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VOL. 61 ■ NO. 18

FORT RUCKER ★ ALABAMA

MAY 5, 2011

NEWSLINES

INCREASED SECURITY

In light of current world events, Fort Rucker has been directed to raise its Force Protection Condition to Bravo. Those working on, living on and visiting Fort Rucker can expect increased delays entering the installation and at Lyster Army Health Clinic.

A 100 percent ID card check at the post exchange and commissary is being implemented.

Fort Rucker will remain at the increased condition until further notice and will return to Alpha conditions as soon as directed.

The command of Fort Rucker asks for people's patience and support during this exceptional time in the nation's history.

"The safety and security of all our Soldiers, Family members, civilian employees and visitors to Fort Rucker is of utmost concern to us. We will remain vigilant and ask all of you to remain vigilant as we implement these increased security measures," said Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

THANK YOU, SPOUSES!

Fort Rucker Army Community Service staff will treat military spouses to an ice cream social with cookies and other refreshments Friday in recognition of National Military Spouse Appreciation Day.

Military spouses can stop by the ACS Center, Bldg. 5700, Rm. 390, from 9-11 a.m. for an open house with cookies and refreshments.

Additionally, from 1-2:30 p.m., military spouses residing on post can stop by either Bowden or Allen Heights neighborhood centers for an ice cream sundae.

For more information on National Military Spouse Appreciation Day, call 255-3817.

SALUTE TO THE TROOPS

The post theater is the place to be May 13 at 3 p.m. when pageant contestants from around the state entertain Soldiers and Fort Rucker community members for a second year in a row.

Salute to the Troops is a free, action-filled musical revue tribute to Fort Rucker Soldiers and Families, featuring regional title holders who will vie for the Miss Alabama crown currently worn by Ashley Davis, who was among last year's Salute cast.

Parents are encouraged to bring their children to this Family-friendly event.

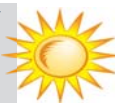
For more information, call 255-2474.

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Weather 3-DAY OUTLOOK

THURSDAY
High **80**
Low **50**
Mostly sunny



FRIDAY
High **84**
Low **55**
Sunny



SATURDAY
High **87**
Low **59**
Sunny



PHOTO BY BREANNA WALTON

Pfc. Hector Vasquez gives his wife, Abigail, a hug before deploying with the 597th Maint. Co. Special Repair Activity 17.

597th deploys 8 Soldiers

BY BREANNA WALTON
Army Flier Staff Writer

Eight Soldiers from the 597th Maintenance Company deployed from Fort Rucker April 27 as part of Special Repair Activity 17 in support of operations New Dawn and Enduring Freedom.

"These guys are air traffic control re-

pairers," said Capt. Brad DeLoach, 597th commander. "If the air traffic control tactical radar system breaks they can fly into Iraq or Afghanistan and fix it."

"This is my second time being deployed," said Staff Sgt. Jason L. Brumfield, 597th Maint. Co. detachment commander. "I think it's harder this time because my children are older, but I think I am

ready for it. It will be the same business as before. We will be supporting all the airfields in Iraq, Kuwait and Afghanistan."

Families gathered to wish the Soldiers farewell before their deployment — some only being deployed six months, others one year.

SEE SOLDIERS, PAGE A5

Community mourns loss of instructor pilot

BY JIM HUGHES
Command Information Officer

The Fort Rucker community mourns the loss of one of its own after an instructor pilot died in an incident involving an AH-64 Apache on a cross-country training flight April 28 near Monroeville.

Capt. Richard van de Perre, an instructor pilot with the Royal Netherlands Air Force, was pronounced dead at the scene of the accident. The student pilot on board the aircraft was uninjured, according to the post public affairs office.

The incident is currently un-

der investigation.

Van de Perre's Family held a private memorial service Monday, where close friends and co-workers gathered to remember the Aviator.

During a phone interview, van de Perre's unit commander, Lt. Col. Scott Halverson of 1st Battalion, 14th Aviation Regiment, remembered the fallen pilot.

"He was great," Halverson said, adding that the captain was an



Capt. Richard van de Perre

exchange officer from the Dutch Air Force who worked for his unit. "He was one of those guys who always seemed to have a smile on his face. He was always there to train student pilots and he loved doing it."

Halverson added that while van de Perre trained numerous Dutch pilots during his time as an instructor, he also trained pilots of other nationalities as well.

"I know he was a devoted

husband and father with three grown step children," Halverson said. "He was very active in the community, proud of his U.S. citizenship and he loved the Wiregrass. This is a tragic accident — there is a Family without its husband and father. Keep his Family in your prayers. We will continue on with our mission — that's what Rich would want us to do."

CW3 Ney Torres, section leader with A Co., 3rd Platoon, 1-14th Avn. Rgt. and van de Perre's co-worker, echoed Halverson's thoughts.

SEE PILOT, PAGE A5



PHOTO BY RUSSELL SELLERS

Lt. Col. Ronald L. Ells, 1st Bn., 212th Avn. Regt. commander, accepts the unit colors from Col. Russ Stinger, 110th Avn. Bde. commander, during a change of command ceremony at Howze Field April 28. Ells replaces outgoing commander Lt. Col. Michael F. Burns III who moves on to Fort Hood, Texas.

'Wings of Freedom' welcomes new leader

BY RUSSELL SELLERS
Army Flier Staff Writer

The Soldiers of 1st Battalion, 212th Aviation Regiment greeted their new commander during a change of command ceremony at Howze Field April 28.

Lt. Col. Ronald L. Ells took over command from Lt. Col. Michael F. Burns III who commanded the unit since 2009.

Ells said he was honored and humbled to be able to return to a unit he previously served in. Ells was the battalion executive officer for the unit from 2005-2007.

"The honor of assuming command of a battalion is an awesome and humbling experience," he said. "Almost 23 years ago, a scrawny private climbed out of a cattle car at Fort Benning, Ga., and was abruptly introduced to an infantry drill sergeant and taught what it meant to be a Soldier. If (someone) would have told (me) that (I) would be an Aviation Battalion commander, (I) would have said 'you're crazy.'"

Ells' previous assignment was as the Directorate of Training and Doctrine Tactics Division chief here. He

SEE WINGS, PAGE A5



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FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf
FORT RUCKER GARRISON COMMANDER

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Perspective

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

Military recognizes role of spouses

Fort Rucker Military Spouse Appreciation

Fort Rucker Army Community Service staff will treat military spouses to an ice cream social with cookies and other refreshments Friday in recognition of National Military Spouse Appreciation Day and in honor of spouses' service and sacrifice. Military spouses can stop by the ACS Center, Bldg. 5700, Rm. 390, from 9-11 a.m. for an open house with cookies and refreshments. Additionally, from 1-2:30 p.m., military spouses residing on post can stop by either Bowden or Allen Heights neighborhood centers for an ice cream sundae. For more information on National Military Spouse Appreciation Day, call 255-3817.

SAN ANTONIO — Friday is being set aside to recognize the wives and husbands of more than 1 million active-duty servicemembers, Guardsmen and Reservists. Known as Military Spouse Appreciation Day, the Department of Defense will mark its appreciation of spouses with ceremonies and celebrations on installations worldwide. President Barack Obama noted that spouses are part "of the force behind the force" during his remarks last month to announce a national initiative tagged "Joining Forces," which is aimed at increasing the support of U.S. military Families. "They, too, are the reason we've got the finest military in the world," he added. Military Spouse Appreciation Day has been observed since 1984, with a standardized date later declared to be the Friday before Mother's Day. This year, the Army reaffirms its steadfast commitment to supporting the hundreds of thousands of wives

and husbands of Soldiers stationed overseas and stateside — and those deployed to combat zones. Additionally, the Army community is recognizing surviving spouses, whose loved ones made the ultimate sacrifice. "For any leader, the loss of a Soldier is hard," said Lt. Gen. Rick Lynch, commanding general of IMCOM. "But the loss that survivors experience is magnitudes deeper and wider. "To honor the fallen Soldier's service and sacrifice for our nation," Lynch added, "we can do

one last thing: offer support for the loved ones the Soldier left behind." It is this type of tribute to spouses that is part of Joining Forces, which was launched April 12 by First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden. Their efforts, based on conversations with military Families, will focus on three key areas: employment, education and wellness. In the area of employment, the first lady said she and Biden will be champions for military spouses as they pursue jobs and

advance careers. On education, they'll help spouses continue their education and obtain degrees. And on wellness, "we're going to remind our nation that just as our troops deserve the best support when dealing with the stresses of war and long deployments, so do military spouses," the first lady said. And they'll join forces with private industry. Some companies will inform military spouses working at their stores that they'll have a job when they move to a new duty location. Plus the Chamber of Commerce also is stepping up, First Lady Obama said, by encouraging members to hire military spouses and veterans and to find mentors for military wives. The Chamber has agreed to host more than 100 job fairs across the country. Technology companies, she added, will help connect military spouses and veterans with companies that are hiring and train them in new technologies so they can start their own businesses. (Additional informational provided by American Forces Press Service.)

Life lessons from a mother duck



BY DR. NANCY B. JANKOSKI
Fort Rucker Director of Religious Education

In 2009, I went home to Atlanta to be with my Mother over Mother's Day. I decided to take her shopping to let her pick out the gift. We got off an expressway onto an exit ramp that had five lanes, two turning left, two going straight ahead onto a service road and one lane turning right towards a park. I was in the outside left hand lane, stopped for a red light. I glanced to my left and noticed a mother duck and four young ducklings stuck on the raised traffic island beside me. I don't know how they got there, but it was very obvious that the mother duck was trying to get her little ones away from the street and into a nearby park. Cars kept whizzing by, and the mother duck was shielding her babies from the wind created by the traffic while seeking a way out of the situation. As soon as the traffic light changed, she stepped out into street. Amazingly enough, she was actually walking in the cross walk, and of course, her little ones immediately followed her. Those of us who had been waiting for the light to change now had a choice. We could sit there and miss our light while letting this duck get her family across the road, or we could drive on, and risk running over the ducks.

The first car in all five lanes waited for mother and baby ducks to get across. Of course, we knew why we were waiting, because we were close enough to see the need. Nobody up front minded missing our turn at the traffic light. The folks in the cars behind us, though, were completely unaware of the reason for the holdup, and they were not so patient. One man near the front finally hopped out of his car and yelled back to the impatient drivers behind him, "Hold on, we've got an emergency here!" Then he got back in his car. The man's statement at least quieted down the impatient drivers. They had no clue what the "emergency" was, but just knowing that something was happening seemed to be enough. The impatient drivers could and probably should have guessed that there must be a reason for the delay. After all, how often do five lanes of big city traffic simultaneously refuse to move when they get a green light? But, instead of thinking about why the drivers ahead of them might not be moving, those in the rear jumped immediately into anger mode. Once the ducks were safely across, the traffic moved. There are numerous life lessons to be had from my encounter with the mother duck and the humans in the cars. It only cost us a few moments of time to show kind-


ness to these animals. It really didn't take that much time to wait a few moments. We get so busy that sometimes we let ourselves get frustrated and angry over nothing. That was the problem with the people in the rear cars. They got worked up emotionally because somebody didn't move the moment a light changed. In a lot of ways, it was a beautiful moment. The mother duck was actually obeying traffic laws by walking in the crosswalk. Do you always cross at the posted places? I've been guilty of a few jaywalks. The mother duck could have gotten herself to safety by using her fully developed wings and flying off by herself. How many times are people so interested in "looking out for No. 1" that they desert those who depend on them? People do that, but not mother ducks. I don't know how she got there, and I don't know how long she had been there, but one thing was certain: that duck was not going to leave her babies. She looked for, and found a way to get them safely across the road. She had a little human help, but no matter how long it took, she was going to remain with her ducklings. I suspect the mother duck learned something that day, and I doubt she will get herself into a similar situation again. Learning from your mistakes, not getting in such a hurry that you can't take time to be kind,

taking a few moments to enjoy nature and God's creation and recognizing a love that won't abandon someone in need. Those are just a few life lessons learned from a mother duck. On Mother's Day last year, my mama was in a hospital, and a doctor came in to ask her if she had a living will. I had to help explain to her what that meant, and she told the doctor that "I've had a good long life." She was beginning to decline in health, and facing the inevitable passing that all of us will one day face. Sitting in a hospital room, hearing her talk, I wanted her to hang on and keep trying, but she was tired, and she was sure she was ready to move on when the Lord called her home. Just a few weeks before, at Easter, she had moved into a nursing home and celebrated Easter by sitting in a wheelchair in the dining room turned into a makeshift chapel, helping other seniors find the right page in the hymn book. She kept worshipping even while her strength was slowly departing. Mama went home to Jesus in September. As we approach Mother's Day this year, I'm going to remember three things: our 2009 encounter with the ducks, the 2010 Easter service at the nursing home and the fact that mama was ready when Jesus was ready for her. She is safely across to the other side. One day, I'll join her, and we'll both be safe at home.




Rotor Wash


“Sunday is Mother’s Day. Why is it important to honor the hard work and dedication of mothers around the world?” ”




Retired Maj. Walter Garner
“If it weren’t for our mothers, we wouldn’t be here.”




Sgt. Chris Ferrante, 1st Bn., 189th GSAB
“Our mothers make us into who we are and teach us to respect women.”



Sgt. Keith T. Jenkins, C. Co. 5th Bn., 158th Avn. Regt.
“Your mom gave birth to you and raised you. She has played an important role throughout your life and that’s a good reason to honor her.”



Retired Warrant Officer George Williams Jr.
“Mothers have done so many things that have helped us become who we are today. I think it’s an honor and a God-send for us to be able to honor them.”



Staff Sgt. Joshua J. Adkins, C. Co. 5th Bn., 158th Avn. Regt.
“They have done so much in our lives as our mothers and wives.”

Leaders discuss present, future of Air Traffic Services

BY RUSSELL SELLERS
Army Flier Staff Writer

Air Traffic Services leaders from around the Army gathered to discuss the present and future of the command during the annual ATS Leaders Conference at The Landing Tuesday.

Among those weighing in on the progress of the command was Maj. Gen. Mark Graham, U.S. Army Forces Command deputy chief of staff. He said the leaders have the opportunity to shape the Army and make it even better in the future.

"This is a pretty dynamic time in our Army," he said. "We know things are changing and they're changing fast. You all deploy often and we don't have enough of you."

Graham added that ATS is something a lot of people in the Army "just expect to work." The operations of the branch flow so smoothly that most people can look past all the hard work going into the process.

"You're kind of like the guy behind the curtain who's pulling levers and making things happen to keep us safe," he said. "Our persistent conflict is going to continue for some time to come. The enemy is out there and ready. You are a critical enabler to what we do. To make sure we have trained professional lead-



PHOTO BY RUSSELL SELLERS

Maj. Gen. Mark Graham, U.S. Army Forces Command deputy chief of staff, addresses the attendees of the annual Air Traffic Services Leaders Conference at The Landing Tuesday.

ers and servicemembers is key. We've always got to make sure we're well trained and ready to do our mission."

Graham talked about the conversations he's had with the Army leadership and how the current financial situation of the U.S. is affecting the Army's mission.

"You have to continue to push the envelope

and ask 'what can we do better?'" he said. "Our nation is having some challenges financially and we're working through it. Leadership has already talked about the operational needs statement for aircraft upgrades. But we have to be more conscious of how we spend money and what we spend it on."

According to Col.

James R. Macklin, Air Traffic Services Command and 164th Theater Airfield Operations Group commander, the goals of the conference also included capturing the thoughts of the collective genius, identifying critical issues from key stakeholders and establishing a clear way ahead to unify efforts across the ATS commu-

nity in support of Army Aviation.

"There's a lot of uncertainty about what's going to happen, but everything is going to be OK," he said. "We just have to be smarter about how we do things and that's what this conference is about."

Macklin said the term "collective genius" comes from the idea of identify-

ing critical issues through discussion.

"If you're here, your comments and opinions matter," he said. "If I don't know about your issues, I can't work them. I think we've got a pretty good handle on tactical issues, having been in Afghanistan and Iraq. But, there are a lot of other issues out there and we need to capture them."

Fort Rucker honors retirees

BY BREANNA WALTON
Army Flier Staff Writer

Fort Rucker honored 11 Soldiers during a retirement ceremony Thursday at the U.S. Army Aviation Museum.

Col. Ken Biland, 1st Aviation Brigade commander, recognized the retirees' combined 255 years of service to the nation.

"While there are no words so noble that we can deliver today to fully describe our gratitude, we simply thank you for your duty. We thank you for your honor. And we thank you for the many decades of proud service to this great country of ours," said Biland. "The servicemembers standing before us — these are the Americans that have answered our nation's call. They are dedicated. They are honorable. And they truly represent the best of our country, and we are grateful."

The following Soldiers were honored:

- Col. Christopher C. Sullivan received the Legion of Merit in recognition of 30 years of outstanding military service, culminating as commander, U.S. Army Aviation Technical Test Center.
- Maj. Jack Stewart received the Legion of Merit in recognition of 23 years of outstanding military service, culminating as the 164th Theater Airfield Operations Group S3.
- CW3 Russell J. Toeller received the



Sullivan



Stewart



Toeller

Meritorious Service Medal in recognition of 20 years of outstanding military service, culminating as UH-60 instructor pilot, 1st Battalion, 212th Aviation Regiment.

- Master Sgt. Eric D. Hagan received the Meritorious Service Medal in recognition of 27 years of outstanding military service, culminating as the noncommissioned officer in charge, Training and Doctrine Command capability manager's office for reconnaissance and attack.



Hagan



Mallory

- First Sgt. Michael T. Mallory Sr. received the Legion of Merit in recognition of 26 years of outstanding military service, culminating as ground accident investigator, U.S. Army Combat Readiness/Safety Center.



Skidds

- Master Sgt. Donald K. Skidds received the Meritorious Service Medal in recognition of 25 years of outstanding military service culminating as sergeant major of the Directorate of Simulation.



Burnette

- First Sgt. Celestine F. Burnette received the Meritorious Service

Medal in recognition of 20 years of outstanding military service, culminating as first sergeant of Headquarters and Headquarters Company, 164th TAOG.



Boyd



Polidore

- Sgt. 1st Class Joshlynn L. Polidore received the Meritorious Service Medal in recognition of 20 years of outstanding military service, culminating as ground accident investigator, USACR/Safety Center.

ing as communications section noncommissioned officer in charge, 164th TAOG.

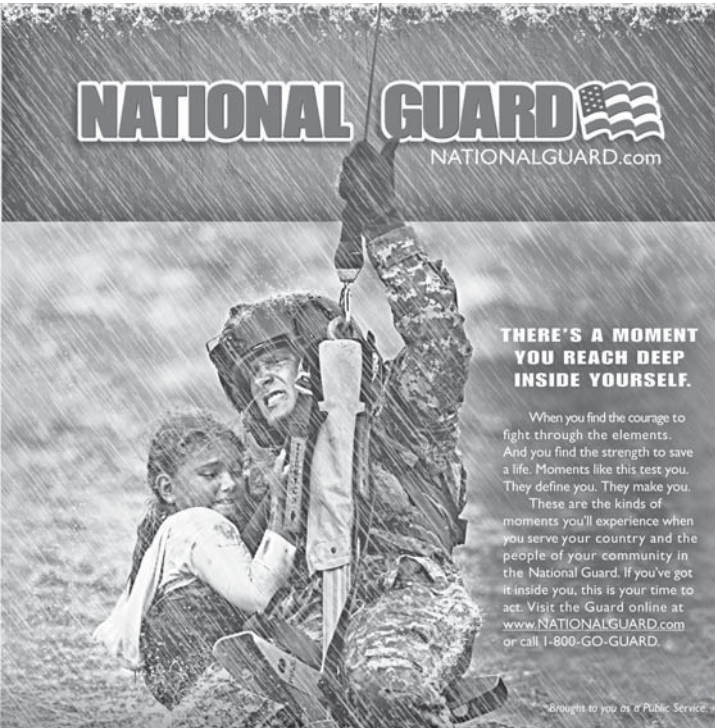


Lopez



Brown

- Staff Sgt. Michael R. Brown received the Meritorious Service Medal in recognition of 22 years of outstanding military service, culminating as the advanced individual training platoon sergeant, 1st Bn., 13th Avn. Regt.



Post executes plan for greater sustainability

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

Celebrating this year's Earth Day, Fort Rucker Directorate of Public Works Environmental and Natural Resources Division staff hosted the post's first-ever Zero Waste event April 26.

Organizers used the luncheon event to raise sustainability awareness among community members and remind them to reduce, reuse and recycle, and that every day is Earth Day at Fort Rucker.

Zero Waste concepts used for this event can also be applied to large-scale events, such as training exercises, conferences, organization days and community events, said Darrell Hager, DPW-ENRD Leading Change Team member.

The ZeeWee event, as it has been nicknamed, emphasized that planning ahead is the key to successful sustainability efforts.

"Our advance planning centered around reducing solid

waste, using compostable products, reusing various elements such as banners, and recycling cardboard and plastic that were generated by the event," Hager said.

"We chose our luncheon menu carefully, to reduce our waste to as close to zero as we could get. We decided on catfish, hushpuppies, coleslaw, garden salad and creamed early peas with new potatoes," he added.

"Catfish is very popular in the South, but what a lot of folks don't know is that catfish yields virtually no waste. Once filleted, every part of the fish is recycled into fertilizer and other organic products," Hager said.

The team chose the remaining menu items because of source proximity - purchasing the produce from local growers - thereby reducing the amount of fuel emissions to the environment.

"Many people don't realize that transportation costs and emis-

sions have a direct impact on the environment," Hager said. "There's a huge environmental benefit to buying from local producers, and locally produced food is fresher and as a result often more nutritious than products shipped in from across the country or distant places like Chile and Mexico.

"Consider how long products have been in transit before reaching your grocery store, and the fuel consumed to transport them," he said.

"This Zero Waste event directly supports the Installation Management Command Campaign Plan," said Cynthia Ranchino, lead plans specialist at the garrison Plans, Analysis and Integration Office.

According to the Installation Readiness line of effort in the IMCP, installations are to "preserve, protect, conserve, sustain and, where appropriate, restore the natural environment, and comply with statutory and other environmental requirements."

"We are already embarking on several projects in support of the IMCP," said Al Townsend, supervisory environmental engineer. "The post recycling program, and 'Going Wild' initiative are a couple examples of our dedication to developing a sustainable environment here on Fort Rucker."

"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, DPW environmental and natural resources agronomist.

The "Going Wild" plot sits across the street from the Veterinary Services stray facility along Andrews Avenue.

"Apple, pear and plum trees, blueberry bushes and wildflowers are planted throughout the plot," Watkins said. "All are beneficial to the wildlife that grow and evolve. The land will eventually become a living food plot, nest-

ing for turkeys and a nursery area for fawning."

"Our Qualified Recycling Program employs sustainable practices around the installation, particularly in the cardboard and office paper initiative programs," Townsend said. "This program's efforts, led by ENRD staff, have helped the installation increase its paper and cardboard collections by 25 and 45 percent, respectively, over the last two years. Additionally, on-going efforts are contributing to the collection of other commodities that has led and will lead to significant savings and/or cost avoidance for the installation."

"In keeping with IMCOM guidance, we plan to further integrate program goals across the installation to lead and execute environmental initiatives, increasing recycling programs post-wide to reduce waste going to landfills," said Col. James Muskopf, Fort Rucker garrison commander.

NCOs restore Army Aviation history

BY RUSSELL SELLERS
Army Flier Staff Writer

A CH-47 Chinook display at the U.S. Army Aviation Museum almost looks ready to take to the skies again thanks to a group of B Company, 1st Battalion, 223rd Aviation Regiment Soldiers.

The project was taken on by a group of 10 non-commissioned officers who wanted to give back to the community and learn more about the history of Army Aviation, said Staff Sgt. Theo Nalezynski, flight engineer and project coordinator.

"We tried to get it looking as close to the original as possible," he said. "There was a lot of work that went into it, but it looks so much better now than when we started."

It took more than 300 hours, worked mostly on weekends, to replace dry-rotted wood on the interior, replace all the interior wiring, clean the cockpit and use more than 2,000 zip ties to hold things in place.

"This gave us a chance to do things we wouldn't normally get to do in our unit," Nalezynski said. "Usually we're working with the Flight School XXI students, but we are flight engineers and instructors, so we don't get the chance to work on aircraft."

When the Chinook display arrived to the museum, it was painted and placed outside, but no other work was done to it, he added. When the unit members ap-

proached Richard Willis, U.S. Army Aviation Museum maintenance officer, about possible projects, this was the first one that came to his mind.

"This was an out-of-the-blue thing," Willis said. "They contacted me wanting a project and this was one I had on my list of projects for a long time. It was the perfect time for us to do it."

According to Willis, the unit provided everything needed to make the clean-up of the aircraft happen.

"The unit took it upon themselves to set the time and to get the labor out here," he said. "It came out perfect. I couldn't have asked for better."

Getting units involved with the museum is something Willis hopes to make a regular thing for the installation.

"I've got plenty of oth-

er projects that could be taken on by either this unit or others," he said.

Sgt. 1st Class Noel Cabias, unit platoon sergeant and project co-coordinator, said the amount of progress the group has made is one of the most rewarding aspects of the project.

"We feel good about all we've done here," he said. "If we can help preserve some of the history of (Army Aviation) and show the younger guys what it looks like, up close, then we've done a service for everyone."



The NCOs unveiled their efforts during a closed, unit party April 29. There was a cookout for the unit members and their Families as well as other invited guests.

For more information on this and other projects at the museum, call 255-2893.



Staff Sgt. Theo Nalezynski and Sgt. Jonathon Mize, B Co., 1st Bn., 223rd Avn. Regt., work on cleaning up the interior of the CH-47 Chinook display at the U.S. Army Aviation Museum April 21. The Soldiers were part of a group of 10 NCOs who volunteered to help restore the aircraft.

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Soldiers: Spouses provide support

Continued from Page A1

“He just got back from 15 months of being deployed and he is now leaving for six months,” said Bridgett Lester wife of Staff Sgt. Derek Lester. “It’s hard, but it’s the Army and it’s his job. I work full time and have a child, so I plan to hang out with her and do my thing.”

The 597th Maint. Co. has been continuously deployed since 1996, rotating Soldiers out every six months. Its specific mission is to run Air Traffic Services maintenance in Afghanistan and Iraq.

“They do it well and I ex-

pect no less from this group,” said DeLoach.

Col. James R. Macklin Jr., ATSCOM and 164th Theater Airfield Operations Group commander, was present to see the Soldiers off and thanked them for their service and sacrifice.

“I know it’s difficult, but we take pride and take care of the SRA downrange. It is an amazing thing what you do. I never had to worry about anything on ATS maintenance,” Macklin said. “Your Families will be taken care of while you are gone, so don’t worry. You are a big part of what we do.”



PHOTO BY BREANNA WALTON

Pfc. Josh Collins accepts farewell wishes from his fellow Soldiers with the 597th Maint. Co. before deploying.

Pilot: van de Perre remembered as a ‘gifted Aviator’

Continued from Page A1

“He was one of the most pleasant people to be around. He’d come in with a big smile on his face and usually a Subway sandwich and say those same words, ‘What’s up?’” Torres said. “He was a knowledgeable, great instructor pilot. He had a lot of friends here. He always had a big smile on his face and words

of wisdom to share. We’re really sad we’re not going to see him or talk to him anymore. We’re going to miss him.”

According to the brochure handed out at his memorial service, van de Perre joined the Royal Netherlands Air Force in 1997, graduated flight school at Fort Rucker in 1999 and served as an Apache pilot in the RNLAf until 2004.

In 2007, he rejoined the RNLAf as a captain and served in Afghanistan. Shortly thereafter, he returned to Fort Rucker as a liaison AH-64D instructor pilot for the RNLAf.

Described as a “gifted Aviator,” van de Perre earned numerous awards during his career, including “Top Gun” honors in his flying squadron in 2000.

The brochure further de-

scribed him as fluent in Dutch, English and German, and that he was very proud of his dual citizenship — receiving his American citizenship in December.

“He married the love of his life, Wilma, 11 years ago and was a wonderful stepfather and mentor to her three children, and especially enjoyed being an Opa (grandfather),” it read in the brochure. “He always had a smile

on his face and never met a stranger. He was a man of many talents that could do any task he was given. He and his wife spent many days at their beach house and were always looking for different projects to start. He enjoyed working on computers and fixing up cars. Wilma and Richard loved ballroom dancing and were members of the Dothan Ballroom Dance Club.”

Wings: Unit welcomes new commander with ceremony

Continued from Page A1

assumed that position in August.

Ells is joined here by his two children — Ryland, 12, and Jaeden, 11.

Col. Russ Stinger, 110th Aviation Brigade commander, described Ells as a capable leader and said he expects him to accomplish many great things as the commander.

“The battalion will continue to perform magnificently under Ells’

leadership,” he said. “As a returning member of the (1st Bn., 212th Avn. Regt.) he has a good idea of what he is inheriting, but the road ahead will be challenging. However, no matter how difficult the mission may become, I have no doubt (Ells) and the battalion will succeed.”

Stinger continued by acknowledging the accomplishments of the battalion under the guidance of its outgoing leader, Burns.

The elimination of the advanced aircraft training backlog is something Stinger said Burns and the unit should be proud of.

“When we started this mission over two years ago, there were over 300 students waiting as long as 24 weeks to start training on their advanced aircraft,” Stinger said. “Now, there are no students in waiting. It hasn’t been easy and it hasn’t been done by doing things the way they’ve always been

done. It’s taken changes to how we train, how long we train, how many students we train and how hard we work.”

Stinger wished Burns luck in his next assignment at Fort Hood, Texas, and his upcoming deployment to Afghanistan.

Burns reflected on his time as the unit commander and said he will always remember the level of support he received from the Soldiers and staff of Fort Rucker.

“The Soldiers on the field today, department of the Army civilians, officers, contractors and foreign officers assigned to the 1st Bn., 212th Avn. Regt., are the reason for our success,” he said. “I’m humbled and honored to have had the opportunity to serve with them.”

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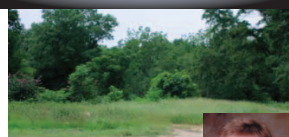
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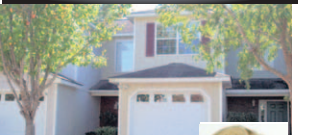


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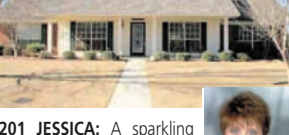
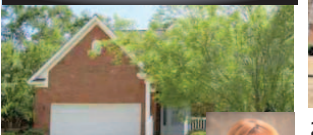


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ARMYWIDE

VOL. 61 ■ NO. 18

ARMYFLIER★COM

MAY 5, 2011

ARMY BRIEFS

ARMY MWR CONTEST PROMOTE RESILIENCY

SAN ANTONIO — Fifty-nine garrisons worldwide will participate in the “Strong B.A.N.D.S.” promotion in support of National Sports and Fitness Month, in May.

B.A.N.D.S. stands for Balanced lifestyle, Actively motivated, Nutritional health, Determined to excel, Strength and conditioning. The MWR promotion is designed to energize and inspire community members to live a healthy lifestyle. Each participating garrison hosts a minimum of three fitness- or health-related events throughout the month. Participants will be given Strong B.A.N.D.S. wristbands that symbolize the community’s commitment to a healthier lifestyle.

A fitness or health question will be posted on the All Army Sports Facebook page at www.facebook.com/TheAllArmySports, each day in May. Those who answer the question correctly will be entered into a random drawing for prizes ranging in value from \$15 to \$300.

The Facebook page will also list health and fitness events scheduled at each garrison.

OFFICERS INTERESTED IN BECOMING MILITARY SCIENCE PROFESSORS MAY COMPETE THIS SUMMER

FORT KNOX, Ky. — Active duty and active Guard-Reserve lieutenant colonels and majors interested in becoming professors of military science must have their master’s or higher degree by May 31 to be considered for positions in the August board at U.S. Army Human Resources Command.

Each volunteer must be eligible for a permanent change of station for summer 2012. Officers should update their Officer Record Brief, DA photo, and ensure their undergraduate and graduate transcripts are in their Official Military Personnel File no later than Aug. 1.

Officers may download the fiscal year 2012 Professor of Military Science Board preference sheet from the Cadet Command website at: <http://www.cadetcommand.army.mil/info-for-cadre-staff.html>, which also lists projected summer 2012 PMS vacancies.

Any questions may be directed to the email address: PMSBoard@usacc.army.mil.

ARMY SEEKS FEEDBACK

ABERDEEN PROVING GROUND, Md. — U.S. Army power and energy experts are leveraging a secure, “Facebook-like” social media forum to gather direct Soldier feedback that will be used to develop tactical power solutions that can be fielded within the next two years.

Engineers from the U.S. Army Research, Development and Engineering Command’s communications-electronics center, or CERDEC, have created the “Power Sources Feedback” user group on milBook, so Warfighters can share frank observations and recommendations directly with CERDEC Army Power.

The milBook platform is open to all DOD military and civilian common access cardholders. Soldiers with a milBook account can post recommendations and insights at <http://go.usa.gov/b1S>, or sign up for an account by accessing the same link.

For more information regarding CERDEC Army Power or power sources currently in the Army supply chain, visit www.cerdec.army.mil/c2d/armypower, join milBook, or email questions to monm-cerdecpa@conus.army.mil.

Justice served

U.S. kills Osama bin Laden in intelligence-driven operation

BY JOHN D. BANUSIEWICZ
American Forces Press Service

WASHINGTON — An intelligence-driven U.S. operation in Pakistan killed al-Qaida leader Osama bin Laden Sunday, President Barack Obama announced in a nationally televised address from the White House later that night.

“Today, at my direction, the United States launched a targeted operation against that compound in Abbottabad, Pakistan,” Obama said. “A small team of Americans carried out the operation with extraordinary courage and capability.”

“No Americans were harmed,” he continued. “They took care to avoid civilian casualties. After a firefight, they killed Osama bin Laden and took custody of his body.”

Obama noted that bin Laden had been al-Qaida’s leader and symbol for more than 20 years and continued to plot attacks against the United States and its allies.

“The death of bin Laden marks the most significant achievement to date in our nation’s effort to defeat al-Qaida, yet his death does not mark the end of our effort,” Obama said. “There is no doubt that al-Qaida will continue to pursue attacks against us. We must, and we will, remain vigilant at home and abroad.”

The president revealed that shortly after taking office in January 2009, he ordered CIA Director Leon E. Panetta to make bin Laden’s death or capture the top priority of the U.S. war against the al-Qaida terrorist organization.

SEE SERVED, PAGE B4



COURTESY PHOTO

President Barack Obama addresses the nation Sunday to announce the death of al-Qaida leader Osama bin Laden during an intelligence-driven U.S. operation in Pakistan. Cum erat. Ut et ad eugait prat.



PHOTO BY PFC. DONALD WATKINS

ENDURING FREEDOM

Soldiers with 1st Bn., 6th Field Artillery Regiment, Focused Targeting Force, 3rd Bde., 1st Inf. Div., prepare to board a CH-47 Chinook helicopter in the city of Gardez, Paktiya province, Afghanistan, April 27 to undertake a mission in support of Operation Enduring Freedom.

Guardsmen tackle storms, fires, floods

BY STAFF SGT. JIM GREENHILL
National Guard Bureau

ARLINGTON, Va. — About 3,000 National Guard members responded to weather-related domestic disasters in 11 states April 29, many in tornado-ravaged Alabama, while hundreds still tackled rising waters in North Dakota, the epicenter of flooding now challenging seven states.

In Alabama, Arkansas and Mississippi, tornadoes killed and injured people and destroyed property; in Texas, drought-fueled wildland fires; in Illinois, Indiana, Kentucky, Minnesota, Missouri, North Dakota and Tennessee, swollen rivers either escaped their banks or threatened to do so.

The rash of domestic weather-related responses seemed unlikely to abate any time soon. Officials are watching the Mississippi River and Mississippi Gov. Haley Barbour warned of potential major flooding.

More than 300 people are dead after more than 160 torna-

does swept through seven Southern states midweek in the worst natural disaster to hit the nation since Hurricane Katrina.

Thousands of people were injured, many more rendered homeless and at one point at least 1 million people were without power after the tornado swarm inflicted damages estimated in the billions of dollars, according to news reports.

It was the deadliest tornado swarm since 310 people were killed in 1974.

About 1,100 Guard members were on duty in Alabama April 29, and Gov. Robert Bentley has authorized up to 2,000.

President Barack Obama, who on April 29 declared a major disaster in Alabama, was visiting damaged areas the same day. Guard missions included search and rescue, security, transportation and road clearing, National Guard Bureau officials reported.

The National Weather Service April 29 reported that it rated one 205-mph, half-mile-wide



PHOTO BY STAFF SGT. MALCOLM MCLENDON

A Texas National Guard UH-60 Black Hawk helicopter drops water over hot spots. Helicopters were launched out of the Austin Army Aviation Support Facility to help fight the wildfires affecting the Possum Kingdom Lake area in North Texas. The aircraft are equipped with a Bambi Bucket, which carries over 600 gallons of water, to fight fires.

SEE STORMS, PAGE B4

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COMMUNITY

VOL. 61 ■ NO. 18

ARMYFLIER★COM

MAY 5, 2011

Asian Pacific American HERITAGE MONTH

Community observes time-honored traditions

BY BREANNA WALTON
Army Flier Staff Writer

Individuals from many different backgrounds stopped at the post exchange to get a taste of a different culture Friday.

"We are here celebrating this diverse event," said Susie Antonello, post exchange visual merchandise manager. "We are celebrating Asian-Pacific American Heritage month with a heartfelt and fun-filled event to help raise awareness of different cultures at Fort Rucker."

The event is the first of many to celebrate Asian Pacific American Heritage month at Fort Rucker.

"We were shopping through the PX and saw the decorations and women dressed up and decided to stop," said Capt. Vito Errico, A Company, 1st Battalion, 145th Aviation Regiment. "I think this is a good way to highlight and expose others to different cultures."

Several Asian restaurants served samples of food, including Bangkok Thai cuisine to help the community experience different cultures through food. Soldiers and their Families also brought in homemade dishes, including Korean glass noodles, Daeji bulgogi and Burmese coconut rice with chicken sauce.

Additional activities included Korean alphabet writing, ultimate Frisbee disc tournament sign up, door prizes and Thai dancing. Deanna Gudger, 8, entertained the crowd with hula dancing routines.

"I am here to experience the different cultures. Every country has its own culture and I enjoy seeing how it is different from my own," said Ratre Moore, military spouse.



PHOTO BY BREANNA WALTON

Lt. Col. Terry Meyer, Air Traffic Services Command executive officer, presents Deanna Gudger, 8, with a coin on behalf of Col. James R. Macklin Jr., ATSCOM and 164th TAOG commander.

Other activities are scheduled throughout May, including a Fort Rucker dining facility luncheon May 18 from 11:15 a.m. to 1:15 p.m., ultimate Frisbee disc tournament May

21 and movie night on May 25 from 7-9 p.m.

"This is an opportunity for everyone — all ethnic groups, creed, color and race — to try something they

never have before," said Sgt. 1st Class David Kintz, equal opportunity adviser. "The purpose is to really give people a chance to experience and understand a different type of culture."

Fort Rucker community gains 3 new Eagle Scouts

BY RUSSELL SELLERS
Army Flier Staff Writer

Standing in front of their peers and Families, three Scouts took the next step in their life journeys Saturday at the U.S. Army Aviation Museum.

Austin Parsons, Patrick Johnson and Cole Robinson have been friends since they began participating in Cub Scouts and are now Fort Rucker Troop 50's newest Eagle Scouts.

Normally, each new Eagle Scout is promoted during an individual ceremony, but the three friends made the decision to finish the journey they started the same way it began — together.

"We started in Troop 50 around the same time and we decided while we were going through the Eagle Scout process that we'd go through the ceremony at the same time, too," Parsons said.

Each of the Scouts had to perform a final "project" before they could achieve the rank of Eagle Scout.

Parsons' project was to prepare a concrete platform for an AH-56 Cheyenne to be placed at the museum, Johnson reconditioned and cleaned up "C" trail at Par-



PHOTO BY RUSSELL SELLERS

Cole Robinson, Austin Parsons and Patrick Johnson take the oath of the Eagle Scout with Master Sgt. Michael McGee, Troop 50 Scout master, during an Eagle Scout promotion ceremony at the U.S. Army Aviation Museum Saturday. The three friends have been part of Troop 50 since they were Cub Scouts.

cours Lake, and Robinson cleaned and trimmed around the old training area behind the post exchange.

Each said achieving the rank of Eagle Scout was important to them for different reasons, but they all feel it comes with a higher level of

responsibility.

"It's all about dedication and working even harder," Parsons said. "It's a lot of work, but in the end it's all worth it."

Johnson said he plans to stay with Troop 50 and help other Scouts achieve the

rank of Eagle, while Robinson said he is going to pursue becoming a youth pastor in college, but thinks being an Eagle Scout will help him in achieving his goals and mentoring others.

Master Sgt. Michael McGee, Troop 50 Scout master, said

the three Scouts showed a lot of character in their journey to becoming Eagle Scouts, and he thinks each will be successful going forward in their careers and lives.

"These three are unique because they've gone through all of this together," he said. "This is the first time I've ever done a ceremony where there was more than one Scout moving up to Eagle. It's very satisfying and an honor to be here with these guys. I've worked with them for five years now and seeing them stick with it is a great feeling."

McGee has been involved with Scouting since he was in elementary school and said it has become a Family tradition he hopes will continue.

"I'll be leaving here soon, but I'm going to be involved with the Boy Scout troop at my next post," he said. "My dad was heavily involved with it when I was a kid and now my sons are going through it."

During the ceremony, each of the three Scouts were joined by their parents who pinned their Eagle Scout badges on them and presented them with their Eagle Scout plaques, commemorating their achievements.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

AER Jail-A-Thon

The Army Emergency Relief Fund campaign Jail-A-Thon, hosted by the 6th Military Police Detachment, is today at Fort Rucker. The jail cell and judge are in the post exchange parking lot and military police are ready to come and serve arrest warrants. For more information, call 255-2341.

Military Spouse Appreciation

Army Community Service staff treats military spouses to an ice cream social with cookies and other refreshments Friday in recognition of National Military Spouse Appreciation Day. Military spouses can stop by the ACS Center, Bldg. 5700, Rm. 390, from 9-11 a.m. for an open house with cookies and refreshments. From 1-2:30 p.m., military spouses residing on post can stop by either the Bowden or Allen Heights neighborhood centers for an ice cream sundae. For more information, call 255-3817.

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 come network with military-friendly companies. This event is open to active duty military, Family members, veterans and retirees. Salute to the Troops The Post Theater is the place to be May 13 at 3 p.m. when pageant contestants from around the state entertain Soldiers and Fort Rucker community members for a second year in a row. Salute to the Troops is a free, action-filled musical revue tribute to Fort Rucker Soldiers and Fami-

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

lies featuring regional title holders who will vie for the Miss Alabama crown currently worn by Ashley Davis, who was among last year's Salute cast. Parents are encouraged to bring their children to this Family-friendly event. For more information, call 255-2474.

Couples Luau

Flight School staff hosts the bi-monthly Family Readiness Group event — a Couples Luau at West Beach, Lake Tholocco — May 20 from 6:30-9:30 p.m. The event features a pig roast, live music, door prizes and more. Patrons are asked to bring their own lawn chair. Cost is \$10 per person or \$20 per couple. Tickets are sold at The Commons on Wednesdays from 5-7 p.m. and Fridays from 11 a.m. to 1 p.m. until May 13. Free child care is available for the event. For more information, e-mail Lindsey.skilling@gmail.com. Children must be registered with Child, Youth and School Services. For more information, call 255-0960.

Johnston Road paving

Camping opportunities with the Engineer Beach Recreational Vehicle Park and Campground are currently limited due to the paving of Johnston Road. Paving in the campground is under way and will continue 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 pe-

riod. 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.

Fort Rucker Boot Camp

The next four-week Boot Camp at Fortenberry-Colton Physical Fitness Facility is now through May 20. It is five days a week from 6:30-7:30 a.m. The 8-9 a.m. session previously available has reached full capacity. The cost is \$75. 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.

Cinco de Mayo Party in the Zone

The Landing Zone staff hosts a Cinco de Mayo Party today from 6-11 p.m.. The Landing Zone courtesy van offers a free ride home to patrons that live on post. For more information, call 598-8025.

DJ Dave

DJ Dave provides live entertainment at the Landing Zone Friday and May 20 from 8:30 p.m. to 12:30 a.m. You must be 18 years of age or older to enter. The Landing Zone courtesy van offers a free ride home to anywhere on post. For more infor-

mation, call 598-8025.

Mother's Day bowling special

Mothers bowl free at Rucker Lanes Sunday on Mother's Day from 11 a.m. to 6 p.m. when accompanied by Family, with a Blue Star Card, or with a Never Forgotten Card. For more information, call 255-9503.

Live entertainment by The Delta Saints

The Delta Saints perform at the Landing Zone May 13 from 8:30 p.m. to 12:30 a.m. For more information, call 598-8025.

Army 10-Mile Run Off, Team Relay

Fort Rucker Physical Fitness Facility staff hosts the annual Fort Rucker Army 10-Mile Run-Off and Team Relay at the Fort Rucker PFF, Bldg. 4605 on Andrews Ave., May 14. Race day registration begins at 6 a.m. and the race starts at 7 a.m. Pre-registration is \$15 prior to Saturday and \$20 after Sunday. Registration fee for a five-person relay team is \$10 per person. Top active duty finish-

DFMWR Spotlight

RECREATIONAL SWIMMING

SPLASH! & WEST BEACH

LAKE THOLOCCO

SPLASH!

THE LANDING, BLDG. 113, NOVOSIL ST.

RECREATIONAL POOL WITH DOUBLE FLUME WATER SLIDE, TUB BAY (FOOD AND BEVERAGES), CLIMBING WALL AND SPRAY PARK WITH THIRTEEN WATER FEATURES. (NO OUTSIDE FOOD & BEVERAGES ALLOWED)

EVENTS (W/SANDS):
30 APRIL - SEASON OPENING
30 MAY - MEMORIAL DAY
2 JULY - FREEDOM FEST
5 SEPTEMBER - LABOR DAY

GENERAL HOURS:
7 DAYS A WEEK: 10 A.M. - 6 P.M.

FULL FACILITY:
WEEKENDS ONLY 30 APRIL - 12 JUNE
DAILY 13 JUNE - 12 AUGUST
WEEKENDS ONLY 14 AUGUST - 3 OCTOBER

SPRAY PARK ONLY:
WEEKDAYS 30 APRIL - 12 JUNE
WEEKDAYS 14 AUGUST - 3 OCTOBER

For more information call the Fort Rucker PFF at 255-2296 or 255-4305. Outdoor Recreation at 255-4305. www.ftrucker.com

WEST BEACH

LAKE THOLOCCO

EVENTS:
LAKEFEST - MAY 28, 2011
150' X 250' SWIMMING AREA ENCLOSED WITH DOCK

70' DOUBLE FLUME WATER SLIDE, WATER TRAMPOLINE, SEVERAL SMALL SLIDES, SPRAY PAD, AND SANDY BEACH AREA

FACILITY OPERATIONAL HOURS & DATES:
OPEN WEEKENDS 28 MAY - 12 JUNE
OPEN NORMAL HOURS 13 JUNE - 12 AUGUST
OPEN WEEKENDS 13 AUGUST - 3 SEPTEMBER

Purchase a Season Pass good for Splash! and West Beach sold on a pre-rated basis throughout the summer, available at both Physical Fitness Facilities, Leisure Travel, Outdoor Recreation and SPLASH!

ers will be considered for the team to represent Fort Rucker at the 10-Mile Run in Washington, D.C. Participants may register at the Fort Rucker or Fortenberry-Colton PFF. For more information, call 255-3794.

Summer Reading Program registration

Register for the Fort Rucker Center Library's Summer Reading Program May 16 through June 24. The program is designed

for children ages 5-12. For more information, call 255-3885.

EFMP focus group meeting

An Exceptional Family Member Program focus group meeting is May 17 from 9-11 a.m. at The Commons, 7th Ave., Bldg. 8950. All interested eligible parents, guardians and spouses are invited to attend. For more information, call 255-9277.




PHOTO BY BREANNA WALTON

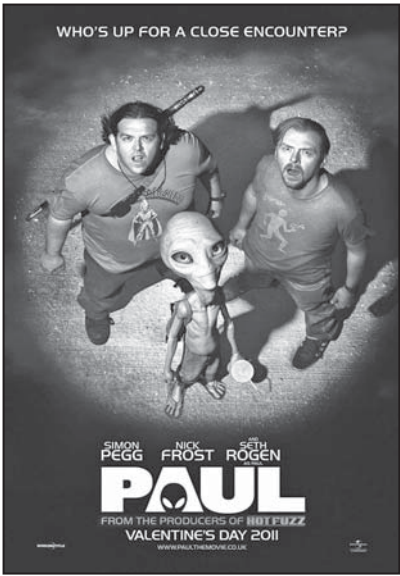
Pick-of-the-litter

Meet Flash, a 10-month-old, medium-hair cat available for adoption at the Fort Rucker Stray Facility. He is lovable and craves attention. There is no cost to adopt Flash and he has all up-to-date shots, and has been micro-chipped and neutered. For more information on animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic or the Commissary. Two cats were adopted last week.

FORT RUCKER Movie Schedule for May 5 - 8



See you at the movies



THURSDAY, MAY 5
Paul (R) 7 p.m.



FRIDAY, MAY 6 & SATURDAY, MAY 7
The Lincoln Lawyer (R) 7 p.m.



SUNDAY, MAY 8
Sucker Punch (PG-13) 7 p.m.

Checkup day helps women monitor health

BY BREANNA WALTON
Army Flier Staff Writer

National Women's Checkup Day, May 9, is part of National Women's Checkup Week geared toward encouraging women to take time for themselves and see a physician for their yearly checkups.

It is dedicated to encouraging women to visit health care professionals to receive or schedule a checkup and to promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illness, sexually transmitted infections and other conditions.

"It started as a way to focus on women because most of the time women are taking care of their children and Families and forget about themselves," said Alexa Yohn, Lyster Army Health Clinic population health nurse.

The week is centered around Mother's Day and

is focused on making sure women get the preventative screenings needed for their spiritual, physical and mental health.

May 11, from 10 a.m. to 7 p.m., the Women's Health Fair will be at The Landing to educate and inform women about what they can do to improve their health.

"We are trying to wrap our arms around the ladies and keep them healthy," said Col. Patrick Denman, Lyster Army Health Clinic and U.S. Army Aeromedical Center commander.

It is important for women to take time for themselves this week because screening tests, such as mammograms and pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others, said Yohn.

Screenings and routine care can help women lower their risks of many health conditions, includ-

ing heart disease.

"Most women say they are too busy to go see their health care provider," said Yohn. "But are they too busy to have cancer? These are all aids in early detection; if we detect irregularities early a lot of times we can treat them and cure them as quickly as possible."

Other screenings women may want to consider are colon, rectal and chlamydia screenings. Starting at age 50, women should have a colonoscopy once every 10 years and women under the age of 25 should have regular chlamydia screenings, according to Yohn.

"Chlamydia is a silent disease and sexually active women are at very high risk," said Yohn. "It can cause infertility if left untreated."

Yohn added that women under the age of 25 should also get their immunizations up to date including the Gardasil shots, which protect against the human

papillomavirus.

"Additional ways to be healthier are by exercise and making sure to be mentally healthy," said Yohn. "Walking is easy, all you need is a good pair of tennis shoes. A total of 2 1/2 hours of moderate physical exercise a week is recommended. Also, if you have concerns with stress or other mental health issues, contact your primary

care manager."

Women can participate in National Women's Checkup Day by contacting their current health care professional to schedule a checkup and get important screenings. They can also discuss which screenings and tests are right for them, when they should have them and how often. Women can also learn what screenings and

immunizations they need and at what age by using the interactive screening chart and immunization tool found at <http://www.womenshealth.gov/whw/health-resources/screening-tool>, Yohn said.

"Take a little bit of time for yourself as a woman to monitor your own health so you can continue to take care of everyone else," she said.



PHOTO BY BREANNA WALTON

Education expo

Samantha Kasper, right, speaks with Kenyetta Northcutt, assistant director of academic support, and Pamela Ridlehoover, director of academic support from Embry-Riddle Aeronautical University, during the education expo for military Family members, which provided information about education options at Fort Rucker.



PHOTO BY ALAN MOORE

Fashion show

Savannah Alexander, 3, and Cyan Stone, 4, show off their fashion selections from the Fort Rucker PX. A total of 29 youth models from the Fort Rucker community strutted down the cat walk in the AAFES and DFMWR Fashion Show April 29 at The Landing.

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

Get your
NEWS
FEATURES
SPORTS
every Thursday in the Army Flier



KT'S KARAOKE TAVERN
168 S. Foster Street
Dothan
Hours: 4pm - until Monday - Saturday
(334) 446-0740
Find us on Facebook

Wiregrass Area's Largest Car, Truck, Boat & RV Sale
2 Days Only! May 6 & 7
8 a.m. until dark
Next to Culeppper Park in Daleville

LOAN PLAN	APR*	APP. TERMS**
New Autos	2.99%*	up to 36 months**
	3.49%*	up to 48 months**
	3.49%*	up to 60 months**
Used Autos	4.49%*	up to 48 months**
	5.90%*	up to 60 months**
New Boats	5.90%*	up to 120 months**
	5.75%*	up to 60 months**
New Recreational Vehicles	5.75%*	up to 143 months**
	5.99%*	up to 180 months**

12 OF THE AREA'S FINEST DEALERS ON SITE

Action Buick of Enterprise • Bondy's Toyota • Boyd's Marine • Ed Sherling Ford • Enterprise Chevrolet • Gilland GMC • Marlin Ingram RV Center • Mitchell Hyundai • Mitchell Mazda-Lincoln-Mercury • Mitchell Nissan • Sam Boswell Honda • Tim Whitehead Chrysler-Dodge-Jeep



**Army Aviation Center
Federal Credit Union**

Bldg. 8937 Red Cloud Rd., Ft. Rucker
341 N. Daleville Ave., Daleville
(334) 598-4411 www.aacfcu.com



*APR means annual percentage rate. Rates good for May 6 and 7, 2011 only. **Autos: 72 months available on new units and 1 year old on \$20,000 or more; 84 months available on new units and 1 year old on \$30,000 or more. Used Autos are considered 2 and 3 years old. **Boats: Up to 60 months-Available on units under \$15,000; Up to 120 months-Available on units over \$15,000. **Recreational Vehicles: Up to 60 months-Available on units under \$20,000. Up to 143 months-Available on units \$20,000-\$49,999; Up to 180 months-Available on units over \$50,000. Army Aviation Center Federal Credit Union will finance up to 100% MSRP (new) or NADA (used) plus tax and title on all units located at the site for this 2-day sale event.

Church Directory

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

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



"Small things done with great love will change the world"
VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM



EPISCOPAL CHURCH OF THE EPIPHANY
302 East Grubbs St • Enterprise
epiphany@centurytel.net
fp1.centurytel.net/epiphany-episcopal
Sunday Worship Service 10:00am
The Reverend
Donna A. Lockett, Vicar

*"Be ye followers of me,
even as I also am of
Christ."*
1 Corinthians 11:1

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

Wiregrass community calendar

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, E-MAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

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

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

DALEVILLE

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

DOTHAN

SATURDAY — Water World opens for the season at Westgate Park from 10 a.m. to 5 p.m. For more information, call 615-3790 or visit www.waterworlddothan.com.

SATURDAY — Dothan Civic Center staff hosts Baby Palooza from 10 a.m. to 5 p.m. For more information, call 615-3175.

SATURDAY — Dothan hosts the Mural City Art Fest-Street Festival from 10 a.m. to 5 p.m.

The festival celebrates the arts in historic downtown and provides Families with an opportunity to share a wide variety of arts experiences and encourages children to find their niche in the arts.

For more information, call 793-3097 or visit www.muralcityartfest.com.

MAY 14 — Landmark Park staff hosts the Johnny Mack Brown Western Festival from 10 a.m. to 4 p.m.

Activities include Dutch Oven Cooking; the C-4 Gang Equestrian Demo Team; Native American music, dance and exhibit; Johnny Mack Brown films; and an opportunity to meet the children of Johnny Mack Brown.

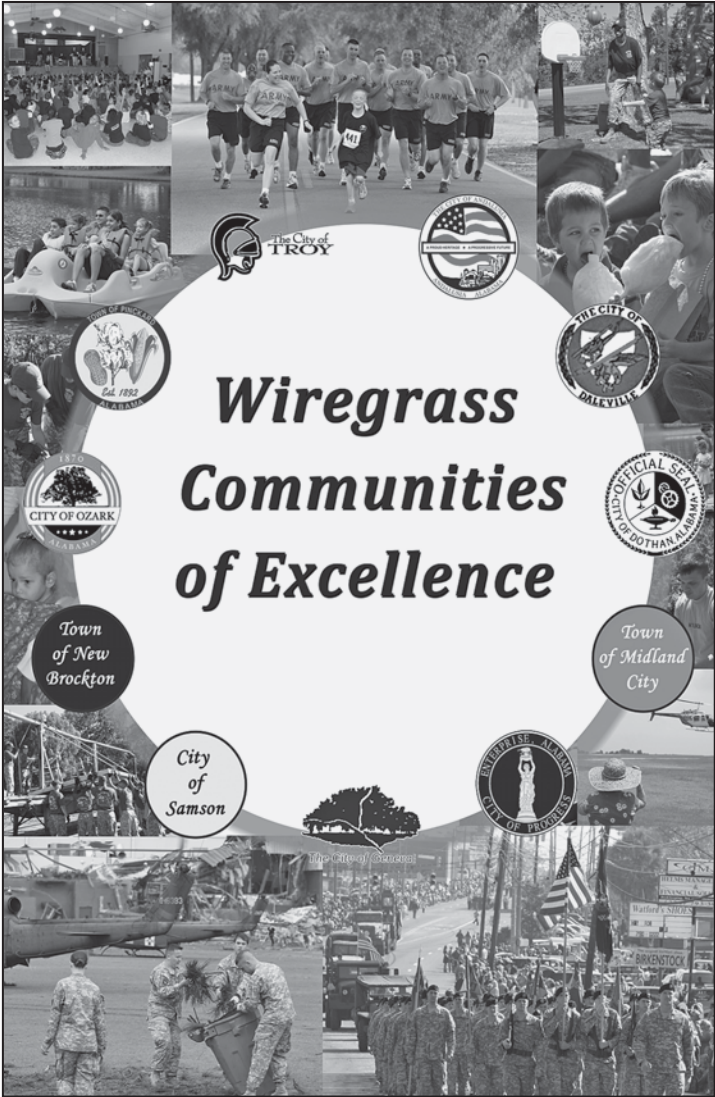
For more information, call 794-3452 or visit www.johnnymackbrownfestival.com.

JUNE 11 — Landmark Park staff hosts the Old Fashioned Ice Cream Social from 5-9 p.m.

Activities include cow milking, butter churning, ice cream making and more in observance of National Dairy Month. For more information, call 794-3452 or visit www.landmarkpark.com.

JUNE 16 AND 30, JULY 14 AND 28 — Landmark Park staff hosts Music by Moonlight from 7:30-9 p.m. under the stars on the gazebo lawn. For more information, call 794-3452 or visit www.landmarkpark.com.

JUNE 10, 17, 24 AND JULY 1 — Animal Adventures starts at 10 a.m. at Land-



mark Park. Events take place throughout the day. Admission is \$4 for adults, \$3 for children and free for children age 3 and under. For more information, call 794-3452 or visit www.landmarkpark.com. \$\$\$

JUNE 25 THROUGH JULY 2 — The Dothan Country Club hosts the Future Masters Golf Tournament from 8 a.m. to 5 p.m. For more information, call 793-7144 or visit www.futuremastersgolf.com.

JULY 2 AND 3 — A gun and knife show will be at the National Peanut Festival fair grounds from 10 a.m. to 5 p.m. For more information, call 793-4323.

JULY 4 — A Family-friendly July 4th celebration is 1-10 p.m. at the National Peanut Festival fairgrounds.

There are events throughout the day including a car show, inflatables, water slides, live music, shows, fireworks and more. Admission is \$10 for adults. Children age 12 and under are admitted free.

For more information, call 699-1475 or visit www.family4thcelebration.com. \$\$\$

AUG. 6 — Landmark Park staff hosts Science on Saturdays from 10-11 a.m. Science on Saturdays is an educational program about the magic of science for

children and Families. For more information, call 334-794-3452.

ENTERPRISE

SATURDAY — Enterprise Children's Festival in the Park is 2 p.m. at the Enterprise Recreational Facility.

Events throughout the day include inflatables, pony rides, train rides, petting zoo, karaoke, face painting and concessions. A fireworks display begins at 8:30 p.m. For more information, call 347-1211 or visit www.cityofenterprise.net.

MAY 14 — The 2011 Downtown Summer Fest is 10 a.m. to 3 p.m.

There are several sidewalk sales with a festival taking place on Main Street and College Street with live entertainment. For more information, call 347-0581, or visit www.enterprisealabama.com.

MAY 14 — Enterprise Lions Club members host the "Boll Weevil 100" Bike Ride and 5K Fun Run starting at 7:15 a.m. at St. Luke United Methodist Church. For more information, visit www.enterpriselionsclub.com.

JUNE 4 — Take a Kid Fishing Day is 9 a.m. to noon at the city recreational complex for children ages 12 and under. For more information, call 348-2684 or visit www.cityofenterprise.net.

To Kill A Mockingbird

The Kaleidoscope Theater in Panama City Beach, Fla., hosts multiple showings of *To Kill A Mockingbird* now through May 22. For more information or tickets, call (850) 265-3226.

39th Annual Pioneer Heritage Festival

The Science and Discovery Center in Panama City Beach, Fla., hosts the 39th Annual Pioneer Heritage Festival, Saturday from 10 a.m. to 4 p.m. There will be craft activities, candle making, butter making, blacksmithing, woodworking and an exhibit of bizarre bugs from around the world. For more information, call (850) 769-6128.

Outdoor Concert in the Park

The Mattie Kelly Arts Foundation staff presents the musical group Something Fishy May 12 at 7 p.m. at the Mattie Kelly Cultural Arts Village in Destin, Fla.

Admission is \$5. Children ages 12 and under are admitted free.

For more information, call (850) 424-0600 or visit www.mattiekellyarts-

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

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

OZARK

FRIDAY, MAY 14 AND 21 — Guided tours of Ozark's historic district are available. Tourists are shown prominent landmarks of the city while guides share their personal remembrances and "tall tales" from the old days. Tours are educational and fun for all ages. Tours are free.

All tours begin at 10 a.m. at the Confederate Monument on the court house lawn. Each tour is about one hour. Patrons are asked to wear comfortable walking shoes.

For more information, call 774-9321.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

TROY

FRIDAY — A Grease Day and Silent Auction is 8 a.m. to 3 p.m. at city hall. The event is held annually to raise money for the American Cancer Society-Relay for Life. There is a silent auction and a bake sale full of delicious cakes and cookies.

After a hotdog lunch, patrons can jump and jive to music from the 1950s and 1960s.

For more information, call 670-6023 or e-mail meredith.mclendon@troyal.org.

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

Beyond Briefs

Wings Over Cullman Air Show

Wings Over Cullman Air Show is May 21 starting at 9 a.m. The show features world class aerobatics by military and civilian aircraft, war birds, skydivers, static displays and food vendors.

Performers include the Air Force A-10 Thunderbolt Team and two-ship Cobra Demo Team. Admission and parking are free.

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

Southern Silver

The Columbus Museum in Columbus, Ga., will have an exhibition from now through June 26.

The exhibition will include examples of New Orleans coin silver from the Louisiana State University Museum of Art that will be supplemented by pieces from other collections, including Columbus-related objects owned by the Columbus Museum.

For more information, call (706) 748-2562 or visit www.columbusmuseum.com.

columbusmuseum.com.

Reconsidering Regionalism: Contemporary Prints about the South

The Jule Collins Smith Museum at Auburn University in Auburn, Ala., will hold an exhibition now through July 23 that examines the themes of contemporary printmaking created in the American South and by artists from outside the region.

For more information, call 844-7075 or visit www.jcsm.auburn.edu.

Great Gulf Coast Arts Festival

The Art Show Committee of the Great Gulf Coast Arts Festival is issuing a call to artists for this year's festival, Nov. 4-6 in Seville Square, Pensacola, Fla.

Artists' applications for the juried fine art show are available online at www.ggaf.org or send a request and a stamped, self-addressed envelope to: Great Gulf Coast Arts Festival, P.O. Box 10744, Pensacola, FL 32524-0744.

The deadline for submitting an application is May 15. For more information, e-mail submit@ggaf.org.

Kentucky Derby Festival

Kentucky Derby Festival is at Destin Harbor in Destin, Fla., Saturday from noon to 6 p.m. with live music, a creative derby day hat contest and more.

For more information, call (850) 424-0600.

Sandestin Beach Bicycle Tour

Sandestin Golf and Beach Resort staff hosts the Sandestin Beach Bicycle Tour through northwest Florida May 13-15.

The weekend bicycle event is designed for all road cyclists. For more information, call (850) 855-1894.

Family Fun Arts Fest

The Okaloosa Arts Alliance, in conjunction with the Friends of the Emerald Coast State Parks, hosts the fourth annual Family Fun Arts Fest May 14 from 10 a.m. to 5 p.m. at Henderson Beach State Park in Destin, Fla.

For more information, contact Amy Baty, Director at abaty@okaloosaarts.org.

The Castle Plaza

The Castle Cafe

1 Sansbury Street, Daleville, AL 36322
334-598-9005
Mon - Fri 9:30 am - 2:30 pm
Sat 9:30 am - 1:00 pm
Fax (334) 598-1817
ingrids@troycable.net

Main Entrees

Main Entrees Served With Choice Of Potato And Bread And Butter

SCHNITZEL
Tender pork loin, breaded, and sautéed. 7.50

JAEGER SCHNITZEL: Tender pork loin, breaded, sautéed and served with a creamy mushroom sauce. 8.50

ZIGEUNER SCHNITZEL: Tender pork loin, breaded, sautéed and served with a zesty bell pepper gravy. 8.50

ZWIEBEL SCHNITZEL: Tender pork loin, breaded, sautéed and served with sautéed onions and brown gravy. 8.50

RAHM SCHNITZEL: Tender pork loin, breaded, sautéed and served with a rich cream sauce. 8.50

PARMESIAN SCHNITZEL: Tender pork loin, breaded, sautéed and served with marinara sauce and melted Swiss cheese. 8.50

HOLSTEINER PLATE: Tender pork loin, breaded, sautéed and topped with an egg (sunny side up). 8.50

CORDON BLEU: Tender pork loin, butterflied and stuffed with ham and cheese, breaded and sautéed. 9.50

OKTOBERFEST PLATE: Bratwurst, Knackwurst, Sauerkraut and German potato salad. 8.50

BRATWURST: White sausage sautéed and topped with creamy brown gravy. 5.50

KNACKWURST: Juicy jumbo wiener, boiled to a perfect tenderness. 5.50

CHARBROILED CHICKEN: Charbroiled chicken breast topped with sautéed mushrooms and onions. 7.50

CASTLE POTATO: Sliced potato topped with ham or bacon, Swiss cheese onions, chives, sour cream and butter 6.25

Sandwiches

BRATWURST w/ BROTCHE: Imbiss style 3.95
KNACKWURST w/ BROTCHE: Imbiss style 3.95

The Following Sandwiches Are Served With Choice Of Potato:

CASTLE CLUB SANDWICH: The best club sandwich in town! A combination of ham, Swiss cheese, bacon, lettuce. Tomatoes on freshly toasted bread. 6.95

TURKEY CLUB SANDWICH: Same as Castle Club, but instead of ham this sandwich is served with turkey. 6.95

SCHNITZEL SANDWICH: Tender pork loin, breaded, sautéed and served on a fresh round brotchen. 6.95

REUBEN: Slices of tender corned beef, sauerkraut, and Swiss cheese served on toasted Jewish rye bread with Thousand Island dressing. 6.95

TURKEY REUBEN: Lean sliced turkey, sauerkraut, and Swiss cheese served on toasted Jewish rye bread with fat-free Thousand Island dressing. 6.95

BACON, LETTUCE AND TOMATO SANDWICH 4.50

GRILLED HAM AND CHEESE: Swiss cheese and deli ham on white bread, grilled until cheese melts. 4.95

GRILLED CHEESE 3.95

Side Orders

SAUERKRAUT, RED CABBAGE, HOME FRIES, FRENCH FRIES, POTATO SALAD, BAKED POTATO, CUCUMBER SALAD, CARROT SALAD, SMALL GREEN SALAD 1.95
MUSHROOM GRAVY 1.75
BROWN GRAVY 1.50

Soups

GULASCH SOUP 4.65
Hearty Beef and Vegetable Chunks in paprika based soup. Served with bread and butter.

FRENCH ONION SOUP 4.65
A delicious blend of onions, herbs, and spices topped off with a layer of seasoned croutons and melted cheese. Served with bread and butter.

Salads

CASTLE SALAD small 4.95 large 6.25
Bibb lettuce, tomatoes, cucumbers, carrots, pickles, turkey, and onions. Your choice of dressing.

FRESH SALAD PLATE small 4.95 large 6.25
A variety of German salads prepared with their own dressings. (Boston Bibb, Carrot, Red Cabbage, Tomato, Cucumber, and Sauerkraut.

SCHOENBRUNN SALAD 7.25
(Boston Bibb, cucumbers, tomatoes, carrots, boiled egg) Served with House Vinaigrette or your choice of dressings, and bread and butter.

Add a Sliced Charbroiled Chicken 8.75

Desserts

ALL DESSERTS (Unless otherwise marked) 3.75

Drinks

Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Sierra Mist, Sunkist, Countrytime Lemonade, Sweet or Unsweet Tea 1.50
Coffee or Hot Tea, Milk 1.75



CELEBRATING 65 YEARS

Customer Appreciation Day!



907 Rucker Boulevard

Join us Friday,
May 6 at 10:00 am for
a Ribbon Cutting at
our Rucker Boulevard
Eastside Branch as a
full service bank!

Refreshments
& Giveaways at
both locations
Friday, May 6



301 South Edwards Street



The Citizens Bank

347-3411

Enterprise, Alabama

Training targets beginner, experienced triathletes

Story on Page D3

SPORTS

VOL. 61 ■ NO. 18

ARMYFLIER★COM

MAY 5, 2011

SPORTS SHORTS

BOOT CAMP

The next four-week Boot Camp at Fortenberry-Colton Physical Fitness Facility is now through May 20. It is five days a week from 6:30-7:30 a.m. The 8-9 a.m. session previously available has reached full capacity. 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 four weeks. Registration forms are available at either physical fitness facility. For more information, call 255-3794.

SUPER DEMO DAY

Silver Wings Golf Course staff hosts Super Demo Day, Saturday at 9 a.m. People can experience the latest and greatest that golf technology has to offer. Driving range will be equipped with plenty of balls and food and beverages are available. Ending time is 4 p.m. or until customers are finished. For more information, call 598-2449.

FREE BOWLING

Throughout May, Rucker Lanes offers free bowling from 7-11 a.m. and from 1-5 p.m. Mondays through Fridays. The offer does not include shoe rental. Event is open to the public. For more information, call 255-9503.

AL ROBERTS MEMORIAL GOLF TOURNAMENT

The Al Roberts Memorial Golf Tournament, which benefits the American Red Cross, Coffee County Chapter and Wiregrass Area Chapter, is Friday at Silver Wings Golf Course. Registration begins at 11 a.m. followed by lunch. There is a shotgun start at 1 p.m. Tournament play consists of four-person teams. Cost is \$60 per person or \$240 per team.

SEE SHORTS, PAGE D4

Back-to-back wins for AER golf champs

BY RUSSELL SELLERS
Army Flier Staff Writer

Repeat golf tournament wins were not part of the plan, but the command group of the 1st Aviation Brigade is more than happy to have it.

Col. Ken Biland, Command Sgt. Maj. Roger Kingston and Maj. Scott Johnson and Mike Sines pulled off the team's second golf tournament win of the year by earning a net score of 52 in the Army Emergency Relief campaign golf tournament Friday.

The team's overall score was almost identical to its score of 51 during the Army Aviation Association of America tournament earlier in the month.

Johnson said the team experienced some of the same troubles on the course it had during the previous tournament.

"The most difficult part was the short wedges into the greens," he said. "I think we could have shot an 18 or 19 under if we had been hitting our wedges."

He added that the team stays focused on itself when playing and tries not to worry about the rest of the competition.

"It was a good day," he said. "(Biland) is a very strong putter and (Kingston) knocked in just about every putt he stepped to. (Sines) and I can just swing away because of that."

The par-3s still managed to cause some frustration for the team, but the par-5s were once again where the team was able to make up any



PHOTO BY RUSSELL SELLERS

Shawn Land, C Co., 1st Bn., 223rd Avn. Regt. M1-17 instructor pilot, attempts a putt during the annual AER campaign golf tournament at Silver Wings Golf Course Friday. The tournament raised funds for the AER campaign that helps Soldiers and Families in need.

ground lost on the par-3s.

While the team was happy to post a second win, the reason for playing in the tournament was more about helping Soldiers than taking

home prizes.

"We're going to go out there and support the Soldiers any chance we get," Johnson said. "We wouldn't miss it."

The AER campaign continues until May 15

and Capt. Rod Duplin, Fort Rucker AER coordinator, said all the help up to this point is appreciated, but there's still a lot of work to do.

"It's great to see so many from the Fort

Rucker community coming out to support such a worthy cause," he said. "AER is a program for Soldiers by Soldiers. It's there to help in all of those unforeseen circumstances. Everything from a broken down vehicle to medical needs and disaster relief is part of the program."

The tournament was sponsored by the Army Aviation Federal Credit Union and it's something Joel Faulk, AAFC vice president of lending, said is a high priority.

"We feel that Families shouldn't have to be worried about receiving help during times of deployment," he said. "The money comes from those who come out and play through entry fees and things of that nature. Our board is gracious enough to let us get sponsors for prizes, including from our own marketing department, and they even let us put in extra money after that. We get everything handled by the sponsors so the money can go straight to AER."

Col. James A. Muskopf, Fort Rucker garrison commander, also competed in the tournament and said a few words to the participants before heading to the greens.

"We all saw the footage about what happened during the storms that blew through the south a couple days ago, and that's why all the AER officers across the south are on alert right now," he said. "We're here to help them in any way we can and that's the whole purpose of this tournament."

American Soldiers train for German Army badges

BY RUSSELL SELLERS
Army Flier Staff Writer

Physical training is part of every Soldier's life, but some are seeking even tougher challenges from their German counterparts here.

Tuesday morning, a group of officers, flight students and non-commissioned officers gathered at the Fort Rucker Physical Fitness Facility track to begin training for the German Armed Forces Proficiency Badge.

What the Soldiers discovered was a type of training they had not experienced before.

Instead of running or doing pushups, the group was divided in half with each half performing either long-jump or shot put training.

Both exercises presented unique challenges to the Soldiers, as they had to go against some of their natural movements in order to perform the exercises properly.

"I actually just got back (to the U.S.) from Germany, but this is the first time I've tried to do this type of training," said 2nd Lt. Jay Huber, B Company, 1st Bat-

talion, 145th Aviation Regiment flight student. "The shot put is the hardest thing for me right now. There's a lot more technique involved in throwing the ball than I previously thought."

Those training for one of three possible proficiency badges go through three weeks of training before going through a week-long testing period to determine if they qualify for a bronze, silver or gold badge, according to Sgt. 1st Class Fabian Montano, 6th Military Police Detachment fire fighter and GAFFB lead trainer.

The Soldiers have to successfully perform the shot put, long jump, swim 200 meters, sprint for 100 or 400 meters depending on age category, live fire a 9mm handgun for accuracy and road march for over 7 miles with a 35-pound pack.

"Day 1 went pretty well," Montano said. "Not everybody is used to doing the long jump or shot put. It's not something that's emphasized in America. But a lot of the Soldiers showed great physical ability."

Montano said there have been some changes to the training in recent years, including a reduc-

tion in the distance of the road march.

"The march used to be 18.6 miles for the younger category," he said. "Now it's 7.5 miles, but they increased the weight of the pack from 22 pounds to 35. When they finish, they're pretty sore."

Aside from the physical requirements, participants also have to be in "good standing" with the Army, said Lt. Col. Martin Geller, German army liaison.

"In Germany, the badge is tradition and the German Soldiers have to do it every year," he said. "Like in Germany, Soldiers here also have to be of good character. Their commanders have to sign off on them and say they are good Soldiers before they can participate in the training."

Geller, who has completed the badge training and testing 15 times, said those going for the gold badge must finish with a gold rating in each event in order to earn the honor. If even one event is silver or bronze, the best the Soldier could achieve is a silver badge.

The Soldiers are scheduled to train five days a week until the testing begins May 23.



PHOTO BY RUSSELL SELLERS

2nd Lt. Jay Huber, B Co., 1st Bn., 145th Avn. Regt. flight student, performs the long jump during the German Armed Forces Proficiency Badge training Day 1 at the Fort Rucker Physical Fitness Facility track Tuesday.

Down Time

FLASH GORDON

Character Profile:

Dale Arden

AN AIRPLANE IS TORN ASUNDER BY A FREAK METEOR SHOWER!

THAT FATEFUL FLIGHT BRINGS RAVEN-HAIRED BEAUTY DALE ARDEN INTO THE ARMS OF WORLD-RENOUNDED ATHLETE FLASH GORDON.

SINCE THEN THEIR LIVES HAVE BEEN BOUND TOGETHER... FACING ADVENTURES UNDEEMED OF IN THE HOPES OF SAVING A WORLD ON THE BRINK OF DESTRUCTION!

FLASH GORDON

BY JIM KEEFE

WRITHING LIKE A SERPENT, THE SHADOW CREATURE CONJURED BY CHOONG-LI TRIES TO EVADE DALE'S LAMP.

LIGHT'S WEAKENING CREATURE... BUT NOT DESTROYING IT.

UP AHEAD... THAT SHAFT OF LIGHT. THAT'S WHAT I NEED!

A PITY... YOUR DEATHS COULD HAVE BEEN QUIET AND PAINLESS.

ESIA PLOXIA LLIK MEHT! EID EID EID!

FLASH! WHA-? HEADS UP!

A CHILL FALLS UPON THE CHAMBER. THEN SUDDENLY... THE CREATURES ENTOMBED IN THE WALL... THEY'RE COMING TO LIFE!

NEXT! SURROUNDED!

Just Like Cats & Dogs by Dave T. Phipps

YOU'VE OFFICIALLY TAKEN THIS "TEXTING THING" TOO FAR. YOU REALLY JUST ASKED ME HOW TO SPELL A WORD FOR A TEXT THAT YOU THEN JUST SENT ME?

Trivia test by Fifi Rodriguez

T R I V I A

1. HISTORY: The Geneva Convention, agreements that define international treatment of prisoners of war, were updated in what year?

2. MYTHOLOGY: What are the nine patron goddesses of the arts called?

3. GEOGRAPHY: The Pyrenees Mountains lie between France and what other country?

4. ANATOMY: Stomatitis is inflammation of what?

5. GENERAL KNOWLEDGE: Mother Cabrini was the first U.S. citizen to become what?

6. PRESIDENTS: Who was the 14th president of the United States?

7. SCIENCE: What genus do human beings belong to?

8. LITERATURE: In what century did Dante complete "The Divine Comedy"?

9. TELEVISION: On the animated children's show "Arthur," what kind of animal does the main character resemble?

10. MATH: What is the square root of 64?

See Page D3 for this week's answers.

Super Crossword IN CHARGE

ACROSS

1 Weaken

4 O'Connor's "The Hurrah"

8 Composer Bartok

12 "Ad — per aspera" (Kansas' motto)

17 Meadow mamas

19 Pro foe

20 Sleep like —

21 Wide belts

22 Comic-book hero

25 "Oh, How I — Get Up . . ."

26 Error's partner

27 Procure

28 — Paulo, Brazil

30 Tons of time

31 Box up

34 Masters Tournament site

38 Urban problem

39 Animated TV series

42 Hwy.

43 Bud

46 Taj town

47 Tallahassee sch.

48 Rita — Brown

49 Tankard

DOWN

1 Splinter group

2 Cognizant

3 Charlie-magne's dad

4 Composer Francis

5 Sothern or Sheridan

6 Forest father

7 Use a stop-watch

8 Musical

ACROSS

50 Step parts

52 Even if, informally

54 Durango district

57 Maestro Lorin

59 Rent

61 "The Hustler" setting

63 Crowded

65 "Just — thought!"

66 Petite pest

67 Genetic info

68 Actress Anna

70 Tammany Hall name

73 Left open

74 Item in a lock

75 Premiere

77 Baby butter

78 Fracas

81 Advance

83 "This — Moment" ('60 hit)

85 Hut

88 Van of "Shane"

89 Cycle starter

91 Barely there

93 Baseball stat

94 Pinnacle

95 — roll

97 Balliwick

98 TV's "My Sister"

99 "Gotcha!"

100 '80 Stevie

DOWN

106 Worry

107 Result

108 Singer Stratus

111 Knock

112 Russian river

113 Superlative suffix

116 Sans emotion

118 Lets up

121 "F Troop" role

127 Kidman of "To Die For"

128 Columnist Bombeck

129 Notion

130 Silvers or Spector

131 Hardened

132 — of the Cat" ('77 hit)

133 Side

134 — Aviv

ACROSS

9 Lilly of pharmaceuticals

10 Rapper Tone —

11 '92 Wimbledon winner

12 Battery letters

13 Fast way to the UK

14 O'Neill drama

15 Shot another photo

16 For — (cheaply)

18 "Unsolved Mysteries" host

21 Shallow area

23 Jai —

24 Coup d'—

29 Part of NATO

32 Sluggish sorts

33 — Benedict

35 Like some TV channels

36 "Beau —" ('39 film)

37 "No dice!"

38 Bandit Belle

40 City on 112 Across

41 Polo's place

43 Shriver of Ennis

44 Dothan's st.

45 '64 Shangri-

DOWN

48 Boy or boar

50 Cartoon canine

51 Lip lash?

53 Mayberry moppet

54 Marsh

55 New Rochelle college

56 General Bradley

58 Buddhism

60 Alaskan city

62 "Against All —" ('84 film)

64 Recedes

66 Curative

68 Frosh's superior

69 Grocer's measure

71 Eject

72 Assumed manes?

73 — standstill

75 Wet blanket

76 Velvet finish

79 Graceland, for one

80 Yesterday's

82 Rub it in

83 Sal of "Exodus"

84 Irene of "Fame"

86 La-la lead-in

87 Tasty tuber

90 Coll.

DOWN

92 Tree house?

96 Jacket part

99 Lawrence's locale

100 "Archie" character

101 Great bird?

102 Dash of "Clueless"

103 Fast-food favorite

104 Cleveland's lake

105 Summarize

106 French bread?

109 Vision

110 TV's "Kate & —"

114 "M*A*S*H" Emmy winner

115 "The — Is High" ('80 hit)

117 Say "Hey!"

119 Low digit

120 Knight time

122 Hapsburg dom.

123 "Believer" ('66 hit)

124 Corn portion

125 Grazing ground

126 Rin Tin Tin's mother

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

Riddle Card

1. Why did the fly fly?

2. Why is my cup of tea stronger than yours?

3. Why is the letter "E" like London?

4. If a chicken could talk, what kind of language would it speak?

5. Why is a loaf of bread four weeks old like a mouse running into a hole?

Junior Whirl

by Charles Barry Townsend

DON'T GET ANTSY TRYING TO SOLVE THIS ONE!

You'll find all kinds of ants in the dictionary. We have 14 words in mind that end with "ant." The "elephant" in our picture should give you an idea of what to look for. Try to find them using the following hints.

1. What ant helps to put out fires?
2. What ant is found in car engines?
3. What ant reminds you of puff pastries?
4. What ant smells nice?
5. What ant smells rice?
6. What ant buys and sells?
7. What ant is worn on a chain?
8. What ant makes the air dirty?
9. What ant provides all kinds of food?
10. What ant is dull and never goes anywhere?
11. What ant hates school?
12. What ant is good with numbers?
13. What ant is the smartest?
14. What ant never changes?

Wishing Well

6 7 6 5 3 7 6 7 6 7 3 8 4

G R A A B E I L N A E S F

6 5 2 3 6 5 2 3 2 8 2 7 6

B S L O Y U I P F P E T U

4 7 4 5 3 5 2 6 4 6 7 6 7

E I A N E N C N R S V E E

4 8 3 7 3 8 7 2 6 8 7 5 7

D R N S T E V H L A I Y S

2 7 5 4 6 8 6 4 8 5 6 7 4

A I D I F D I S L A S T A

3 8 3 6 8 6 2 4 3 6 8 3 6

O O C H V L N P H O E A V

4 6 4 5 4 2 3 4 2 3 4 2 3

P E E Y A G N R E G S S E

HOCUS-FOCUS BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

Differences: 1. Letter on sweater is missing. 2. Newspaper has short sleeves. 6. Fence is black. 4. House is gone. 5. Man is different. 3. Shoes are black. 4. House is gone. 5. Man is different.

Triple threat

Training targets beginner, experienced triathletes

BY BREANNA WALTON
Army Flier Staff Writer

Year-round, free triathlon training kicked off May 2 at Flynn Pool as a loosely organized group workout session.

The training is open to beginner through advanced athletes and individuals interested in triathlon training, according to Jon Cole, Directorate of Family and Morale, Welfare and Recreations aquatics manager.

“We have several fitness specialists who will participate. Oftentimes there will be someone who is on staff participating and an advanced person who has volunteered to help out. There will be someone around who can answer questions for beginners as well as advanced athletes,” said Cole.

Training is Mondays through Fridays 11:30 a.m. to 1 p.m. and 4:30 to 6 p.m. The training consists of swimming, cycling and running. Each day and time-frame is set aside to train a certain skill. Certain days will also be set aside to complete brick training, which is training for more than one event in a single session.

Two workshops will be in session Saturday and June 14 from 11 a.m. to 2 p.m. at Flynn Pool. Participants need to bring running shoes, a bike, goggles and a change of clothes.

The workshops focus on swimming, stroke analysis, general safety tips, nutrition for athletes, race tips, transition tips and how to fix flat tires during races, according to Cole.



PHOTO BY RUSSELL SELLERS

Capt. Matthew Van Epps swims the final stretch of the Iron Aviator competition last year at Fort Rucker. Van Epps was one of the few members of the Captains Career Course who elected to participate in all four of the competition's events instead of dividing them among other team members.

As part of the program there are specific workouts for beginners and intermediates, seasonal plan templates, race specifics, and safety and nutritional information is available.

“This is for people who enjoy participating in a group workout, people who are interested in competing for fun, people

who want to stay in shape or get in shape and for those who are just competitive,” said Cole. “Come out, get in shape and stay in shape.”

I Corps builds strong ‘tactical athletes’

BY SGT. LINDSEY KIBLER
I Corps Public Affairs Office

JOINT BASE LEWIS-MCCHORD, Wash. — In what was an unusually warm and rain-free Washington morning, the I Corps command sergeant major and 21 command sergeants major from Joint Base Lewis-McChord, came together for a physical training session April 29 dubbed the Physically Mentally Emotionally Hard Gauntlet.

The concept for the Physical Mentally Emotionally, or PME, Hard Gauntlet was developed while Command Sgt. Maj. John Troxell was the command sergeant major of 4th Brigade, 2nd Infantry Division, during its 15-month deployment to Iraq in 2007.

Troxell said within the first week of having his Soldiers out patrolling the streets and palm groves in Baghdad, through the uneven terrain of the desert, his brigade sustained 100 casualties and had seven Soldiers killed.

“We had 60 to 80 pounds of kit on, going long distances, and I needed my guys to be physically fit, to be hard,” he said. “Hard in the sense that they need to be physically, mentally and emotionally strong to make it.”

Before the physical training session, Troxell explained to the command sergeants major that having their Soldiers strictly train for the Army Physical Fitness Test wasn't enough because the APFT wasn't

designed for the rigors of combat.

“They (the Soldiers) knock out pushups, sit ups and a run but that's not for combat, and that's why we have injuries,” said Troxell.

“We have a training deficit that this type of program can address,” he said.

The program is designed to work more than those muscles used on an APFT. It forces the body to work its core, back, hips and upper thighs. These key components of overall physical strength were put to use at 21 different stations set up by Troxell and his command team. The stations consisted of various non-standard equipment items like wrecker chains, logs and tires.

“This isn't about testing your strength against me or anyone else out here. I'm too busy smoking the dog crap out of myself to pay attention to anyone else,” Troxell said. “It's you against you, and only you will know if you've cheated yourself or not.”

After the first iteration of stations, the grunting and sighs of relief during station-change grew louder. With the sun shining down on their beet-red faces, their saturated PT shirts were a tell-tale sign their bodies were reaching a breaking point.

That is where, Troxell said, the mental and emotional part comes into play and encompasses comprehensive Soldier fitness.

“You need something to



PHOTO BY SGT. LINDSEY KIBLER

Staff Sgt. Joshua White, I Corps Command Sgt. Maj. John Troxell's aide, demonstrates the parachute sprint at one of the 21 stations during the Physically Mentally Emotionally Hard Gauntlet April 29 at Watkin's Field, Joint Base Lewis-McChord, Wash. Troxell developed PME Hard after a deployment to Iraq, and hopes senior leaders will take the program back to their units.

compensate for your physical deficiencies. Your mind, soul and spirit are what will keep you going,” he said. “We are tactical athletes. We face dynamic things on the battlefield, and we need to be prepared for that.”

Soldiers' ability to succeed on the PT field, and the battlefield, is about relying on the mental strength that's developed from continually pushing their bodies and minds to its limits, Troxell explained.

“Being in the Army, over the years, you build a mental toughness that allows you to block things out. You find ways to work around your pain in order to accomplish the mission,” said Sgt. Maj. Mark Pumphrey, with the 56th

Multi-functional Medical Battalion, 62nd Medical Brigade.

And work around the pain is exactly what Pumphrey did during the PME Hard Gauntlet. For two months, Pumphrey has been going to physical therapy where he has scar tissue, that's accumulated on his thigh from years of running, shaved off. But he wasn't going to use his injury as an excuse.

“Some of the exercises were hard because I'm just

a wuss,” Pumphrey joked, “but really the exercises that required me to lift from my lower body, like the lifting log carry, were definitely a bit of a challenge.”

Troxell called the group in after 63 minutes of PME Hard. As they sluggishly gathered in a circle, the clouds making way as the sun continued rising over their exhausted bodies, the command sergeants major acknowledged and shared in each other's pain and

perseverance.

“If this is how our most senior leaders are reacting to this type of training, imagine the team building it could do for their junior Soldiers,” Troxell said.

Troxell plans to make the PME Hard Gauntlet an enduring program at Joint Base Lewis-McChord, and hopes his senior leaders will incorporate the same physically and mentally strengthening exercises into their unit's daily PT sessions.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Answers

1. 1949
2. The Muses
3. Spain
4. The mouth
5. A saint
6. Franklin Pierce
7. Homo
8. 14th century
9. Aardvark
10. 8

EDWIN WATTS GOLF

EST. 1968

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SPORTS SHORTS

Continued from Page D1

ARMY 10-MILER RUN OFF, TEAM RELAY

The physical fitness facility hosts the annual Fort Rucker Army 10-Mile Run Off and Team Relay at the Fort Rucker PFF located at Bldg. 4605, Andrews Ave., May 14. Race day registration begins at 6 a.m., and the race starts at 7 a.m. Pre-registration is \$15 prior to Saturday and \$20 after. Registration fee for five-person relay team is \$10 per person. Top active duty finishers will be considered for the team to represent Fort Rucker at the Army 10-Mile Run in Washington, D.C. Trophies will be awarded to the Overall Male and Female, Masters Male and Female, Grandmasters Male and Female, and Male and Female second place through 11th place finishers. first, second, and third place trophies will be awarded to the Relay Teams. Pre-registration is at the Fort Rucker or Fortenberry-Colton PFFs. For more information, call 255-3794.

NASCAR TICKETS

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.

'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 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.

Motorstorm delivers apocalyptic thrill ride

BY JIM VAN SLYKE
Contributing Writer

As far as video games go, there's not much better than trying to survive the end of the world while driving a revved-up car that is built to destroy anything in its path. MotorStorm Apocalypse includes 40 unique races, with four-player split-screen racing as well as 16-player online mayhem. The game includes 13 vehicle classes, including supercars, monster trucks, superbikes and more. Vehicles can be customized and there are rewards for good performances. Gamers can wager on the races — not with real money, of course — to make things more interesting. The destruction is more fun than the racing, but that's OK. The crashes and explosions are on the amazing side and rarely does it feel bad to lose a race that was full of chaos. The game mostly takes place in what looks like a post-apocalyptic San Francisco. The city is falling apart and the racing only adds to the city's destruction. There's a story in the game and, contrary to most racing games, it's actually pretty good. The cutscenes are awful, however, and it's always best to get back to

the racing. The level of destruction is particularly impressive while the framerate remains smooth. The game is available in 3-D and holds up well when looking at it from that perspective. As expected, the enemy racer artificial intelligence "cheats" to keep itself in races as well as keep the racer in game when he falls drastically behind. The good news is that all the "cheating" disappears once multiplayer is engaged. The game is even more fun when other humans are involved. MotorStorm Apocalypse isn't a totally smooth ride, but it is fun most of the time. Winning races isn't necessary to have fun, but it helps. That's life in this unique, post-apocalyptic world.



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



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