

HEALTH & FITNESS

Men’s Health Expo offers free advice
Story on Page C1



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SOFTBALL

Lowe Field bats overcome Spartans
Story on Page D1



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VOL. 61 ■ NO. 23

FORT RUCKER ★ ALABAMA

JUNE 9, 2011

NEWSLINES

NEW CHIEF

President Barack Obama nominates Gen. Raymond T. Odierno as new Army chief of staff.
See Page A4

SILENT KILLER

Hypertension kills more Soldiers than combat.
See Page C4

CONCERT

The summer band concerts begin Friday with an evening of Music Under the Alabama Stars at 6:30 p.m. on Fort Rucker’s Howze Field. The 98th Army “Silver Wings” Band will perform about 20 minutes of patriotic music followed by a traditional Streamer Ceremony, featuring re-enactors from the Wiregrass area. The evening will conclude with a rock concert and should last about an hour and a half.

BURN BAN

Because extremely dry conditions have created an atmosphere where the probability of catastrophic wildfire activity is high, Alabama Gov. Robert Bentley signed an Emergency Drought Condition Declaration Tuesday prohibiting outdoor burning in all 67 counties in Alabama.
“The lack of rain and unseasonably high temperatures have left much of the state extremely dry, creating high risk potential for devastating wildfires,” Bentley said. “As Alabamians are recovering from the tornadoes that moved through the state in April, it is important that debris not be burned. We must take every precaution necessary to avoid the start of a wildfire.”
Pursuant to the emergency rule, it is illegal for a person to set fire to any forest, grass, woods, wildlands or marshes, to build a campfire or bonfire, or to burn trash or other material that may cause a forest, grass, or woods fire. The fine for violating the No Burn Order is up to a \$500 fine and up to six months in jail.

CHANGE OF COMMAND

The 1st Battalion, 145th Aviation Regiment hosts a change of command ceremony June 17 from 8:30-10 a.m. at Fort Rucker’s Howze Field.

What’s Inside

- Perspective2A
- Armywide 1-4B
- Community 1-8C
- On-Post2C
- Wiregrass6C
- Sports 1-4D

Weather 3-DAY OUTLOOK

THURSDAY
High **97**
Low **70**
Isolated t-storms

FRIDAY
High **98**
Low **72**
Isolated t-storms

SATURDAY
High **94**
Low **72**
Partly cloudy



PHOTO BY LEAH COLLICH

Spouses earn wings

Sgt.1st Class Phil Scibelli watches on as a group of Aviation spouses complete a team-building obstacle at the Leaders Reaction Course in an unconventional way at Fort Rucker’s first Aviation Spouse Day. **See Page A3 for the full story and more photos.**

USAARL welcomes new commander



PHOTO BY RUSSELL SELLERS

Col. Dana K. Renta, USAARL commander, addressed those in attendance at a change of command ceremony at the U.S. Army Aviation Museum June 1.

BY RUSSELL SELLERS
Army Flier Staff Writer

The Soldiers and civilians of the U.S. Army Aeromedical Research Laboratory greeted a new commanding officer June 1 at the U.S. Army Aviation Museum.
Col. Dana K. Renta assumed command from Col. Joseph F. McKeon, who will remain at Fort Rucker as the Aeromedical Activity director.
Maj. Gen. James Gilman, U.S. Army Medical Research and Material Command commanding general, said Fort Rucker and USAARL had nothing to worry about as Renta took command.
“(She) is known all around Fort Rucker,” he said. “She’s

known as a great physician here and has been part of Fort Rucker since 2007. She’s a proven clinical and administrative leader and (I) have great confidence in her ability to lead USAARL.”
Renta said she is up to the challenge of leading and was happy to see the turnout of both her former and current units at the ceremony.
“It’s so wonderful to celebrate this event among such a grand display of Aviation innovation and ingenuity,” she said. “I’m so humbled and honored to be given the opportunity to lead this great organization forward.”
McKeon “provided superb

SEE USAARL, PAGE A6

Sky Chief veterans return to Aviation roots

BY NANCY RASMUSSEN
Fort Rucker Public Affairs

A group of Vietnam-era pilots and crewmembers returned to Mother Rucker Friday to reminisce about the old days and learn how far Aviation training has come since they attended flight school here as young men more than 40 years ago.
Veterans of the 195th Assault Helicopter Company also came back because they wanted a photo with the Sky Chief Street sign—the street named in honor of the unit’s call sign, according to 195th veteran Larry Little.
Following flight school, the young Aviators left for Fort Carson, Colo., where they were

assigned to the 195th AHC, Little said.
According to unit archives, during what some refer to as the first helicopter war, Soldiers of the 195th AHC served in various support roles for the Military Assistance Command Vietnam and its Special Operations Group from Nov. 2, 1967, through Dec. 14, 1970.
“From its first mission on Dec. 1, 1967, to June 30, 1970, the unit’s primary missions were the special operations of MACV-SOG. These missions were ‘over the fence’ operations into the Parrot’s Beak and Fish Hook areas of Cambodia,” said 195th veteran Larry Little. “Due to these constant ‘over the fence’ missions,

the 195th had the distinction of flying UH-1 Hueys that were officially authorized to be painted in a camouflage paint scheme. Also, during September 1968, the 195th flew for Special Project Delta.”
Records show that the 195th suffered 11 men killed in action on SOG missions.
“One of the most famous, or infamous, missions in which the 195th participated was the ill-fated late April 1969 raid on North Vietnamese Army headquarters in Cambodia. This is the mission on which the recon legend Jerry ‘Mad Dog’ Shriver was KIA,” recalled 195th veteran Hubert Fayard.



PHOTO BY NANCY RASMUSSEN

Chip Mull, veteran Huey pilot of the 195th Assault Helicopter Company, tries his hand with the AT4 anti-tank weapon during a tour and demonstration at the Engagement Skills Trainer 2000 Friday.

SEE ROOTS, PAGE A6

ARMYFLIER

COMMAND

Maj. Gen. Anthony G. Crutchfield
FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

Jay Mann
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Vacant
EDITOR.....255-1239
jhughes@armyflieger.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR...255-2028
jhenderson@armyflieger.com

Russell Sellers
STAFF WRITER.....255-2690
rsellers@armyflieger.com

Leah Collich
INTERN.....255-1240

BUSINESS OFFICE

Danny Lewis
PROJECT MANAGER.....393-9701
dlewis@episenow.com

Brenda Crosby
SALES MANAGER.....347-9533
bjcrosby@dothaneagle.com

DISPLAY ADVERTISING.....393-9713
mruttlen@episenow.com

CLASSIFIED ADS.....(800) 779-2557

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Perspective

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

ACAP offers tips on marketing your most important product – yourself

BY BRYAN THARPE
Fort Rucker Army Career and Alumni Program

Have you bought a new car lately? If so, you may have fond memories of being bombarded by salespeople wanting to help you select a vehicle.

There's even a good possibility that you just went to look, but still ended up driving a new vehicle home.

What changed your mind? Chances are good that a well-trained salesperson was a key factor in your change of heart.

There's a message here for you if you're in the job market: it's very important for you to be a well-equipped salesperson in marketing yourself for a job.

The better you're trained as a salesperson for yourself, the more effective you'll be in marketing yourself to employers — even those who might be just browsing.

If you think about it, you'll probably agree that you're the most important product you will ever market. Therefore, it's critical that you devise a good marketing strategy that will help guarantee success.

The following tips should help you devise this strategy.

Know your strengths and weaknesses.

Learn what your strong points are and be ready to expound on them. Ask several co-workers to tell you which of your traits stood out the first few times they had contact with you.

Make notes. Write down the good as well as the bad things — they are equally important in the world of marketing. If your co-workers' perceptions are similar

to your perception of yourself, then you probably know yourself pretty well.

If some negative areas were highlighted, you'll want to improve those areas before you put your product on the market. After all, no one wants to buy a faulty product.

The marketing strategy you employ should include finding ways to turn your weaknesses into strengths, and then enthusiastically marketing all of your strengths.

Know your skills.

Every job requires a core set of skills. Trying to start a career in a new field when you have few of the required skills can be frustrating at best.

Before focusing in on a particular job, research to find out what skills are required for the job: talk to people in that line of work, research the company, review definitions of similar jobs, and read job announcements.

Once you've determined the skills required for the job, do some self-evaluation. Do you at least possess most of the critical skills for the job?

If so, you will probably be able to effectively market yourself for a career in that field. If not, perhaps you can gain some of the critical skills through formal training or by working for a time in an entry-level position.

Note: Computer skills are especially important in the private sector. If you're weak in this area, you might want to take advantage of the self-paced computer education programs offered at Fort Rucker by calling 255-2925.

Develop and maintain a positive attitude.

Having a positive attitude, especially when those interviews are not happening at the rate you'd like, is critical to your marketing campaign. It's easy to want to give up and tell yourself that there's no use trying anymore when all you're getting is negative feedback, or even worse, no feedback.

Realizing the job search may well take several months and that it's perfectly normal to not be selected for some jobs will help you maintain that positive attitude. Convince yourself that getting overly discouraged and giving up is not an option when you're looking for a job.

Expect setbacks, but keep searching and work especially hard to keep a positive attitude. It'll eventually pay off.

Become more flexible.

Being flexible about where you're willing to live and work, as well as the work itself, will normally decrease the time it takes to get a job. If you're not tied down to a particular location or locked into one particular job, more options will be available for you to consider. After all, there are many more jobs nationwide than in a particular area.

Furthermore, the pay for similar jobs is different in various areas of the country, so being flexible can increase your chances of getting the salary you're shooting for.

Of course, there are situations that will lock some people into a particular area. If this is the case for you, just be aware that finding the job you want at the salary you want will be more of a challenge. But, even in this situation, flexibility will help you achieve your goals.

Develop a personal marketing strategy and implement it.

Every new product requires a different marketing strategy that is based on the attributes of that product. Marketing yourself is no different. Do your homework. Know the market place — what's available and what's needed. Don't try to flood the market with another copy of the same product.

Find your niche and slant your strategy toward it. After all, you're different from anyone else on the market. Try not to be too modest when you're marketing yourself, but don't over exaggerate either — sooner or later you'll have to demonstrate the qualities and skills you marketed.

After you've developed your marketing strategy, develop an implementation plan and schedule. Start early and set aside enough time every day to make the needed calls, network, do the research, write the letters and resumes, follow up on job leads and write the lessons learned.

As with any other new task, you'll soon find that the more you do it, the more effective you become at the task.

The job search process can be exasperating, but it can also be rewarding. The possibilities are limitless.

It takes putting forth the honest effort needed to get the results you want to achieve. A big part of that effort is marketing yourself most effectively.

Your ACAP Center staff offers workshops and one-on-one counseling on various subjects related to job search, to include guidance on how to best market yourself.

For more information on how ACAP can help you, call 255-2558.

Video game aims to reduce off-duty fatalities

BY CHARLES BETONEY
*U.S. Army Training and Doctrine Command
Fort Monroe, Va.*

(Editor's note: This article is reprinted from the June edition of "Knowledge," the Army's safety magazine.)

"How can the Army prevent off-duty accidents?"

Commanders, supervisors and other leaders in positions of authority have been asking that very question without much success over the past several years.

The Army has made some pretty good progress in reducing on-duty accidents and fatalities, but as those incidents decrease, we're losing a far greater percentage of our Soldiers to

accidents suffered during non-duty time.

As a way of expanding the conversation on off-duty accidents and offering reasonable solutions to some of the challenges faced by our Soldiers, the U.S. Army Training and Doctrine Command has produced a video game in the form of an interactive video virtual experience entitled "Off Duty, On Guard."

This innovative tool allows viewers to play the parts of various characters, make decisions and see the consequences of their choices.

The vignettes are entertaining and based on actual accident experiences. The storylines and characters are believable and easy to identify with and, while not being "preachy," convey a

message of what right looks like when prudent, reasonable choices are made.

The video is split into two stories: "Full Throttle," and "On the Waterfront."

"Full Throttle" features three main characters (Mags, Vans and Twitchy) with three different storylines, all dealing with vehicle safety issues. Mags' story deals primarily with privately owned vehicle safety; Vans' segment covers all-terrain vehicles and off-road safety; and Twitchy's video covers motorcycle safety.



"On the Waterfront" is a story about six Soldiers spending a Saturday on the lake. Obviously, the tale is about boating and water safety. There are also three main characters (Frickman, Diaz and Grimes) that play

major roles in this vignette. Unlike "Full Throttle," there is only one storyline and choosing the different characters allows the viewer to see how each character's actions (or inactions) affect outcomes.

This video is extremely user-friendly and can be presented in a variety of ways (individual, small groups, classroom).


It's available now for your summer off-duty safety campaigns at <http://www.tradoc.army.mil/offdutyonguard/>.

Remember, this tool is not a magic solution to solve all our off-duty safety challenges. It is only the beginning of many potentially productive conversations — how productive they are depends on how effectively you and other leaders use the tool.




Rotor Wash

“Flag Day is Tuesday. What does the U.S. flag symbolize to you?”




Sp. Nicholas D'Andria,
1st Bn., 11th Avn. Regt.

"It's a symbol around the world of the freedom and independence we have as Americans."




Adele Kynard,
Medical Support Assistant, USAAMA

"Being an American and living in the land of the free."




Pvt. Reggie Holman,
1st Bn., 13th Avn. Regt.

"The red stands for bloodshed; white, for the will to fight; and blue, that we'll always stand true."



WO1 Roy Miller,
1st Bn., 145th Avn. Regt.

"Patriotism and service to our country. It brings together everything we do as Soldiers to serve our country."



WO1 Brent Freese,
1st Bn., 145th Avn. Regt.

"All the liberties, freedoms, and blessings that we have in this country."

Army Training

‘Honey, I already got my wings, what’s taking you so long?’

BY LEAH COLLICH
Fort Rucker Public Affairs

Most Aviation spouses have limited knowledge of what it is their Aviators do every day.

Many do their best to connect with their Soldier’s job by trying to understand all the acronyms and the differences between the various helicopters, and try to follow along as Soldiers explain aerodynamics, and the parts and pieces of their aircraft.

Some may even memorize a few emergency procedures while helping students study “five and nine’s,” but the majority don’t know what a day in the life of a Soldier at Fort Rucker looks like at all.

Friday, 25 wives and one husband of Soldiers at Fort Rucker were given the opportunity to dress and act the part of an Army Aviator by learning water survival skills, completing team-building obstacles, receiving survival training, firing M-16s at a simulated rifle range and learning to fly helicopters in the simulators.

At the end of the day, all 26 spouses were pinned with Aviation wings by Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, while their proud Soldiers looked on.

As an Army spouse herself, Deborah Cisneros, Family Readiness Support Assistant and director of Aviation Spouse Day, said the event had been a dream of hers for many years.

“A lot of times we think we know what it is that our Soldiers do, but until we’ve actually tried a little piece of it, we don’t understand how much they really have to go through to be a Soldier, but even more here at Fort Rucker, to be an Aviator.

“When we were at our previous duty stations, they always had Spur Day for cavalry spouses and Combat Spouses Day for infantry spouses, but you never heard about anything for Aviation spouses, and I always thought, ‘How come we don’t have a day?’”

Nine months ago, in a meeting with Crutchfield, Cisneros said her vision became a reality, and the planning and preparation began.

“We had 98 spouses register for the event. We let all spouses register, it didn’t matter what unit you were in or what your spouse’s rank was, as long as your Soldier was stationed at Fort Rucker. Then we had a lottery-style drawing to select the 26 spouses.”

WO1 Elena Norman, 1st Battalion, 145th Aviation Regiment, said she signed her husband up for the event without telling him. She said he was a good sport about it and looked forward to the experience.

“He was a little nervous about being the only guy, and he wasn’t really sure what to expect, but he got to experience what I do every day being one of the few women in my class. He was really excited, though.”

The spouses, many dressed in their partner’s uniform, arrived at the first activity at Flynn Pool, where they would learn water survival skills. They completed a 200-meter swim, treaded water for two minutes and learned to use combat pants as a floatation device. They were given the option to experience the HOST Shallow Water Egress Training chair, where they were seat-belted into a metal cockpit frame and turned upside in the water before having to unlatch themselves and exit out the side of the frame.

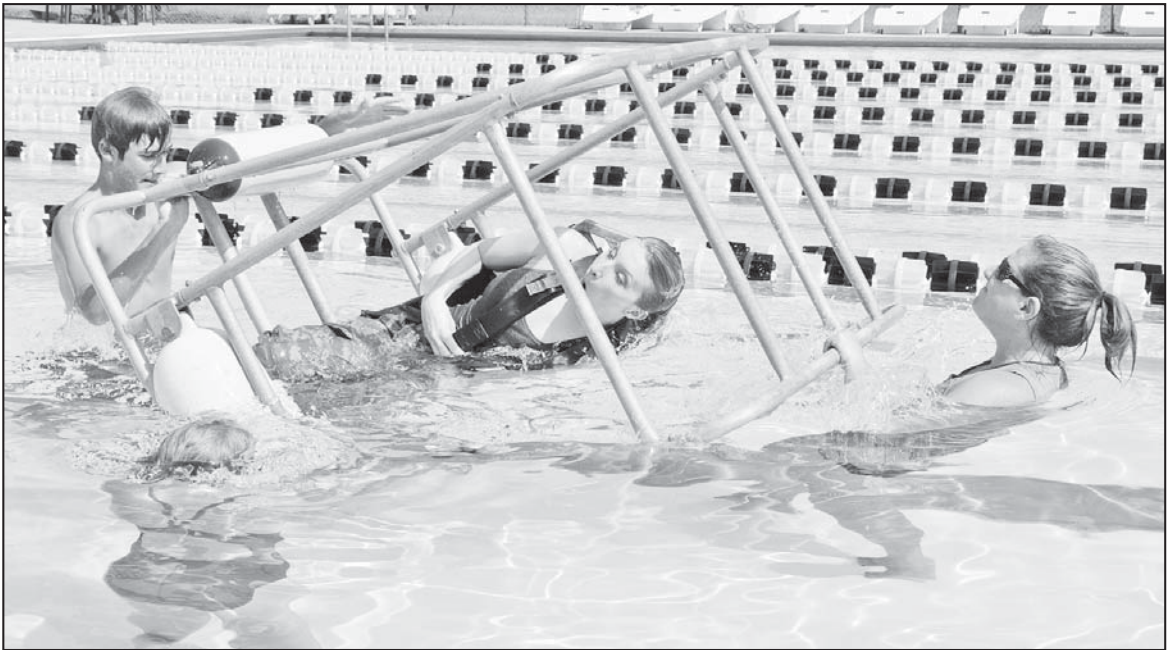
Christina Ziegler said her experience in the SWET chair was a bit frightening.

“I had to make sure to test the seat belt before they flipped me over. I wanted to see how hard it was to unlatch first,” she said. “It was a little scary, but I am glad I



PHOTOS BY LEAH COLLICH

Sabrina Johnson, military spouse, carefully gets across a “mine field” obstacle at the Leaders Reaction Course while her teammates cheer her on.



Christina Ziegler, military spouse, takes a deep breath as she is turned upside down in the HOST SWET chair before making her escape underwater.

can say I did it.”

With temperatures reaching into the 100s, the group headed to the Leaders Reaction Course, where they were divided into smaller teams to complete several team-building obstacles.

Sgt. 1st Class Phil Scibelli, Non-commissioned Officer Academy, said he was impressed with the spouses’ performance on the courses.

“The spouses think about things a lot more than soldiers do before they go with a plan,” he said.

Scibelli saw one group of women complete an obstacle where they had to get a metal barrel over a 15-foot inclined platform in record time using a strategy that he had never seen before — after talking about it for only two minutes.

“Men want to come and muscle through the obstacles with strength, when sometimes all it takes is some clever thinking,” he said.

The spouses were given Meals-Ready-to-Eat on their way to the Engagement Skills Trainer where they were taught how to properly fire an M-16 rifle. While most had trouble hitting the target, all had dramatically improved by the end of the simulation — one spouse hit 10 out of 20 pop-up targets. The spouses were moved into another range facility where they learned that a “bazooka” is actually called an AT-4, and that it takes a lot of grunting and groaning to chamber a round in an MK-19 grenade launcher.

Then spouses completed what many said was the best part of the day. At the Warrior Hall flight simulators they got to fly the TH-67, OH-58, UH-60 and CH-47 simulators. Instructor pilots were not as tough on the spouses as they are on their students, though. One instructor allowed a spouse turn a TH-67 upside down and crash it into a building to “see what it was like.”

Spouse Greg Norman said fly-

ing the simulators was his favorite part of the day.

“That technology is amazing — what the Army has in its training facilities is mind blowing,” he said.

Having completed all the necessary courses, spouses cleaned up and headed to the Aviation museum where Crutchfield and his wife pinned them with Aviation wings and presented them with a diploma.

WO1 Dwight Ziegler, 1Bn, 145th Avn. Regt., arrived to watch his wife receive her wings with a bouquet of flowers in hand. He said he was happy that she was able to experience some of the things he has done in his training, but more importantly he saw the ceremony as a way for spouses to be honored for all their sacrifices.

“She is really busy with her career, and for her to want to participate so much with Army programs has made me really proud of her,” he said. “She has re-

ally given up a lot for me to come here and she has supported me through this, so I am happy to support her with this. I’m proud of her.”

Crutchfield closed the ceremony by giving the spouses permission to go home and tell their Aviators, “Honey, I already got my wings, what’s taking you so long?”

Cisneros said future Aviation Spouse Days will occur quarterly and she plans to make the opportunity available to a larger group of spouses.

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to check out video for this story.

Odierno nominated as next CSA as Dempsey moves up

BY C. TODD LOPEZ
Army News Service

WASHINGTON – President Barack Obama announced May 30 that he will nominate Gen. Raymond T. Odierno as the next chief of staff of the Army.

Obama also announced he will nominate Gen. Martin E. Dempsey, the Army's current chief of staff, to be chairman of the Joint Chiefs of Staff.

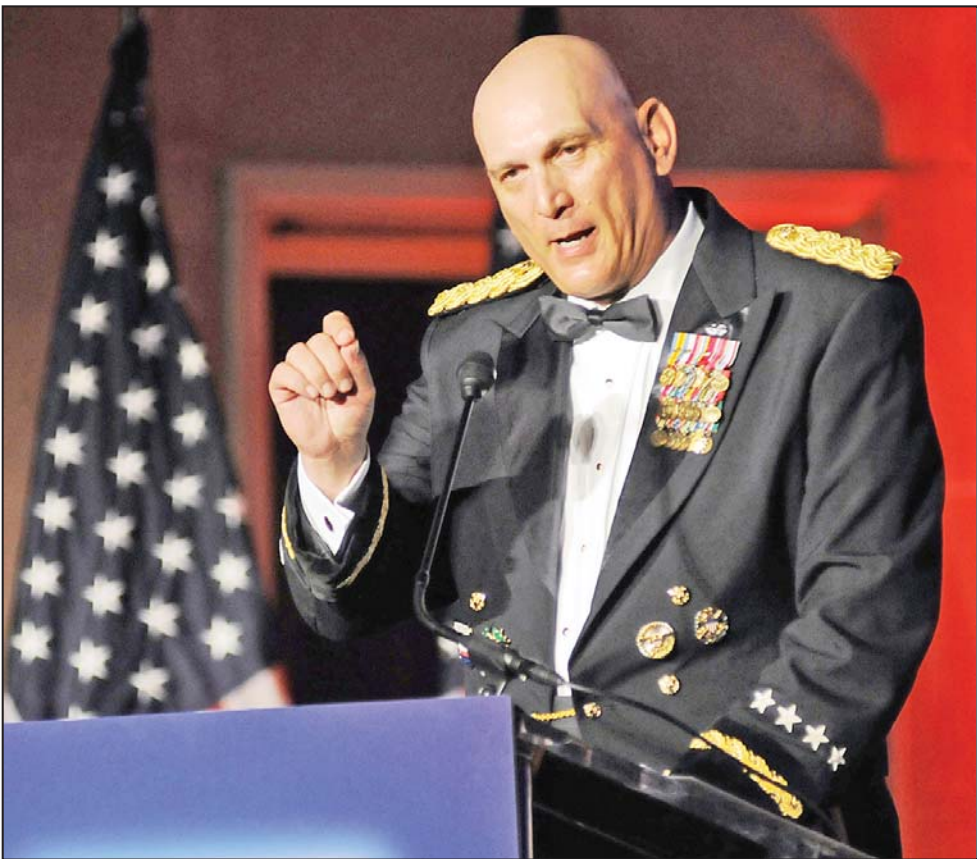
Dempsey is expected to replace Adm. Mike Mullen when his term as chairman ends, Sept. 30. The president made the announcement in the White House Rose Garden just before departing to Arlington National Cemetery for the national Memorial Day ceremony there.

"I'm announcing my choice for their successors today because it's essential that this transition be seamless and that we stay focused on the urgent national security challenges before us," Obama said.

If the Senate approves the nominations, Odierno – known for overseeing the transition from surge to stability operations in Iraq from September 2008 to September 2010 – will replace Dempsey as the chief of the staff after just five months of holding the Army's highest military position.

Dempsey became the 37th Army chief of staff April 11.

While Dempsey will have served just over five months as the chief



President Barack Obama announced May 30 that he will nominate Gen. Raymond T. Odierno as the next chief of staff of the Army. Odierno currently serves as commander of the U.S. Joint Forces Command.

of staff of the Army, his term in the position is not the shortest among Army chiefs. That record is held by Lt. Gen. John C. Bates, who served from Jan. 15, 1906 to April 13, 1906, serving just under three months in the position. However, Maj. John Doughty served in an equivalent position, as the United States Army's "senior officer," from June 20, 1784 to Aug. 12, 1784 — a stint of just 53 days.

Among those serving in

the chief of staff position, a title first used in 1903, it was Gen. George Marshall who held the position longest, more than six years, from Sept. 1, 1939 to Nov. 18, 1945. He served in the position for the duration of World War II. And Gen. Winfield Scott served longest in the Army's top position, as its commanding general for 20 years, up through the first months of the Civil War.

Odierno currently serves as commander of

the U.S. Joint Forces Command, which is being deactivated no later than Aug. 31. He entered the Army in 1976 and served as a platoon leader with the 56th Field Artillery Brigade.

Gen. David Petraeus, now commander of the International Security Assistance Force and U.S. Forces Afghanistan, served together with Odierno in the earliest days of the conflict in Iraq, in 2003.

During the recent surge in Iraq, Petraeus served as Multi-National Forces-Iraq commander while Odierno served as the Multi-National Corps-Iraq commander.

"His leadership of MNC-I was absolutely magnificent, his operational vision was exceptional, his determination was extraordinary, and his drive was legendary," Petraeus said. "It was an enormous privilege to have him as a key member of the team

during that pivotal period in Iraq."

Odierno assumed Petraeus' position at MNF-I in September 2008 and was there through its transition to USF-I. Odierno "continued to make a tremendous impact in the land of the two rivers as the overall commander there for another two years," Petraeus said.

In October 2010, Odierno took command of U.S. Joint Forces Command, "shouldering with great skill and vision, the delicate task of transitioning vital capabilities of JFCOM to other organizations to enable the disestablishment of that command," Petraeus said.

The president himself commented on Odierno's successes in Iraq when making the announcement regarding his nomination to the chief of staff position.

"In three pivotal deployments to Iraq, he commanded the troops that captured Saddam Hussein, partnered with General Petraeus to help bring down the violence, and then transferred responsibility to Iraqi forces, allowing us to remove some 100,000 American troops and end our combat mission," Obama said.

"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.

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New Boats	5.90%*	up to 60 months**
	5.90%*	up to 120 months**
New Recreational Vehicles	5.75%*	up to 60 months**
	5.75%*	up to 143 months**
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Hosted by: Dr. John Miller & Dr. Daniel Pittman

Please Call Kathy Wimberly at 334-793-7232 to RSVP.
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Fort Rucker Aviator honored at Tuskegee Fly-In

Maj. Al Niles receives the Charles Alfred "Chief" Anderson Award as the Aviator of the Year at the 44th Annual Tuskegee Fly-In May 28 at historic Moton Field. Niles is cargo branch chief, Investigations Division, U.S. Army Combat Readiness/Safety Center. He is an Army Aviation Association of America life member, a native of Birmingham, Ala., and graduate of Tuskegee University, Ala.

The award is given each year in honor of "Chief" Anderson, who was the first African-American to earn a commercial pilot's license and is best remembered as the chief flight instructor and mentor of the famed 'Tuskegee Airmen' of World War II.

Pictured with Niles are Rae McInnis, standing, right, who represented the U.S. Army Combat Readiness/Safety Center, and the U.S. Army Aviation Center of Excellence chapter of the Army Aviation Association of America at the award ceremony; Mitchell James, one of the first African-American rotary wing Aviators in the U.S. military; Herbert Eugene Carter, an original Tuskegee Airman who flew 77 combat missions in World War II with the 99th Fighter Squadron; and Booker Conley, who was in the civil pilot training program at the Tuskegee Institute in 1940 and went on to serve in the infantry with the 92nd Buffalo Division in Italy during World War II.

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USAARL: Transition represents ‘celebration of unit’

Continued from Page A1

leadership to USAARL for the past three years” Gilman said. He’s been a strong asset to both USAARL and Army Aviation.

“In the years he’s been in command at USAARL, he’s worked tirelessly to improve morale while simultaneously instilling discipline,” he said. “Combining those two is not altogether easy, some-

times. USAARL broadened its research portfolio significantly, under (McKeon’s) leadership.”

McKeon said he couldn’t have been as successful without the support of his family and those in USAARL. He added living in the area has been made all the better thanks to the hard work of those in Fort Rucker’s garrison office.

“We are truly blessed here in the Wiregrass and I truly believe most peo-

ple love coming to work here each day,” he said. “The mission and the people matter. The way our Soldiers look out for each other and help each other out is extraordinary.”

McKeon also thanked the civilians who work in USAARL saying that they are the part USAARL truly couldn’t do without.

“You are the constant factor here,” he said. “The military comes and goes, but

you are the ones with the history and the bureaucratic insight and the determination to see the mission accomplished day after day, year after year.”

McKeon said the transition of command wasn’t about any one person, but a celebration of the unit and its accomplishments. He said he was proud to have been a part of it and encouraged those in the unit to continue pursuing its mission.

Roots: 20 veterans attend reunion

Continued from Page A1

Fayard is one of the 20 195th veterans who made the trip back to where it all started, and to take a photo at Sky Chief Street.

“Our visit back to Mother Rucker proved to be the highlight of our three-day reunion. It was especially enlightening to see how much simulators have changed the way we train Aviators of this generation,” he

said.

After enjoying lunch at a Soldiers’ dining facility, the 195th veterans walked across the street for a stop at Mother Rucker’s sports bar to pick up a souvenir or two.

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PHOTO BY RUSSELL SELLERS

USAACE chief receives ‘wet down’

Col. Daniel Ball, USAACE chief of staff, gets his traditional wet down from Lt. Col. Garry Thompson, USAACE deputy chief of staff, after taking his final flight in an AH-64 Apache June 6 at Howze Field. He leaves for Connecticut June 30.



PHOTO BY RUSSELL SELLERS

110th commander honors tradition

Col. Russ Stinger, 110th Aviation Brigade commander, gets a wet down from his son, Colton, after taking his final flight in an AH-64 Apache June 1 at Lowe Army Heliport. He retires to Fort Knox, Ky., after a change of command ceremony June 30.

Opportunity Knocks

>>>Employment Forum<<<

The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit www.armycivilianservice.com

INTERNAL	Specialist GS-0346-14, (TNE 12 MTHS) SCEG11086232 Closing Date: June 16
Fire Chief GS-0081-14 SCEG110064012 Closing Date: June 9	Psychologist (Engineering) GS-0180-13 SCEG11110910 Closing Date: June 17
Industrial Property Management Specialist GS-1103-11 SCEG11089052 Closing Date: June 10	Logistics Management Specialist GS-0346-11 SCEG11117171 Closing Date: June 21
Quality Assurance Specialist (Aircraft) GS-1910-09 SCEG11088578 Closing Date: June 10	Psychologist (Research) GS-0180-11/12 SCEG11826518R Closing Date: June 24
Contact Representative (Office Automation) GS-0962-05 SCEG11094157 Closing Date: June 14	EXTERNAL
Paramedic GS-0640-07, (TNE 12 MTHS) SCEG11104210 Closing Date: June 14	Paramedic GS-0640-07, (TNE 12 MTHS) SCEG11104210D Closing Date: June 14
Food Service Specialist GS-0301-09, (Eglin Air Force Base) SCEG11085093 Closing Date: June 15	OPEN CONTINUOUS
Supervisory Logistics Management	Security Guard GS-0085-04 SCEG10494007 Closing Date: June 30
	Lead Security Guard GS-0085-05 SCEG11834715 Closing Date: June 30

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June 19th from 10 am to 2 pm
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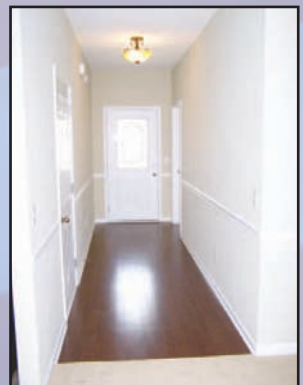
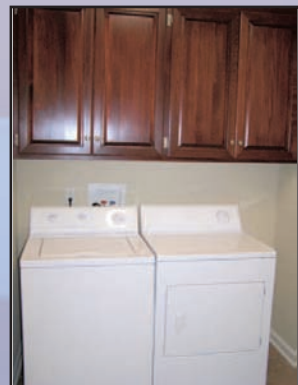
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106 W SOMMER OAK



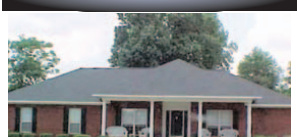
SOMMER BROOKE: Immaculate, well loved home, open floor plan, hardwood floors & lot of extras. Must move fast! Over 2100 sq ft. \$259,900 **FRAN CLAYTOR** 334-790-5973 FRANCLAYTORC21REGENCYREALTY.COM

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NEW LISTING



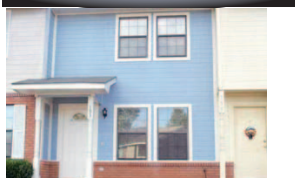
301 W KINGSWOOD: Great for entertaining or just being at home, this property features 4 BR/2.5 BA, formal & informal areas. Formal living room has French doors so you could easily use for an office or music room. Bonus room with a bar & sink. Plenty of room for your pool table. Look out over pool area. Just call this your home. \$274,900 **EVELYN HITCH** 334-406-3436

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193 LAKEVIEW: Excellent unit for investment or to live in. Convenient to Ft Rucker. Very nice unit, laminate floors in kitchen, new ceiling fans throughout. AC/Heating unit installed in August 2009. Still under warranty. \$69,000 **BOB KUYKENDALL** 334-369-8534 BOBALHOMES.COM

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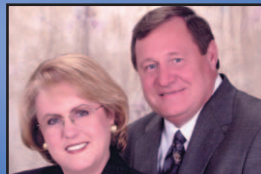
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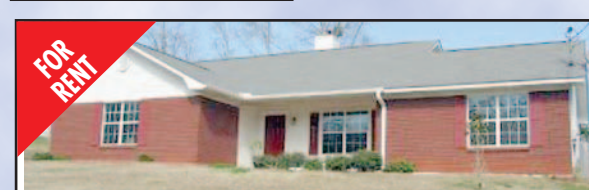
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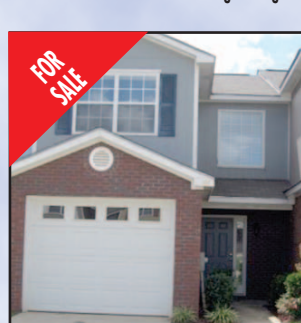
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609 GREEN DRIVE, Very nice 3BR/2BA home features a living room with fireplace, all appliances to include washer and dryer, utility/laundry room, ceramic tile carpet, single car garage, and fence.



144 SOUTH SPRINGVIEW, Very well maintained 2BR/2.5BA Townhome, convenient to FT Rucker comes with all appliances to include washer and dryer, ceiling fans in living room and bedrooms, carpet/tile single garage with remote, patio and fence. Lawn Care, Pest Control and use of Salt Water Pool included! ***WHY RENT? SELLER WILL PAY CLOSING COST AND PREPAIDS NOT TO EXCEED \$1000.00** **MLS# 32590**



203 WAKEFIELD WAY, This 3BR/2.5BA Townhome comes with all appliances to include washer and dryer, one car garage, patio & fence. Lawn care, monthly pest control, use of Salt Water POOL and Clubhouse included!



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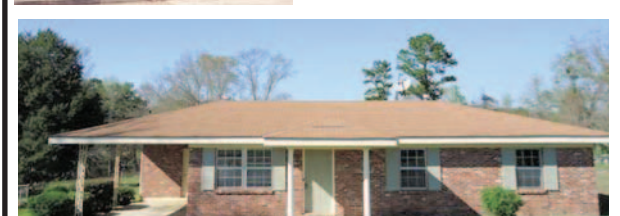
MLS: 32955 401 E. MORNINGVIEW DR \$213,900 Move-in Ready! Perimeter lot in desirable neighborhood. All brick, 3 bedroom, 2 baths, 1850 sq ft. **CALL ISABELLA 806-9541 TODAY TO SCHEDULE A PRIVATE SHOWING.**



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ARMYWIDE

VOL. 61 ■ NO. 23

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JUNE 9, 2011

ARMY BRIEFS

ARMY LAUNCHES NEW DADT REPEAL WEBSITE

WASHINGTON — In preparation of the repeal of the “Don’t Ask, Don’t Tell” policy, the Army has launched a new website to provide service-members and their families the most up-to-date information about the change.

The website features current news articles, key facts, frequently asked questions and additional resources. It is just one of the many training resources the Army implemented to educate the force and minimize misconceptions about the repeal.

Current policies remain in effect, and the “Don’t Ask, Don’t Tell”, or DADT, law will stay in place until 60 days after the president, secretary of defense and chairman of the joint chiefs of staff certify that the repeal can be implemented “consistent with the standards of military readiness and effectiveness, unit cohesion, and military recruiting and retention.”

The DADT Repeal website can be viewed at: www.army.mil/dadt.

CADET COMMAND CELEBRATES SILVER ANNIVERSARY

FORT KNOX, Ky. — After the Vietnam War, the United States Army was demoralized. But the establishment of Cadet Command provided structure and quality leadership training — aspects of the organization that have continued to today, which were showcased at a ceremony June 3 marking its 25th anniversary.

Cadet Command was formed in April 1986 at Fort Monroe, Va., and is the largest officer-producing organization within the U.S. military. It has commissioned more than half a million second lieutenants since its inception as Army ROTC in 1916, the 95th anniversary of which was celebrated June 3, as well.

Officials also dedicated Cadet Park in honor of those ROTC graduates who made the ultimate sacrifice for the country and christened Shoemaker Hall, the new Cadet Command headquarters. The building, once the former Fort Knox hospital, took about 18 months to renovate at a cost of \$7.5 million.

ARLINGTON CONTRACTS BENEFIT SMALL BUSINESS

FORT SAM HOUSTON, Texas — Small businesses are benefiting from the Mission and Installation Contracting Command’s decision to set acquisition aside for exclusive competition for service contracts in support of two of this nation’s national cemeteries.

Performance for most of the 16 contracts valued at \$32 million began at the Arlington National Cemetery and U.S. Soldier’s and Airmen’s Home National Cemetery in April by contractors representing the small business community.

Management of service contracts for the cemetery was assumed by MICC officials at Fort Sam Houston, Texas, last summer. In the months that followed, an exhaustive review and rewrite of performance work statements led to the consolidation of many of the service requirements being provided by 28 separate contracts.

Ultimate sacrifice



PHOTO BY SPC. DARRIEL SWATTS

An American flag is ceremoniously folded on COS Kalsu on the seven-year anniversary of the death of Spc. Daniel Unger, a 19-year-old California Army National Guard Soldier who gave his life in order to save the lives of others.

Unit honors fallen hero

BY STAFF SGT. KYLE RICHARDSON
41st Fires Brigade, Public Affairs Office

CONTINGENCY OPERATING SITE KALSU, Iraq — Seven years to the day after Spc. Daniel Unger was killed in action, an American flag was lowered and folded in his honor by a friend.

On May 25 at 2:20 p.m., a memorial ceremony was held for Unger, a 19-year-old California Army National Guard Soldier from Exeter, Calif., who died on May 25, 2004, while ushering a group of Iraqi contractors into a bunker during a mortar attack on Contingency Operating Site Kalsu.

“The memorial ceremony was very humbling and it serves as a reminder of what can happen while we’re here

SEE SACRIFICE, PAGE B4



COURTESY PHOTO

USO IN A BOX

A CH-47 Chinook helicopter delivers the “USO in a box” at McCrady Training Center, S.C. The box includes similar amenities to what servicemembers may find in any USO center, but is located at McCrady.

Sugar Shack a popular pit stop

BY SPC. MATTHEW A. WRIGHT
40th Combat Aviation Brigade

CAMP TAJI, Iraq — Pilots who fly long missions don’t usually have time to stop and eat at the dining facility.

Camp Taji offers them a pit stop when they come to refuel their helicopters at the post’s Forward Army and Refueling Point.

They call this pit stop the Sugar Shack.

The shack is run by the Aviation fueling specialists of A Company, 640th Aviation Support Battalion. Sgt. Richard Sandoval of A Co., a Madera, Calif. native, helps run the shack. Sandoval said the pit stop is a kind of thank you for the job the pilots do in keeping the skies safe.

The Sugar Shack is a small air-conditioned building about the size of a large tool shed. It contains refrigerators with sandwiches, pita bread wraps, water and other assorted drinks, and a small bench to take a break.

Sandoval and the other fuel specialists from Alpha Company

who work the day shift stock the shack two times a day. The pilots have an opportunity to grab a drink or two, a sandwich or a wrap and take a break as their helicopters get refueled.

The Sugar Shack provides a benefit for the pilots whose missions can last for hours at a time, explained Lt. Col. Laura Yeager, deputy commanding officer of the 40th CAB, and a Folsom, Calif., native.

“When they are out on missions, they often fly six to seven hours without taking a break,” she said.

“Seeing how we only have two meals a day, this is like our third meal,” said Chief Warrant Officer Tim A. Dailey, an AH-64D Apache helicopter pilot from Lexington, Ky., with C Co., 8th Attack Reconnaissance Battalion, 229th Avn. Regt., an Army Reserve unit out of Ft. Knox, Ky.

The shack is popular among pilots throughout Iraq.

“We get pilots from the Army, the Navy and sometimes even



COURTESY PHOTO

W01 William Paden, a Starkville, Miss. native, and a member of the 1st GSAB, 171st Avn. Regt., leaves the Sugar Shack on his way back to his helicopter after grabbing something to drink May 23.

SEE SHACK, PAGE B4

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Sacrifice: ‘I’d do anything for the Soldier’s Family’

Continued from Page B1

in Iraq,” said Command Sgt. Maj. David McFerrin, of the 40th Combat Aviation Brigade. “When a significant event like this comes up, we have to stop and make sure that we remember what had happened and pay our respects to those who have come before us.”

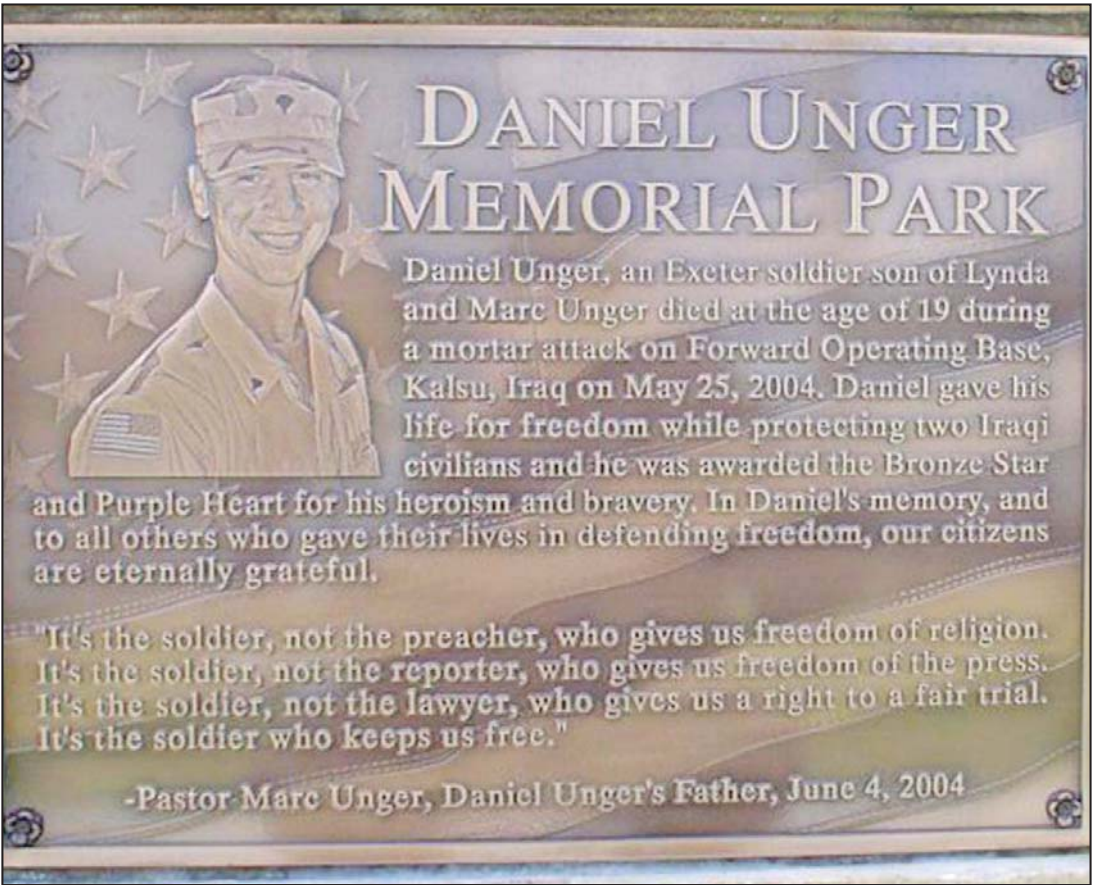
The 40th CAB is a California Army National Guard-led unit headquartered in Fresno, Calif. The brigade is currently deployed to Iraq where it is performing full-spectrum aviation operations in support of Operation New Dawn.

“I knew Spc. Unger. He and I were friends who worked, trained and deployed together while we were in the 1st Battalion, 185th Infantry Regiment, based in Visalia, Calif.,” said Sgt. Bryce Battershell, 40th CAB commander driver. “So when I realized we had the opportunity to honor his memory while in country, I had to do something because this is my third deployment to Iraq. The first time was when we lost Spc. Unger; the second time was during the fall and spring, so I wasn’t here for the anniversary of his passing. But, this time we are here during the same timeframe and we were able to take the time to remember him, along with being able to do something for his Family and let them know that they and Spc. Unger are not forgotten.”

Two weeks prior to the seven-year anniversary of Unger’s passing, Battershell asked McFerrin if a memorial ceremony could be held for Unger at Kalsu. Upon hearing Battershell’s request, McFerrin took action and contacted Command Sgt. Maj. Jonathan Hunt, 3rd Armored Cavalry Regiment, of Fort Hood, Texas. Hunt’s unit is currently stationed at Kalsu.

McFerrin asked Hunt if a flag could be flown at Kalsu in Unger’s honor and then presented to Unger’s family.

“I told him I would certainly accommodate that request,” Hunt said. “I’d do



COURTESY PHOTO

A bronze plaque at the Daniel Unger Memorial Park, a five acre park located in Exeter, Calif., tells Spc. Unger’s story.

anything for the Soldier’s Family.”

After a little planning and coordination between the two command sergeants major, Battershell, McFerrin, Hunt and a small group of selected Soldiers took part in the memorial ceremony at the exact date and time of Unger’s sacrifice.

“We flew our nation’s colors, lowered them and then folded the colors in order to present them to the Soldier’s Family

as a memento, in testament to their son who passed away serving his country,” Hunt said.

McFerrin said that with the scheduled withdrawal of troops from Iraq at the end of the year, the ceremony carried solemn significance and served as a reminder of the ultimate sacrifice made by Soldiers here in service to their country.

Spc. Daniel Unger was deployed to

Iraq in support of Operation Iraqi Freedom for about seven weeks. For his actions on May 25, 2004, he was awarded a Bronze Star with Valor, a Purple Heart, the California Memorial Medal, the Warrior’s Medal of Valor from the American Indian Nations of the U.S.A., the Combat Infantry Badge, and he was posthumously promoted from private first class to specialist.

Shack: Facility provides quick stop, recharge for pilots

Continued from Page B1

Iraqi pilots,” Sandoval said.

Sandoval said the tur-


key wraps go fast. Without microwaves or ovens, the pilots find unique ways to heat their wraps. “The wraps are cold so we take

them and sit them on the front dash of the Apache for a bit,” Dailey said. “The cheese melts and it is delicious.”

The workload for the pilots can be heavy. They fly Aviation missions and transport Soldiers from base to base around Iraq

day and night. The Sugar Shack may be small and though it doesn’t have the facilities to offer a full meal, it still provides a

way for the pilots to grab a bite to eat and something to drink, which helps to keep them going on those long missions.



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Hypertension kills more Soldiers than combat

Story on Page C4

COMMUNITY

VOL. 61 ■ NO. 23

ARMYFLIER★COM

JUNE 9, 2011

Health & FITNESS

Men's Health Expo offers free advice

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EXPO

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BY RUSSELL SELLERS
 Army Flier Staff Writer

Men looking for ways to monitor or improve their health have a good place to start Wednesday at The Landing, according to Directorate of Family, Morale, Wellness and Recreation officials.

The first-ever Men's Sports, Fitness and Wellness Expo runs in conjunction with Men's Health Week, which is Monday to June 17, from 10 a.m. to 2 p.m. and is open to the public with free admission, said Janice Erdlitz, DFMWR marketing manager. Patrons attending the event will have many different opportunities to learn about their health and what things to watch for as they get older.

"It's a great opportunity to encourage the community to come out and be aware of their health," she said.

The event features a variety of booths where attendees can pick up brochures, learn about health and wellness from personal trainers, chiropractors and massage therapists, she added.

"Everything is going to happen at once," she said. "There will be take-home items and promotional items available for free. The items will have some helpful information people can carry with them wherever they go."

The expo follows the Women's Health Fair from last month and Erdlitz said DFMWR is hoping to make it a regular event.

Leigh Ann Dukes, DFMWR commercial sponsorship sales manager, said the event is primarily for men, but it's not just open to men.

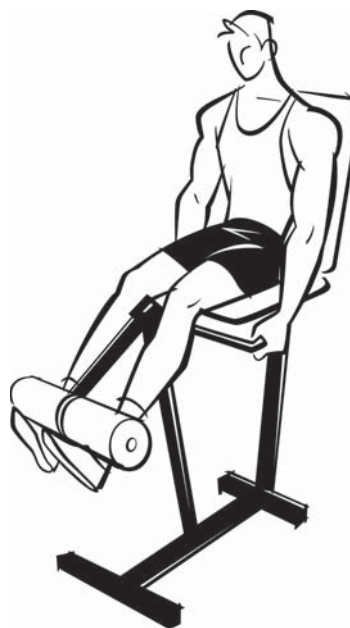
"Sometimes husbands might not have time to make it out to these events, but their wives can come by and pick up information for them," she said. "It's also a chance for women to learn more about their men's health."

Kristi Fink, Fortenberry-Colton Physical Fitness Facility program coordinator, said getting information from the expo could be beneficial to men of varying ages.

"As we age, our bones and muscles can tend to wear down, so it's important to know how to do certain exercises that can help prevent that," she said. "The information available from our trainers will help those looking to do cardio or strength training get started."

Fink added that those who attend the expo will also get a chance to learn about the various classes available to them at Fortenberry-Colton and the other fitness facilities on post.

For more information on the expo, call 598-5311.



Post schools out for the summer

BY LEAH COLLICH
 Fort Rucker Public Affairs

School bells rang for the last time of the school year on Fort Rucker June 2.

Graduation ceremonies, ice cream parties, rambunctious children and early-release day are all signs that the school year has come to an end and summer vacation has begun.

Fort Rucker Elementary and Primary schools held their last day of classes for the school year and the day was bittersweet for everyone, said Dr. Vicki Gilmer, principal of Fort Rucker Elementary School.

As she walked into the fourth and fifth grade award assembly, Gilmer reflected on a very successful school year. She said her proudest achievement of the year was how well the students performed on the Terra Nova Standardized test.

"Our students did so well. Our scores were up in 16 areas. We passed the national percentile rank. It was absolutely a stellar year for this group. It was a school-wide success and I couldn't be more proud of them," she said.

Wyatt Collard, 13, graduated from the sixth grade with 83 other classmates June 1 and he will be going to Coppinville Junior High School in the fall.

He said he is a little nervous about the transition, but looks forward to something new. His advice to upcoming sixth graders is to be sure they enjoy their last year as an elementary student because it goes by fast.

"They should make sure to live it to the fullest and try to make themselves shine. If they keep a positive attitude, they can get out of sixth grade and start a new year at a cool new middle school," Collard said.

The sixth graders celebrated their



Kim Smith's first grade class at Fort Rucker's primary school gets creative with homemade play-dough on the last day of class.

graduation with a Mexican food lunch and cake in the school gym.

Excitement was high at the last day of primary school also, as Kim Smith's first grade class enjoyed playing with homemade play-dough and listening to a guest reader.

Smith said the end of the year is bittersweet for her, but that she has enjoyed watching the children grow and learn.

"The best part for me has been knowing that my kids love school and that they enjoy learning. They tell me that they love it. There's nothing better than that," she said.

Smith and Gilmer both recommend that parents keep their students busy over the summer by encouraging them to read and to spend less time playing video games.

A lot of primping and priming will be taking place at the schools over the summer to get ready for the next school year. New paint will be going up at the elementary school and the primary school will undergo construction to better organize the open concept classrooms.

Gilmer said the elementary school will be introducing a new curriculum and the teachers are excited to start planning.

PHOTO BY LEAH COLLICH

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 frnaecaf@yahoo.com.

Wakeboarding competition

The INT Wakeboarding Competition is Saturday and Sunday 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 Monday 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.

Investing 101 Workshop

The Investing 101

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jhughes@armyflyer.com.

Workshop is Tuesday from 6:30-7:45 p.m. at the Bowden Community Center, 9700 Division Road. The workshop focuses on the building blocks of investing, discussing techniques, strategies and investment vehicles. Registration is required by Monday. For more information, call 255-2594 or 255-9631.

EFMP golf clinic

The Army Community Service Exceptional Family Member Program staff hosts a golf clinic Tuesday 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 Saturday. 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.ftruckerfmwr.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 8:30-9:30 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 HBeam 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.

Father's Day Bowling Special

Fathers bowl for free when accompanied by family or with Blue Star Card and or Never Forgotten Card, June 19 from 11 a.m. to 6 p.m. at Rucker Lanes.

For more information, call 255-9503.

Summer Bowling Intramurals

Sign up now for the Summer Intramural League at Rucker Lanes. Summer Intramurals begin June 21 from 6:30-8:30 p.m.

There will be a one-time fee of \$10 to cover the cost of a buffet dinner during the last night of league competition.

For more information,

call 255-9503.

Teen Night

Teen Night, featuring live entertainment by DJ Dave, is June 24 from 7-11 p.m. in The Landing.

The event is open to youth ages 13-18 who are students in areas schools. Participants

DFMWR Spotlight

MEN'S Sports Fitness & Wellness EXPO



Wednesday, June 15th
The Landing
10 a.m. – 2 p.m.

Free advice and information on all aspects of men's health!

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FILE PHOTO

Pick-of-the-litter

Meet Sissy, a 16-week-old female. Her breed is unknown. She is playful and energetic. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. For more information on Sissy 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. One dog was adopted last week.



FORT RUCKER Movie Schedule for June 9 - 12

See you at the movies

THURSDAY, JUNE 9
Soul Surfer (PG) 7 p.m.

FRIDAY, JUNE 10 THROUGH SUNDAY, JUNE 12
Fast Five (PG-13) 7 p.m.

SATURDAY, JUNE 11 & SUNDAY, JUNE 12
African Cats (G) 2 p.m.

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

Worship

CHAPEL CORNER

Chaplains work to meet all spiritual needs

BY NANCY B. JANKOSKI
Director of Religious Education

In the Chaplain Corps, we have a sacred responsibility to bring God to the Soldiers and the Soldiers to God.

We also have a duty to provide for the free exercise of religion for those under our spiritual care. Chaplains and directors of religious education have to meet qualifications set forth by the Chief of Chaplains office.

Part of the qualification process includes evidence of professional training.

I graduated from the New Orleans Baptist Theological Seminary, so naturally, the vast majority of my training was Baptist, though I did have courses on world religions and on church history that gave me a foundation for understanding other forms of religious expression.

Before I became an Army director of religious education, I had served as an associate minister at a number of Baptist churches, with responsibilities for education, collegiate, youth ministry, missions and children's programs. But in

a local church setting, all the ministries and programs were for my faith group only. I didn't have much occasion to work with other Protestant faiths, let alone Catholic or non-Christian faith groups.

One of the best things about working in the Army environment has been the chance to gain exposure to other people's faith expressions. In one sense, it is a necessity of the job.

I can't provide for the free exercise of religion if the only religion I know anything about is my own.

I took some formal courses offered by the Catholic Archdiocese of Mobile and attended some workshops offered at the local Jewish synagogue. I've learned a lot just from interacting with the denominational service leaders and parishioners who attend the various chapel services on post. I hope listening to them and

working with them has made me better able to help meet their needs.

Recently, I was in conversation with some Catholic friends who were lamenting the fact that they usually have to go online and order items such as rosaries, a crucifix, Catholic Bibles, and gifts for First Communion and Confirmation.

Listening to them, it got me to thinking about what it would be like to be in an area where my faith was in the minority. I only had a short two-year experience being in the religious minority. It happened while we were living on the island of Guam, where Protestants were only 5 percent of the island's population.

My husband was pastor of a Baptist church there. Once, he needed supplies to conduct a communion service. Baptists usually use a very small, square

cracker of unleavened bread and grape juice as communion elements.

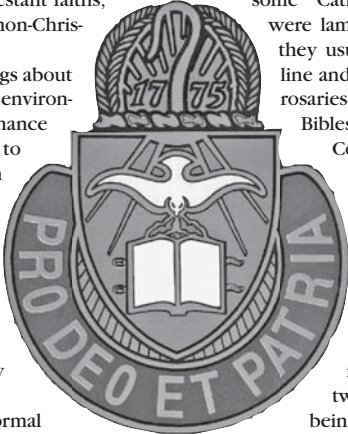
The grape juice part was easy, but the bread was a problem. It would have taken several weeks to get an order shipped from the states, so my husband went to the local Catholic store.

He asked for communion bread, and the clerk looked blank. He tried a couple of other words, like wafers and host. As soon as he said "host," the clerk understood what he wanted, and immediately produced the product.

The size and shape was different than anything our church had used before, large and round as opposed to small and square, but it was still okay, because it was unleavened bread. The whole time we were there, we continued to use them for our communion needs.

We also made new friends. Upon finding out that we had some needs that couldn't be met elsewhere, the store owners offered to try and order or stock other essential items we couldn't easily find.

It was nice to know someone who didn't worship the way we did still cared enough to try and help us obtain what we needed.



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

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SILENT KILLER

Hypertension kills more Soldiers than combat

BY PATRICIA DEAL
Fort Hood Public Affairs

FORT HOOD — Many people think combat is the most life threatening event for Soldiers, when actually more Soldiers may die off the battlefield fighting a common enemy.

Heart disease is the leading cause of death in the United States. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one, according to the Centers for Disease Control and Prevention.

Between 70 and 89 percent of sudden cardiac events occur in men, and as part of Men's Health Awareness Week Fort Rucker hosts a Men's Sports, Fitness and Wellness Expo Wednesday from 10 a.m. to 2 p.m. at the Landing. For more on the expo, see Page C1.

There are several risk factors affecting heart disease. High blood pressure, also known as hypertension, is the leading cause of stroke, according to the American Heart Association.

Hypertension has been labeled "the silent killer" because there are no symptoms. It may remain unnoticed for many years.

A significant number of Soldiers are affected by hypertension, according to the Department of Defense's 2008 Survey of Health Related Behaviors. About 17 percent of Soldiers have reported high blood pressure since they entered the Army. Another 1.7 percent said they never had the condition checked, and 12.7 percent reported they didn't know or remember what their blood pressure was.

"Hypertension definitely affects the readiness of our troops. Once a Soldier is diagnosed with hypertension, our goal is to get it under control and manageable so he can deploy," said Maj. (Dr.) Alcario Serros, Fort Hood's chief of internal medicine. "The majority of the time, cases can be controlled through intervention, either with medication and/or lifestyle changes."

The key is in the diagnosis, Serros said, and fortunately for Soldiers, they have a much better chance of detecting hypertension early as they have better access to care. Soldiers are required to have a physical every year, and blood pressure checks are done at every appointment and during the pre-deployment process.

Blood pressure is measured as systolic, when the heart beats while pumping blood, and diastolic, when the heart is at rest between beats.

A normal blood pressure level is less than 120/80 mmHg. Pre-hypertension is diagnosed with readings of 120-139/80-89 mmHg and hypertension is diagnosed with readings greater than 140/90 mmHg. Higher readings are more serious, and usually require immediate intervention.

There are a number of causes of hypertension, but in 90 percent of the cases, the causes are unknown. There are several medical conditions and lifestyle choices that are known to increase a person's risk to hypertension. Most risk factors are controllable, while factors such as age and genetics are not.

Risk factors that can be controlled include cigarette smoking, poor diet, unhealthy weight/obesity, lack of physical activity and excessive alcohol use. Sleep apnea (breathing stop during sleep) is also a known cause of hypertension.

Stress is another known risk factor, and unfortunately for Soldiers, combat stress has been linked to hypertension. According to research reported in the Journal of the American Heart Association, "combat exposure may exert long-term adverse effects on cardiovascular health."

"The bad news is that the typical lifestyle of Soldiers puts them at a higher risk for hypertension and heart disease. Too often, Soldiers cope with the stress of Army life by smoking, drinking and eating unhealthy," Serros said. "The good news is, though, with lifestyle changes and/or medication, you can reduce your risk."

There are a number of different types of medications that are effective in lowering blood pressure.

"It's a matter of tailoring the medication to the individual, finding which type and what dose will help. Our goal is to give the smallest amount of medication and still get the most benefit," said Michael Bergeron, clinical pharmacist at Fort Hood. "But medication alone is not enough to manage hypertension. You still have to make lifestyle changes to bring it under control."

Serros said that it comes down to patients taking an active role in their health care.

"Some are motivated and some are not. I try to appeal to their emotional side. Often, they have to have a traumatic event or scare to motivate them," he stated. "Even though they have high blood pressure, they aren't feeling any pain or discomfort, so it's harder for them to give up habits that they enjoy."

While most lifestyle changes are difficult, Maj. Nicole Charbonneau, chief of nutrition services at Fort Hood, believes that patients struggle the most with dietary changes.

"But proper diet and exercise can do wonders to help reduce blood pressure, allowing many patients to control it without

medication," she said. "We recommend the DASH (Dietary Approaches to Stop Hypertension) diet, which helps prevent or lower high blood pressure."

It's low in sodium, cholesterol and fat, and high in fruits, vegetables and low-fat dairy that provide essential minerals such as potassium, magnesium and calcium.

Getting more physical activity while on the DASH diet provides the best benefit, Charbonneau added. She suggests that even patients in the normal to pre-hypertension range follow the plan as it substantially reduces the risk of developing hypertension in the

future.

"The hardest change for most people is reducing the salt in their diets. We have become so accustomed to adding salt to everything, even before tasting it. Many people believe that food just won't taste as good without salt," said Barbara Hughart, dietitian for nutrition services.

"You need to cut out the use of added salt to meet dietary guidelines," she explained. "Try cutting back slowly by using 'lite' or sea salts with 25-30 percent reduced sodium, then move to saltless seasonings such as spice-herb blends. It may seem hard, but your taste buds will adapt."



PHOTO BY PATRICIA DEAL

Michael Bergeron, Fort Hood clinical pharmacist, hooks up Sgt. David Callahan up to an Ambulatory Blood Pressure device, which automatically records patients' blood pressure readings continually for 24 hours.

Vacation Bible School and Day Camp June 20-24



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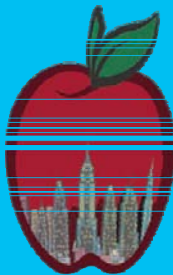
Open to the public for children 4 years old entering kindergarten in 2011 through those who have completed 6th grade.

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WESTGATE CENTER
III **KUNG FU PANDA 2 IN 2D** PG
M-F: 7:10 & 9:10 • \$65: 2:00, 7:10 & 9:10
IV **BRIDESMAIDS** R
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II **KUNG FU PANDA IN 3D** PG
M-F: 7:15 & 9:15 • \$65: 2:15, 7:15 & 9:15
III **THE HANGOVER, PART II** R
M-F: 7:15 & 9:25 • \$65: 2:15, 7:15 & 9:25

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ON STRANGER TIDES PG-13
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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 AND JUNE 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.

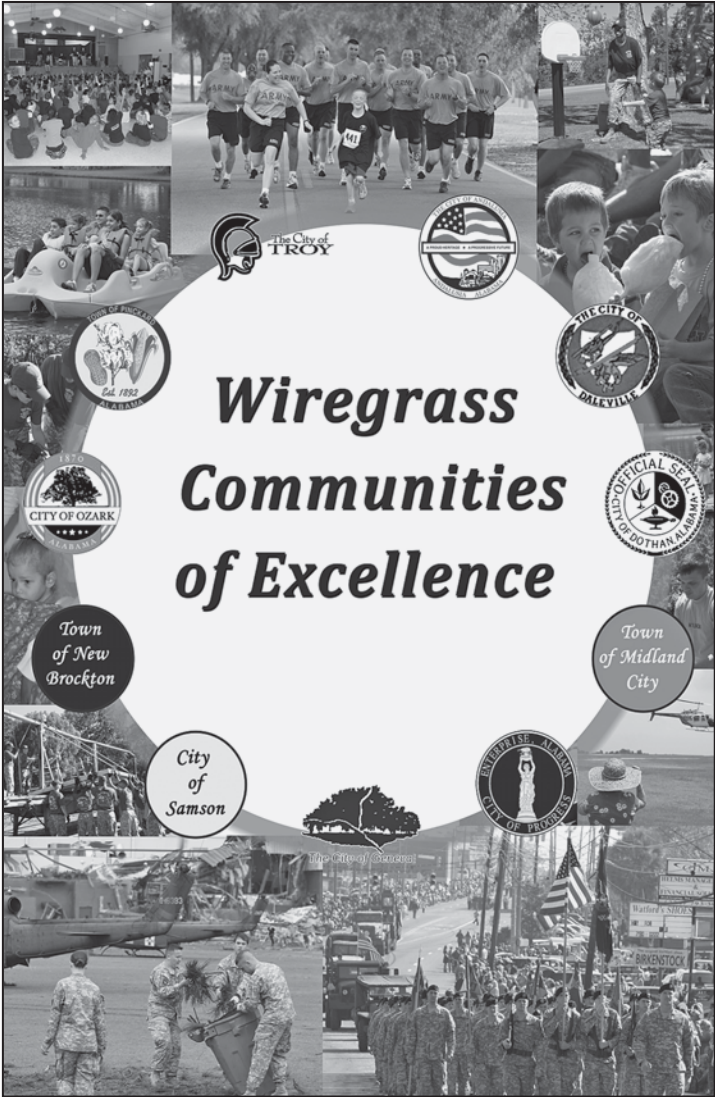
SATURDAY — The American Legion Post 12 and Dothan Elk's Lodge present Wiregrass Flag Day Bike Ride and Parade. The event will start with a bike ride from Enterprise to Dothan via Ozark. A parade with motorcycles, cars, and emergency vehicles will travel around Ross Clark Circle and conclude with a flag 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.

SATURDAY — 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.

THURSDAY — 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. \$\$\$

THURSDAY AND JUNE 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.

FRIDAY, JUNE 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.

ENTERPRISE

TODAY — Disabled American Veterans Chapter No. 9 Enterprise-Coffee County membership meeting and elections begin at 6 p.m. at the Baptist Center, 115 East Lee Street. Cost for meal is \$5. For more information, call 308-2408 or 475-4373.

JULY 29-30 — The Southern Broadway Theater Company presents The Depot

at the Enterprise Performing Arts Center. The production tells the story of a girl who moved to Enterprise with her father in 1906 to take over a cotton farm during the threat of the boll weevil. For more information on show times and to purchase tickets, visit www.southernbroadway.com. \$\$\$

AUG. 25 — Enterprise Civic Center hosts the "Getting to Know Enterprise" Retiree Fair from 9 a.m. to 1 p.m. Local businesses and clubs will be providing information about services and activities available to retirees in the Enterprise area. There will be entertainment and multiple door prize drawings. For more information, call 347-0581.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

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

OZARK

JUNE 18 THROUGH JULY 23 — The Dale County Council of Arts and Humanities MFA Show comes to the Ann Rudd Art Center/Dowling Museum located at 144 East Broad Street. Masterworks by Judy Neher, Janet Hinton and Jeff Babine will be on display.

Opening reception is June 18 from 6-8 p.m. For more information, call 445-6526 or email smalltownhostage@yahoo.com.

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.ruddartcenter.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

Digital Graffiti

The 4th annual Digital Graffiti festival will take place in Alys Beach, Fla. Saturday from 8:30 p.m. to midnight.

Digital Graffiti is the world's first outdoor projection art festival where artists project original video art onto the resort town's iconic white walls and rooftops.

Tickets are \$25 for adults and \$5 for children under 12. For more information, visit www.digitalgraffiti.com.

Festivals on the Square

Headland hosts its Festivals on the Square Saturday at 9 a.m. downtown. The event features Daylily bloom judging, blueberry recipe contest, pie eating contest, garden tours, arts and crafts vendors, food and produce vendors and children's activities.

For more information, call 693-3303.

Pier Park Summer Concert Series

Pier Park in Panama City hosts a free summer concert series every Thursday night during the month of June from 7-9

p.m. at the Pier Park Amphitheater. Each week different local artists will be featured. Bring your own beach chairs and blankets. For more information, visit visitpanamacitybeach.com.

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 other refreshments are provided. Bring valid military identification for entry.

For more information, visit www.montgomeryzoo.com.

Swordfish Shootout

Legendary Marine and Hydra-Sports host the third annual Swordfish Shootout Thursday through June 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 on June 18 from 9 a.m. to noon.

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

World Championship Domino Tournament

The Andalusia Rotary Club hosts the 37th annual World Championship Domino Tournament July 8-9 at the Andalusia Kiwanis Fair Complex.

Registration begins at 6:30 a.m. on July 8 and the games begin at 8 a.m. More than \$20,000 in cash and trophies will be awarded.

The tournament includes fun, fellowship and competition for all ages. For more information, visit www.worlddomino.com.

141st annual Masonic celebration

The oldest Masonic celebration in the United States takes place in downtown Florida June 18-25 from 8 a.m. to 11 p.m.

Events include a car show, arts and crafts, live music, a 5K run, a fire depart-

ment water battle, a beauty contest, fireworks and more. For more information, call 858-6430.

Gulf Shores Independence Day Fireworks

The City of Gulf Shores hosts a free public display of fireworks on the beach at 9 p.m. July 4. The show is accompanied by special patriotic music broadcast on 105.7FM radio. The fireworks are launched from a barge located in the Gulf of Mexico and the display can be seen from any Gulf Shores-area beach. For more information, call (251) 968-1172.

Precious Metal: Southern Silver

The Columbus Museum in Columbus, Ga., hosts the New Orleans coin silver exhibition now through June 26.

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

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

Army MWR joins Installation Management Command

BY TIM HIPPS
Installation Management Command

JOINT BASE SAN ANTONIO — Lt. Gen. Rick Lynch, Installation Management Command commanding general, presided over a ceremony marking the integration of the Army's Family and Morale, Welfare and Recreation Command into IMCOM Friday.

The ceremony on the Fort Sam Houston, Texas, parade field completed the Family and Morale, Welfare and Recreation Command's Base Realignment and Closure law-mandated move from Alexandria, Va., to Texas.

Immediately after the FMWRC command colors were uncased and presented, they were retired during a deactivation ceremony that formally made Army Family and MWR programs part of IMCOM and marked the creation of a Family and MWR Programs (G9) Division.

The mission of the newly established G9 is to serve the needs and interests of each individual in the Army community for the duration of their association with the military. Family and MWR programs are proof of the Army's commitment to support and care for all who defend the nation and their Family members.

"At garrisons around the world, Family and MWR services and programs provide a source of balance for the men and women in uniform by fostering an environment where Soldiers and Families can thrive," said Maj. Gen. Reu-

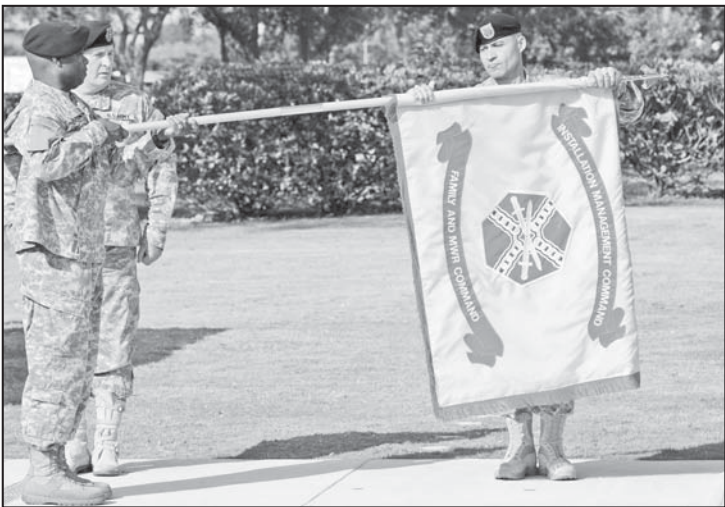


PHOTO BY EVAN DYSON

Maj. Gen. Reuben Jones and Command Sgt. Maj. Abe Vega prepare to case the Family and Morale, Welfare and Recreation Command's colors Friday, to mark the deactivation of the organization at Fort Sam Houston, Texas, while Lt. Gen. Rick Lynch watches.

ben Jones, former FMWRC commanding general.

"Soldiers and Families know that the Army cares and they see the tangible evidence of that support each and every day as they link with Army assistance and support services," he said.

"As we integrate into the Installation Management Command, we will remain steadfast in our commitment to Soldiers and Families," Jones said. "We will never forget that the long-term strength of our all-volunteer Army depends on the well-being of Soldiers and their Families."

Precursor MWR programs began around the start of the 20th century. In 1903, Congress authorized the Army to build, operate and maintain PXs, libraries, schools, recreation centers and gymnasiums for the troops. By the mid-1940s, Special Services was cre-

ated to oversee the rapidly expanding programs.

By the end of World War II, Recreation Services, the Army Exchange and the Soldier Show were all part of MWR. Family pro-

grams, however, remained few. During the 1960s and '70s, a few programs were created for Families, but it wasn't until 1983 that the Army experienced a culture change regarding

Families.

"We played an important role in the development of modern Army life," said Jones, now the deputy commander for operations for the Installation Management Command.

"We've come a long way from the mentality of 'If the Army wanted you to have a Family, it would have issued you one,' to the first Army Family Symposium in 1981," he said, "and the publication in 1983 of the Army Family's White Paper by then Army Chief of Staff Gen. John A. Wickham Jr., which truly revolutionized the Army's thinking. The Army recognized the integral support role of the Soldiers' Families."

Wickham's white paper led to the creation of the Community and Family Support Center on Nov. 23, 1984. More emphasis was placed on supporting Soldiers' Families when the organization was renamed


the Family and Morale, Welfare and Recreation Command Oct. 24, 2006.

"In the 27 years since CFSC - now FMWRC - came into existence, what a dramatic shift in how Family and MWR programs operate on the garrisons and what services they provide," Jones said. "Through all of the name changes, the mission of Family and MWR has remained constant."

Lynch expressed the importance of MWR to the nearly 200 Soldiers, Family members, employees and friends attending the ceremony.


"You all, the employees of FMWRC, look in the mirror and the reflection back is somebody who sacrifices themselves for the greater good and makes an impact on the lives of the people that serve our nation in uniform and their Families and great civilians every day," Lynch said.

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Sports in Iraq keep 40th CAB morale high
Story on Page D3

SPORTS

VOL. 61 ■ NO. 23

ARMYFLIER★COM

JUNE 9, 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 Sept. 4. For more information, call 255-9517.

INT WAKEBOARDING

Outdoor Recreation staff hosts the annual INT Wakeboarding Competition Saturday and Sunday 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.

SCUBA COURSE

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

MEN'S SPORTS, FITNESS AND WELLNESS EXPO

The Landing staff hosts the Men's Sports, Fitness and Wellness Expo Wednesday 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 Saturday, \$50 after/up to race day. Relay teams with a maximum of three people, \$70 by Saturday, \$80 after/up to race day. The triathlon consists of 1/4-mile swim, 10.6-mile bike ride, and 3.1-mile 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.ftruckermmwr.com.

FATHER'S DAY SCRAMBLE

Silver Wings Golf Course staff hosts a Father's Day Scramble and Parent/Child 9-Hole Tournament June 19 from 2 to 5 p.m. Prizes are awarded based on the number of participants. Cost is \$10, plus cart and green fees, if applicable. For more information, call 598-2449.

SUMMER BOWLING INTRAMURALS

Summer Intramural League Bowling at Rucker Lanes

SEE SHORTS, PAGE D4

Spartans fall to Lowe Field in extra innings

BY RUSSELL SELLERS
Army Flier Staff Writer

There was no glory to be found for the Spartans of 1st Battalion, 223rd Aviation Regiment in its game against Army Fleet Support Lowe Field Monday.

After a back-and-forth battle where the lead changed three times, Lowe Field ultimately won the day, 17-13.

Bud Moore, AFS coach, said the victory wasn't an easy one and that it was the power of the team's hitting that helped it pull it off.

"We didn't do anything special, but our bats were working," he said. "They made a few substitutions that helped us out a lot and they just didn't hit the ball the way we did."

While the victory was a good one, Moore said the team has a few things to work on in practice.

"We had a lot of errors on the infield and that's what we're going to work on this next week," he said.

The two teams were evenly matched from the beginning, as AFS took the first at-bat and put up four runs in the first inning. The power of hitters like Ivan San Inocencio, AFS outfielder, and Moore, AFS pitcher, helped put the team up early and set the pace for what turned out to be a long night for both teams.

While down four runs, the Spartans weren't going to go away that easily. Lawerance Coe, Spartans shortstop, slammed a one-RBI home run in his first at-bat. Unfortunately for his team, that would be the only two runs scored in the inning.

The second inning was a different game for AFS due to the Spartans' sudden ability to field the ball. AFS was held to only one run for the second inning and then the Spartans decided to make a game of things.

Lucas Ferguson, Spartans outfielder, got things moving with a base hit RBI, but it was Richard Johnson, Spartans first baseman, who kicked the rally into gear with a two-RBI double that tied the game.

The gloves just weren't working for AFS in the second inning, but the team did manage to keep the tie from being broken.

For the next two innings, the teams held each other to only one run each inning until AFS was able to hold onto a lead in the bottom of the fifth, thanks largely to a series of errors on the part of the Spartans infield.

The sixth inning wasn't any better for the Spartans pitching staff as the bases were loaded twice due to walks,



PHOTOS BY RUSSELL SELLERS

Ivan San Inocencio, AFS Lowe Field outfielder, hits an infield home run in his first at-bat during the team's game against the Spartans of 1st Bn., 223rd Avn. Regt. Monday. AFS won, 17-13.

along with two runs by walk-in. That, combined with no runs scored in the bottom of the inning made things look grim for a Spartans potential comeback.

However, the Spartans gloves finally heated up in the seventh and held AFS scoreless in the inning. But the team, down 12-8, still had to find a way to put runs on the board, and find a way it did.

John Burgan, Spartans outfielder, kicked the rally back into gear with a two-RBI double. A series of missed throws and errors allowed the Spartans to tie the game again in the seventh, 12-12.

However, the sudden prospect of losing the game caused the AFS bats to come alive, once again.

After an error allowed one run, Ken Maddox, AFS outfielder, hit an infield home run with two RBIs. AFS was shut down

after scoring two more runs, bringing its lead to 17-12.

The Spartans came back to the plate for one more try, but it wasn't to be. An error allowed the team to get one more run in just as Coe, the team's power hitter, came to bat. His steam ran out just as he made connection with the final pitch of the game that looked to be sailing over the right field fence, but it came up short and landed in the glove of a waiting AFS player.

"Our team just fell apart at the end," Richard Johnson, Spartans coach, said. "The heat and fatigue was bad, but you can't plan for everything. We had a lot of good guys playing, but it just didn't come together."

Johnson said the team will have "more dedicated" practices in the coming weeks to make the team better prepared for longer playing times.



Jerrold Johnson, AFS Lowe Field shortstop, rounds third base during the team's game against the Spartans of 1st Bn., 223rd Avn. Regt. Monday.

Down Time



Trivia test

by Fifi Rodriguez

TRIVIA

1. LITERATURE: "Ten Days That Shook the World" is an account of what event in history?
- 2: FASHION: What is an ascot?
3. LANGUAGE: Where might a lunule be found on the human body?
4. ASTRONOMY: When did Edmond Halley determine that a comet (which was later named after him) became visible to observers on Earth every 75 years or so?
5. GEOGRAPHY: What is the capital of Cyprus?
6. HISTORY: Where did the Glorious Revolution of 1688 take place?
7. U.S. PRESIDENTS: What did George Washington do for a living as a young man?
8. GENERAL KNOWLEDGE: On which continent did the peanut originate?
9. ANATOMY: To what system of the human body does the gall bladder belong?
10. ARCHITECTURE: Who designed St. Paul's Cathedral of London?

See Page D3 for this week's answers.

Super Crossword

M&MS

ACROSS

1 It may be tipped
4 W.C. Fields quote?
7 Poisonous plant
12 Social groups
18 Palindromic name
19 Important numero
20 Ages
22 Lama or imam
23 Singer
24 CEO, e.g.
25 Silent performer
27 Like Donne's poetry
30 Aquatic mammal
31 Slight
32 Zombie ingredient
33 Memphis deity
36 Obligation
39 Famed anthro-pologist
44 — fin
48 Scand. nation
49 Summarize
50 Computer acronym
52 Kitchen utensils
54 — one's time (waits)
57 Weber's "—"

Freischutz"
58 '98 home run king
60 Praise
62 Female goat
64 "O Sole —"
65 Sour fruit
66 Like some watches
68 Bradley or Epps
70 "Heat and —" ('83 film)
73 Writer Rand
74 Education pioneer
78 Woods' grp.
81 Indicate
82 Wordsworth works
83 Magazine employee
86 Air bear?
88 — Gatos, CA
90 MA hours
91 Winter wear
93 Bearded bandleader
97 Lamb's dam
100 Wear away
101 Illinois city
102 Financial abbr.
103 What trumpets do
105 Diarist
106 Homer's combatants
108 5th Dimension member
112 Farmer's

place
114 Yemeni city
115 Bond rating
116 Lhasa —
120 Ocean vessel
123 Glass' "—" on the Beach
128 "Full Metal Jacket" star
133 Team scream
134 Humorist George
135 Babbled
136 Mame, for one
137 Consumed a knish
138 Gender
139 Lady of Spain
140 Moshe of Israel
141 Contem-porary
142 Use a shuttle

DOWN

1 Muslim pilgrimage
2 Lost
3 Soft mineral
4 "Bah! —!"
5 Boxer
6 Baird or Johansson
7 Theatrical
8 — tree (cornered)
9 Sulky
10 Part of

12 Down
53 Noted
55 Dutch treat?
56 Patriot
58 Deane
59 Animal that roared?
61 Singer
63 Amos
67 Melville novel
69 Tenor
71 Benjamin
73 Fountaine
75 Threefold
76 "I'm — Cowhand" ('36 song)
77 Getty or Parsons
78 "Take — leave it!"
79 Heart, e.g.
80 "Peer Gyn" composer
81 "Maltese Falcon" actress
84 Maine town
85 Chatter box?
87 Square measure
89 Actor
92 Pickens
93 Berry or Olin
94 Sped
95 Construct
96 Bartok or Peron
98 One of the

Osmonds
99 Directional suffix
103 Command
104 Sterner
107 "— Hand" ('81 hit)
109 One in a million
110 Salted snack
111 Purrfect pet?
113 South American capital
116 Current amount
117 Unwind a rind
118 Mikita of hockey
119 Conductor
121 Klemperer
122 Stentorian
123 Writer
124 O'Brien
125 Neighbor of Pakistan
126 — Haven, CT
127 Casanova's cry?
129 "— Alibi" ('89 film)
130 Author
131 LeShan
132 Nicole on "Fame"
133 Browning's bedtime?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

Kid's Corner

Puzzle Card

USE A CLOTH COVERED TABLE!

CHALLENGE YOUR FRIENDS to arrange eight soda straws so that they will form four equilateral triangles and one square. Our Puzzle Card shows how it's done.

DON'T RUN OUT OF GAS solving this AlphaMath puzzle! You must replace the letters in the signs with the digits 0, 1, 3, 4, 7, 8 and 9, so that you have a correct addition problem. Try to get the highest possible total.

Our answer: C=7, A=4, M=0, N=3, P=9, T=1, E=8, S=9. (740 + 949 = 1089)

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

BEST
COB
FACT
GALL
DEB
NEON
HEAR
ATE

ION
TENS
OWED
LEED
EON
HEAR
ATE

Junior Whirl

by Charles Barry Townsend

FIND THE BIG WORDS!

Using the definitions and anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

- DEFINITION:**
1. An earring shape.
 2. Temporary substitutes.
 3. Efforts to achieve.
 4. To delay or put off.
 5. Sequence of bookish events.
 6. A colorful wall hanging.
 7. A light musical.
 8. Fair and comfortable.
- ANAGRAM:**
- dart + rope
pops + tags
tamp + test
open + stop
reps + chat
tray + step
poet + tear
learn + past

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

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

HOCUS-FOCUS BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

Differences: 1. Flowers added along fence. 2. Gloves are added. 3. Fireman's hat is different. 4. Tree has been added. 5. Man is wearing apron. 6. Fork is shorter.

Work hard, play hard

Sports in Iraq keep 40th CAB morale high

BY DANIEL CERNERO
III Corps and Fort Hood Public Affairs

CAMPTAJI, Iraq — Soldiers of the 40th Combat Aviation Brigade work tirelessly to accomplish the mission of providing full-spectrum Aviation operations throughout the country of Iraq.

As hard as they work, they play just as hard during their off hours.

The 40th CAB is a National Guard-led unit deployed to Iraq in support of Operation New Dawn. The brigade headquarters is at Camp Taji, north of Baghdad. While Camp Taji is austere in many respects, it does offer Soldiers a variety of sports and recreational activities.

“The Soldiers here are giving it their all every day,” said Capt. Keegan Smith, a battle major for the 40th CAB, and a native of Carmichael, Calif. “At the end of the day, the sports the Soldiers are playing help them with their physical fitness, help them create and strengthen friendships, and help with morale in the unit as a whole.”

Basketball, soccer, volleyball and softball tournaments have attracted plenty of players and spectators on post and some competitive sports play during the evening hours. Dodge ball and kickball games have also been popular, not to mention ping pong tournaments, weightlifting competitions and water polo matches at the post pool.

“Playing sports is a great way to get your mind off everything happening here,” said Spc. Alexis Bell, Aviation operations specialist for the CAB and a Fresno, Calif., native. “Not only is it a great way to de-stress, it’s also a great way to build stronger bonds with all your friends and it gives you a chance to meet new people and become friends with them, too.”

“We offer a variety of different sporting activities to the Soldiers here at Camp Taji,” said Zywia Weinberg, Morale, Welfare and Recreation coordinator and events planner. “We are always looking for ways to entertain the troops and are constantly taking suggestions for other events, too, and we do



PHOTOS BY DARRIEL SWATTS

Soldiers and civilians play against each other in a soccer match held on Camp Taji, Iraq April 15.

all of it just to put smiles on the Soldiers faces.”

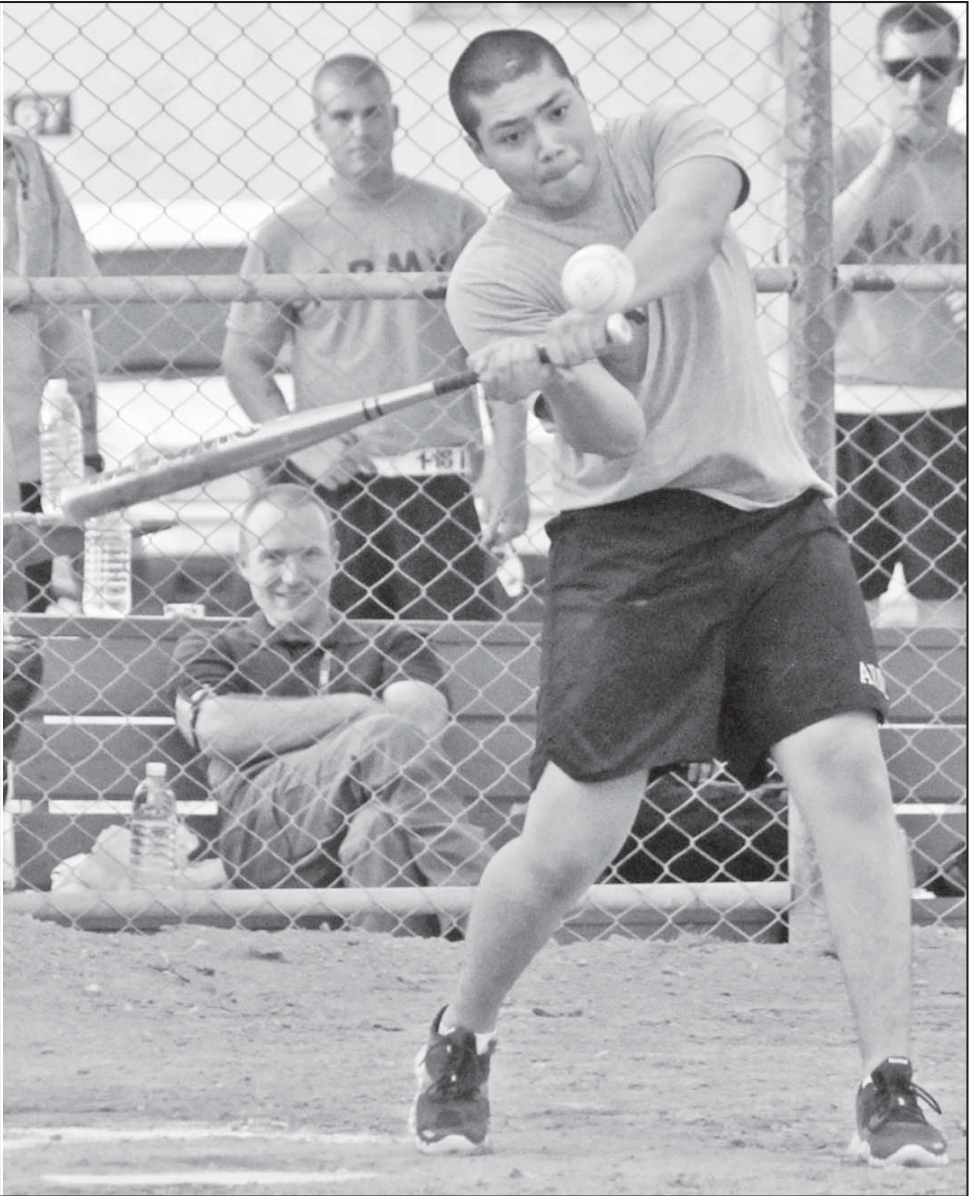
The sports available to Soldiers are played for fun but oftentimes are coached by someone who has coached the sport before.

“I’ve been coaching volleyball for more than 16 years,” said Smith. “If someone who has never played before wants to learn, people like me can help teach them the basics and sometime we volunteer to be coaches.”

The Soldiers often attend practice during the week to help hone their skills for their upcoming games.

“I’ve played almost every sport offered here, and it hasn’t interfered with work at all,” said Bell. “When I get off work, I go back to my room right away and get ready for practice most days.”

“Being the coach of the softball team, I’ve seen everybody come together so much better from the beginning of the season to now,” said Sgt. William McFarland, brigade supply sergeant, and a native to Santa Rosa, Calif. “Every time they go out there, you can see their morale increase 100 fold, and that built up morale transfers into the work place, and produces a better work ethic and a better product.”



Spc. Luis Torres swings for a homerun during a softball game on Camp Taji, Iraq April 16.

Weekly SUDOKU

Answer

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

Answers

1. Russian Revolution
2. Scarf or wide tie used as formal neckwear
3. The crescent-shaped white mark at the base of the fingernail or toenail
4. 1705
5. Nicosia
6. England
7. Surveyor
8. South America
9. Digestive
10. Sir Christopher Wren

Puzzle ANSWERS

Super Crossword Answers

HAT	HIC	SUMAC	CASTES
ASA	UNO	EPOCHS	PRIEST
DEL	MGR	MARCEL	MARCEAU
JACOB	BEAN	OTTER	SNUB
RUM	ISIS	DEBT	
MARGARET	MEAD	DORSAL	
NOR	RECAP	DOS	SIEVES
BIDES	DER	MARK	MCGWIRE
CREDIT	DOE	MIO	SLOE
ANALOG	OMAR	DUST	AYN
MARIAM	MONTESSORI		
PGA	SIGN	ODES	EDITOR
URSA	LOS	EST	ANORAK
MITCH	MILLER	EW	ERODE
PEORIA	DIV	BLARE	NIN
GREEKS	MARILYN	MCCOO	
	DELL	ADEN	AAA
APSO	OILER	EINSTEIN	
MATTHEW	MODINE	RAH	ADE
PRATED	AUNTIE	ATE	SEX
SENORA	DAYAN	NEW	TAT

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SPORTS SHORTS

Continued from Page D1

begins June 21 from 6:30 to 8:30 p.m. There is a one-time fee of \$10 to cover a buffet the last night of league play. For more information, call 255-9503.

TAOIST TAI CHI SOCIETY

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

BURGER AND BOWL

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

EXTREME BOWLING

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

ARCHERY SHOOTS

Fort Rucker Archery Club members conduct weekly shoots at the club's range, located off Whittaker Road. Shoots begin Thursdays at 4 p.m., and members take aim at 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 3:30-5:30 p.m. For more information, call 255-1867.

Video Game Spotlight >>

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

Green Lantern provides short entertainment

BY JIM VAN SLYKE
Contributing Writer

The good news is that Green Lantern: Rise of the Manhunters isn't terrible.

It isn't overwhelmingly good, or worth playing more than once, but the first ride as owner of a Green Lantern ring isn't all that bad. That goes against the generalized rule that all video games based on movies are terrible, but there are always exceptions.

Green Lantern is a third-person adventure game that takes place in the movie universe, but it's not tied to the film. Ryan Reynolds, the film's star, lends his voice and likeness to the game.

Gamers become Reynolds' Hal Jordan, a ring-powered superhero who must defend the Green Lantern headquarters from attack. Manhunters, a bunch of cyborgs that were the Green Lanterns' predecessors, are trying to destroy their former masters, the Guardians.

Part of the problem with trying to create a video game around the Green Lantern is that imagination is one of the superhero's advantages. Anything he can think of can be turned into a weapon or other useful device by the ring he wears.

This game has four basic powers — drill, grappling hook, sword and massive fist — and 12 special moves that drain power when they are in use. These include a spinning mace, a massive saw blade and a baseball bat. While 12 seems limiting, it actually works here. Espe-



COURTESY SCREENSHOT

cially considering Jordan is a new Green Lantern and doesn't know the full extent of his powers, yet.

Co-op is available (the second player is Sinestro) and is fun, and the game does have some creative moments. It's not the deepest of games and it's still limiting at times, but overall it's worth slipping on a ring — for a little while at least.

Reviewed on the Xbox 360



Publisher
Warner Home Video Games
Rated
Teen
Systems
Multiple
Cost
\$40-60
Overall
2.5 out of 4



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