIM

Youth take 1st turkeys of the season  
Story on Page D1



# ARMYFLIER

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VOL. 61 ■ NO. 11

FORT RUCKER ★ ALABAMA

MARCH 17, 2011

NEWSLINES

NEVER FORGOTTEN

Never Forgotten Cards are available to survivors of fallen Soldiers. Cardholders receive a variety of benefits at installation facilities.  
See Page A3 for full story.

FREEZE FRAME

Youth in EDGE! program show off new photography skills during an exhibition at Center Library.  
See Page C1 for full story.

CIVILIAN FITNESS

Department of the Army Civilians can take advantage of the free Civilian Fitness Program to get in shape on post. The workout schedule is designed to help civilians get into and maintain a healthier lifestyle.  
See Page D3 for full story.

HONOR EAGLE

Col. Timothy Edens, U.S. Army Aviation Center of Excellence deputy commander will be promoted to brigadier general during a promotion and honor eagle ceremony at 2 p.m. Friday at Howze Field. All are welcome to attend.

SUPPLY SUPPORT INVENTORY

Supply Support Activity, Bldg. 1212, staff conducts its annual inventory Monday through March 25. All turn-ins must be in by 2 p.m. Friday. Normal operations discontinue at 4:15 p.m. Friday with the anticipated date of March 28 to resume business. During this period the SSA only processes emergency requisitions. For more information, call Sandra Edwards at 255-9504 or e-mail [sandra.edwards@conus.army.mil](mailto:sedwards@conus.army.mil).

COMMUNITY PRAYER BREAKFAST

The Fort Rucker Community Prayer Breakfast is March 28 from 7:30-9 a.m. at The Landing. The breakfast provides an opportunity for local leaders, military and civilian personnel, Family members, and surrounding communities to meet and uphold those in authority in prayer. The guest speaker is James C. Hunter, author of two international best-selling books: *The Servant* and *The World's Most Powerful Leadership Principle: How to Become a Servant Leader*. Tickets can be obtained from unit representatives, unit chaplains or the Garrison Chaplain Office (Bldg. 8945). The cost of breakfast is \$8. For additional information, call 255-2989 or 255-2012.

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Weather 3-DAY OUTLOOK

<b>THURSDAY</b>	
High <b>80</b> Low <b>46</b> Sunny	
<b>FRIDAY</b>	
High <b>84</b> Low <b>50</b> Sunny	
<b>SATURDAY</b>	
High <b>82</b> Low <b>54</b> Sunny	



PHOTO BY BREANNA WALTON

Fort Rucker Fire fighters and paramedics brace and bandage a civilian's wounds from the explosion before loading him for transport as part of the Force Protection Exercise Tuesday.

## Exercise tests post's response

BY BREANNA WALTON  
Army Flier Staff Writer

It's Tuesday morning and Fort Rucker is under attack. Suspicious white powder

shoots out of a package, an ear-shattering explosion and bodies strewn across an office floor. Fortunately, these were all in-

cise at the post as officials work to ensure Fort Rucker personnel are ready to deal with the real thing if it ever occurs. At about 8:30 a.m. Military Police received a call concern-

ing a white substance at building 131. The fire department was notified, prepared a hazardous

SEE EXERCISE, PAGE A4

## Next 'greatest generation' gets 113 'leaders'

BY RUSSELL SELLERS  
Army Flier Staff Writer

A class of 113 noncommissioned officers graduated from the NCO Academy during a ceremony at the U.S. Army Aviation Museum Friday. Command Sgt. Maj. Richard Mitchell, NCOA commandant, said the graduating class represented some of the best NCOs he had ever worked with. "They've been great from day one," he said. "It truly is a team effort at the NCOA. The graduates represent the very best of the Aviation Branch and the Army." Mitchell said the training the NCOA graduates went through was never physically or mentally easy,

but they all "met the standard for NCO performance." "Their training consisted of long days and, for some, a six-day-a-week training schedule," he said. "The purpose was to complete the training as quickly as possible and get them back to their units and Families. Over the last several weeks, their leadership abilities, technical knowledge and tactical skills were tested on a daily basis. This was to ensure they were prepared to mentor, train and lead our great Soldiers while serving at their current and future positions of responsibilities." Command Sgt. Maj. Robert McGraw, 1st Battalion, 11th Aviation

SEE LEADERS, PAGE A5



PHOTO BY RUSSELL SELLERS

A group of 113 noncommissioned officers wait for their names to be called during the NCO Academy graduation ceremony at the U.S. Army Aviation Museum Friday.



PHOTO BY RUSSELL SELLERS

Sgt. Cassandra Cole, 1st Bn., 212th Avn. Regt. human resources sergeant, tries to drive a simulated vehicle as the controls are emulating the effects of intoxication during the Save A Life Tour's drinking and driving seminar at the post theater last week.

## Soldiers, civilians experience drunk driving with simulation

BY RUSSELL SELLERS  
Army Flier Staff Writer

Groups of Soldiers and civilians got firsthand experience of the dire consequences drinking and driving can have thanks to the Save A Life Tour. More than 200 people signed up for an hour-long session at the post theater. They watched graphic videos of real drunk-driving accidents and had the opportunity to use a simulator that

emulated the effects of intoxication behind the wheel. According to Traci Dunlap, Army Substance Abuse Program risk reduction coordinator, the effect is intended to be a sobering one for everyone involved. "Our job is prevention, so we're trying to get on the front side of these things and keep it from happening," Dunlap said. "We have a good population of young Soldiers, so as

they move forward in their careers, we're trying to make them mindful of these situations as they move to their permanent duty stations." This is the first time SALT has come to Fort Rucker and Jeremiah Newson, SALT tour manager, said he was happy with the level of interest shown by the community and Soldiers. "In the beginning,

SEE DRIVING, PAGE A5

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# Perspective

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## Survivor Outreach Services *Supporting Families, honoring Soldiers*

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

I commanded the 3rd Infantry Division out of Fort Stewart as part of the surge in Iraq in 2007-8. During that time, 153 Soldiers died in combat, in a place on the battlefield where I put them.

I pray for those Soldiers and their Families every day. Their loss is something I have to live with. For any leader, the loss of a Soldier hits hard. But the loss that survivors experience is magnitudes deeper and wider, because they have lost not just a Soldier, but a friend, a son or daughter, a husband or wife, a father or mother.

When I visit installations, I meet with those who have lost loved ones on active duty. I make sure to talk with survivors for two reasons. One reason is that, as the commander of Installation Management Command, I need to know how we are doing with one of our newest programs, Survivor Outreach Services.

The other reason is that survivors need to know the Army recognizes and honors their Soldier's service and sacrifice.

The best, most meaningful thing we can do to honor our fallen Soldiers is to support and care for those they left behind. Survivor Outreach Services was established in April 2008 to do just that, in a more comprehensive manner than ever before.

The Army is fortunate to have a leader like Chief of Staff Gen. George W. Casey Jr., who had the vision and compassion to propel the effort to support survivors



**Lt. Gen. Rick Lynch**

beyond casualty assistance alone. Casualty assistance officers work with Families during a very difficult time, a heart-rending time, when Families are notified of their Soldier's death, and have to make funeral arrangements and decisions about entitlements and benefits.

But grief is very personal — it cannot be standardized or resolved in a set time period. With the help of a panel of survivors selected by Casey, SOS was developed to provide longer-term, expanded support and care, taking up where casualty assistance ends.

SOS offers support through benefits coordinators, who help survivors understand and apply for local, state and federal benefits; financial counselors, who assist through investment and estate planning education; and support coordinators, who facilitate support groups, provide life skills education and connect survivors with counseling resources.

More than 200 SOS personnel are now working on installations throughout the United States

and overseas, to include National Guard and Reserve locations. The three components work and train together very closely on this One Army program, to provide SOS services closest to where survivors live.

It does not matter how a Soldier died, and there is no time limit on SOS services. SOS coordinators extend a hand as survivors are working with casualty assistance officers in the first few months after a Soldier's death, but survivors do not have to accept assistance right then or ever. They can decide to return months or years later. The important thing is for survivors to know that the support is there. They are not alone — they are part of the Army Family for as long as they want to be.

There are also no exclusions in the definition of a survivor. For the SOS program, a survivor is anyone — immediate Family, extended Family, a friend, a fellow warrior — who feels the loss of a Soldier. Every survivor is not entitled to the same benefits under law or regulations, but SOS coordinators will work with any survivor to access counseling and other resources. Our partnerships with local and national support organizations make this more expanded, inclusive approach possible.

SOS staff has made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs and continually reaching out to survivors, both those who have suffered a loss recently and those whose loss pre-dates the program. As the program becomes established, they continue

to refine and enhance services as more survivors provide feedback on their challenges and needs. For example, this past year, when it became clear that survivors who do not have identification cards were having difficulty getting onto post to use services, SOS developed a Survivor vehicle decal program to ease access and provide special recognition. The decals are currently being distributed through SOS offices.

More information on SOS services and survivor resources is available on Army OneSource ([www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx](http://www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx)), the SOS Facebook page and garrison SOS webpages. There are also links to partner organizations whose support is so critical to connecting with and providing for Survivors.



The loss of a Soldier is not a topic people want to talk about, but it is a reality of military life.

We do what we can to prevent losses. We train for and plan our combat operations. We stress safety in garrison. We have enhanced programs to prevent risky behaviors and suicide. In the end, though, despite our best efforts, we cannot prevent every loss. That is why Survivor Outreach Services is so crucial.

To honor the Fallen Soldier's service and sacrifice for our nation, we can do one last thing — offer support for the loved ones the Soldier left behind.


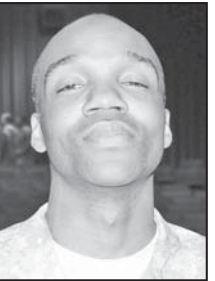



**Support and Defend.**

*Editor's note: For more on Survivor Outreach Services see Page A3.*



# Rotor Wash

“What is your plan of action in case of terrorist attack?”



**Sgt. Michael Audet,**  
1st Bn., 212th Avn. Regt.

“I would notify the front gate and wait for situation reports to come in from other parts of the post.”

**SpC. Josephine Pendleton,**  
1st Bn., 212th Avn. Regt.

“I would get to a safe place and try to help others while gathering information and reporting it as necessary.”

**SpC. Alvin Heard,**  
164th TAOG

“Report to my supervisor and find out appropriate actions and check on my Family.”


**SpC. Burome Brumfield,**  
164th TAOG

“Contact the unit and make sure my wife and daughter are OK then follow procedure.”

**SpC. Zack Jarrell,**  
164th TAOG

“Notify the chain of command and do whatever I can to help.”

# NATIONAL GUARD



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# SOS ensures surviving Families not left behind

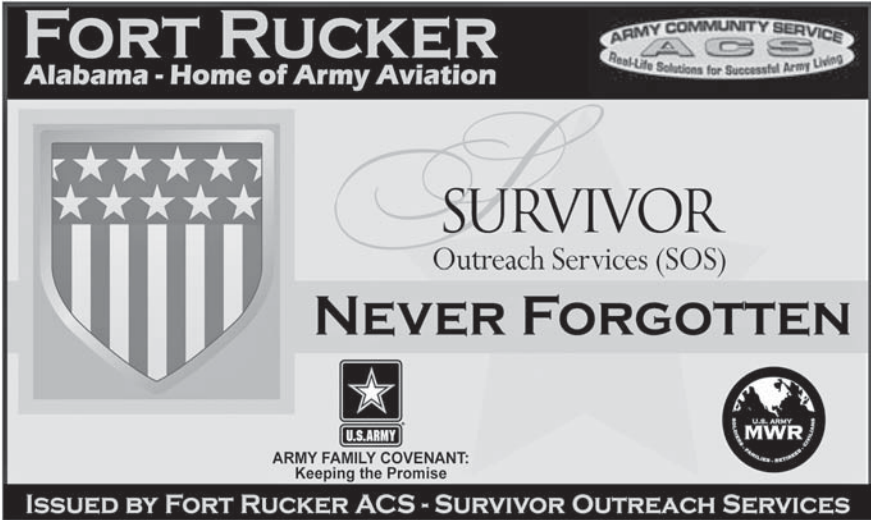
BY JENNY STRIPLING  
*Fort Rucker Public Affairs*

Fort Rucker Survivor Outreach Services staff continues its efforts to spread the word about the Never Forgotten Card to Family members of fallen servicemembers and local area businesses.

The Never Forgotten Cards, introduced to fallen armed forces members' parents, widows, widowers, children and siblings last year, offer survivors a variety of benefits at installation facilities, including free child care and discounts at the physical fitness facilities, golf course, Lemon Lot, Arts and Crafts Center, Leisure Travel Services, Outdoor Recreation and other departments.

Cards are free for Family members whose loved ones died while on active-duty status in any U.S. military branch or of a service-connected disability. Children and siblings must be 18 years or younger to receive cards.

"These cards are a way for survivors to know they are still part of the military Family," said Pam



Williams, acting Army Community Services director. "We recognize these special Army Families and we respect their sacrifice and service of their loved ones."

Applications are in Bldg. 5700, Rm. 390, and individuals must have their photographs taken for cards to be printed.

"As we get more businesses who want to help there will be more Families who come forward to apply for this card," said Williams.

At present time, the Fort Rucker Survivor Outreach has issued 16 survivor cards under the Never Forgotten Card program.

"(Army and Air Force Exchange Service) and (Directorate of Family and Morale Welfare and Recreation) programs on Fort Rucker offer discounts to card holders," said Janice Erdlitz, DFMWR marketing director. "As interest in the card has grown we've been fortunate to have strong bonds in our

local community. We have had businesses in Enterprise, Ozark and Panama City contact us to offer discounts to Never Forgotten Card holders."

Local businesses supporting the card have been given decals to place in their store fronts to show their recognition and support of the Never Forgotten Card program and survivors.

Some facilities require patrons to present valid military identification in addition to the Never Forgotten Cards to utilize services.

While Fort Rucker is the only installation in the Army currently accepting Never Forgotten Cards, Erdlitz said there is dissemination of program information to other local military bases for their leaders' consideration.

For more information on SOS or Never Forgotten Cards, call 255-9639.

*Editor's note: This is a companion piece to the Perspectives article written by Lt. Gen. Rick Lynch found on Page A2.*

## Integrated Disability Evaluation System better for Soldiers

BY BREANNA WALTON  
*Army Flier Staff Writer*

The new Integrated Disability Evaluation System streamlines injured Soldiers' benefits.

The new program, set to begin within the next month, partners the Department of Defense with the Department of Veteran Affairs where responsibilities overlap.

When a Soldier is injured he or she may become disabled which could be short or long term depending on how severe the injury.

Currently, there are two separate systems injured Soldiers have to complete before receiving benefits, but where the systems overlap is where the duration of the processes

are shortened.

"We are not changing any processes but what we are doing is trying to get at system synergy," said Col. Patrick Denman, Lyster Army Health Clinic and the U.S. Army Aeromedical Center commander.

"When Soldiers are injured the Army provides medical treatment to make them better," said Lt. Col. Joseph Graham, Medical Service Corps, deputy commander for administration. "If their injury or illness cannot get better and falls below the Army retention standard, then they are processed through the disability system."

IDES features a single set of disability medical examinations appropriate

for determining both fitness and disability and a single set of disability ratings provided by VA.

First, the Physical Evaluation Board must make a determination of fitness. Through medical documentation and a physical, a three-member board determines if a Soldier can continue in the Army. If the board decides a Soldier can continue, the Soldier is designated "fit." If not, the Soldier is designated "unfit."

After being determined unfit, Soldiers' records go to the Veterans Benefit Administration to receive a disability rating. Afterwards, the record is passed back to the PEB, which uses the VA cumulative rating to determine the overall percentage of

disability for unfit conditions. For example, a Soldier may have 30 percent disability from the Army and 80 percent from the VA.

There are three types of medical separations from the Army: separated with severance pay, separated without severance pay or retired. Soldiers rated below 30 percent are separated with or without severance pay.

"Ninety-three percent of Soldiers recommended for the disability systems get separated," said Graham.

This system was developed to shorten the 540 days it took a Soldier from processing through the Army's system and then processing through the VA system. The objec-

tives of the new system is about reducing redundancy, there is one single physical, one rating and the Soldier is put into the VA system much sooner and receives a VA benefits check after the Soldier is off the Army rolls, Graham said.

Under the IDES, the VA and the Army systems overlap. Now a soldier can go through the system faster.

"In this new system, the time for a Soldier to receive VA benefits is significantly reduced; however, the system still requires approximately eight months. National data shows an average completion of 240-295 days versus the legacy physical disability evaluation system," Graham said.

Soldiers at Fort Rucker will benefit because it's a lot quicker for them to receive their VA benefits check, it will not shorten the Soldier's time in their unit, according to Graham.

"Commanders will spend the same amount of time with their Soldiers in the IDES as they did utilizing PDES," he explained.

All of the steps in IDES are dictated by law; all of the steps must happen to make sure Soldiers receive the benefits they deserve, say Denman.

"We want to take care of our Soldiers and their Families," Denman said. "We want to make the process as efficient and seamless for them as possible."

## Dempsey pledges as CSA to serve Soldiers every day

BY C. TODD LOPEZ  
*Army News Service*

WASHINGTON — Soldiers expect their leaders to provide them with the tools they need to do their jobs, something the general nominated as the next Army chief of staff says he'll focus on every day.

During testimony before the Senate Armed Services Committee March 3, Gen. Martin E. Dempsey answered questions about his fitness to serve as the next chief of staff of the Army — a position he was nominated for in January by President Barack Obama.

"I sit before you today with confidence that whatever challenges confront us in the future, your Army will respond with the same courage and resolve that has characterized it for the past 235 years," Dempsey said.

The general currently serves as the commander of U.S. Army Training and Doctrine Command, a position he has held since December 2008.

Dempsey told senators that Soldiers from all components of the Army — active, Guard and Reserve — are deployed overseas today defending the United States.

"We are truly one Army, and we serve America proud," he said.

And stateside, he said, the Army brings in some 75,000 men and women, each year. Each, he said, is committed to the Army — and the Army is committed to develop them as Soldiers and leaders.

The general also said he knows Soldiers in his own command in the United States; he knows their Families,



Gen. Martin E. Dempsey, commander, U.S. Army Training and Doctrine Command, right, greets Senator John McCain, March 3, on Capitol Hill. The general was on Capitol Hill to answer questions from Senators regarding his fitness to serve as the 37th chief of staff of the Army. He was nominated for the position by President Barack Obama.

lies, and he knows wounded Soldiers and their Families as well. Of the Soldiers who serve, Dempsey said, their needs are simple.

"They understand the challenges we face, that we have as an Army and face as a nation," Dempsey said. "Their expectations of us are as simple as they are profound. They trust that we will provide the resources necessary for them to succeed in the fights in which we are currently engaged and they trust that we will have the

wisdom and resolve necessary to prepare them for the missions unknown to us today, but will surely await us."

"If you confirm me as the Army's 37th CSA, you can be sure I will act to earn their trust every day," Dempsey said. "I will work to match their drive, their sacrifice and their resolve. And I will partner with the Congress of the United States of America and this committee in particular, to ensure we remain worthy of the title 'America's Army.'"



Gen. Martin E. Dempsey, commander, U.S. Army Training and Doctrine Command, speaks before the Senate Armed Services Committee.

# Exercise: Annual training brings all departments together

Continued from Page A1

materials response team and began a chemical sweep. Office personnel were isolated and decontaminated while fire fighters entered the building.

Moments later, an explosion damaged the back portion of the building, trapping those inside and causing mass casualties.

Fatalities and injuries were taken to the surrounding hospitals in the Wiregrass area, according to Michael Whittaker, Installation Antiterrorism Officer.

The annual force protection exercise brought many people and units together to face the described incident Tuesday.

“Everyone worked real hard,” Whittaker said. “There will always be some crossed wires, but we worked well as a team.”

Fire, emergency medical services and MP’s constantly prepare for the worst and today was a prime example of the worst such as the white powder and explosion. That is why it took an extended amount of time to reach the injured, according to Whittaker.

“No one knew how bad the building was damaged and they were not going to put additional personnel inside,” he continued. “It’s a work in progress, every time you go

somewhere like this you never know what you’re going to find.”

David Gause, assistant fire chief and incident commander directed units to prepare the HAZMAT and DECON units as the first step in the exercise due to the unknown powder.

The walking wounded were gathered and decontaminated, checked for any signs or systems and debriefed for information regarding the powder, according to Gause. A second team was sent in to sample and test the substance. During testing, the building exploded and collapsed killing those individuals.

“The department trains constantly on incidents such as this one,” said Shane Brown, Fort Rucker assistant fire chief. “Everyone followed protocol and was efficient.”

Tony Herring, paramedic and initial EMS commander also treated the wounded.

According to Herring, EMS arrived on scene and began treating victims. Victims were marked red for immediate, yellow for delayed and green for routine before being transported to local hospitals.

“Practice like this helps us to think about our options with walking wounded and critical patients,” said Herring.

During the exercise EMS had access to information



PHOTO BY BREANNA WALTON

A Fort Rucker Military Police investigator goes through the process of being decontaminated during the exercise after questioning members of the office who may have been in contact with an unknown white substance. Anyone with possible exposure was decontaminated to help control the possible spread of any hazardous materials.

regarding which surrounding Wiregrass hospitals could handle critical and noncritical patients. Three of Fort Rucker’s ambulances were on scene and eight additional ambulances were available from the Wiregrass area.

“These exercises help paramedics interact with all agencies,” Herring said “It is good practice because one day we

may have to use it.”

Once the exercise ended, units packed up their gear and officials headed to the final stage of the exercise where command, staff and the Crisis Management Team will meet for remediation and recovery. Officials will review the exercise action reports and look at what went right and what could be improved.

Scan this code with your smartphone



to check out video from the exercise.

# Opportunity Knocks

>>>Employment Forum<<<

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<b>Instructional Systems Specialist</b> GS-1750-11/12 SCEG11855898 Closing Date: March 21	<b>Training Instructor</b> GS-1712-09 SCEG11872125 Closing Date: March 24	<b>Budget Analyst</b> GS-0560-11 SCEG11908669 Closing Date: March 25
<b>Administrative Support Assistant</b> GS-0303-05 SCEG11878402 Closing Date: March 21	<b>Administrative Support Assistant (OA)</b> GS-0303-07 SCEG11931887 Closing Date: March 25	<b>Systems Accountant</b> GS-0510-12 SCEG11933515 Closing Date: March 28
<b>Contract Specialist</b> GS-1102-12 SCEG11869150 Closing Date: March 22	<b>EXTERNAL</b>	
<b>Public Safety Dispatcher</b> GS-2151-06 SCEG11938167 Closing Date: March 22	<b>Administrative Support Assistant</b> GS-0303-05 SCEG11878402D	
<b>Protocol Assistant (OA)</b> GS-0303-06 SCEG11903770 Closing Date: March 22	<b>OPEN CONTINUOUS</b>	
<b>IT Specialist (APPSW/SYSADMIN)</b> GS-2210-09 SCEG11918931 Closing Date: March 23	<b>Security Guard</b> GS-0085-04 SCEG10494007 Closing Date: June 30	

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# Real Estate Page



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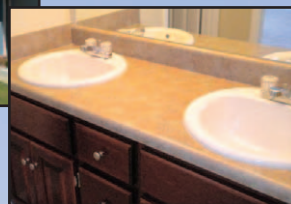
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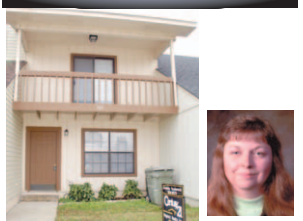
3245 CR 157: 5 +/- acres, 4  
bedrooms plus a bonus room,  
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could be possible income  
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al screened in porch. 8 +/- acres available  
w/ negotiated price. CINDY HARPER 334-  
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fenced yard, convenient to  
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\$149,000. ROBIN FOY 334-389-4410  
TEAMFOY.COM

### 111 W ROBERTSON



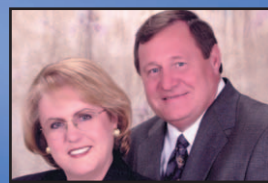
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ft, guest house-500 sq ft, pole barn, workshop and shed. Country living just off the cir-  
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MLS: 32162 100 W. Sommer Oak 279,000 Beautiful 4/2.5 home with inground  
pool that is heated and cooled, extra storage, 2250 sq. ft. on corner lot. Wonderful home  
with hard wood floors split/open floor plan. Call Sherree 806-7188



MLS: 20110512 117 Falkirk Drive, Dothan 245,000 New listing!! Almost new 3  
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MARY 790-2339 FOR YOUR SHOWING APPOINTMENT.

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USACRC offers information on motorized vehicle safety

Column on Page B4

# ARMYWIDE

VOL. 61 ■ NO. 11

ARMYFLIER★COM

MARCH 17, 2011

## ARMY BRIEFS

### CIVILIAN LEADERSHIP DEVELOPMENT

WASHINGTON — A limited number of slots are available for Army civilians to attend senior leadership development courses and the application deadline is June 15.

There are 39 slots available for Army GS-14s and GS-15s to attend Army colleges under the Senior Service College/ Professional Military Education program. Additionally, there are 36 slots available for attendance at the colleges of other services under the Defense Senior Leader Development Program.

Civilians selected under SSC could attend schooling at the Army War College, Army War College Distance Education, or the Industrial College of the Armed Forces. Those selected under DSLDP would attend the schools of Army sister services.

Specific application information for both SSC and DSLDP can be found online at:

- <http://cpol.army.mil/library/train/catalog/ch02gen.html#sscpgp>.
- <http://cpol.army.mil/library/train/catalog/ch04dldp.html>.

### WOMEN IN COMBAT ARMS

WASHINGTON — A report released to the president and Congress March 7 recommends 20 changes in the way the military facilitates diversity, and suggests gender barriers be lifted on all career fields.

The Military Leadership Diversity Commission, established under the 2009 National Defense Authorization Act, is a group of 31 active-duty and retired officers, enlisted personnel and senior executives from major corporations. Research the commission conducted included finding a new universal definition of diversity and how to increase language, regional and diverse cultural knowledge in military leaders.

According to the report, the commission would like the military to immediately allow women to be assigned to any unit that requires their military occupation, regardless of the type of unit. It would also like the DoD to take steps to open up career fields traditionally not available to women, including combat arms.

To view a copy of the Military Leadership Diversity Commission's final report, visit <http://mldc.whs.mil>.

### ARMY ASTRONAUT

WEST POINT, N.Y. — Space and astronauts have fascinated the nation since military jet fighter pilots began training as America's first astronauts in the 1960s.

Col. Timothy J. Creamer, Army astronaut, flight engineer and former assistant professor in the West Point Physics Department (1992-95), spoke with cadets March 3, in Robinson Auditorium at the U.S. Military Academy at West Point, N.Y., about what it was like living for more than five months aboard the ISS.

Creamer said exercise and staying healthy is important because after spending time in zero gravity, a certain amount of bone mass is lost, mimicking osteoporosis.

Research aboard the ISS has resulted in scientific innovations on Earth.

"The clothing that fire fighters wear and cell phones have been some of the innovations first discovered on earlier flights," Creamer said. "Other innovations have been high-tech running shoes, heart pumps and smoke detectors."



PHOTO BY U.S. ARMY

Soldiers in Iraq prepare an RQ-7B Shadow 200 for launch from a trailer-mounted pneumatic catapult. The "R" is the Department of Defense designation for reconnaissance while "Q" means unmanned aircraft system, "7" refers to it being the seventh of a series of purpose-built unmanned reconnaissance aircraft systems and "B" represents improvements over the previous A model.

## Shadow defies gravity

BY KARI HAWKINS  
U.S. Army Garrison Redstone

REDSTONE ARSENAL, Ala. — An unmanned aircraft system in the Army's fleet today is defying gravity, soaring ever higher in performance and zooming down on cost.

And, in a budget-conscious Department of Defense, exceeding performance and cost goals are enough to make the RQ-7B Shadow 200 Tactical Unmanned Aerial Vehicle a target for recognition.

Such was the case last fall when Shadow won the Performance-Based Logistics Award from the Secretary of Defense. According to the

award nomination package, the Shadow PBL contract achieved exceptionally high readiness with the system, while simultaneously reducing its costs and improving its reliability.

But such recognition doesn't mean the Shadow is coasting on its merits.

"We've taken cost very seriously and we've indoctrinated a lot of things into Shadow to bring those costs down. We've also decreased incident rates," Todd Smith, deputy product manager for Shadow, said of the 43 Redstone Arsenal-based employees whose work is centered on product development, sustainment, cost, scheduling, performance and other life cycle management issues pertaining to Shadow.

Described as the "workhorse" of the Army's unmanned aircraft systems, Shadow has exceeded 600,000 combat hours in Iraq and Afghanistan since it was introduced to the Army fleet in 2003, flying missions for the first time during the U.S. invasion of Iraq. The Army has fielded 98 Shadow systems, and the Marines 11. Its mission in unmanned, over-the-horizon reconnaissance, surveillance and target acquisition has made it a forerunner in providing situational analysis to Soldiers on the battlefield.

Even so, early Shadow years presented challenges.

SEE SHADOW, PAGE B4

## Night vision sensor delivered on target

BY SOFIA BLEDSOE  
U.S. Army Garrison Redstone

REDSTONE ARSENAL, Ala. — The first of its kind was delivered to the Army at the 2005 Army Aviation Association of America national convention.

Just shy of six years later, the 1,000th Modernized Target Acquisition Designation Sight/Pilot Night Vision Sensor, or MTADS/PNVS, was delivered to the Army and recognized in a celebration Feb. 16 at the Lockheed Martin Missiles and Fire Control production facility in Orlando, Fla.

"The only reason I made this trip was to thank you for what you're doing," Maj. Gen. Tim Crosby, Program Executive Officer for Aviation, told the work force. "I don't care what you do for this company, you are part of the team that supports our Soldiers."

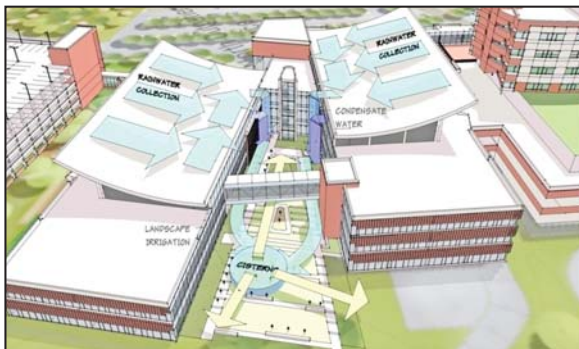
SEE SENSOR, PAGE B4



PHOTO BY SOFIA BLEDSOE

Workers from the Lockheed Martin Missiles and Fire Control production facility in Orlando, Fla., cheer in front of an AH-64D Longbow Apache helicopter as they celebrate the 1,000th delivery to the Army of the Modernized Target Acquisition Designation Sight/Pilot Night Vision Sensor.

## Examples of sustainable solutions for installations



COURTESY OF HDR

Rainwater harvesting captures rainfall runoff from roofs that would normally escape to storm sewers and overland flow that can be used to extend an installation's water supply. The new community hospital at Fort Belvoir, Va., will collect and store up to 140,000 gallons of rainwater in cisterns for landscaping irrigation. The U.S. Army Corps of Engineers Norfolk District is managing design and construction of the \$870 million hospital as part of ongoing 2005 Base Realignment and Closure programs.

BY JUSTIN M. WARD  
AND LOUIS FIOTO  
U.S. Army Corps of Engineers  
North Atlantic Division

WASHINGTON — U.S. Army installations frequently focus on improving energy efficiency, water usage and waste management practices in an effort become more sustainable to meet future military mission requirements.

Although all Army garrisons will develop their own comprehensive energy, water, and waste plans in support of the Army's net zero initiative, one fact remains clear: There is no single solution. The path to sustainability is not a single path at all, but one that runs in many directions at once.

The U.S. Army Corps of Engi-

neers North Atlantic Division has helped installations in the Northeast and in Europe make progress down those paths by assisting them in implementing interdisciplinary solutions. Here are several examples of those services that North Atlantic Division, or NAD, has used to assist U.S. installations become more energy-, water- and waste-efficient.

### Master Planning

Great installations and facilities don't just happen. To be great, one must take inventory of resources and capabilities, establish realistic goals and develop a well thought out and coordinated path toward success. These are more than urban

SEE SOLUTIONS, PAGE B4

# CLASSIFIEDS

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### TREASURE SEEKERS

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**HANDICAP SCOOTER** 3 Wheels \$350 334-687-6863, 334-695-2161 DO 11156

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**SPORT UTILITY**



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**Chevy 97' Silverado** \$675. DOWN 0% interest 850-215-1769 9am - 9pm DO 11250


**Chevy Silverado '99** white, 1500 P/U 4.8 liter engine, Good Condition. \$4100. **334-794-5776 or 790-4006** DO 11238



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**DODGE '02 RAM 1500**, 167K Miles, 5 SP Manuel, Retrax Bed Cover, A/C, In Good Condition, \$3,500 OBO 334-355-0491 DO 11829


**TRUCKS, BUSES, TRACTORS, TRAILERS**



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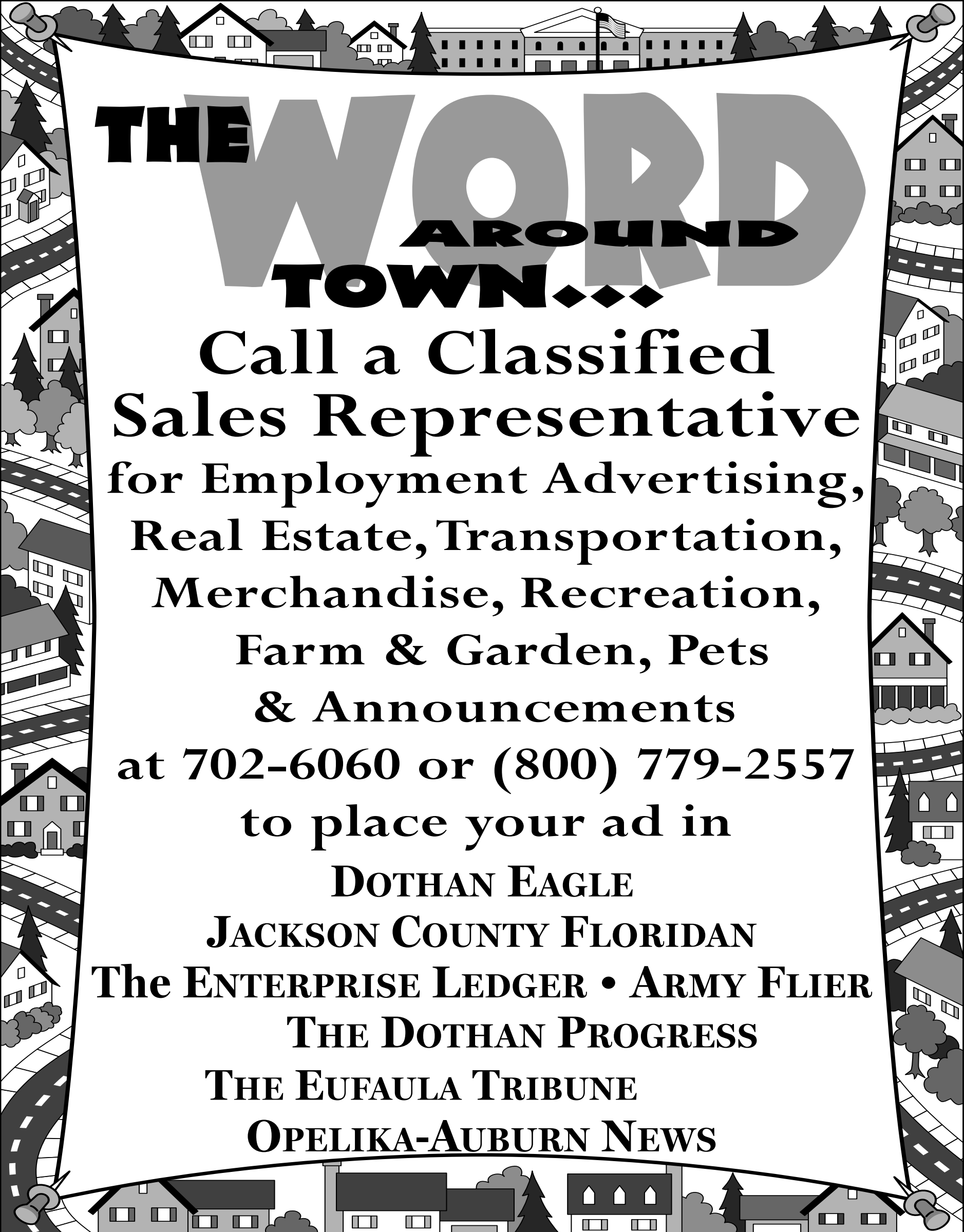
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# Shadow: RQ-7B, most successful Army UAS

Continued from Page B1

“The Shadow has been the Army’s first and most successful unmanned aircraft program of record,” said Col. Gregory Gonzalez, project manager for UAS, Program Executive Office for Aviation.

“The program followed on the heels of other UAS programs that tried to do too much, too soon, failing in the process,” Gonzalez explained. “Shadow’s initial success was based on getting a simple capability quickly into the hands of the Soldiers.”

Unfortunately, the simplicity in design caused problems with reliability, Gonzalez said. Early accidents of the Shadow system happened at a rate of more than 400 per 100,000 flight hours.

“Even as the first systems were fielded to warfighters, the product manager embarked on a strategy to improve the

capability and reliability of the system,” Gonzalez said. “Early reliability improvements were easy to identify and fix. Over time it became much more difficult to build in reliability in a cost effective way, but the Shadow team pressed on and has done a miraculous job. The cumulative impact of these improvements is monumental.”

For the quarter ending in December 2010, the Shadow fleet achieved the lowest accident rate in its history, approaching 29 incidents per 100,000 flight hours.

Not only have the number of incidents been drastically reduced, so, too, have been the expense of repairs when incidents do happen.

Engine improvements have been the key to Shadow’s increased reliability. In six months, accidents due to engine problems were reduced by 50 percent.



PHOTO BY SGT. KIMBERLY SNOW

Spc. Robert Clarno and Spc. Jeremy Squires perform maintenance on a Shadow following the unmanned aerial vehicle’s flight at Forward Operating Base Warhorse, Iraq.

# Sensor: System lauded for saving ‘countless lives’

Continued from Page B1

Also known as the “eyes of the Apache,” the MTADS/PNVS vastly improves the capabilities of the legacy system, which was first fielded in 1983. Its most important improvement is the forward looking infrared’s ability to simply see better with visual acuity, measured in resolution, increasing 10-fold. MTADS/PNVS is designed to fly more and require less maintenance and has signifi-

cantly more diagnostics capability.

“I wish I could talk to your Families,” Crosby said, “because they don’t know how influential you have been to the Army.”

Crosby mentioned the countless lives the system has saved because it provided the capability that pilots need to take care of the enemy and to protect the Soldiers on the ground.

A separate ceremony was held in Ocala, Fla., where Lt. Col. John

Vannoy, product manager for Apache Sensors, delivered remarks to the workers there who could not attend the ceremony in Orlando.

The MTADS/PNVS, also known as Arrowhead, is the advanced targeting and pilotage system for the Army’s Apache attack helicopter. Noted as the “game-changer” on the battlefield, Col. Shane Openshaw, Apache project manager, said that the sensor helps make the Apache helicopter the most

lethal and survivable attack helicopter in the world.

“But we are not done improving it,” Openshaw said.

The dayside part of the sensor still has ‘70s technology and has become increasingly more difficult to support. Work is under way for the Modernized Day Sensor Assembly that will complete the modernization of the MTADS to enhance performance and prevent obsolescence.

This will include a new laser,

a color television, an internal measurement unit and an image fusion capability. The VN’sight, a visible/near infrared sensor, is a low light level camera integrated into the M-PNVS. The VN’sight is the first spiral capability to the Arrowhead kits and will provide the warfighter with increased situational awareness and enhanced flight safety, resulting in tactical advantages.

The sensor will continue to evolve like the aircraft.

# Solutions: Proper planning helps meet installation goals

Continued from Page B1

## Determine Air Tightness of Buildings

The more airtight a building is, the more energy efficient it will be. In 2009, USACE established new specifications for complete air and vapor barriers, forcing the industry to take a large step forward in improving quality construction by requiring new buildings to have less air leakage. Depending on climate, the total building energy cost savings due to improved building air tightness can range from five to 25 percent, making it a simple and relatively inexpensive step in reducing energy consumption. NAD, like all other divisions, has abided by the new standard.

## Install solar electrical systems

As expensive as the initial outlay may be for a solar electrical system, the pay-back time for projects in NAD (with rebates and incentives) have been counted in years, not decades. For example, Fort Drum made a huge investment to install the world’s largest collection of solar air heated buildings — via solar walls, not roofs — that heat vehicle maintenance buildings, hangars, and warehouses, but it will pay for itself in 10 years.

## Energy Conservation and Investment Program

ECIP is a centrally funded military construction program designed to improve energy efficiency at Department of Defense facilities while reducing associated utility energy and non-energy related costs. As a key component of DoD’s energy management strategy, ECIP projects focus on energy and water savings, such as the solar canopy at Sea Girt, which NAD contracted

through ECIP to reduce energy costs.

Funds are limited and projects compete based on savings-to-investment ratio and return on investment. The USACE Huntsville Center, which is not bound by geography, has helped the program gain national attention by initiating a five-year, \$250 million design-build multiple award task order contract to provide ECIP contract acquisition and project management support DoD-wide.

Other USACE services that NAD can offer to help

installations meet conservation goals include real estate services to sell excess property, energy audits, economic analyses to determine the financial impact of several alternatives, feasibility studies on small-scale waste-to-energy systems, and even mapping services to get a good grasp of facility utilization.

Installations looking for the best USACE point of contact should refer to the USACE locations page at [www.usace.army.mil/about/Pages/Locations.aspx](http://www.usace.army.mil/about/Pages/Locations.aspx).



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## POV, Motorcycle Safety

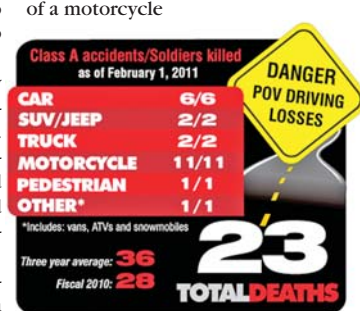
For more information about other Army safety tools, visit <https://safety.army.mil>.

**Chapter 11** of Army Regulation 385-10 establishes requirements for traffic safety and loss prevention to reduce the risk of death or injury to Army personnel.

Driver education under the Army Traffic Safety Training Program is required training for all Army personnel.

The training is established to reinforce a positive attitude toward driving, individual responsibility, and correct response to routine and emergency driving situations.

In addition, Army personnel are required to successfully complete an Army-approved hands-on Motorcycle Rider Safety Course prior to operation of a motorcycle



Vehicle Type	Accidents	Fatalities
CAR	6/6	2/2
SUV/JEEP	2/2	2/2
TRUCK	2/2	2/2
MOTORCYCLE	11/11	1/1
PEDESTRIAN	1/1	1/1
OTHER*	1/1	1/1

\*Includes: vans, ATVs and snowmobiles

Three year average: **36**  
Fiscal 2010: **28**

**23 TOTAL DEATHS**

**DANGER POV DRIVING LOSSES**


# ATTENTION VETERANS

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

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Chris Solomon	(334) 347-3411 Ext 231 (334) 806-8957 Cell
Jeanne Wright	(334) 347-3411 Ext 201 (334) 470-6210 Cell
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Rucker dental command celebrates Patient Safety Awareness Week

Story on Page C5

# COMMUNITY

VOL. 61 ■ NO. 11

ARMYFLIER★COM

MARCH 17, 2011

## Travel EXTRAVAGANZA

*Event offers special savings for Soldiers, Families*

BY BREANNA WALTON  
Army Flier Staff Writer

Vacation seekers flocked to the 23rd annual Travel Extravaganza sponsored by Leisure Travel Services at The Landing March 9.

Despite the severe weather, more than 600 Soldiers and Families flooded the event, which had 48 vendors offering military discounts and packages for vacations and weekend getaways.

"We received excellent feedback on this year's extravaganza. We are currently booking spring break," said Kristen Hartwell, Leisure Travel Program Manager. "A lot of clients are very interested in Disney specials, so this has helped us a lot by getting the specials to the Soldiers and their Families."

"We are looking into the Georgia Aquarium or anything in the Gulf Coast area for this year's vacation," said Sgt. Zachary Irwin, 1st Battalion, 11th Aviation Regiment. "We went to Walt Disney World last year and booked through Travel Services, they have better deals than anyone."

Vendors from the local area including Landmark Park and the Fort Rucker riding stables handed out information for anyone who might be interested in some local weekend fun. Additionally, multiple hotels and travel experts from Destin, Panama City Beach and Pensacola offered special discounts for those heading to Florida's Emerald Coast.

Spc. Carlos San Miguel, D Company 1st Bn., 13th Avn. Regt. said he was looking to visit hotels in Florida.

"We particularly like the Destin area and I actually just heard of the expo and I wanted



PHOTO BY BREANNA WALTON

Spc. Carlos San Miguel, D Co. 1st Bn., 13th Avn. Regt., stopped by the Hard Rock Café of Destin table to see what type of deals were offered during the summer season to begin planning for his family's upcoming vacation.

to come see what was being offered in that area," he said.

While some attendees were interested in key areas, others attending wanted to learn about all the entertainment options in and around the area.

"I am just here looking around, seeing what is offered," Capt. Christopher Kidder, Headquarters and Headquar-

ters Company, 1st Avn. Brigade. "I am hoping something will spark my interest for vacation with my daughter."

WO1 Dallas Garcia, B. Company 1st Bn., 145th Avn. Regt. and his wife Olimpia spoke with Heather Linnell Leisure Services travel clerk about planning a trip to Walt Disney World with their chil-

dren.

"The travel office and expo have been really helpful and we plan to book our vacation through their office. Not to mention, the discount offered is unbeatable," Garcia said.

During the event, multiple door prizes were handed out to attendees. Many took home overnight stays at ho-

tels around the area and at the beaches, canoe trips, gift bags and goodies such as pens, snacks, T-shirts, bags and other memorabilia.

For more information about Leisure Travel Services' specials, visit [www.ftrucker.mwr.com/LeisureTravel/index.htm](http://www.ftrucker.mwr.com/LeisureTravel/index.htm), call 255-9517 or visit Bldg. 5700, first floor south office.

## Youth share new photography skills during exhibition



PHOTO BY BREANNA WALTON

Lt. Col. Kyle Burrow, DODT officer training chief, and his wife, Connie, and daughter, Olivia, view their son, Ryan's, recent jump into photography at the Center Library.

BY BREANNA WALTON  
Army Flier Staff Writer

Youth participating in the EDGE! photography exhibition displayed pictures that told a story Saturday.

Children ages 11-18 learned different aspects of photography from volunteers last week according to Denise Honeycutt, Directorate of Family and Morale, Welfare and Recreation partnership specialist.

The children took photos in different settings including the library, outdoors and their home.

Giovanna Valle showcased her photography to her father, CW3 Luis Valle, B Company 1st Battalion, 12th Aviation Regiment as part of Edge's Behind the Lens Photography Exhibition.

"I love how I can tell a story even in just one quick snapshot," said Valle. "One of my photos is about someone who has been through hard times."

Volunteer Jack Bailey viewed the works of the children with whom he shared his love and passion for photography with

earlier in the week.

"I hope I have taught them a skill and also a new way to view the world around them, to see the things that are beautiful and those that are not," Bailey said.

Eleven children participated in the exhibition; participant Ryan Burrow was pleased to show his work to his family and others during the event.

"I really enjoyed going out and taking photos," Burrow said. "My photos are of things that inspired me in one way or another."

The exhibition was part of EDGE! activities for Fort Rucker youth. EDGE! provides up to four different activities each week for youth.

"We want to increase the number of youth into our facilities and make them aware of what is available to them," Honeycutt said. "We are opening up new opportunities."

Anyone interested in sharing a skill with the youth Monday-Friday from 4-6 p.m. should contact Honeycutt at 255-0666.

# On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

### Central Issue Facility closing

The Central Issue Facility is closed for inventory Monday-March 25. Regular hours will resume March 28. For more information, call 255-1095.

### Supply support inventory

Supply Support Activity staff conducts its annual inventory Monday-March 25 in Bldg. 1212. All turn-ins must be in by 2 p.m. Friday. Normal operations stop at 4:15 p.m. Friday with the anticipated date of March 28 to resume business. During this period the SSA only processes emergency requisitions. For more information, call Sandra Edwards at 255-9504 or e-mail san.edwards@conus.army.mil.

### FRCSA 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.ftruckerfrcsc.com](http://www.ftruckerfrcsc.com). Postmark deadline is Monday.

### Exceptional Family Member Program Respite Care Program

Army Community Service Exceptional Family Member Program respite care provides temporary rest periods for Family members responsible for regular care of people with disabilities. ACS EFMP needs compassionate and caring respite care providers to provide services to EFMs. Interested individuals must be 18 years old or older, obtain or have a current CPR and first aid certificates, must obtain

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

or have current tuberculosis test, physical examination and undergo a criminal background check. For more information on ACS EFMP respite care, call 255-9277 or visit ACS EFMP, Soldier Service Center, Bldg. 5700, Novosel Street, Rm. 390.

### ACAP

The Fort Rucker Army Career and Alumni Program Center staff hosts the Alabama Department of Corrections, Team FSCX and Boeing Aircraft Friday from 10 a.m.-2 p.m. in the Soldier Service Center, Bldg. 5700, second floor break room. This event is open to active duty military, Family members, veterans and Army retirees. For more information, call 255-3932

### Anger Management Workshop

Army Community Service's Family Advocacy Program staff offers Anger Management Workshops Monday and March 28 from 9-11:30 a.m. at the Early Childhood Activity Center. Topics include identifying causes of anger, symptoms of anger, techniques on how to manage anger and developing an anger management plan. Registration is required. This workshop is open to active duty, retired military, Department of Defense employees and their Families. For more information and registration, call 255-3898.

### AER scholarships

Army Emergency Relief scholarship applications are available at [www.aerhq.org](http://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.

### 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.

### 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.

### Family Workshop

Army Community Service's Family Advocacy Program staff holds an informational workshop on foster parenting and the military Family April 7 from 5 to 7 p.m. at the Early Childhood Activity Center located on Dean Street. Topics include the roles and responsibilities of foster parents, the process of becoming a foster parent and the opportunity to make a difference in a child's life. For more information or to register, call 255-9641.

**"Blue Day" – In recognition of Child Abuse Prevention Month**  
The Blue Day Cam-

paign, held in recognition of Child Abuse Prevention Month, is April 7. The campaign is a communitywide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing blue. For more information, call 255-3898.

### Self defense techniques

In recognition of Sexual Assault Awareness Month, the Family Advocacy Program sponsors a Self Defense techniques class April 5 from 2-4 p.m. at Fortenberry-Colton Physical Fitness Facility. The event is comprised of hands-on techniques and visual demonstrations. The activity focuses on defense against attacks and defensive movements to avoid and defend against sexual assaults. The program is intended to enforce the "do whatever it takes to get away" mentality. Child care is available through the Family Advocacy Program. For more information, call 255-3898.

## DFMWR Spotlight

**SILVER WINGS GOLF COURSE**

**SPRING INVITATIONAL**

**MARCH 26 & 27**

**ENTRY FEE:**  
**\$75.00 PER PLAYER,**  
**\$65.00 MEMBER**



**FOR DETAILS CALL 598-2449**  
**WWW.FTRUCKERMWR.COM**

### Spring Invitational


Silver Wings Golf Course staff hosts the annual Spring Invitational March 26-27 from 8 a.m. to 2 p.m. Practice round is March 25. Cost is \$65 for members and \$75 for non-members. Entry fee includes practice round, green fee and cart fees. Breakfast will be offered both days. The awards luncheon is March 27. The format is 36-Hole individual stroke play, 8 a.m. Shotgun Start. Prizes and flights are determined by the amount of entries received. All participants will be entered into a drawing for a 2011 SWGC membership package. For more information, call 598-2449.



PHOTO BY BREANNA WALTON

## Pick-of-the-litter

Meet Bud, a 10 month old male pitbull mix. He is a happy dog who loves attention and enjoys large spaces for running. It costs \$81 to adopt him, which includes neutering, a microchip and heartworm testing. For more information on Bud or other animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic or the Commissary. No animals were adopted last week.

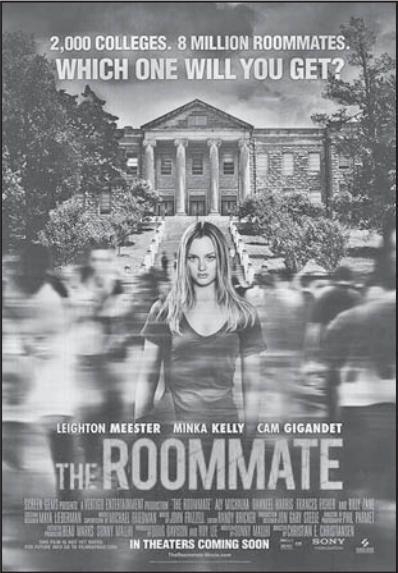


## FORT RUCKER Movie Schedule for March 17 - 21

# See you at the movies



**THURSDAY, MARCH 17**  
**Sanctum (R) ..... 7 p.m.**



**FRIDAY, MARCH 19 & SATURDAY, MARCH 20**  
**The Roommate (PG-13) ..... 7 p.m.**



**SUNDAY, MARCH 21**  
**The Eagle (PG-13) ..... 7 p.m.**

# Worship

## Family members face challenges on home front

BY NANCY B. JANKOSKI  
Director of Religious Education

I own a set of DVD's of a show I regularly watched in the 1970s and 1980s, "The Waltons."

The show was set during the depression, but it progressed thru World War II and the post-war era as the actors who portrayed the Walton children grew up.

Watching those World War II era episodes on my DVD player, I was struck by how much the Walton's war year stories reminded me of my own experiences as the wife of a Soldier during Desert Storm and Iraqi Freedom.

Soldiers pay the highest price for freedom, but Family members pay a price, too.

My husband's deployment to Iraq in 2004 covered the entire year, so I experienced all the holidays as the wife of a deployed Soldier. I received a fair amount of encouragement and support from Family and friends, both in and out of the military, all year long.

I especially remember the people who made it a point to offer me emotional support during each of the holidays.

Because I worked at the chapel, I had some uniquely stressful moments during my husband's deployment.

Once, I had to call a chaplain out of the Sunday-school class he was teaching to inform him that he was needed to go on a death notification call.

The chaplain confided to me his own emotional stress over this difficult duty. I tried to offer him some comfort as he quickly prepared to depart, and I covered the remainder of the Sunday School class for him, but inside, I was stressing out, too. I couldn't help but think that it was possible that one day, my chaplain friend might be asked to go to my own home.

Unexpected doorbells during that year always made my stomach knot up. It takes a lot to answer an unexpected doorbell when you are the wife of a deployed Soldier.

Since my husband was a reservist, we lived off post. I was very fortunate to have neighbors who looked out for me. Many of them were veterans, but not all of them. The people of the Wiregrass area are special because

they overwhelmingly support our Soldiers and Families.

Funerals or memorial services for Soldiers during that year were uplifting and stressful at the same time. Honoring the dead is one of our primary missions in the chaplaincy, and the members of our chaplain ministry team make every effort to show compassion and care for the Family members left behind while we honor their loved one's sacrifice.

I helped out with every funeral or memorial service we had, trying to do for the Family members what I would have wanted done for me under similar circumstances.

Whether you are a Soldier in one of our units, a civilian working on post or just a member of the community, the chances are good that you know someone who has a Family member deployed. Be on the lookout for ways to take care of them.

When you care for a Soldier's Family, you are caring for the Soldier.

*Editor's Note: This is part one of a two part series.*

## Religious Services

### CATHOLIC PARISH SERVICES

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

### ISLAMIC PRAYERS AND PROGRAMS

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

### LUTHERAN, EPISCOPALIAN WORSHIP SERVICES

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



### CHURCH OF CHRIST SERVICES

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

### PROTESTANT CONTEMPORARY PRAISE SERVICES

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

### COLLECTIVE PROTESTANT WORSHIP SERVICES

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

### LATTER-DAY SAINTS SERVICES

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

### JEWISH SERVICES

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



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



**\$5.00 Admission Benefits the Wiregrass Habitat for Humanity Youth Build**

# Church Directory

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DOTHAN

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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



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~ Lord's Supper  
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You may contact the church at 774-2311  
Please visit our **web site** and click on  
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so you can know Heaven as your eternal home  
[www.GraceBaptistChurch-Ozark.com](http://www.GraceBaptistChurch-Ozark.com)



**EPISCOPAL CHURCH OF THE EPIPHANY**

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

The Reverend  
Donna A. Lockett, Vicar

*"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.

Presented By:

**DOTHAN EAGLE**



Dothan Civic Center

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 JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@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.

## 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 VFW Post Ballroom.

## DOTHAN

**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 615-3700 or visit, [www.dothancityfest.com](http://www.dothancityfest.com).

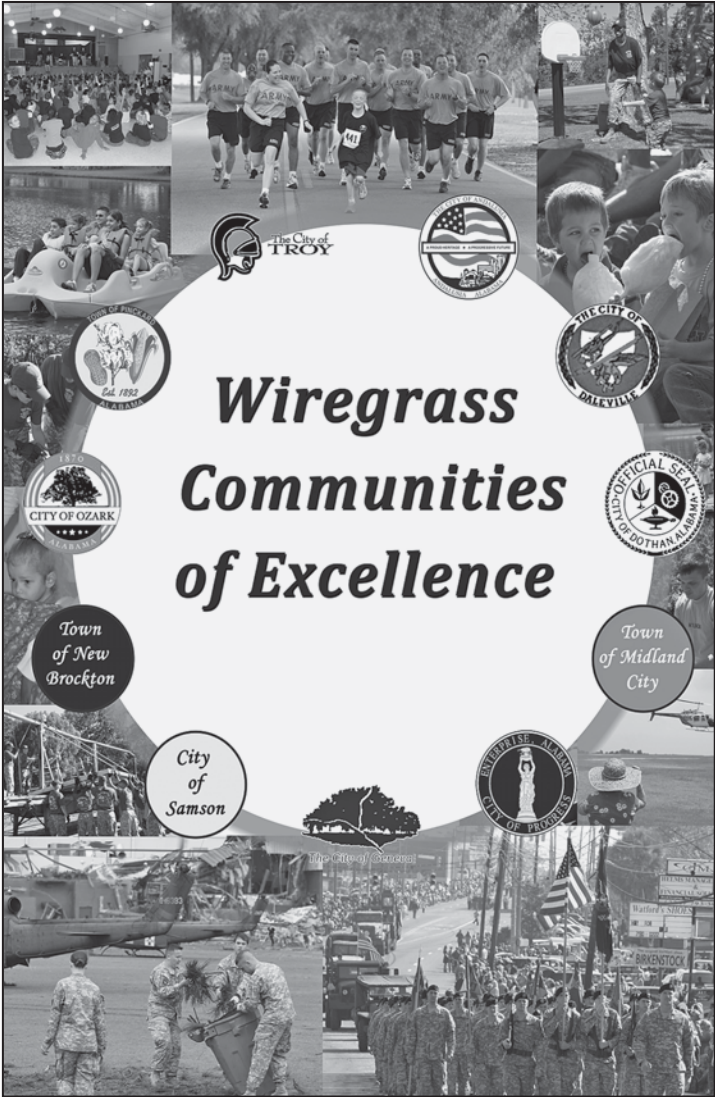
**APRIL 8-9** — Teams are needed for the sixth annual Tri-state Barbeque Festival at the Houston County Farm Center. Space is limited to the first 40 professional teams and 25 backyard teams who register. For more information, call 699-1475 or visit [www.tristatebbq.com](http://www.tristatebbq.com).

## ENTERPRISE

**FRIDAY-SATURDAY** — A dinner theater presentation titled “The Confederate Letters” is 7 p.m. nightly at the old Hildreth Building on the corner of Lee and Main Street. For more information, call 470-6568 or visit [www.southernbroadway.com](http://www.southernbroadway.com).

**MARCH 26** — Enterprise Junior High School hosts a 5k run March 26 at 401 W. College St. at 7:30 a.m. The race will go from Enterprise High School through Main Street to Bates Memorial Stadium. Entry for the run is \$20 with all proceeds going towards improving technology at Enterprise Junior High School. For more information, visit [www.enterprise.al.ecj.schoolinsites.com](http://www.enterprise.al.ecj.schoolinsites.com). For applications, contact Leisa Mims at 347-1733 or e-mail [lmims@enterpriseschools.net](mailto:lmims@enterpriseschools.net). \$\$\$

**MARCH 26-27** — The Piney Woods Arts Festival is at Enterprise State Community College and free to the public. It features



original artwork 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

**SATURDAY** — The second annual Spring Fling car, truck and motorcycle show, hosted by the Geneva Fire Department, comes to Robert Fowler Park at the Junction. Admission is free to the public. Registration is 9-11 a.m. and costs \$15 per vehicle. All proceeds are donated to the Geneva Fire Department. Refreshments, food and live entertainment are provided. For more information, call 248-2111.

**APRIL 29-MAY 1** — Geneva’s Festival on the Rivers is April 29-30 from 8 a.m. to 6 p.m. and May 1 from 1 to 6 p.m. at Rob-

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

## MIDLAND CITY

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

For more information, call 983-3511.

## NEW BROCKTON

**ONGOING** — Adult education classes are

offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6 to 9 p.m.

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

Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

## 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](http://www.ozarkalabama.us).

**SATURDAY-APRIL 30** — The Rudd Art Center staff, located downtown, announces final call for entries for Fusion, which runs March 19-April 30. The show features three-dimensional art such as sculptures, handmade jewelry and various other art pieces. For more information, call 774-2944 or e-mail [dandrews266@charter.net](mailto:dandrews266@charter.net). Visit [www.ruddartcenter.org](http://www.ruddartcenter.org) to download the entry form.

## 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-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](http://www.troyfest.com) or call 566-2294.

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

## Beyond Briefs

### Charity Golf Tournament

Panama City Beach hosts the American Heart Association Charity Golf Tournament at Bay Point’s Meadows Course Saturday at 8:30 a.m.

The tournament is open to the public and benefits the American Heart Association signature fundraising event, the 2011 Bay County Heart Ball scheduled for April 8.

The event is \$100 per player or \$350 for a four-person team. The event includes on-course contests for a variety of prizes and more. For more information or to register, call (850) 233-0556

### Florida Birding and Wildlife Festival

Northwest Florida Birding and Wildlife Festival is at River Camps Riverhouse on Saturday

The festival is in celebration of international Migratory Bird Day. The festival includes a guest speaker, wildlife photographer, educational and recreation activities and guided-birding tours.

For more information, call (850) 588-2271.

### Gulf Coast Salute Air Show

The 2011 Gulf Coast Salute Air Show is March 26-27 at 11 a.m. at Tyndall Air Force Base in Panama City, Fla.

For directions, schedule of events and more information, visit <http://gulfcoastsalute.com>.

### Yatta Abba Day

Abbeville residents gear up to celebrate Yatta Abba Day April 9 around the court house square. Yatta Abba is the Indian name for grove of dogwoods and is what the city of Abbeville was named after.

The festivities are from 9 a.m. - 9 p.m. The festival features garden vendors, a classic car show and dog shows.

For more information, contact the Abbeville Chamber of Commerce at 585-2273 or visit [www.abbevillecoc.com](http://www.abbevillecoc.com) or [www.cityofabbeville.org](http://www.cityofabbeville.org). Vendors may contact Jeff Skipper at 334-3473 or email at [skippertucking@yahoo.com](mailto:skippertucking@yahoo.com).

### ‘Red Run’ 5k

Panama City Beach “Red Run” 5k is at Aaron Bessant Park April 10 at 8 a.m. It is a run benefitting the American Heart Association.

For more information or registration, visit <http://www.active.com/running/panama-city-beach-fl/red-run-5k-2011#> or call Tammy Turnmeyer at (850) 630-9623

### Seabreeze Jazz Festival

Panama City Beach Seabreeze Jazz Festival is April 13-17 at Pier Park. It is a five-day festival featuring multiple musicians. For tickets, musicians and more information, visit [www.seabreezejazz-festival.net](http://www.seabreezejazz-festival.net).

### Thunder Beach Spring Rally

Panama City Beach’s 13th annual

Thunder Beach Spring Rally is April 27 through May 1. For more information, visit [www.thunderbeachproductions.com](http://www.thunderbeachproductions.com).

### 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](http://www.spacecamp.com/museum/csi/tickets).

### ATV Redneck Nationals

The 2011 All-Terrain Vehicle Redneck Nationals are Friday to Sunday at the Southern Ridge ATV Trails in Dozier. The trails are located on County Road 77, Leon Tower Road, in Dozier. The trail park features family riding trails, mud trails, Recreational Vehicle sites, primitive camping site, concessions, ice, fire wood, showers and restrooms. For more information, call (850) 266-8593 or visit [www.ATVRedneckNationals.com](http://www.ATVRedneckNationals.com).

### Festival of Flowers

The 2011 Festival of Flowers is March 24-27 at the Providence Hospital campus in Mobile.

The event celebrates spring at the southeast’s largest outdoor flower show, produced by Providence Hospital Foundation.

There are more than 300,000 square feet of landscaped garden displays, floral exhibits, gardening seminars, cooking demonstrations, photography contest, shopping and outdoor dining. Advance tickets are \$10 per person.

For more information, call (251) 639-2050 or visit [www.festivalofflowers.com](http://www.festivalofflowers.com).

### Treasurers of the Past Antique Appraisal Show

Treasurers of the Past Antique Appraisal Show is March 27 from 9 a.m. to 3 p.m. at the Clarke County Historical Museum grounds in Grove Hill, Ala.

Participants can bring their antiques and collectibles and have them evaluated by certified appraisers.

The event also features live entertainment, food and a special auction. For more information, call (251) 275-4188 or visit [www.grovehillal.com](http://www.grovehillal.com).

### Wings Over Cullman Air Show

Wings Over Cullman Air Show is May 21 starting at 9 a.m. The air show features aerobatics by military and civil aircraft, warbirds, skydivers, static displays and food vendors.

Performers Include U.S. Air Force A-10 Thunderbolt Team, 2 ship Cobra Demo Team. Admission and parking for the air show is free.

For more information, visit <http://cullman.schultzairshows.com/>.

# Rucker dental command celebrates Patient Safety Awareness Week 2011

BY LINDA WIMES  
U.S. Army Center Dental Clinic  
Command, Fort Rucker

Patient Safety Awareness Week, March 6-12, is an annual celebration of patient safety sponsored by the National Patient Safety Foundation.

The theme for this year's PSAW was: "Commit to Safe healthcare; are you in?"

The week was a chance for patients and healthcare providers around the world to raise awareness of patient safety practices, encourage open communication and promote safe care.

The staff of Brown Dental Clinic is committed to safe healthcare, said Col. Edward Cathright, U.S. Army Dental Clinic Command commander. Safety is a daily emphasis at Brown Dental Clinic; however, this week the clinic participated in the national observance.

PSAW activities included members of the staff informing patients about patient safety, filming videos to obtain Soldiers' perspective and concerns about treatment at Brown Dental Clinic and handing out dental gifts to patients who stopped by the dental booth.

Cathright said patient



PHOTO BY LINDA WIMES

Patty Callahan, Brown Dental Clinic, right, finishes a discussion with Spc. Christian Caplinger, 6th Military Police Detachment, about patient responsibilities during a Patient Safety Awareness Week event at the dental clinic.

safety is everyone's responsibility.

"Everyone has to get involved — from the patient to their healthcare provider," he said. "We take every opportunity to educate our patients about their

roles and responsibilities as active participants of the patient safety team. Patients should not feel intimidated or afraid to ask questions. They are the 'patient' in patient safety."



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**MARCH**  
**THURSDAY 17<sup>th</sup>**  
St. Patties Beverage Tasting  
Juan Morales and the Acoustixs  
**FRIDAY 18<sup>th</sup>**  
Erika Franklin  
**SATURDAY 19<sup>th</sup>**  
Mike Langlois and Sisters  
**TUESDAY 22<sup>nd</sup>**  
Chad Hall  
**WEDNESDAY 23<sup>rd</sup>**  
Team Trivia \$50 In Prizes  
**THURSDAY 24<sup>th</sup>**  
Black Dress Night

**334-446-1436**  
248 N. Foster Street  
Downtown Dothan



## Lyster Army Health Clinic

### INFORMATION ★ UPDATES

#### Tricare registration

People new to Fort Rucker need to go to the Lyster Patient Administration Division to ensure their Families are

registered in this area and the Tricare Service Center. The staff can also help Soldiers and Families set up an account to make appointments online, track benefits and more. Call 255-7229.



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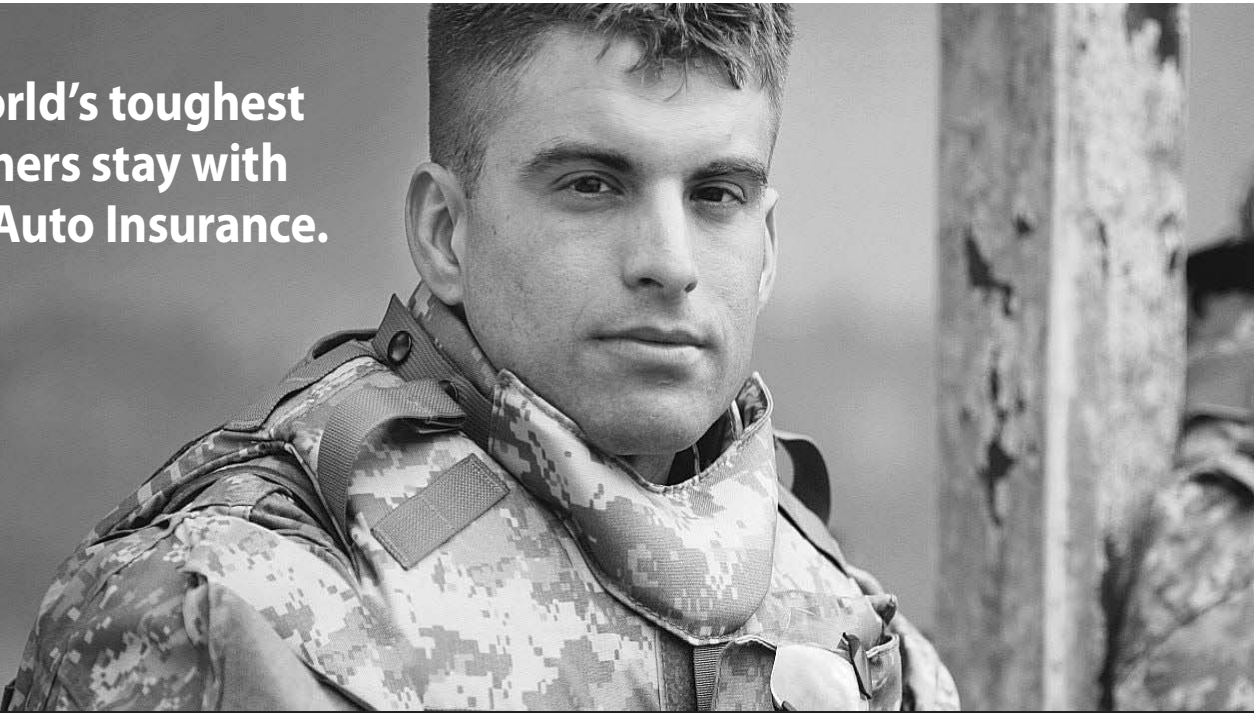
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<sup>1</sup>Based on countrywide survey of new customers from 10/1/09 to 9/30/10, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. <sup>2</sup>Storage discount is not available in CA, HI, MA, NC, NY, PA and VA. To qualify for the discount, the vehicle must not be driven and must be stored in a secure location. Other restrictions apply. <sup>3</sup>Multiple Products savings not available in CT, DE, HI, NC, CA, MA and NY. <sup>4</sup>Immediate Accident Forgiveness, which requires an additional premium, is not available in CT, DE, NC, CA, MA, and NY. Purchase of the Accident Forgiveness endorsement is not a promise to continue coverage; the policy is subject to our underwriting guidelines. (Not applicable to past accidents). © 2011 USAA. 124060-0311

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Civilian Fitness Program promotes healthy eating, exercise  
Story on Page D3

SPORTS

VOL. 61 ■ NO. 11

ARMYFLIER★COM

MARCH 17, 2011

SPORTS SHORTS

SCUBA COURSE

The Fort Rucker Aquarians Dive Club members sponsor a scuba certification course beginning Monday, 6:30 p.m. at Splash! Pool. After the first class, the scuba course meets Monday and Wednesday nights for no less than six weeks and no more than seven weeks, dependent on weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico. For information, call 774-3483 or 347-6936.

PAN FISH TOURNAMENT

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

SPRING INVITATIONAL

Silver Wings Golf Course staff hosts the annual Spring Invitational March 26-27 from 8 a.m. to 2 p.m. Practice round is Friday March 25. Cost is \$65 for members and \$75 for non-members. Entry fee includes practice round, green fee and cart fee. Breakfast will be offered both days. The awards luncheon is March 27. The format is 36-Hole individual stroke play, 8 a.m. Shotgun Start. Prizes and flights are determined by the amount of entries received. All participants will be entered into a drawing for a 2011 SWGC membership package. For more information, call 598-2449

AVIATION CENTER AAAA GOLF TOURNAMENT

Silver Wings Golf Course and Army Aviation Association of America staff hosts the annual AAAA Golf Tournament April 1 from 6:30 a.m. to 2 p.m. Participants must register by March 26. Cost for registration is \$65 per person for SWGC members and \$75 for non-members. For more information, call 300-6321.

YOUTH AND CHALLENGED SPORTSMAN FISHING TOURNAMENT

Fort Rucker Outdoor Recreation staff hosts the annual Youth and Challenged Sportsman Fishing Tournament April 2 from 7-10 a.m. at Buckhorn Lake. Trophies will go to the top three weigh-in totals. The event is open to youth ages 3-15 years and challenged sportsmen of all ages. Challenged sportsmen will need an Alabama State Specialty fishing license and a free Fort Rucker post fishing permit. Cost is \$7. For more information and to register, call 255-4305.

SOFTBALL COACHES MEETING

A men's and women's intramural softball coaches meeting is April 5 at 9 a.m. in Bldg. 4605. All coaches should attend this meeting. For more information, call 255-2393.

HEALTH & NUTRITION FAIR

Child, Youth and School Services Sports and Fitness Department staff hosts the annual Health and Nutrition Fair for CYSS members April 6 from 2-4 p.m. at the Youth Center gym. There will be eye and hearing screenings, blood pressure checking, height and weight measurements, a

SEE SHORTS, PAGE D4

Taking aim

Youth sportsmen start turkey season

BY BREANNA WALTON  
Army Flier Staff Writer

Two of 29 children participating in the Youth and Challenged Sportsmen Turkey Hunt at Fort Rucker were the first to kill a turkey for the 2011 season Saturday.

The hunt is held each year so children can have the first shot at turkeys when the season opens in hopes they will have a better shot at getting one, said Mark Yokham, Outdoor Recreation Assistant Business Manager.

"When a child comes in with a huge smile on his or her face, that is what makes it worth having events like this one," Yokham said. "By participating in this hunt, children also bond with their parents or other Family members, experience success at an early age, spend time outdoors and enjoy the resources Fort Rucker has to offer."

Nine year old Bailey Holland of Enterprise shot the first place prize-winning turkey with her dad, Mike Holland.

"My dad first introduced me to hunting when I was 5 and this is my first kill," Holland said.

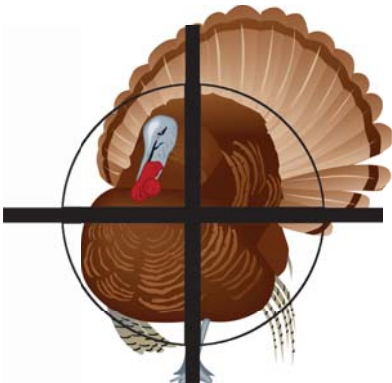
Holland's turkey weighed 20 pounds, 11 ounces and is known as a double-bearded turkey. The first beard was 10 1/2 inches and the second was 5 1/2 inches. The turkey also had one-inch spurs.

"I have loved hunting all of my life and I am beyond happy to share this experience with my daughter. I will probably cherish this moment more than she will," Mike said.

The first turkey of the day was taken by 11-year-old Perry Yelverton and his cousin, Cody Godwin of Clayhatchee, Ala. Yelverton's turkey took second place in the competition, weighing 15 pounds, 11 ounces with a 9 1/8 inch beard and 3 3/4 spurs.

"We have a healthy flock of turkey's here on base," said Bernette Jergenson, Fort Rucker Game Law Enforcement Officer. "Right now they are still in groups, but by next week we are expecting they will start breaking up and gobbling."

To end the day's competition, all the hunters gathered for first through third place prizes and a round of door prizes.



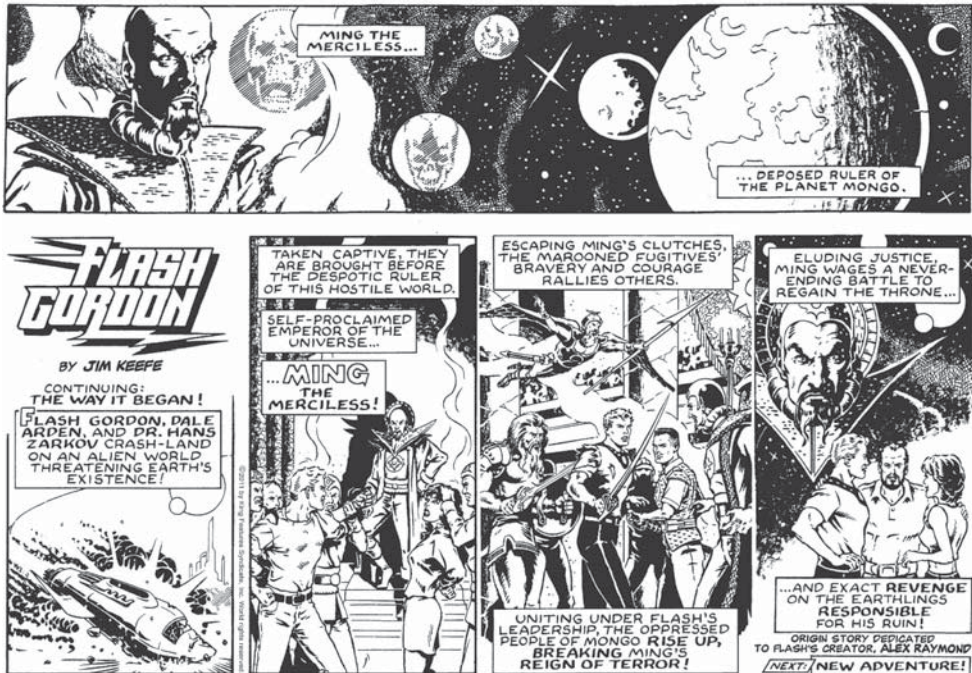
PHOTOS BY BREANNA WALTON

Bailey Holland displays her 20 pound, double beard turkey taken in Area 40 at Fort Rucker during the Youth and Challenged Sportsmen Turkey Hunt Saturday.



Second place prize winner, Perry Yelverton and first place prize winner Bailey Holland show off their first two turkeys of the season.

# Down Time



## TRIVIA

- GENERAL KNOWLEDGE: What is the first level of Girl Scouts?
- TELEVISION: Who was best known in the role of Alice Kramden in "The Honeymooners"?
- CHEMISTRY: What is the Latin name for iron?
- ANATOMY: Where is the pituitary gland located?
- COMICS: What is the dog's name in the comic "Dennis the Menace"?
- AD SLOGANS: What product was advertised by the slogan "A little dab'll do ya!"?
- GEOGRAPHY: What is the Canadian province known by the abbreviation NB?
- FAMOUS QUOTATIONS: Who said, "Act as if what you do makes a difference. It does."?
- BIBLE: From which book does the quote, "To every thing there is a season, and a time to every purpose under the heaven," come?
- MUSIC: Who wrote the song "Diamonds and Rust"?

See Page D3 for this week's answers.

### Super Crossword

ACROSS

- 1 In addition
- 5 Throw out
- 10 Spoil
- 13 Deadly
- 18 Soprano
- 20 Country home
- 21 — trip
- 22 Actress
- 23 Start of a remark by Kirk
- 25 Of interest to Byrd
- 27 "The Woman —" ('84 film)
- 28 Football's Luckman
- 29 Beg
- 30 Can't stand
- 31 Like sale merchandise
- 33 Bath, e.g.
- 35 Sunflower support
- 37 Aye opponent
- 38 — year
- 41 Close
- 44 Baseball's Mel
- 46 Marge in the fridge
- 48 Every last bit
- 49 Singer McKee
- 50 Part 2 of remark
- 55 Taco

DOWN

- 27 Heifer or hen
- 80 Ipanema's locale
- 81 Warty one
- 82 Porthos' pal
- 85 Faraway place
- 88 Director
- 90 Detection
- 92 Violinist
- 93 Arizona town
- 97 Northern hemisphere?
- 98 Part 4 of remark
- 101 '39 Wimbledon winner
- 104 Santa —
- 105 Sojourn
- 106 "Ben- —"

ACROSS

- 107 ('59 film)
- 108 Rock's Stefani
- 109 Brit. fliers
- 112 Jazzman
- 114 Female elephant
- 116 Mythological meany
- 118 Pennsylvania port
- 120 Bite
- 122 Charles S. Dutton
- 125 Spanish dramatist
- 128 A Dead End Kid
- 130 End of remark
- 133 Subside
- 134 Jack of "Flower Drum Song"
- 135 Cosmetician
- 136 New Archangel, now
- 137 Made a bundle?
- 138 Big bang letters
- 139 Yarn
- 140 For fear that

DOWN

- 4 Swaddle
- 5 Little rocker?
- 6 Lively dances
- 7 Morlocks' prey
- 8 Oafs
- 9 Snidgen
- 10 It should be square
- 11 Bronte's " — Grey"
- 12 Type of muscle
- 13 —de-lance
- 14 Shoe part
- 15 Big guy
- 16 Japanese dog
- 17 Cagney's partner
- 19 Leon of "Mister Ed"
- 24 Minnesota city
- 26 Writer Rogers St. Johns
- 29 Couturier Jean
- 32 Round Table title
- 34 Hand-shakers
- 36 The Brainy Lunch?
- 38 Glasgow girl
- 39 Gladden
- 40 Writer Drury
- 42 "Bhagavad- —"
- 43 Beehive or bouffant
- 45 Poetic monogram
- 47 Small
- 49 Jean of "Upstairs, Downstairs"
- 51 Ruhr Valley city
- 52 "What's — for me?"
- 53 Place
- 54 Queue tip?
- 56 Takes in
- 58 Portly
- 61 Namely
- 63 City on the Nile
- 64 Annealing oven
- 66 Irish county
- 68 Hua's predecessor
- 69 Monitor message
- 73 Mormon leader
- 74 Infinitive splitter, often
- 75 Desert refuge
- 76 Downtown miasma
- 77 Dance maneuver
- 78 Boot —
- 79 Poet Unsel
- 83 Lazarus girl
- 84 French river
- 86 Salutes the moon?
- 87 Components
- 89 — Minor
- 91 Colt color
- 94 Fireworks reaction
- 95 "Alceste" composer
- 96 Curly coif
- 99 Chan
- 100 She'll flip for you
- 102 Day- —
- 103 Tenor
- 108 Little pet
- 109 Change for the better
- 110 Oranjestad's locale
- 111 Ultimate
- 113 Drawing room
- 115 Pulse place
- 117 "Friends"
- 119 Ending for leather
- 121 Thicken
- 123 Nobelist
- 124 "Dark Lady" singer
- 126 Sheep shed
- 127 Interrogates
- 129 Oxford omega
- 130 Craven or Unseld
- 131 " — Paula" ('63 song)
- 132 Tended a tot

See Page D3 for this week's answers.

### Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# Kid's Corner

### Riddle Card

1. What insect lives on nothing?  
2. What land do babies like best?  
3. Why is "O" the noisiest of vowels?  
4. How is a balloon like a vagabond?  
5. Which travels faster — heat or cold?

Answers: 1. A moth, because it eats holes. 2. Laland. 3. Because the rest are "in" and "out". 4. Because it has no visible means of support. 5. Heat, because you can catch cold.

### Junior Whirl

by Charles Barry Townsend

A "KEY" WORD TEST!

The grid to the left has room for nine words, and they all contain a "key." Try to find them before the "turnkey" wakes up! The following hints should help.

1. Slang for jail.  
2. Hit the wrong note.  
3. Every mouse needs one.  
4. A restrained style.  
5. A modern door opener.  
6. The main political speech.  
7. Exaggerated or foolish talk.  
8. Tampered with something.  
9. Slavish, obedient people.

### Wishing Well

2 6 7 5 2 4 7 8 7 3 7 6 8  
I S L N N N I S F D E U T  
6 3 5 8 5 3 6 8 7 6 8 5 4  
P A E A W R P T I O U A O  
5 6 2 5 2 3 2 6 8 5 2 7 3  
C R C T R I E T S I A S N  
4 6 8 4 2 7 5 3 6 8 7 2 5  
R C C A S A V G O H P E I  
8 3 7 6 7 2 6 2 3 5 7 5 3  
A I A W R I O N D T T Y E  
8 7 3 5 2 5 8 2 8 2 5 6 4  
N Y A O W N G A E G T R I  
8 5 4 5 2 5 6 2 5 6 5 6 6  
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### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Woman's hair is black. 2. Apron has no dots. 3. Umbrella is missing. 4. Shutter is different. 5. Flowers added near walkway. 6. Window in door is larger.

### WORD POWER IS A "GOOD DEAL"

Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

1. Former college student.  
2. Chrome — (sl.).  
3. Tiny particle.  
4. To give high praise.

1. Type of race.  
2. A musician's tape.  
3. Usually full of water.  
4. Having a double purpose.

# Fort Rucker helps civilians get in shape

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

Being in shape is paramount for Soldiers, but civilians should maintain the same level of fitness, too, according to Fort Rucker Wellness Center staff.

Civilians working on post have the opportunity to sign up for the Civilian Fitness Program now until April 14.

The program is a three-hour per week workout schedule designed to help civilians get

into and maintain a healthier lifestyle, said Jeff Atkins, Wellness Center health promotion technician.

"The program is scheduled to last for six months," he said. "We hope this will be the first step to helping some people live better lives."

Participants are tasked with keeping up with a regular workout schedule and maintaining a healthy diet. They can schedule their workouts while on the clock, as long as they have approval from their

supervisors, Atkins said.

Program members must work out on Fort Rucker and keep track of the types of exercises they perform, Atkins added. Use of the physical fitness facilities is free to those working on post, but if trainers or classes are used it will be at the participant's expense.

Getting in shape isn't about just dieting, but a lifestyle change for Sasha LaForge, Child, Youth and School Services workforce preparation

specialist. She said this program provides her the opportunity to get in shape without much disruption.

"I don't want to be 50 or 60 and have all kinds of health issues," she said. "I really like the accountability of this program. It allows me to keep myself in check."

Changing her eating habits is another key factor in LaForge's journey to a healthier life. She said the support at home is helping in that area as well as in

physical training.

"My husband and children are very helpful," she said. "They're helping me by trying to eat healthy, too."

The participants must have regular progress checks, including monthly meetings to track the class' overall progress, Atkins said. The class will conclude with a final meeting and weigh-in on a day in July to be determined later.

Those interested in signing up should call 255-9908 or 255-9915.

## NCAA basketball March Madness bracket



### St. Patty's Day Race Results

- **5K Winner:** Alex Stoemer, with a time of 18:36.
- **10K Winner:** Michael Spears, with a time of 37:30.

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### PUZZLE ANSWERS

#### Super Crossword Answers

ELSE	EJECT	MAR	FATAL
LEONA	VILLA	EGO	ERIKA
SHOWME	AGOOD	ANTARCTIC	
INRED	SID	PLEAD	HATE
ASIS	SPA	STEM	NAY
LEAP	NIGH	OTT	OLEO
ALL	MARIA	LOSER	ANDILL
SALSA	TISSUES	SONIA	
STEER	TART	SALARIES	
ENESCO	DOME	ESE	TUT
SHOWY	OUA	MANWHOS	
SHE	RIO	TOAD	ARAMIS
TIMBUKTU	IVAN	SONAR	
ELMAN	NOGALES	IGLOO	
PLAYING	GOLF	RIGGS	ANA
STAY	HUR	BALI	GWEN
RAF	SIMS	COW	OGRE
ERIE	SNACK	ROC	LORCA
HUNT	ZHALL	WITHHIS	BOSS
ABATE	SOO	ESTEE	SITKA
BALED	TNT	STORY	LEST

#### Weekly SUDOKU Answer

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

#### TRIVIA Answers

1. Daisy
2. Audrey Meadows
3. Ferrum
4. Base of the brain
5. Ruff
6. Brylcreem
7. New Brunswick
8. William James
9. Ecclesiastes
10. Joan Baez

## Business Card Spotlight

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# Lifeguards prepare for swimmers

BY RUSSELL SELLERS  
Army Flier Staff Writer

Directorate of Family, Morale, Welfare and Recreation staff is training the next generation of lifeguards through April 8.

DFMWR Aquatics staff trains local junior high and high school students to be lifeguards at area pools and lakes for spring and summer, according to Jamie Hann, course instructor and assistant aquatics manager.

Hann said the current group of teenagers going through the course has shown the characteristics of great lifeguards by working together as a team and never giving up.

“They’ve shown a lot of improvement from the first day up to now,” he said. “They’ve done all the studying they needed to and they’ve picked up on things very quickly.”

Hann said the basic skills of being a lifeguard come easily to those who have swimming experience, but some tasks can be more difficult to learn.

“The hardest thing this class has to learn is the back-boarding, which is rescuing someone who has a potential spinal or neck injury,” he said. “It’s important they



PHOTO BY RUSSELL SELLERS

Zach Neudecker, left, and Ryan Murphy, right, perform a deep-water back-boarding rescue exercise using fellow lifeguarding student Ryan Groome as a stand-in victim during a DFMWR lifeguarding course at Splash! Pool Monday.

work together as a team and know what to do in that situation.”

Some students said they had only limited swimming experience before joining the class, but now feel they have become much stronger in the water.

“This was my first time with a lifeguard class,” said Britney Moody, an Enterprise High School junior. “I wanted to be able to help people and I love being in the water. A lot of the job is com-

mon sense, but there are a lot of things, like CPR training, I didn’t know before.”

While it might have been the first time some students had taken the course, it was also a first-time teaching experience for assistant instructor Jennifer Koestens.

“I was nervous at first, but they’ve been a great class and once I got to know them better it was a lot easier,” she said. “They should be ready for their finals

very soon.”

The final examination involves using everything the students have learned throughout the course, including a back-boarding scenario, Koestens added.

Others in the class said they hope to move right into working as a lifeguard either on- or off-post as soon as the course is over.

“I’d really like to start working (as soon as possible),” said Jeremy Doggett, an Enterprise Junior

Scan this code with your smartphone



to check out video from lifeguard class.

High student. “I’ve been swimming since I was 5 years old and it’s something I love doing. We’ve all learned a lot from this class and I’m ready to start using it.”

Two more lifeguarding courses are offered this month beginning Saturday. Participants must be 15 years old by the last day of class. Pre-requisites consist of a 500-meter swim, brick retrieval from the bottom of the deep end and 15-yard underwater swim. More details are given at the beginning of pre-requisites on the first day of class.

Course cost is \$75 and must be paid prior to first day of classes at the Fort Rucker Physical Fitness Facility.

For more information, call 255-9162.

## Video Game Spotlight >>

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

# Homefront delivers compelling story, visuals

BY JIM VAN SLYKE  
Contributing Writer

Unlike most shooters, *Homefront* focuses more on the narrative, and less on the big guns and over-the-top action.

The story was written by John Milius, the same man who wrote *Apocalypse Now* and *Red Dawn*.

The game takes place in 2027 and things have changed quite a bit in the world.

Gas is \$20 a gallon and North Korea has decided to annex countries around it because America has weakened and the countries no longer have U.S. military support. But, North Korea doesn’t stop there.

It takes Hawaii and then drops paratroopers into the heartland of America. Not only that, it drops a massive electromagnetic pulse bomb that wipes out

most electronics in the U.S. and it irradiates the Mississippi River.

Gamers become a regular American who joins a resistance cell.

He has no military training, but that doesn’t stop him from being a patriot.

Battles take place in abandoned subdivisions and high school football fields now functioning as prisoner of war camps.

America is now a land

full of insurgents, a story that is much different than what we’ve seen before.



Publisher  
THQ  
Rated  
Mature  
Systems  
Multiple  
Cost  
\$50-\$60  
Overall  
3 out of 4

The game has a cinematic feel, but, unfortunately, there are too many technical snafus to not mention.

Framerate drops happen often and there are times when the game just seems to get stuck for a while. Perhaps a patch will help things.

The action is still fun, especially since the Americans are the underdogs

here and must fight for every scrap.

The gunfights can be in-

tense and there is plenty of drama from beginning to end. The online action

is good, but the story is really the reason to visit the *Homefront*.



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SPORTS SHORTS  
Continued from Page D1

registered dietitian, Directorate of Morale, Welfare and Recreation Partnership EDGE! representatives, Family Advocacy Program representatives, physical therapy, a dental clinic, preventive medicine, the 4-H Club, a nutritionist and Military and Family Life Consultant Program representatives. For more information, call 255-9105.

GOBBLER CLASSIC TURKEY HUNT  
Fort Rucker Outdoor Recreation staff hosts the annual Gobbler Classic Turkey Hunt April 8 from 5-10 a.m. Trophies and door prizes will be awarded. Participants must have an Alabama State Hunting License and a Hunter Safety Education Course Completion Card. Cost for participation is \$10. For more information and to register, call 255-4305.

NASCAR TICKETS OFFERED AT LEISURE TRAVEL  
The Fort Rucker Leisure Travel office offers Talladega Superspeedway tickets for the NASCAR races April 16-17. The prices are \$90 per person for both days and \$45 for Sunday only. Seating is in the Gadsden Grandstands. For more information, call 255-9517.



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