CREATIVITY

Rucker spouses aspire to inspire by 'opening old pages'







IRON AVIATOR AVC3 Soldier sets Iron Aviator record

Story on Page D1





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VOL. 61 • NO. 19

FORT RUCKER * ALABAMA

MAY 12, 2011

NEWSLINES

CREEPY CRAWLIES

Hot, dry weather puts many pests on the move on post See Page A4.

IN THE SPOTLIGHT

Post forms its own theatrical performing arts group. See Page C3.

SOOIE!

It's almost always open season or wild hogs on Fort Rucker. See Page D1.

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

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

For more information, call

FITNESS FESTIVAL

The Family Fun Fitness Festival is Friday from 9 a.m. to 4 p.m. in front of the commissary. The event features a variety of activities designed to promote fitness, health and wellness. Participation is free and the event is open to all active duty and retired military and their Families. For more information, call 255-9810.

JOHNSTON ROAD PAVING

Camping opportunities with the Engineer Beach Recreational Vehicle Park and Campground are currently limited due to the paving of Johnston Road. 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 neak traffic times. The Engineer Beach boat ramp is closed until pavthe West and East Beach ramps until the Engineer Beach boat ramp is reopened. For more information, call 255-4305 or 255-4234.

What's Inside

2/
1-4E
-100
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80
1-4C

Weather 3-DAY OUTLOOK











Wanted!

Justin Mitchell, deputy garrison commander, puts on his unhappy prisoner face while serving time in the Army Emergency Relief Jail-A-Thon during the fundraiser May 5. Mitchell was arrested and jailed for conducting excessive meetings. See Page A3 for the full story.

1-223rd earns high marks for safety

BY RUSSELL SELLERS Army Flier Staff Writer

Safety is paramount to success for the Soldiers and civilians of 1st Battalion, 223rd Aviation Regiment, said battalion leaders.

That success has, once again, been honored with the unit receiving the prestigious Order of the Daedalians, Lt. Gen. Allen maintained its safety record M. Burdett Jr. Army Flight Safety flying more than 105,000 pro-Award for fiscal year 2010.

A trophy and award are presented annually to the Army by the Training and Doctrine Command commanding gen-

award in nine of the last 11

battalion doing everything to the highest of standards," said Lt. Col. Joseph Matthew, 1st Bn., 223rd Avn. Regt. commander.

"The emphasis and reiteration of safety and providing the Soldiers with the tools, resources and guidance to maintain a high tempo, but remain safe while doing our job is how we've been able to be successful."

According to CW3 Larry Karmine, 1st Bn., 223rd Avn. Regt. safety officer, the unit grammed flight hours in support of 27 different Programs of Instruction, utilizing eight Aviation training unit adjudged different airframes to train more than 2,310 pilots.

"For the past eight years, eral to have the most effective the battalion's military pilots aircraft accident prevention have experienced zero Class A through C Aviation accidents The battalion has won the as a result of human error," said Karmine. "Class A through C Aviation accidents involving "This is a reflection of the human error per 100,000 flight hours declined from 3.81 to .95. That's a result of

SEE SAFETY, PAGE A8



Lt. Col. Joseph Matthew, 1st Bn., 223rd Avn. Regt. commander, and Sqt. Maj. Mike Sutterfield pose with the Order of the Daedalians, Lt. Gen. Allen M. Burdett Jr. Army Flight Safety Award. The battalion has won the award in nine of the last

Post names top Soldier, NCOs of the quarter

BY RUSSELL SELLERS

Fort Rucker recognized three Soldiers as being the best of the best for the second and third quarters of the year May 3 at the U.S. Army Aviation Museum.

Sgt. Michael Roberts, Noncommissioned Officer Academy supply sergeant, was named the NCO of the second quarter, while Sgt. Daniel Wilker, 6th Military Police Detachment, and Staff Sgt. Matthew McPartlin, C Company, 1st Battalion, 11th Aviation Regiment Troy Tower facility chief, were named the Soldier and NCO of the third quarter, respectively.

Roberts said he hopes to pass on what he's learned from going through the process of preparing for the tests and evaluations to other NCOs who might be thinking of pushing themselves to the next level.

"Now that I've done it, I know how to fident." study and help (other NCOs) prepare for it," he said. "It's a chance for me to help them advance their careers.'

Roberts' immediate supervisor, 1st Sgt. Jeffrey Herzog, said the Soldiers exemplify what it means to be an NCO and to be successful in today's Army.

"When I went through the process, it was just a question-and-answer board," Herzog said. "Now, it's a test and actual performance of certain tasks. It takes a lot more time and dedication. (Roberts) has done really well and we're all very pleased with him."

Roberts said other NCOs should seriously consider going through the testing because it can further their careers and make them better Soldiers.

"You have to go in with both feet," he said. "The biggest thing is to remain con-

Herzog added that other NCOs and Soldiers should do something to set themselves apart from their peers and their leaders should do as much as they can to encourage them.

"This is just one of those opportunities that every Soldier and NCO on this installation has," Herzog said. "Anyone can go to their supervisor and say 'I'd like to compete,' and that supervisor should support the Soldier on that. It makes them and the organization look even more professional."

McPartlin's supervisor, 1st Sgt.William Wisecup, said encouraging the Soldier was almost unnecessary because of his overwhelming sense of determination and will to succeed.

"I told him to keep his head up and keep

SEE SOLDIER, PAGE A8

ARMY FLIER

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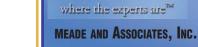


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All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker,

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Perspective

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D6 sends

New fiscal reality contains same commitment to Soldiers, Families

BY LT. GEN. RICK LYNCH Installation Management Command Commanding General

A fundamentally different fiscal reality. We will be hearing some variation of that phrase from Army leaders for a long time to come

The Army's budget is smaller than it has been in previous years, and it will get smaller still. However, a different fiscal reality does not change the reality of what we owe to Soldiers and Families for their service and sacrifice. The Army's commitment to Soldiers and Families remains as strong as ever.

For the last 18 months, the Installation Management Community has been taking a hard look at the programs and services we provide to Soldiers and Families, with an eye not only to costs but also to effectiveness. As the inevitable belt-tightening comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

One of our most important efforts has been to fully establish Survivor Outreach Services, to provide survivors with longerterm, expanded support and care after casualty assistance ends. SOS staffs have made tremendous progress in a short $time, receiving \,more \,than \,24,000$ cases from casualty and mortuary affairs, and they continue to enhance services as more survi-



Lt. Gen. Rick Lynch

vors provide feedback. This past year, SOS initiated a survivor vehicle decal program to ease installation access, established a Facebook page and held the first annual SOS summit to address challenges Survivors face.

- Other efforts include:
- · transforming how Army Community Service delivers services, by cross-training more generalists to handle multiple programs and moving service locations out into communi-
- adding 44 more systems navigators to Exceptional Family Member Programs at 26 installations to assist Families with special needs members in accessing educational, medical, housing, and personnel services on and off post;
- hiring more than 240 additional Army Substance Abuse Program counselors for in-

stallations worldwide;

- launching the Confidential Alcohol Treatment and Education Pilot, a program that allows Soldiers to seek help for addiction without mandatory command involvement;
- launching a pilot program in which Military Student Transition Consultants join school liaison officers in working with school districts, garrisons and Families to help students succeed at their new schools;
- · revising the Total Army Sponsorship Program that helps prepare Soldiers, Families and civilians for their new duty stations; and
- reinvigorating the Army Family Action Plan process, with an analysis and review process that has reduced the backlog of active AFAP issues from 86 in February 2010 to 51 in February 2011

This is a snapshot of what we have been doing to enhance support for Soldiers and Families. It does not begin to convey the full scope of the programs and services installation management professionals provide every day, including housing, public works, emergency services, environmental programs, recreation, child care, single Soldier programs and Family programs.

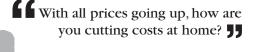
When we look at some big indicators, we see evidence that the Army is meeting the needs of

Soldiers and Families. The Army is exceeding its recruitment and retention goals, and on the most recent Survey of Army Families, the majority of spouses said they are satisfied with the Army as a way of life. This is significant after 10 years of ongoing conflict it speaks to the dedication of Soldiers and their Families and the Army's commitment to providing a quality of life commensurate with their service.

In the new fiscal reality, it will be more of a challenge for the Installation Management Community to provide the level of support we want to for our Soldiers and Families, but we will. We are finding better and smarter ways to provide services and programs by asking ourselves the same questions Families ask when they look at their own budgets: do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to keep hearing from Soldiers and Family members through the Interactive customer Evaluation and local AFAP summits, for example - about the specifics of what is working, what needs to be improved and what is missing.

The commitment to supporting Soldiers and Families remains as strong as ever, but more than ever, we have to make sure we are on target in meeting their





Military spouse

Not going many places,



WO1 Robert Adams. B Co. 1st Bn., 145th Avn. Regt.

We are going to movies



Nessa Jones. Military spouse

"We turn up the thermono one is home to reduce house phone." energy consumption and



Maxine Florence, Air traffic assistant, Knox Airfield



Staff Sgt. Hannah Raya, flute player, 98th Army Band



Fort Rucker jails leaders to help Soldiers

BY BREANNA WALTON

The Army Emergency Relief Jail-A-Thon, with the help of the 6th Military Police Detachment, went off without a hitch May 5 as a few big names were brought in on charges

Charged were Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general; Col. James Muskopf, garrison commander; garrison Command Sgt. Maj. Dwaine Walters; and Justin Mitchell, deputy garrison commander, along with other community members throughout the day.

"It's a great event to raise money for AER," said Muskopf." If going to jail raises more money for the entire AER program, then it is a small price to pay."

The Jail-A-Thon raised \$6,500 for the AER program. The monev raised is nearly double the amount of last year's \$3,300.

"If Soldier's find themselves in financial difficulties, through no fault of their own, AER is the safety net that will help them out," said Sgt. Maj. Michael Cieslewski, Department of Pub-

For example, if there is a young Soldier whose car breaks down



Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, serves out his sentence during the Army Emergency Relief Jail-A-Thon fundraising event May 5.

and he doesn't have enough rant against an individual," said working too hard and aggresfunds to cover it, he can speak with AER and they will give him a loan or grant depending on the financial situation to help the Soldier, he continued.

Soldiers from the 6th MP Detachment collected numerous warrants Wednesday and throughout the day Thursday.

We have different places set up on post where someone can come down and solicit a war-

Sgt. 1st Class Samuel Field, 6th MP Detachment. "We have a recommended donation amount depending on the rank of the individual, and once they make that donation and fill out the warrant sheet we can then serve

Thursday served throughout the post, bringing individuals in on charges such as talking too much. sively filing documents.

Muskopf was arrested for failure to grant enough 59-minuterule days to the garrison staff and Mitchell was arrested for conducting excessive meetings for the garrison staff.

Once served, individuals were warrants were brought to a mock court to be tried for their offenses. All arrested were given the opportunity to post bond by matching your AER representative."

Scan this code with vour smartphone

to check out more photos from the Jail-A-Thon.

the donation for the warrant or serve their time in the iail cell.

"This is a huge fundraiser. It brings in a lot of money to AER to support the Soldiers here on post," said Sgt. 1st Class Eric Mattson, 6th MP Detachment AER representative. "You never know when you will have that moment when you will need financial help."

"Look what happened in north Alabama where those people lost everything due to the tornado. We have Soldiers who have families and homes there. and they have lost everything and AER will be able to help them out," added Cieslewski.

"The important thing to remember is donations to AER shouldn't be a one-time event," continued Mattson. "You can donate any time by contacting

Lyster Pharmacy offers variety of refill options

BY BREANNA WALTON

Filling a prescription may stir anxiety for some people, but Lyster Army Health Clinic Pharmacy works to make the process as simple as possible for Soldiers, retirees and Family members

'We are trying to do everything we can to make it more beneficial to our beneficiaries, and save ment money at the same time," said Lt. Col. Joseph Graham, Lyster Army Health Clinic and the U.S. Army Aeromedical Center deputy commander for administration.

There are three ways beneficiaries can fill prescriptions: the Military order or network pharmacies.

By bringing prescriptions into the MTF and letting the pharmacy fill the medication, customers may receive a 90-day

Lt.Col. Shawn I. Parson. Lyster Army Health Clinic department of pharmacy chief.

The mail order pharmacy is a program where beneficiaries can mail their prescription into a regional pharmacy that will mail the prescriptions and refills straight back to their home, typically within three to four days. The mail order pharthem and the govern- macy has a three-tier copay fee system and will also provide a 90-day supply of medicine.

Lastly is the network, where beneficiaries take their prescriptions outside of Fort Rucker to a network pharmacy. Network pharmacies provide a 30-day prescription Treatment Facility, mail supply with the same three-tier co-pay fees as the mail order pharmacy, Parson added.

> "The MTF is the patient's most cost effective benefit out there, because there is no co-pay

"Patients may want to conduct their own cost analysis and compare the cost of rising gas prices to the cost of the mail order pharmacy or a network pharmacy closer to the area they live," he added. "If beneficiaries use the mail order pharmacy versus the network pharmacy, the savings are one-third the cost because you get a 90-day supply versus a 30-day supply.

In weighing the decision on where to refill medication, people might want to consider that every time they refill or fill a prescription at a network pharmacy, Tricare has to pay that pharmacy the cost of medications and the filling fees, said Graham.

"The best option is to get your medication from the MTF because vou don't have the cost of the medication, or filling fees that Tricare would have

vantageous to come into the facility so we can cut defense health spending," he continued.

By filling a prescription with a network pharmacv. it costs Tricare more money than it does to fill prescriptions at the MTF or by mail order. Tricare pays the network pharmacies the cost of the medications and filling fees associated with that pharmacy every time.

"As the price of gas goes up, the area we have to serve is smaller because it costs consumers more to drive here and some people can get a 90-day supply for \$3 through mail order," added Parson. "The cheaper we can make the cost of drugs to Department of Defense beneficiaries the less likely we will have to start raising co-pays to cover the costs."

Another program offered to beneficiaries at the MTF is the referred drug program.

"If you are referred by

one of our doctors for specialty care, and that doctor provides you with a prescription, you can bring it back to the MTF and get those prescriptions here," said Parson. "We save the DOD \$10 for every \$1 we spend to buy special order prescriptions. The last time we spent \$50,000 and saved the DOD \$500,000 in medications."

Since the start of the new program, there has been an increase of about 5,000 prescriptions a month since 2008 and an increase in 2,000 customers per month.

Along with using the MTF comes the wait times associated with filling prescriptions. Wait times can average anywhere from 20 minutes to one hour and 30 min-

Thursday and Friday afternoons are usually the busiest times, but the best time to get a prescription filled is Monday and Tuesday mornings,

Refills may take up to two business days to fill. If a prescription is called in on Saturday it will most likely not be ready until Tuesday.

"Most new prescriptions are filled within 24 hours. The only time we may need 48 hours for a new prescription is on Mondays because of prescriptions called in from the previous weekend," Parson said. "We also want to let everyone know the automated refill call-in system will not tell you to pick up a prescription on Wednesday, but you can - except for the third Wednesday afternoon of each month when the pharmacy is closed for mandatory training."

People not needing their prescriptions immediately can drop them off at the MTF and pick them up within 48 hours at the refill window.

For more information



Wings of Freedom donation

Members of the Wings of Freedom Association, made up of Soldiers and employees from the 1st Battalion, 212th Aviation Regiment, along with the unit's Family Readiness Group, stand with the goods they delivered to the unit's sister city, Enterprise, to help victims of the tornadoes in northern Alabama. The members took in donations of non-perishable food items and water at the commissary from Fort Rucker community members April 30 and May 1, and then delivered them to Enterprise May 3. The city took the next step to truck the goods up to Rainsville, in the northeastern part of the state, May 4

rm weather brings creepy critters

BY RUSSELL SELLERS Army Flier Staff Write

With temperatures on the rise, more and more animals are making their presence known throughout the installation, according to Fort Rucker wildlife officials.

Dryer weather is also causing many animals to seek out moist environments such as lakes. streams, ponds or even freshly watered lawns, said Bernett Jergenson, Fort Rucker game war-

"Because it's so dry, the poisonous and non-poisonous snakes that are indigenous to water, like water moccasins and cotton mouths, are looking for wetter places," he said. "A lot of fishermen and people who hang around the ponds and creeks on post have reported seeing a lot of snakes lately."

Jergenson said there are many different types of snakes on post and that anyone who encounters one should notify the military police office so game wardens can be called out to handle the animal.

"Parents need to educate their children about these animals," he said. "It's really easy to find pictures and descriptions of the snakes online. If you see



Coral snakes are most notable for their red, yellow/white, and black colored banding

housing areas, don't try to handle it yourself."

Fort Rucker is home to species such as the timber and diamondback rattlesnakes, water moccasin, cotton mouth, king and coral snakes, Jergenson added.

Peggy Contreras, Community Police supervisor, echoed Jer-

one out on the trails or in the genson saying residents should counter on post include oposnever try to remove snakes or other animals themselves.

> "Even if someone thinks the snake isn't poisonous, they should call the MP desk and let the game wardens handle the removal of the animal," she said. "It's better to be safe than

Other animals people may en-

sums, armadillos, foxes and coyotes, Jergenson continued.

"If people want to get rid of armadillos, you can't really trap them," he said. "If you move one from the area, another one is just going to move right in. The best thing to do is get some (pest killer) for the yard and put it out to treat for grubs and

los can hear those grubs in the ground and they try to dig them up. If you get rid of those pests, the armadillos will move on."

Jergenson said residents should never feed animal pests because it can encourage those animals to stay and make them see humans as a source of food.

"Animals like raccoons, if you feed them, they become a pest," he said. "We've got a couple dozen live-catch traps and we use them to catch those animals. We take them out in the woods and make sure they're scared of the human scent and then we release them into the wild."

Jergenson said residents should make sure to keep lids on their garbage cans in order to keep raccoons, foxes and other animal pests from getting into them.

Contreras added that everyone should also be aware of the increase in insect activity, such as mosquitoes, during the warmer months.

"People should always make sure to protect themselves when they're outside enjoying the summer weather," she said. "A lot of bugs will be active during the evening hours and some can have painful bites."



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







BY BREANNA WALTON

Lyster Army Health Clinic looks to its beneficiaries for feedback in order to grow, improve and succeed.

The Army Provider Level Satisfaction Survey is sent to patients seeing providers at Lyster. The survey is used by the Army Surgeon General to measure patient satisfaction with the health care received at LAHC, according to Jan Carolan, LAHC patient advocate.

"It's a comprehensive survey that gives our providers and our leadership timely feedback from our beneficiaries," Carolan said.

The APLSS survey questions focus on overall satisfaction with the provider, support staff and the facility. Clinics use the survey to identify performance improvement initiatives, to identify and recognize the top performers in the staff, and to counsel or mentor providers and staff who need improving. The surveys also provide monetary incentives based on performance.

"Certain questions on the survey have performance-based incentives, such as No. 21, which asks about the overall satisfaction of the visit," said Carolan. "On question No. 21, if we meet or exceed

then Lyster can receive per survey returned. If we fall below 83.3 percent, the facility can lose \$500. Other questions have \$100 incentives the facility can gain or lose."

"The money we receive from the survey is turned into ap-

propriated fund money and can be used to buy furniture, equipment or send staff for educational training, which further enhances our patient satisfaction and helps our staff meet their beneficiaries' needs," added Col. Patrick Denman, LAHC and U.S. Army Aeromedical Center commander.

Lyster has previously used the funds to purchase monitors, exam tables and continue renovations in the patient centered medical home area. Denman said.

Not only do the surveys provide money, but they also provide feedback for the providers and leadership at LAHC.



has been low in recent weeks, and I get it," said Den- and missed the mark. "Oftentimes man. when you come into Lyster and your experience is positive, you feel there is nothing to comment on because everything went well. Therefore, most beneficiaries do not feel the need to fill out the APLSS.

"Feedback is always good whether it's good, bad or ugly. We truly want your feedback. That is how we grow and do better for our patients," said Denman. "Healthcare is personal and how we engage with beneficiaries when they visit is important. We want to ensure that each and every visit is a positive experience.

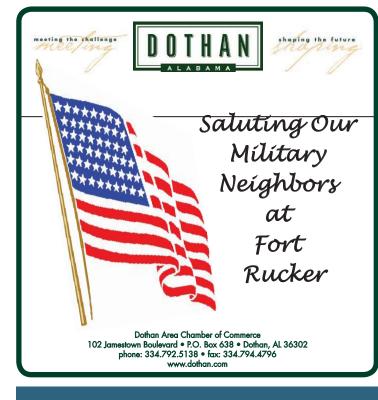
"While most experiences may be pleasant, please don't leave Lyster unhappy. We are your advocates. If something has happened that you are not happy with, please come and tell us," continued Denman. "Sometimes we can explain it to you and there may be a reaway that may have upset you, but then again maybe we have not paid attention

"We need to know what made you upset so we can address it - we don't want anvone upset," he said, "One person upset is enough for me. You don't come to Lyster to leave upset."

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U.S. will defeat terrorists, Obama tells troops

BY TERRI MOON CRONK

WASHINGTON - The skill and courage of countless American military and intelligence professionals are why Osama bin Laden can never threaten America again, President Barack Obama told a cheering group of 101st Airborne Soldiers Friday at Fort Campbell, Ky.

Obama told them about meeting May 5 with survivors of 9/11 victims in New York and laying a wreath at ground zero where the World Trade Center towers once stood.

"I met with the first responders who lost so many of their own when they rushed into those burning towers. I promise our nation we will never forget those we lost that dark September day," the president said.

Earlier today, Obama and Vice President Joe Biden met with the 160th Special Operations Aviation Regiment and the 5th Special Forces Group at Fort Campbell to thank them for their service.

They later met with the full assault force that carried out the operation and awarded them a Presidential Unit Citation, the highest honor that can be given to a unit in recognition of extraordinary service and achievement.

"It was a chance for me to say on behalf of all Americans and people around the world, 'Job well done,'" Obama told the troops gathered inside an aircraft hangar.

Calling the special operations teams "the quiet professionals," Obama said they, like the rest of today's military members, chose to serve in a time of war.

"They trained for years," he said. "They're battle hardened. They practiced tirelessly for this mission. When I gave the order, they were ready. In recent days, the whole world has learned just how ready they were."

These Americans deserve credit for one of the greatest intelligence and military operations in the nation's history, Obama





DEPARTMENT OF DEFENSE PHO

President Barack Obama and Vice President Joe Biden shake hands with the troops following the President's remarks at Fort Campbell, Ky., May 6.

said, adding "[And] so "than j does every person who deliver wears America's uniform, the finest military the world has ever known. The

"Because of your service, because of your sacrifices, we're making progress in Afghanistan," the president said. "We're making progress in our major goal [of] disrupting and dismantling – and we are going to ultimately defeat – al-Qaida. We have cut off their head and we will ultimately defeat them."

U.S. strategy is working, and there is no greater evidence of that, he said.

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"than justice finally being delivered to Osama bin Laden."

The fight against extremists is not over, but in its new phase, U.S. troops are transferring power to the Afghans, and will begin to return home this summer.

"We'll build the long-

term partnership with the Afghan people so that al-Qaida can never again threaten America from that country," Obama said. "As your commander in chief, I am confident that we're going to succeed in this mission because, in you, I see the strength of America's military, and because in recent days we've all seen the resilience of the American spirit.

"There's nothing we can't do together, 101st, when we remember who we are - and that is the United States of America. When we remember that no problem is too hard and no challenge is too great," the president said. "That is why I'm so confident that, with your brave service, America's greatest days are still to come."

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Motorcycle Safety Awareness Month aims to save lives

BY ART POWELL Strategic Communications U.S. Army Combat Readiness/Safety

May is Motorcycle Safety Awareness Month and it coincides with the arrival of warmer weather that lures bikers to answer the call of the road.

As the number of motorcycles on the road increases, so does the potential for accidents. The problem is multiplied by the fact you may not have taken your bike out on the road since last season.

How should you prepare for this year's riding season?

"First, ensure your personal protective equipment is in good condition, then, make sure your bike is in good condition," said Lt. Col. Scott Wile, director, Driving Task Force, U.S. Army Combat Readiness/Safety Center. "When you take to the road for the first time this season, take time to 'warm up' and get comfortable with driving skills you may not have used during the winter."

The Motorcycle Mentorship Program at the USACR/Safety Center set the pace for the "new driving season by conducting a T-CLOCS inspection before a short group ride April 29.



Maj. Henry Washington, president of the Motorcycle Mentorship Program at the U.S. Army Combat Readiness/Safety Center, and Perry Wilds, club member, conduct a safety check prior to a club ride April 29. May is Motorcycle Safety Awareness Month, and bikers are urged to check their bike and safety gear before hitting the road.

T-CLOCS breaks down to the checking your ride," said Maj. following systems: T-tires and wheels, C-controls, L-lights and electric, O-oil and other fluid, Cchassis and S-side stand.

"What we did is something we encourage other riders and clubs around the world to

Henry Washington, president of the Motorcycle Mentorship Program at USACR/SC. "It's a smart thing to do and is a good investment in safety.'

The standard industry-approved check is the T-CLOCS, a do, get ready for the season by process aimed at ensuring each motorcycle fatalities declined

is ready for the road.

"The T-CLOCS checklist guides the rider to check specific parts of their motorcycle prior to riding," said Steve Kurtiak, Driving Task Force, USACR/SC. "If a problem is found, the rider should consult the motorcycle owner's manual for specific tolerances. A recommended practice is to have your riding buddy check your motorcycle while you check theirs. This inspection should also include a check of the rider's license/ endorsement, insurance, motorcvcle training card and personal protective equipment.

"Riders shouldn't be shy about conducting a T-CLOCS several times a year," he added. "Just because you're good to go after your first safety check, doesn't mean your bike won't develop problems later."

Safety checks such as those conducted prior to the MMP ride at the USACR/SC are an example of how to do things "right," and similar actions by other riders and clubs could have been a factor in a decrease in motorcycle fatalities in 2010.

According to a report issued April 19 by the Governors Highway Safety Association, Based upon preliminary data, GHSA projects that motorcycle fatalities declined from 4,465 in 2009 to 4,376 or less in 2010. The projection is based upon data from 50 states and the District of Columbia. The decline comes on the heels of a dramatic 16 percent drop in 2009, which followed 11 straight years of steady increases in motorcycle deaths

While on the surface the national decline is good news, says GHSA, deeper analysis of the data reveals some areas for concern. First, 2010's decrease of at least 2 percent is far less than 2009's dramatic 16 percent decrease. Second, the 2010 decrease was concentrated in the early months of the year, with fatalities actually increasing by about 3 percent in the third quarter compared with the same quarter in 2009.

Additionally, with the improving economy and surging gas prices, motorcycle travel is expected to increase, thus increasing exposure to risk.

For additional motorcycle information, visit https://safety.army.mil/ povmotorcyclesafety/ MOTORCYCLE/tabid/365/ Default.aspx







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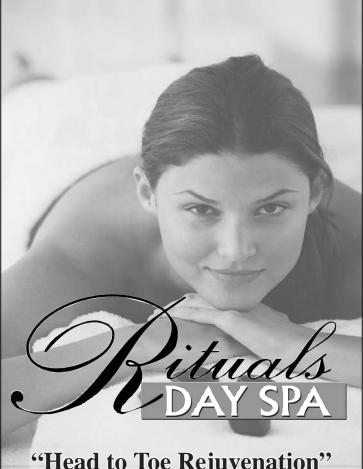
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Safety: Patience, passion 2 keys to success

Continued from Page A1

the environment that's been created here."

According to Karmine, the .95 accidents involving human error per 100,000 flight hours is 600 percent below Army Aviation's accident rate for fiscal year 2010.

"These instructor pilots here are teaching people who don't even know what the controls are called yet," he said. "The instructors are able to work

without doing any real damage to the aircraft, outside of normal wear and tear. The award is a testimony to their skill and teaching abilities."

Karmine, who took over the safety officer position in December, said the credit for implementing the current safety plan used by the battalion goes to its previous safety officer, CW3 Chris Jones, who recently permanently changed stations to Afghanistan.

had already been done and I just picked up where he left off," Karmine said. "I didn't tenance evaluators and nonhave to add anything or change anything because he had put together a solid program and had done such a good job of maintaining a high standard."

The battalion coordinates and conducts flight instruction and operations at Cairns Army Airfield and Knox Army Heliport to provide the Army and its allied forces with proMi-17 Aviators, instructors, maintenance test pilots, maincommissioned flight engineer instructors. It also conducts flight training and evaluations of Army Initial Entry Rotary Wing common core POIs and the quality assurance of the Instrument Flight Examiner and C-12 Fixed-Wing qualification

The battalion also provides general Aviation and crash res-

Aviation Center of Excellence and conducts aeromedical evacuation throughout the southeastern U.S.

"There are two things a good instructor pilot needs to be effective: patience and passion," Karmine said. "Once the students know how much you want them to succeed, they want to succeed. The reward for the instructor pilots is seeing the students get their wings at the end of training."

Soldier: 'Attention to detail is the only way to make it through'

Continued from Page A1

trying, and that's almost all it took,"Wisecup said. "He's the type of person that, it stop him. You don't find those people too often."

McPartlin said his exthe testing for NCO of the quarter has given he's a "self motivator." him the knowledge to

pass on to other NCOs as they begin the process of going for the award.

"Every little thing counts when he fails, he doesn't let to detail is the only way to make it through."

Sgt. 1st Class David Cochran, 6th MP kennel masperience going through ter, said Wilker made Soldier of the quarter because

"When he's given a

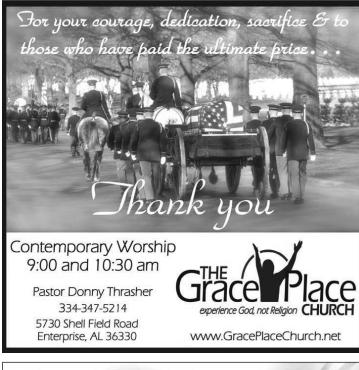
task, all I have to do is hint that he might fail and he drives even further," he said. "That's just in this," he said. "Attention the person he is. He's got a lot of heart. You can't teach that. You either have it or you don't."

Wilker said the hard work was all worth it because he was promoted as a result, and now he plans to take what he's

other Soldiers.

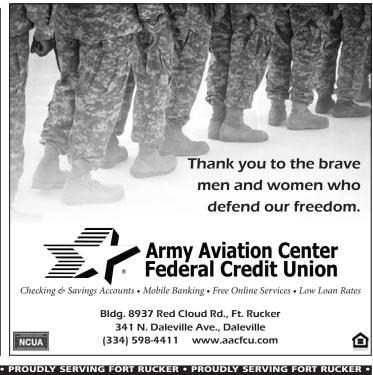
"Being that example, I can show and lead my Soldiers to see that if I can do it, they can do it," he said. "I always go for the top I'm a hard-charger and I don't like to lose. I try to instill that in my Soldiers,













One-way ticket

'Pandemonium' - WWII glider pilot recalls operations in Germany

BY JAY MANN

Thinking outside the box is not new to Army Aviation.

From the Civil War-era balloon corps to today's air/ground integration, Army Aviation has remained adaptive and a leader in military technology.

An early example of this adaptability was the creation of the American Glider Program in February 1941. Gliders were first used in WWII by the Germans, but it took only nine months after the first use of German Gliders in combat for the United States to form its glider program.

After the Japanese attack on Pearl Harbor, the Army increased the number of glider pilots to 1,000 and then in 1942 to 6.000

Glider pilots were originally taken from the ranks of existing Army pilots, but the growing demand caused direct recruiting of enlisted Soldiers with no flight experience. These glider recruits were offered direct promotion to staff sergeant upon graduation.

"We were towed in at 1,000 feet. You had to watch out for small-arms fire," said retired Lt. Col.Al Hulstrunk, a WWII glider pilot, who was at the Army Aviation Association of America's convention in Nashville in mid-April. "You would think you were in a popcorn machine you would hear pop, pop, pop, and vou would say, 'Oh, they are shooting at us.' It was the bullets coming through the tightly stretched fabric making the popping sounds."

Gliders were the stealth technology of their day. They could glide to their landing zone silently after detaching from their tow airplane, usually



Retired Lt. Col. Al Hulstrunk, WWII glider pilot, stands with a model glider at AAAA in Nashville.

a C-47. Unlike paratroopers who Rhineland invasion, he landed the China-Burma-India Theater. would descend over a wide drop zone, the up to 15-seat gliders could deliver groups of troops and equipment in a small area. The gliders were made of mainly wood and fabric to save weight, but they could carry more than 4 000 pounds

Hulstrunk said after landing his glider, "it was always pandemonium."

"We would land, open the nose, and get everything and everybody out. Since we only had a one-way ticket, we had to walk out."

He added that during the

his glider 12 miles behind German lines.

"We had to walk out through the Siegfried Line, out the back door, and down across the hazardous and required skill by Rhine River. We went in with both aircraft crews. what we could carry — that's about three days worth of food extreme and by the time the and supplies. So if the ground guys didn't get in, you were stuck."

The Army had a plan in place to retrieve the gliders by setting up the tow rope on poles and hooking it with a passing plane, but this was mainly used by the U.S. 1st Air Commando Force in crews.

After being "snatched" by a C-47, the glider would go from a standing stop to 100 mph and airborne within seconds. It was

The stress on the glider was glider failed it would be most likely too low for the crew to bail out (they often flew without parachutes to allow more weight for troops and cargo), and too high for them to survive the fall.

Special operations forces worked closely with the glider

"Then came Market Garden, where we really got bogged down. We needed to get munitions in so we dropped behind enemy lines, raised all kind of heck - a lot of our guys were special ops people. They went around cutting telephone lines and blowing up roads," explained Hulstrunk.

"At that time, the Germans couldn't do much about it They would do whatever they were told, and nobody told the Germans they could turn around," he said, smiling, "They just weren't flexible."

Retired Gen. William C. Westmoreland had his thoughts on glider pilots.

"The intrepid pilots who flew the gliders were as unique as their motorless flying machines," he said. "Never before in history had any nation produced Aviators whose duty it was to deliberately crash land, and then go on to fight as combat infantrymen. They were no ordinary fighters. Their battlefields were behind enemy lines. Every landing was a genuine do-or-die situation for the glider pilots. It was their awesome responsibility to repeatedly risk their lives by landing heavily laden aircraft containing combat Soldiers and equipment in unfamiliar fields deep within enemy-held territory, often in total darkness. They were the only Aviators during World War II who had no motors, no parachutes and no second chances."

The final glider mission of WWII was during the retaking of Luzon in 1945, part of Gen. Douglas MacArthur's return to the Philippines, ending more than two years of Japanese occupation. By the end of the war, the U.S. had built more than 14,000 gliders and had trained more than 6,000 pilots.

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VOL. 61 NO. 19 **ARMYFLIER** * COM MAY 12, 2011

BRIEFS

NEW E-MAIL SERVICE ARLINGTON, Va. – E-mail users on Army networks can expect big changes heading their way soon, if Enterprise Email has not taken root on

their systems already.

The first migration phase included members at the Army CIO/G-6; NETCOM/9th Sig Command; 7th Signal Command; the Research, Development and Engineering Command; 93rd Signal Brigade; Fort Riley, Kan.; Fort Monmouth, N.J.; Rock Island, III.; and Aberdeen Proving Ground, Md.

The new system enables users to have military e-mail access worldwide, and allow users to keep their accounts even after transferring to different agencies within the department.

One of the biggest benefits to users is the availability of their e-mail at any Army facility, provided they have their Common Access Card on hand.

The migration covers 1.4 million unclassified network users and 200,000 secret network

SOLDIER GREATEST INVENTION AWARDS

ABERDEEN PROVING GROUND, Md. - Since 2003, the Army Materiel Command has conducted the Army Greatest Inventions program to encourage and reward those fighting the war from research labs throughout the Army by developing the best technology solutions for the Soldier.

Nominated inventions for SGI must have been "First Fielded" during calendar year 2010.

The SGI "fielding" definition can include traditional and other expedited fielding methods used to put a new mission critical product, device or process in to use by Soldiers at any level.

Technology nomination criteria for each award are available through the U.S. Army Research, Development and Engineering Command, executing on behalf of AMC. Nomination packages must be submitted by email to: AGI-Awards@us.army.mil by

GIUNTA TO LIGHT WARRIOR GAMES TORCH

– Medal of Honor recipient Staff Sgt. Salvatore Giunta will light the torch to start this year's Warrior Games at the U.S. Olympic Training Center here, May 16 officials of U.S. Paralympics, a division of the U.S. Olympic Committee, announced today.

Deloitte, an international accounting and consulting firm, is sponsoring this year's competition, which runs May 16-21, and will bring together more than 200 wounded, ill and injured servicemembers from the Army, Marine Corps, Navy, Coast Guard, Air Force and special operations forces to compete in seven sports. In collaboration with the Defense Department, physical activity and sports participation rates at warrior transition units, wounded warrior battalions and detachments and other wounded warrior programs throughout the United States have increased by 23 percent in the past two vears, U.S. Olympic Commit-

tee officials said.

Future focus

Dempsey outlines 9 focus areas for Army

BY ROB MCILVAINE

Chief of Staff Gen. Martin E. Dempsey brought his intent for the Army of 2020 to the Association of the U.S. Army Institute of Land Warfare breakfast, leading off with a video accompanied by a song played by a band called "Disturbed."

"I'm a little short of a month to feel what the Army is all about," said Dempsey, adding too much time is spent trying to understand the Army when what really makes the Army is the way Soldiers feel about

He used the song in his video as one of the ways he ARLINGTON, Va. - Army reaches out to the young Soldiers whom he knows would immediately know the band. Of the senior leaders in his audience, for example, only one Soldier knew the singer at this morning's AUSA breakfast.

But the Army, he said, has a sense of history. It has existed for 235-plus years with leaders who change constantly in my new job and I'm trying and continue to build on a legacy. This is important to understand, he said, when examining where the Army is and where it's heading

SEE FOCUS, PAGE B4



Chief of Staff of the Army Gen. Martin E. Dempsey outlines his nine focus areas for the Army of 2020 at the Association of the U.S. Army Institute of Land Warfare breakfast May 5.



President Barack Obama, accompanied by Joint Chiefs Vice Chairman Gen. James Cartwright, (center-right), and Assistant Veteran Affairs Secretary Tammy Duckworth, (right), welcome the Wounded Warrior Project's Soldier Ride on the South Lawn of the White House May 4.

Obama lauds Soldier ride participants

BY TERRI MOON CRONK

 As 30 wounded warriors on bicycles gathered on the White House's the nation's wounded warriors. South Lawn May 5, President Barack Obama one can do something for the troops.

Soldier Rides began seven years ago when need to recover." Chris Carney, a civilian who never had served Obama told the riders they represent a genin the military, rode his bicycle more than eration that has written its own extraordinary 5,000 miles to raise money and awareness for chapter in the American story and has earned

"That's the difference a single person can said their participation in a Wounded Warrior make," Obama said. "Today, there are Soldier Project Soldier Ride is a reminder that every- Rides all across America, giving our wounded warriors the confidence and support they

its place among the greatest of generations.

"Our nation has been at war now for nearly 10 years," he said. "Tour after tour, year after

SEE RIDE PAGE B4

Soldiers' pursuit of perfection turns gears of war

BY SPC. DARRIEL SWATTS 40th CAB Public Affairs Office

CAMPTAJI, Iraq — Never a mission missed or a mission delayed due to maintenance, proudly state the mechanics of D Company. 8th Attack Reconnaissance Battalion, 229th Aviation Regiment (Flying Tigers).

"It takes extremely long hours and a ton of dedication to keep these birds (helicopters) flying," said Sgt. Scott Yoe, AH-64 Apache mechanic for the 8th ARB, 229th Avn. Regt., while working on an Apache. "We all are perfectionists here, and because of that our pilots have yet to miss or be late for a mission since we arrived here in Iraq."

The 8th ARB, 229th Avn. Regt. is an Army Reserve unit from Fort Knox, Ky., stationed on Camp Taji, Iraq. The unit provides the "attack arm" for the 40th Combat Aviation Brigade, which is deployed to Iraq in



SEE GEARS, PAGE B4

Mechanics of D Co., 8th ARB, 229th Avn. Regt., use a tractor to move an AH-64D Apache into a hangar on Camp Taji, Iraq.

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Focus: Dempsey outlines his intent as 37th chief of staff

Besides the video, he had a photograph of a Soldier downrange

"On this notion of feeling the Army, I'll tell you how I spent most of my time in the three weeks that I've been the 37th chief," Dempsey said.

He first went to the Virginia Military Institute to take part in the Marshall Awards for the best and brightest of the ROTC cadets across the country.

"This group is eager to join our profession, eager to belong, eager to contribute, eager to collaborate, eager to understand, but also eager to feel what this thing is all about," he said.

"Now take a look at that photograph again. This one really gets at some things that are important to me: trust and fitness and discipline, but especially trust," Dempsey explained. "So, this image is not only about what that young leader is going through in trying to work through a very uncertain situation, but he's got a wedding band on and that kind of reminds you of the families that are part of this wonderful institution."

"He's got a Soldier there watching his flank and he trusts that Soldier to do his job so that he can do his," he continued.

Dempsey's focus areas

This brought Dempsey to his focus areas, a framework, he said, that by the time of the Army birthday, June 14, will be published with the possible title, "The Chief of the Staff of the Army's Intent."

tent from a broad statement of the role of the Army," he said.

His nine focus areas are: The Nation, The Joint Fight, The Profession, The Army Family, Leader Development, Mission Command, Squad, Human Dimension, 21st Century Training.

"One of the things my transition team did for me is to help me understand that the force is wondering, what happens after Iraq and Afghanistan?' Well, we're going to try and answer that question in this particular document," Dempsey said.

This will be a collaborative effort, he said, among the senior military and civilian leaders.

"I've had several what I think are terrific sessions with Secretary of the Army John McHugh, who is a wonderful teammate, I mean he's my boss, but he's a wonderful teammate in this effort to try and articulate what we're about a little differently.

The focus areas, he said, help him to bundle initiatives under each area, make sense of them, and help people understand how, for example, the Human Dimension can be delivered.

"So I'm not going to walk my way through all of them, but those are the focus areas I've selected. The staff is working on some suggestions I've given it about initiatives that will nest underneath those focus areas so that we can actually

The nation

"It occurs to me that whatever we do

years, this team that I and the secretary have will build the Army of 2020.

Whether we do it (purposely) or inadvertently, we will have a clearer understanding of what the nation needs, and that's the point. What does the nation need of us in 2020 and how do we move ourselves from where we are today to where we need to be in 2020?" Dempsey

The other aspect of this, he said, is give ing the nation the most options possible.

"The Army has always done that and always truthfully done that better than anyone. And we will continue to do that as we decide what this Army of 2020 should look like," he said.

Dempsey said the Army is connected to the nation today in ways that are absolutely brilliant.

"We are in conflict, the nation knows we are in conflict, they support us in that conflict - thank God - but we have to think through what changes will be needed when the conflict begins to diminish. How do we stay connected with America," he said.

The profession

"As we build this Army of 2020, clearly we're going to build it to meet the needs of the combatant commander. The study of the profession is resonating out in the force and it's resonating not just with officers, but with noncommissioned officers, warrant officers, active, Guard and Reserve and with our

"It's resonating because the other thing the Army brings to the nation is it brings a sense of belonging. People really want to belong to something today and we should reinforce that and we should take advantage of that and we are. As we look at what it means to be a professional, this will cause us, I believe, to change some of the attributes by which we describe the profession," Dempsey said.

Dempsey said this will cause the Army to look at policies, such as personnel poli-

"We'll decide if there are policies that potentially erode the profession - promotion rates, for example, so that we actually can determine earlier within the profession who is meeting those professional credentials that we desire," he said

The squad

"When I first put up the squad as a focus area, I was questioned by my transition team. Here's my motivation: I've seen the Army in the last 10 years of my career, from the top down, and thinking about the Army and where it over matches its potential adversaries.

"We don't want to send a Soldier into harm's way who doesn't over match his potential enemies. It's at the squad level where it becomes too much of a fair fight. So, the motivation was to lie on my back and look up and look at the Army from the bottom up, and see what that does. It's a focus area," Dempsey said.

Ride: Obama says riders represent 'very best in America'

Continued from Page B1

year, you've done your duty. You've met every challenge, from the deserts of Iraq to the mountains of Afghanistan. You've risked everything. And you've carried in your hearts the memory of fallen heroes

who gave everything."

The riders carried the extra challenge of coming home from one battle and beginning another one - the battle to recovery, Obama said.

"(You learned) to stand again. To walk again. To relearn, in some cases, the

simple things that are the true pleasures of life dancing with your spouse, or holding your children," he said. "In many ways, this might have been the

The president singled out ride participant Nicko-

toughest battle (you've)

ever fought."

"He was serving in Afghanistan when an improvised explosive device blast cost him one of his legs," Obama said. "But he's here today as part of his journey to recovery."

Next, he pointed out veteran Corev Kent.

"I met Corey during one of my visits to Walter Reed (Army Medical Center) last year," Obama said. "And it was my honor to pin a Purple Heart on him. He's lost both legs. But he's working hard to recover,

and he's here today, ready

they inspire him.

"You represent the very best in America," he said. "And in your fight to recover and in the ride that you're about to begin, we see the values and virtues that make our country great."

Gears: 'Good maintenance, a vigilant eye help prevent downed aircraft'

Continued from Page B1

support of Operation New Dawn.

Staff Sgt. David Crockett, a quality control technical inspector for the 8-229th, said pilot safety is paramount.

"If we miss something or get

something wrong, it can end in a catastrophic failure for the pilots, and we never want that to happen.'

However, should something happen to the helicopter and the pilots have to put down for any reason, a Downed Aircraft Recovery Team is ready to take

"A downed aircraft doesn't always mean it crashed or was shot down. It could be that the pilots had to put it on the ground for (some other) reason," said Spc. Alfredo Galvan, AH-64 mechanic and DART team member for the 8-229th.

"But in any case, should an Apache go down, my team's job is to go out and secure the bird and its pilots.

to ride."

"Good maintenance and a vigilant eye help prevent downed aircraft," Crockett said while inspecting the work of the mechanics

"Any time work is done on the aircraft, I have to meticulously go through and check all the work to ensure it was done properly," Crockett said. "I have the final say when the aircraft is done; and if I find something wrong, I show it to them and they fix it.

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Story on Page C4

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VOL. 61 • NO. 19 **ARMYFLIER**★COM MAY 12, 2011





Salute to the troops

Above: CW3 Matthew Welborn, HHC, 1st Bn., 14th Avn. Regt. student management officer, showcases an AH-64D Apache Longbow at Hanchey Army Heliport to 2010 Salute to the Troops tour representatives last year. This year, the post theater is the place to be Friday at 3 p.m. when pageant contestants from around the state entertain Soldiers and Fort Rucker as part of the *Salute to the Troops* show. *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.

Left: Miss Alabama Ashley Davis sings during a 2010 Salute to the Troops talent show. This year, the post theater is the place to be Friday at 3 p.m. when pageant contestants from around the state entertain Soldiers and Fort Rucker as part of the *Salute to the Troops* show. *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 Davis' Miss Alabama crown

Rucker spouses aspire to inspire by 'opening old pages'

BY NANCY RASMUSSEN Fort Rucker Public Affairs

Two Fort Rucker spouses discovered a welcoming venue for expressing their creativity, and are becoming well-known community contributors in the process.

Sarah Geraci and Sarah Wickline, spouses of flight students. recently entered and won first place in the Dale County Council of Arts and Humanities "Fusion" show with their 6-foot-tall "Feria" sculpture, crafted from hundreds of pages of old maga-

The show at the Ann Rudd Art Center in downtown Ozark. which ended April 30, featured 3-D sculpture, handmade jewelry and various other art forms. allowing for endless creative possibilities. What the two came up with was an idea that ultimately won them public ac-

"The criteria for this particular show allowed me to explore creative inspirations I don't normally tap into. The materials to be used had no boundaries." said Geraci.

"I wanted to use something plentiful, thus the idea of recycling old art magazines was born. Also, the art center is a great venue with wonderful floor space. I wanted to fill up as much of it as possible. It's fun to build sculpture and give the audience something to walk around," she said.

The two collaborated on the concept and design of their masterpiece, ultimately surprising even themselves with the result. The reward of their labors extends beyond winning first prize, according to Geraci.



Artists Sarah Geraci and Sarah Wickline pose with their prize-winning sculpture, "Feria," at the Ann Rudd Art Center in downtown Ozark. The pair are spouses of flight students from the B Co., 1st Bn., 145th Avn. Rut., and are active members of the Dale County Council of Arts and Humanities.

"The win was very surprising and complimentary for us. It is so rewarding to pour into the creation of something and have it be so well received. We revel in the fact that it was such a simple idea for us both that blossomed into something quite remarkable," she said.

Looking at Feria, one might wonder how they came up with such an idea

"Sarah and I were volunteering in the gallery one day and I told her about my desire to enter the 'Fusion' show. I told her I'd love to make a dress out of the old magazines piled

around. I thought it would be cool to 'open the pages again' and get people to notice the art in them," Geraci said.

Taking the DCCAH motto of "Small Town...Big Art" to heart, the pair's creation began to take shape with the discovery of a 1950s vintage female mannequin, a remnant from the art center's previous life as a clothing department store.

"We built the dress around her in chicken wire. Then we folded a lot of paper and stuffed it through. The bodice was secured with each piece hand sewn to the next," Geraci

explained.

Once complete, naming the project became a challenge.

"We were trying to name the sculpture and having trouble agreeing. Finally, Sarah, having lived in Europe, suggested we name her after a festival in new members and invite the Spain. I loved it...Feria. I could public to stop in for a visit imagine our mannequin coming alive and dancing around and Wednesdays, and Saturdays the room to a Spanish groove, from 10 a.m. to 1 p.m.," said Carbirds swirling around. We also ol Luckfield, DCAAH president. made magazine birds to keep her company and complete the tion that endeavors to promote image," Geraci said.

gree in painting from Rutgers University, credits a lot of her knowledge to life and work.

"I have grown professionally and personally through learning from others. I always have my eves and ears open for a lesson to be learned," she said.

Discovering the DCCAH in Ozark was part of that process.

"When I move to a new town, I seek out the local art community as a way to become immediately involved. I saw an ad in the 'Army Flier' requesting submissions for the DCCAH Annual Juried Show," Geraci said."Now I participate in every show. To put it simply, I love to make things for people to look at."

In August, Geraci and Wickline will soon have another opportunity to express their talents, according to DCCAH member and event chair, Jeffrev Babine.

"We encourage Fort Rucker arts enthusiasts to enter the DCCAH 11th annual Juried Art Exhibition, which will run Aug. 13 to Sept. 23.

"Artists may enter a maxi-

mum of three works of art. Fees are \$25 for the first entry and \$5 for each additional entry," Babine said.

For more information, call Babine at 774-7145.

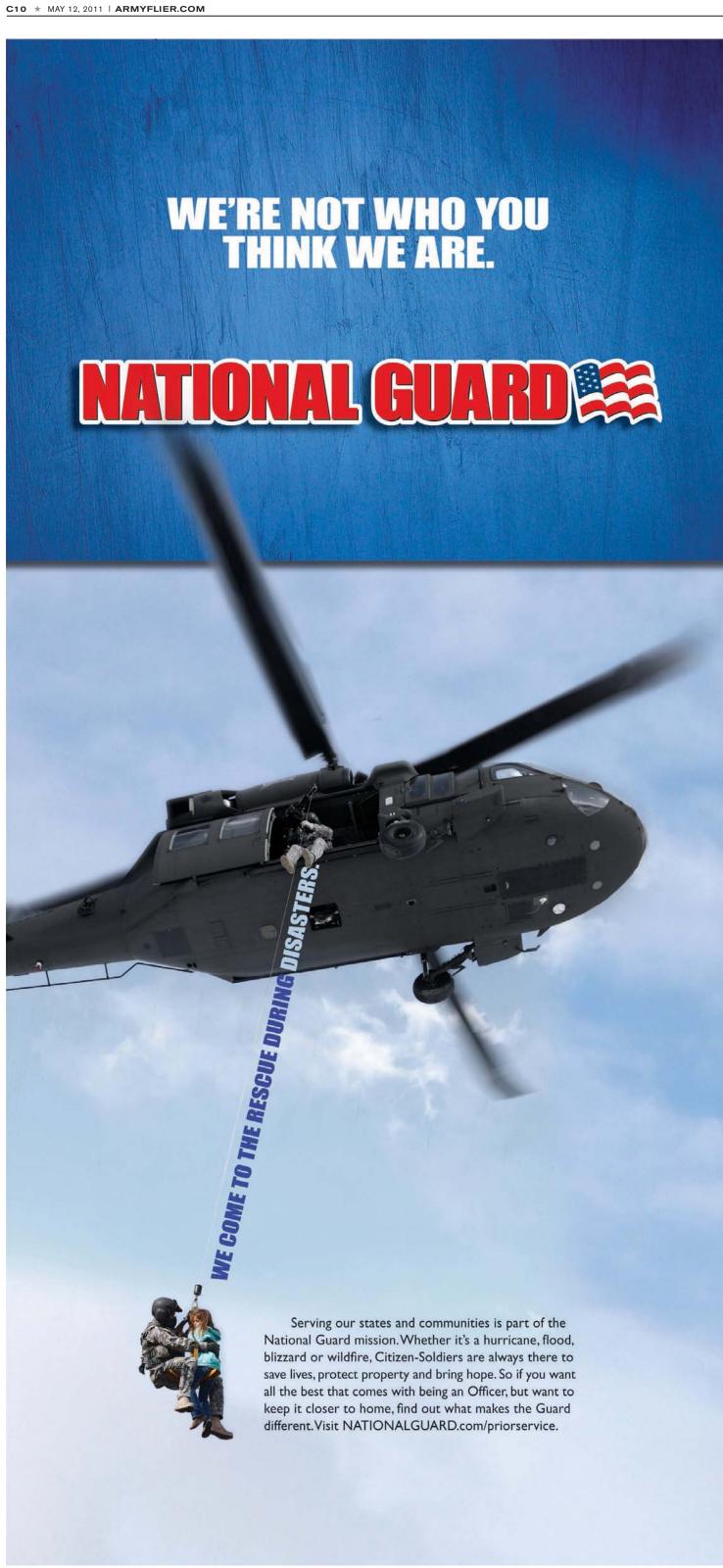
"We are always looking for from 1:30-4:30 p.m. Tuesdays "We are a non-profit organizaarts in the local community New Jersey native Geraci, via exhibits, workshops and who earned a bachelor's de- productions in various artistic fields, and to provide a venue for community functions that will expose the public to cultural experience."

> "I sincerely encourage spouses to discover their own creativity," Geraci said. "It's satisfying to make things. Exploration of art and craft can be just as much an exploration of one's self as it is a hobby. Igniting your own spark can bring energy, inspiration and comfort to a lifestyle that is challenging."

> She explained that while her husband.WO1 John P. Geraci III. B Company, 1st Battalion, 145th Aviation Regiment, is intensely involved in Initial Entry Rotary Wing training, volunteering and being active in various community activities fills her need for human interaction.

"My husband is proud of my involvement." Geraci said. "The Army keeps Phil pretty busy all day and week long. He's glad that I have outlets for keeping myself inspired, productive and involved."

For DCCAH membership information visit www.ruddartcenter.org.



YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

Employment event

The Fort Rucker Army Career and Alumni Program Center staff hosts Med-Trans, PEMCO World Air Services, Army Fleet Support and SES-I Friday 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.

For more information, call 255-3932.

Salute to the Troops

The post theater is the place to be Friday 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, register, call 255-9277. call 255-2474.

Delta Saints

The Delta Saints perform at the Landing Zone Friday 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 day. Race day registration begins at 6 a.m., and the race starts at 7 a.m. Preregistration is \$15 prior to Saturday and \$20 after Sunday. Registration fee for a five-person relay

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

team is \$10 per person. Top active duty finishers 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

Registration for the Fort Rucker Center Library's summer reading program is Monday through June 24. This EFMP-friendly program is designed for youth ages 5-12. For more information, call 255-3885

EFMP focus group

An Exceptional Family Member Program focus group meeting is Tuesday from 9-11 a.m. at the Commons, located on Seventh Avenue, Bldg. 8950. For more information and to

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

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 Friday from 11 Andrews Avenue, Satur- a.m. to 1 p.m. Free child care is available for the

For more information, e-mail Lindsey.skilling@ gmail.com. Children must be registered with Child. Youth and School Services.

For more informa- AER Closing tion on the luau, call Ceremony 255-0960.

The Army Emergency

Relief program fundraiser

closing ceremony is May 23

from 10 - 11 a.m. inside the

U.S.Army Aviation Museum.

EFMP Information

and Support Group

The Exceptional Fam-

ily Member Program in-

needs Family member to

the EFMP Information and

The group will meet May

The topic for meeting is

Tricare and Extended Care

and services. The guest

gers, Beneficiary Service

Families are invited to

meet and network with oth-

ers. This is an opportunity

to learn and provide sugges-

tions for future topics for the

For information and to

register, call 255-9277

Tricare

Representative,

Service Center.

support group.

Support Group meeting.

Zone.

call 255-2341.

For more information,

Johnston Road paving

Camping opportunities with the Engineer Beach Recreational Vehicle Park and Camperound are currently limited due to the paving of Johnston Road.

The campground will run at half capacity during this time. Expect heavy equipment and par- vites all active duty militial lane closures on John-tary Families that have ston Road, below Singing an exceptional or special Pines, now through May

Delays are possible during peak traffic. Please allow extra travel time 24 at 9 a.m. in the Landing during this period. The Engineer Beach boat ramp is closed until paving is complete. Boaters Health Options benefits can access the West and East Beach ramps until speaker is Rhonda Drigthe Engineer Beach boat ramp is reopened.

For more information, call 255-4305 or 255-4234.

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.

DJ Dave

DJ Dave will provide live entertainment at the Landing Zone May 20 from 8:30 p.m. to 12:30a.m.

Patrons 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 information, call 598-8025.

Wiser Than Fools **Farewell Tour**

One of the last shows for Wiser Than Fools is May 21 from 9 p.m. to 1 a.m. inside The Landing Zone. Cost is \$5.

For more information, call 598-8025.

DFMWR Spotlight



Fitness festival

The Family Fun Fitness Festival is Friday from 9 a.m. to 4 p.m. in front of the commissary. The event features a variety of activities designed to promote fitness, health and wellness. Participation is free and the event is open to all active duty and retired military and their Families. For more information, call 255-9810.

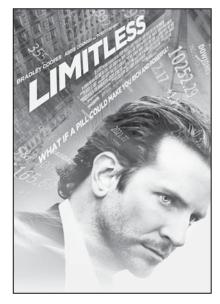


PHOTO BY BREANNA WALTON

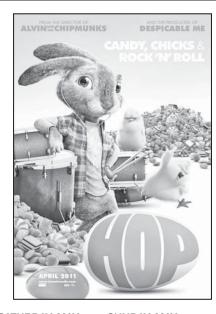
Pick-of-the-litter

Meet Missy, a 12-week-old female mixed-breed dog. She is playful and excitable. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. For more information on Missy or other animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. No animals were adopted last week

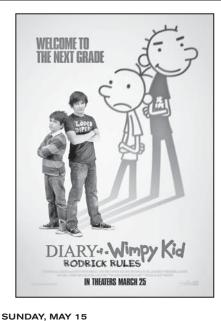
FORT RUCKER Movie Schedule for May 13 - 15



FRIDAY, MAY 13 & SATURDAY, MAY 14 Limitless (PG-13) 7 p.m.



SATURDAY, MAY 14 & SUNDAY, MAY 15 Hop (PG) 2 p.m.



Diary of a Wimpy Kid: Rodrick Rules (PG)

Dinner theater returns to Fort Rucker

BY BREANNA WALTON Army Flier Staff Write

It's been over 20 years since Fort Rucker had a theatrical performing arts group. Now it has Above the Best Theater Compa-

Directed by retired CW3 Alan Moore and produced by Brain Jackson, Directorate of Family and Morale, Welfare and Recreation delivery system program manager.

The group premieres its production of "Acting Up: A Tall Night of Short Comedies" today and Friday at 6 p.m. at The Landing.

The comedy dinner theater will be in the format of nine, 10-minute comedic plays lasting a total of 90 minutes with an intermission.

"I want to make sure people understand it's not stand-up comedians, it's an exciting new format of comedy where everything is really fast paced, which is perfect for America today," said Moore.

In January, the DFMWR toured numerous Army installations that have tremendous experience in drama and performing arts. Fort Rucker, as part of the tour, was selected to have Murder Mystery

Jackson was asked to find 20 people, including Soldiers, spouses and civilians, on-and-off post, that wanted to participate.

We had the 20 slots filled within three days of a mass e-mail. I had about 15 extra people that were interested, but were alterevent was very successful and it sparked a new shortly thereafter," Moore volunteer performing arts added.



Cast photo for Acting Up: A Tall Night Of Short Comedies. Above The Best Theater Company's cast include: bottom row from (L to R) Andrew Bailey, Avery Edwards, Megan Yanacek, Alan Moore. Second row from bottom, Candace Broome, Rachel Baccigalopi, Ernest C. Gunter, Tiffani Heinreich and Nic Kirkland. Top row, Mike Kozlowski, Jane Armstrong, Tracey Hinton and John Bailey. (Not pictured Chuck Overby).

started having meetings

"With the group of ap-"During that first show, proximately 25 individuwe identified the people als currently participating, who were interested in there is tremendous tal-

nates," said Jackson. "This participating and we ent. They are helping put on the rehearsals, shows and brainstorming ideas for the future. This group is really going to populate, and they will have numerous opportunities to put on skits, large pro-

ductions, and fun shows on and off post," said Jack-

"It gives people stress relief and a sense of satisfaction to help develop and execute a show.

that takes part with the stage crew to help transition different skits, or find something for everybeing in charge of lighting," Jackson continued. added Jackson. "You will find that some

star actor. Above the Best Theater Company gives people an outlet to have some fun and show off their skills. Even the rehearsals are very fun. and all the people in the group are very nice and genuine."

Above the Best Theater Company, DFMWR and Better Opportunities for Single Soldiers have created a partnership to continue to put on the

"People that miss out on this show are going to hear by word of mouth that they shouldn't have missed it. It will be better than Murder Mystery," Jackson said.

Future productions are in the works with different themes. There is planning for a special, big production for Christmas that will need children and adults, and plans to have the company perform at the Fort Rucker Arts Festival Oct. 15.

Moore welcomes people from every aspect of the community to join the group. The group meets on the first Tuesday of each month and practices for about six weeks, two to three nights a week, while putting on a production.

"This is a growing thing. We welcome anyone whether they have experience or not," said Moore. "What's important is that we put on a quality show."

"I would definitely encourage anyone and everyone to participate in this program. With Moore's expertise, he will one in the production,"

For tickets, or if interpeople love to do a lot ested in participating, call

Religious **Services**

CATHOLIC PARISH SERVICES

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

LUTHERAN, EPISCOPALIAN **WORSHIP SERVICES**

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

PROTESTANT CONTEMPORARY PRAISE SERVICES

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

LATTER-DAY SAINTS SERVICES

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

ISLAMIC PRAYERS AND

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

CHURCH OF CHRIST SERVICES Church of Christ services are offered

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

COLLECTIVE PROTESTANT **WORSHIP SERVICES**

are offered Sundays at 11 a.m. at the Main Post Chapel. For more information

JEWISH SERVICES

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



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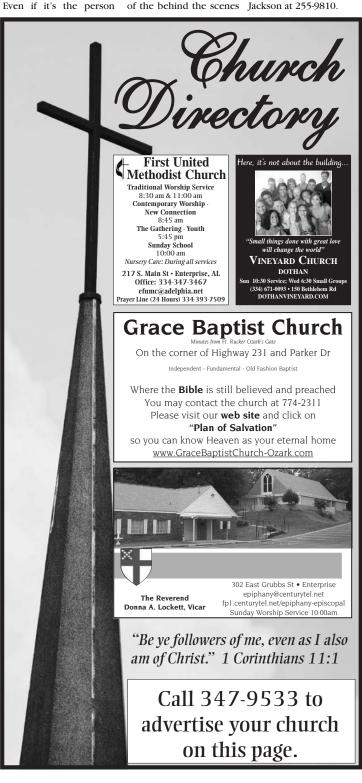
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Feel free to stop by for a full, hot breakfast every Sunday morning 9:00 am to 9:40 am. We are located at 1366 Hwy 84 East, Daleville, Alabama across from Karl's German Bakery and may be reached at **334-598-4778 or 334-503-9935.**

See you Sunday!



Soldiers volunteer for thrift shop move

BY BREANNA WALTON

Soldiers from D Company, 1st Battalion, 145th Aviation Regiment, Class 11-013 spent their Saturday morning giving back to those who "provide and give so much to them."

The project was to improve the vacant Armed Forces Bank building into "move-in" condition for the thrift shop by moving, organizing, painting and cleaning.

"There is a lot that needs to be painted and cleaned. It's dirty and dusty and hasn't been occupied in some time," said 2nd Lt. Nolan Kohlrusch.

Operation Thrift Shop began at 8 a.m. as Soldiers used about 20 gallons of paint, cleaned rooms, capped wires and moved inventory.

"We want to get to a point where we are ready from a safety stand point to move so customers can shop and make purchases," said Donna Woodham, thrift shop manager and bookkeeper.

The project began on two different fronts. Woodham received an e-mail and phone call from the garrison office asking if the thrift shop would be interested in moving into the vacant building.

"After we completed a walk through, we decided this was an opportunity to have a beautiful building and perfect location," Woodham said.

The building is about 2,000 square feet bigger than the thrift shop's current location on Gladiator Street, which happens to be in an old World War II-era building.

Soldiers from Class 11-013 also developed ideas for their community service project, a tradition for the basic officer leadership course.

"When I took on the job as project manager and started generating ideas and research-



PHOTO BY BREANNA WALTON

Second Lt. Brittany Antonellis, D. Company, 1st Battalion, 145th Aviation Regiment, Class 11-013 helps with a community service project Saturday, which was to improve the vacant Armed Forces Bank building into "move in" condition for the thrift shop by moving, organizing, painting and cleaning.

ing, I noticed a lot of the past projects were getting away from Fort Rucker.We wanted to do something right here," said Kohlrusch.

"After several ideas, it was mentioned the thrift shop was getting ready to move and could use some help," said 2nd Lt. Jesse Pope. "After some investigating, we decided it was a place that directly benefits people in our community that live, work and play here."

"It's right here where we live right in the middle of it," added Kohlrusch.

"It's a perfect project for a group of our size. We were be able to get in there and condense what would have taken thrift shop staff a matter of weeks to complete into four to five hours," Pope continued.

The thrift shop gave \$51,766 to Fort Rucker and surrounding communities in 2010, including the Fort Rucker food locker, library, military police department and Wounded Warrior Project, according to Woodham.

"There is really no better organization that is more deserving of a little bit of our time on the weekend," said Pope. While helping the thrift shop is the Soldiers' main priority, they also get a lot out of the experience of volunteering.

"We focus a lot on what the benefits are for the people we are helping. A lot of time it gets missed that we benefit a lot from this, too," Pope said. "For junior officers, like ourselves, there is a lot we get out of this and for a lot of us this will not be the last time we come to Fort Rucker. It will be a place we will be coming back to. "It's gratifying to us to see the improvements as our careers progress. To know you helped improve Fort Rucker is a good feeling."

After a day's work, the thrift shop is ready for the move and will hold its grand opening July

"We are absolutely thrilled this group of Soldiers could help us get things ready. We rely heavily on volunteers and donations and that was the only way we could have made this happen," said Woodham.

"This gives us a sense of satisfaction for doing a good job and knowing we helped someone out. And for those new to the Army it sets a precedent and lets them feel what it's like to volunteer, which tends to kind of feed upon itself. It feels good, it's rewarding, I met some cool people and I'd like to do it again," Pope said.

To donate unwanted items to the thrift shop, bring them in Wednesdays-Fridays from 10 a.m. to 2 p.m. or drop them in the 24 hour donation shed in front of the shop located on Gladiator Street.

"Clean out your closet or shed and bring us something you're not using, because when we sell that merchandise the money goes back to the Fort Rucker community," added Woodham.

For more information or if interested in volunteering, call 255-9595.

Business CardSpotlight

Your ad could be here for only \$96 per month. Call Ashley Latimer for more information at 334-393-9710

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Give up tobacco - stack up cash

BY PAUL FITZPATRICK DOD Tobacco Counter Marketing Director

FALLS CHURCH, Va.-Tobacco users can look forward to improved health when they give up tobacco, and they can also stack up the cash.

That includes young active-duty military members who smoke tobacco at the rate of 40 percent - nearly double the rate of their civilian counterparts.

A study that compared habit. Apparently smokthe total wealth of non- ers spend money on cigasmokers with both light rettes that would othersmokers and heavy smok- wise go into savings or be ers found that, on aver- used to buy assets such as age, nonsmokers have 50 cars and homes. percent more wealth than as much wealth as heavy stallations, a pack-a-day smokers. This wealth gap smoker spends more widens by another four than \$2,000 a year just percent every year that for cigarettes. Plus, they the smoker continues to spend funds on lighters, smoke.

that the difference in more tobacco, and exwealth between smokers tra cleaning and repair and nonsmokers is rough- bills for their furniture, ly equal to the amount that cars, clothing and teeth. smokers spend on their Smokeless tobacco prod-

At an average cost of gas to make emergency The study also found runs to the store for

ucts put a similar dent in their wallets.

"World No Tobacco Day is May 31 — a great quit date for service members who use tobacco to begin saving their money for light smokers and twice \$6 a pack on military in-things they really want," said Cmdr. (Dr.) Aileen Buckler, U.S. Public Health Service officer and chairman of the DOD Alcohol and Tobacco Advisory Committee. "Giving up tobacco can improve life in so many ways - nonsmokers feel better and look better, in addition to having more money to

want to see exactly how much cash they'll accumulate when they quit can use the savings calculator at http://www.ucanquit2. org to find out. Smokers and chewers simply enter the price they pay per pack, packet or can of chewing tobacco, and how much they use.

The calculator delivers what may be sobering news: the total amount they are spending every day, week, month, year and decade that they continue their habit. That's cash that they could be

Tobacco users who using to go on vacation, program offers education save for emergencies, or begin building the kind of wealth that nonsmokers

The DOD tobacco cessation Web site, http:// www.ucanquit2.org, features customizable tools and resources that can help service members create a more prosperous, tobacco-free future.

Ouit Tobacco — Make Everyone Proud is the tobacco counter-marketing program of the U.S. Department of Defense, TRI-CARE and the Department of Veterans Affairs. The

and support to active-duty service members, Veterans, retirees, and family members to help them quit smoking and using smokeless tobacco.

The campaign's awardwinning Web site, http:// www.ucanquit2.org, features interactive, customizable tools and resources, including tobacco cessation training, real-time live help with expert quit coaches, quit plans and calendars, text message tips, a savings calculator, games, social networking connections and more.





We are proud to have Ft. Rucker and all the people associated with the post here in Enterprise. Ft. Rucker and Enterprise have grown together and supported each other for more than 54 years.

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Mrs. Mullen spotlights Family issues in new blog

BY ELAINE SANCHEZ

WASHINGTON - Building resilience and providing long-term support are keys to strengthening military Families and better equipping them to weather the frequent, multiple deployments so prevalent in this decade of war, the wife of the nation's top military officer said.

"We've never asked a generation of families to do what this one has done," Deborah Mullen, wife of Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said. "We need to make sure they know we care about them, we care about their service, and we will be with them for the long haul."

This message of assistance and support is one Mullen is working to pass on to as many service members, veterans and their Families she can reach – whether it's on a trip across the nation with her husband, a tweet sent out on Twitter or, in her most recent social media venture, a blog.

Through her new "Family Forum" blog, Mullen plans to write on a wide range of family-related topics, including resilience, veteran and spouse employment and education, and psychological health and well-being. She also will pass on the latest information regarding support programs and resources.

"I have a number of ideas I think will span a lot of issues," she said.

Her first post, "Family Forum: Supporting Military Families Year Round," is on American Forces Press Service's Family Matters Blog at http://afps.dodlive.mil/, and also on Page C7 of this week's *Army Flier*:



PHOTO BY PETTY OFFICER 1ST CLASS CHAD J. MCNEELEY

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and his wife, Deborah, speak with Fort Bliss enlisted spouses in El Paso, Texas, March 10. Deborah Mullen is launching a new blog to pass on information and resources to military spouses around the world.

Along the way, Mullen hopes to elicit comments from Family members to gain an even greater insight into the challenges they face, building on knowledge she acquired first-hand as a Navy wife and from speaking with military families around the world.

Mullen was a young Navy spouse when she first decided to advocate on Families' behalf. Thirty years ago, she recalled, her husband was assigned to serve as the executive officer of a ship. The Families of the ship's Sailors were dealing with a significant number of challenges and she decided to step in to help.

"I realized at that moment that there are challenges and difficulties that I may not realize, that I may not be experiencing, but someone else is," Mullen said. That experience set her on a Family-support journey that continues today.

This past decade of war in particular, with its frequent and lengthy deployments, has presented challenges that will resonate for years to come, she said.

Dwell time, which is the time at home between deployments, is still a "very significant problem," Mullen noted.

"I know services are working hard to increase the dwell time, but it's still not where it needs to be," she said. "Service members, particularly in a unit with multiple deployments, have been gone for a significant amount of the last 10 years. Families need to have a true reintegration of the family unit."

Military spouses also need access to stigma-free psychological health care, Mullen said. "The symptoms they're experiencing, it's affecting their children, and they need to get help," she said. "We don't know what the cumulative effects of these deployments will be on these Families.

"We've been at war for 10 years and we have a generation of children who have known only war, only worry and fear," she added.

Mullen also touched on spouse employment. Spouses often have trouble transferring licenses and certifications between states. States need to work together to decrease the barriers they face, she

Mullen praised recent efforts to assist with these and other challenges, citing the White House's new "Joining Forces" military Family-support campaign. This national initiative aims to raise awareness of military Families and then call on Americans to step up and support them.

She also highlighted her husband's "Conversation with the Country," an initiative to raise awareness

Mullen also touched in American communities a spouse employment. about the value of veter-

Mullen said she hopes these efforts will continue to grow over time, and that communities will reach out to military Families – whether active duty, Guard, Reserve or veteran – in their neighborhoods, schools and jobs to ensure they receive the support they need and deserve.

"Military Families are in communities across the nation," she said. "We just need to try and find out who they are, thank them for their service and then find out what we can do as a community to support them."



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Mullen: Support military Families year round

BY DEBORAH MULLEN

(Editor's note: Mullen, a Navy wife and mom and a military Family advocate, has been married to Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, for 40 years.You also can follow Mrs. Mullen on Twitter and on Facebook.)

During the Month of the Military Child in April, there were picnics and parades, fairs and festivals in communities across the country - all to recognize and honor military children for their special contributions to our na-

There is no issue nearer or dearer to my heart than reinforcing to our military children that they are, indeed, a key part of the military community and how equally important it is to recognize the sacrifices they make every

a military child during peacetime, quite another during a time of war. Every day, these young ones shoulder worry, stress and and challenges don't nec-



responsibility far beyond their years while mom or dad is deployed. It's not just the missed birthdays and soccer games or helping mom with extra chores that dad would normally do. It's the fear It's one thing to be that their world can crumble at a moment's notice.

When their parent comes home, the stress

essarily disappear. It's a safe bet dad didn't return quite the same guy he was when he left. He, too, may have emotional and even physical challenges to face. And he, too, may be afraid ... and perhaps even afraid to admit it.

Many of these kids have known only war ... only

Dealing with these things for months and resilience and toughness - qualities innate to military children and something most are particularly proud of to be sure.

I can personally attest to the inner strength military Families develop through deployments, frequent moves and new cultural experiences. There is, of course, much to love about a military life and a lot to value about the richness and diversity it brings to our children's perspectives.

But as I meet with military Families across the country, it is clear to me that a decade of war in Iraq and Afghanistan has challenged them, stretched them, and tested their resilience and strength in unprecedented ways.

That reality isn't always readily seen or understood by the rest of

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My husband, Michael, speaks frequently on this

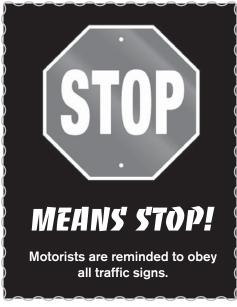
topic. He notes that today, less than 1 percent of our nation's population serves in uniform

We are concerned that people who used to have day-to-day connections with military men and women and their Families may not know much about them anymore, so they are simply unaware of the stress and challenges these Families face — a situation compounded by the fact that most military Families bear their burdens quietly.

It is evident to me that people care and want to help. Often, they just don't know what to do to support our military Families in the ways they need it most, particularly as they transition back to their communities and to civilian life.

Month of the Military Child and May's Military Appreciation Month are important efforts that help us get moving in the right direction. They keep us talking. They offer avenues for appreciation and action. These things can only strengthen the connections between communities and our military. I also believe they can only strengthen our country.

There are many ways, big and small, to get involved. However people choose to support, the concept is straightforward. Our military men and women and their Families do so much and sacrifice so much to take care of America. This is about doing everything we can to — together take care of them ... not just in April or May, but year round.

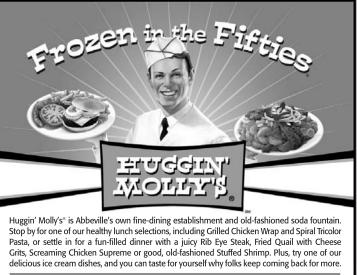






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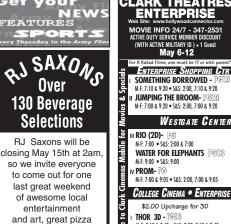
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ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more

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.

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

DOTHAN

SATURDAY — 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.johnnymackbrownfesti-

MAY 19 — The Wiregrass Museum of Art hosts dinner and a movie featuring "My Kid Could Paint That" at 6:30 p.m. It is a look at the work of a 4-year-old girl whose paintings have been compared to the likes of Picasso. Tickets are \$20 per person. For more information, call 794-3871. \$\$\$

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

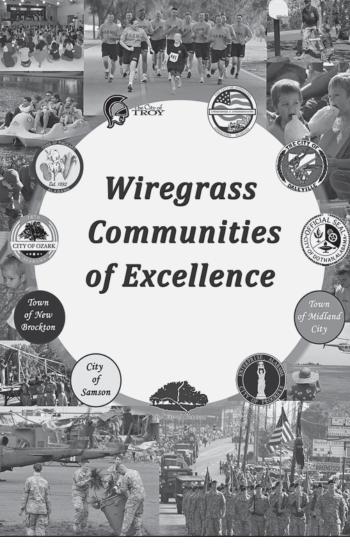
Activities include cow milking, butter churning, ice cream making and more in observance of National Dairy Month. For more information, call 794-3452 or visit www.landmarkpark.com

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 Landmark Park. Events take place throughout the

Admission is \$4 for adults, \$3 for children and free for children age 3 and un-

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

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

785-2554.

SATURDAY — The 2011 Downtown

For more information call (850)

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.

SATURDAY — 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.

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

For more information, call Paul Kasper at 389-5434. Bob Wills at 347-8297 or Bob Cooper 347-7076, or visit the Veterans of Foreign Wars Post 6683 on Facebook.

GENEVA

ONGOING - The Geneva County Re-

lay 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

MAY 30 - Sunset Memorial Park will host the fifth annual Memorial Day Ceremony to honor military service members at 2:30 p.m. The event will include music, food, a patriotic skydiving team, and military aircraft and vehicle displays. For more information call 983-6604.

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

SATURDAY AND MAY 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

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.

SATURDAY - Pike Animal Shelter hosts "Going to the Dogs" Yard Sale from 7-10 a.m. in the Sears parking lot. All proceeds benefit the Pike Animal Shelter. For more information, call 808-8898

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

Beyond Briefs

Great Gulf Coast Arts Festi-

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 Sunday. For more information, e-mail submit@ggaf.org.

Arts and Antiques Walk

Art-Tique Arts and Antique Walk will be held in downtown Panama City

Fla., Saturday from noon to 6 p.m. The event features local artists and antique stores. Visitors can participate in free workshops, demonstrations, and enjoy wine tastings and refreshments.

Sandestin Beach Bicycle Tour

Sandestin Golf and Beach Resort hosts the Sandestin Beach Bicycle Tour through northwest Florida Saturday through Sunday.

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

Wings Over Cullman Air Show

Wings Over Cullman Air Show is May 21 starting at 9 a.m. The air show features world class aerobatics by military and civil 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

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

Precious Metal: Southern

The Columbus Museum in Colum-

bus, Ga., hosts the New Orleans coin silver exhibition now through June 26.

The exhibition includes examples of 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, (706)748-2562 or visit www.columbusmuseum.com.

To Kill A Mockingbird

The Kaleidoscope theatre 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.

Family Fun Arts Fest

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

For more information, e-mail abaty@ okaloosaarts.org.

Memorial Day Concert Celebration

Destin Harbor hosts the Memorial Day Concert Celebration May 27-29. On May 27 enjoy Ron Adams as Elvis for his Blue Hawaiian show at 7 p.m. Rock the Docks kicks off May 28 with Journey tribute band Departure.

The first Operation Inspiration begins for the summer May 29, featuring Know Hope Collective - formerly known as Audio Adrenaline. For more information, call (601) 424-0600

Vettes-4-Vets at Talladega SuperSpeedway

Vettes-4-Vets members host a twoday fundraising event May 27-28 at the Talladega Super Speedway in Talladega, Fla., to benefit veterans or military personnel in need.

The weekend festivities include live music, barbeque, raffles, a bestof-show contest, the chance to drive your sports car around the Talladega track and more.

For more information and to find out how to register, visit www.vettes4vets.



Trailer makeover

Above: The Fort Rucker Boy Scout Troop 50 trailer after its recent make-over.

Left: Members of Fort Rucker Boy Scout Troop 50 stand in front of the organization's trailer after it received a make-over from an area company that volunteered to repaint it. Gregg Holt and Mark Topping, president and vice president of Helispec from Brantley, took on the volunteer job in April after Holt saw the trailer sitting at the Scout building behind the post exchange. Scoutmaster Master Sgt. Michael McGee said the trailer is used to move the troop's equipment to monthly campouts, annual summer camps and various volunteer projects and services the Scouts work on.







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Warrior Adventure Quest provides adrenaline rush

Story on Page D3

VOL. 61 • NO. 19 **ARMYFLIER** * COM MAY 12, 2011

SPORTS SHORTS

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 Avenue Saturday. 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

Pre-registration is at the Fort Rucker or Fortenberry-Colton PFFs. For more information, call 255-3794.

NASCAR TICKETS

Fort Rucker Leisure Travel Office offers Atlanta Motor Speedway tickets for the NASCAR race Sept. 3-4. 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.



Capt. Dave Aamidor, AVC3 student and Iron Aviator competitor, finishes the swimming portion of the Iron Aviator competition at Lake Tholocco's West Beach May 5.

AVC3 Soldier sets Iron Aviator record

BY RUSSELL SELLERS

Soldiers in Fort Rucker's Aviation Captains Career Course showcased the high standard they set for themselves during the Iron Aviator competition at Lake Tholocco May 5

The event takes place at the end of the five-month course and is designed to be both a way for the Soldiers to have fun and to use their team-building and leadership skills, according to Maj. Jason Yellman, AVC3 small group leader and event coordi-

"This is an opportunity for them to cut loose, but to also show their leadership abilities," he said."It was a fairly even playing field and we had a lot of athletes put forth their best efforts."

Capt. Dave Aamidor, AVC3 student, broke the old course record by over a minute with his

individual time of 1:39:06. He lons in the past, he said, but this himself when things got tough was how he managed to set a new high mark for the event.

"I knew there would be a lot of good competition, but my goal was to win," he said. "It wasn't easy, because there were a couple of moments when I thought I might not have the win."

Aamidor said he didn't experience any real problems during the running or biking portion of the race, but on the final stretch before the swimming competition, he started to feel winded.

"As soon as I hit the water, I breathed in a whole lot of water and started to lose it a little bit," he said. "I couldn't get my breathing down for the first 100 meters. When I got out I got a (cramp) in my leg and I thought I might rip something if I kept

going full-speed." Aamidor has done a few triath-

said staying focused and pushing event was not exactly like the events of the past.

"I'm very satisfied with my overall time," he said. "Comparing it to the triathlons I've done would be like comparing apples and oranges. They're completely different types of events and different distances are covered in those?

Aamidor said having lots of flat surface area and downhill runs helped him stay ahead in the running and biking portions, which ultimately led to him swimming the final leg of the race alone.

In the team competition, Capts. Nick Maksim, Zack Keefer, Morgan Laird and Natalie Mallicoat posted the best time of 1:46:50. Each worked a different aspect of the race, but all agreed it was Mallicoat's strong swimming abilities that kept them in

"We had a really strong team, overall," Laird said. "(Keefer) bikes a lot and was able to make up some of the ground we lost during the ruck march. (Mallicoat) really pulled it off for us in the end. She's a great swimmer."

Mallicoat said she stayed focused because she didn't want to let her team down, but was surprised the water at West Beach wasn't cold.

"I knew all the hard work and effort that went into making the team good, so I just kept thinking about that," she said. "The water was pretty comfortable, so that made it easier to stay focused and keep pushing forward."

One way Keefer stayed focused on the bike riding portion was to make himself feel like he was being chased, he said.

"When I felt like somebody was right behind me, it made me pedal faster," he said. "That really helped me push myself harder."

Sooie! Hogs fair game on-post

BY RUSSELL SELLERS Army Flier Staff Write

It's almost always open season on wild hogs on Fort Rucker.

The feral hog population here is booming, according to John Clancy, outdoor recreation program manager. Hunters should take full advantage of the abundance of available targets, he continued.

"There are plenty of them to be had here," he said. "They're a real nuisance to several places around the installation."

The pigs have been known to uproot sections of places like training areas and Silver Wings Golf Course, Clancy said. Hunters coming in to take the hogs out has been a big help to several organizations and peo-

"The population has come down over the last year, but we've still got a lot of hogs out there," Clancy said. "The great thing about hunting hogs is that you can hunt them almost year-round on post and it's OK to bait them, which you can't do for deer or turkeys."

Hunters are allowed to hunt hogs all year, except for April when turkey season is on, Clancy added. Baiting hogs is not permitted during deer season or before turkey season. According to Fort Rucker Regulation

215-1: Feral hog hunting will be allowed on Fort Rucker in training areas open for hunting from the beginning of bow deer season until the beginning of gun deer season when hogs may be hunted by bow and arrow only.

From the beginning of gun deer season until the end of gun deer season, hogs may be hunted by rifles or pistols using center-fire ammunition in Areas 1 through 21 only. Shotguns, muzzle-loaders or bows may be used in any gun area. Only stalkhunting is allowed during this time — no dogs may be used.

From the end of deer season until the beginning of spring turkey season, hogs may be hunted by rifles or pistols using center-fire ammunition in Areas 1 through 21 only. Shotguns, muzzle-loaders and bow and arrow are allowed in any hunting area. Dog hunting and stalk-hunting are allowed at that time.

During the spring turkey season, no hog hunting is allowed.

From the end of turkey season until the beginning of bow deer season, hogs may be hunted by rifles or pistols using centerfire ammunition in Areas 1 through 21 only. Shotguns, muzzle-loaders or bows may be used in any gun area. Stalk and dog hunting are permitted during this time.

According to Bernett Jergenson, Fort Rucker game warden, only shotguns with buckshot can be used during wild hog drives. Slugs are not allowed.

Wild hogs are a lot leaner than farmraised animals, Jergenson added.

"When you buy a ham at a grocery store. vou're looking at how much fat is in the meat before you buy it," he said. "With these hogs, the fat is just under the skin, similar to a deer. There's no fat at all in the meat itself."

Hunting hogs on post is highly encouraged, Jergenson said. Those who have an Alabama hunting license and a hunter safety card can obtain a free permit to hunt the animals through outdoor recreation.

"The state has a no-baiting rule for anything," Jergenson said, "But, we have a depredation permit from the state, which authorizes us to hunt at night, bait, trap and use dogs to aid in killing hogs."

For more information, call 255-4040, or to check availability of a hunting area, call

Down Time











Super Crossword LIFE LINE

	7
ACROSS	Post's
1 Interrogate	confidant
5 Took a dip	55 Curly
9 Engineering	poker?
course	56 Crony
13 Theater	57 Eisenhower
collection	for one
17 Government	58 African
group	capital
18 The Fates,	59 Mansfield
e.g.	or
19 Akbar's city	Meadows
20 Madonna	61 Author
role	France
22 Moral man?	63 It comes
23 Pianist	from the
Lupu	heart
24 Unwelcome	64 Weep
visit?	65 Middle of
25 Plot	remark
26 Narcs'	71 "Make —

26 Narcs' org.
27 Roberts or Roberts or Roberts on 28 Took in 31 Dress size 32 Start of a remark by Marguerite Whitely May
37 Malamute medic

medic 38 Eaves

32

86

107

118

dropper?
39 "— whiz!"
40 Assumption
43 "Tosca"
tenor
45 "Veronica's

Closet" item 48 Haggard 52 Surrounded 53 Cook's cry 54 Wilbur

63 It comes	33
from the	
heart	
64 Weep	
65 Middle of	3
remark	1
71 "Make —	
double!"	3
72 Crack up	
73 "Evil Ways"	
aroun	-

13	Evil Ways
	group
	- salad
78	Pennsyl-
	vania sect
79	Rock's
	Tears for -
81	Squash
	shot
82	Garage
	supply
83	- in (vield)

83 — in (yield) 84 Beetle Bailey's boss 85 1,760 yards

85 1,760 yards 86 Put on hold 89 Vane letters 90 Composer Gabriel 91 '78 Peace Nobelist

89

108

92 Actor Cariou 94 Downs a 95 Antlered 96 End of

remark 107 Aphrodite's

remark
107 Aphrodite's
son
108 Jeeves'
master
109 Say please
too often?
110 Buddy
111 "The Full
—" ('96
film)
113 Guitar kin
114 Author
Dinesen
116 "What — Bob?"
('91 film)
118 Poet
Sanchez
119 Level
120 Mall event
121 Quiet
partner?
122 Singer
Lonnie
123 Start a crop
124 Blabbed
125 Conductor
Jeffrey

DOWN

DOWN 1 Chess piece
Retract
Skater
Midori
Use a
phaser
Scarecrow 46 Broadcast in July
47 Bustle
49 One of the Marches
50 Finished first
51 Born
53 Perry's secretary
54 Swamp
57 Reggae's
— and the Maytals
58 Cold sound

stuffing
6 Ire
7 Pitch in
8 Peak
9 Kind of
swallow
10 Once
more
11 Treat
alternative
12 Hot spot?
13 Mo
14 First name
in boxing
15 Shinbone
16 Berle
sidekick
17 Pinkett of
"The Nutty
Professor"
21 Nautical
adverb

27 Favorite
29 Kentucky
neighbor
30 Westminster

59 Pop Art pioneer 60 Blind as 62 Relief initials? 63 Tickle 64 Gawk 66 Violinist Mischa 67 Inexperi-enced 68 Inedible fruit winner 33 Roman poet
34 Aerialist's
fallback
35 Senator
Hatch

10

68 Inedible
fruit
69 Sound
70 "— Gay"
74 Facilitate a
felony
75 Fare for
a fry
76 Hurry
77 Sprite
78 Mr. Lucky's
card
79 Gounod
opera Hatch 36 Spear-headed 40 Mama's boy? 41 Muscat 41 Muscat native 42 Marner or Lapham 43 Diverse 44 Khan opener? 45 Actress Ekland

73

109

120

See Page D3 for this week's answers.

DUMOR WATER

opera
80 Drop a
brick
84 Juvenal or
Swift
85 Certain

59 Pop Art

shark 87 Stretchy 88 Gun the engine
90 Mirror
image?
91 Crafty
93 Contempo-93 Contemporary 94 Hold out 95 Word with good or bad 96 Clears

one's throat

throat
97 Forster's
"— With a
View"
98 Singer
Summer
99 Parts
100 "— Got a
Friend"
('71 hit)
101 Cosmetician Laude

101 Cosmetician Lauder
102 Everything
considered
103 Bare
104 Kapitan's
command
105 Armistice
106 Table d'—
112 Flap one's
gums

gums 115 — Tome 116 Prone 117 Arthur or

110

Just Like Cats & Dogs

by Dave T. Phipps





1. GOVERNMENT: What do FICA

taxes pay for? 2. LANGUAGE: What is a wunder-

kind? 3. HISTORY: To what royal house did England's King Henry VIII

belong? 4. U.S. STATES: What is Hawaii's

state flower? 5. ANATOMY: In what part of the body is the sternum located?

6. MEASUREMENTS: On what type of scale are wind forces mea-

sured? 7. ROYAL TITLES: How should one

address a duke in greeting? 8. GEOGRAPHY: What U.S. city is known as the "City of Brotherly Love"?

9. LITERATURE: What is dogger-

10. MEDICINE: Who is credited with discovering the polio vaccine?

See Page D3 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle

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

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

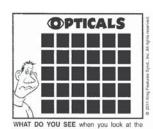
DIFFICULTY THIS WEEK: ***

★ Moderate ★★ Challenging *** HOO BOY!

See Page D3 for this week's answers.

Kid's Corner

121



HERE'S ANOTHER BETCHA! Bet your friends that you can prove that half of eight is three. When they give up, print the number "8" on a sheet of paper (fig. 1). Then cover the left half of it with another sheet of paper (fig. 2). The "8" has now been changed to a "3."

THE "G" PYRAMID! As you move down the word pyramid shown here contains the same letters as the word above it, plus a new letter. We give Gs. Here are some hints from the top down.

1. \$1,000 (sl).

2. A Monopoly square.

3. A ship's diary.

4. Of great duration.

5. A stroppe language.

A strange language.
 Charitable giving.
 A computer getting data.
 A slanted line.

swers: The words are: G, go, log, long, lingo, doling, loading, diagonal.



cities that you will need to complete the puzzle above. Use the trial-and-error method. Keep a good eraser handy. ARLES BADEN BERN BREST DERBY DEAL EDAM LILLE METZ ORLY PALMA PARIS RYDE SIENA SELBY

Wishing 🏝 Well® 4 8 4 7 8 N U E L C 8 5 3 C O O 3 4 5 5 8 4 3 T 6 8 5 GE A C 2 7 2 5 7 6 8 6 3 6 7 6 F S E N E N S S H I N D 4 6 2 6 2 6 4 3 5 4 8 6 R E I R S A Q E R U H C 5 6 8 P H A 3 2 5 7 5 S U E R S 4 8 6 3 6 8 6 SNLGTCEEHP 7 4 2 3 5 8 5 3 8 2 3 8 5 D T N Y E N C O E Y U D T

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



Warrior Adventure Quest provides adrenaline rush

BY ANDREA SUTHERLAND

FORT CARSON, Colo. — After his first and second deployments, 1st Lt. Jon Morgan, 64th Brigade Support Battalion, 3rd Brigade Combat Team, 4th Infantry Division, was left to transition to the home front by himself.

That unit, at another duty station, didn't provide the level of reintegration services that he experienced at Fort Carson, he

Like many Soldiers and servicemembers, Morgan said he struggled adapting to the slower pace home life offered.

"One minute vou're on a plane, the next you're off and with your Family," he said. "A lot of us were sitting around figuring out if we were all going through the same thing."

Morgan discovered solace in fly fishing, traveling the rivers around New York and Tennes-

Many servicemembers, however, found different ways to chase the "adrenaline rush" of combat

"In 2005 there was a recognition that there were an alarming number of accidents that were killing Soldiers," said John O'Sullivan, program manager for Army-wide outdoor recreation and Warrior Adventure Quest. "We realized Soldiers were looking for the high adrenaline they had in combat.

"There was a challenge put out to all the armed forces and recreation professionals to help alleviate the problem. We said, 'If they want adrenaline, let's give it to them," he said.

O'Sullivan partnered with Morale Welfare and Recreation in 2007 to create the Warrior Adventure Quest program, which introduces redeployed other elements of our two-



Soldiers from 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division, climb the challenge course at Fort Carson, Colo. Soldiers also climbed a rock wall and swung on the course bungee line.

Soldiers to high-adrenaline activities like whitewater rafting, paintball, and challenge and high ropes courses.

In April, O'Sullivan traveled to Fort Carson to help facilitate Warrior Adventure Ouest activities with Soldiers from 3rd Brigade Combat Team, 4th Infantry Division.

Col. Jim Rainey, commander of 3rd BCT, said he had his Soldiers participate in the Warrior Adventure Quest program as part of their reintegration strat-

"When combined with the

week intensive, comprehensive Soldier fitness based program, (Warrior Adventure Quest is) a powerful way to get Soldiers involved and interacting with one another," Rainey said. "It's important for our Soldiers to have healthy outlets. (Warrior Adventure Quest) exposes our young men and women to activities they may not have otherwise experienced, and demonstrates healthy and positive ways to get an adrenaline rush."

"This is getting all of us together to have fun," said Morgan, who recently returned from his third deployment and drive behavior. If you have a

participated in a Warrior Adventure Quest paintball session. "It allows us to see where our strengths and weaknesses are."

Soldiers from 3rd BCT also climbed rock walls, skied and zip lined.

"I love to party," said Sgt. Robert Smith, 3rd Battalion, 29th Field Artillery Regiment, 3rd BCT, 4th Inf. Div., who zip lined at an April 28 Warrior Adventure Quest event. "Zip lining, it's something different than what I usually do. There are a lot of things you can do to get yourself out of the barracks."

O'Sullivan said the goal of Warrior Adventure Quest was not just to give Soldiers an adrenaline rush.

"In order to take part in any high-adrenaline activity, it requires thinking," O'Sullivan said. These activities force them to think, and we hope that carries over into other areas of life."

Since 2009, Warrior Adventure Quest coordinators have measured the success of the program with pre- and postaction surveys that measured Soldiers' attitudes toward the Army, and Morale, Welfare and Recreation.

"It is working," said O'Sullivan, adding that more than 60,000 Soldiers have participated in the program since 2007.

This is absolutely beneficial from a behavioral health standpoint," said Carl Smith, branch chief of the combat and operational stress control branch in the Department of Behavioral Sciences at the Army Medical Department at Fort Sam Hous-

Smith joined O'Sullivan to observe the Warrior Adventure Quest activities at Fort Carson.

"After deployments, Soldiers have what the experts call a 'new normal," he said. "Needs need for more adrenaline, you better find ways to fulfill that need rather than going down to the local pub and getting into bar fights

Despite the accolades from mental health professionals, O'Sullivan said many higherups in the military do not see adrenaline activities as beneficial for troops.

"We do have commanders who don't buy into it and their Soldiers suffer," O'Sullivan said. "We've asked ourselves, 'Are we just feeding the beast or are we addressing the problem?"

He said the important difference between Warrior Adventure Quest activities and adventure sports is the discussion that takes place afterward.

"None of this works unless you talk about it," he said. "By creating a discussion and talking about it, you start processing it. A lot of problems these guys have (result in Soldiers) shutting down. We're hoping these (activities) help break down communication barri-

Troops from 3rd BCT said the activities are helping their transition.

"This builds teamwork," said 1st Sgt. Edgar McGaughey, Company E, 1st Battalion, 8th Infantry Regiment, 3rd BCT, 4th Inf. Div. "We're trying to make sure that we're adapting to civilian life after deployment. This lets us bond in a more relaxed setting.

O'Sullivan said he hopes the program will continue to grow and more commanders will request the program for their Soldiers. He also hopes Warrior Adventure Quest activities will become part of the Army's predeployment training.

We're not here for ourselves," he said. "This is all about the Soldier.'

PUZZLE ANSWERS

Super Crossword Answers

Weekly SUDOKU ___

			АП	ISW	er			
1	5	7	2	3	8	4	6	9
2	6	8	5	9	4	1	7	3
3	4	9	1	7	6	8	2	5
6	7	4	3	5	1	2	9	8
9	8	1	6	4	2	5	3	7
5	2	3	7	8	9	6	1	4
8	3	6	4	1	7	9	5	2
4	1	5	9	2	3	7	8	6
7	9	2	8	6	5	3	4	1



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

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



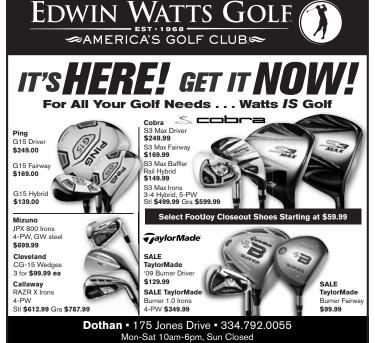
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(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)

Brink worth a shot, at a lower price

The concept for Brink isn't a new one - save the world, etc. - but the way the game plays out is different than most other first-person shooters.

Even for the solo gamer, the game is built for teamwork. Someone playing by himself will be accompanied by artifical intelligence-controlled teammates, but if the gamer's friend pops online he can immediately join in and take control of one of the bots.

Assuming the gamer is online, the game can transition from single-player to co-op to multiplayer in just seconds. With most other games' single-player and multiplayer modes only resembling — but not playing like — each other this is a novel concept.

The game takes place on the Ark, a man-made floating city that is on the brink of a civil war.

Originally an experiment, the Ark



Rated Systems Multiple \$50-60 Overall

became humanity's last chance after the rise of the oceans caused humanity to move skyward. Now, two groups in the city are going to war.

the

While the graphics are sometimes evesores, game makes up for some of that by offering a lot of customization. Every character can look differ

ently and there are more opportunities for customization as the game progresses. The game also includes a smart button that, when pressed, helps gamers get to their ob-

Brink isn't going to set the first-per-



son shooter world on fire, but it offers a mostly fun and challenging take on the genre. Shelling out full price might be a reach for this game, but certainly

check it out once the price drops in a few months

Reviewed on the Xbox 360





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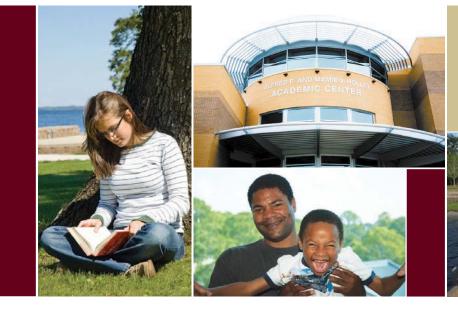
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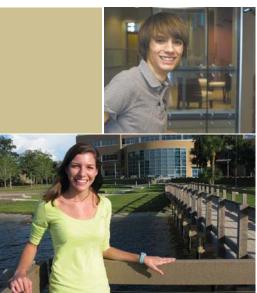


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