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NEWSLINES

CSM ON THE ROAD
USAACE Command Sgt. Maj. Tod Glidewell spoke to Fort Riley, Kan., NCOs about the future of Army Aviation.
See Page A3.

EXPLORE CREATIVITY
Spouses invited to get creative at new social event.
See Page C3.

MEMORIAL SERVICE
A memorial service for Pvt. Cody Hendrickson, 34, of Bountiful, Utah, who died over the weekend at Lake Tholocco is scheduled for Monday at 3 p.m. in the Wings Chapel. Hendrickson was assigned to 1st Bn., 13th Avn. Rgt. and was participating in Advanced Individual Training. He had been missing since late Saturday night when emergency officials were notified that he had fallen into the water from the motor boat he was riding in. The incident remains under investigation.

VACATION BIBLE SCHOOL
Free, post-wide Vacation Bible School takes place June 13-17 from 8:30-11:30 a.m. at the Spiritual Life Center in Bldg. 8939. The school is for children in kindergarten through sixth grade. VBS teaches themes common to all Christian denominations through a variety of Bible-learning activities, games, drama, music and crafts. For registration or more information, call Nancy Jankoski at 255-3946.

MEN'S HEALTH FAIR
The Men's Sports, Fitness and Wellness Expo is June 15 from 10 a.m. to 2 p.m. at The Landing. The event features chiropractors, blood pressure screenings, personal trainers, massage therapists and a body mass index scale. Participants have access to free advice and information on all aspects of men's health. Admission is free and the event is open to the public. For more information, call 598-5311 or visit www.ftruckermwr.com.

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Weather 3-DAY OUTLOOK

THURSDAY High 100 Low 71 Mostly sunny	
FRIDAY High 95 Low 73 Partly cloudy	
SATURDAY High 96 Low 73 Isolated thunderstorms	



Col. Daniel Ball, USAACE chief of staff, and Aviation Branch Command Sgt. Maj. Tod Glidewell salute a wreath to the fallen Soldiers at the installation Memorial Day ceremony at the U.S. Army Aviation Museum, May 26.

PHOTO BY RUSSELL SELLERS

Communities honor military

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

To celebrate the unofficial beginning of summer, many community members spent the long weekend recreating with family and friends cooking out, camping out and enjoying the onset of vacation season on various area lakes.

In many Wiregrass communities, however, Monday was reserved for more somber events of tribute.

Community events on Fort Rucker, as well as Ozark and Dothan, commemorated Memorial Day with patriotic ceremonies honoring the nation's fallen servicemembers — those brave warriors who gave the ultimate sacrifice so that others could spend the weekend in a free country safe from tyranny and persecution.

Col. James Macklin, Air Traffic Services Command and 164th Theater Airfield Operations Group commander, set the solemn tone for the weekend at the Aviation Museum on post May 26 by thanking Soldiers, Family members, community members and civic leaders for the opportunity to, "collectively stop to consider those who have made the ultimate sacrifice in service to our nation, our ideals and our way of life."

"And on this day, I think it's important to consider, too, the Soldiers of our coalition partner nations who have fought and died alongside our American troops," he said.

Macklin remembered, too, the last surviving U.S. veteran of World War I.

"Memorial Day is a tradition

SEE MILITARY, PAGE A5

Concert kicks off summer band series

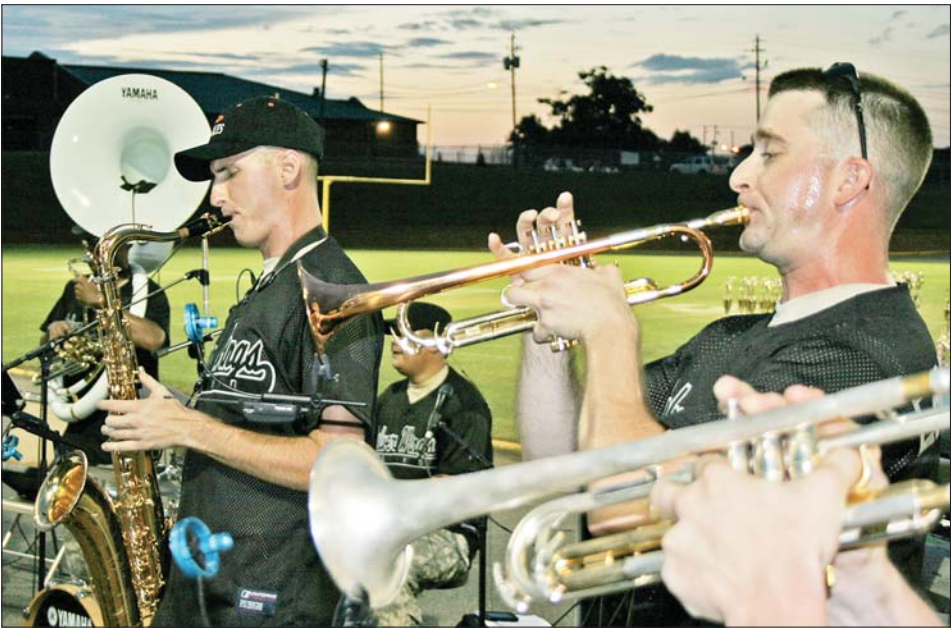
BY NANCY RASMUSSEN
Fort Rucker Public Affairs

Summer band concerts are coming to Fort Rucker beginning June 10. Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, invites post Soldiers, Families and community members to join him for a relaxing evening of Music Under the Alabama Stars starting at 6:30 p.m. on Howze Field.

"I envision a relaxed atmosphere for our families. A park full of lawn chairs, Frisbees, children and pets (leashed pets that is) running around. A way to say 'thanks for your hard work' by enjoying the great music of our band," Crutchfield said.

The 98th Army "Silver Wings" Band will perform about 20 minutes of patriotic music followed by a traditional Streamer Ceremony, featuring reenactors from the Wiregrass area. The evening will conclude with a rock concert and should last about an hour and a half, according to CW4 Jesse Pascua, bandmaster.

"The music is ready, and I'm tweaking the script. I encourage Families to



COURTESY PHOTO

Members of the Fort Rucker 98th Army "Silver Wings" Band practice last summer to prepare for the Freedom Fest concert. The band will kick off a summer concert series on post June 10 with Music Under the Alabama Stars.

arrive early with their blankets, lawn chairs and coolers to settle in a nice shady spot," Pascua said.

The Streamer Ceremony is traditionally conducted in celebration of the June 14 Army Birthday, according to Pascua.

"When the 13 original colonies began their fight for freedom at Lexington, they had neither an established army nor a national flag," Pascua said. "Militia units of this

period had local banners, which reflected in many cases the sentiment of the times. Banners included mottos such as 'Hope,' 'Liberty,' 'Don't Tread on Me,' and symbolic representations such as snakes, beavers, pine trees and anchors.

"The Army flag as we have come to know it today was dedicated and unfurled for the first time by then-Vice President Richard Nixon on the Ar-

my's 181st birthday, June 14, 1956, at Independence Hall, Philadelphia, Pa.," he added.

"The 178 streamers attached to the Army flag represent campaigns fought by Soldiers throughout our nation's history. Each streamer is embroidered with the designation of the campaign and year in which it occurred. The colors of the streamers are derived from campaign rib-

bons authorized for service during that action or war," Pascua said.

"The Army flag and its multi-colored streamers are symbolic of the heroism, valor, courage and dedication of patriots who served our nation in time of need. Our Army was there at the birth of the nation and serves today, as a beacon of light around the world in the cause of liberty," he said.

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Perspective

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

Be prepared

Keeping up with tire safety keeps you rolling

BY ART POWELL
*Strategic Communication
Directorate
U.S. Army Combat Readiness/
Safety Center*

Keeping your vehicle road worthy, and anything you're towing with it, goes beyond oil changes, tune-ups and wiper blades.

Sunday through June 11 is National Tire Safety Week, and safety experts say you should take 5 minutes a month to check where the rubber meets the road for signs of tire trouble.

According to information contained on the website www.safercar.gov, proper tire pressure is the most important part of maintaining your tires.

"Besides checking the pressure, tire care also includes rotating, balancing and aligning your tires properly on a regular basis," said Walt Beckman, loss prevention program manager, Driving Task Force, U.S. Army Combat Readiness/Safety Center. "Also recognize the fact that the fuel economy you get depends on, among other things, proper tire care."

Look in your vehicle owner's manual for information on correct tire pressure, and how frequently the tires on your vehicle should be rotated and the best pattern for rotation.

Other tire safety tips, according to www.safercar.gov:

- To maintain tire safety, purchase new tires the same size as the vehicle's original tires or another size recommended by the manufacturer. Look at the tire information placard, the owner's manual, or the sidewall of the tire you are replacing to find this information. If you have any doubt about the correct size to choose, consult with the tire dealer

(more on using larger or smaller tires later).

- To avoid vibration or shaking of the vehicle when a tire rotates, the tire must be properly balanced. This balance is achieved by positioning weights on the wheel to counterbalance heavy spots on the wheel-and-tire assembly.
- A wheel alignment adjusts the angles of the wheels so they are positioned correctly relative to the vehicle's frame. This adjustment maximizes the life of your tires and prevents your car from veering to the right or left when driving on a straight, level road. These adjustments require special equipment and should be

performed by a qualified technician.

- The tire tread provides the gripping action and traction that prevent your vehicle from slipping or sliding, especially when the road is wet or icy. In general, tires are not safe and should be replaced when the tread is worn down to 1/16 of an inch. Tires have built-in tread wear indicators that let you know when it is time to replace your tires. These indicators are raised sections spaced intermittently in the bottom of the tread grooves. When they appear "even" with the outside of the tread, it is time to replace your tires.
- A recent safety issue

concerns low profile tires that can be purchased from numerous sources, including aftermarket suppliers.

"If you buy low profile tires, you better know what you're doing," Beckman explained. "They don't provide as much overall traction as full-sized factory tires and especially don't provide the same traction in curves you get from full-sized tires."

Maintaining the proper pressure on smaller tires is important for safe driving, and looking sporty will also cost you money at the fuel pump.

"You'll see large changes in your fuel economy with the small tires, and switching over to much larger tires than came with your vehicle, like

26-inch rims, will also cost you gas mileage," Beckman said.

Regardless of the size of your tires, the National Highway Traffic Safety Administration advises you slow down if you have to go over a pothole or other object in the road, don't run over curbs and try not to strike the curb when parking.

Checking tire tread

Did you know that you can test your tire tread with a Lincoln penny? Simply turn the penny so Lincoln's head is pointing down and insert it into the tread. If the tread doesn't cover Lincoln's head, it's time to replace your tires.

For additional information, visit www.nhtsa.dot.gov or call (888) 327-4236.



PHOTO BY ART POWELL

CW4 Christopher Volkert, ground task force, U.S. Army Combat Readiness/Safety Center, checks the pressure on the tires of his vehicle. Tire pressure has been identified as the most important type of safety check you can perform on tires. National Tire Safety Week is Sunday through June 11.

Rotor Wash

“What are you looking forward to this summer?”



Cassie Hill,
military spouse

"School being out and having my four kids home."



WO1 Eric Allen,
145th Avn. Regt.

"Playing outside with my kids."



Maria Ocon,
military spouse

"Moving to Hawaii."



Sgt. 1st Class Brian Ikner,
212th Avn. Regt.

"Going fishing at Lake Tholocco."



Staff Sgt. Natasha
Perez, 164th TAOG

"Barbecuing and playing with my son."

Aviation Branch CSM speaks to NCOs

BY SGT. 1ST CLASS JEFF TROTH
CAB, 1st Infantry Division Public Affairs

FORT RILEY, Kan. — Non-commissioned officers on Fort Riley found out what the future holds for Army Aviation during a brief given to them May 19 by the senior enlisted Soldier in their career field.

Command Sgt. Maj. Tod L. Glidewell traveled from Fort Rucker, the home of Army Aviation, to let the NCOs of the Combat Aviation Brigade, 1st Infantry Division, know what lay ahead for them and their Soldiers.

“For the past 24 months, these Solders have either been preparing for deployment or deployed,” said Glidewell. “Their focus has been on that mission. I came here to tell them about the changes that have happened during that time and what is scheduled to happen.”

Some of those changes have happened at the schoolhouse, said Glidewell.

“We are changing the way we teach, based on feedback from Aviation NCOs,” he said. “We are trying to get back to basics at ALC (Advanced Leader’s Course).”

One of the basics the Aviation students will have is writing, said Glidewell. Also added to their curriculum is writing



PHOTO BY SGT. 1ST CLASS JEFF TROTH

Command Sgt. Maj. Tod L. Glidewell, the senior enlisted Soldier of the Army’s Aviation Branch, speaks with NCOs of the Combat Aviation Brigade, 1st Infantry Division, at Fort Riley, Kan., briefing them on what lies ahead for them and their Soldiers.

a paper on someone that has made a significant contribution to Aviation or an Army Aviation unit that distinguished itself.

“The next initiative is that every ALC student will have to teach at least a 10-minute class,” said Glidewell. “Soldiers have to understand how to lead in garrison, as well as lead down-range.”

In the future, Aviation Soldiers will have technology to help them train at Fort Rucker, as well as at their home station, he added. At the recent Army Aviation Association of America convention, a 42-inch touch screen TV was demonstrated that allows Aviation mechanics to remove and work on a helicopter’s engine in a synthetic

environment.

The plan is to eventually push these high-tech training tools out to Aviation units so Soldiers can immerse themselves in an environment where they can pull different types of engines in a synthetic environment, Glidewell said.

This can be used for a mechanic to regain his confidence

on an engine he has not worked on in awhile, and the command sergeant major sees this as an excellent tool for sustainment training and sergeant’s time.

Glidewell also talked to the Aviation NCOs about how their Branch is looking at reallocating slots within Aviation units. This was good news to Staff Sgt. Joseph Wolfe, a Kiowa mechanic with the brigade’s 1st Cavalry Squadron, 6th Aviation Regiment.

“For the Kiowa community, with our small helicopter, most of the maintenance is done at the troop level and not at the higher level,” said Wolfe. “Having our maintainers not in a line unit is a waste for those Soldiers because they don’t get to touch helicopters that much, so bringing those Soldiers to us would help a great deal.”

But even with the changes in the Aviation community, Glidewell said that everyone needs to stay focused on their mission. He and the rest of the Aviation Branch headquarters work to make accomplishment of those missions easier, he said.

“Right now, we have more aircraft deployed than we ever had,” he said. “We are very, very busy, but at the highest levels they understand and they are trying to get us the assets we need to complete our missions.”

Soldiers receive quilts from grateful community

BY RUSSELL SELLERS
Army Flier Staff Writer

Soldiers touched by the hardship of war received a special honor May 26 at Lyster Army Health Clinic.

More than 20 Soldiers received handmade quilts from the Quilts of Valor Foundation, a nationwide nonprofit organization meant to “cover those touched by war,” according to the foundation’s website.

“It is such a special honor to present these Soldiers with homemade Quilts of Valor as a tribute to their gallant service,” said Paula Allman, Fort Rucker QOV coordinator. “We hope the quilts will always keep them covered with love and comfort.”

The quilts were made by several different organizations and individuals who volunteered their time and skills to support those in the military, Allman said.

CW2 Cody Edmondson, B Company, 1st Battalion, 145th Aviation Regiment, said he had never received anything like the quilt before. He said it was a special moment because he was just doing his job.

“It was extremely thoughtful of the people who took the time to do this,” he said. “People really do appreciate what we do, but for us we’re just doing our jobs. We’re doing it for the guys on our left and right.”

Edmondson’s last deployment was a 15-month stint in Iraq that ended in December 2007.

Staff Sgt. Shelton Gore, 6th Military Police Detachment operations sergeant, also received a quilt and, like Edmondson,



PHOTO BY RUSSELL SELLERS

More than 20 servicemembers received quilts from the Quilts of Valor Foundation at Lyster Army Health Clinic May 26. QOV is a nonprofit organization founded to “cover those touched by war.”

didn’t expect his service to be rewarded in such a way.

“I’ve never gotten a quilt before and it’s such an honor for someone to think about us serving the country to go out of their way to make something for us,” he said. “I’m going to hang this one up on the wall so my (children) can see it and understand that we didn’t just fight for nothing. They can see that there are people and organizations out there that care about and support what we do.”

Gore said he was a little emotional when accepting his quilt, but he tried not to let it show.

“I smile a lot when I get emotional, so I had a big smile going on when I went up to get mine,” he said.

Gore returned from his last 15-month deployment to Iraq in December 2008.

According to Allman, anyone can nominate a Soldier for a Quilt of Valor. The only criterion is that the Soldier must have spent time in the warzone.

Jo Lassiter, Quilting Angels of Montgomery, Ala. instructor, said the most rewarding part of presenting quilts is showing the Soldier how much they are loved and appreciated.

“I just wanted the Soldiers to understand

how much we love and appreciate them,” she said. “We brought 10 of the quilts presented today. We work on them as a group. I’ve been quilting for about 40 years.”

Col. Patrick Denman, Lyster Army Health Clinic commander, said the ceremony was a “wonderful thing.”

“It’s great that people are presenting the quilts that are made with love for the Soldiers,” he said. “This was all about showing appreciation for the Soldiers and what they do for our country.”

For more information on the Quilts of Valor Foundation, call 255-9855 or visit www.qovf.org.

Police offer housing checks for those on vacation

BY RUSSELL SELLERS
Army Flier Staff Writer

Before leaving on a spring or summer vacation, it’s important to plan ahead, according to Directorate of Public Safety officials.

One of the items on that planning checklist should be setting up a housing check with the Fort Rucker police department, said Peggy Contreras, Fort Rucker Community Police supervisor.

“If people live on the installation, they should pick up a quarters checklist at the (military police) station or through the housing office,” she said. “They can pick it up in those places and return it to the MP station.”

Contreras added that it’s important to avoid making oneself a target during the summer vacation season.

“People should do things like putting a hold

on their mail or coordinating with a neighbor to pick it up,” she said. “People should also get timer or motion sensor lights for their house and, if they have an extra vehicle, park it in the driveway to make it look like someone’s home.”

Maj. Jay Massey, DPS deputy provost marshal, said that filling out a housing check form is easy and something all of those living on post should consider if planning a long or short trip.

“We’ll send a patrol out to walk around the house and make sure nothing appears out of the ordinary,” he said. “We’re not going to try and lift windows or check door knobs, but we’ll look for things that might be out of place.”

Another area of concern is pet care for those going on vacation, Contreras said.

“If you have pets, it’s re-

ally hot outside, so they need to be taken care of,” she said. “It’s a good idea to ask if a neighbor can take care of them while you’re away.”

Contreras said those living off-post can’t get a housing check form from the MP station, but should check with their local police departments and let them know they are going out of town.

There are also people who are possibly planning to stay on the installation through the summer, and those people should also take care to observe post rules, she added.

“It’s the summer time, and that means children will be more present in the housing areas. Drivers should be even more cautious when driving through those areas,” she said. “Because we have teenage children, their friends might be visiting from off post. It’s fine

for them to have visitors, but it’s also good for people who might observe strange things to report it

to the police. Those who have visitors from off post need to also remember that they are responsible

for their guests.”

For more information on housing checks, call 255-2222.



PHOTO BY BREANNA WALTON

Local pastors receive training

Local pastors, who care for many Fort Rucker Soldiers and Families, were honored and trained May 26 in the Army Causality Assistance process, Post Traumatic Stress Disorder, and issues involving our transient population.

Fighting bombs in cyberspace gives Army ‘EDGE’ on battlefield

BY CHERYL PELLERIN
American Forces Press Service

WASHINGTON — Afghan people and places are being replicated in cyberspace, giving warfighters a way to train for one of the most complex, deadly situations they will face on the ground.

The fight against improvised explosive devices or homemade bombs — weapons of choice for terrorists everywhere — has lots of moving parts. That’s why the Joint IED Defeat Organization here is funding a research project prototype that combines technology from virtual worlds, Army simulations and computer gaming.

“We’re down here today working on a product called EDGE — Enhanced Dynamic Geosocial Environment,” Matt Kaufman, chief of technology and integration at the Army’s Training and Doctrine Command, told American Forces Press Service. The command sponsors the JIEDDO-funded prototype, which has been in development for about six months.

Kaufman and other experts at the Army Simulation and Training Technology Center in Orlando, Fla., talked about the effort to integrate “massively multiplayer” online gaming technology like that used in the wildly popular World of Warcraft game, with a virtual world environment and an accurate Army simula-



EDGE, for Enhanced Dynamic Geosocial Environment, is a research project prototype funded by the Joint IED Defeat Organization in Washington that combines the virtual world, Army simulation and computer gaming technology “to make the first firefight no worse than the last simulation.”

tion called OneSAF, short for One Semi Automated Forces.

“Our goal,” Kaufman said, “is to be able to recreate the devices, people and activities [that make up the counter-IED effort] in the operational environment as accurately as possible to forces in training.”

When the EDGE prototype is complete, warfighters headed for the war zone will be able to enter, as digital replicas of themselves called “avatars,” a near-exact virtual Afghan village. There, they will be able to practice the work they will do on the ground to search out and destroy roadside bombs, and to track down and disrupt the bomb-making networks whose members fund and sup-

ply explosive materials to those they can convince to build and plant the bombs.

Training isn’t the only benefit. In a virtual Afghanistan, if something goes wrong, no one dies.

“That’s where we’re hoping to take EDGE,” said Doug Maxwell, science and technology manager for virtual world and strategic applications at the training and technology center.

EDGE will combine the digital technologies, he added, “so we can leverage the best of both to deliver very quickly to a large audience what we know is going on in the theaters.”

In a counterinsurgency or in irregular warfare, the complexity of the operational environment

isn’t just the kinetic piece, said Ben Jordan, director of the operational environment lab models and simulations directorate in TRADOC’s Intelligence Support Activity.

“There is also the non-combatant battle space, the whole notion of how to communicate with elders and clergy and community leaders, build rapport, spot bad guys in a crowd and discern attitudes and how they change,” Jordan said. “These are the kinds of things you can get at.”

Second- and third-order effects a warfighter can’t get in a five-day linear exercise that starts on a Tuesday and ends on a Friday come into play over time, Jordan noted, citing a benefit of the technology.

The combination of

technologies that produce EDGE could create a system that’s more sophisticated than any one technology alone.

“What we’re trying to do that’s different from everyone else is combine the capabilities of modern gaming technologies with the accuracy and approved models of the Army through OneSAF,” Kaufman said. “As you look at any of the other games today, what’s missing is the accuracy of the valid physics or models that make them good enough to begin to make behavior changes based on [the gaming scenarios].”

For example, Kaufman said, “when you shoot a bullet, it flies accurately, not just in a straight line.” Most games shortcut the physics, he said, because

it takes a lot of computing power to make a virtual world act like the real world, and games focus more on the entertainment and artwork.

“In a training environment where you’ve got to make sure the outcomes are precise, if you don’t understand where the shortcuts have been taken, you can make false assumptions because of what you see in front of you, not because of what really happens,” Kaufman said.

Gaming technology becomes much more persuasive to a user when it is laid on top of a virtual world environment, STTC lead engineer Tami Griffith said.

“Let’s say you and I are standing together in a virtual environment and we decide to build a car,” she said. “I can in seconds throw together the framework of a car. You could say, ‘That’s nice, but I don’t like the lights.’ So you could in real time move the lights and change the wheels or their size, things like that. Within 15 minutes after we’ve designed the car, we could hop in and drive away. How many other environments allow that? That’s pretty powerful.”

“We want to make EDGE as capable and as vividly stimulating as the current game technologies,” Kaufman said, “but bring in the realism necessary to support Army training. That, to date, has never been done.”

So Many Awards, We Need a Stronger Shelf



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Obama taps Dempsey, Winnefeld as JCS chairman, vice chairman

BY JIM GARAMONE
American Forces Press Service

WASHINGTON — President Barack Obama announced his choices for chairman and vice chairman of the Joint Chiefs of Staff during a Rose Garden ceremony Monday.

Obama intends to nominate Army Gen. Martin E. Dempsey as chairman and Navy Adm. James A. “Sandy” Winnefeld Jr. as vice chairman. Dempsey currently is the Army chief of staff and Winnefeld is the commander of U.S. Northern Command.

Dempsey will replace Navy Adm. Mike Mullen when his term ends Sept. 30, and Winnefeld will replace Marine Gen. James “Hoss” Cartwright when his term ends in July.

The president intends to nominate Gen. Raymond T. Odierno to succeed Dempsey at the Army post.

The Senate must approve the nominations and the president called on the body to act expeditiously so the military transition will be “seamless.”

“The men and women of our armed forces are the best our



U.S. ARMY GRAPHIC

Gen. Martin E. Dempsey, President Barack Obama’s nominee as chairman of the Joint Chiefs of Staff, walks with Navy Adm. Mike Mullen, the current chairman, before the National Memorial Day Concert at the U.S. Capitol, Washington, D.C., Sunday.

nation has to offer,” Obama said during the ceremony. “They deserve nothing but the absolute best in return — that includes leaders who will guide them, support their Families with wisdom and strength and compassion.”

The president said the men he has chosen will make an extraordinary team at the Pentagon.

“Between them, they bring

deep experience in virtually every domain — land, air, space, sea, cyber,” he said. “Both of them have the respect and the trust of our troops on the front lines, our friends in Congress, and allies and partners abroad. And both of them have my full confidence.”

The president called Dempsey one of America’s most respected and combat-tested officers.

“In Iraq, he led our Soldiers against a brutal insurgency,” the president said. “Having trained the Iraqi forces, he knows that nations must ultimately take responsibility for their own security. Having served as acting commander of Central Command, he knows that in Iraq and Afghanistan security gains and political progress must go hand in hand.”

Dempsey has a reputation of pushing his forces to change and adapt and the president said he expects that, as chairman, Dempsey will do the same for all forces, “to be ready for the missions of today and tomorrow.”

Obama called Odierno one of the Army’s most accomplished Soldiers. Currently serving as the commander of U.S. Joint Forces Command, Odierno served three defining tours in Iraq, the president said.

They included commanding the troops that captured Saddam Hussein, partnering with Gen. David H. Petraeus to help bring down the violence, and then transferring responsibility to Iraqi forces, allowing the United States to redeploy more

than 100,000 troops and end the combat mission in the country.

“After years on the front lines, Ray understands what the Army must do: to prevail in today’s wars, to prepare for the future, and to preserve the readiness of the Soldiers and Families who are the strength of America’s Families,” Obama said.

Defense Secretary Robert M. Gates gave an enthusiastic endorsement of the three nominees.

“General Dempsey, Admiral Winnefeld and General Odierno have all excelled in key command and staff roles within their services and in the joint arena,” the secretary said in a prepared statement.

“They possess the right mix of intellectual heft, moral courage and strategic vision required to provide sound and candid advice to the president and his national security team,” Gates continued. “Above all, they are proven leaders of men and women in combat operations over the past decade, and are uniquely qualified to guide and shape our military institutions through the challenging times ahead.”

Military: ‘Thank all those who fought for freedom’

Continued from Page A1

we have honored since the years following the Civil War, and it is essential that we not lose sight of its importance. Just this past February, the last surviving U.S. veteran of World War I, Corporal Frank Buckles, passed away,” he said.

“What a phenomenal man he was, having served in the ambulance corps in the first world war, where he fulfilled the noble duty of aiding the wounded and collecting the remains of the dead from the battlefield,” Macklin continued. “Frank Buckles continued to pay the high cost of service to his nation during the Second World War, when he was captured by the Japanese as a civilian aboard a shipping freighter.

“Sadly, our nation lost an

important remnant of our history when he passed, but his legacy stands as an example of duty, honor and faith. For it was faith in his country, in his fellow Soldiers and U.S. citizens, that sustained Frank Buckles through three years in a POW camp, enduring unimaginable hardship — faith that those back at home would not forget him,” Macklin said.

While noting that nearly 5,000 U.S. and coalition forces personnel have died in Iraq, fighting in support of Operation Iraqi Freedom since 2003 and more than 2,000 U.S. and Coalition Forces personnel have died in Afghanistan, fighting in support of Operation Enduring Freedom since 2001, Macklin struck a chord with the audience by reminding them that statistics don’t begin to tell the story.

“The problem with statistics is that they begin to lose meaning with repetition. Numbers are faceless, but we are talking about people, not numbers. Every one of those people belonged to someone, had someone waiting back at home. (They) had mothers, fathers, sisters, brothers, wives, husbands and children whose lives will never be the same again, who must find the courage and strength to carry on without their veterans,” he said.

“Remember those who fought and died for our precious way of life, who made the ultimate sacrifice, and remember also the families they left behind who are still paying the price,” Macklin said in conclusion.

Two of those still paying the price attended a similar ceremony on

Memorial Day, Monday, at Woodlawn Memory Gardens in Ozark. Sponsored by Disabled American Veterans Chapter 94, the annual event hosted, among others, mothers of Soldiers killed in action in Iraq and Afghanistan: Yolanda Brooks, mother of Sgt. Curtis E. Clawson, and Martha Evans, mother of Staff Sgt. Jerry Evans Jr.

Also in attendance at the Ozark ceremony was Alabama Rep. Martha Roby, who commented on the day’s significance.

“It is fitting that today Americans from sea to shining sea will pause in simple, solemn ceremonies like this to pay tribute...and quietly thank all those who have fought for freedom,” she said.

“Today, we remember heroes like Lieutenant Woodie McVay, who in 1944 was shot down over

Saipan in the Pacific. For 65 years he was listed as missing in action. Just two years ago, his body was brought home to Mobile for the proper burial he deserved.

“And, we remember heroes like Pfc. Stephen Bicknell, a high school quarterback from Prattville. He was killed five years ago in Samarra, Iraq, when his Humvee struck a landmine. Only 19, he left a wife and small child at home,” she continued.

“There are countless others whose sacrifice bears remembrance. We must also take time today to thank those who are still with us — the spouses, parents and children who have lost a loved one,” Roby said.

She also spoke of the world’s best equipped and trained military.

“Today, the United

States military is the most battle hardened fighting force in history. Its strength is unmatched. Its fury is unequalled. Its presence strikes fear into the hearts of evil doers around the world,” she said. “It is true that our Army has the best tanks and helicopters, our Navy has the biggest ships, and our Air Force has the most advanced airplanes.

“But it is not technology that makes our military the best. It is the people, she said. “The fallen heroes we remember today helped make America a beacon of freedom and democracy for all the world to see. That, we must never forget.”

To conclude the ceremony, Roby and state Sen. HarriAnne Smith deferred the ceremonial laying of the wreath to Brooks and Evans.

Scan this code with your smartphone




to check out more coverage of local Memorial Day ceremonies.

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

Interested eligible veterans may contact the following personnel at the Citizens Bank for further details:

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Chris Solomon	(334) 347-3411 Ext 231 (334) 806-8957 Cell
Jeanne Wright	(334) 347-3411 Ext 201 (334) 470-6210 Cell
Carla Steiner	(334) 347-3411 Ext 236 (334) 447-7390 Cell



Nationwide Open House This Weekend! Saturday & Sunday

• To win a \$50 Lowes gift card, visit homes on this list on Saturday & Sunday. The more houses you visit, the more chances to win.

• To win a \$100 Lowes gift card, visit homes on this list on Saturday and bring your registrations to Woodland Park and judge the "Future Cake Boss" cakes.

• Visit Mellow Mushroom on Monday, June 6, 7:00 p.m. as we announce the gift card winners and "Future Cake Boss" winner. 8:00 p.m. begins the Century 21 Cake Boss episode, come join the fun and prizes.



Open Saturday, June 4th

103 Riverwood Jamie Powell 1:00 - 4:00	92 Laurel Maggie Haas 1:00 - 4:00	311 Jasmine Angie Goodman 1:00 - 3:00	44 Brookview Evelyn Hitch 1:00 - 4:00
15 CR 165 Scott Crawford 1:00 - 4:00	200 Sonya Bob Kuykendall 1:00 - 4:00	102 Jessica Gina Swan 1:00 - 3:00	204 Bellwood Trail Jan Sawyer 1:00 - 4:00
400 Riverwood Mary Jones 11:00 - 2:00	107 Beverly Cindy Harper 1:00 - 4:00	234 Hannah Pat Leggett 2:00 - 4:00	212 Dale Fran Claytor 10:00 - 1:00
122 Jasmine Alana Stewart 12:00 - 4:00	602 Chickasaw John Sizemore 2:00 - 4:00	201 Sommer Brooke Mary Jones 2:00 - 4:30	
405 Morningview Mildred Owens 1:00 - 4:00	427 Hannah Nancy Cafiero 2:00 - 4:00		

Open Sunday, June 5th

103 Riverwood Jamie Powell 1:00 - 4:00	170 Shelby Alana Stewart 10:00 - 3:00	401 Whispering Pines Fran Claytor 2:00 - 4:00
905 W College Judy Dunn 1:00 - 4:00	111 Robertson Jan Sawyer 1:00 - 4:00	234 Hannah Pat Leggett 2:00 - 4:00
122 Jasmine Nancy Cafiero 2:00 - 4:00	193 Lakeview Bob Kuykendall 1:00 - 4:00	
405 Morningview Mildred Owens 1:00 - 4:00	100 Red Dirt Evelyn Hitch 1:00 - 4:00	
406 Tartan Way Maggie Haas 1:00 - 4:00	107 Bevely Cindy Harper 1:00 - 4:00	

Congratulations to our bakers:

- General Dickerson
- Ciara Smith
- Tina Crews

"Future Cake Boss" Contest & Open House \$100 Lowes Gift Card Registration & Cake Judging

Contest Baking Location: Woodland Park: 124, 126, 128 Jasmine Circle. Judging: Bakers will present their Century 21 birthday cake themes at 4:00, June 4 th.

Open house attendees will make Woodland Park their last stop to be entered in a grand prize drawing for \$100 Lowes Gift Card and vote for a "Future Cake Boss" winner!

Best Over All/First Place: \$200 Lowes Gift Card, Second Place: \$50 Lowes Gift Card, Third Place: \$25 Lowes Gift Card.

Winners to be announced June 6th, 7:00 p.m. at the Cake Boss Viewing Party



Viewing Party: June 6th, 7:00 pm, Mellow Mushroom. Winners announced for the Open House \$50 Lowes Gift Card, Open House grand prize \$100 Lowes Gift Card and the Century 21 "Future Cake Boss". 8:00 begins the Century 21 episode of the Cake Boss, come join the fun and prizes!

View more pictures of these homes at www.c21regencyrealty.com



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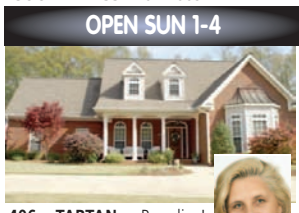
334-347-0048
531 Boll Weevil Circle



311 JASMINE: Easy living, no yard work, convenient to shopping and golf course. One story, like new, 2 BR/2 BA, living/dining combo, all kitchen appliances, patio, laundry area, fenced yard. \$119,000
GOODMAN 334-464-7869



122 JASMINE: New construction; Woodland Park; Minutes from Rucker Blvd. 2 BR/2 BA, all appliances & washer/dryer, 2" blinds, carpet & tile, one car garage, sprinkler system. including all closing cost.
SUNBROCK 334-406-9079



406 TARTAN: Paradise! Relax and enjoy the lovely view every day in this spacious 3 BR/2.5 BA with large upstairs media room/office. Beautifully landscaped backyard on first fairway & includes screened in swimming pool with lots of patio space. Not just a home its a brand new lifestyle. \$374,000
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44 BROOKVIEW: Excitingly Economical! Your budget will cheer the value in this 3 BR/2 BA in Brookside Subdivision. Grandroom with fireplace, formal dining, eat in kitchen & sunroom. New double paneled, double insulated windows & pick your color for the vinyl siding & you can move right in. Clap for service! \$141,000
EVELYN HITCH 334-406-3436



107 BEVERLY: Just minutes from Ft Rucker & convenient to everything. This 3 BR/2 BA has big back yard, spacious kitchen & great garage.
\$134,000 CINDY HARPER 334-517-5618



401 WHISPERING PINES: Spacious home - updated with nice, sparkling pool - call today! Don't miss this one just in time for the hot Alabama summer days. \$145,900
FRAN CLAYTOR 334-790-5973



201 SOMMER BROOKE: Spacious 4 BR/3.5 BA located just minutes from Ft Rucker & all your other favorite places. Grandroom with gleaming hardwood floors & overlooks the relaxing Florida room. \$355,000
Mary M. Jones 334-790-2933



212 DALE: New construction; just 5 cottages nestled in The Grove, a pecan orchard nurtured by the late COL Robert Bailey. 25 years of growth on these trees has provided a beautiful setting for these 3 BR/2 BA homes. Approx 1 mile to the Enterprise/Fort Rucker gate. Offered for \$149,500 including all closing cost. VA qualified can move in with no down payment.
SAM HELMS 334-798-3357



204 BELLWOOD TRAIL: New listing! Split 3BR/2BA with many extras & great location. Beautiful granite countertops, security & sprinkler system, separate laundry room & gas log fireplace. Landscaped, level lot with shade trees in back yard. Natural gas set up for patio grill. Really must see to appreciate all this one had to offer at this reasonable price.
\$217,500 JAN SAWYER 334-406-2393



400 RIVERWOOD: Sommer Brooke; New construction; 4 BR/2 BA, 2 car garage, deck, stained columns, hardwood floors, paver tile floor, Maple cabinets, stainless appliances, convenient to Fort Rucker.
\$275,000 JAMIE POWELL 334-701-7443



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106 CONCORD AVE
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116 CONCORD AVE 3BR/2BA, BLACK APPLIANCES! MLS# 20110077



107 CRESTVIEW DRIVE, this 3BR/2BA home minutes from Ft Rucker, features a living room with Fireplace, all appliances to include washer and dryer and double Garage!



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"MOVE IN SPECIAL"
ON THIS 2BR/2.5BA TOWNHOME
Complete with all appliances to include washer and dryer, one-car garage, and patio. Lawn care, monthly pest control, use of Clubhouse and POOL included!!!



113 BRITT DRIVE, This lovely home features a living room with Fireplace, dining area, formal dining room, all kitchen appliances, utility/laundry room, carpet/tile, Double Garage, Fence and Patio!



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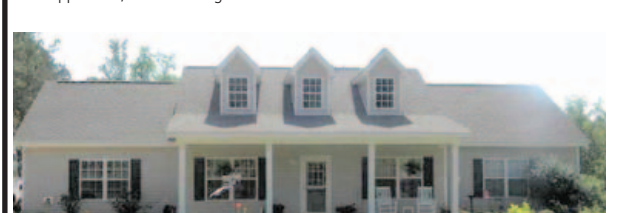
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MLS: 20111188 1973 Will Logan Rd \$79,900 Cute updated home in Ozark. All new appliances, floor covering and bonus room! **Call Debora 389-2141**



MLS: 20111096 1158 County Road 221 \$260,000 Country living at its best! 16 acres 2500 sq ft, 4 bedroom, 3 bath, 2 car garage, large deck. **Call Debora to start living your dream. 477-3051**



MLS: 20111214 971 OAK LAKE DRIVE \$265,000 Gorgeous 3/2, 1.3 acres of land shaded and private. Air conditioned work shed, hard wood floors, fireplace, split floor plan, 3 car garage. **CALL LAURA 389-1348 OR JENNA 400-3735 TO VIEW.**



MLS: 20111121 1568 SEMINOLE \$269,500 Beautiful, custom 3 bedroom, 2 1/2 baths on a secluded, wooded lot in a cozy subdivision in Elba. **PLEASE CALL JONNA @ 477-2898 OR KAYE 389-2468**

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ARMYWIDE

VOL. 61 ■ NO. 22

ARMYFLIER★COM

JUNE 2, 2011

ARMY BRIEFS

FOUNDATION HONORS MOH RECIPIENT WITH SCHOLARSHIP

WASHINGTON — The Sons of Italy Foundation paid tribute to Medal of Honor recipient Staff Sgt. Salvatore Giunta May 25 with a \$10,000 educational scholarship.

The foundation asked Gen. Raymond T. Odierno to present the Soldier with the scholarship during its 23rd Annual National Education and Leadership Awards Gala.

Giunta became the 27th Italian-American and the first living serviceman since Vietnam to receive the country's highest military award for valor. President Barack Obama presented the medal to him Nov. 16 for his actions in Afghanistan.

Giunta will leave the Army in June and will attend Colorado State University. He and wife Jennifer are expecting their first child. Giunta's grandparents emigrated from Sicily, Italy, to Iowa in 1904.

WOUNDED SOLDIER TO RECEIVE MOH

WASHINGTON — An Army Ranger who lost his right hand and suffered shrapnel wounds after throwing an armed grenade away from his fellow Soldiers will be the second living Medal of Honor Recipient from the conflicts in Iraq and Afghanistan.

On July 12, President Barack Obama will award Sgt. 1st Class Leroy Arthur Petry, with the Medal of Honor for conspicuous gallantry. Petry will receive the Medal of Honor for his courageous actions during combat operations against an armed enemy in Paktya, Afghanistan, May 26, 2008.

Petry now serves as part of Headquarters and Headquarters Company, 75th Ranger Regiment at Fort Benning, Ga.

"It's very humbling to know that the guys thought that much of me and my actions that day, to nominate me for that," said Petry, on learning he had been nominated for the medal.

At the time of his actions in Afghanistan, Petry was assigned to Company D, 2nd Bn., 75th Ranger Regiment at Joint Base Lewis-McChord, Wash. Petry's actions came as part of a rare daylight raid to capture a high-value target.

U.S. ARMY BUILDS ON 'ARMY STRONG' CAMPAIGN WITH NEW ADVERTISING

WASHINGTON — The U.S. Army is introducing its latest extension of "Army Strong" through its newest advertising campaign, "Symbol of Strength."

The campaign rolled out on television Monday. It consists of three new national broadcast television spots and will integrate a strong cinema activation, public relations, social media and an interactive web presence.

The three television spots each feature a different aspect of serving as a Soldier — education, leadership and opportunities — and encourage young adults to go online to discover more about the strength gained by wearing the uniform.

Another unique aspect of the overall campaign is a five-week cinema activation, from May 20 to June 23, leading up to the summer premiere of X-Men: First Class.

America's Army

Soldiers have been 'Strength of the Nation' for 236 years

BY ERIN O. STATTEL
Army News Service

ARLINGTON, Va. — War fighting and humanitarian assistance are just a few of the roles some 1 million members of the U.S. Army perform today, and have been for more than 200 years.

The Army celebrates its 236th birthday June 14 and the milestone brings a full lineup of events to commemorate the many roles the Army fulfills.

"From the first battles at Lexington and Concord to the streets of Mosul and Kandahar, Soldiers have always defended freedom and epit-

omized what is best about America," said Chief of Staff of the Army Gen. Martin E. Dempsey, referring to the past and present role of the U.S. Army.

Dempsey said that as the Army moves forward, it will continue to be the strength of the nation.

"We will remain the nation's decisive force, the clearest symbol of America's commitment to freedom and the country's preeminent leadership experience," he said. "We will remain America's Army, the strength of the nation."

SEE STRENGTH, PAGE B4



COURTESY PHOTO

Soldiers enjoy Army birthday cake last year in the Pentagon courtyard.



PHOTO BY BY AIR FORCE TECH. SGT. JOHN ORRELL

Members of the 434th Chemical Company, Minnesota National Guard Chemical, Biological, Radiological, Nuclear and High Explosives Emergency Response Force Package, assist a role-player posing as a victim during a Vigilant Guard event.

Guard completes largest-ever exercise

BY AIR FORCE TECH. SGT. JOHN ORRELL
National Guard Bureau

WASHINGTON — About 40,000 National Guard members working with active duty servicemembers and federal and state emergency personnel completed "National Level Exercise 11" on May 20 signaling the successful execution of the largest interagency

exercise ever, Guard officials said.

The exercise, based around the New Madrid Seismic Zone and with an earthquake of disastrous magnitude as the scenario, tested the response capabilities of the Alabama, Arkansas, Illinois, Indiana, Kentucky, Mississippi, Missouri, Tennessee and Wisconsin National Guards.

"National Level Exercise 11" incorporated

several other exercises, to include the Joint Chiefs of Staff Positive Response 2011, U.S. Northern Command's Ardent Sentry 2011, the Department of Health and Human Services Noble Life Saver 2011, the National Guard's Vigilant Guard and U.S. Transportation Command's Turbo Challenge 2011/Ulti-

SEE EXERCISE, PAGE B4

Plans under way for fort to reach 'Net Zero' waste

BY DAVE LARSEN
III Corps and Fort Hood Public Affairs

FORT HOOD, Texas — In late April, the Army announced the installations selected to take part in the energy-conserving "Net Zero" pilot program, pledging to only use as much energy as they create by 2020.

The Army initiative focuses on three conservation areas: energy, water and waste. Fort Hood, Texas, was one of six installations selected by the Army for the Net Zero-Waste program.

More than 100 installations from around the world self-nominated to participate in the pilot, according to Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

"It's an honor to be selected as a Net Zero-Waste installation," said Col. Mark Freitag, Fort Hood's U.S. Army Garrison commander. "Such a selection confirms that the Army



PHOTO BY CHRISTINE LUCIANO

The Fort Hood Recycle Center recycles cardboard, white paper, office pack, mixed paper, newspaper, maps, plastic, pallets, toner cartridges, cooking oil, aluminum, brass and scrap metal. Individuals can also get paid for their aluminum cans.

SEE PLANS, PAGE B4

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EMPLOYMENT

EDITORIAL WRITING

Reporter

Fort Rucker, Ala.'s community newspaper, The Army Flier, is currently looking for a full-time reporter to write news and feature stories and shoot photos for the weekly newspaper. Previous newspaper reporting experience, the ability to meet strict publication deadlines, excellent knowledge of grammar and punctuation and a college degree in journalism or a related field are preferred.

You may send your resume to:

Human Resources,
Media General Mid-South Market Group,
227 North Oates Street, Dothan, AL 36303
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Pay Scale: \$13.50 to \$18.30

Application can be obtained by contacting the Elba Police Department at 304 Simmons Street, Elba, Alabama between the hours of 8a.m. and 5 p.m. Closing Date: Applications will be accepted until 5 p.m. on the 31st day of May, 2011. The City of Elba is an EOE.



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104 Sundance Lane, Midland City, 1500 sq ft, \$145,000. 3br/2ba, Will pay up to \$2,000 in closing costs, 20 minutes from Fort Rucker, 5 minutes from Dothan Pavilion, 7 minutes from Troy University, contact (334)618-2075

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Strength: Army garrisons celebrate 236 years

Continued from Page B1

Sgt. Maj. of the Army Raymond Chandler reminded everyone that while the Army celebrates, there are Soldiers still engaged in theater.

"As we celebrate our Army's birthday, remember that we still have more than 120,000 Soldiers in Afghanistan and Iraq," said Chandler. "Happy birthday to those who make the Army what it is today, the premier fighting force in the free world. You are America's Army and you are Army strong."

New this year is the Army Birthday Baseball Bash, a nationwide celebration of game-day events that will give local baseball teams and their fans an opportunity to celebrate the Army's birthday, as well as recognize the service and sacrifice made by Soldiers and their Families.

Teams such as the Chicago White Sox, the Chicago Cubs, the Seattle Mariners, and the Cleveland Indians are slated to feature events highlighting the Army's 236th birthday.

In the nation's capital, the celebration kicks off with a formal black-tie ball June 11, and will highlight the Army's most important role, the Strength of the Nation. The ball will feature entertainment from the Army Field Band and country music recording artist Phil Vassar.

The events continue with a wreath-laying ceremony at the Tomb of the Unknowns at Arlington National Cemetery, Va.

What would a birthday be without birthday cake? The U.S. Army will have several cakes capping off the celebration — one presented at the Army Birthday Ball, a cake-cutting ceremony in the Pentagon and another one on Capitol

Hill. In fact, the cake-cutting ceremonies will continue all around the world from U.S. Army Garrison Yongsan, South Korea, to West Point, N.Y., throughout the week.

Back in the capital, the celebration will also feature precision and tradition with a Twilight Tattoo and performances from the 3rd Infantry Regiment, "The Old Guard," at Joint Base Myer Henderson Hall's Whipple Field, June 15. Finally, in true Army spirit, Soldiers can participate in the Army Birthday Run June 17. The route will make its way through Joint Base Myer Henderson Hall, Va.

In the meantime, Army garrisons worldwide will be celebrating 236 years of strong service to the nation. At U.S. Army Garrison Kaiserslautern, Germany, the garrison commander and command sergeant major will read, "Happy Birthday U.S. Army," to school children, and

Fort Rucker, Ala., is scheduled to host a series of concerts in Alabama to highlight the Army Birthday.

Congress created the Army June 14, 1775, and \$2 million was allocated to support forces positioned around New York and Boston. Congress also voted to bring forth a uniform set of rules and regulations to the newly formed Army, and authorized the formation of 10 companies of expert riflemen from Pennsylvania, Maryland, and Virginia, who would later become known as the 1st Continental Regiment.

Soldiers, Family members and Army civilians all over the United States and overseas will mark the Army's 236th Birthday with celebrations of their own.

To share your own Army Birthday story, visit the Army social media sites, Facebook or Twitter. Visit www.army.mil/birthday/236 for more information.)

Exercise: Alabama Guard members provided aerial support

Continued from Page B1

mate Caduceus 2011.

Each state worked with their current emergency response plan to find strengths and weakness, said Army Maj. Gen. David Harris, the National Guard Bureau's director of domestic operations and force development.

Harris said issues brought to light by exercises like NLE 11 —

such as organization and staffing — can be solved quickly, but others — such as communication package and hardware issues — take a little more planning and budgeting to fix.

"That's why exercises like this are important, to show those potential shortfalls," Harris said.

Alabama Guard members provided aerial support for infrastructure as-

essments, basic first aid and medical triage and security support in several counties.

Like several states, they activated their chemical, biological, radiological, nuclear and high yield explosives enhanced response force package for search and rescue and mass casualty support.

The Arkansas Guard had engineering teams providing damage assessment

and repairing damaged airport runways.

They also filled about 50,000 sand bags for potential flooding, provided enough shelters for about 4,500 displaced citizens and delivered cots, blankets and relief goods.

In Illinois, Guard members assisted local law enforcement with public safety and welfare checks in rural areas.

They had several civil

support teams responding to a simulated biohazard emergency where about 15,000 gallons of soybean oil leaked into the Ohio River.

Indiana made the NLE 11 an opportunity to practice with their 53rd CST and worked with first responders from various Indiana Department of Homeland Security districts on emergency response procedures.

As part of their full-time mission set, the 53rd CST responds to chemical, biological, radiological or nuclear incidents and works with local first-responders to determine the type of attack or incident.

Kentucky took the opportunity to bring past experiences to the table for the purposes of updating and rewriting their Commonwealth Earthquake Response plan.

Plans: Fort Hood officials set goal to reach 'zero waste by 2020

Continued from Page B1

fully recognizes the great work that has already been done with recycling on the installation and affirms that the Army sees potential in our ability to achieve Net Zero-Waste by 2020."

"What that means is, by 2020, we've set a goal to put nothing in the landfill," said Brian Dosa, director of Fort Hood's Directorate of Public Works. "We have our own landfill at Fort Hood. We've got 80-100 tons of

trash going to the landfill every (work) day."

No landfill?

The components of Net Zero solid waste start with reducing the amount of waste generated, re-purposing it, maximizing recycling, reclaiming recyclable and compostable materials and generating energy as a by-product of waste reduction, according to the Army Energy Program.

Reaching the program goal, no longer using landfills to dis-

pose of Fort Hood's garbage by the 2020 target date, is a major undertaking, said Jaycee Turnquist, Fort Hood Recycle Center business manager. He noted that in fiscal year 2010 more than 25,000 tons of solid waste ended up in the Fort Hood landfill.

"About 50 percent of what goes directly to our landfill is still recyclable," he said.

"So much of what we use, we don't fully consume," Freitag said. "That turns into garbage and gets dumped in our landfill.

We've got to turn that around."

Educating installation organizations and the Fort Hood community, as a whole, about not only the benefits, but the need to recycle is important, Turnquist said.

"People need to know those dark brown dumpsters are the enemy," Turnquist said, referring to bulk trash receptacles located throughout the installation. "If trash goes into those dumpsters, it goes straight to the landfill."

Recycling success

"We've got one of the Army's best recycle programs right here at Fort Hood," Dosa said. "In fact, last year we diverted 41 percent of our solid waste. The majority of that went to recycling and some went to compost."

Dosa said Fort Hood's 41 percent diversion rate exceeded the Department of Defense goal (of 40 percent) for the year, but that DOD's goal increased by two percent each year, up to the 50 percent rate.

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'Social' explores artistic possibilities
Story on Page C3

COMMUNITY

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JUNE 2, 2011

Be prepared!

Simple steps can save lives during weather emergencies

Surviving a hurricane depends on preparation beforehand

BY JAY MANN
Fort Rucker Public Affairs

Surviving a hurricane starts months, sometimes years before the first raindrop falls on your town.

It's all about preparation before the hurricane strikes, and the Federal Emergency Management Agency, Department of Homeland Security and the Fort Rucker Information Operations Center have a few tips to help you prepare for a hurricane.

The first thing is to make plans to secure your property. Permanent storm shutters offer the best protection for windows. Windows are usually the most delicate part of the structure. Outside objects picked up by strong winds can break glass, creating dangerous airborne debris inside your home. If you have shutters on your house, try to close them. There are decorative shutters on the market that will do you no good in a severe storm.

Tape will not prevent windows from breaking. If you do not have shutters, a second option is to board up windows with 5/8' marine plywood. Like all these tips, this is something that has to be ready once the storm arrives. It's too late to head to the lumber store when a hurricane warning is issued. Get the wood, cut it to fit, and store it out of the way just in case.

FEMA also suggests installing straps or additional clips to securely fasten your roof to the frame structure. This will reduce roof damage. A strong roof will also protect you from other types of severe weather.

Be sure to maintain your yard. That limb that fell this spring could become a wrecking ball if picked up by 150 mph winds. Also, trim the branches on all your trees and shrubs. Gutters and downspouts are there to keep water from pooling around your home. Keep them clear of clogs and flowing well.

That fishing boat looks heavy to you, but to a hurricane it looks like a toy to be tossed around like a beach ball. Make sure you have adequate straps and ropes to tie down outside objects if a hurricane is approaching.

The last FEMA recommendation is to build a safe room. A safe room does not have to be expensive or something you designed your house around. A safe room can be as simple as a central closet in your home that you install a lock on the inside. Practice getting to the safe room with your family until everyone knows how to get there in the dark. Think about what you may need after the storm and put it in a bag inside the closet. An old pair of shoes might become priceless to you after rushing to your safe room barefoot and in your pajamas.

Willie Worsham, Fort Rucker battle captain, suggests everyone have an emergency bag in your safe room.

"Your kit needs to contain a battery-operated radio, a weather radio, flashlight, clean water and something to eat," he said.

Worsham added that Fort Rucker will broadcast information on post on Ch. 6 and 1640 AM Radio in case of a disaster.

Worsham further advised everyone in the Fort Rucker area to visit www.ready.army.mil to learn more on how to prepare for a weather disaster.

"Army Ready is an excellent program," he said. "It gives you tips on what to do in an emergency."

NOAA predicts above-average storm season

The National Oceanic and Atmospheric Administration expects 2011 to be an "above average" hurricane season.

NOAA predicts 12-18 named storms with six to 10 becoming hurricanes and three to six becoming major hurricanes, the agency reports at www.noaa.gov.

This area will usually have warning before a hurricane makes landfall, said Willie Worsham, Fort Rucker battle captain, adding that the Information Operating Center tracks potential storms when they leave the coast of Africa heading west to Fort Rucker.

"Usually, when it comes off the coast of Africa, it takes almost two weeks before it hits the continental U.S.," he said.

But what do you do when a hurricane approaches?

Once word is received that a hurricane is approaching the area, the first step FEMA suggests is that people listen to the radio or watch television for the latest information on the storm. On post, Worsham said the IOC will put information up on Fort Rucker's Channel 6 and 1640 AM Radio when severe weather approaches.

Next secure your home. Close storm shutters and secure outdoor objects. You don't want to find your lawn furniture gone after the hurricane, or worse yet find it inside your car. Bring inside any objects in your yard that you can.

If you are instructed to turn off your utilities, do so. Otherwise, turn your refrigerator down to the coldest setting and keep the door closed. The colder your food is, the longer it will last if the power goes out.

FEMA also suggests turning off propane tanks. A hurricane can pick up objects and move them. Shutting off your propane tank makes it a little safer, and make sure more than one person knows how to shut it off so you have some backup. Also, avoid using your phone unless it is an emergency. You don't want to overstress the system.

Moor your boat if you have the time. If your boat is parked on your property, secure it to the ground. Some boats can be filled with water to weigh them down.

Lastly, FEMA suggests you ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. You can fill a bathtub full of water and have many gallons to use until utilities are restored.

As for when should you evacuate your home, FEMA says you should if you are directed to do so by local authorities. Follow their instructions and don't try to second guess them.

Also, if you think your structure will not survive a hurricane, you should find a safer place. Mobile homes, temporary structures and camping shelters are particularly hazardous during hurricanes no matter how well they are fastened to the ground.

Hurricane winds are stronger at higher elevations, so if you are in a high-rise building and can safely move, you should do so. If you are on a coast, on a floodplain, near a river, or on an inland waterway, you should get to a safer location.

FEMA says basically, if you feel you are in danger, get to a better location. However, if the hurricane is close and you can't safely get away, then you have to make the place you are safer.

Get to your safe room if you are at home,

SEE PREPARED AND SAFETY AFTER THE STORM, PAGE C3

Scale Number (Category)	Sustained Winds (MPH)	Damage	Storm Surge
1	74-95	Minimal: Unanchored mobile homes, vegetation and signs.	4-5 feet
2	96-110	Moderate: All mobile homes, roofs, small crafts, flooding.	6-8 feet
3	111-130	Extensive: Small buildings, low-lying roads cut off.	9-12 feet
4	131-155	Extreme: Roofs destroyed, trees down, roads cut off, mobile homes destroyed. Beach homes flooded.	13-18 feet
5	More than 155	Catastrophic: Most buildings destroyed. Vegetation destroyed. Major roads cut off. Homes flooded.	Greater than 18 feet

Hurricane categories defined

Hurricane season runs June to November every year for Atlantic and Gulf of Mexico coastal areas, including Fort Rucker.

Wiregrass residents will tell you that being 90-plus miles from the beach does not make the area safe from hurricanes. Hurricane Opal caused massive damage as far north as Troy.

According to FEMA and the Department of Homeland Security, hurricanes can cause catastrophic damage to coastlines and even several hundred miles inland. Winds can exceed 155 mph and spawn tornadoes.

There are five categories of hurricanes based on wind speed, central pressure and damage potential. Categories 3-5 are considered major hurricanes, but Category 1 or 2 storms still pose dangers.

A Category 1 hurricane causes minimal damage to unanchored mobile homes, vegetation and signs. A Category 2 is considered moderate, and can damage all mobile homes, roofs, small boats and create flooding.

Damage from a Category 3 is extensive, where small buildings can be damaged and low-lying roads cut off. Category 4 hurricanes cause extreme damage. Roofs are destroyed, trees knocked down, roads are cut off and mobile homes are destroyed. The Category 5 hurricane causes catastrophic damage, destroying most buildings and vegetation, cutting off roads and flooding homes.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

Moving sale

The Fort Rucker thrift shop is currently offering 75 percent off solid white tickets items until July 1. Colored tickets are consigned and cannot be discounted. The thrift shop is located at 3904 Gladiator across from the post office. For more information, call 255-9595.

Summer Reading Program Registration

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

Volunteers needed

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

AFTB Level II

Fort Rucker's Army Community Services staff hosts Army Family Team Building Level II training Monday, Tuesday and Thursday from 5-8:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 371E. Classes help increase knowledge of military acronyms, customs and courtesies, benefits and more. Participants gain a better understanding of Army life and learn of all the opportunities the Army has to offer. Advance registration is required and all materials and instruction are free. Childcare is available. For more information and to register, call 255-2382.

Character Dining

The Landing Zone's Tuesday Character Dining features Kiddy Karaoke with DJ Dave on Tuesday from 5-7 p.m. Kids enjoy free balloons and a chil-

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

dren's buffet. The event is free and open to the public. Children ages 12 and younger eat free with the purchase of one adult entrée. For more information, call at 598-8025.

Wakeboarding competition

The INT Wakeboarding Competition is June 11 and 12 at Lake Tholocco's West Beach. The competition begins at 8 a.m. Admission is free. The event is open to everyone. For information, call 255-4305.

Summer Reading Program Kick-Off: Ice Cream Party

The Fort Rucker Center Library staff kicks off the first day of the Summer Reading Program June 13 with an ice cream party from 2:30-3:30 p.m. Registration ends June 24. The program is designed for ages 5-12. For more information, call 255-3885.

EFMP golf clinic

The Army Community Service Exceptional Family Member Program staff hosts a golf clinic on June 14 from 9-11 a.m. at Silver Wings Golf Course. Military Families with exceptional Family members and special needs Family members are invited. The clinic teaches golfing tips to both beginners and experienced golfers. Registration is required by June 11. For more information and to register, call 255-9277.

Men's health fair

The Men's Sports, Fitness and Wellness Expo is June 15 from 10 a.m. to 2 p.m. at The Landing. The event features chiropractors, blood pressure screenings, personal trainers, massage therapists

and a body mass index scale. Participants have access to free advice and information on all aspects of men's health. Admission is free and the event is open to the public. For more information, call 598-5311 or visit www.ftrucker-mwr.com.

Bay lift special

The Fort Rucker Auto Skills Center offers a half price, \$2.75 per hour, special for bay lift use June 15-17 from 4-7 p.m., June 18 from 9:30 a.m. to 5:30 p.m., and June 19 from 10 a.m. to 5:30 p.m. For more information, call 255-9725.

Father's Day craft-making activity

The Fort Rucker Center Library staff hosts a Father's Day craft-making activity June 16 from 3:30-4:30 p.m. Light refreshments are served. Registration is required and space is limited. For more information and to register, call 255-3885. This is an EFMP-friendly event.

The Mutt Brothers

The Mutt Brothers perform June 17 from 9 p.m. to 1 a.m. in The Landing Zone. You must be age 18 or older to enter. The Landing Zone provides a complimentary shuttle to anywhere on post. For more information, call 598-8025.

Comedy Live

Comedy Live returns to The Landing June 17 from 8-9:30 p.m. Tickets are \$10 each before the show and \$15 at the door. Tickets grant access to the comedy show, Ball and Chain Party Band and H-Beam from 10 p.m. until 1 a.m. For more information, call 598-8025.

Sgt. Audie Murphy Triathlon

The annual Sgt. Audie Murphy Triathlon is June 18 from 7 a.m. to 10 p.m. at Lake Tholocco's West Beach. Registration is \$40 per person by June 11 and

\$50 after June 11. Registration for relay teams, with a maximum of three people, is \$70 by June 11 and \$80 after. The triathlon consists of a quarter-mile swim, 10.6-mile bike ride and a 3.1-mile run. Cash awards will be given to top overall finishers and the top relay team. For more information, call 255-0308.

Father's Day brunch

A Father's Day brunch is June 19 from 10 a.m. to 2 p.m. at The Landing. Reservations are preferred but not required. This event is open to the public. Cost is \$17.95 for ages 13 and older, \$7.95 for ages 6-12, \$3.95 for ages 3-5 and free for children 2 and under. For more information or to make reservations, call 598-2426.

Father's Day Golf Scramble

A Father's Day Scramble and Parent and Child Nine-Hole Tournament is June 19 from 2-5 p.m. at the Silver Wings Golf Course. Cost is \$10 per person, plus cart and green fees, if applicable. For more information, call 598-2449.

DFMWR Spotlight

COME WATCH THE
INT WAKEBOARD COMPETITION
WAKE SKATE • WAKE BOARD • KNEE BOARD

June 11 & 12
Begins at 8 a.m.
West Beach,
Lake Tholocco
Fort Rucker

Open to the Public
FREE to Watch!

For more information please contact
MWR Outdoor Recreation at 255-4305.

Fort Rucker FMWR

www.ftrucker-mwr.com EFMP Friendly

Wakeboarding competition

The INT Wakeboarding Competition is June 11-12 at Lake Tholocco's West Beach. The competition begins at 8 a.m. Admission is free. The event is open to everyone. For more information, call 255-4305.



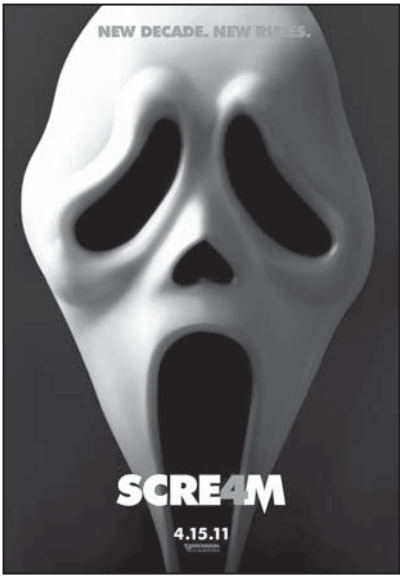
PHOTO BY BREANNA HERRING

Pick-of-the-litter

Meet Jax, a 17-month-old male yellow lab. He needs a home that will take the time to work with him and care for him. It costs \$81 to adopt him, which includes neutering, a microchip and heartworm testing. For more information on Jax 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 June 2 - 5

See you at the movies



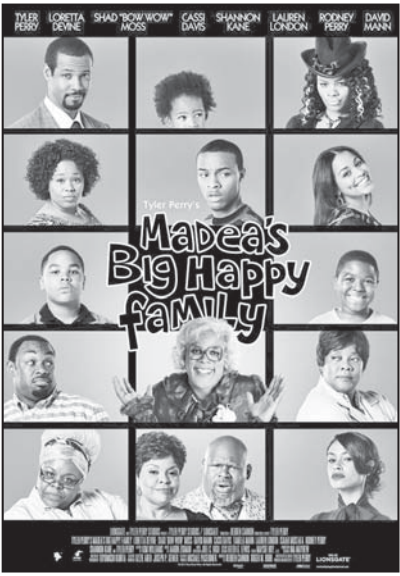
THURSDAY, JUNE 2

Scream 4 (R) 7 p.m.



FRIDAY, JUNE 3

Rio (G) 7 p.m.



SATURDAY, JUNE 4 & SUNDAY, JUNE 5

Madea's Big Happy Family (PG-13) 7 p.m.

‘Social’ explores artistic possibilities

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

Fort Rucker spouses interested in exploring their creative sides will want to mark their calendars for the Creative Social June 23 from 10 a.m. to noon at Bldg. 8950, 7th Avenue, The Commons Family Support Facility.

“The Creative Social is an opportunity to get like-minded ‘artsy’ military spouses together to network and share information and resources, as well as ideas,” said Deborah Cisneros, U.S. Army Aviation Center of Excellence Family readiness support assistant.

“There will be no exchange of money or attempt to sell anything at this event, which we hope will be the first of many such opportunities for spouses to share their creative ideas and exchange information,” Cisneros said.

The concept of the Creative Social was the inspiration of Sarah Geraci, a flight student spouse, who upon arriving at Fort Rucker sought ways to explore her ‘artsy’ side. She found an outlet for her photography and sculpture talents at the Dale County Council of Arts and Humanities.

Geraci said it was also through her involvement with the Fort Rucker Spouses’ Club that she was able to meet a handful of other crafting spouses.

“When I move to a new



PHOTO BY SARAH GERACI

Deborah Cisneros, Family Readiness Support Assistant, and Sarah Geraci, flight student spouse, share crafting tips at the Commons, Family Support Facility, in preparation for Creative Social June 23. Geraci coordinated the Creative Social to bring together Fort Rucker community members interested in exploring their artistic sides.

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,” she said. “Now I participate in every show. To put it simply, I love to make things for people

to look at.

“Being in the Army and moving a lot makes it important to find a peer group with similar interests. This event will be a way for artistic and creative spouses to reach out to one another and form bonds through art,” she said. “I hope everyone

who ever thought about pursuing their artistic talents will join us for this two-hour get-together.

“All with artistic interests falling under visual art, computer graphic art, music, writing, woodworking and quilting are invited to attend,” Geraci

added. “Even those with only an appreciation for art are welcome to come. Maybe you’ll find a friend to visit an art museum with. It will be a fun time to explore many possibilities.”

For more information, call Cisneros at (334) 255-0960, or Geraci at (609) 462-9613.

Safety concerns continue after the storm

BY JAY MANN
Fort Rucker Public Affairs

After a hurricane has passed, your worries are not necessarily over.

Safety continues to be a priority, according to FEMA.

Check yourself and those around you for injuries. Do not try to move severely injured people unless they are in immediate danger. If you must move an unconscious person, FEMA suggests stabilizing the neck and back first, then getting help to move the person.

Maintaining your own health is key. Don’t injure yourself in the attempt to get to safety. Be aware of

exhaustion. Set priorities for yourself and don’t try to do too much at once. Drink plenty of clean water from your emergency kit. When working with debris, wash your hands as often as you can and wear a dust mask if you have one.

FEMA warns people to watch out for new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, gas leaks, damaged electrical wiring and contaminated water. Inform local authorities of health and safety issues like downed power lines, chemical spills, dead animals and washed out roads.

Keep listening to your

emergency radio or watch local news for the location of the nearest aid station. The American Red Cross and other volunteer agencies will provide food, water and clothing. They will also set up shelters for people who cannot return to their homes.

For health and space reasons, pets are usually not permitted in public emergency shelters. You can contact the emergency management office or your local animal shelter to find out if an emergency animal shelter has been set up.

Once you are evacuated, letting people know you are OK is the next step. FEMA has established the

National Emergency Family Registry and Locator System, which helps Families separated by disaster reunite.

The American Red Cross also maintains a database to help you find loved ones. If you are displaced or looking for a displaced person, don’t contact the Red Cross located in the disaster area. Contact your nearest local Red Cross for information.

There are many safety concerns when deciding to return to your home after a disaster is over. Never return to your home until the area has been declared safe by local officials. Keep a battery-powered radio with

you to monitor the safety situation and receive news updates. Use a battery-powered flashlight to inspect your home and turn it on before entering the home. A spark could ignite gas leaks, adding to the danger.

FEMA reminds people to look for dangers that might not have been there before. Injured animals or poisonous snakes might have entered your house seeking safety after you evacuated. Tree limbs might be cracked and ready to break. Power lines might be down, and objects like boats and cars might not be where you left them.

Do not enter your home if you smell gas, water re-

mains inside the building, or authorities have not declared fire damage safe. Walk around the outside and look for danger and to check to see if the structure is damaged.

Coping with a disaster can take a tougher toll on people mentally than financially. The FEMA website, www.fema.gov, and the Army’s www.ready.army.mil both have tips and steps for people to help deal with a disaster emotionally and mentally.

The sites also discuss step-by-step the process of applying for aid, filing for insurance and tips for parents to help children deal with the disaster.

Prepared: Always seek shelter indoors during severe weather

Continued from Page C1 but if you don’t have one FEMA has tips for you.

The most important thing is to stay indoors during the hurricane, and away from windows and glass doors. Close all interior doors and secure or brace exterior doors. Keep curtains and blinds closed, and don’t be fooled by the “eye” of the storm. As the center of a hurricane passes over you, things may calm down. Stay where you are, this calm won’t last.

Staying outside is a big time no-no. The best rooms to take refuge in are small interior rooms like a closet or hallway that is on the lowest level of the building. Lie on the floor if

you can, or under a table or other sturdy object.

In the end, staying calm and making good deci-

sions is the most important thing. It only takes one bad decision to turn an exciting story into a tragic one.



CHURCH ON THE CIRCLE

Enterprise, AL

Beginning June 5, 2011 - 10:30 a.m.

Step-by-Step through the New Testament

“Introduction to the basics of the New Testament”

Instructor / Pastor - **Dr. Bruce Calhoun**

Not the usual Sunday school class, as Dr. Calhoun teaches this course at Mercer University and Shorter University.

Come learn how to study the New Testament, acquire tools for understanding the Parables, explore the Letters of the New Testament, and discover the true approach to understanding the real truth found in the Book of Revelation.

You are invited to come for worship at 9:30 a.m., with this challenging study to follow at 10:30 a.m.

Pastor: Dr. Bruce A. Calhoun

Come Worship with us!

Meeting at Enterprise Preparatory Academy

Located on Boll Weevil Circle and Hwy 134 West

334-389-1081 - www.churchonthecircle.net

Scan this code with your smartphone



for more information about hurricane preparedness.

Church Directory

First United Methodist Church

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

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

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

EPISCOPAL CHURCH OF THE EPIPHANY

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

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

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

ANDALUSIA DALEVILLE DOTHAN ENTERPRISE GENEVA MIDLAND CITY NEW BROCKTON OZARK PINCKARD SAMSON TROY

Wiregrass community calendar

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

ANDALUSIA

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

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

DALEVILLE

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

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

FRIDAY — The Wiregrass Museum of Art opens the Atrium Gallery featuring artwork no larger than a dollar bill, a 32-year-old annual exhibition featuring pieces from the Jacksonville State University collection.

WEDNESDAY, JUNE 15, 22 — The Wiregrass Museum of Art hosts an adult art class for beginners from 10 a.m. to noon. The hands-on course is three classes that teach adults the basic principles of art. To sign up, call 794-3871.

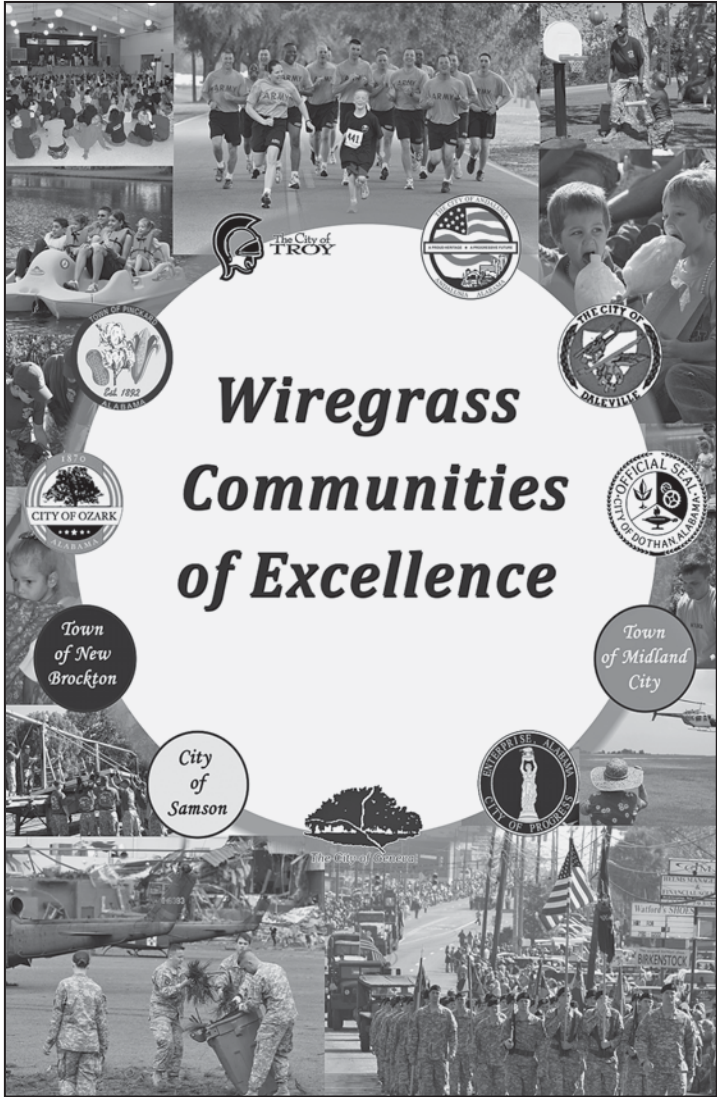
THURSDAY — The Wiregrass Museum of Art hosts Public Discussion: Art Therapy at 6 p.m. where therapist Calvin Bell-Tharpe shows how art therapy can be an outlet for difficulties related to serious medical illness, mental and emotional problems, and language and development disorders.

JUNE 11 — The American Legion Post 12 and Dothan Elk's Lodge present Wiregrass Flag Day Bike Ride and Parade. The event will start with a bike ride from Enterprise to Dothan via Ozark. A parade with motorcycles, cars, and emergency vehicles will travel around Ross Clark Circle and conclude with a flag retirement ceremony at the Dothan Elk's Lodge. Participants are encouraged to bring American flags. Participants are to meet at Food World in Enterprise at 8 a.m. For more information, call (254) 702-1965.

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 — The Wiregrass Museum of



Art hosts singer/songwriter night at 6:30 p.m. where you can hear original acoustic pieces and accompanying stories. For more information, call 794-3871. \$\$\$

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 day.

Admission is \$4 for adults, \$3 for children and free for children age 3 and under.

For more information, call 794-3452 or visit www.landmarkpark.com. \$\$\$

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

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

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

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

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

ENTERPRISE

SATURDAY — 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 Relay for Life meets the last Tuesday of the

host the third annual Swordfish Shootout June 16-18 at Destin HarborWalk Marina.

There will be cash prizes and raffle packages to benefit The Destin History and Fishing Museum and the opportunity to win a 2011 Chevy Silverado.

The official tournament weigh in will be at HarborWalk Marina June 18 from 9 a.m. to noon.

For more information, visit www.destinswordfishshootout.com or call Capt. Erik Anderson at (850) 974-5600.

Art on the Rocks

Who Shot Rock and Roll sets the tone for this year's Art on the Rocks June 17 from 5-10 p.m. at the Birmingham Museum of Art.

The event features gallery tours, art activities, scavenger hunts and live music in the setting of the Red Mountain Garden Club Memorial Garden and Charles W. Ireland Sculpture Garden upper plaza.

Tickets are \$10 per person and \$8 for active-duty military or students.

For more information, visit <http://www.artsbma.org>.

month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

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

OZARK

AUG. 13-SEPT. 23 — The Dale County Council of Arts and Humanities hosts the 11th annual Regional Juried Art Exhibition at the Ann Rudd Art Center/Dowling Museum.

The council is now accepting entries from artists who wish to participate. Contestants are allowed three entries, with the first entry costing \$25 and \$5 for each additional entry.

All entries must be submitted at the Rudd Art Center by 4 p.m. July 30. An open reception and award presentation will be held Aug. 13 from 7-9 p.m. For more information, visit www.ruddart-center.org.

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 — The Samson City Council meets monthly on the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods and refreshments.

For more information, call Janet Motes at 808-8500.

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

Beyond Briefs

Precious Metal: Southern Silver

The Columbus Museum in Columbus, Ga., presents 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 museum.

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

3rd annual Blueberry Festival

The Wiregrass Blueberry Growers Association hosts the third annual Blueberry Festival in downtown Headland June 12 from 8 a.m. to 4 p.m. Locally grown blueberries and blueberry bushes will be sold at festival prices.

Attendees are encouraged to bring their coolers to take home fresh blueberries. The day will be filled with fun, food and information.

Military Day at the Montgomery Zoo

The Montgomery Area Chamber of Commerce is honoring service members by offering military personnel and their families free admission to the City of Montgomery Zoo June 22 from 9 a.m. to 5:30 p.m.

Food, drinks, and refreshments will be provided. Bring valid military identification for entry.

For more information, visit www.montgomeryzoo.com.

Pier Park Summer Concert Series

Pier Park in Panama City hosts a free summer concert series every Thursday night this month from 7-9 p.m. at the Pier Park Amphitheater.

Each week different local artists will be featured. People should bring their own beach chairs and blankets.

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

Swordfish Shootout

Legendary Marine and Hydra-Sports

Tenth annual Alabama Songwriters Festival

Patrons are invited to celebrate the 10th anniversary of the Alabama Songwriters Competition July 1-4 from 10 a.m. to 10 p.m. during the Alabama Songwriters Festival at Lake Guntersville in Guntersville, Ala.

The event features live music, an All-American art exhibit, wakeboarding, story telling, food and fireworks.

For more information, call (256) 571-7199 or visit www.mountainvalleyartscouncil.com.

Things That Go Bump in the Night

Patrons are invited to come learn about the creatures that are playing while everyone else is sleeping during "Things That Go Bump in the Night" July 9 at 7 p.m. at the Oak Mountain State Park Campground Pavilion in Pelham, Ala.

Admission is \$3 for adults and \$1 for youth, ages 6-11.

For more information, call (205) 620-2520.

Lake Fest

Event provides easy staycation for Families

BY RUSSELL SELLERS
Army Flier Staff Writer

Sun and surf were in abundant supply at the 2011 Lake Fest on Lake Tholocco Saturday as Soldiers, Families and those from the local communities came out for a day of fun.

Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator, said the event taking place during Memorial Day weekend made for near-perfect timing.

“Gas prices are just outrageous right now, so this is a great ‘staycation,’ she said. “I’m really looking forward to the food vendors we have this year.”

The free event included boat rides, a cannonball launch, pin-the-eye-patch-on-the-pirate, photo opportunities and a treasure hunt. There was a car show, sponsored by the Better Opportunities for Single Soldiers program, live music by The Springs, a sandcastle contest, volleyball tournament, swimming, and local and regional food vendors serving a wide variety of foods and beverages.

“This event kicked off the swimming season at Lake Tholocco and this is the only place where you can swim in a lake on post,” Abeln said.

Some Soldiers who attended the festivities with their Families said it was nice to have something close by that closely resembled a trip to the beach.

“When I came last year, it was a really great Family event, and I play on a volleyball team so I enjoyed



PHOTOS BY RUSSELL SELLERS

Capt. Brandon Mace and his wife, Krissi, work the pedals of a paddle boat while their children ride on the back at Lake Fest on Lake Tholocco Saturday.

doing that, too,” said 1st Lt. Brian Bertoglio. “When we want to go to the beach, we usually come here because it’s so close. You’ve got the sandy beach, the water and there’s all this stuff my son can play on that the (Florida beaches) don’t have.”

DFMWR staff and Families weren’t the only ones having fun at Lake Fest. Some food vendors who have been working the festival since its inception said they look forward to it every year.

“We appreciate everything they do out here,” said Troy Wilson, lemonade and fried alligator vendor from Abbeville, “I’ve been com-

ing to this event since it started. I just enjoy the military, they are good people and we want to provide them a service because they do so much for us.”

Wilson said that alligator is something most might not expect to find at Lake Fest, which is why he serves it every year.

“I try to bring something different so people have a new experience,” he said. “It definitely doesn’t taste like chicken. When you eat it, you know you’re eating alligator.”

Wilson and his staff also prepared home-style lemonade, using real whole lemons for the festivities.



Ayden Bertoglio, 2, military child, slides down one of the park slides at Lake Tholocco.

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.

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.

ISLAMIC PRAYERS AND PROGRAMS

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

COLLECTIVE PROTESTANT WORSHIP SERVICES

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

JEWISH SERVICES

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

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COURTESY PHOTO

FRCSC scholarships

Pictured are winners of scholarships from the Fort Rucker Community Spouses Club Scholarship Program that awarded \$30,500 in scholarships at it's awards ceremony May 12 at the Fort Rucker Aviation Museum. Guest speaker for the evening was Yve Esteves-Hurst. Also represented for their contributions: Irene Sherman, Fort Rucker Thrift Shop; Bobby Moore, Society of American Engineers; Jeff Luther, First Command Educational Foundation; Cindy Riley-Raytheon; and the offices of Sikorsky and Edward Jones.

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Gauntlet PT strengthens Soldier fitness, endurance at Fort Hood
Story on Page D3

SPORTS

VOL. 61 ■ NO. 22

ARMYFLIER★COM

JUNE 2, 2011

SPORTS SHORTS

NASCAR TICKETS OFFERED AT LEISURE TRAVEL

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

INT WAKEBOARDING

Outdoor Recreation staff hosts the annual INT Wakeboarding Competition June 11-12 at West Beach, Lake Tholocco. The competition begins at 8 a.m. It is free to enter and open to the public. For more information, call 255-4305.

MEN'S SPORTS, FITNESS AND WELLNESS EXPO

The Landing staff hosts the Men's Sports, Fitness and Wellness Expo June 15 from 10 a.m. to 2 p.m. The event features free advice and information on all aspects of men's health from chiropractors, personal trainers and massage therapists. There will also be blood pressure screenings and body mass index scales. Admission is free and it is open to the public. For more information, call 598-5311.

SGT. AUDIE MURPHY TRIATHLON

The annual Sgt. Audie Murphy Triathlon is June 18 at Lake Tholocco's West Beach. at 7 a.m. Cost for individuals is \$40 pre-registered by June 11, \$50 after/up to race day. Relay teams with a maximum of three people, \$70 by June 11, \$80 after/up to race day. The triathlon consists of 1/4 mile swim, 10.6 miles bike ride, and 3.1 miles run. Cash awards will be given to top overall finishers and the top relay team. For more information, call 255-0308, 255-3794 or visit www.ftrucker.mwr.com.

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 un-

SEE SHORTS, PAGE D4

Stay cool while working out in high temperatures

BY RUSSELL SELLERS
Army Flier Staff Writer

Just because the weather is hotter doesn't mean working out has to stop, according to Lyster Army Health Clinic officials and Fortenberry-Colton Physical Fitness Facility staff.

Those who enjoy running or other outdoor activities need to take some basic precautions while enjoying the sunny days of summer to avoid things like heat exhaustion and dehydration, which can lead to heat-stroke, said Maj. Laura Ricardo, Lyster Preventative Medicine chief.

"It's not just about continuously drinking fluids like the sports drinks, it's about eating properly, too," she said. "A lot of people are attracted to the sports drinks because they have electrolytes in them, but people should be eating small, continuous meals. The cells are ready to absorb the (fluids) and it keeps them hydrated."

Ricardo continued by saying that power drinks and power bars are not good substitutes for more natural foods and fluids like fruits and water.

"More and more studies are finding that those drinks and power bars are not going to help hydrate you," she said. "The drinks typically have a lot of caffeine in them and that's a natural diuretic, so it's actually pushing more water out."

Ricardo recommended items like fresh fruits or even trail mixes with dried fruit and peanuts for natural sugars and salts.

Using sunscreen is also essential if planning to workout outdoors, she added. Those planning to workout outside should use a sunscreen with at least a 30 sun protection factor rating.

Lynn Avila, Fortenberry-Colton fitness specialist, said it's also important to drink lots of fluids, regardless of the type of workout involved.

"Now that the hotter weather is here, more people are taking up swimming as a form of exercise," she said. "Just because you're in the water, doesn't mean you can't get dehydrated."



PHOTO BY EMILY BRAINARD

Maia Paris runs near Beaver Lake in preparation for last year's Gate-to-Gate race, which incorporated inclines throughout the course.

Dressing properly, rather than fashionably, is another way to stay safe while in a warm, humid climate, she added.

"You should stay away from black pants or black shirts, because it absorbs light and heat," she said. "People should also watch the amount

of time they spend out in the heat."

Avila suggested those who choose to be outside should only work out for 30 minutes to an hour. Those people should also make sure to keep water close to them.

She added that there's

no reason to change up the types of workouts being done, but making sure to limit the amount of time doing more intense workouts is a good idea.

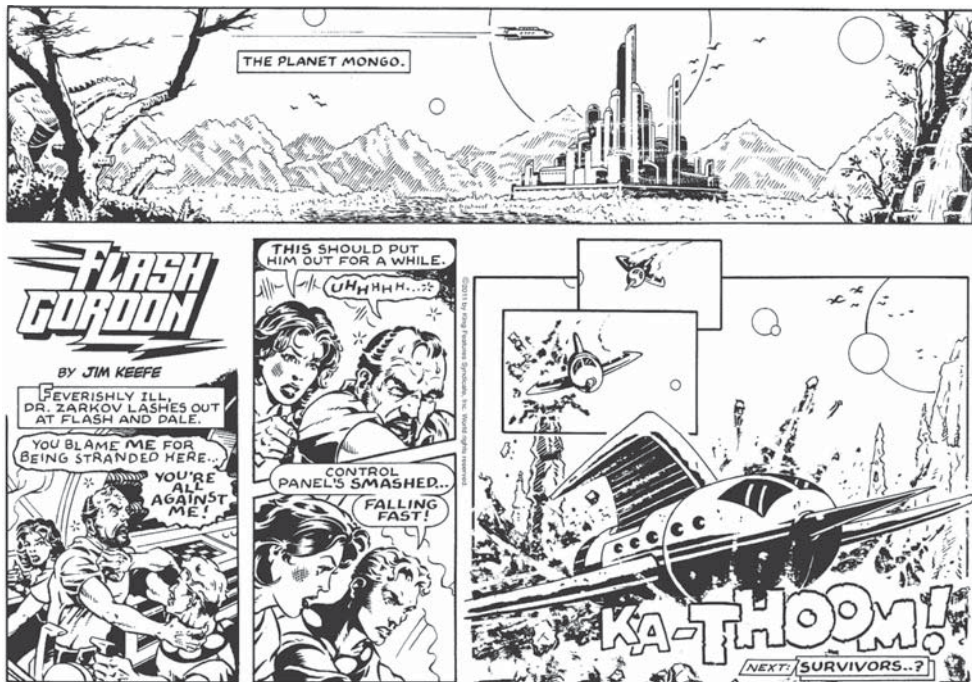
Avila also said people should use the buddy system when working out outside.

"Always let somebody know where you're going," she said. "It's a good idea to workout in pairs to avoid potential problems. People should also watch for more wildlife being active during the summer months, especially around the lakes and running trails."

Intramural softball
Current Fort Rucker team standings as of May 31

- | | |
|-----------------------------|-------------------------------|
| 1. Deltas — 3-0 | 12. AFS Hanchey Field — 2-2 |
| 2. Killy Chinchillas — 3-0 | 13. The Buccaneers — 2-2 |
| 3. Guns And Hoses — 3-0 | 14. Showstoppers — 1-2 |
| 4. 1st./11th — 3-1 | 15. AFS Team Cairns — 1-2 |
| 5. Spartans — 3-1 | 16. 597 Maintenance Co. — 1-2 |
| 6. WOCC — 3-1 | 17. Thunderdome — 1-2 |
| 7. Lowe Field — 2-1 | 18. Old Skool — 1-3 |
| 8. Warhawks — 2-1 | 19. AFS Team Knox — 1-3 |
| 9. Balls Out — 2-1 | 20. SEAL Team 6 — 0-3 |
| 10. Sasquatch Hunters — 2-2 | 21. AVC 3 11-02 — 0-3 |
| 11. Bco. 1st/145th — 2-2 | 22. Scrubs — 0-4 |

Down Time



Trivia test

by Fifi Rodriguez

TRIVIA

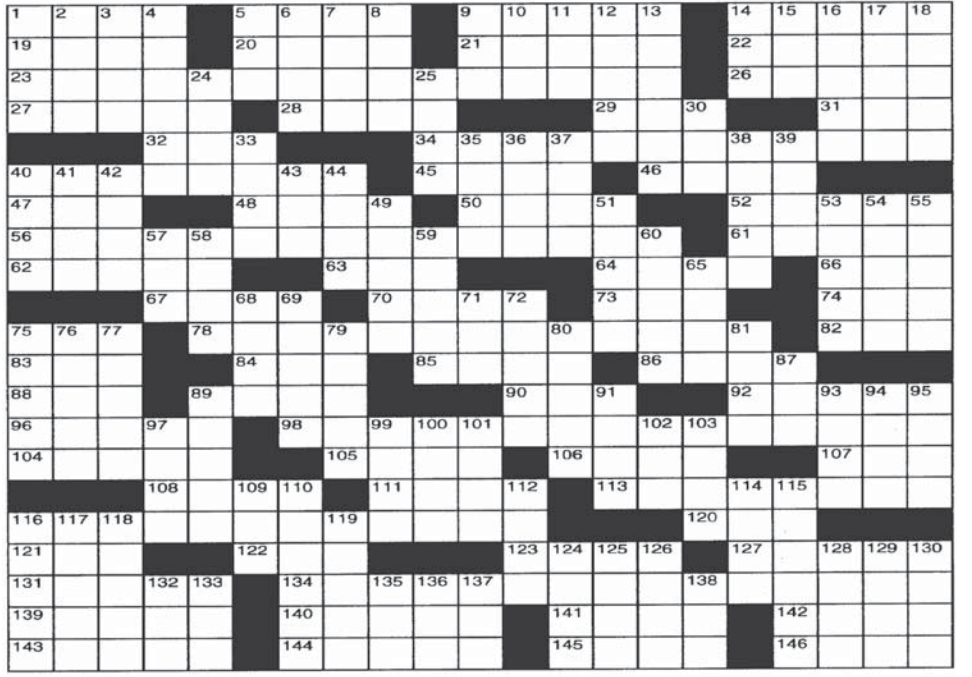
1. LANGUAGE: What is the indentation at the bottom of a wine bottle called?
2. HISTORY: In what city's harbor was the U.S.S. Maine sunk, one of the precipitating events of the Spanish-American War?
3. MOVIES: Actor James Dean was a leading man in how many movies before he died in a traffic accident?
4. ANIMAL KINGDOM: Chinchillas are native to what continent?
5. TELEVISION: What was name of the lead character on the "The Flying Nun" television series?
6. FAMOUS QUOTATIONS: Who once said, "Formula for success: rise early, work hard, strike oil"?
7. INVENTION: What invention made Cyrus McCormick famous?
8. GENERAL KNOWLEDGE: The famous Native American Crazy Horse was a chief of what tribe?
9. CRIME: By what nickname is Albert DeSalvo better known?
10. GEOGRAPHY: What modern city is built on the site of the Aztec capital of Tenochtitlan?

See Page D3 for this week's answers.

Super Crossword

CLEARLY STATED

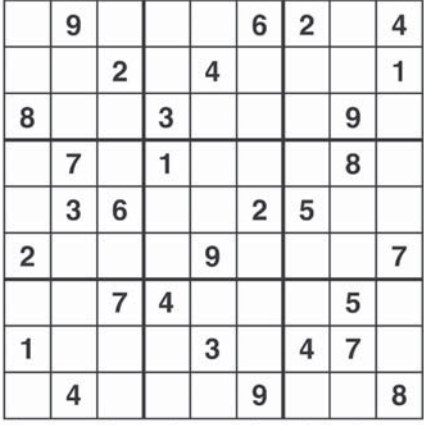
- ACROSS**
- 1 Brent
 - 5 Greenhouse items
 - 9 Novelist
 - 14 Future officer
 - 19 Mideastern gulf
 - 20 "Typee" sequel
 - 21 Reveal
 - 22 Put up with
 - 23 ARIZONA
 - 26 "The Boys From Brazil"
 - 27 Zola or Durkheim
 - 28 Elvis, for instance
 - 29 "Holy cow!"
 - 31 Lennon's lady
 - 32 SASE, e.g.
 - 34 WASHINGTON
 - 40 He engages in brute force
 - 45 "Porgi —" (Mozart aria)
 - 46 Tallow source
 - 47 Demolish
 - 48 Dessert
 - 49 Composer
 - 50 "Night" (80 film)
 - 52 "In Search of ..." host
 - 56 OKLAHOMA
 - 61 Hold forth
 - 62 Tijuana title
 - 63 Lodge brother
 - 64 Podiatric problem
 - 66 Actress
 - 67 Hagen
 - 68 Cabbage cousin
 - 70 Shoe part
 - 73 Master
 - 74 Strauss' —
 - 75 Clump
 - 78 VIRGINIA
 - 82 West
 - 83 Pindaric poem
 - 84 Hog
 - 85 "My word!"
 - 86 Sounds like a Shorthorn
 - 88 "Mazel —!"
 - 89 Sense
 - 90 Speck
 - 92 Carve a
 - 96 The Little Mermaid
 - 98 INDIANA
 - 104 Nobel
 - 105 "Aida" river
 - 106 Ahmedabad attire
 - 107 '64 Murray Schisgal
 - 108 Draft status
 - 111 Arbitrary order
 - 113 Sluggish
 - 116 IDAHO
 - 120 Phillips of "UHF"
 - 121 Chicken — king
 - 122 Dollop
 - 123 Melodious
 - 127 "Archie" character
 - 131 Fit for a king
 - 134 FLORIDA
 - 139 "My Friend Flicka"
 - 140 Spine-tingling
 - 141 — Hari
 - 142 Hastened
 - 143 Uncovered
 - 144 English county
 - 145 Certain
 - 146 Draft device
 - 9 TV Tarzan
 - 10 Part of USAR
 - 11 Klugman co-star
 - 12 Michael Crichton work
 - 13 Patrons
 - 14 Hubbard or Tjader
 - 15 Vigoda of "Fish"
 - 16 St. Andrews cld
 - 17 Minnesota city
 - 18 Tauber or Thill
 - 24 Time to give up
 - 25 Soprano
 - 30 Aussie
 - 33 Hammer feature
 - 35 Word on a fuse
 - 36 Actress
 - 37 River
 - 38 Vacuum-tube gas
 - 39 "Crazy" (80 film)
 - 40 Networks
 - 41 Uncommon
 - 42 School founded in 1440
 - 43 Significant years
 - 44 "Monsieur Verdoux"
 - actress
 - 49 2,056, to Tiberius
 - 51 Jungle bird
 - 53 "All in the Family" spin-off
 - 54 Playful fisherman
 - 55 Long for
 - 57 NASA
 - 58 "Confound it!"
 - 59 Order of the czar
 - 60 Resident
 - 65 Try again
 - 68 — majesty
 - 69 Record
 - 71 EPA
 - 72 Bandleader
 - 75 Valhalla VIP
 - 76 Venerate
 - 77 Pestle
 - 79 Windbreaker material
 - 80 Effluvia
 - 81 Kind of pitcher
 - 87 — Lanka
 - 89 "Captain Blood" star
 - 91 Senator
 - 93 Cochran
 - 94 Christiania, Benek
 - 95 Gloomy
 - 96 Cove
 - 97 Wells
 - 98 creatures
 - 99 Ride
 - 100 Literary pseudonym
 - 101 Exploit
 - 102 Onassis' nickname
 - 103 Annoy
 - 109 Souffle ingredient
 - 110 Climax
 - 112 Amos or Spelling
 - 114 Snowballs, sometimes
 - 115 Like some smiles
 - 116 Nobleman
 - 117 Hilo hello
 - 118 Palindromic
 - 119 Some woodwinds
 - 124 Jane Austen novel
 - 125 Gentle Ben, for one
 - 126 Actress
 - 128 Rock's — Players
 - 129 Pursue
 - 130 Mahler's "Das Lied von der —"
 - 132 Exist
 - 133 Fictional collie
 - 135 Hosp. areas
 - 136 Casino cube
 - 137 Saxophonist
 - 138 Fairy queen



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

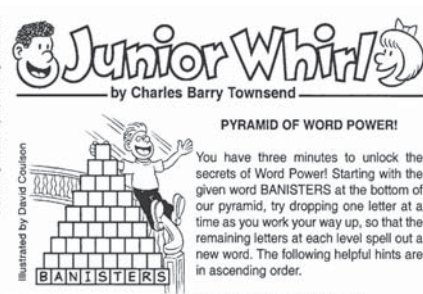
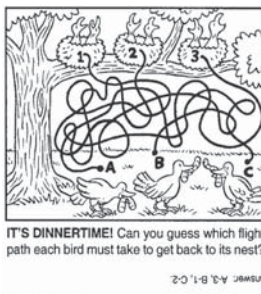
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

Kid's Corner



A VERY TRICKY PROBLEM! The reader is invited to take the 12 digits shown below and form them into six numbers that, when added together, will total 20.

111,555,555,777

IT'S TEATIME! Can you find the four five-letter words in the Word Square on the right that match the definitions below? All words used must read the same both across and down.

1. A very old game. 2. An intuitive feeling.

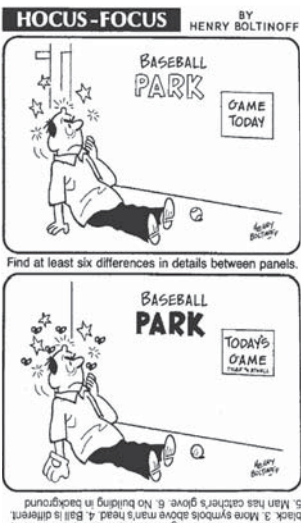
3. A diplomatic messenger. 4. A tasty treat (given).

5. More bashful.

1. Found on staircases (given).
2. Your first bed.
3. A series of no-shows.
4. The most reasonable.
5. Important part of poker games.
6. Afternoon socials.
7. Home for most of the world's animals.
8. Used after "same" or "such."
9. Abbreviation of "ampere."



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



Gauntlet PT strengthens Soldier fitness, endurance at Fort Hood

BY DANIEL CERNERO
III Corps and Fort Hood Public Affairs

FORT HOOD, Texas — To break up the monotony of the standard physical training, Staff Sgt. Johnathan Vines and his Soldiers from the personal security detachment for Headquarters and Headquarters Troop, 4th Squadron, 9th Cavalry Regiment, 2nd Advise and Assist Brigade, 1st Cavalry Division, do things a bit different for one day out of the week.

Soldiers in the platoon nicknamed “Addonexus” put themselves through the “Gauntlet,” an intense circuit training with a variety of exercises designed to work out the entire body.

“For my Soldiers, it’s a different workout — different muscle groups than regular push-ups and sit-ups,” Vines said. “For the most part, it’s something that is different for the guys. After a while, you kind of get bored just doing push-ups and sit-ups.”

Victoria Wolford, III Corps and Fort Hood Health Promotion Office operational fitness coordinator, runs Operational Fitness Training courses for noncommissioned officers, and she said that this Gauntlet PT perfectly exemplifies what they are teaching in the course.

“This type of physical training should be somewhere in the training calendar (for all units),” Wolford said, adding that it shouldn’t be done every day and that release runs are still needed in the schedule.

“This is doable for the rest of the Army, because it is applicable to any unit. Units like Vines’ are developing standards (that can help other units),” Wolford added.

She said it helps build strong Soldiers, emphasizing the different aspects of a Soldier being “strong” — both physically and mentally.

Vines, who had previously participated in the 40-hour long course, said he was able to pick up a lot of techniques to bring back to his platoon.

An example of one technique he learned was how to properly do a log-lift exercise.



PHOTOS BY DANIEL CERNERO

Sgt. Juan Magana works through a stop on the Gauntlet PT circuit May 19 on Darkhorse Field, at Fort Hood, Texas.

“It’s easy for someone to bend over, pick it up and flip it,” Vines said. “It’s a lot harder to actually do it with technique. But once you get the technique down, then it is completely, 100 percent easier to do.”

“I have a lot of guys (who) are back strong that can bend over, pick it up and flip it. But after about two times, you can notice that they’re starting to lean over a little bit because their back is starting to hurt,” he said of his Soldiers who attempt the exercise without the proper technique.

When Vines’ Soldiers were performing the Gauntlet PT they did the workout in the full Army Combat Uniform. However, for this platoon, getting to that point was a gradual process that took about five weeks.

“The first time we did it in (the Army physical training uniform) just so everyone could get a feel for it,” Vines said. “Then we escalated up to boots and (the physical training uniform), then to ACUs and soft shoes, and then ACUs and boots.”

“This week was supposed to be our week to be in outer tactical vests, but we’re deploying, so

everything that we have is packed.”

The exercises ranged from pulling a truck, to swinging a hammer on a tire, to more than 10 other stations along the circuit.

Vines said he first learned of this physical training about two years ago when he was at Fort Knox, Ky. Since then, he’s been able to add little things here and there that he’s picked up from the fight house.

“The dummy that you’d have at a fight house, we transferred that from a dummy to a sandbag/duffle bag,” Vines said. “We added a little bit more weight, so it’s a little more awkward to carry and a little more awkward to pick up than wrapping your arms around a dummy.”

By doing this, Vines said, it makes you focus on different muscle groups.

At the end of the Gauntlet circuit, Soldiers then paired up to do “escape from the mount” — a combatives exercise.

“(At the end of physical training,) that’s when it’s important to do combatives,” Wolford said. “Nine out of 10 times, when the enemy comes at you, you’re not always fresh



Spc. Brennan Adcock (top) and Spc. Micah Haynes engage in “escape from the mount,” a timed combatives exercise performed toward the end of the Gauntlet PT.

and ready to fight. Also, if you’re already exhausted, you’re going to rely on technique more, which will make you more efficient.”

Vines added that doing the combatives portion at the end is very important for endurance.

“Because if the guys can do (the Gauntlet) for

an hour and half, and turn around and (fight) for 30 seconds to three minutes,” Vines said, “then they can pretty much endure anything.”

PUZZLE ANSWERS

Super Crossword

Answers

D	A	T	A	P	O	T	S	E	R	I	C	A	C	A	D	E	T				
A	D	E	N	O	M	O	O	L	E	T	O	N	A	B	I	D	E				
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N	A	K	E	D		E	S	S	E	X		A	R	A	B		Y	O	K	E	

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Punt
- Havana
- Three
- South America
- Sister Bertrille
- J. Paul Getty
- The mechanical harvest reaper
- Lakota
- The Boston Strangler
- Mexico City

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SPORTS SHORTS

Continued from Page D1

limited bowling with lights, music and glow-in-the-dark balls and shoes. For more information, call 255-9503.

ARCHERY SHOOTS

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

BATTING CAGES HOURS

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

RIDING STABLES RULES

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

SKIES ACTIVITIES

Dance: The School of Knowledge, Inspiration, Exploration and Skills Unlimited program offers children dance classes in ballet, hip hop, technique and stretch. Times and prices vary. For more information, call 255-1867.

Gymnastics: SKIES offers gymnastics lessons for boys and girls ages 18 months to 16 years old. Class times and prices vary. For more information, call 255-1867.

Tennis: SKIES offers tennis lessons for children, ages 8-16, Wednesdays from 3:30 to 5:30 p.m. For more information, call 255-1867.

SKATE NIGHT

Skating is offered Fridays at the Child, Youth and School Services building. Hours are 6:15-7:15 p.m. for children ages 10 and under and from 7:30-10:30 p.m. for children of all ages. Cost is \$2 for the first session and \$5 for the second session. For more information, call 255-9108.

PAINTBALL

Dothan Survival Games Paintball at Fort Rucker Outdoor Recreation is open. Paintball prices are \$25 per person or \$20 per person with groups of 10 or more people. Prices include all-day field usage, equipment, unlimited carbon dioxide and 100 paintballs. Fields are open Saturdays from 10 a.m. to 5 p.m., Sundays from 1-5 p.m., and during the week by reservation. Call 793-8202 for more details about this open-to-the-public facility.

FORT RUCKER RUN/WALK MILEAGE CLUB

Run or walk and record your mileage at the front desk at either physical fitness facility. Participants' monthly mileage totals are posted and they can earn mileage patches along the way.

Video Game Spotlight >>

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



Kinect breathes life into Po's digital exploits

BY JIM VAN SLYKE
Contributing Writer

What do we always say about video games based on movies? That's right, they stink.

For some reason the fun in the movie doesn't translate from big screen to TV. Things are a bit better in Kung Fu Panda 2, but only because the game gets active.

Gamers with Kinect for the Xbox 360 will be able to actually punch and kick their way to victory. The Wii, DS and PS3 versions also have different, although less active, play options.

Kung Fu Panda 2 begins where the movies leave off. Po and the Furious Five have to save Kung Fu from a new evil threat.

There are martial art-wielding wolves, powerful gorillas and even komodo dragons. The humor and eye-popping graphics from the movie are present in the game, but it's a good thing that Xbox 360 gamers get to use Kinect. Without it, the game would be a run-of-the-mill button masher.

By using Kinect, gamers can al-



COURTESY SCREENSHOT

most become Po as they block, dodge, duck, punch and kick, no controller required. Onscreen, Po follows their every move as the game takes them into new terrain and environments.

The game should be great for the

younger set, especially if you want to get them off the couch. But it's on the short side and fairly simplistic, so veteran gamers should likely stay away. It's just not deep enough to keep them interested for long.

Reviewed on the Xbox 360



Publisher
THQ
Rated
Everyone
Systems
Xbox360, PS3, Wii, DS
Cost
\$30-60
Overall
2.5 out of 4

Forced co-op weakens Hunted gameplay

BY JIM VAN SLYKE
Contributing Writer

Hunted: The Demon's Forge is an impressive co-op game that didn't need to be co-op.

While the game was built from the ground up to be a cooperative experience, the co-op portions of the game actually feel forced and many times unnecessary. The game, strangely enough, might have been better off with just one character in the mix.

The game is set in a fantasy world. Gamers can be either E'lara, a ranged weapon expert, or Cad-doc, a master swordsman.

There are a variety of spells, weapons and tactics at the gamer's disposal as the fearsome duo makes their way through dungeons, ruins and towns that have seen better days.

There are also puzzles that the two characters must solve together, although these tend to be mostly unsatisfying.

The towns have seen better days because most of the villagers have disappeared. E'lara and Cad-doc were hired to find out what happened to them and to fight off the monsters that suddenly seem to be around every corner.

Mostly a fun dungeon crawler, Hunted: The Demon's Forge works best when the two characters aren't forced to work together.

Though they have some decent combo moves, the combat is better when each is doing their own



COURTESY PHOTO



Publisher
Bethesda Softworks
Rated
Mature
Systems
Xbox360, PS3, PC
Cost
\$50-60
Overall
2.5 out of 4

thing. There is a cool feature that allows gamers to create their own dungeons for others to explore, and that feature gives the game a lot of replay value.

Fans of dungeon crawlers will no doubt enjoy this game, even if they have to play with somebody else.

Reviewed on the Xbox 360

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