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VOL. 61 ■ NO. 16

FORT RUCKER ★ ALABAMA

APRIL 21, 2011

NEWSLINES

CHANGE OF COMMAND

The 1st Battalion, 212th Aviation Regiment conducts a change of command ceremony April 28 from 8:30-9:30 a.m. on Howze Field. Soldiers will render honors to Lt. Col. Michael F. Burns III, outgoing commander, and welcome Lt. Col. Ronald Ellis, incoming commander.

LIBRARY WEEK

The library is a place where stories begin, so Fort Rucker Center Library staff encourage Soldiers and Families to follow the theme of National Library Week, "Create your own story @ your library." See Page C1.

HALF-MARATHON A WEEK

CW4 Bob Cuyler is on a quest. The tactical operations officer for Task Force Falcon, 10th Mountain Division, runs a half-marathon every single week. That's 13.1 miles in a single outing every seven days. By the end of the year, Cuyler hopes to add those distances to a total of 681.2 miles run. See Page D1.

GERMAN ARMED FORCES PROFICIENCY BADGE

The German Liaison Staff hosts spring cycle training and testing for the German Armed Forces Proficiency Badge beginning May 2. Training is conducted daily from 6-7 a.m. at the Fort Rucker Physical Fitness Facility track. Cutoff for candidate registration is April 29. Soldiers must be cleared for training through their chain of command and a maximum of 50 Soldiers will be selected for the training. For more information or to reserve a slot, call 255-3059 or email fabian.montano@us.army.mil.

THUNDER ON THOLOCCO

The Thunder returns to Lake Tholocco's West Beach with drag boat racing April 30 from 11 a.m.-6 p.m. The event is a multi-class outboard drag boat race sanctioned by the American Outboard Federation, which has become a family fun event. The event offers multiple food vendors and free entertainment for kids and adults. Admission is free and open to the public. No pets or glass containers are allowed on the beach. For more information, call 255-1749.

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Weather 3-DAY OUTLOOK

THURSDAY
High **88**
Low **63**
Partly cloudy

FRIDAY
High **91**
Low **61**
Isolated t-storms

SATURDAY
High **89**
Low **60**
Mostly sunny

Strike up the band



PHOTO BY RUSSELL SELLERS

CW4 Jesse O. Pascua, 98th Army "Silver Wings" Band commander, conducts the band during a rehearsal April 12. The band is preparing to kick off its "Music in the Wiregrass" concert series April 30 with a show at Cullpepper Park in Daleville beginning at 6 p.m. See Page A3 for the full story.

Earth Day 2011

Sustain the environment for a secure future



PHOTO BY BREANNA WALTON

An apple tree begins to sprout on a parcel of land set aside as part of the "Going Wild" program at Fort Rucker. The area is also planted with pear and plum trees, blueberry bushes and wildflowers.

BY BREANNA WALTON
Army Flier Staff Writer

Fort Rucker and surrounding communities join together April 22 to celebrate Earth Day, raising awareness for conservation and recycling.

Earth Day gives people who have not taken part in recycling and helping the environment the opportunity to make changes to their lives and their community, according to the U.S. Army Environmental Command.

"Sustaining the Environment for a Secure Future; Net Zero 2011," is the Army's theme for Earth Day.

At Fort Rucker, two pieces of land have been preserved for the "Going Wild" program, which uphold the saying, "Make Every Day, Earth Day."

"The 'Going Wild' program, which allows land to revert back to its natural

state, is the best thing to do for the parcels of land at Fort Rucker that play no major role in training," said Doug Watkins, Directorate of Public Works environmental and natural resources ergonomist. "This program has all the benefits and values needed to enhance natural resources, wildlife, save soil and make a better environment."

"Apple, pear and plum trees, blueberry bushes and wildflowers are planted throughout the plot," continued Watkins. "All of which are beneficial to the wildlife that grow and evolve. The land will eventually become a living food plot, nesting for turkeys and a nursery area for fawning."

Army Earth Day exemplifies a daily commitment to the stewardship of the public resources entrusted to military

SEE EARTH, PAGE A4

Soldiers encouraged to 'take back' old prescriptions

BY BREANNA WALTON
Army Flier Staff Writer

Cleaning out the medicine cabinet is not a high priority for most individuals who work steady jobs and have children, said Fort Rucker health officials.

Proper disposal of prescription medications is most often not on the minds of those individuals who come home and relax at night in front of the television, said Jesse Hunt Fort Rucker Army Substance Abuse Program prevention coordinator.

April 30 is National Prescription Drug Take-Back Day. Fort Rucker military police will be at the post exchange from 10 a.m.

to 2 p.m. to collect prescription medication from anyone willing to drop it off.

Taking a day to clean out the medicine cabinet and dispose of all old and outdated medicine should be a priority on everyone's list, Hunt said.

"Get rid of the stuff, so it doesn't become an item you could take by mistake," he added. "If children are in the house they may want to experiment with whatever is in the medicine cabinet, so there is another good reason for not keeping it around."

"Get them out so someone will not go in there and grab a bottle



COURTESY GRAPHIC

SEE BACK, PAGE A4

ARMYFLIER

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the *Army Flier* is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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Perspective

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

‘Thank you all, from one grateful mom’

BY NAVY LT. TIFFANI WALKER
Defense Media Activity

FORT MEADE, Md. — I work the “Mom shift” after I finish my day job as a Navy lieutenant on active duty.

It is that time of night when I have heard that other people watch their favorite show and catch up with their spouse. Some people may even read or even get to bed early, but I pull another shift at the factory where I make school lunches, wash bottles, sign homework and ensure the house is picked up enough to not cause injury or infection to my beautiful kids.

The Mom shift is that time of night when single and sometimes-single-due-to-orders moms like me take care of all of the things that need to be done just to make it to the next day.

I find that this time of night is the most reflective for me. I put the kids to bed and do menial tasks that don’t take much brainpower to do. It opens up my mind for a million other things that I don’t have time for throughout the day.

I make my lists of groceries, chores, to-do’s and wishes.

I think about how much I miss my handsome husband and wonder when the day will come that we live in the same house again — not just for a visit, but for good.

I wonder if I can clone myself so I can find time to take naps and work to get rid of the “baby weight.”

And to be completely honest, I also internally whine about a number of things, such as why, when I am here alone with two kids, the sewage pipe had to back up in the basement and I had clean it up. And about why

I have to go it alone as the plumber, mover, financial adviser, housekeeper and pediatrician ... Why? Why? Why?

And then I remember. My kids are safe in their beds, warm and happy, and it wasn’t entirely my doing. I didn’t go it alone tonight or any other night. I had help from strangers — people who don’t know those two sleeping kids or me.

There are men and women around the world from our country and so many others who are flying, fighting, patrolling, diving, standing a watch, manning a rail and holding the line. It’s a line in the sand drawn in dirt, the air and the ocean that keeps children like mine safe in their beds.

I am grateful for the Soldiers, Sailors, Airmen and Marines that serve afar while I tuck my sweet children in at night.

Thank you all, from one grateful mom.

Don’t risk your life on luck—buckle up

BY BOB VAN ELSBERG
*Strategic Communication Directorate
U.S. Army Combat Readiness/
Safety Center*

How long does it take to buckle a seat belt?

Maybe a better question would be, “How long does it take to roll a sport utility vehicle, fly through the windshield and die on impact with the road?”

As it turns out, not very long as one Soldier found out last July. And it could have been worse — it could have been a “two-fer” that day.

Another unbelted Soldier riding with him only survived because his foot caught on the door and kept him from being ejected when the SUV rolled three times.

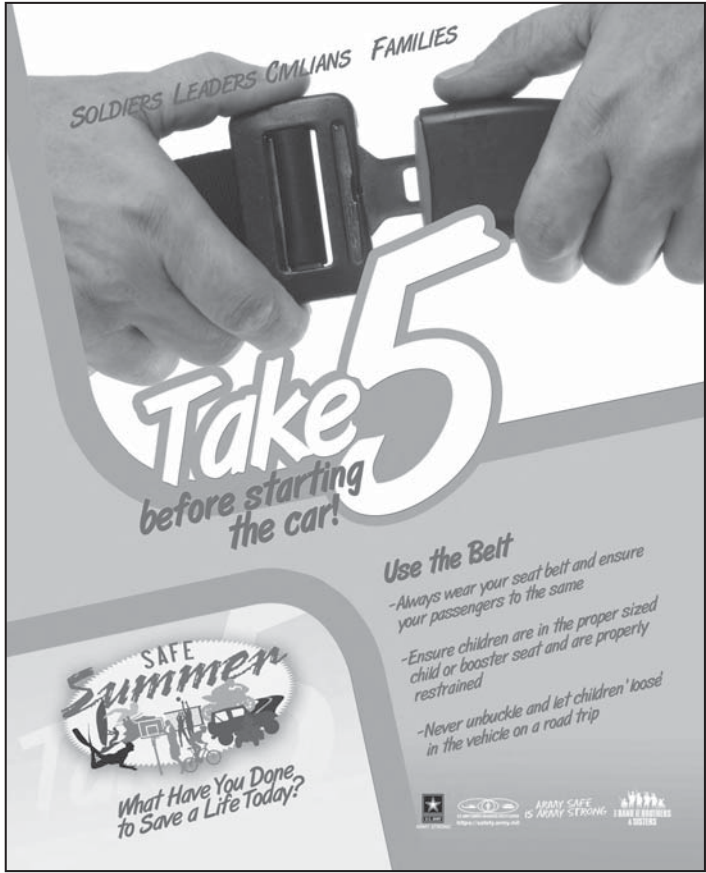
Want to bet he wears his seat belt now? After all, how often can you be that lucky?

However, the problem is you can’t count on luck when it comes to safety.

The Soldier who died in this accident was one of 24 who chose to be unbelted and didn’t survive during fiscal 2009. However, there’s another interesting number regarding these accidents.

The Soldier who died in this accident was 25 years old. That proved to be the average age for unbelted Soldiers dying in privately owned vehicle crashes.

What did it cost the unbelted Soldier? According to the Centers for Disease Control and Prevention, the average American can expect to live almost 78 years. Stack that up against a person dying at 25 and you’ll see they lost more than two-thirds of their likely life span. Doesn’t



seem fair, does it?

What could those 53 years have held? If he could, what would the Soldier pay to get that time back? Think he’d be willing to buckle his seat belt? How about you?

People find all kinds of excuses for ignoring the value of seat belts.

Here are some classics:

- “I don’t need seat belts — my air bags will protect me.” Trouble is, if you’re unbelted, you’ll likely just slide around the air bag and hit something much harder. Seat belts and air bags are designed to work together.

- “I’m not going that far and I’m not going that fast.” The truth is, most fatal accidents happen within 25 miles of home at speeds less than 40 mph.
- “They’re uncomfortable.” That might have been true in the early days, but today’s seat belts are adjustable to restrain drivers and passengers comfortably. Indeed, they’re a lot more comfortable than the adjustable belts on stretchers and backboards.
- “They’ll wrinkle my clothes.” That may be true. However, if seat belts are hard on clothes,

just wait and see what windshields do to faces. And some of those “wrinkles” never come out.

- “If my car goes into the water, I may be trapped inside and unable to get out.” In reality, being restrained improves your chances of remaining conscious and escaping your vehicle.
- “I’m a good driver — I’ll never be in an accident.” Just because you’re a good driver doesn’t mean everybody else is. When some distracted, impatient or aggressive driver “invites” you to their accident, you’ll

need your seat belt.

- “When it’s my time to go, it’s my time to go.” During 2009, the National Highway Traffic Safety Administration did a study that disproved this idea. They found using seat belts would have prevented nearly half of all driver fatalities and well over one-third of all front-seat passenger fatalities that year.

Just because an impatient driver decides to go through a red light doesn’t mean it’s your time to “go,” too.

However, as Soldiers, you can bet the Army does have your number — it’s Army Regulation 385-10 — and has left a few messages on your “answering machine.” For example, one says, “Occupant protective devices will be worn by all Soldiers driving or riding in a POV whether on or off the installation.” That means when you go off post, the buckle stays on.

And you are your “brother’s keeper” on the road. The message says, “The vehicle operator is responsible for informing passengers of the occupant protective device requirement and the senior occupant is responsible for enforcement.”

And there’s even a message for those who aren’t green-suiters. The AR says, “All personnel, to include Family members, guests and visitors will wear occupant protective devices at any time on an Army installation.”

(Editor’s note: This article is reprinted with permission from Knowledge, the Army’s safety magazine.)

Rotor Wash

“Next week is National Volunteer Week. Why is it important to volunteer?”



Capt. Brad DeLoach,
597th Maintenance Co.

“It’s important to volunteer so we can give something back to the community that gives so much to us.”



Staff Sgt. LaVaris Brown,
164th TAOG

“You have to show initiative, showing it makes other people do the same and you get a lot accomplished when you do that.”



Sgt. Dustin Blaine,
6th MP Detachment

“There is always someone else out there worse off than you and you might be able to make an impact and a difference in their lives.”



Katrina Felton-Fairley,
Fort Rucker Primary School

“The Soldiers give so we can have our freedom anytime you can do something for a Soldier or anyone else, do so, because there is always someone in need.



Harvey Williams,
Sgt. 1st Class retired.

“Because whatever the cause you’re volunteering for must be important and there is a reason behind all things. Those who have time and are willing, volunteering is very important.”

98th Army Band prepares for summer concert series

BY RUSSELL SELLERS
Army Flier Staff Writer

Wiregrass residents have the opportunity to get a taste of some of Fort Rucker's musically-talented individuals in an upcoming concert series by the 98th Army "Silver Wings" Band.

The band kicks off its "Music in the Wiregrass" concert series April 30 with a show at Cullpepper Park in Daleville beginning at 6 p.m., said Spc. Tim Stuart, 98th Army "Silver Wings" Band public affairs officer and saxophonist.

"It's going to give those in the area a chance to see what else Fort Rucker has to offer the local communities," Stuart said. "We put on a good performance and we want people to have a good time."

According to Stuart, the concert takes place following a softball game and will have an "evening under the stars" feel.

"It's our way of saying 'thank you' to the community for supporting Fort Rucker and the military," he said. "It's just going to be a nice, down-home Saturday night with good music."

The concert series isn't just for the communities; it is also a way for the band to prepare for the upcoming Freedom Fest at Fort Rucker in July, said CW4 Jesse O. Pascua, 98th Army Band commander.

"We've adapted the concept to reach out to the communities surrounding Fort Rucker," he said. "We'll be reaching a different community each month leading up to our performance at Freedom Fest 2011."

Sgt. 1st Class Jason Emanuelson, 98th Army Band trumpet player, said the performance schedule is much different from what the band was used to in years past.

"We haven't really



PHOTOS BY RUSSELL SELLERS

The 98th Army Band works on music for its "Music in the Wiregrass" concert series at its headquarters here April 12. The band is preparing for its "Music in the Wiregrass" series, which begins April 30 in Daleville.

kicked off concert band rehearsals until May or June in the past few years," he said. "That would only be a couple of months away from the Freedom Fest show. We're also usually split into four or five different groups with each playing at different venues on- and off-post. Since this concert is at the end of April, we started practicing as a whole band last month."

Emanuelson added the band has two full-band practices each week, but the individual sections practice together throughout the week as well. Many of the band members spend several hours each week practicing on their own, too.

"We're probably averaging a combined 15 to 20 hours of practice a week," he said. "Most of us practice on our own time, too. That puts some at around 30 to 40 hours a week."



Spc. Timothy Stuart, 98th Army Band alto saxophonist, practices with the band during a rehearsal at the band's practice room April 12.

Controlled burns help environment, wildlife

BY RUSSELL SELLERS
Army Flier Staff Writer

Thick clouds of smoke have been seen over Fort Rucker at various times during the last several weeks, but it's nothing to be alarmed over, installation Forestry Officials said.

The series of controlled burns is meant to help clear away possible hazards that could pose a more serious threat if left unchecked, said Casey Newton, Fort Rucker installation forester.

"In the past 30 years there haven't been many prescribed fires," he said. "In 2006 when the (Survival, Evasion, Resistance and Escape) school was implemented here, there was a need to do more on the ground forestry management."

Newton said the fires are meant to mimic what happens naturally, but on a more regular basis. Every three to four years, a controlled burn is applied to certain areas to keep the ecosystem healthier.

"Typically, we try to start burning in November, but the past couple of years have been really wet," he said. "We try to be finished by March, but we will burn sporadically in April. It will make the areas more manageable and sustainable."

Newton said some of the areas that had been without

regular burning for around 30 years had become wildfire hazards. The controlled burns are meant to correct that problem, as well.

"When we got into those areas we saw where several of the SERE students had made fires and that could be a real problem if those fires were to catch something else on fire," he said. "We're trying to do everything we can to avoid wildfires, which can get out of control very quickly."

Burning away the dead and dying brush also adds nutrients back into the top soil and promotes a healthier growing environment, Newton added. This can be good for local wildlife in addition to the prevention of wildfire.

"We have a lot of turkeys on post and they don't like to go into areas where they can't see," he said. "By clearing out a lot of this debris, it can entice them to move into some of these areas."

Recently, some scheduled burns were postponed due to changes in wind direction, Newton added. The reason for this is because the excess smoke can cause problems for those living and working on the installation.

"We try to burn into the wind and make sure the smoke goes away from roads



COURTESY PHOTO

A controlled burn is conducted in Training Area 14 in 2009. Controlled burns are performed on post every three to four years in various areas to promote a healthy ecosystem and to aid in the prevention of wildfires, according to Fort Rucker Forestry Officials.

and populated areas," he said. "It's important that we don't smoke out an area and make it hard for motorists to see what's in front of them."

Dan Spillers, Fort Rucker Natural Resources fish and wildlife biologist, said the controlled burns do sometimes destroy some wildlife, but they also promote healthy growth of many species living here.

"Most of the wildlife we

have here has adapted naturally to fire because it's part of their ecosystem," he said. "There might be an individual or two that are destroyed, but the benefits far outweigh the damage done. Most can get away from the fire, though."

One species that is being considered for inclusion on the protected species list is the gopher tortoise, found in various

places in the Wiregrass area.

Spillers said the tortoises have adapted to fire and usually burrow into the soil to protect themselves during a burn.

"If you have a wildfire, it's more intense and can be damaging to the wildlife and overall environment," he said. "Usually wildfires roll through areas that have not had prescribed fire in many years."

Earth: National campaign promotes ‘acts of green’

ARMY EARTH DAY 2011

SUSTAINING THE ENVIRONMENT
FOR A SECURE FUTURE

NET ZERO

ARMY EARTH DAY:
<http://www.aec.army.mil/usoc/newsroom/earthday00.html>

ARMY NET ZERO:
<http://army.energy.hqda.pentagon.mil/netzero/>

Back: Several drop off points will be available for Soldiers on post

Continued from Page A1

when they are impaired, such as being sick or sleepy,” said Hunt. “They could grab the wrong bottle by mistake or take medicine that is outdated, which could make their condition worse.”

Individuals bringing in medication remain anonymous. It can be dropped off, with no information or names will be taken, according to Hunt.

“This is for old and outdated prescription medication,” Hunt added. “Medication changes its properties over time and after about a year, you need to clean them out.”

Drop off points will also be located at Army Medical Command in Lyster Army Health Clinic beginning April 30. Enterprise police officials host a drop off point at Wal-Mart April 30 from 10 a.m. to 2 p.m.

After medications have been dropped off, Drug Enforcement Agency officials will pick them up and dispose of the medication, said Hunt.

“We are trying to cut back on drug abuse by getting rid of all the old medications,” Hunt said. “Keep them like you keep your guns, ‘under lock and key.’”

A new policy is also in effect for Soldiers concerning prescription medications. In February, Army policy established a six-month expiration date for the use of controlled substance prescriptions dispensed to Soldiers.

The six-month period begins on the date the last prescription was dispensed by the pharmacy to the Soldier, according to a memorandum to Soldiers from Lt. Col. Shawn I. Parson, Department of Pharmacy chief.

Soldiers need to know the authorized use expiration date for their controlled

substance prescriptions and know that a positive urinalysis after this expiration date may result in a “no legitimate use” finding and Uniform Code of Military Justice action, the memorandum continued.

“This policy has to do with the problem we have with drugs and people taking drugs,” Hunt said.

Individuals who fear they may have an addiction to prescription or pain medication and are interested in seeking help, a Controlled Substance Awareness Program is available at Fort Rucker.

“We currently have a number of people participating who have been taking pain medication due to long term illnesses or back pain,” said Hunt.

The mission of the CSAP is to provide education about safe use of long term controlled substances and offer a multidisciplinary approach to include education, awareness, prevention and risk reduction.

The goals at CSAP are to help someone achieve a more comfortable, productive and rewarding life; minimize the risks of addictive medications; and maximize their benefits for relief. They also can help someone understand chronic pain symptoms, the physical and psychological components of pain management and explore alternative approaches to pain management.

National Prescription Drug Take-Back Day closes out Alcohol and Substance Abuse Prevention month for April. Substance abuse is a national problem but also faces individuals at Fort Rucker. While alcohol may be the leading problem, pain medication is not far behind, says Hunt.

For more information on CSAP, call Donald L. Schuman, clinical director, at 255-7509 or visit CSAP at Lyster Army Health Clinic, Rm. T-100.

Continued from Page A1

care and as a worldwide event. It represents the commitment of the U.S. and other countries to environmental security, according to the U.S. Army Environmental Command.

Active-duty military, civilian personnel, Families and local community members contribute significantly to the impact of the event.

The global campaign for Earth Day is “A Billion Acts of Green” the largest environmental service campaign in the world, according to the U.S. Earth Day Network.

“A Billion Acts of Green” inspires and rewards both individuals and larger organizational initiatives that further the goal of measurably

reducing carbon emission and supporting sustainability. It is steadily building commitments by individuals, organizations, corporations and governments in honor of Earth Day.

The goal is to register one billion actions in advance of the global Earth Summit in Rio de Janeiro, Brazil, in 2012.

Individuals can participate in local programs such as volunteering in an Earth Day walk, bike or run and donate the proceeds to a “green” charity, organize recycling bins, participate in a neighborhood clean-up or set up an Earth Day booth to distribute information.

One of the easiest ways to celebrate Earth Day year round is by recycling, said accord-

ing to the U.S. Earth Day Network. Recycling turns materials that would otherwise become waste into valuable resources. Visit the U.S. Environmental Protection Agency at www.epa.gov and learn the benefits of recycling and steps to recycling a product.

For more than 40 years, Earth Day has inspired and mobilized individuals and organizations worldwide to demonstrate a commitment to environmental protection and sustainability.

The Earth Day year-round mission is to “broaden, diversify and activate the environmental movement worldwide,” according to the U.S. Earth Day Network.

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>>>Employment Forum<<<

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INTERNAL	
Attorney Advisor (General) GS-0905-13 SCEG11935296 Closing Date: April 21	Medical Records Technician GS-0675-07 SCEG11988610 Closing Date: April 25
Medical Clerk (Office Automation) GS-0679-04 SCEG11000088 Closing Date: April 21	Training Instructor (Aviation Operations) GS-1712-11 SCEG11002624 Closing Date: April 26
Safety and Occupational Health Specialist (TNE 36 MTHS) GS-0018-12 SCEG11989339 Closing Date: April 22	Senior Training Instructor GS-1712-12 SCEG11988383 Closing Date: April 27
IT Specialist (CUSTSPT) (TNE 24 MTHS) GS-2210-09 SCEG11010636 Closing Date: April 22	Helicopter Flight Instructor GS-2181-13 SCEG11012994 Closing Date: April 29
Training Instructor (Aviation Academics) GS-1712-11 SCEG11002440 Closing Date: April 22	Electrical Engineer GS-0850-12 SCEG11860840 Closing Date: May 5
Administrative Support Assistant (OA) GS-0303-06 SCEG11879537 Closing Date: April 25	EXTERNAL
	Medical Records Technician GS-0675-07 SCEG11988610D Closing Date: April 25
	Electrical Engineer GS-0850-12 SCEG11860840D Closing Date: May 5

Energy drinks, alcohol – a deadly combination

BY BREANNA WALTON
Army Flier Staff Writer

Energy drinks continue to gain in popularity as people seek to increase their stamina, gain mental focus and consume supplements that are good for the body.

What people may not know is that these energy drinks can harm their bodies and potentially cause adverse affects and even death if mixed with alcohol.

Vodka mixed with an energy drink is a familiar drink at many bars. Those drinking it believe the energy drink is taking the edge off the alcohol so they do not feel as inebriated, but what they do not understand is that there is no affect on the alcohol. These individuals may be driving impaired in addition to the effects going on in their body, according to Theresa Osteen, Lyster Army Health Clinic Preventive Medicine Services registered dietitian.

“When mixing alcohol and energy drinks, your impairment is off and that’s a big deal,” said Osteen. “From the health perspective, you have the stimulant that is increasing your heart rate and blood pressure, which can affect your body.”



Energy drinks are stimulants and alcohol is a depressant. The combination of effects has been known to be fatal, according to Osteen.

The side effects of a stimulant, such as caffeine, can be increased respiratory rate, increased heart rate, increased alertness and reduced fatigue. Depressants slow brain function, decrease heart rate and blood pressure, dilate blood vessels, impair

coordination, motor skills, judgment and memory, and can cause blackouts, she added.

Stimulants found in energy drinks cause dehydration, which can hinder the body’s ability to metabolize alcohol. Dehydration, when working in hot environments, can also increase the risk of heat-related illnesses and mixing the two components could also increase the toxicity of the drink, Osteen said.

Stimulants can also give a person the impression they aren’t impaired. But no matter how alert someone may feel, the alcohol in the energy drink is raising the blood alcohol concentration in the body, just as if they were having an alcoholic drink, she said.

Once the stimulant’s effects wear off, the depressant effects of the alcohol remain. Serious alcohol induced sickness such as vomiting while asleep or respiratory depression can occur. Other effects may include panic attacks, increased anxiety, insomnia, increased gastric acid, bowel irritability and cardiovascular failure.

An alcoholic energy drink is

SEE ENERGY, PAGE A6

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Extrication exercise hones specialized skills

BY SPC. MICHAEL URIBE
40th Combat Aviation Brigade

CAMP TAJI, Iraq — Soldiers from the 40th Combat Aviation Brigade teamed up with Camp Taji’s civilian firefighters earlier this month to practice extricating car crash victims from a smashed-up vehicle.

A decommissioned Ford Explorer was systematically pried open, sliced and diced during the joint training exercise.

“We went from the most basic part of stabilizing the vehicle to some basic entry maneuvers — from opening the doors and ultimately taking the roof off the vehicle,” said Spc. Michael Kelley, a native of Bourne, Mass.

Kelley is a flight medic with C Company, 3rd Battalion, 126th Aviation Regiment. The 3rd Bn. 126th Avn. Regt. is a National Guard unit from Vermont and Massachusetts that is providing medical evacuation services in Iraq in support of Operation New Dawn.

The unit is attached to the Georgia National Guard’s 1st General Support Aviation Battalion, 171st Aviation Regiment, which falls under the 40th Combat Aviation Brigade.

The joint training exercise

was organized by Kelley, who works as an emergency medical technician and firefighter back home. The training gave the medics and flight crews of the 3rd Bn. 126th Avn. Regt. some practice using their specialized extrication equipment.

“Today we trained the medics on exactly what steps to use if they come upon a vehicle extrication situation,” said Norman Semanik, a firefighter with the Camp Taji Fire Department.

Semanik trained the Soldiers on how to break the vehicle’s windows and properly secure its battery, with particular attention paid to extractor and victim safety.

A Tactical Tomahawk was used to smash through the windows. A Power Hawk Rescue System pried and cut the vehicle open. A K-12 Rescue Saw cut through its metal frame.

“This is a skill that is perishable, and if we are called to a MEDEVAC scene where we have to extract a patient, it’s good to have those skills because we do have this equipment,” said Maj. Robert Anderson, commander of C. Co., 1st Bn. 126th Avn. Regt.

Anderson said that for the Soldiers, this type of training “keeps that edge — that knife edge on what they do.”



PHOTO BY SPC. MICHAEL URIBE
Spc. Michael Kelley uses a Power Hawk Rescue System during a vehicle extrication exercise at Camp Taji, Iraq in April.

Energy: Soldiers advised to pay special attention to labels

Continued from Page A5

typically malt liquor, vodka or another alcoholic beverage combined with caffeine or other stimulants.

Stimulants that might be included in the mixture could include caffeine, ephedrine, taurine, ginseng and guarana.

Lines of alcoholic beverage products look similar to the popular energy drinks that contain no alcohol. In order to recognize an alcoholic beverage, examine the container. Any alcoholic drinks are required to show the alcohol volume on the container.

Not only are energy drinks dangerous when mixed with alcohol, but caffeine and other ingredi-

ents in energy drinks can be harmful to the body as well.

People working long hours may consume energy drinks for an extra boost, but if energy drinks are consumed throughout the afternoon it can keep a person up into the early morning hours. Caffeine has a half-life of up to six hours. For example, if a person drinks 200 milligrams of caffeine, six hours later they can still have 100 mg of caffeine in their system.

“Most energy drinks have products in them the Army says Soldiers cannot take,” Osteen said.

Soldiers should pay close attention to the ingredients listed on the back of each product’s label and remain aware of

what chemicals they may or may not consume, Osteen added.

If an energy drink is listed as straight caffeine, Soldiers can still drink them, but are cautioned because the caffeine amount varies greatly in the drinks, according to Osteen.

“Around 120 milligrams is considered safe, but there is no safe recommendation for energy drinks or any recommended safe level,” Osteen continued. “Across the board, energy drinks are not recommended.”

Too much caffeine can cause people to feel restless, irritable and fidgety. It can also increase the amount of adrenaline produced in the body causing one’s heart rate to increase and blood pressure to rise,

she added.

Energy drinks are currently not regulated by the Food and Drug Administration. Some contain as much as 300 milligrams of caffeine in a single serving, according to FDA reports.

“Energy drinks are not appropriate at all for those on flight status. It can actually ground them,” said Os-

teen. “A lot of Soldiers do not know what is in energy drinks and that is an important thing to know when consuming them.”

Individuals trying to cut back or stop energy drinks, may see some symptoms of withdrawal, such as headaches. Experts suggest that caffeine is a drug just like any other and the

key is moderation. Stimulants should be moderated to no more than one small energy drink less than 100 milligrams of caffeine a day, or one cup of coffee a day.

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O' Brother, Where Art Thou?

Soldiers bound by blood, honor in serving country

BY CAPT. R. L. "ED" EDWARDS
40th Combat Aviation Brigade

CONTINGENCY OPERATING BASE SPEICHER, Iraq — One or two stoplights, a Methodist church, a Baptist church, and Gentry's — a combination full-service gas station and small restaurant that serves hamburgers and milkshakes. This is the world Scott and Kevin Smira, two brothers from Florence, Miss., grew up in.

"Dad would always take us for a free milkshake if we hit a homerun," Kevin Smira said. "Of course, we were always watching the other kids get the free milkshake," he added with a grin.

Although their world has changed from those simple days playing baseball and growing up in a small Mississippi town, the patriotism instilled deep within these two men has not.

Two prior generations of "Citizen Soldiers" in the family ensure that patriotism is kept alive by these two sons of the South.

Both men speak with deep pride when they mention their grandfather — a man who retired from the United States Navy and worked almost 20 years as a technician with the Mississippi Air National Guard. They also speak with that same pride about their father — a man who was also with the Mississippi Air National Guard for more than 25 years.

Scott Smira is a sergeant and aircraft engine mechanic in the Mississippi Army National Guard's 1st Assault Helicopter Battalion, 185th Aviation Regiment — called Task Force Griffin — which is currently deployed to Contingency Operating Base Speicher, Iraq.

Back home, Scott spends time with his wife, Trish, and sons, Jacob and Matthew, and works as a technician with the Mississippi Army National Guard in Jackson. In Iraq, he's the lead mechanic in his section, spending his time repairing UH-60 Black Hawk helicopter engines.

His brother Kevin is a technical sergeant in the Kansas Air National Guard and recently reenlisted. Kevin is not deployed to Iraq as a National Guardsman on this trip. This time, Kevin is in Iraq as a civilian contractor.

Kevin is Hawker-Beechcraft's project manager for the Joint Primary Aircraft Training System at COB Speicher. His employer is responsible for training Iraqi Air Force instructor pilots.

Back home, Kevin is called "Dad" by Madelaine, Lizzy, Lee and Peyton. Kevin's wife, Amanda, has moved the family back to Mississippi to be closer to family while Kevin is away.

Although serving in different capacities this deployment, Scott and Kevin have deployed before. Kevin has deployed to Iraq twice and Scott has deployed to Kosovo.

Both men are now part of Operation New Dawn and both said they believe in what they are doing. Their battalion is attached to the 40th Combat Aviation Brigade, which is conducting full-spectrum aviation operations in Iraq during a critical draw-down year in the country.

Kevin first arrived on COB Speicher in late January. Scott arrived in February with TF Griffin.

"It was nice to see my brother when I got here," Scott said. "Of course, since he has a car, I got him to take me to the post exchange to get stuff for my containerized housing unit. Kevin still takes me and his best friend from growing up, Sgt. Edward Raymond, to the main dining facility a couple of times a week."

Kevin's face turned solemn for moment after mentioning that his grandmother recently passed away. "It was very different having family here than it would have been had either of us been alone. We had each other here for



PHOTO BY CAPT. R. L. "ED" EDWARDS

Sgt. Scott Smira (right) shares a laugh with his brother, Kevin Smira, at Contingency Operating Base Speicher, Iraq. Scott is a UH-60 Black Hawk engine mechanic for the Mississippi National Guard's 1st Assault Helicopter Battalion, 185th Aviation Regiment. Kevin works in Iraq as a civilian contractor for Hawker Beechcraft; but like his brother, is a Guardsman, serving as a technical sergeant with the Kansas Air National Guard.

support."

Their father told them they should not go back to Mississippi for the funeral because everyone understood what they were doing and that they could say their goodbyes to their grandmother when they returned home.

Scott and Kevin Smira are a story that is not uncommon in Iraq, but it is unique because it doesn't stop there.

Willie Ross, the command sergeant major for TF Griffin, is a cousin. Kevin recalled how Willie "kept us in line" growing up in rural Mississippi.

"Willie's driveway is exactly a mile from mine. I know because that is where I turn around when I go for my training runs!" Scott laughed.

The brothers will be joined by their youngest brother in June when he is deployed as an individual augmentee for the Mississippi Air National Guard. Then things will really get interesting.

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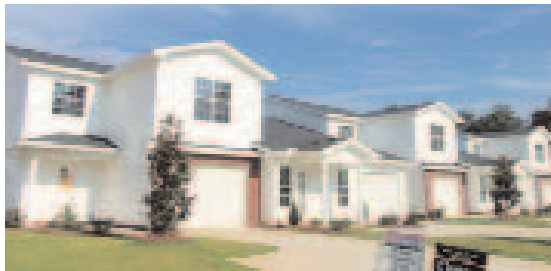
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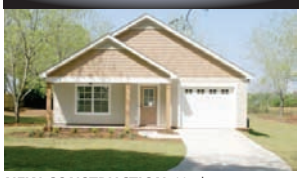
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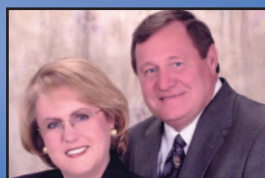
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ARMYWIDE

VOL. 61 ■ NO. 16

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APRIL 21, 2011

ARMY BRIEFS

ARMY SCHEDULES EVENTS FOR RETIREES

WASHINGTON —The Army has scheduled more than 50 Retiree Appreciation Days this year at communities around the world now underway until November.

RADs are one or two-day gatherings, held annually at major installations and other sites, to give retired Soldiers and their families, including survivors, the latest information about the Army and their benefits. Many RADs also include health screenings.

More than one million retired Soldiers, spouses, and survivors of retired Soldiers worldwide are potential customers for RADs, officials said.

The first RAD this year is scheduled for Plattsburgh, N.Y., Saturday, followed by one at West Point April 30.

RADs scheduled for May span the globe from Wiesbaden, Germany, to Fort Wainwright, Alaska, including several installations in between, to include one at Fort Bragg, N.C., May 13-14.

For more information, visit www.armyg1.army.mil/rso/rads.asp.

ARMY HARVESTS TECHNOLOGY FROM CANCELED PROGRAMS

ARLINGTON, Va. — Senior Army leaders told lawmakers the service is “harvesting” technologies from canceled acquisition programs and putting them to use in much-needed current platforms.

Speaking April 5 before the Senate Armed Services Subcommittee on Airland, Army said advances in technology gained during the canceled Future Combat Systems 155mm artillery weapon called the Non-Line-of-Sight Cannon program are being harvested for the current Paladins — Paladins Integrated Management, or PIM.

In addition, the Army has identified savings, eliminated redundancy and gained efficiency through its Capability Portfolio Reviews, or CPRs, efforts which look across “portfolios” or groups of systems from a holistic perspective with a mind to determining the best path forward for the Army.

ARLINGTON IMPROVEMENTS CONTINUE

ARLINGTON, Va. — The Army Cemeteries Program and Arlington National Cemetery leadership testified April 14 before the House Armed Services Subcommittee on Oversight and Investigations regarding the progress made to address past issues and establish accountability at Arlington National Cemetery.

Kathryn A. Condon, executive director, Army National Cemeteries Program, and Patrick K. Hallinan, cemetery superintendent, both testified before the HASC O&I about the steps they have taken since taking over the management of Arlington National Cemetery, June 10, 2010.

In less than a year, the new leadership has taken several steps to address past issues, including: rebuilding the workforce, overhauling the automated interment scheduling system, establishing consolidated call center, implementing a financial management system and contracting process, and employing new chain-of-custody procedures.



PHOTO BY STAFF SGT. GARRETT RALSTON

Soldiers of B Co., 1st Bn., 229th Avn. Regt., 21st Cav. Bde., perform maintenance checks on an AH-64D Apache helicopter before a mission out of Contingency Operating Site Kalsu April 12. The “Tigersharks” of B Co. are conducting counter indirect-fire missions and supporting ground convoys for the 3rd ACR.

1-229th guards Kalsu sky

STAFF SGT. GARRETT RALSTON
3rd Armored Cavalry Regiment

BABIL, Iraq — Soldiers of B Company, 1st Battalion, 229th Aviation Regiment, 21st Cavalry Brigade, are now patrolling Contingency Operating Site Kalsu aiming to enhance its force protection.

Aviators of the 229th “Tigersharks,” are employing their AH-64D Apache helicopters to

watch over a wide area around the base, hunting for insurgents who aim to attack Kalsu, and provide security for convoys moving in the area.

“Our mission out here is to provide an additional asset for ground forces to counter indirect-fire attacks,” said Capt. Zachary Yoklic, B Co. executive officer and a native of Weirton, W.V.

“We will also provide convoy security around Kalsu.”

COS Kalsu has historically been a hotspot for insurgent attacks and the presence of combat Aviation puts pressure on those who attempt to attack the base. While a Soldier presence on the ground provides a similar deterrent, having the helicopters in the air can offer much faster and wider coverage.

“We will basically go out and look at historic areas of interest to make sure there is no threat

present or prevent that threat,” said CW2 Nathan T. Ratliff, an AH-64D Apache pilot originally from Orlando, Fla.

There is a tremendous logistical requirement to keep the helicopters fit to fly each day. Because the unit is now separated from their main support, and with minimal qualified maintenance support on Kalsu, many

SEE SKY, PAGE B4

Armed and Dangerous — the Gray Eagle goes lethal



PHOTO BY 1ST LT. JASON SWEENEY

An MQ-1C Gray Eagle armed with Hellfire missiles revs up before taking flight at Camp Taji, Iraq.

BY 1ST LT. JASON SWEENEY
40th Combat Aviation Brigade

CAMP TAJI, Iraq — The MQ-1C Gray Eagle looks less like an eagle and more like a giant robotic insect. Its alien-like head and dragonfly form give it a futuristic look.

Appropriate enough since this unmanned aerial system is expected to play a big role in the future of Army Aviation.

Currently, four Gray Eagles are based in Camp Taji. The airframes belong to Quick Reaction Capability 1-Replacement 1 — a company-size unit attached to the 40th Combat Aviation Brigade.

QRC-1-R1 falls under the 8th Attack Reconnaissance Battalion, 229th Aviation Regiment,

which is the 40th CAB’s attack arm. The unit’s Gray Eagles perform a role similar to the AH-64 Apache and OH-58 Kiowa helicopters, providing aerial reconnaissance and surveillance. And after a successful Hellfire missile test shoot in February, the Gray Eagles now give commanders in Iraq a deadly new weapon in the fight against extremists.

In February, the Gray Eagle operators of QRC-1-R1 gave a demonstration of the lethality of their airframe by firing six Hellfire missiles into the abandoned hulks of light military tactical vehicles positioned at Shadow Range in western Iraq. The targets were blasted with six direct hits, providing proof of

SEE ARMED, PAGE B4

Soldiers add a touch of color to Camp Taji landscape

BY SPC. DARRIEL SWATTS
40th Combat Aviation Brigade

CAMP TAJI, Iraq — Soldiers of the 40th Combat Aviation Brigade are adding a little color to the monochromatic landscape of Camp Taji, Iraq.

“It’s nice to be able to add some color and personality out here,” said Spc. Melody MacMurray, an administrative assistant for the 40th CAB’s 640th Aviation Support Battalion. “It helps make you feel better about everything when everything is not of the same color.”

Soldiers from the various units that make up the CAB are not only identifying who they are as a unit through art, but are adding a little personality to their work space as well.

“The unit logo I’m painting right now is definitely unique,” said Spc. Michael Kelly, flight medic for 4th Platoon, C Company, 3rd



PHOTO BY SPC. DARRIEL SWATTS

Spc. Lowelly Santos, Apache Mechanic for the 8-229th ARB, 40th CAB, puts the finishing touches on his unit’s insignia on a t-wall outside his commands office on Camp Taji, Iraq on March 31.

SEE SOLDIERS, PAGE B4

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Sky: ‘Tigersharks’ provide additional asset



PHOTO BY STAFF SGT. GARRETT RALSTON
An AH-64D Apache helicopter lifts off from Contingency Operating Site Kalsu for a counter indirect-fire mission April 12.

Continued from Page B1

hours are spent combing over the aircraft to ensure their readiness. “We do what we can to maintain the aircraft since we are unable to conduct heavy maintenance here,” said Spc. Jameel Sanders, an AH-64D Apache maintenance chief and native of San Antonio, Texas. “We have to make sure that everything is in order before the pilots take off. If something goes wrong, they can’t just pull over on a cloud.” The Tigersharks’ mission supporting the 3rd Armored Cavalry Regiment is also unique in that many of its Soldiers were former members of the 3rd ACR. Sanders and Yoklic both served in the

4th squadron of the 3rd ACR which was reorganized as the 229th last year. Sanders said when he found out about the mission to come support the 3rd ACR, he jumped at the chance to come back and serve alongside his old unit. With all of the equipment and personnel in place, the Soldiers of B Co. are in fluid motion, flying missions around the clock to increase the safety of those serving on Kalsu. “The 3rd ACR has bent over backward to make sure that we have everything we need to successfully complete our missions every day,” said Yoklic. “If every time we’re up there the base does not get rocketed then that’s the best part of my day.”

Armed: Gray Eagles paint clearer picture of battlefield

Continued from Page B1

the accuracy and effectiveness of the Gray Eagle in a combat environment. When the Gray Eagle fired the final missile during the shoot, it had some help from its little brother, the Shadow UAS, which is a drone smaller than the Gray Eagle. A Shadow from the 4th Advise and Assist Bde., 3rd Infantry Division out of Al-Asad flew nearby and laser-designated the target. This was a first for the Army — two UAS platforms performing a cooperative engagement. Sgt. Brent Randal is a Gray Eagle operator who participated in the test shoot. “In essence, it’s a video game

— a very expensive video game,” he said of flying the Gray Eagle. “The difference is you actually have guys’ lives in your hands, whether it’s finding improvised explosive devices on the road or engaging targets in support of ground troops.” QRC-1-R1 operators fly their aircraft from portable shelters. Two operators sit side by side in the air-conditioned shelters monitoring video feeds in real time while following the Gray Eagle on maps on their screens. “I can click on a point on the map and the aircraft will make a beeline for it,” said CW2 Kevin Bearden, QRC-1-R1 standardization officer. “It thinks for itself,” said CW4 James Bouchard, UAS safety of-

ficer. “It basically flies its own algorithms.” Although the Gray Eagle had previously fired Hellfire missiles in Afghanistan, the February test shoot was the first time weapons had been fired from the airframe in Iraq. “This gives commanders the confidence that we can successfully engage a target,” Bouchard said. The Gray Eagles have been at Camp Taji since June 2010, but had been flying unarmed. Their high-tech surveillance capabilities have been employed to find weapons caches and IEDs, and they’ve been used to locate and designate targets for other aircraft, as well as walk ground units in on targets.

Ground units are able to monitor video feeds from the Gray Eagle on laptops in their Humvees. The airframe also serves as a communications platform, boosting the signal strength and range of ground-based radios. The Gray Eagle is manufactured by General Atomics. It is cheaper to purchase and maintain than a helicopter and it can stay in the air for longer stretches of time. Essentially, the Gray Eagle is the latest version of the Predator series of drones, retooled and upgraded for Army-specific needs. The Air Force’s Predator drones are flown by officers who are usually located back in the United States and connected to the airframes by satellite

link. But flying the Army’s Gray Eagle is an enlisted Soldier’s affair, done in theater and close to the ground troops that the airframe serves. “The Gray Eagle allows commanders to see through the fog of war and helps them command and control the battle,” said Capt. Mike Goodwin, a UH-60 Black Hawk helicopter pilot and commander of QRC-1-R1. “You don’t have to be a certified pilot to fly it. The aircraft is very autonomous.” Goodwin said the Gray Eagle has a big future. The Army is gearing up to supply all its combat aviation brigades with 12 Gray Eagles apiece. “It’s the latest and greatest,” Goodwin said.

Soldiers: Artists bring professional experience to project

Continued from Page B1

Battalion, 126th Aviation Regiment (AirAmbulance), 40th CAB. “I created the design originally for our unit t-shirt, and since everybody liked it so much, we decided to paint it, making it our unit logo

while we’re here.” Some of the artists in the 40th CAB have professional experience to offer, making them stand out amongst others when being chosen to do their unit’s artwork. “Back home I work for Sony Pictures as a con-

cept artist and an assistant art director,” said Spc. Adriano Baek, 640th ASB command team driver. Baek worked on the drawings of Dr. Otto Octavius’ mechanical arms for the movie *Spider-Man 2*. Others just enjoy doing it because it reminds

them a little bit of their family back home. “I’ve been doing artwork as far back as I can remember,” said Spc. Glen Agcaoili, AH-64 Apache crew chief for B Co., 8th Attack Reconnaissance Battalion, 229th Avn. Regt. “I was originally inspired

by my grandfather, who was also an artist.” The artists said their paintings and murals that are scattered around Camp Taji are having an effect. “It’s nice to see how having these paintings up helps boost morale

among the Soldiers,” said Staff Sgt. Josua Glover, future operations and plans noncommissioned officer. Whether it’s for unit, personal or professional satisfaction, the artists within the 40th CAB are adding color and personality to Camp Taji.

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Officials work to prevent child abuse, increase awareness

Story on Page C3

COMMUNITY

VOL. 61 ■ NO. 16

ARMYFLIER★COM

APRIL 21, 2011



Children's Festival fun for the whole Family



PHOTOS BY RUSSELL SELLERS

Wyatt Barrs, military child, fights against the tug of a large rubber band as he tries to place a beanbag in the goal of one of the inflatable games during the annual Children's Festival at the festival fields Saturday.

BY RUSSELL SELLERS
Army Flier Staff Writer

Easter came a week early for some military Families living and working at Fort Rucker.

Several hundred children showed up for the annual Children's Festival and Easter egg hunt at the Fort Rucker Festival Fields Saturday. They came to enjoy a variety of activities, but the top one on most people's minds was the Easter egg hunt.

"We haven't been here long, but seeing something like this put together for the military Families makes us feel good about being here," said Erin Barrs, military spouse and mother. "We came to see everything, but it's the Easter egg hunt that's number one for us."

In addition to the Easter egg hunt, Families were able to enjoy a petting zoo, magic show and a variety of food and games.

Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator, said the event has

grown in size every year and is one of her favorite things to plan.

"I think this is one of the biggest Children's Festivals we've had yet," she said. "The teamwork and camaraderie between the different DFM-WR staff is really different for us and is what I love the most about it. We sit in our own offices and don't get to mingle with other staff, so this gives us all a chance to work together."

The festival also served as another Month of the Military Child event, Abeln said. Sometimes military children can get lost in the conversation about what it means to take care of those affected by deployments and moves, but things like the festival can bring them to the forefront and remind people how important they are.

"Military children need support when their parents are gone," she said. "There's nothing harder than being in the military. We do our best to make it easier for them."

While many children and

SEE FUN, PAGE C8



A group of military children grab up as many eggs as they can during the Easter egg hunt portion of the annual Children's Festival at the festival fields Saturday. Each egg contained either candy or a prize ticket.

Center Library offers community more than books

BY BREANNA WALTON
Army Flier Staff Writer

The library is a place where stories begin, so Fort Rucker Center Library staff encourage Soldiers and Families to follow the theme of National Library Week, "Create your own story @ your library."

Creating your own story could mean applying for a library card, learning new computer skills, planning a trip using library references, learning to read or listening to new music, said Alfred R. Edwards II, library manager.

"It's important to visit the library, because all of these services and more are available for free," Edwards added. "Everyone is welcome to come in. We can teach them how to use all of our services."

The center library is celebrating National Library Week by presenting



PHOTO BY BREANNA WALTON

Grayson Inman, Zoie Munoz and Will Inman take the time to look through the popular "I SPY" books at the center library which offers centers such as this, so children can read and communicate with each other.

give-a-ways and contests along with reminding all patrons to utilize the library's services, according to Edwards.

National Library Week is observed nationally and sponsored by the

American Library Association and libraries across the country each April.

The library offers a multitude of services

— language training being one of them, said Edwards. Language training

is available at Army Knowledge Online and Rosetta Stone. DVDs, play-a-ways and audio books are also available.

The library keeps up with new music along with the Billboard Top

10 each week.

"We have a great selection of audio books," said Edwards. "We just started having 'play-a-ways.' They are the size of a deck of cards and can be put in your pocket. You just slip in your ear buds and head out for a run, walk or to work and listen to a book."

The library also offers sections for young adults and children. The young adult section was recently updated with new furniture and decorations. The children's section is packed with books and two computers. The library also offers children's programs each month and story time each week, said Edwards.

"I like to read, especially the DC superhero books and Star Wars books. I also like to play on the computer," said Grayson Inman, age 7, son of Capt. Graham and Patricia Inman.

Several thousand books, audio books and references are available to the average 300-400 patrons who visit the library daily, said Edwards. Other services available are faxing, copying, copying to email, movies, music and programming.

"The library and the services it offers can broaden your mind and your horizons," said Edwards. "If you're in a rut and you're going home, cooking, cleaning house, mowing the lawn and going to bed, you don't grow. The library is a place you can come and really grow."

The center library is open to everyone in the Army community: Soldiers, Families, Department of Army Civilians, contractors and retirees. Library hours are Mondays and Fridays from 9 a.m. to 5 p.m., Tuesdays-Thursdays from 9 a.m. to 7 p.m. and Saturdays 12-5 p.m.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

Employment event

The Fort Rucker Army Career and Alumni Program Center staff hosts Med-Trans, PEMCO World Air Services, Army Fleet Support and SES-I May 13 in the Soldier Service Center, Bldg. 5700, second floor break room, from 10 a.m. to 2 p.m.

Attendees are asked to bring their resumes and to network with military-friendly companies. This event is open to active duty military, Family members, veterans and retirees.

Johnston Road paving

Camping opportunities at the Engineer Beach Recreational Vehicle Park and Campground are currently limited due to the paving of Johnston Road. Paving in the campground occurs now through May 15. The campground will run at half capacity during this time. Expect heavy equipment and partial lane closures on Johnston Road, below Singing Pines, now through May 27. Delays are possible during peak traffic. Please allow extra travel time during this period. The Engineer Beach boat ramp is closed until paving is complete. Boaters can access the West and East Beach ramps until the Engineer Beach boat ramp is reopened. For more information, call 255-4305 or 255-4234.

Vegetable Gardening in the South

Center Library staff hosts a class for vegetable gardening in the South today from 6-7 p.m. The class provides information on the basic requirements needed to achieve a healthy, beautiful garden. Topics include soil preparation, pest control, light and water requirements, understanding information provided on commercial plant labeling, planting times, fertilizer requirements, zone distinctions, mulching and garden styles. For

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for the following
week's edition.
E-mail submissions
to Jim Hughes at
jhughes@armyflyer.com.

more information or to register, call 255-3885.

Resilience Training

Army Community Service hosts Resilience Training Monday, May 6, May 13, May 27 and June 3 from 8:30-11:30 a.m. at The Commons, Bldg. 8950. Resilience Training focuses on the five dimensions of strength: emotional, social, spiritual, family and physical. Registration deadline is Wednesday. For more information and to register, please call 255-3735 or 255-3643.

Fort Rucker Boot Camp

The next four-week Boot Camp at Fortenberry-Colton Physical Fitness Facility is Monday through May 20. It is five days a week with a 6:30-7:30 a.m. session or an 8-9 a.m. session. The cost is \$75 per participant. Cost includes weekly consultations to keep track of personal progress, training with certified personal trainers and access to all group fitness classes during the four weeks. Registration forms are available at either physical fitness facility. For more information, call 255-3794.

Volunteers needed

The Fort Rucker Non-Appropriated Employee Assistance Foundation is seeking volunteers to assist in fundraising projects, as well as individuals interested in participating in general membership and as officers on the executive board. For more information, e-mail frnaeaf@yahoo.com.

Character dining

The Landing Zone staff

hosts character dining Tuesday from 5-7 p.m. Favorite characters from television and film serve guests. Children 12 and under eat free from the children's buffet with the purchase of an adult entrée. For more information, call 598-8025.

Advisory meeting

The exchange and commissary advisory meeting is 1 p.m. Wednesday at Bldg. 9214 in the post exchange training room. This meeting is for active duty and retired military as well as organizations on post. At this meeting, attendees suggest things they would like to see happen in the facilities that fall under the exchange (PX, shoppettes, theater, etc.) and commissary. Upcoming events are discussed. For more information, call 503-9044 Ext. 211.

Education Expo

Army Community Service staff hosts an Education Expo April 29 from 9-11 a.m. inside the Soldier Service Center, Bldg. 5700, Rm. 284. The forum is designed to inform attendees on college applications, enrollments and scholarships for future students.

For more information, call 255-3949.

Children's Fashion Show

Army and Air Force Exchange Service and Directorate of Family and Morale, Welfare and Recreation staff host a fashion show April 29 from 5:30- 8 p.m. inside the Landing Ballroom. Admission is free and open only to active duty military and their Families. For more information, call 598-9423.

Asian Pacific Kick-Off Event

Fort Rucker Equal Opportunity Office and post exchange staff host Asian Pacific Heritage Month celebration kick-off April 29 from 11 a.m. to 1 p.m.

The event is open to the public. For more information call, 598-9423.

Splash! Pool Party

Splash! Pool opens on weekends for the season April 30.

Come out and enjoy live entertainment by Sons of Summer on the pool deck from 12-4 p.m., warm rays of sunshine and cool water.

Splash! Pool is open to authorized patrons only. For more event information, call 598-2426. For more information regarding swimming hours, call 255-9162.

UFC 129 at Mother Rucker's

UFC has finally arrived at Mother Rucker's. Come on over and experience UFC 129, St. Pierre vs. Shields, at Mother Rucker's April 30 from 9 p.m. to midnight.

Seats will fill up quick, so be there early. Cost is \$10. Mother Rucker's staff provides a complimentary shuttle to anywhere on post.

For more information, call 503-0396.

DFMWR Spotlight

THUNDER ON THOLOCCO

DRAG BOAT RACE EVENT

OPEN TO THE PUBLIC
SPEEDS OVER 100 MPH!

Saturday, April 30
West Beach, Lake Tholocco
11 a.m. – 6 p.m.

Advance tickets available at Leisure Travel & Outdoor Recreation Office
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Rockin' Country with Shane Owens
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Thunder on Tholocco

The Thunder returns to Lake Tholocco's West Beach with drag boat racing April 30 from 11 a.m.-6 p.m. The event is a multi-class outboard drag boat race sanctioned by the American Outboard Federation, which has become a family fun event. The event offers multiple food vendors and free entertainment for kids and adults. Admission is free and open to the public. No pets or glass containers are allowed on the beach. For more information, call 255-1749.

PHOTO BY BREANNA WALTON

Pick-of-the-litter

Meet Banshee, a two year old domestic shorthair available for adoption at the Fort Rucker Stray Facility. He is a mix of shy and outgoing and is lovable. It costs \$81 to adopt Banshee and other animals at the facility, which includes all up-to-date shots, microchip and neutering. For more information on animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic or the Commissary. One dog was adopted last week.

FORT RUCKER Movie Schedule for April 21 - 24

See you at the movies

THURSDAY, APRIL 21
Hall Pass (R) 7 p.m.

FRIDAY, APRIL 22 & SATURDAY, APRIL 23
Red Riding Hood (PG-13) 7 p.m.

SATURDAY, APRIL 23 & SUNDAY, APRIL 24
Rango (PG) 2 p.m. / 7 p.m.

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

Be aware

Officials promote child abuse prevention, increase awareness through education

BY BREANNA WALTON
Army Flier Staff Writer

Child Abuse Prevention Month is each April and aims to increase awareness about the importance of preventing child abuse and neglect.

It also serves as a time to remember those who have suffered, as well as a reminder to continue the important work to help Army children and Families stay safe and strong.

“Everyone knows the saying, ‘It takes a village to raise a child’ and in today’s day and age the things we are looking at is that it’s a community effort on the installation and outside the installation,” said Justin Mitchell, deputy garrison commander.

An abused child is a child whose parent or legal guardian inflicts serious physical injury, creates a substantial risk of serious physical injury or commits an act of sex abuse against the child.

Not only can a person be abusive to a child if they perpetrate any of these actions against a child in their care, they can also be guilty of abusing a child if they allow someone else to do these things to that child.

The theme of this year’s campaign is “Child Abuse Prevention Requires Safe Communities and Responsive Families.”

“It takes entire communities to prevent child abuse. A lot of it has to do with education and information. Talk with those who have been in the situation or are at their wit’s end and don’t know what else to do,” said Mitchell. “Once you give them another tool in their tool kit on how to deal with child behavior issues or stress management, it makes the whole family stronger and better.



COURTESY PHOTO ILLUSTRATION

“Individuals just need to know they don’t have to prove child abuse, if you witness it, report it and let the ones trained in this area become involved,” he added.

For those interested in helping children and Families prevent or reduce the stress that can lead to child abuse and neglect, the first step is to direct them to the Army’s Family Advocacy Program.

Be a friend to a parent. Ask how their children are doing, and draw on experiences from life to provide reassurance and support. If a parent seems to be struggling, offer to baby-sit, run errands or just lend a friendly ear.

Be a friend to a child, remember their names, smile when you talk with them. Ask them about their day at school, send them a card in the mail and show you care.

Talk to your neighbors about looking out

for one another’s children. Encourage a supportive spirit among parents in your apartment building or on your block and show that you are involved.

Donate your used clothing, furniture and toys for use by another family; this can help relieve the stress of financial burdens that parents sometimes take out on their kids.

Volunteer time and money for programs in the community that support children and their Families, like parent support groups or day care centers.

“Military Families are precious and we are interested to make sure we do everything we can to help our military Families to be not only resilient but to thrive in this environment,” said Mitchell.

To report child abuse call the military police at 255-2222. For more information on child abuse call 255-3898 or 255-9644 or visit Bldg. 5700, Rm. 390.

Recognize the signs

Signs of an abused child

- Sudden changes in behavior or school performance.
- Has not received help for physical or medical problems brought to the parents’ attention.
- Rarely touches or looks at the parent.
- Has learning problems that cannot be attributed to a specific physical or psychological cause.
- Is always watchful as if always preparing for something bad to happen.
- Lacks adult supervision.
- Is overly compliant.
- Passive or withdrawn.
- Comes to school or other activities early.
- Stays late at school and does not want to go home.

Signs of an abusive parent

- Shows little concern for the child.
- Denies the existence of the child or blames the child for the child’s problems in school or at home.
- Rarely touches or looks at the child.
- Asks teachers or other caregivers to use harsh physical discipline if the child misbehaves.
- Sees the child as entirely bad, worthless or burdensome.
- Demands a level of physical or academic performance the child cannot achieve
- Looks primarily to the child for care, attention and satisfaction of emotional needs.


Adopt a pet

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



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~ Lord’s Supper
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fpi.centurytel.net/epiphany-episcopal
Sunday Worship Service 10:00am
The Reverend
Donna A. Lockett, Vicar

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1 Corinthians 11:1

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Shoulder to Shoulder
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WESTGATE CENTER
III **SOUL SURGER** - PG
M-F: 7:00 & 9:10 • S&S: 2:00, 7:00 & 9:10
II **ARTHUR** - PG-13
M-F: 7:00 & 9:15 • S&S: 2:00, 7:00 & 9:15
COLLEGE CINEMA • ENTERPRISE
I **INSIDIOUS** - PG-13
M-F: 7:00 • S&S: 7:00
YOUR HIGHNESS - R
M-F: 9:15 • S&S: 2:00 & 9:15
II **RIO** - G IN 3D
M-F: 7:10 & 9:15 • S&S: 2:00, 7:10 & 9:15
III **HANNA** - PG-13
M-F: 7:00 & 9:15 • S&S: 2:00, 7:00 & 9:15
OZARK
I **RIO** - G
Fri 7:00 & 9:00 • Sat 2:00, 7:00 & 9:00
Sun 2:00 & 7:00 • Mon - Thurs 7:00
II **HOP** - PG
Mon - Fri 7:00 • Sat & Sun 2:00 & 7:00
INSIDIOUS - PG-13
Fri 9:00 • Sat 9:00

This Easter, rejoice in His name by celebrating the miraculous resurrection of Jesus Christ, Our Saviour, with these local churches and their congregations.

Celebrate The Easter Miracle!

First Assembly Of God
He Lives!

Sunday School 9:45 am
Morning Worship 10:45 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Pastor: Billy Cardwell
537 Boll Weevil Cir, Enterprise 347-8447

email: first180@centurytel.net

Easter Worship Service
Enterprise Civic Center

Sunday, April 24th
10:30 a.m.

Enterprise Civic Center
2401 Neil Metcalf Road
Enterprise, AL 36330

334-347-5214
www.GracePlaceChurch.net

He Is RISEN

Hunting for more this Easter?

Maundy Thursday, April 21 • 6:00
Choral Presentation & Communion
Easter Sunday Services
8:30 & 11:00 ~ Traditional
8:45 ~ New Connection (Fellowship Hall)

First United Methodist Church
S. Main Street
Enterprise
347-3467
efumc.com

We invite your family to join us
Easter Sunday
9:15 am • 10:45 am

Hillcrest Baptist Church
500 Alberta St • Enterprise
347-2516 • www.hbce.org

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Service times
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Join us...

Easter Sunrise Service
6:30 am ~ Joint Service with
Greenhill Presbyterian

Regular Morning Service:
9:45 Bible Study
11:00 Worship Service

Lee Street Baptist Church
"Since 1969"
630 E. Lee St • Enterprise
347-4981
Larry Doster, Pastor

Come and join us on
Easter Sunday!

Sunrise Service 6:30 am
Breakfast 8:30 am
Sanctuary Worship 9:00 am
Chapel Worship 11:00 am
Sunday School 10:05 am
New Pastor: Bro. Matt Albritton

HERITAGE UNITED METHODIST CHURCH
2911 Rucker Blvd • Enterprise
334-347-1991
heritageumc@centurylink.net

Easter Sunday
Schedule of Services

Sunrise Service
With Wesley Chapel UMC at 6am
at Calvary Baptist Church
Come join us as we worship the
Risen Saviour, Jesus Christ!

Sunday School
10:00 am
Morning Worship
11:00 am
No Evening Service

Calvary Baptist Church
Pastor: Kerry Mitchell
1837 Hwy 51
Enterprise, AL
(334) 894-6216
www.cbcenterprise.com

**Easter Sunday Service
11:30 a.m.**

Episcopal Church
of the Epiphany
302 East Grubbs Street
Enterprise, AL 36330
334-347-8210

Principal Celebrant for Easter
The Rt. Rev. Philip M. Duncan, II, Bishop
Episcopal Diocese of the Central Gulf Coast

Reign
Jesus Reign

Join us for
Worship at
First Baptist Church!

Easter Sunday, April 24
6:00 a.m. Sunrise
8:15 and 10:30 a.m. Worship
9:15 a.m. LIFE Groups
COL (RET) Sonny Moore, Pastor

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Wednesday Service 12 Noon

Christian Science Society
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Enterprise
347-4980

Join us for
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Son Rise Service Begins at 6:00AM
Breakfast to follow
Sunday School at 9:00AM
Church Service 10:00AM

Pastor John McCrummen

ODBC
Open Door Baptist Church
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334-347-4983 • www.odbc.al.com

"SonRise" Service 7:00 am
at McLin's Parking Lot
Remember to bring your lawn chair

Sunday School
begins at 10:00 am
Worship Service
begins at 11:00 am

Daleville BAPTIST CHURCH
100 Donnell Blvd • Daleville
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"You Thought of Us"

The Sanctuary Choir
at Daleville Baptist Church
will present "You thought of Us" on Easter Sunday at 6:00pm.
You'll see not only the sacrifice Jesus made, but you'll get a deeper look into the heart of the Saviour who has called each of us His Friend and was willing to lay His life down for us!

Daleville BAPTIST CHURCH
100 Donnell Blvd • Daleville
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First United Methodist Church, Daleville
We invite the Wiregrass community to observe Holy Week with us

On Maundy Thursday, April 21, "Come and Go" communion will be available from 5:30 until 6:30 p.m. You will be invited to ponder a written meditation and to receive the elements in a spirit of prayer. On Good Friday we will offer the Wiregrass the opportunity to experience "The Stations of the Cross". The church will be open from 10am until 7pm for people to come and reflect on visual and written reminders of the events of Good Friday. On Holy Saturday we will host an Egg Hunt for area children at 11 a.m. Then on Easter morning we will celebrate the risen Lord in word and melody during our morning service of worship. We welcome all who will come for worship not only during Holy Week but each week!

First Presbyterian Church, PCA
Invites you to join us as we worship the risen Lord Jesus Christ
Sunday, April 24
Sunrise Service, 6 a.m.
With breakfast to follow;
please call for directions

The Celebration of the Resurrection
Worship service, 10:30 a.m.
100 Daleville Ave.
Enterprise, AL
(334) 347-9515

Faith Assembly of God
Invites you to worship with us

Sunday School 10 am
Worship 11am & 6 pm
Wednesday: Youth 6:30 pm
Adult 6:30 pm

Jesus said in John's Gospel: "Because I live you also shall live." John 14:19. God provides salvation to everyone who will believe in His son, Jesus Christ. I hope you have a wonderful Easter as we celebrate the resurrection of Jesus Christ our Lord and Savior.
Pastor Anderson

499 Meredith Street
Enterprise, AL • 393-6620

El Bethel Baptist Church
Drama Ministry presents
The Carpenter's Journey
to the Cross and Beyond (Sigmund Brouwer)
Community Sunrise Service 6:30 am
Bro. Tim Gordon Speaking

The Resurrection, April 24, 11:00 am
Who Will Witness the Carpenter's Cloth?

THE CARPENTER'S JOURNEY TO THE Cross and Beyond
SIGMUND BROUWER
"Follow the Carpenter and Experience...
...the Significance of the Carpenter's Cloth"
El Bethel Baptist Church
9432 N. State Hwy 27
Chancellor, AL • 334-684-9544

Tenebrae
(Service of Darkness)
Friday, April 22 at 7:00 pm
Easter Sunrise Service
Sunday, April 24 at 7:00 am
Richburg Cemetery,
New Brockton
Easter Sunday Service
11:00 am

New Brockton First Methodist

St. Luke United Methodist Church
347-9023

Holy Week Schedule

Communion Service
April 21st at 7:00pm

Tenebrae Service
April 22nd at 7:00pm

Easter Service
April 24th
Outdoor Sunrise Service ~ 6:30am
Crossing Over (Contemporary) ~ 9:00am
Traditional Service ~ 11:00am

Join us for Easter!
Church on The Circle
Southern Baptist Congregation
mission sponsored by CCBA

Easter Day Events
Flower the Cross Celebration
(on going event... bring your flowers)
Pancake Breakfast 9:00 am
Worship Service 9:30 am

Church on The Circle
Enterprise Prep Academy
Boll Weevil Circle
& Hwy 134W
334-389-1081
www.churchonthecircle.net

St. John the Evangelist Catholic Church
123 Heath Street
Enterprise
347-6751

April 21 7:00 pm Holy Thursday Mass
April 22 6:00 pm Stations of the Cross
7:00 pm Good Friday Service
April 23 8:00 pm Easter Vigil
April 24 9:00 am Easter Mass
11:30 am Mass en Espanol
11:00 am, St. Mary, Geneva

FTC receives more than 250,000 indentity theft complaints in 2010

BY MIKE BURDEN
Army community Service
Financial Readiness Program
Manager

The Federal Trade Commission reports it received more than a quarter of a million complaints of identity theft last year. Fraudulent government documents and credit cards were the highest type of identity theft complaints in 2010, according to a recent report from the FTC.

Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and money. It can also destroy your credit history and ruin your good name. It can take months to correct and reestablish you credit.

Common ways identity theft happens:

- **Dumpster diving** — Thieves rummage through trash looking for copies of government documents and bills.
- **Skimming** — Stealing credit or debit card numbers by using electronic storage devices when you make a purchase.
- **Phishing** — Scammers send you an e-mail asking you to provide personal information such as your Social Security number.
- **Hacking** — Thieves work their way into your email, other online accounts, or a company's database to access your personal information.

How to protect yourself:

- Shred financial documents with personal information before you discard them.
- Protect your Social Security number. Do not carry it with you or

- write it on a check.
- Do not provide personal information over the phone or Internet unless you know who you are dealing with.
- Do not click on links sent in unsolicited e-mails.
- Ensure your passwords are strong. Do not use obvious combinations like birth dates, Social Security numbers or names. Use combinations of letters, numbers and special characters.
- Keep your personal information in a secure place at home.

Detect suspicious activity:

- Unexpected credit cards or account statements.
- Emails or letters denying you credit for which you did not apply.
- Calls or correspondence about purchases you did not make.
- Charges on bank or credit card statements you did not make.

Credit reports:

Your credit report contains important personal and financial information and is a valuable target for ID thieves. Credit reports should be safeguarded. Review your credit report often to ensure your identity has not been stolen.

Additionally, research has shown that more than 80 percent of credit reports contain errors. Fortunately, you can get free credit reports once a year by going to www.annualcreditreport.com. The three major credit reporting companies, Equifax, Experian and TransUnion also provide a credit report monitoring service for a fee. If you notice accounts or other information on your credit report that you don't recognize or is inaccurate, contact the credit reporting company and information provider.

Fraud alerts:

An excellent way to

prevent ID theft is to place a "fraud alert" on your credit reports. If you feel your credit reports have been compromised, consider placing a fraud alert.

The alert tells creditors to follow special procedures before they open new accounts in your name or make changes to existing accounts.

If you are going to be out of the country for an extended period, consider placing a fraud alert. Placing a fraud alert also entitles you to free copies of your credit reports.

For individuals seeking help with ID theft or other financial crisis, or just wanting to talk with a financial counselor, contact the Army Community Service Financial Readiness Program at 255-9631. This assistance is at no cost in support of the Army Family Covenant.



COURTESY GRAPHIC

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.

LUTHERAN, EPISCOPALIAN WORSHIP SERVICES

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

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.

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.

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.

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.

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.

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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We are a "family friendly, family focused" church where great emphasis is placed on connecting and forming great relationships. We are an all-inclusive congregation and we welcome all who desire to worship with us, we provide an environment that's open and biblical. "The Light" is a Christ-centered church that fully believes in the teachings of Christ.
Our ministries focus on every aspect of the family... youth, women and brotherhood. We are in partnership with the Dale County 211 Emergency Assistance Program and consider it a great privilege to serve those in need.

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

Fun: ‘A great way for Families to come out, have a good time’

Continued from Page C1
parents were excited about the Easter egg hunt, Abeln said she was most interested in the petting zoo, which had never been done at the festival before.

“I saw all the baby animals, like baby chicks, being placed as they were setting up and it was just precious,” she said. “I can’t wait to have the chance to go over there myself and see it.”

Brian Jackson, DFMWR Recreation Delivery System program manager, said the event has grown and expanded to accommodate more children each year and this year is no different.

“We added a larger area for the Easter egg Hunt to make it easier for more children to be involved,” he said. “This event is a great way for Families to come out and have a good time and we’re trying to make it as easy and relaxing as possible for everyone.”




Corbin Grey, military child, gets some help from a group of Warrant Officer Candidates as he runs an obstacle course during the annual Children’s Festival at the festival fields Saturday.



Stephanie Leaman, military spouse, and her son, Jake, pet a baby chick at the petting zoo.

Post housing questions?
Visit **Picerne Military Housing** at www.ruckerpicerne.com



KT'S KARAOKE TAVERN
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Dothan
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APPETIZERS	LUNCH	ENTREES
Shrimp Bisque, Black Truffle Oil\$8	Soup	Local Seasonal Vegetable Plate.....\$16
Wedge Salad with Donald's Radishes, Red Onion, Blue Cheese Dressing.....\$8	Soup du jour\$5	Shrimp and Grits, Conecuh Sausage, Shallots, Thyme\$21
Fried Apalachicola Oysters, Lemon, Horseradish-Tartar Sauce\$8	Salads	Fettuccini Pasta, House-Cured Pork Jowl, Wild Mushrooms, Parmesan Cream\$20
Caesar Salad, Parmigiano-Reggiano Cheese, Garlic Croutons.....\$8	Local Mixed Greens, Lemon Dijon Vinaigrette.....\$6	Fudge Farms Pork Chop, Sweet Potato Fries, Pickled Collard Greens, Chutney Aioli\$29
Lump Crab Salad, Shaved Fennel, Local Radishes, Tarragon, Satsuma Vinaigrette\$9	Classic Caesar: Romaine Hearts, Parmigianino-Reggiano, Caesar Dressing.....\$6	Roasted Rack of Lamb, Fingerling Potatoes, Dinosaur Kale, Local Rutabaga, Pomegranate Vinaigrette\$31
Grilled Country Farms Quail, Cornbread Waffle, Cane Syrup.....\$10	Greek Salad: Romaine, Tomatoes, Feta, Red Onion, Cucumber, Champagne Vinaigrette.....\$7	Certified Angus Filet, Potato Gratin, Roasted Vegetables, Mushroom-Red Wine Jus.....\$35
Roasted Baby Beets, Gorgonzola, Toasted Pecans, Champagne Vinaigrette.....\$7	Add: Chicken \$3, Steak\$4	Grilled Grouper, Parsnip Puree, Green Beans, Local Satsuma Butter Sauce\$26
Avalon Farms Young Lettuces, Honeycrisp Apples, Belle Chevre Goat Cheese, Lemon-Dijon.....\$8	Sandwiches	Roasted Young Chicken, Creamed Brussels Sprout, Balsamic-Glazed Onions\$20
Local Root Ice Spinach, Poached Farm Egg, Benton's Bacon Vinaigrette, Fried Oysters.....\$9	Classic Chicken Salad\$6	Grilled Ribeye, Potato Gratin, Roasted Vegetables, Mushroom-Red Wine Jus.....\$30
Gourmet Cheese Plate, Toasted Pecans, Seasonal Fruit, Local Honey \$9	Southern Favorite - Pimento Cheese\$5	
	Croque Monsieur - Grilled Ham and Swiss Cheese.....\$6	
	Roast Beef and Cheddar, Caramelized Onions, Horseradish Cream\$7	
	Rueben - Corned Beef, Housemade Sauerkraut, Dressing, Marble Rye\$8	
	Apple, Brie, Honey Mustard, Mixed Greens\$6	
	BLT - Crispy Pork Belly, Lettuces, Tomato Chutney.....\$7	
	Grilled Steak, Blue Cheese Slaw, Grilled Onions.....\$8	
	Mini Burgers.....\$8 (Add Cheese \$0.50)	
	Fried Catfish PoBoy - Fennel Slaw, Horseradish Tarter Sauce.....\$6	
	Sandwiches served with Fried Chips	
	Substitute Potato Salad (add \$1), Orzo Pasta Salad (add \$1), or Mixed Green Salad (add \$1)	
	Light Entrees	
	Cheese Tortellini, Grilled Chicken, Mozzarella, Basil, Balsamic Vinaigrette\$9	
	Conecuh Sausage and Caramelized Onion Quiche with Mixed Greens.....\$8	
	Hand-Rolled Fettuccini Pasta, House Cured Pancetta, Wild Mushrooms\$12	
	Gourmet Cheese Plate with Nuts, Seasonal Fruit and Local Honey\$9	
	Sides	
	Mixed Green Salad.....\$4	
	Potato Salad.....\$4	
	Braised Greens\$4	
	Orzo Pasta Salad.....\$4	
	Fried Chips\$2	
	DESSERTS	
	Chocolate Lava Cake\$9	
	Caramel Nut Tart with Chocolate Ganache.....\$9	
	Chocolate Pot au Crème, Sea Salt Shortbread Cookies.....\$8	
	Working Cows Organic Milk, Warm Cowboy Cookies.....\$6	
	Warm Apple-Nut Pudding, Rum Sauce\$8	
	Coconut Macaroons\$6	
	Pumpkin Crème Brulee, Ginger Snap Cookies.....\$8	
		

A warrant officer's quest to create a path for others
Story on Page D3

SPORTS

VOL. 61 ■ NO. 16

ARMYFLIER★COM

APRIL 21, 2011

SPORTS SHORTS

BOOT CAMP

Fortenberry Colton Physical Fitness Facility staff hosts a Boot Camp from Monday to May 20. It is five days a week with a 6:30-7:30 a.m. session or an 8-9 a.m. session. The cost is \$75 per participant and includes weekly consultations to keep track of personal progress, training with certified personal trainers and access to all group fitness classes during the course. T-shirts will be given to all participants who complete all four weeks of training. Orientation is April 22 at the Fortenberry-Colton PFF at 6:30 a.m. and 8 a.m. Registration forms are available at either PFF. For more information, call 255-3794.

THUNDER ON THOLOCCO

Thunder returns to Lake Tholocco's West Beach with drag boat racing April 30 from 11 a.m. to 6 p.m. This multi-class outboard drag-boat race event is sanctioned by the American Outboard Federation. Boats reach speeds in excess of 100 miles per hour. There will be multiple food vendors and free entertainment for children and adults. No pets or glass containers are allowed on the beach. This is an Exceptional Family Member Program-friendly event. The event is open to the public. For more information, call 255-1749.

UFC 129 AT MOTHER RUCKER'S

The Ultimate Fighting Championship has finally arrived at Mother Rucker's. Come and experience UFC 129, St. Pierre versus Shields, at Mother Rucker's April 30 from 9 p.m. to midnight. Seats will fill up quick, so be there early. Cost is a \$10 per person. Mother Rucker's provides complimentary shuttle service to anywhere on post. For more information, call 503-0396.

GERMAN ARMED FORCES PROFICIENCY BADGE TRAINING

The German Liaison Staff host the training and testing of the GAFFB for the Spring Cycle from May 2-29. Training is conducted daily from 6-7 a.m. at the Fort Rucker Physical Fitness Facility track. For more information on the training and competition, or to reserve a slot, call 255-3059 or e-mail fabian.montano@us.army.mil.

SCUBA COURSE

The Fort Rucker Aquarians Dive Club sponsors a scuba certification course beginning May 2 at Flynn Pool at 6:30 p.m. After the first class, the course meets Mondays and Wednesdays for no less than six weeks and no more than seven weeks, dependent on weather. One weekend is 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.

AL ROBERTS MEMORIAL GOLF TOURNAMENT

WTVY 4 sponsors the Al Roberts Memorial Golf Tournament to benefit the American Red Cross, Coffee County Chapter and Wiregrass Area Chapter, May 6 at Silver Wings Golf Course. Registration begins at

SEE SHORTS, PAGE D4

Showstoppers
continue winning
1-145th top 164th TAOG, 75-54

BY RUSSELL SELLERS
Army Flier Staff Writer

Fort Rucker Intramural Basketball tournament play is under way, and one team is already making a statement about who will reign supreme.

B Company, 1st Battalion, 145th Aviation Regiment's Showstoppers extended its winning streak after downing the 164th Theater Airfield Operations Group, 74-54, in the opening game of the tournament Monday.

Frank Wilson, Showstoppers coach, said his team was well prepared for the game and plans to keep winning throughout the rest of tournament play.

"We had all our people here tonight and everything just worked," he said. "We came out ready to play."

Defensively, the Showstoppers couldn't have asked for a better first quarter. It dominated the TAOG at the rim, going up 21-9 by the end of the first.

However, the 164th wasn't done just yet as it mounted a potential comeback that fizzled almost as quickly as it began.

By halftime, the TAOG had narrowed the gap to 28-24, but was still down by four. After a short break, the team came back out ready to play, but so did the Showstoppers. And stop the show, it did.

Jarvis Williams and Rome Brumfield, TAOG players, pulled in rebounds and put up three-pointers, respectively, but it wasn't enough for the one-two assault coming from the other side.

Jay Irwin, Showstoppers player, continued to sink his signature three-point shots while the recently returned Joshua Davis towered over the TAOG players and put up a few points of his own.

After three quarters the Showstoppers had re-extended its lead to 48-38, but wasn't through playing yet.

The TAOG was at an obvious disadvantage, utilizing only five players where the Showstoppers had seven to choose from. Still, TAOG Coach Kolin Jordan said his team fought until the end and didn't plan to let this loss slow the team down.

"In the second quarter, we had a good run and thought it would carry over to the second half, but it didn't," he said. "We need to get some more players here and when we had one foul out in the fourth,



PHOTO BY RUSSELL SELLERS

Joshua Davis, Showstoppers player, goes around Edwin Siler, 164th TAOG player, during the opening game of Fort Rucker's Intramural Basketball tournament Monday. The Showstoppers won, 74-54.

we played a man short."

Jordan said his team will work on passing and making better decisions on the court before its next game.

While the win was significant for the Showstoppers, it wasn't perfect, Wilson said. Some mistakes were still made and could wind up hurting the team going forward in the tournament.

"For the past nine games we've really gotten our chemistry back," he said. "We're going to the cham-

ampionship, that's the bottom line. But we have to play like this every game. One thing we have to get away from is playing to the other team's level. We have to just play our game."

Wilson said the Showstoppers weakness is that it plays to the other team rather than staying focused on its own strategy. Wilson said these problems will be addressed in practice and shouldn't affect the team's chances of winning the tournament.

Scan this code with
your smartphone



to check out video
from the game.



PHOTO BY RUSSELL SELLERS

Children,
parents
run for
child
abuse
prevention

Runners of all ages participated in a Fun Run/Walk at the Fort Rucker Physical Fitness Facility Saturday to raise awareness for Child Abuse Prevention Month. The event also coincided with the Month of the Military Child. The run was sponsored by Army Community Service.

Down Time



Trivia test

by Fifi Rodriguez

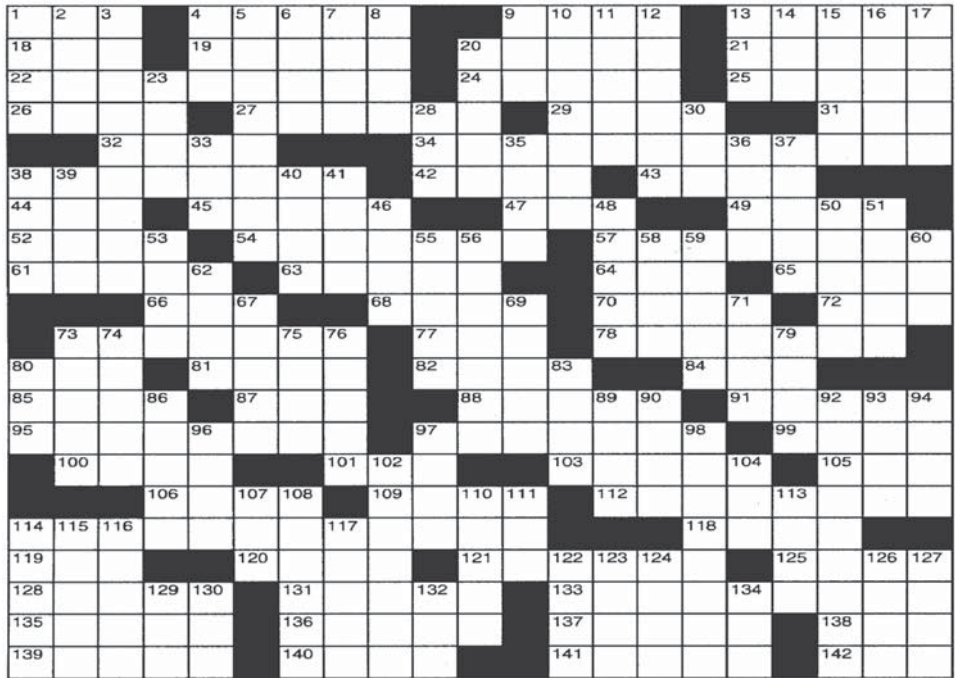
1. ASTRONOMY: The star called Rigel is part of which constellation?
2. MYTHOLOGY: What did the god Frey represent in Norse mythology?
3. CHEMISTRY: What gas has the chemical symbol of CH₄?
4. MOVIES: Who directed "The Magnificent Ambersons" and "Touch of Evil"?
5. HISTORY: Who was the first English king to hold the title "Prince of Wales"?
6. INVENTIONS: What was the name of the first submarine commissioned by the U.S. Navy?
7. GENERAL KNOWLEDGE: Who drew the famous image of Uncle Sam proclaiming, "I Want You"?
8. GEOGRAPHY: To what island group in the Caribbean does St. Croix belong?
9. LITERATURE: Which writer's autobiography is called "Black Boy"?
10. POLITICS: Who was Adlai Stevenson's vice-presidential running mate in 1956?

See Page D3 for this week's answers.

Super Crossword

SOUNDS TOUGH!

- ACROSS**
- 1 Big —
- 4 "Stop, sailor!"
- 9 James of "Misery"
- 13 Swash-buckling novelist
- 18 Grand — Opry
- 19 Actress Berger
- 20 Mournful music
- 21 "F Troop" corporal
- 22 Start of a remark by Milton Berle
- 24 Mid-size band
- 25 "Andrea —"
- 26 Costa —
- 27 "Family Feud" host
- 29 Division word
- 31 Aachen article
- 32 Basilica feature
- 34 Part 2 of remark
- 38 TV's "General —"
- 42 Like some sheep
- 43 Part of HOMES
- 44 Inclined
- 45 Senator Thurmond
- 47 Waking — Devine ('98 film)
- 49 Wee serving
- 52 Composer Schirrin
- 54 Circus performer
- 57 Put on a pedestal
- 61 Soft tissue
- 63 Tangle
- 64 Damage
- 65 Actress Ward
- 66 Baseball's Boudreau
- 68 Enchilada alternative
- 70 "Trinity" author
- 72 Neighbor of Wyo.
- 73 Obeys the dentist
- 77 Part 3 of remark
- 78 '80s Joe Penny series
- 80 Crank's kin
- 81 Skater
- 82 Noun suffix
- 84 Sundown, to
- 85 Actor Arkin
- 87 See
- 106 Across
- 88 "Love Train" group
- 91 Thick of things
- 95 Denizen
- 97 Geological phenomenon
- 99 The Chipmunks, e.g.
- 100 Comic
- 101 Carvey
- 101 Galena, for one
- 103 —ski party
- 105 Priest's robe
- 106 With 87
- Across, type of liqueur
- 109 Merit
- 112 — blanket
- 114 Part 4 of remark
- 118 Well-informed
- 119 "So that's your game!"
- 120 Nonflowering plant
- 121 "The Addams Family" uncle
- 125 Does Little work
- 128 Croc's kin
- 131 Chateau valley
- 133 End of remark
- 135 Wear away
- 136 Computer key
- 137 "The Lady —" ('79 film)
- 138 Child welfare org.
- 139 Rock's Meisner
- 140 Stocking stuffers?
- 141 Dispositions
- 142 "The Bells" monogram
- DOWN**
- 1 Physicist Niels
- 2 "The Time Machine" people
- 3 English port
- 4 Smile center
- 5 Feud
- 6 Novelist Seton
- 7 Pack
- 8 Homeric characters
- 9 Pres. Clinton, e.g.
- 10 Performer
- 11 Actor's actor?
- 12 Irritate
- 13 Rigoletto, to
- 14 Actor Tognazzi
- 15 — Gras
- 16 Sharon of Israel
- 17 Trap
- 20 "Tiny Bubbles" singer
- 23 Comics' "Andy —"
- 28 He gives a hoot
- 30 — the fields we go . . .
- 33 Slangy sib
- 35 Ain't right?
- 36 Extensive
- 37 Toast start
- 38 Grapefruit serving
- 39 October birthstone
- 40 Curved lines
- 41 Forsaken
- 46 Ditch under a draw-bridge
- 48 Object
- 50 Change for the better
- 51 Brawl
- 53 Sonja Henie's birthplace
- 55 Acts like an ass?
- 56 Spirits
- 58 Amritsar attire
- 59 Nonsense
- 60 Smidgen
- 62 Throw a party
- 67 Custom
- 69 Message board?
- 71 Goblet part
- 73 Lost luster
- 74 — apso
- 75 Gray or Moran
- 76 — Domingo
- 79 "What's — for me?"
- 80 Candy quantity
- 83 Spotted rodent
- 86 Belarusian city
- 89 Puppy protests
- 90 Withered
- 92 Downspout
- 93 Bank deposit?
- 94 "Twelfth Night" role
- 96 Spanish surrealist
- 97 Equipment
- 98 Happened again
- 102 Heal a rift
- 104 Eat in the evening
- 107 Right — the bat
- 108 A hole near the sole
- 110 Allude (to)
- 111 Dundee denial
- 113 Loud laugh
- 114 Bet
- 115 "Pal Joey" author
- 116 Boca —, FL
- 117 Maine town
- 122 Willoway
- 123 Baseball's Martinez
- 124 Spanish river
- 126 "I could — horse!"
- 127 Break suddenly
- 129 Eccentric
- 130 Curious George's creator
- 132 Musical syllables
- 134 Pitches



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

Puzzle Card

MEAL

IT'S DOODLE-WORD TIME! The above card stands for a name, word or expression. And no, it doesn't mean "Me, Ma and Al."

Answers: It stands for a square meal.

A GREAT LITTLE WAGER!

Place 12 toothpicks on the table as shown in fig. 1. Challenge your friends to move three of them to new positions so that you will be left with three equal squares. Fig. 2 shows you the solution.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Answers: 1. Fainted, 2. Readjust, 3. Season, 4. Hearing, 5. Weep, 6. Weep, 7. Hearing, 8. Season, 9. Fainted, 10. Readjust, 11. Weep, 12. Weep.

Junior Whirl

by Charles Barry Townsend

A SALUTE TO CHEESE! Cheese is a great food that's enjoyed around the world. In our puzzle grid there is room for nine names or words that are associated with cheese. The hints below should help. There is a dark frame around one of the columns in the grid. If you correctly find all of the words asked for, the letters in this frame, top to bottom, will spell out a "cheesy" variation on the name of a family TV horror show.

Answers: 1. American, 2. Linguine, 3. Feta, 4. Fond, 5. Whisk, 6. Cottage, 7. Cheddar, 8. Linguine, 9. Parmesan, 10. Brie, 11. Swiss, 12. Feta.

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

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

HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

Differences: 1. Flower bush is different. 2. Woman's hair is black. 3. Laundry item is striped. 4. Woman has a headband. 5. Window is different. 6. Shrub behind fence is gone.

Half-marathon a week

A warrant officer's quest to create a path for others

BY SGT. 1ST CLASS JR WILLIAMS
Task Force Falcon Public Affairs Office

BAGRAM AIRFIELD, Afghanistan — CW4 Bob Cuyler is on a quest. The tactical operations officer for Task Force Falcon, 10th Mountain Division, runs a half-marathon every single week. That's 13.1 miles in a single outing every seven days. By the end of the year, Cuyler hopes to add those distances to a total of 681.2 miles run.

For avid runners, a half-marathon a week might not seem like much. However, Cuyler runs his weekly 13.1 miles while deployed to Afghanistan — not an easy task given the operations tempo, altitude and rugged terrain. Yet, Cuyler remains committed to his mileage despite the obstacles of schedule and environment. You see, the miles only make up a tiny part of a larger, personal quest.

"My plan is to raise awareness of the United Ostomy Association of America Veterans Outreach Program," said Cuyler.

The UOAA is a national network for bowel and urinary diversion support groups in the United States. According to the UOAA, ostomies are "lifesaving surgeries performed for many different diseases, injuries, and conditions." The veterans outreach program came about to help military veterans, both young and old, live with ostomy.

"Unfortunately, many people limit their activities because of the fear of the unknown when dealing with their ostomy," explained Cuyler, "and others just need to know that they are not alone with this condition."

Cuyler personally knows all about living with an ostomy. In July 2007, following a seven-year battle with ulcerative colitis, doctors removed his entire colon. The surgery left him with a stoma; an opening through his abdomen, with an appliance bag attached. It also marked the start of Cuyler's quest for understanding.

"My first thought following the surgery was just shock," recalled Cuyler. "I remember looking down and seeing I was cut open and this appliance was attached to me. I just couldn't believe this was happening to me."

At the time, this type of surgery meant a discharge from the military.

"I came back to work with the mindset that I was getting out, that it was over for me. Then, my nurse gave me this book, 'Great Comebacks' by Rolf Benirschke, a professional football player who continued his NFL career after his ostomy surgery," Cuyler said.

Benirschke's book details the inspirational achievements and accomplishments of individuals following their ostomy surgeries. The stories encouraged Cuyler during that initial recovery period. Still, he thought the end of the road was near.

"My first day back to work was 30 days after the surgery," said Cuyler. "I could only do one

push up and one sit up. That's it."

Yet, each day following that first physical training session, the warrant officer discovered he could do a little bit more.

"After a couple of months, I was getting back to my old self," said Cuyler.

The book began to plant a seed in his mind.

"One day, I was working out at the gym and the brigade commander at that time, Col. Erik Peterson, gave me a funny look and asked, 'Are you really disabled?' And I started to wonder the same thing," Cuyler explained.

Cuyler set his sights on continuing his Army aviation career. He focused on regaining his strength and proving he could still serve as a Soldier and pilot.

"Colonel Peterson said he would support me to fight the system. He took a risk," Cuyler recalled. "I'll never forget that."

According to Col. Erik Peterson, now serving as the 10th Mountain Division chief of staff in Regional Command-South, it was apparent from the outset that Cuyler needed to stay in the Army.

"Bob was an exceptionally valuable member of the Falcon Brigade team, but what was most compelling was his determination. He had a clearly defined goal. He understood the physical and bureaucratic obstacles to that goal, and he endeavored to overcome them. The rules said 'no,' but in Bob's case they made no sense. He was clearly capable of serving and contributing, without limitation."

The brigade surgeon at that time, Lt. Col. Edward Bailey, agreed.

"Bob is one of the most gratifying patients I have ever had the privilege to work with. The words 'no,' 'won't,' and 'can't' aren't in his vocabulary. He overcame every hurdle to return to the cockpit," Bailey said.

"A 30-day summer rotation at Joint Readiness Training Center convinced us that he was more than capable of returning to the fight."

Instead of ending, it appeared the road ahead for the pilot was merely bending.

"You know, the Warrior Transition Units sometimes get a bad rap," Cuyler pointed out. "But in my case, the Fort Drum WTU did exactly what it was supposed to do. The (organization) gave me a chance to get well. It was the best thing for me and the Army." Fifteen months after surgery, Cuyler hit his first milestone when a medical board cleared him to remain on active duty, with flight status.

"It was incredible. You know, I actually went to the board. I wasn't allowed in the room during the panel, but they all saw me waiting outside the room. It was important to me, and to Colonel Peterson and Lieutenant Colonel Bailey, for the members of the board to see me for themselves, to wonder if I looked disabled," said Cuyler.

The next benchmark immediately followed the board with a 12-month deployment to Iraq.



PHOTO BY SGT. 1ST CLASS JR WILLIAMS

CW4 Bob Cuyler, tactical operations officer for TF Falcon, 10th Mountain Division, takes advantage of the early morning quiet to run on Bagram Airfield, April 14. Cuyler runs a half-marathon every week to raise awareness for the United Ostomy Association of America Veterans Outreach Program.

"A year in Iraq confirmed that his medical condition is an inconvenience, not an impediment," said Bailey, now the 10th Mountain Division surgeon.

The deployment not only proved that Cuyler could handle the rigors of combat with an ostomy, it marked the first time any U.S. Soldier ever deployed with an ostomy. Or, for that matter, the first time any aviator ever flew into combat with an ostomy.

Yet, the path to understanding continued after his return from Iraq.

"During the deployment to Iraq, I was awarded the Tony Snow Public Service Award from the Great Comebacks program," explained Cuyler. "Receiving that award changed things for me. Before, everything was for me. Now, I feel what it means."

The exposure Cuyler received following the award inspired a new turn in the road.

"People hide (the disease). They're embarrassed. A month or two after I received the award, people around the world contacted me for advice," Cuyler said.

As each person contacted

Cuyler, he shared everything he could to help: medical records, experiences, advice, hope.

"There was a pilot from India who was fighting to keep his job after his ostomy," Cuyler explained. "Using my medical records as an example, he was able to prove that flying with an ostomy was possible — and done. He's still flying."

While helping a fellow pilot brought some satisfaction, Cuyler's latest milestone impacted him a little more deeply. At the end of April, Cuyler will welcome a fellow ostomate, and Soldier, to Afghanistan.

"Lieutenant Colonel William O'Brien first learned of my struggle to stay in the military after ostomy surgery by speaking with Lisa Becker, a Great Comebacks Award recipient. He then found me by doing the same thing I had done; did a search for 'military' and 'ostomy.' But, instead of finding discharge stories, he found mine."

Down-to-earth and humble, Cuyler does not consider himself a trailblazer.

"That's the big thing — the gratitude I feel that my despair was able to help someone else,"

said Cuyler.

Realizing how his fight helped another Soldier, Cuyler decided to continue down the path toward educating others about the surgery and what to expect afterward.

Besides sharing his experiences and advice with the Veterans Outreach Program, Cuyler raises awareness of the program doing the one thing he once thought he'd never do again — long distance running.

To date, Chief Cuyler has run 15 half-marathons. That adds up to 196.5 miles for the man who once could only perform one push up and one sit up. They also pave the start of the path toward understanding life after an ostomy.

"Bob personifies our Army Values of duty, selfless service and personal courage," stated Peterson. "It doesn't surprise me that he's, once again, accomplishing something very difficult in order to benefit others and call attention to something important."

Soldiers or Veterans with questions about ostomies can reach the UOAA by calling 1-800-826-0826 or visiting www.ostomy.org.

PUZZLE ANSWERS

Super Crossword Answers

BEN	AVAST	CAAN	DUMAS
OLE	SENTA	DIRGE	AGARN
HOW	CANYOU	OCTET	DORIA
RICA	DAWSON	INTO	DER
APSE	WHISTLE	WHILE	
HOSPITAL	LOST	ERIE	
APT	STROM	NED	DRAM
LALO	ACROBAT	ESTEEMED	
FLESH	SNARL	MAR	SELA
LOU	TACO	URIS	NEB
FLOSSES	YOU	RIPTIDE	
BAH	TARA	SHIP	REEN
ADAM	GIN	OJAYS	MIDST
RESIDENT	GLACIER	TRIO	
DANA	ORE	APRES	ALB
SLOE	EARN	SECURITY	
WORK	IFYOUREA	UPON	
AHA	FERN	FESTER	APES
GATOR	LOIRE	LIBRARIAN	
ERODE	ENTER	INRED	PTA
RANDY	TOES	MOODS	EAP

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Orion
- Frey is the Norse god of fertility
- Methane
- Orson Welles
- Edward II
- U.S.S. Holland
- James Montgomery Flagg
- U.S. Virgin Islands
- Richard Wright
- Estes Kefauver



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There's A New Speed Shop In Town!

SPORTS SHORTS
Continued from Page D1

11 a.m. followed by lunch. There is a shotgun start at 1 p.m. Tournament play is for 4-person teams. Cost is \$60 per person or \$240 per team.

NASCAR TICKETS
OFFERED AT LEISURE TRAVEL

The Fort Rucker Leisure Travel Office offers Atlanta Motor Speedway tickets for the NASCAR race Sept. 3-4. The prices are \$75 per person for both days and \$45 for Sept. 4 only. Seating is general admission for Sept. 3 and Upper Elliot reserved for Sunday. For more information, call 255-9517.

TAOIST TAI CHI SOCIETY

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

BOWLING EVENTS

'Burger and Bowl'
Rucker Lanes staff offers a daily "Burger and Bowl" special for \$7. The special includes a cheeseburger, fries, soda, shoe rental and two games of bowling.

EXTREME BOWLING

Extreme Bowling at Rucker Lanes is Saturdays from 8-11 p.m. for \$10 and features unlimited bowling with lights, music and glow-in-the-dark balls and shoes. For more information, call 255-9503.

ARCHERY SHOOTS

Fort Rucker Archery Club members conduct weekly shoots at the club's range, located off Whittaker Road. Shoots begin Thursdays at 4 p.m., and members take aim at a 20- to 60-yard practice range, 28 3-D targets along a walking trail or a 10-target area. Annual membership costs \$20. For more information, call 389-6135.

SEMI-PRO BASEBALL

The Enterprise Semi-Pro Baseball League staff hosts tryouts Saturday at Peavy Park beginning at 1 p.m. For more information, call 347-4275.

BATTING CAGES HOURS

The Child, Youth and School Services batting cages are open Mondays-Fridays from 4 -7 p.m., Saturdays from 2- 6 p.m. and closed Sundays. They are located in the Youth Sports Complex on Fifth Avenue between the Post Office and the Youth Football Field. For more information, call 255-9105.

RIDING STABLES RULES

Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 miles per hour at all times. For more information, call 598-3384.

Video Game Spotlight >>

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



COURTESY SCREENSHOT

SOCOM 4 offers fun with little challenge

BY JIM VAN SLYKE
Contributing Writer

SOCOM 4: U.S. Navy SEALs isn't the best of the SOCOM lot, but it's still a fun ride.

The plot has the gamer trying to rescue an entire country in six days or less.

Gamers become an operations commander in charge of a crack five-person NATO Special Operations squad in Southeast Asia.

The odds are stacked

against the team, but we shouldn't expect anything less.

At its core, SOCOM 4: U.S. Navy SEALs is five guys against an army and not much more, but most gamers will be OK with that.

This is a squad-based shooter with a few stealth missions thrown in. Gamers can issue commands to their team, moving them into position, marking enemies and making sure the team

stays together as they move through hostile territory.

The bad news is that unless the difficulty setting is set on hard, it's possible for the gamer to succeed without firing a shot. The team artificial intelligence is so good that they really don't need the gamer to get involved most of the time.

There are also some co-op mission modes that can be played on up to six maps.

Multiplayer has the standard modes which are fun, but also one where gamers have to protect another gamer in a bomb suit while he diffuses three bombs.

While SOCOM 4: U.S. Navy SEALs is fun, it doesn't do enough to "wow" us in 2011.

The short solo game is marred by bad enemy artificial intelligence and dated — at times — graphics. It's still a good game, but we expect great.



Publisher
Sony
Rated
Mature
Systems
Playstation 3
Cost
\$60
Overall
3 out of 4

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