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# ARMYFLIER

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FORT RUCKER ★ ALABAMA

JUNE 23, 2011

## NEWSLINES

### FEEL SMARTER?

Members of the Fort Rucker community now have a Holiday Inn Express on post.  
**See Page A3.**

### HELPING NEIGHBORS

Wings of Freedom Association donates furniture and household goods to northern Alabama neighbors affected by tornadoes.  
**See Page C3.**

### TRIATHLON

Photos and results from Saturday’s Audie Murphy Triathlon at Lake Tholocco’s West Beach.  
**See Page D3.**

### TRAFFIC SURVEY

Members of the Fort Rucker community might notice people around the post, including the various gates and access control points, taking notes and placing traffic counters today and Friday.  
These people are part of a contractor team conducting a traffic survey on post. While their actions may appear suspicious, leadership and security officials are aware of the contractor team’s actions.  
That said, officials remind the entire community to remain vigilant and report unexplained suspicious activities or situations to the military police at 255-2222.

### CHANGES OF COMMAND

The 1st Aviation Brigade hosts a change of command ceremony at 8:30 a.m. Friday at Fort Rucker’s Howze Field.  
The 1st Battalion, 223rd Aviation Regiment hosts a change of command ceremony Tuesday at 8:30 a.m. at Howze Field.  
The 110th Aviation Brigade hosts a change of command ceremony June 30 at 8:30 a.m. at Howze Field.

### TEEN NIGHT

Teen Night is Friday from 7-11 p.m. at The Landing. The event is open to youth ages 13-18 who are students in area schools. Participants can enjoy a large dance floor, disco lights and a great show.

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## Weather 3-DAY OUTLOOK

**THURSDAY**  
High **91**  
Low **71**  
Scattered t-storms

**FRIDAY**  
High **94**  
Low **72**  
Scattered t-storms

**SATURDAY**  
High **91**  
Low **71**  
Scattered t-storms



PHOTO BY EMILY BRAINARD

## Freedom Fest

Fireworks burst in the sky above Fort Rucker’s Festival Fields during last year’s Freedom Fest display. This year’s celebration runs 4-10 p.m. July 2 and will be headlined by Gary Sinise’s Lt. Dan Band. See next week’s *Army Flier* for a complete schedule of events and more information on Freedom Fest.

## 1-145th welcomes new commander



PHOTO BY JIM HUGHES

Lt. Col. James E. Ward, incoming 1st Bn., 145th Avn. Rgt. commander, accepts the unit colors from Col. Kenneth J. Biland, 1st Avn. Bde. commander, as outgoing commander Lt. Col. Mikael R. Ash looks on at the unit change of command ceremony Friday on Howze Field.

BY JIM HUGHES  
Command Information Officer

Hundreds of Soldiers and employees of the 1st Battalion, 145th Aviation Regiment “Old Warriors” welcomed a new commander Friday.

Lt. Col. James E. Ward assumed command from Lt. Col. Mikael R. Ash during a change of command ceremony at Fort Rucker’s Howze Field.

Ward comes to Fort Rucker after an assignment as an operational analyst with the Joint Center for Operational Analysis, Joint Forces command in Suffolk, Va. He is a rated Aviator in the UH-1 Huey and OH-58 Kiowa helicopters.

Col. Kenneth J. Biland, 1st Aviation Brigade commander

who hosted the ceremony, said the right man was chosen to replace Ash, who is retiring.

“Jim, the Army could not have picked a better qualified officer,” he said. “With your diverse background, challenging assignments and experience, you are clearly prepared for this command. I challenge you to build upon the successes Mike and his team have achieved, and take the Old Warriors Battalion to even greater heights as you march ahead.”

Ward, assigned to Fort Rucker for the first time since 1997, said he is up to the challenge.

“I’m very excited and humbled to be given the honor to

SEE 1-145TH, PAGE A7

## New leader takes reins of 1-14th

BY RUSSELL SELLERS  
Army Flier Staff Writer

A former flight student returned to Fort Rucker this week to take command of an attack and recon unit.

Lt. Col. Bevin K. Cherot assumed command of the 1st Battalion, 14th Aviation Regiment “Tomahawks” from Lt. Col. Scott J. Halverson during a change of command ceremony at Howze Field Tuesday.

Cherot, who recently finished duties at the Pentagon, is also an OH-58C Kiowa pilot and graduate of Fort Rucker’s Army Aviation Officer Advanced Course. He also has a bachelor’s degree in history from Boston University and a master’s degree from Louisiana State University.

Col. Russell E. Stinger, 110th Aviation Brigade



PHOTO BY RUSSELL SELLERS

The command group for 1st Bn., 14th Avn. Regt. troops the line during a change of command ceremony at Howze Field Tuesday. From left, Lt. Col. Bevin K. Cherot, incoming commander, Lt. Col. Scott J. Halverson, outgoing commander, Maj. Peter Velesky, 1st Bn., 14th Avn. Regt. commander of troops, and Col. Russ Stinger, 110th Avn. Bde. commander.

commander, said the day was meant to be a celebration of the unit and its accomplishments. He also

presented Cherot with a challenge to continue the work the unit has been doing under Halverson.

“Bevin, you have some big shoes to fill,” he said. “I have no doubt you’ll do a tremendous job.”

Cherot said he is looking forward to working with the unit and added he felt up to the challenge. He thanked his family and the members of the unit for their support.

“I’m deeply humbled and grateful to have the opportunity to lead the great Soldiers of this unit,” he said. “We will live up to the past. This unit has a great lineage that goes all the way back to the Vietnam War. I will aim to lead in a fashion that lives up to that great tradition.”

Halverson thanked Stinger, the unit and his family for all their hard work and dedication since he took command of the unit in 2009. He spoke highly of Cherot’s accomplishments as a Soldier and commander and said he felt the unit is in good

SEE 1-14TH, PAGE A7



**ARMYFLIER**  
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FORT RUCKER COMMANDING GENERAL

**Col. James A. Muskopf**  
FORT RUCKER GARRISON COMMANDER

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# Perspective

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## From Out of Nowhere

### Motorcyclist learns value of proper riding gear

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

*(Editor's note: The names of the people in this article have been changed to protect their privacy. The article is reprinted from Knowledge, the Army's safety magazine.)*

The sun was just dipping below the horizon as Chief Warrant Officer 4 Bruce Freeman sat on his idling motorcycle.

Winter wasn't quite over and he was glad for his Harley-Davidson leather riding jacket, gloves, hiking boots, long pants and helmet. Riding at the 45-mph speed limit gave him a "built-in" 45 degree wind chill factor.

Finally, the light turned green and he eased out the clutch. His 2008 Harley-Davidson Street Glide began rolling across the intersection of Fort Campbell Boulevard and Ringgold Street as he rode in the road's far-left lane.

Glancing in his right-side rearview mirror, he saw a large service truck in the middle lane slowly gathering speed as they both traveled southbound. On his left, Freeman could see the faces of the drivers stopped in the oncoming turn lane. It was as it had always been — a routine ride on a familiar section of road. Soon he would be joining his wife and nine of their friends at a local restaurant.

Behind the wheel of the service truck, Jimmy Laughlin paid attention to the rider now slightly ahead and in the lane to his left. He'd followed behind Freeman for a couple of miles and then moved to the middle southbound lane.

Himself a rider, Laughlin noted a number of motorists pulled into the street, cutting off Freeman in his lane. Laughlin had moved into the middle lane to avoid hitting Freeman should something happen in the road ahead. And something was definitely about to happen.

Cheryl Banks was in a hurry to turn onto Eva Drive, which intersected Fort Campbell Boulevard from the southbound lanes. Cutting across all three northbound lanes of traffic, she shot sideways into the median. If she could just get a break in the southbound traffic, she could hurry straight across the road and onto Eva Drive.

But, sitting sideways to the other vehicles in the median, her view of approaching southbound traffic was obscured. Craning her head, she peered through the windshield of the vehicle stopped to her right in the median. She could see Laughlin's truck but not Freeman, who was fast approaching in the lane nearest her.



Seeing her chance to beat Laughlin across the road, she hit the gas. But she hit much more than the gas — she nailed Freeman, T-boning him and his motorcycle.

Laughlin saw it all. He saw Banks' vehicle suddenly come from out of nowhere, dart into the lane and smash into the motorcycle. He watched in shock as Freeman twisted and spun some 40 feet through the air, landing in the right-hand lane and then tumbling and slamming head-first into the curb.

Hitting his brakes, Laughlin pulled into the right-hand lane and stopped, using his truck to shield Freeman from following traffic.

Stepping out of his cab, he called 911 on his cell phone and ran toward the downed rider. As he bent down to check him, Laughlin found Freeman was face down, his right arm twisted and broken behind his back. Laughlin believed he'd just watched a man die.

A woman who said she was a nurse ran from the line of stopped cars, followed by two men claiming they had paramedic experience. The woman gently held Freeman's head as the men carefully moved him onto his back.

Looking at Freeman's face, Laughlin saw his eyes were open, but he was unresponsive. Gurgling sounds punctuated Freeman's erratic breaths, evidence a rib had punctured one of his lungs.

Laughlin looked at his watch. The minutes ticked by; first five, then 10 and then 15 — but still no ambulance. Frustrated, he dialed 911 again, demanding the ambulance hurry. Freeman looked bad — there was no time left for delays.

Freeman's wife, Linda, looked at her watch as she waited at the restaurant and wondered where her husband was. She and their friends were unaccustomed to his being late. "Where is he?" she asked herself.

Laughlin saw the ambulance's flashing lights as it approached the crash scene. Emergency medical technicians jumped out and quickly got to Freeman, intubating him to help him breathe and then stabilizing and gently loading him into the ambulance.

The trip would be a short one — just far enough to reach an area where a helicopter could land. The rotor wash pounded down against Freeman and the EMTs as they loaded him onto the aircraft. Moments later it lifted off and headed toward Vanderbilt Hospital in Nashville, Tenn. Upon arriving, doctors immediately moved him into the Level 1 traumatic care unit. Freeman's wife had been called and was on her way to join him. But the roughly 50-mile drive on Interstate 24 East seemed to take forever.

"I was nervous ... all I cared about was, 'Is he alive, is he alive?' I didn't care if he lost a toe or an arm; I didn't care about any of that. All I cared about was his being alive," she said.

Doctors found the impact with the car had badly injured Freeman's left leg and foot, breaking all of his toes and leaving a nasty gash in his leg. His impact with the road broke both shoulders, damaged 10 vertebrae and broke seven ribs — one puncturing a lung. He'd also badly broken his right wrist. Altogether, he had 24 broken bones.

What most concerned the doctors was the damage to his brain. As they looked at the images, they found evidence of shearing in his left and right frontal lobes and left temporal lobe — indications his brain had slammed against the inside of his skull. While he'd survived, his short-term memory was damaged. When he awoke five days later from a medically induced coma, he couldn't name the president of the United States. Over time, therapists worked with him, helping him remember short phrases and lists of numbers to rebuild his short-term memory skills.

Freeman spent nearly a month at the hospital and a nearby rehabilitation facility and ultimately returned to his unit. More than anything, as a pilot, he yearns to get back into the cockpit. He is undergoing a year of observation to ensure he's free of any problems.

His hopes of flying again and surviving to enjoy his wife and friends reflect his wisdom in wearing a "real" helmet, one approved by the Department of Transportation. He knows the value of that only too well.

"Had I been wearing a 'cool guy' novelty helmet that I bought at some rally, I would not be here today," Freeman said.

His other protective gear also helped. His leather riding jacket prevented road rash to his arms, stomach or back. His boots helped stabilize his damaged left foot until he got to the hospital and received medical treatment. Although his long pants were Levi's — not the most durable fabric when sliding down the road — they did help limit the road rash to his legs.

Being protected while riding is important, he said, because riders can never completely predict what others will do on the road.

He explained these items of safety gear are "meant to lessen the dangers out there just waiting to gobble you up."

As a Soldier, surviving his horrific accident has meant the world to him.

"I'd hate to think that I was robbed of the opportunity to serve my country and do what I love to do," he said.

## Rotor Wash

“What are some of the benefits you have noticed about the new uniform regulations?”

**Sgt. Maj. Lavon Christen,**  
1st Bn., 13th Avn. Regt.

“Patrol caps actually help block the sunlight.”

**Sgt. Raymond Conley,**  
HHC, 110th Avn. Brigade

“With how much time we spend outside, it is much cooler.”

**Capt. Aaron Schmutz,**  
1st Bn., 145 Avn. Regt.

“It is not as hard to put on as a beret was.”

**Pvt. Dylan Cooper,**  
2-58th AOB

“I don’t need two hands to put my cover on.”

**Cadet 2nd Lt. Christopher Patton,**  
2-58th AOB

“Sewing patches on makes more sense. The Velcro always wore out and came off.”



# Fort Rucker hotel goes ‘Express’

BY RUSSELL SELLERS  
*Army Flier Staff Writer*

After almost two years of planning and renovating, the Holiday Inn Express opened its doors at Fort Rucker June 16.

In August 2009, Lend Lease U.S. Public Partnerships assumed ownership of over 3,200 hotel rooms located across 10 U.S. Army installations and, with InterContinental Hotels Group as the hotel operator, became the first to begin operations under the Privatization of Army Lodging program, an Army-led, public-private venture established as a means of revitalizing on-post transient housing facilities for Soldiers, their Families and all official government travelers, according to Meryl Large, Lend Lease senior marketing manager.

The hotel here is the fourth branded hotel ever opened on a military installation, Large added.

“Today, the Holiday Inn Express at Fort Rucker offers guests all the amenities of the brand’s off-post locations, with additional services and amenities tailored to meet the unique needs of military travelers,” she said. “Every pet-friendly guest room features new furnishings, new bedding and flat screen TVs in addition to free, hot breakfast served daily, free high-speed internet access, TV lounges and guest laundry facilities. The hotel also offers concierge services and courtesy, on-post shuttle service for all IHG Army Hotel guests, weekly barbeque socials and the opportunity to earn Priority Club rewards points that can be redeemed for prizes or stays at more than 4,400 IHG hotels around the world.”

During the ribbon cutting ceremony June 16, Col. James A. Muskopf, Fort Rucker garrison commander, said the team involved in making the renovations possible have done a



PHOTOS BY RUSSELL SELLERS

Fort Rucker, Lend Lease and IHG officials cut the ribbon at the official opening of Fort Rucker’s Holiday Inn Express June 16.

great service for the post and the Army.

“The privatization of Army lodging is a win-win partnership between Lend Lease, IHG and the Army,” he said. “It’s an opportunity for each partner to do what they do best in service to our nation.”

Muskopf continued by stressing the importance of having such a partnership between the military and a private company and how it helps both organizations.

“The Army is in the business of protecting this great nation and executing our country’s wars, not running hotels,” he said. “But our partners, Lend Lease and IHG, are in the business of running hotels, and they are committed to providing the best possible facilities

and services to our Soldiers and Family members. This partnership also removes a financial strain off of the Army. We had fallen behind on updating our lodging facilities due to lack of funds. Our partners have updated these facilities and will keep updating them to provide only the best for our people.”

Karen Brenenstahl, IHG Army Hotels general manager at Fort Rucker, said the ribbon cutting ceremony represented the culmination of two years of hard work by all involved.

“This is a very proud day for me,” she said. “I’ve been here for a little over two years and in that time my team and I have had the opportunity to serve the Soldiers and Families who chose to stay at this hotel.



The new rooms at Fort Rucker’s Holiday Inn Express are ready for use, said Lend Lease and IHG officials during the official ribbon cutting ceremony June 16. Every pet-friendly guest room features new furnishings, new bedding and flat screen TVs.

When I got here, I noticed this hotel already had the commitment to customer service that IHG has. Fort Rucker is a great example of what’s going on at

the other installations undergoing this change. Our guests have noticed the difference and we’re very excited about where we’re going.”

## UASTB holds redesignation, change of command ceremony

BY TYWANNA GORDON  
*Fort Huachuca Public Affairs*

A redesignation and change of command ceremony was held for the unit previously known as the Unmanned Aircraft Systems Training Battalion on the U.S. Army’s birthday June 14 at Fort Huachuca, Ariz.

During the ceremony, Lt. Col. Victor Hamilton assumed command from Lt. Col. Patrick Sullivan, and the UASTB was redesignated as the 2nd Battalion, 13th Aviation Regiment. The unit’s new motto is “Swift and Deadly.”

Col. Kenneth Biland, 1st Aviation Brigade commander, presided at the ceremony and passed the new 2nd Battalion, 13th Aviation Regiment colors from Sullivan to Hamilton.

With his position established, Hamilton then passed the colors to the unit’s top enlisted Soldier, Command Sgt. Maj. Danny Thurecht.

During the ceremony, Biland informed those in attendance of the many accomplishments the command has had under Sullivan’s leadership.

“I could not have asked for a better commander or more dedicated professional to serve with,” he said. “You absolutely embodied the leader who effectively balances mission accomplishment with taking care of Soldiers and their Families. I am honored and proud to have served with you.

“Thanks to your leadership, the Army now has the newest, most advanced and most lethal UAS flying combat missions in our current operations,” Biland continued. “Your battalion



PHOTO BY TYWANNA GORDON

Lt. Col. Patrick Sullivan (left) and Command Sgt. Maj. Danny Thurecht, commander and command sergeant major of the Unmanned Aircraft Systems Training Battalion, retire the unit’s colors during the redesignation portion of the ceremony held Tuesday at Fort Huachuca, Ariz.

has been called upon and has performed much more than conventional duties of a TRADOC (Training and Doctrine Command) unit. In addition to your daily individual training mission, your battalion simultaneously prepared operational units through support of the war fight.”

Biland informed the audience that during Sullivan’s tenure, the UASTB graduated more than 4,200 UAS initial entry operators and repairers, technicians and leaders.

“Although you relinquish command today, your influence and hard work will be felt for years to come,” he said. “You have served as a role model for thousands

of Soldiers that you have helped train for combat both at the advanced individual and graduate level. Your legacy will be left behind because you have touched so much over the course of your three-year command. Your long-term initiatives will continue to unfold and will continue to positively impact our UAS Soldiers units and the Army Aviation community as a whole.”

Biland assured the command that although Sullivan is leaving, Hamilton is the right replacement and the unit is in good hands.

“Victor, the Army could not have picked a better qualified officer with your diverse background, challenging assignments and

experience,” he said. “You are clearly prepared for this command and I challenge you to build upon the successes that Pat and his team have achieved and take this battalion to even greater heights as you march ahead.”

### 2nd Battalion, 13th Aviation Regiment history

The 2nd Battalion, 13th Aviation Regiment traces its history to the 13th Aviation Battalion (Combat). The original battalion was activated Aug. 5, 1964, at Fort Bragg, N.C., as Headquarters and Headquarters Detachment, 13th Aviation Battalion (Combat). The battalion proceeded to Vietnam and was awarded the Presidential Unit Citation in 1969, the Valorous Unit Award in 1966, and the Republic of Vietnam Cross of Gallantry with Palm (1966-1972). It was then inactivated Oct. 15, 1979, at Fort Hood, Texas, and the 1st Battalion, 13th Aviation Regiment, reactivated Nov. 20, 1987, at Fort Rucker.

The distinctive unit insignia for the 13th Avia-

tion Regiment was originally approved by the Institute of Heraldry on Nov. 7, 1967, and amended on Oct. 15, 1970. The insignia is symbolic of the battalion’s colorful history. The winged sword refers to the combat Aviation mission of the organization. The equilateral triangle, or delta, alludes to the Mekong River Delta, where the organization served in Vietnam. The colors red, blue, and yellow symbolize the three basic combat branches incorporated in airmobile warfare: infantry, artillery, and cavalry. The sword and three colors also allude to 13, the unit’s numerical designation. The blue bar further refers to the Presidential Unit Citation awarded to the organization.

exceeding organization goals and meetings all directed Army missions. I am proud of these Soldiers and this organization.”

Hamilton comes to 2nd Battalion, 13th Aviation Regiment from the University of Kansas where he served as professor of military science. Hamilton has conducted counter-narcotics operations in Central America and the United States, peacekeeping operations in the Balkans, full spectrum combat operations in Iraq,

foreign internal defense operations in Thailand and Afghanistan, and congressional liaison operations while working on the Army’s future combat systems.

Hamilton holds a bachelor’s degree in social science and master’s degree in public administration and business administration.

Sullivan’s next assignment is with the Office of the Deputy Chief of Staff Aviation in Washington, D.C.



# Gates, Mullen protect Family programs from budget cuts

BY JIM GARAMONE  
American Forces Press Service

WASHINGTON — Defense Secretary Robert M. Gates told the service chiefs to “fence” two areas in the budget options the military is contemplating: training and Family programs.

“I don’t want any money taken out of those,” he told the Senate Appropriations Committee June 15.

Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said the nation has an obligation to take care of those servicemembers wounded physically and mentally in the wars.

Gates has moved money for wounded warriors from the supplemental requests and overseas contingency funds.

“All of that money has been shifted into the base budget knowing that we will deal with this problem for many, many years to come,” he said. “So for our part, in addition to [Veterans Affairs], we have tried to make sure that the funds for these programs have been pro-



Defense Secretary Robert M. Gates testifies before the Senate Appropriations Committee with Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, looking on in the Dirksen Senate Office Building, in Washington, D.C., June 16, 2010.

tected and will be protected in the future.”

Mullen said the country is just now starting to understand the costs of the wars. He used Joint Base Lewis-McChord, Wash., as an example, saying that many of the servicemembers at that

base have deployed — some multiple times.

“Many of those units have had only a year between deployments up to now,” he said. “Now, they’re going to have two, and I think they’ve been compartmentalizing challeng-

es, and they’re going to start unpacking that. And it’s going to be pretty tough now that we’re back home.”

The military health system and the Veterans Affairs Department need to get at traumatic brain injury, or TBI, and

post-traumatic stress now, the admiral said.

“The more quickly we get at the problem, the less likely the damage or the damage is reduced significantly, and yet there’s still a great deal on the TBI side that we don’t understand,” he said.

Mullen said the relationship between DOD, VA and the civilian communities must get stronger to take care of these men and women. He called on the senators to protect the money to care for wounded servicemembers.

“When we get into budget crunches like this, this incredible amount of money that we put into Family programs, into medical research, it’s some of the first money that budget types like to take out historically,” he said. “We like airplanes before we would keep our Family programs intact, and that’s something the secretary of defense and I have talked about. Unless we watch that very carefully, it will not be there when we need it.”

The money and the care must be sustained, Mullen said.

## Fiscal crisis requires responsible approach, Lynn says

BY JOHN D. BANUSIEWICZ  
American Forces Press Service

PARIS — A fiscal crisis that’s putting the squeeze on defense budgets and related industries requires difficult choices for leaders and a responsible approach that manages the spending slowdown while retaining military effectiveness, Deputy Defense Secretary William J. Lynn III said Sunday.

In a keynote speech at an Aerospace Industry Association dinner, Lynn said he’d received a letter from a 9-year-old boy named Hunter, who enclosed a drawing of a futuristic bomber he had designed.

“Hunter’s letter highlights the issues confronting us,” Lynn said. “Our future security is inextricability tied to the technology we produce, but we are entering a period of significant resource constraints.

“For the past decade, we have lived in a world where when we faced new security challenges, we could meet them with increased resources,” Lynn said. “We have lived in a world where when we wanted to build systems with new technology, like Hunter’s bomber, we could increase our budget. Going forward, we will not have that luxury. We are going to have to make hard choices.”

The central challenge in defense planning, the deputy secretary said, is how to manage a slowdown in spending responsibly in the midst of two active conflicts, other commitments and numerous threats. He noted that the United States and almost all of its European allies are experiencing a significant fiscal crisis that requires everything to be on the table — including revenues, entitlements, domestic discretionary spending and defense spending — in regaining solid financial footing.

“Managing our militaries under these circumstances will challenge defense policymakers and industry executives alike,” he said. “We have at present the most capable, professional fighting force the world has ever known. Our challenge is to accommodate our changing fiscal circumstances without undercutting our military effectiveness, now or in the future.”

History is instructive in showing the way, Lynn said, noting that this is the fifth inflection in U.S. defense spending since the end of World War II. The first three, he explained, came after that war and after conflicts in Korea and Vietnam.

“Then in the mid-1980s, we faced a situation somewhat analogous to today,” he added. “Deficits during the Reagan administration led Congress to impose spending caps. The end of the Cold War then accelerated defense reductions.”

In all of those transitions in defense spending, Lynn said, the U.S. military suffered a disproportionate loss of capability as a result. “Each time, we had to rebuild much of the capability we lost, often at great expense and under urgent circumstances. In other words, we have gone

0-for-4 in managing the drawdowns to date.”

Four broad lessons can be drawn from prior drawdowns, the deputy secretary said: “The first is to make hard decisions early,” he told the group.

Things are not going to get better. In a drawdown, there will be less money than we anticipate in the future, not more. He noted that even well-managed programs experience some cost growth.

“The bottom line is that if we cannot afford it now, we will certainly not be able to afford it in the future,” he said. “To live within our expected resource levels, we need to make the hard decisions now. Every dollar we spend on systems and programs we ultimately do not need or cannot afford is a dollar we cannot spend on the systems we must

have. The equation is that simple.”

And although the U.S. Defense Department is aggressively pursuing efficiencies to help in making the most of limited defense budgets going forward, Lynn said, the second lesson from prior drawdowns is that it is impossible to generate the needed savings through pure efficiencies alone.

“By pure efficiencies, I mean where you perform the same function for less money,” he explained. “For instance, cloud computing holds out the potential of generating greater capability at lower cost across our information technology enterprise. But we are not going to find enough pure productivity gains to generate all the required savings. This means that we have to prioritize. We will have to eliminate programs that,

while valuable, are not valuable enough to sustain in this budget environment.

“The ‘nice to haves’ must go,” he added.

The third lesson, Lynn said, is that reductions must be balanced.

“Reductions focused on a single area, like operational accounts, hollow out the force by depriving it of needed training and maintenance,” he said. “Similarly, reductions that single out investment accounts, which are easy to target, effectively force a procurement holiday. Outdated equipment then needs to be replaced at great expense a decade or so later. To avoid this from coming to pass, we need to balance reductions across force structure, operating and investment accounts. We do not want a force that is the same size but does every-

thing less well.”

The final lesson from prior drawdowns is not to cut too much, and to not cut too fast, especially from core mission areas, Lynn told the audience.


“Rebuilding capabilities five, 10 or 15 years later comes with a cost multiplier,” he said. “And cost alone is not the only price we pay. We have paid for some of our prior drawdowns with the lives and welfare of our troops, who find themselves in conflicts for which they are neither prepared nor equipped. This was particularly true in the 1950s, when the drawdown after World War II caused our forces to pay a high price in the initial stages of the Korean conflict. We do not want to make precipitous cuts today that we will come to regret in the future.”

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COURTESY GRAPHIC

A new conceptual rendering of the approach to the National Museum of the U.S. Army at Fort Belvoir, Va., scheduled to open in 2015.

# Army approves Fort Belvoir as museum site

U.S. ARMY  
Press Release

PENTAGON, Washington — Secretary of the Army John M. McHugh has approved a site on the North Post of Fort Belvoir, Va., for construction of the National Museum of the U.S. Army, scheduled to open in June 2015.

The secretary signed the decision memo last week as June 14 was the Army's 236th birthday.

"In presenting the Army's storied 236-year history, this long-overdue facility will offer the American people a unique opportunity to connect with our Soldiers and better understand and appreciate their many and glorious stories," McHugh said.

"Now that a site for the Army's museum has been determined, the development of the museum's master plan can be finalized," said Judson Bennett, executive director of the National Museum of the U.S. Army, or NMUSA, project office at Fort Belvoir.

Building of the museum will be funded privately through the Army Historical Foundation, a non-profit organization dedicated to preserving the Army's heritage.

Initial construction will include a multi-story, main museum building with exhibit halls, theater, Veterans' Hall, food service and retail areas, administrative areas, an experiential learning center and a lobby with visitor reception area.

The Army's sister services all have a centralized museum. The Air Force Museum is located at Wright

Patterson Air Force Base, Ohio; the Navy Museum is located at the Washington Navy Yard, in Washington, D.C.; and the U.S. Marine Corps Museum is located at the Marine Base Quantico, in Prince William County, Va.

Establishment of an Army Museum can be traced to a law Congress passed in 1814 which directed the Secretary of War to bring captured flags of enemy units to the seat of the capitol for appropriate display.

At that time, Congress appropriated \$500 to fund the effort. However, for nearly two centuries, the Army's collection of documents and artifacts has been without a permanent home that is readily accessible to the public.

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# Professor continues search for solutions to traumatic brain injury

BY J.D. LEIPOLD  
*Army News Service*

WASHINGTON — The man who did more than anyone outside the military and government to ensure mandatory protocols were established that would help Soldiers recover as quickly as possible after suffering a traumatic brain injury, was presented the Strength of the Nation Award, June 15.

David A. Hovda, Ph.D., professor and director of the UCLA Brain Research Center was recognized for his extraordinary contributions in caring for wounded warriors by introducing the Army to breakthrough research for systematic recovery from brain trauma.

During a “twilight tattoo” at Joint Base Myer-Henderson Hall, Va. — part of the Army’s birthday celebration — Secretary of the Army John McHugh presented Hovda with a citation certificate and pinned a silver medal on his lapel.

Hovda remained humble about the recognition.

“I didn’t need any recognition. It’s not important who gets the award, it’s just that the award was given because I have a wonderful team, faculty, clinical faculty and the basic science faculty who all contributed to this effort,” Hovda said. “They’re just outstanding and I owe them an awful lot.”

Hovda’s association with the Army and also the Marine Corps began in March 2009 when he received phone calls from Army Vice Chief of Staff Gen. Peter W. Chiarelli and then-Assistant Commandant of the Marine Corps Gen. James E. Amos.

The generals sought Hovda’s expertise, advice and help with mild traumatic brain injury, TBI, — a growing problem for Soldiers and Marines injured largely by improvised explosive devices in



PHOTO BY J.D. LEIPOLD

David A. Hovda, Ph.D., talks with guests at a twilight tattoo where he received the fourth annual Strength of the Nation Award by Secretary of the Army John McHugh June 15. The professor and director of the UCLA Brain Research Center was recognized for his breakthrough research in traumatic brain injury.

Iraq and Afghanistan.

“It really pulled at my patriotic heart to do whatever I could,” Hovda recalled. “I had experienced this type of request before from the World Boxing Council right after 1990 and the NFL in the early 1990s when people were trying to figure out why athletes were having so many problems with these relatively mild traumatic brain injuries.”

What Hovda and his colleagues discovered working with the NFL was that all too often a player who took a concussive jolt to the head was back in the game before he had truly recovered. A follow-on head blow without ample recovery from the first — even a light knock that wouldn’t have caused an initial concussion — makes a player more prone to

severe TBI, where brain cells and tissue die.

The realization that concussion was cumulative led the World Boxing Council to change the way it sanctioned fights while the NFL created rules to provide better protection to players.

At the request of Chiarelli, Hovda established a blue-ribbon symposium of the vice chiefs, civilian brain trauma experts and researchers along with medical doctors, psychiatrists and neurosurgeons. The panel recommended several protocols which the Army adopted to treat Soldiers who might have suffered concussion or MTBI.

Once such protocol said if a Soldier was mounted and involved in a vehicle associated with a blast event, collision or

rollover; was dismounted within 50 meters of a blast either inside or outside; or suffered a direct blow to the head or loss of consciousness, that Soldier would receive evaluation by medic, a neurological exam, a minimum of 24 hours down-time and another medical reevaluation to determine fitness for a return to duty.

Further, any Soldier suffering TBI or a concussion, or those unconscious less than five minutes, would now require neurological evaluation by a battalion aid station physician or physician’s assistant. Those who were unconscious more than five minutes would require more detailed neurological evaluation by a hospital physician.

“The trick is to understand

what has occurred from a blast and to just allow the brain to go through its natural course of recovery before you expose it to another blow,” Hovda said. “MTBI is permanent in about 15 percent of people who suffer concussion, that’s why it’s so important to protect the individual as soon as possible after concussion with rest, sleep and non-stimulation.”

To recover from concussion, the brain needs an enormous amount of energy, but the way in which the brain uses fuel in the form of glucose or sugar changes after a Soldier suffers MTBI or TBI.

“We’ve learned that blood flow gets reduced to the brain — you don’t have a stroke, but the glucose is not being used the same way and the factory inside the cell that makes the energy is compromised and you have an energy crisis,” Hovda said. “That’s why individuals feel lethargic, dazed or very tired after a concussion and explains why they have a hard time remembering things.”

Hovda said finding a solution and a way in which to bring back the brain’s energy after concussion is something the brain research center is working on through funding by the National Institutes for Health.

“It’s a little too simplistic to say we’re going to give a Soldier a Snickers bar, because the rules that Mother Nature has for the use of the sugar has changed in the brain,” Hovda said.

“The brain is the most complicated organ that we have, and trauma is the most complicated type of an injury,” he said. “If you put those two together, your first notion is just to say, it’s too complicated, give up but I think that’s one of the things that inspires me about the military — all the services — this is a tough problem, and I love tough problems.”

## Gates discusses way forward in Afghanistan

BY JIM GARAMONE  
*American Forces Press Service*

WASHINGTON — The Taliban must know they are beaten before they reconcile in any meaningful way, Defense Secretary Robert M. Gates said on CNN’s State of the Union program Sunday.

Gates told Candy Crowley that U.S. and coalition diplomats have been carrying out preliminary negotiations with the Taliban for a couple of weeks.

“My own view is that real reconciliation talks are not likely to make any substantive headway until at least this winter,” Gates said. “I think the Taliban have to feel themselves under military pressure and begin to believe they can’t win, before they are willing to have a serious conversation.”

American, Afghan and coalition troops have made significant gains over the past 18 months, the secretary said. Coalition and Afghan troops have booted the Taliban from Kandahar and Helmand provinces — traditionally the stronghold of the group.

The Taliban will have to meet the conditions for reconciliation including totally disavowing al-Qaida and supporting the Afghan constitution, the secretary said.

The Afghan troop draw down will be announced shortly, but everything will be conditions-based and even with a draw down there will be a significant number of American troops remaining in country, he said. President Obama has added 65,000

troops to Afghanistan since he took office.

The pace and the scope would be based on the conditions on the ground.

“We will essentially present the president with options and with the different levels of risk associated with those options and he will decide,” he said.

The secretary sees the conflict in Afghanistan ending the same way it has in Iraq — “with us playing a key role for some period of time, building up the local security forces, degrading the capability

of the Taliban to the point where the Afghan forces can take care of them, and then transitioning the responsibility to the Afghans,” he said.

The transition has already begun with a quarter of the Afghan people, including the capital region Kabul, live under Afghan security leadership.

“What you will see between now and the end of 2014 is the transition of the rest of the country over a period of time,” he said. “As the Afghan forces get better, we can pull back into the training and partnering role and more

into counterterrorism.”

The American people are war weary, but they must understand that the commitment has been limited over the years, the secretary said.

“The U.S. had a very limited commitment in

Afghanistan until well into 2008,” he said. “We didn’t have the resources in place until summer 2010. I understand that everybody is war weary. “But the reality is we won the first Afghan War in 2001-2002,” he contin-

ued. “We were diverted by Iraq and we virtually ignored Afghanistan for a number of years. I understand we have been at war for 10 years, but we have not been at full-scale war in Afghanistan except since last summer.”

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# 1-145th: Welcomes new leader

Continued from Page A1

command this tremendous unit," he said. "I look forward to working with all of you. This is a great opportunity and a great honor to be able to shape the future leaders of Aviation, the warrant officers corps and Aviator pilots for this generation and the next during this period of persistent conflict. There are big challenges ahead of us. I'm very excited to get this opportunity."

Besides welcoming Ward and his family to the brigade team, Biland also thanked Ash and his family for their hard work and dedication during the two years Ash commanded the unit.

"You have served as a role model for the thousands of future leaders that you have helped train and educated for combat, both at the initial entry and graduate levels," he said. "You have expertly led the largest and most diverse battalion in the Army while achieving no less than the highest measure of success. You forged a cohesive team, and created an environment that proudly produced the best Aviation warfighting Soldiers and leaders in the world."

He also praised Ash for the unit's outstanding work in improving safety, its great retention record, and for going above and beyond in its community service.

"No one could've brought this battalion through this turbulent time better than their Old Warriors commander, Mike Ash," Biland added. "Mike, I could've not asked for a more dedicated professional. I am honored and proud to have served with you. Good luck and Godspeed, it has truly been a pleasure serving with you."

Ash said he is proud of the work he and the Old Warriors did while he was in command, but refused to quote statistics.

"Only one number matters to me and that number cannot be calculated," he said. "It's the number of people the unit and cadre before you have touched, whether it was in (one of the schools the unit operates) or through a community project in Dothan tutoring students on weekend. Every civilian, Soldier, NCO, officer and warrant officer I have worked with have had a lasting impact on me - mostly positive, some negative. And I owe all of you a debt that cannot be repaid. Any suc-

cess that I get to claim is due to all of you."

Ash also thanked his wife, Lt. Col. Jennifer Ash.

"Being one half of a dual-military family is not easy. It takes an extraordinary commitment and an extreme love to do this for 20 years. You're my best friend," he said. "And Colton and Jady, I promise not to be so grumpy when I come home."

"I've been pleased to work with an outstanding bunch of Soldiers over the past 25 months - I can pay you no higher compliment than this: Kids, we're going to Disneyworld. Old Warriors 6 out," he said.

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to check out video from the ceremony.

# 1-14th: Unit model redefined training

Continued from Page A1

hands.

"After two short years that have passed in the blink of an eye, I'm passing command to an outstanding officer and friend who will continue the tradition of excellence this unit has established," he said. "Our battalion is bound not only by a unique skill, but a calling and desire to prepare the next generation of young Americans to fight and win."

Halverson continued by

remarking on the success of the unit since he took command two years ago and how he hopes the unit will continue on that path.

"The focus of our efforts has been to provide for the operational commanders in the field," he said. "Our success has not been measured in flight hours, missiles fired or students trained, but rather by the enormous contributions Apache and Kiowa pilots are making in the field every day."

Stinger said Halverson

will be missed as commander, but his accomplishments will live on within the unit. He added that despite "putting a lot on his shoulders in the last two years, he never winced and his Soldiers never hesitated."

"The battalion has the longest and most complex programs in the brigade training Kiowa and Apache Aviators," he said. "Because of that, they have the longest wait time and biggest hole to dig out of. It's because of that, that they were chosen to com-

pletely rewrite how we operate, train and coordinate. During this time, and only because of (Halverson's) incredible leadership, we changed entrenched methods that have been in place for years and we developed a model that provided flexibility never before available to us to train. This model has redefined the future of flight training. Without him, this may not have happened."

Halverson will remain at Fort Rucker as the command inspector general.

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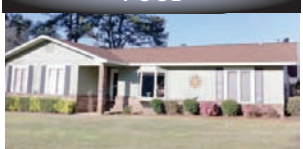


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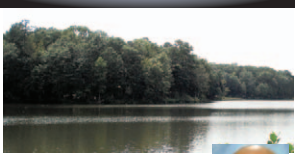
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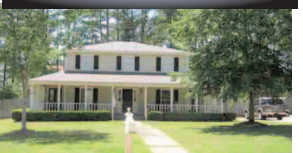
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**LOT 18 & 19 HIGH BLUFF:** Beautiful lake front property approx 3.01 acres in secluded area of Gateway Subdivision. Inside the city limits of Enterprise, AL. Minutes from historic downtown & Ft. Rucker. \$87,500 **JIMMY E. JONES 334-406-1752**

### NEW LISTING/POOL



**1443 CHEROKEE:** Large 3 BR/3 BA home on corner lot with gunite pool. \$213,675 **JACKIE THOMPSON 334-406-1231 OR TEXT TERRI 334-406-2072 JACKIETHOMPSON.NET**

### 200 SONYA

### OPEN FRIDAY 2-5



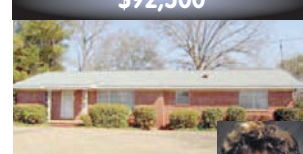
**AWESOME HOME** in a great location. This spacious home has 2635 +/- sq ft, 4 BR/2.5 BA. Bonus room that could be 5th BR. Would be ideal for large family. Jack & Jill BA for 2 of the guest BRs. \$277,900 **BOB KUYKENDALL 334-369-8534 BOBALHOMES.COM**

### 409 S OAK RIDGE



**NEW PRICE:** 409 S Oak Ridge: 3 BR/2 BA split BR floor plan at Oak Ridge Forest. Only 7 years old, lots of closet space, tray ceilings in MBR & grand room. Large MBA with his/her vanities & closets, jacuzzi & separate shower. Oh! The price is only \$235,000 **EVELYN HITCH 334-406-3436 EVELYNHITCHREALSTATE.COM**

### \$92,500



**509 CHURCH:** Great 3 BR/2 BA, great neighborhood. Priced to sell \$92,500. **PAT LEGGETT 334-406-7653 PATLEGGETTREALSTATE.COM**

### NEW CONSTRUCTION



**212 DALE:** New construction: Just 5 cottages nestled in The Grove, a pecan orchard nurtured by the late COL Robert Bailey. 25 years of growth on these trees has provided a beautiful setting for these 3 BR/2 BA homes. Approx 1 mile to the Enterprise/Fort Rucker gate. Offered for \$149,500 including all closing cost. VA qualified can move in with no down payment. **BILLY COTTER CONSTRUCTION 334-347-2600**

### OVER 2400 SQ FT



**806 LEE:** Over 2400 sq ft, well maintained, one owner, 2 story townhouse with 3 BR/2.5 BA, formal dining, fireplace in grand room and MBR downstairs. Fenced back yard with nice patio area. \$183,500 **CENTURY 21 REGENCY REALTY, INC. 334-347-0048 MLS# 20110264 C21REGENCYREALTY.COM**



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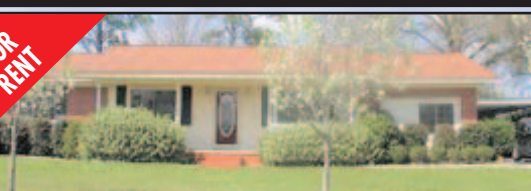
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**116 CONCORD AVE 3BR/2BA, BLACK APPLIANCES! **MLS# 20110077****



**202 DEERFIELD DRIVE,** This lovely 3BD/2BA, Home features a living room, family room, dining area, All appliances to include washer/dryer, ceramic tile/hardwood, deck downstairs, rear fence, double car carport, quarterly pest control, grass cutting provided! Pets OK with non refundable pet fee.



**150 S SPRINGVIEW DRIVE, \*LIKE NEW EXCEPT THE PRICE\*** This Very well maintained 3BR/2.5BA Townhome comes with all appliances to include washer/dryer, patio and rear privacy fence. Lawn care, pest control, use of Salt Water Pool and Clubhouse included! Seller will pay closing costs plus prepaid items not to exceed \$1000.00 **MLS# 32591**



**314 STRATFORD DRIVE, OZARK. VERY NICE!** 3BD/2.5BA TOWNHOUSE features a living room, dining area, All kitchen appliances, utility/laundry room with washer and dryer connections, carpet/ceramic tile/ hardwood, central heating and cooling, partial fence, patio, sprinkler system, and lawn cutting service.



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**MLS: 32736 203 SAVANNAH DRIVE 205,000** New construction in southern winds subdivision. 3 bedroom, 2 bath, double garage, open floor plan, custom cabinets with granite countertops throughout. Wood floors in living areas. **CALL SHAWN 475-6405 FOR MORE INFORMATION.**



**MLS: 20111400 107 Paschal 199,000** Hot summer deal- 3 bedroom, 3 bath, 2823 sq ft. Living room with fireplace, family room, dining room and large master suite. **Call Laura 389-7348**



**MLS: 30840 109 Shellfield Road 143,500** Looking for a 3 bedroom 2 bath home with a lot of room and workshop as a bonus? 1800 sq ft plus a heated and cooled sun-room for living space. Workshop is 875+ sq ft with electricity. **Call Tonya Turk @ 806-5749 to see this home.**



**MLS: 20111303 303 Richland Ave 137,500** Great updated 3/3 brick home with pool. Allergy-friendly laminate and tile floors throughout. Hall and master baths updated; Inground pool has new liner and pump. Heat/air replaced 04/08. This is a great find and wont last long. **Call Tonya Turk @ 806-5749**



**MLS: 20111396 LOTS 23-31, 39-43 AND 54-56 PIERSON SUBDIVISION 75,000** Great location to build! Several residential lots. Owner will sell as 1 parcel approx 7 acres (mol) or as individual lots. Asking \$75,000 -make offer! **CALL MARTHA 313-8266 OR MARY 790-2339 FOR DETAILS.**

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# ARMYWIDE

VOL. 61 ■ NO. 25

ARMYFLIER★COM

JUNE 23, 2011

## ARMY BRIEFS

### STOP LOSS SPECIAL PAY PROGRAM CONTINUES TO ACCEPT CLAIMS

WASHINGTON — The deadline to submit claims for Retroactive Stop Loss Special Pay was recently extended to Oct. 21. This marks the sixth time the deadline has been extended by Congress.

According to Army officials, more than 100,000 claims from Soldiers, veterans and beneficiaries have been adjudicated and about \$300 million has been disbursed. Currently, there are about 6,000 claims pending review in the Army's system.

The deadline extension, passed April 15, gives potential claimants about six additional months to apply for the pay. Army officials stated outreach efforts will continue through veteran service organizations and social media outlets. By law, those eligible for the pay must submit a claim.

Those eligible for Retroactive Stop Loss Special Pay receive \$500 for each month held a stop-loss status.

For more information on eligibility criteria and to submit a claim, visit <https://www.stoplosspay.army.mil> or [www.defense.gov/stoploss](http://www.defense.gov/stoploss).

### YOUNG MALE SOLDIERS AT RISK FOR TESTICULAR CANCER

FORT HOOD, Texas — Medical professionals at Carl R. Darnall Army Medical Center warn the majority of male Soldiers at Fort Hood are part of the most at-risk group for testicular cancer. The form of cancer may be rare, but it does occur most often in men between the ages of 20 and 39.

"Soldiers need to be aware of the risk. While the survival rate is more than 90 percent, testicular cancer can still be lethal if it is too advanced once it is discovered," said Maj. Eric Whitman, a urologist in the Department of Surgery at CRDAMC.

As part of National Men's Health month in June, Whitman is promoting education and awareness of the disease. He encourages Soldiers to take an active role in managing their testicular health by performing regular, monthly self-exams.

Whitman described testicular cancer as the fastest growing solid tumor known to man.

Most men with testicular cancer can be cured with surgery, radiation therapy, and/or chemotherapy. Whitman said while the cure rate is high, the treatments are pretty aggressive. Side effects vary, depending on the type of treatment and may be different for each person. Chemotherapy can leave some men infertile.

The testicular cancer rate has more than doubled among white men in the past 40 years, but has only recently begun to increase among black men, according to the National Cancer Institute. There is no known cause, but men who have had an undescended testicle or a brother or father with the disease may be more at risk for developing testicular cancer.

More cases of testis cancer are identified in the Army population in part due to servicemembers' improved access to care, as well as required annual exams and early screening efforts. Whitman said he sees more testis cancer and testicular torsion cases than his civilian counterparts because of the primary age group of Soldiers he serves.

## Flying Tigers receive Purple Hearts

BY CW2 JOHN GAFFNEY  
40th Combat Aviation Brigade

CAMP TAJI, Iraq — Three U.S. Army Reserve Soldiers from Kentucky were presented Purple Heart medals in a June 9 ceremony for combat injuries they sustained during an insurgent mortar attack here.

The Soldiers, assigned to 8th Battalion, 229th Attack Reconnaissance Regiment, and based at Fort Knox, Ky., deployed to Iraq in February in support of Operation New Dawn under Task Force Condor, headed by the 40th Combat Aviation Brigade of the California National Guard.

### The Soldiers honored include:

- Spc. Olivia R. Samples of Louisville, Ky., an automated logistics supply specialist with the battalion's Aviation maintenance company. Samples is a full-time member of the unit,

SEE TIGERS, PAGE B4



PHOTO BY SPC. DARRIEL SWATTS

Col. Mitchell Medigovich talks with the three recipients of the Purple Heart after the ceremony held on Camp Taji, Iraq. The Soldiers who received the Purple Heart were wounded during an indirect fire attack on Taji on the morning of May 4.



PHOTO BY LANCE CPL. RYAN CARPENTER

## SECURITY DETAIL

Pfc. Enrique Correa provides security while rehearsing for a night raid in Camp Pendleton, Calif., Sunday. Correa, an 18-year-old Yuma, Ariz., native and a Soldier who serves as a rifleman with I Co., one of three rifle companies in Battalion Landing Team 3/1, the ground-combat element for the 11th Marine Expeditionary Unit. The unit recently began its first full-scale exercise since becoming a complete Marine air-ground task force in May.

## Aviators retrieve stranded boat from brink of Niagara Falls



PHOTO BY LT. BENJAMIN POSTLE

A New York Army National Guard CH-47 Chinook helicopter based at the Army Aviation Support Facility in Rochester, N.Y., hoists a New York State Park Police boat out of the Niagara River Sunday.

BY ERIC DURR  
New York State Division of  
Military and Naval Affairs

NIAGARA FALLS, N.Y. — New York Army National Guard Staff Sgt. James Lentz planned to spend Father's Day morning Sunday sleeping in before spending the day with his wife, JoAnne, and four young kids.

But early Father's Day morning, the 6-foot-4, Hamlin, N.Y., resident was hanging upside down out of a CH-47 Chinook helicopter with his head two feet above the raging Niagara River, just 1,000 feet upstream from the Canadian side of Niagara Falls, trying to get a hook on a stuck motorboat.

Lentz's Father's Day flight got its genesis more than 24-hours earlier when four teenagers went boating in the Niagara River. Their

engine failed and they were swept downstream toward Horseshoe Falls (the name of the Canadian side of Niagara Falls) where the boat grounded. New York State Park Police were able to rescue the teens.

But after retrieving the teens' vessel, a Park Police boat ran aground too. The two-man crew was airlifted off by a Canadian helicopter, but the boat was stuck just above the falls.

New York State Office of Parks and Recreation officials worried that the boat would be swept over the falls, damaging the natural wonder and interfering with navigation. A private salvage company wanted more than \$100,000 to retrieve the steel-hulled motor boat, so state officials turned to the New York Army National Guard.

Planning for the

SEE BOAT, PAGE B4



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Sat. June 25th from 7-10 am. Furn., stereo equip., clothes, all sizes, toys, baby items, TVs

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**New Full Size Bed For Sale**, w/mattresses, \$500, 334-806-8175

### GUNS

Basic Pistol Training Course is a one day 8 hour instruction located in Clayton, AL. Local Restaurants are available. Refreshments will be provided lunch on your own. Live fire will be required. Registration can be completed on-line at the NRA Website. Training will be completed by Certified NRA instructors. Course begins at 8 am sharp on June 18th, 2011. Other dates will follow. Class is limited to 6 students. Instruction will be Power Point, Hands On, and demonstration. Topics covered will be proper firearm handling, cleaning, and firing. POC is Michael W. Canfield BSAH, RRT, EMT, NRA Pistol Instructor. 334-379-0164 DO 12542

### JEWELRY & WATCHES

**Wanted: Old Coins, Gold, Diamonds, Guns, And Tools** West Main Jewelry & Loan 334-671-1440. DO 12717

## FREE ADS

### TREASURE SEEKERS

**DVDs:** 15 Gaither Homecoming series DVDs \$175 OBO. 334-475-3260

### TREASURE SEEKERS

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### BIRDS, FISH, EXOTIC ANIMALS

**BIRDS:** Handfed 8 wk Cockatiels \$50 ea 8 wk Parrolet (Pocket Parrot) \$175. 7 Zebra Finches \$10. ea 1 parakeet \$10. Used cages for sale. Cell-208-660-3030 Vicky Enterprise. DO 12599

### DOGS

**AKC German Shepherd puppies** for sale black/tan mom, and silver/black father are both on premises for you to see. I've got 6 males \$350 each, and 1 female \$400. All have shots and ready to go. Please call or text Jason 334-618-4741 or 334-618-3586

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### EDITORIAL WRITING

## Reporter

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

#### You may send your resume to:

Human Resources,  
Media General Mid-South Market Group,  
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[www.mediageneral.com](http://www.mediageneral.com).

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**July 6th thru 7th 2011**



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- Must be able to secure and maintain a secret clearance. • At least 3 years of maintenance and SAMS-E experience.

• Knowledge on SAMS-E operations (92A duty description).

**Qualified applicants should contact immediately: Meghna Mohanani at**

**980-333-7962 or**

**[meghna.mohanani@akima.com](mailto:meghna.mohanani@akima.com)**

**OR Lee Beavers at 910-826-2543 or**

**[Lee.J.Beavers.Ctr@LMCO.SOFSA.Mil](mailto:Lee.J.Beavers.Ctr@LMCO.SOFSA.Mil)**

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# Tigers: ‘Their grace, dignity makes us proud’

Continued from Page B1

having joined in March 2008.

- Spc. Mitchell Seekman of Radcliff, Ky., an AH-64 Apache helicopter crew chief with one of the battalion's flight companies. Seekman joined the battalion in February 2006 and, when not deployed, works full time as an automotive body repair technician.
- Spc. Nathaniel Lovewell of Oldham County, Ky., an aircraft hydraulic system repair technician in the battalion's Aviation maintenance company joined the battalion in March 2008 and is a full-time student at Eastern Kentucky University where he is enrolled in the ROTC program.

The Soldiers were performing their regular duties on the airfield flightline just prior to sunrise as part of the third shift, or overnight shift, maintenance team when

mortar rounds began impacting the airfield. They immediately took cover, along with other members of the team.

"We could hear the rounds coming closer and closer," Samples said.

One mortar round landed close enough to injure the three Soldiers with shrapnel and blast pressure. Following the attack, they were transported to the base medical clinic for evaluation and treatment of their injuries.

For Lovewell, there was some added drama following the attack. His brother, Steven, also is a member of the unit, and both brothers were told that the other was unaccounted for after the incident. They ran towards each other's location and were relieved to find each other on the way.

Samples and Lovewell remained at Taji following treatment, but due to his more significant injuries, Seekman was trans-

ported to Landstuhl Army Medical Center in Germany for more advanced care.

During the ceremony, Brigade Commander Col. Mitch Medigovich praised the three as great Soldiers who were willing to place themselves in harm's way for the good of their country. He also specifically complimented the Soldiers for their conduct following the incident.

"Their grace and dignity makes us proud and they really are the epitome of the Warrior Ethos," he said.

Lt. Col. James O. Posey Jr., battalion commander, summed up the gratitude of all present that the toll from the attack was not higher.

"The enemy controlled what was going on that morning, only God knew what was going to happen," he said.

During the ceremony, Seekman also was awarded the Combat Action Badge. Samples and Lovewell had been present-

ed their badges at an earlier ceremony that occurred while Seekman was in Germany.

Following the ceremony, Lovewell said, "This is an honor. You know, I told my mom I wasn't going to get wounded over here."

Seekman added, "I guess I paid my price. I didn't want to earn this medal, but I got it. I thank God for my life."

Samples echoed that sentiment, saying, "We are so lucky; we are blessed in so many ways."

The Soldiers said they were truly honored by the ceremony, and to receive the noteworthy medal in front of their peers. However, they also had other things on their minds, as Samples and Lovewell were just hours from departing Taji to head back to the United States for regularly scheduled leave, and time with family and friends.

## Boat: Retrieval provided unique challenge for Chinook crew

Continued from Page B1

mission began when Col. Mark Burke, New York's state Aviation officer called Capt. Eric Fritz, a veteran pilot with Detachment 1 of B Company, 3rd Battalion, 126th Aviation Regiment which flies CH-47 Chinooks out of the New York Army National Guard's Rochester flight facility.

Fritz, a Webster, N.Y., resident who grew up Amherst, N.Y., was in his old hometown that Saturday for a social engagement. He immediately drove out to Goat Island, the New York State Park that straddles Niagara Falls, for a look at the problem.

When he got there Fritz called Lentz, a veteran flight engineer for the unit, and the two began planning the mission. Their challenge was to get a helicopter above the stuck boat and get a hook onto hoisting points installed on the bow and stern of the Park Police vessel. Then they would either tow or lift the boat onto Goat Island.

Once the two decided the mission was doable, Fritz called

Burke, who got final approval from the Adjutant General, Maj. Gen. Patrick Murphy.

It was a good mission, said Brig. Gen. Renwick Payne, the New York National Guard's director of the joint staff. The Guard could save New York money and help another state agency while getting valuable training for its Aviation Soldiers, he explained.

The mission had to be done early in the day when water flow over the falls is reduced. During the night, water is diverted from the river into hydroelectric reservoirs and canals on both sides of the falls.

So at 4:30 a.m. on Father's Day, Lentz, Fritz and four other Soldiers — CW4 Thomas Zimmerman, an instructor pilot; Sgt. 1st Class John Bobeck, a flight engineer; Staff Sgt. Stanley Bagrowski, a crew chief; and 1st. Lt. Benjamin Postle, a pilot slated to act as the eyes on the ground — were at the Rochester flight facility.

The team arrived at Goat Island just before 7 a.m. and after dropping off Postle to watch

the maneuver from the ground, they went into action.

Col. Mark Stryker, the commander of the 42nd Combat Aviation Brigade, and a New York State Police helicopter pilot in civilian life, was in the area in his State Police helicopter providing an aerial set of eyes as well.

Fritz and Zimmerman flew the helicopter just above the stuck boat and then went into a hover.

That was more challenging than usual because the water rushing below him at 25 mph made it look like the helicopter was constantly moving, Fritz said. He was so close to the river that the rear wheels went into the water at times, and he and Zimmerman had to turn on the windshield wipers to deal with the spray.

Meanwhile, Lentz, strapped into a body harness with Bagrowski hanging onto him to make sure he didn't get tangled up, was hanging halfway out the hatch in the floor of the CH-47 Chinook troop cabin, trying to get a sling hook onto the small

hook at the rear of the stuck Park Police boat.

"What I was trying to hook up to was a pretty small target and I had to hang out pretty far so we could get to the boat's hook," Lentz said.

Lentz hung there, getting wetter and wetter, and talking Fritz at the controls over the intercom — telling him how to maneuver the massive 23,400-pound helicopter, so he could make the hook-up.

"I was soaked from my head to my waist," Lentz said. "Everything that was hanging out of the hole was soaked. Water was constantly spraying up in my face."

His face mask kept most of the water out, but he still had to drain the lenses in the mask every so often, Lentz recalled.

After about 45 minutes of failing to hook onto the stern of the boat, Fitz made the call to go for the larger bow hook instead.

"The forward sling point was a little bit bigger target and it was a lot higher off the water," Lentz said.

He got the hook on the boat,

got back inside, and Fitz and Zimmerman at the controls started lifting.

He'd been afraid that the boat, which was filled with water, would be heavy and hard to lift, Fitz said. But the water ran out until the boat weighed only about 8,000 pounds, much less than the 26,000 pounds the CH-47 Chinook is designed to lift.

The next trick was to fly forward just enough so that the stuck boat's anchor pulled out easily, Fitz said.

They got the boat onshore, dropped it, landed, picked up Postle and headed home to enjoy the rest of their Father's Day.

The Soldiers of the 3rd Bn. 126th Avn. Regt. have flown troops and supplies into combat outposts in Afghanistan, dropped armored personnel carriers into Fort Drum impact area to serve as targets, and carried sandbags during post-Hurricane Katrina operations.

"But this has kind of been the strangest mission we've ever flown," Fitz said.



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Planning is key for peak-season moves

Story on Page C3

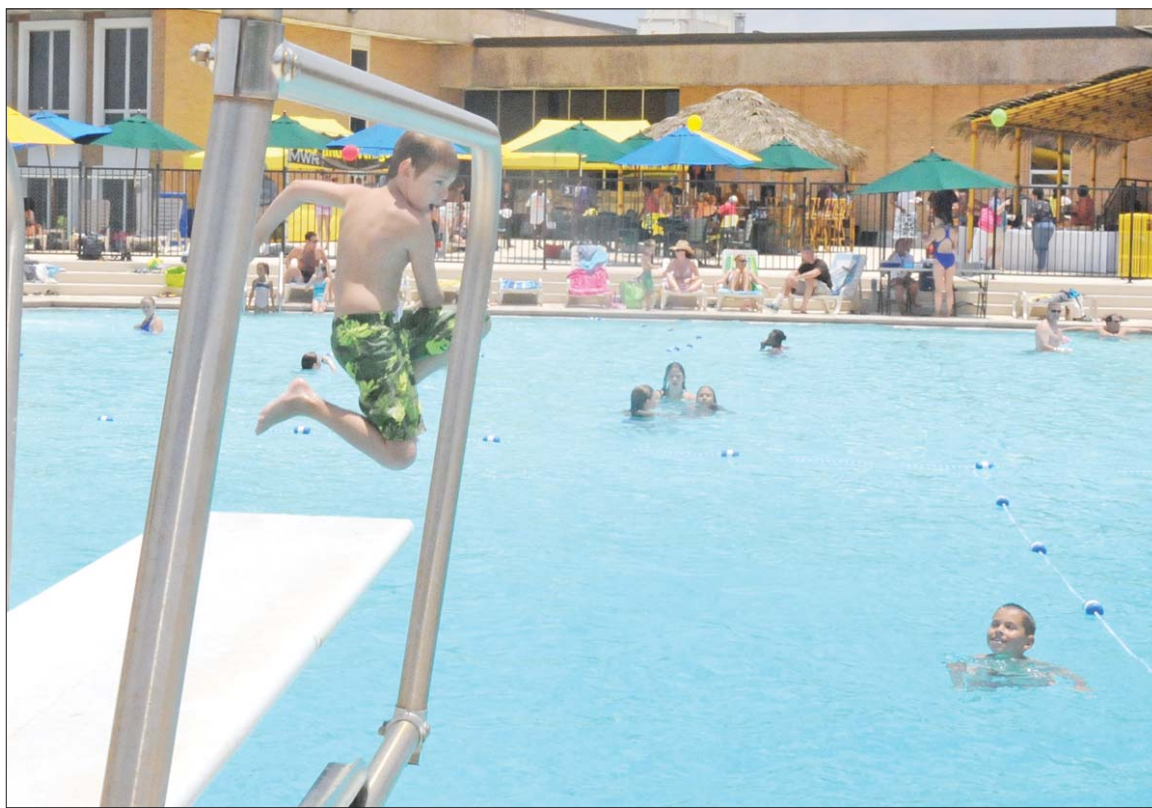
# COMMUNITY

VOL. 61 ■ NO. 25

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## Independence Day Splash!



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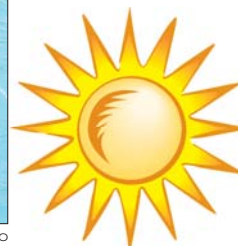
Soldiers and their Families can cool down before festivities heat up at Freedom Fest 2011 July 2 during the Directorate of Family Morale, Welfare and Recreation's Independence Day Pool Party from 10 a.m. until 6 p.m. at Splash!

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## Children 'travel' back to biblical times

BY LEAH COLLICH  
Fort Rucker Public Affairs

Almost 140 Fort Rucker children traveled back in time 2,000 years to the city of Nazareth at the post's annual Vacation Bible School where they experienced what it was like to be a child in biblical times.

Dr. Nancy Jankoski, director of Religious Education, said the June 13-17 activities put the children back into Jesus' culture, so when they hear a Bible story, they have a better understanding of what it was really like.

"This will help the Bible stories that they learn in church come alive for them. It's one thing to hear someone talk about something or read it out of a book, like they might in Sunday school class, but it's another thing to get out there and put on the costumes and act the part. It helps them learn about other cultures and respect the way other people do church," she said.

Jankoski said the children had a "rip-roaring" good time playing games that Jesus likely played when he was a



PHOTO BY LEAH COLLICH

Nicole Fenner and Wyatt Collard, dressed in blue robes, assume the roles of Mary and Jesus to give Vacation Bible School attendees a depiction of Jesus' first trip to Jerusalem as an adult man to observe Passover.

child, making and wearing headbands from the period, learning to use tools that were invented in biblical times, making soap, beads and toys, tasting foods that Jews would have eaten during Passover, trying different musical instruments that were played then,

and going to the synagogue to learn how Jewish people worshiped.

She said what makes the VBS program different from other programs outside the gates is the fact the lessons are presented in ways that are applicable to different Christian de-

nominations.

"The things we are teaching them are common to all Christians. Christianity owes a debt to Judaism," she said. "Our Messiah, Jesus, was a Jewish person, so it's important to know something about what Jewish people did to worship so we can know what Jesus would have done, no matter what denomination you may be."

Nicole Fenner, 19, volunteered to help with VBS by playing the role of Mary for the week. She said she enjoyed seeing how excited the children were to learn and that they really seemed interested in the lessons.

"When I told one little girl named Abby about the story of King Herod going to Egypt, she was leaning forward and her eyes got huge, like she couldn't wait to hear what would happen next," Fenner said.

Chaplain (Col.) Dennis Newton, garrison chaplain, played the role of Rabi Ben David for the week. He said the children were very receptive of all that they were being taught and that by the end of the week, they had even picked up a few phrases in Hebrew.

## Officials urge caution when handling fireworks

BY RUSSELL SELLERS  
Army Flier Staff Writer

Dry conditions in the area have sparked a word of caution from Fort Rucker officials to those thinking of launching their own fireworks in the Wiregrass this Fourth of July.

According to Maj. Jay Massey, Directorate of Public Safety deputy provost marshal, U.S. Army Aviation Center of Excellence Regulation 600-1 reads that the use of explosives, pyrotechnics, fireworks or military ammunition is prohibited except for military purposes.

"That's pretty much it," he said. "You're not supposed to have them out here, period."

Massey said that if anyone on the installation witnesses someone with fireworks or using fireworks, DPS should be notified immediately.

"We have to approach this from a safety concern," he said. "As dry as it's been, it's just a bad idea anyway."

While fireworks are part of the annual Freedom Fest

event July 2, Massey said precautions have been taken to make sure there will not be any danger to anyone in attendance or the installation.

"We've done a risk assessment and performed a counter measure as a precaution," he said. "The fire department will be out about an hour before the show starts, wetting down the field to make sure we don't have any fire issues."

Massey added that people who want to see a good fireworks display for the Fourth of July holiday should come out to Fort Rucker's Freedom Fest instead of risking their property or someone else's by using their own fireworks.

"We're going to have one of the best fireworks shows around," he said. "I've been to many fireworks shows before and this one ranks as good as any I've seen. It's also a good, clean, family environment."

While those on post will be treated to a staged fireworks display for Freedom Fest, oth-

ers may choose to travel away from the installation for the holiday weekend and use their own fireworks.

The Fort Rucker safety office offered words of warning about using fireworks properly for those who choose to use them off-post.

"People should be aware of the direction fireworks will go when lit," said Sharon Manning, Aviation Branch Safety Office safety and occupational health specialist. "You don't want to shoot off fireworks toward an area that could catch fire (pine trees where there are a bunch of dry pine needles, roofs, etc.)."

Manning added that people using fireworks should follow several safety guidelines to ensure nothing bad happens while enjoying the holiday: select a clear area and hose it down, read and follow all directions, keep a bucket of water close by, douse used fireworks with water, supervise children and be extra careful with sparklers.

## FIREWORKS SAFETY TIPS

- Always read and follow label directions.
- Have an adult present.
- Buy from reliable sellers.
- Use outdoors only.
- Always have water handy (a garden hose and a bucket).
- Never experiment or make your own fireworks.
- Light only one firework at a time.
- Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).
- Never give fireworks to small children.
- If necessary, store fireworks in a cool, dry place.
- Dispose of fireworks properly by soaking them in water and then disposing of them in a trashcan.
- Never throw or point fireworks at other people.
- Never carry fireworks in your pocket.
- Never shoot fireworks in metal or glass containers.
- The shooter should always wear eye protection and never have any part of the body over the firework.
- Stay away from illegal explosives.

Source: National Council on Fireworks Safety



# On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

### Lake Tholocco swimming area

Due to low water levels in Lake Tholocco the water trampoline at West Beach is closed. The remainder of the swimming area, including the small water slide on the floating dock and water volleyball, are still open. For more information, call 379-1372.

### Moving sale

The Fort Rucker Thrift Shop, currently located at 3904 Gladiator Ave., hosts a moving sale now through Friday. All red dot items are 10 for \$1. All solid white ticket items under \$3 are 25 cents each and items over \$3 will be 80 percent off. For more information, call 255-9595.

### Summer Reading Program Registration

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

### Anger Management Workshop

Army Community Service's Family Advocacy Program staff hosts an anger management workshop Monday from 9-11:30 a.m. at the Early Childhood Activity Center, Bldg. 3705. Topics include identifying causes of anger, symptoms of anger, techniques on how to manage anger and developing an anger management plan. Registration is required. This workshop is open to active duty military, retired military, civilian employees and their families. For child care information and registration, call 255-3898.

### PWOC summer session

Protestant Women of the Chapel begin their summer Bible study Tuesday at 9 a.m. at Wings Chapel, Bldg. 6036, on Andrews Avenue. Children are welcome. Light refreshments

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

are provided. For more information, email Rucker@pwoc.org.

### Character Dining

The Landing Zone's Character Dining features walk-around magic from Titan Magic on Tuesday from 5-7 p.m. Children can enjoy free balloons and a children's buffet. For more information, call 598-8025.

### Effective Communication Workshop

Army Community Service's Victim Advocacy Program staff hosts a communication workshop Wednesday from 9-11 a.m. in the Soldier Service Center, Bldg. 5700, Rm. 371G. The workshop is open to Soldiers, Family members, civilian employees. Registration is required by Friday. For more information and to register, call 255-9644. Space is limited. Childcare is available by request. For childcare information, call 255-3898.

### Live entertainment

The Corduroy Blues perform July 1 from 9 p.m. to 1a.m. in The Landing Zone. The Landing Zone provides a complimentary shuttle to anywhere on post. For more information, call 598-8025.

### Promotion Points Parent Support Program

Registration for the Army Community Service's Promotion Points Parent Support Program opens July 1. The next monthly parenting education class is July 8 from 9-11 a.m. at the Early Childhood Activity Center, Bldg. 3705. The classes are designed for Soldiers and are held the first Friday of

every month. For more information and to register, call 255-3898.

### Independence Day Pool Party

The Independence Day Pool Party is July 2 from 10 a.m. to 6 p.m. at the Splash! Pool. Enjoy swimming, refreshments and live music by Jonathan Sexton and the Big Love Choir from noon to 4 p.m. For more information, call 598-8025. Splash! Pool is open to authorized patrons only.

### Freedom Fest

Fort Rucker's Freedom Fest 2011 is July 2. This year, Gary Sinise and the Lt. Dan Band kick off the celebration as the featured entertainers. For more information, call 255-1749

### Divorce, separation co-parenting workshop

A divorce/separation co-parenting workshop, sponsored by Army Community Service's Family Advocacy Program, is July 11 and 18 from 9 a.m. to noon at the Early Childhood Activity Center. Topics include commitment to staying child focused, effective communication and negotiation skills, reducing parental conflict and understanding children's needs during and following divorce. This workshop is a two part series. Participants must attend all classes in order to receive a certificate of completion. Registration is required. This workshop is open to active duty military, retired military, civilian employees and their families. For more information, call 255-3898.

### Kiddy Karaoke

The Landing Zone's Tuesday Character Dining features Kiddy Karaoke with DJ Dave July 12 from 5-7 p.m. For more information, call 598-8025.

### BOSS Foam Party

In celebration of winning best installation the past three years, Better Opportunities for Single

Soldiers staff hosts a foam party July 16 beginning at 7 p.m. in the BOSS Building, Bldg. 8350. The event is open to all single Soldiers and unaccompanied Soldiers. For more information, call 255-9018 or 379-4594.

### AFTB Level 3

Army Family Team Building Level 3 workshops are July 18, 19 and 21 from 8:30 a.m. to 2:30 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 371E. For more information, call 255-2382.

### Communications for Couples

A couples communication workshop is July 20 from 11:30 a.m. to 1 p.m. at the Commons, Bldg. 8950, on Seventh Avenue. The workshop is designed to revitalize relationships, build communication skills and develop confidence to help couples communicate effectively. Attendees are asked to bring their own lunch. The workshop is open to active duty, retired, civilian employees and their families. Door prizes will be awarded. For more information and to register, call 255-3898 or 255-9641.

## DFMWR Spotlight


**Open to the Public!**

# Teen Night

**June 24<sup>th</sup>**  
**7 - 11 p.m.**  
**Cost: \$7**

Join us for a night of fun! Enjoy live music from DJ Dave, a large dance floor, disco lights and a great show! Open to high school teens: 13 - 18 years. Teens must have valid photo ID or parent signature to enter. Open to public, no Military ID required.

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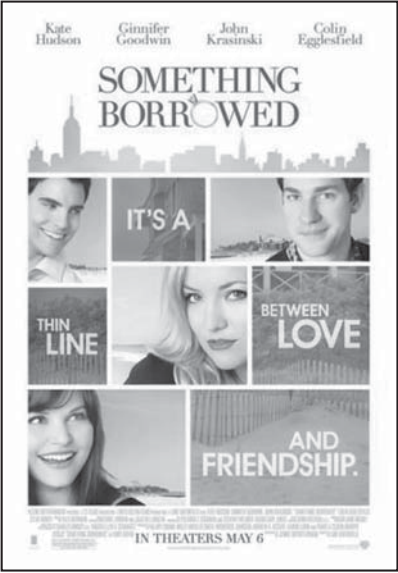
PHOTO BY LEAH COLLIICH

## Pick-of-the-litter

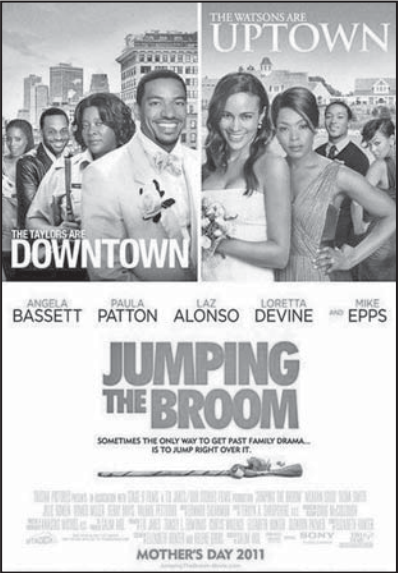
Meet Nelly, a 15-week-old female mix breed. She is very shy and lovable. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. For more information on Nelly or other animal adoptions, call the veterinary clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or 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. Two cats were adopted last week.

## FORT RUCKER Movie Schedule for June 23 - 26

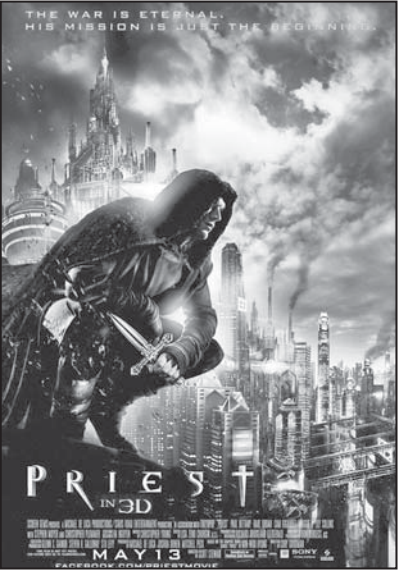
# See you at the movies



THURSDAY, JUNE 23  
Something Borrowed (PG-13) ..... 7 p.m.



FRIDAY, JUNE 24 & SATURDAY, JUNE 25  
Jumping the Broom (PG-13) ..... 7 p.m.



SUNDAY, JUNE 26  
Priest (PG-13) ..... 7 p.m.



# Be prepared!

## Planning key for peak-season moves

BY MITCH CHANDRAN  
*Surface Deployment  
and Distribution Command*

SCOTT AIR FORCE BASE, Ill. — Each summer, about 225,000 Defense Department and U.S. Coast Guard household good shipments are slated for movement, creating a phenomenon in the transportation industry aptly called the “peak moving season.”

Officials from the Military Surface Deployment and Distribution Command’s personal property directorate, responsible for the DOD’s household goods moving program, want servicemembers to know a successful move during this peak time is possible with proper planning.

Peak moving season runs from May through August each year, with the busiest portion being from Memorial Day through July 4.

This peak season creates a capacity challenge for commercial carriers to accommodate moving dates. But with planning and active involvement, service members can have a successful move even during the busiest moving season.

This summer is busier than normal because of the 2005 Base Realignment and Closure law directing many organizations and units to move by the

end of September. This adds an additional 17,000 service members and Family members to the normal peak season, stretching the moving industry’s capacity even further.

Making a successful and timely move during an already challenging peak moving season will require added vigilance from the servicemembers and the commercial companies assigned to move them.

“The bottom line to a successful move is not a matter of chance,” said John Johnson, branch chief for SDDC’s personal property directorate. “It is the result of concise planning and preparation by both the [transportation service provider] and servicemember.”

Johnson said the directorate has been aggressively posturing for this year’s “peak of the peak” moving season since last summer.

The directorate, he added, has been engaged with service representatives and the moving industry to prepare for this unusually busy moving season.

Carrier capacity is an issue because the sheer volume of shipments this time of year can exhaust the moving industry’s resources. The DOD shipments compete with corporate and private moving requirements throughout the country, and

carriers must manage schedules and resources to meet demand.

Officials advise servicemembers to book their shipments early in the process and stay within their weight entitlement.

Most importantly, become familiar with the <http://www.move.mil> website and visit their local personal property shipping office. Once a carrier is assigned to perform the move, servicemembers should remain in continuous communication with these contacts throughout the process.

On the move day, servicemembers or a designated representative need to be at the residence when the carrier arrives. Otherwise, they may be liable for an attempted pickup or delivery charge.

A rule of thumb to gauge the weight of household goods is to figure about 1,000 pounds per room as an initial estimate. Servicemembers are encouraged to dispose of any unnecessary items to reduce the weight of their shipment as any weight shipped in excess of their entitlement will be charged to them. If service members are close to or over their weight allowance, they can request a reweigh at delivery.

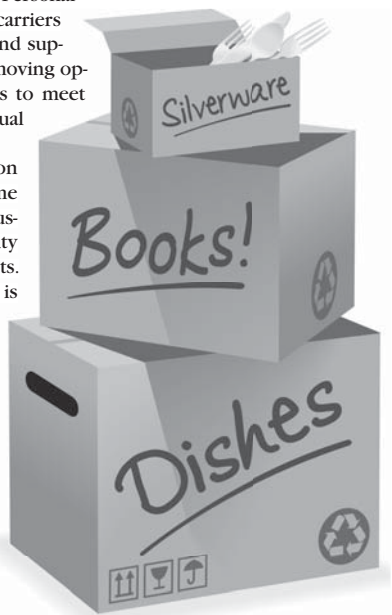
Servicemembers can visit <http://www.move.mil> or contact

their local transportation office, personal property shipping office or joint personal property shipping office for more information.

The success of DOD’s household goods program is, officials said, a result of the commitment of SDDC’s commercial partners in the household goods moving industry. The commercial carriers range from the largest moving companies down to small, regional local companies and agents. All Defense Personal Property Program carriers are DOD-approved and supply a wide range of moving options and capabilities to meet the needs of individual customers.

Peak moving season is a challenging time for the moving industry because its capacity is pushed to the limits. This responsibility is not taken lightly by the vast majority of carriers, but the fact is, some sign up for more than they can accommodate. Already this year, one major carrier was suspended for 90 days for failure to meet contracted obligations, officials said.

“It’s a tough call to remove a [transportation service provider] from DOD business,” Johnson said, “but it’s also important we adhere to our contractual responsibilities. If we are to provide a quality program for deserving servicemembers and their Families, then as the policy managers of the household goods program, we should remain consistent with our expectations from the TSPs.”



## Tips to ease summertime moves

BY ELAINE SANCHEZ  
*DOD Family Matters Blog*

WASHINGTON — As seasoned military Families are keenly aware, the end of the school year typically marks the start of a high-volume moving season.

Servicemembers commonly know the period between Memorial Day and Labor Day as “PCS season,” which refers to permanent-change-of-station moves. Many Families aim to move during that stretch of time to avoid disrupting their children during the school year.

On average, the military moves about 600,000 shipments a year, and more than a third of those moves take place over the summer, said John Johnson, the chief of the personal property branch for the Army’s Military Surface Deployment and Distribution Command.

With this summertime surge in mind, I asked Johnson for his top tips to ease the moving process for service members and their Families.

### His tips include:

- Stay organized. Create a personal moving calendar with checklists, phone lists, to-do lists, and links to critical moving processes and information.
- Find out options early. Contact your transportation office as soon as possible to learn about your moving options, including a personally procured move, former known as a do-it-yourself move, or DITY.
- Don’t hesitate to ask. It’s never too early to ask questions, and your transportation office is your primary point of contact for customer service.
- Start early. Once you get your orders and

know the dates you want to move, immediately start the moving process. The sooner you start, the better the chance you’ll lock in the dates you want.

- Know your weight. Having a good estimated weight of your personal property and household goods is very important. An easy and dependable method for making this estimate is to figure about 1,000 pounds per room. Keep in mind this is only an estimate and individual shipments will vary.
- Don’t be a no-show. Pack, pickup and delivery dates are scheduled on weekdays. You or your designated representative needs to be available between 8 a.m. and 5 p.m. You don’t want to miss your moving dates, as this will cause unnecessary hardship on everyone.
- Lock your move date in. Once you’ve selected your moving dates, don’t assume they’re set. Your moving dates are not confirmed until you coordinate with your carrier or transportation service provider.
- Be flexible. Moving in the summer months is extremely busy, with June being the busiest moving month of the year. Your preferred dates may not be available during this time. You will need to be as flexible as possible and always leave some time in your schedule for unforeseen circumstances.
- Lighten the load. Moving is a good time to dispose of unnecessary items. This will help avoid excess weight charges for being over your autho-

rized weight allowance. You don’t want to ship and pay for something you didn’t want anyway.

- Reweigh if needed. You can request a reweigh of your personal property shipment at no cost. This is usually done when you are near or over your weight entitlement.
- Separate shipments. If you will have multiple shipments, clearly separate them at your residence. Multiple shipments should be scheduled on separate days to avoid confusion. You want the right items going to the right destination.
- Update contact information. Defense Personal Property System places you in direct contact with your carrier to manage the movement of your personal property. It is extremely important to ensure your phone number, email address and contact information is updated and current in DPS.
- Stay in close contact. If you have a delivery address for your personal property and want a direct delivery it’s important to work closely with your carrier or transportation service provider to arrange delivery. This will avoid your personal property being placed in storage.

For more moving tips or information on allowances and responsibilities, see the “It’s Your Move” pamphlet for servicemembers available at [http://www.transcom.mil/dtr/part-iv/dtr\\_part\\_iv\\_app\\_k\\_1.pdf](http://www.transcom.mil/dtr/part-iv/dtr_part_iv_app_k_1.pdf) or the “It’s your Move” pamphlet for DOD civilians at [http://www.transcom.mil/dtr/part-iv/dtr\\_part\\_iv\\_app\\_k\\_2.pdf](http://www.transcom.mil/dtr/part-iv/dtr_part_iv_app_k_2.pdf). Or, visit the <http://www.move.mil> website.

move.mil website.

The Military OneSource website at <http://afps.dodlive.mil> also offers Families a host of resources,

and <http://www.militaryhomefront.dod.mil> offers “Plan My Move,” which features a moving calendar and checklists, and <http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0> links Families to information about their new bases and communities.

# Church Directory

### First United Methodist Church

Traditional Worship Service  
8:30 am & 11:00 am  
Contemporary Worship - New Connection  
8:45 am  
The Gathering - Youth  
5:45 pm  
Sunday School  
10:00 am  
Nursery Care: During all services  
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**The Reverend**  
**Donna A. Lockett, Vicar**

302 East Grubbs St • Enterprise  
[epiphany@centurytel.net](mailto:epiphany@centurytel.net)  
[fpl.centurytel.net/epiphany-episcopal](http://fpl.centurytel.net/epiphany-episcopal)  
Sunday Worship Service 10:00am

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

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



# Wings of Freedom aids tornado victims

WINGS OF FREEDOM ASSOCIATION  
Press release

The Wings of Freedom Association — made up of Soldiers and employees from the 1st Battalion, 212th Aviation Regiment — lent a helping hand to Fort Rucker's northern Alabama neighbors affected by late April's devastating tornadoes.

The association held a furniture drive and delivered the donated goods to the town of Moulton, said Denise Aylesworth, Wings of Freedom president.

"Enterprise is all too familiar with this unexpected tragedy and just as people from different communities came to the aid of Enterprise, the same sincerity and unselfish giving was extended to our neighbors in northern Alabama," she said.

Just as in 2007 after the Enterprise tornado, the Wings of Freedom Association sponsored a furniture and household items drive June 4 and 5.

"Many members from surrounding communities came to the Coffee Country Farm Center in New Brockton with car, truck and trailer loads of furniture and household items to donate," Aylesworth said.

Donations came from Fort Rucker, Enterprise, Daleville, Ozark, Arifton, Brundidge, Clayhatchee, Dothan, Elba, Hartford, New Brockton, Troy, and even as far away as Georgia, she added.

"So many people were generous, giving new and used items as well as monetary donations.

One man arrived on his motorcycle with as much as he could secure on his bike with items he had just purchased from a store," Aylesworth said. "Another lady called her friends into action within her community. In two days they filled and donated a truck full of cleaning supplies, and various sizes of brand new undergarments and socks. These are just a two examples of what the entire weekend entailed."

The items went to an area in need — Lawrence County and, specifically, residents of Moulton. The drive was a resounding success, Aylesworth said.

With help from some local businesses, civic organizations and local government officials, the Wings of Freedom Association delivered more than 54,000 pounds of furniture and household items to Moulton.

Items such as sofas, recliners, coffee and end tables, lamps, bedroom furniture, mattresses, books, children's games and toys, bicycles, several washer and dryer sets, refrigerators, freezers, microwaves, dining room tables and chairs, vacuum cleaners, some electronics, televisions, VCR/DVD players, DVD movies, coffee makers, dishes, tools, building supplies, cleaning supplies, and new undergarments and socks were delivered in a timely manner, she said.

"I would like to extend a heartfelt 'Thank you!' to everyone who donated furniture and to those who volunteered to work the recent tornado relief effort," Aylesworth



PHOTO BY DENISE AYLESWORTH

Volunteers Capt. Josh Meyer and Lt. Col. Ron Ellis, 1st Bn, 212th Avn. Rgt., load a clothes dryer in a truck for delivery to people in Moulton who were affected by a tornado in late April. Volunteers from the unit and the Wings of Freedom Association delivered furniture and household items to victims of the tornado in June.

said. "The Moulton residents greatly appreciated the sacrifice of time, energy, and enthusiastic support they received as they work hard each day to overcome their tragedy. The phenomenal success of this relief effort is a reflection of the ever-increasing dedication and enthusiasm the surrounding communities unselfishly give in times of need.

"This type of disaster relief would not have

been possible without the volunteers from 1st Battalion, 212th Aviation Regiment, led by Lt. Col. Ron Ellis," she said. "They were very proud to be part of such a rebuilding process.

"Again, thanks to the members of the community for your magnificent support you provide in order to help the Wings of Freedom Association maintain its excellence," Aylesworth said. "The

Wings of Freedom Association appreciates and looks forward to continuing our unique partnership shared between Fort Rucker and the surrounding local communities."



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## 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.

**ISLAMIC PRAYERS AND PROGRAMS**

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

**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.

**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.

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Patrons may select to take a test and re- ceive 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 Com- merce 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 informa- tion, call 598-6331.

## DOTHAN

**THURSDAY, 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](http://www.landmarkpark.com).

**FRIDAY 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](http://www.landmarkpark.com). \$\$\$

**SATURDAY THROUGH JULY 2** — The Do- than Country Club hosts the Future Mas- ters Golf Tournament from 8 a.m. to 5 p.m. For more information, call 793-7144 or visit [www.futuremastersgolf.com](http://www.futuremastersgolf.com).

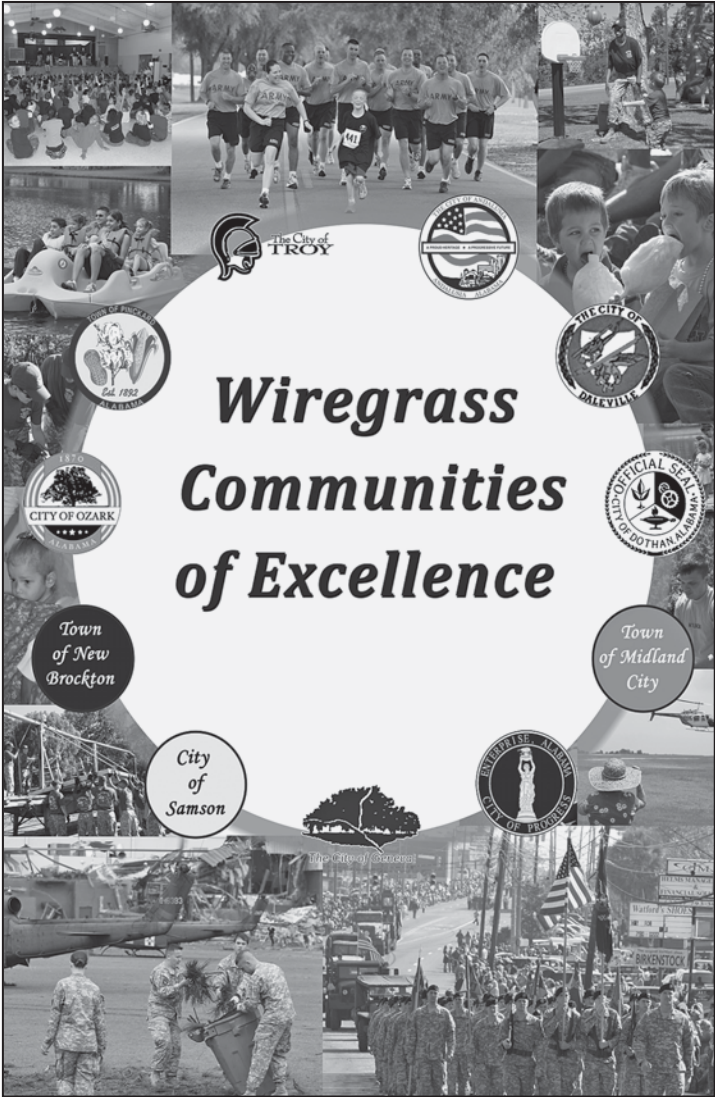
**JULY 2 AND 3** — A gun and knife show is at the National Peanut Festival fair grounds from 10 a.m. to 5 p.m. For more informa- tion, call 793-4323.

**JULY 4** — A Family-friendly July 4th cel- ebration is 1-10 p.m. at the National Pea- nut Festival fairgrounds. There are events throughout the day, including a car show, inflatables, water slides, live music, shows, fireworks and more. Admission is \$10 for adults. Children age 12 and under are ad- mitted free. For more information, call 699-1475 or visit [www.family4thcelebra- tion.com](http://www.family4thcelebra- tion.com). \$\$\$

**AUG. 6** — Landmark Parks hosts Science on Saturdays from 10-11 a.m. Science on Saturdays is an educational program about the magic of science for children and families. For more information, call (334) 794-3452.

## ENTERPRISE

**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 in- formation on show times and to purchase tickets, visit [www.southernbroadway.com](http://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.

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

For more information, call Connie Hud- son at 406-3077, Randy Black at 389-0738 or Bob Cooper 347-7076, or visit the Veterans of Foreign Wars Post 6683 on *Face- book*.

## GENEVA

**ONGOING** — The Geneva County Re- lay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For

more information, call 248-4495.

## MIDLAND CITY

**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

**TODAY** — The Dale County Council of Arts and Humanities MFA Show comes to the Ann Rudd Art Center/Dowling Mu- seum located at 144 East Broad Street. Masterworks by Judy Neher, Janet Hinton and Jeff Babine will be on display. For more information, call 445-6526 or email [small-townhostage@yahoo.com](mailto:small-townhostage@yahoo.com).

## Gulf Shores Independence Day Fireworks

The City of Gulf Shores hosts a free pub- lic display of fireworks on the beach at 9 p.m. July 4.

The show is accompanied by special patri- otic 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.

## Destin Firework Show

The City of Destin hosts the Indepen- dence Day fireworks celebration July 4. The firework show will begin at 9 p.m. Fire- works will be shot over the East Pass Area. For more information, call (850) 837-6241.

## World Championship Domino Tournament

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

Registration begins at 6:30 a.m. July 8 and the games begin at 8 a.m. More than \$20,000

**SATURDAY** — Ozark-Dale County Humane Society members host a breakfast fundrais- er from 9 a.m. until noon at Our Place Diner, located at 2751 South Hwy. 231. All pro- ceeds help support local homeless animals. For more information, call 701-2364 or visit [www.odchspets.petfinder.com](http://www.odchspets.petfinder.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 recep- tion and award presentation will be held Aug. 13 from 7-9 p.m. For more information, visit [www.ruddartcenter.org](http://www.ruddartcenter.org).

**AUG. 19-20** — The 17th annual South Ala- bama Pro Rodeo Classic will be held at the Dale County Ag-Plex Arena. Gates open at 6 p.m. and the rodeo begins at 8 p.m. Come watch bull riding, team roping, cowgirl barrel racing, steer wrestling, bareback riding, and more. For more information, call 774-9448.

## 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 Coun- cil 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

**JULY 4** — The City of Troy hosts its annual 4th of July Fireworks celebration beginning at 8:30 p.m. at Veterans Memorial Stadium. The event is free and open to the public. Bring lawn chairs and blankets, or enjoy the firework display from the stands of the sta- dium. For more information, call 566-4031.

**AUG. 31** — Troy University hosts a volun- teer fair on the Troy campus from 10 a.m. to 12:30 p.m. Organizations, businesses and charities that would like to promote their service needs to university students and staff are invited to attend. The deadline to register for the fair is Aug. 19. For more information, contact Jonathan Cellon at 808-6394.

**ONGOING** — Troy Bank and Trust Com- pany 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

### Pier Park Summer Concert Series

Pier Park in Panama City hosts a free sum- mer concert series every Thursday night during the month of June from 7 to 9 p.m. at the Pier Park Amphitheater. Each week different local artists will be featured.

Bring your own beach chairs and blan- kets. For more information, visit [visitpana- macitybeach.com](http://visitpana- macitybeach.com).

### 141st annual Masonic celebration

The oldest Masonic celebration in the United States takes place in downtown Flo- rala now through Saturday from 8 a.m. to 11 p.m.

Events include a car show, arts and crafts, live music, a 5K run, a fire department water battle, a beauty contest, fireworks and more. For more information, call 858-6430.

### Smoke on the Coast

Destin Commons hosts Smoke on the Coast Barbecue and Firework festival July 2 from 6-9 p.m. in Destin.

There will be live entertainment, arts and crafts, face painting, and giveaways. Sample different barbecue from area favorites. A fireworks show begins at 9 p.m.

For more information, call (850) 337-8700.

### Celebrating Our Troops

Hairston Brown Consulting hosts "Cele- brating Our Troops," a free concert to raise funds for Ability Workers of Alabama, an or- ganization that employs disabled veterans, at UAB Mini park in Birmingham July 2 from 1-6 p.m.

The event features live music from art- ists such as Canton Jones, Ohio Avenue and others, great food, inflatables, rock climbing wall, door prizes and more.

For more information, call (205) 664-1944.

### Boardwalk Beach Bash

Boardwalk Beach Resort hosts a spec- tacular three-day event for all ages July 2-4 from noon to 11 p.m. in Panama City. There will be festival foods, games and attractions, beach inflatables, and kids activities. There will be a fireworks show July 4 with a movie shown afterwards.

in cash and trophies will be awarded.

The tournament includes fun, fellowship and competition for all ages. For more information, visit [www.worlddomino.com](http://www.worlddomino.com).

### Music Makers Exhibit

The Alabama State Council on the Arts announces the exhibit, Music Makers: A Cel- ebration of the Year of Alabama Music, open now until July 6 in Montgomery.

The special collection of items celebrat- ing Alabama music is on display at the Alabama Artists Gallery in the RSA tower in downtown. The exhibit is open Mondays through Fridays from 8 a.m. to 5 p.m.

For more information, call 242-4076.

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X-MEN: FIRST CLASS - PG-13  
M-F: 2:00, 7:00 & 9:35 • S&S: 2:00, 7:00 & 9:35

**WESTGATE CENTER**  
THE HANGOVER, PART II - R  
M-F: 2:00, 7:10 & 9:20 • S&S: 2:00, 7:10 & 9:20  
JUDY MOODY AND THE NOT SUMMER SUMMER - PG  
M-F: 2:00 • S&S: 2:00  
PIRATES OF THE CARIBBEAN - PG-13  
M-F: 7:00 & 9:35 • S&S: 7:00 & 9:35

**COLLEGE CINEMA • ENTERPRISE**  
\$2.00 Upcharge for 3D  
Green Lantern PG-13 3D Midnight June 16  
June 22 • 9:30 - **Tales of Despereaux** G  
M-F: 2:10 & 7:10 & 9:30 • S&S: 2:10, 7:10 & 9:30  
KUNG FU PANDA 2 IN 3D - PG  
M-F: 2:10, 7:10 & 9:15 • S&S: 2:10, 7:10 & 9:15  
SUPER 8 - PG-13  
M-F: 2:00, 7:00 & 9:15 • S&S: 2:00, 7:00 & 9:15

**OZARK**  
June 23 • 9:30 - **Tales of Despereaux** G  
X-MEN: FIRST CLASS - PG-13  
Fri: 7:00 & 9:30 • Sat: 2:00, 7:00 & 9:30  
Sun: 2:00 & 7:00 • Mon - Thurs: 7:00  
MR. POPPER'S PENGUINS - PG  
Fri: 7:00 & 9:00 • Sat: 2:00, 7:00 & 9:00  
Sun: 2:00 & 7:00 • Mon - Thurs: 7:00

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Soldiers compete in Sgt. Audie Murphy Triathlon

Photos on Page D3

# SPORTS

VOL. 61 ■ NO. 25

ARMYFLIER★COM

JUNE 23, 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.

### 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 are 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

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SEE SHORTS, PAGE D4



PHOTOS BY RUSSELL SELLERS

Capt. Dave Winter and Maj. Jesse Delgado, B Co., 1st Bn., 212th Avn. Regt., get information about sleep disorders from Dana Florea, Southeast Alabama Medical Center account executive, at the first-ever Men's Sports, Fitness and Wellness Expo at The Landing June 15.

# Expo focuses on men's health

BY RUSSELL SELLERS  
Army Flier Staff Writer

Young and old were in attendance at Fort Rucker's first-ever Men's Sports, Fitness and Wellness Expo June 15 at The Landing.

The expo gave both Soldiers and civilians a chance to learn more about their health from local professionals and a look at different activities available to them through Fort Rucker's physical fitness facilities, Silver Wings Golf Course and others.

Leigh Ann Dukes, Directorate of Family, Morale, Welfare and Recreation commercial sponsorship sales manager, said the event experienced a good turnout and will hopefully happen at the same time next year.

"We wanted to start on a small level, since this is the first time, because we want this to be established as another annual event," she said. "Having it in conjunction with Men's Health Week is another idea to help get the word out."

Some attendees said they were able to find out about things they hadn't considered before and even managed to set up a future round of golf at SWGC in the process.

"It's great that the post would put something like this on for us," Maj. Jesse Delgado, B Co., 1st Battalion, 212th Aviation Regiment commander, said. "I think society has changed in a sense of how we all want to be living healthier. The Army has always promoted that, and it's great that Fort Rucker is really pushing that as well."

Delgado and his unit's personnel officer, Capt. Dave Winter, both said they liked being able to find out about other sports and activities available to them in the area and what types of things they should look for as they get older, such as spine health and sleep apnea.

Dana Florea, Southeast Alabama Medical Center account executive, gave out information packets and demonstrated equipment for those men interested in finding out more



Nick Love, Hollowell Chiropractic wellness trainer, checks the spine of Spc. Jerald Barley, USAAMC optometry technician.

about sleep disorders and their treatments. She said the event was a great opportunity for men and those vendors trying to get more information out to the public.

"We just want to give back to the community," she said. "As far as being physically fit, sleep disorders like sleep apnea can actually be hereditary. We have a sleep disorder center and I'm giving out information on that for people who think they may

have any kind of disorder."

Even some who work in the medical field found the expo to be helpful and a fun way to spend an afternoon on post.

"There's a lot of good stuff here," said Kevin Manley, Lyster Army Health Clinic resource manager. "It's important that guys like me, who are getting a little bit older, take advantage of a day like this and learn how to take better care of ourselves."

Manley said he hopes the

event becomes an annual event and that he plans to come back next year if it does.

Dukes said she was pleased with the turnout for the event and was pleased to see how many people were taking advantage of the information available to them.

"This is something we're definitely going to be able to build off of," she said. "As the day went on, we had more and more people come through."



# Down Time



## Trivia test

by Fifi Rodriguez

# TRIVIA

1. LANGUAGE: What would a group of eggs be called, collectively?
2. FOOD & DRINK: What is the characteristic flavor of the herb anise?
3. SCIENCE: What does the Linnaean System refer to?
4. HISTORY: When did the Ottoman Empire give way to a modern republic in Turkey?
5. LITERATURE: The term "Big Brother" comes from which futuristic novel?
6. ANCIENT WORLD: How is the ancient Greek Thucydides best known?
7. GENERAL KNOWLEDGE: Where would a satrap once have ruled?
8. GEOGRAPHY: Into which body of water does the Volga River flow?
9. POETRY: Who wrote the collection of poetry and prose called "The Map of Love"?
10. INVENTIONS: Who invented the modern aerosol spray can?

See Page D3 for this week's answers.

## Super Crossword TAKE A HIKE

**ACROSS**

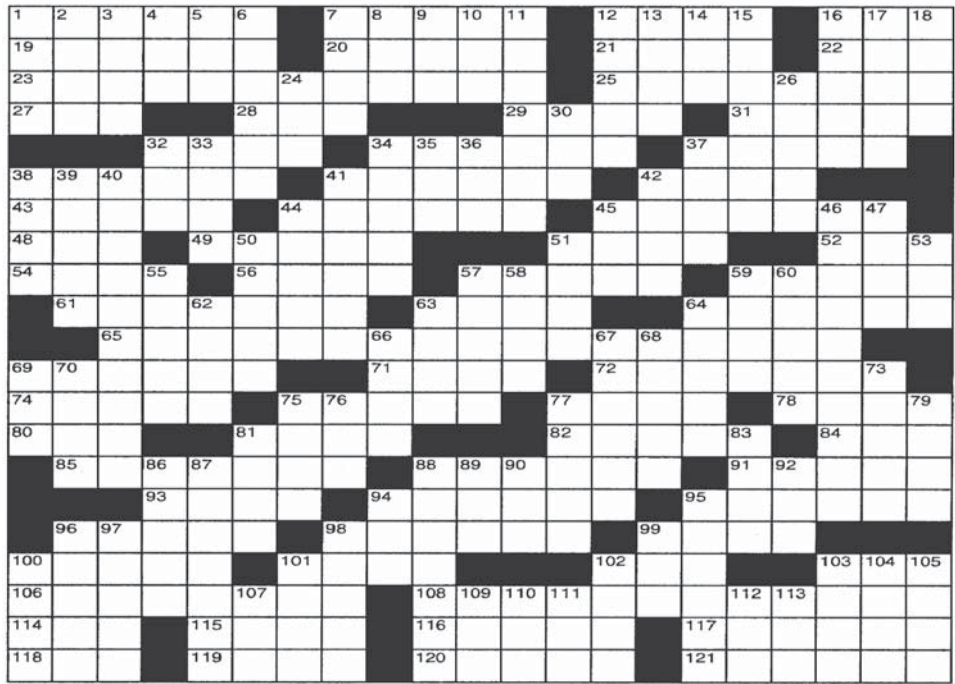
1 Surrounded by  
7 Nimoy role  
12 Clout a cad  
16 — Vicente, Brazil  
19 Stew  
20 — firme  
21 Top-of-the-line  
22 Prom wear  
23 Start of a remark by 108 Across  
25 Reserve  
27 Rep.  
28 Savor the squid  
29 Pin part  
31 Powell or Quinn  
32 Orwell's "Animal —"  
34 Chastised, with "out"  
37 Nick of "I Love Trouble"  
38 Archaic affliction  
41 Cotton cloth  
42 — tape  
43 Cognizant  
44 Spoil  
45 Part 2 of remark  
48 Deface  
49 Bunch of bees  
51 Bulldog feature  
52 Shady

character?  
54 English statesman  
56 A deadly sin  
57 Masters' "— River Anthology"  
59 Cary of "Hot Shots"  
61 Diva Renata  
63 Trigger? — firm  
64 Game-show giveaways  
65 Part 3 of remark  
69 With 6 Down, John Cleese  
71 Grapefruit serving  
72 Tableland  
74 Tex-Mex favorite  
75 Sturdy fabric  
77 Goes (for) 78 556, to Flavius  
80 TV's "Top —"  
81 Trunk, in Tewkesbury  
82 "She — Yellow Ribbon" ('49 film)  
84 Holidayless mo.  
85 End of remark  
88 Brewer or Wright  
91 — Park, NJ  
93 Birthday buy  
94 Danson's

"Cheers" role  
95 Greek poet  
96 Emerson's middle  
98 Word in a Hawthorne title  
99 Sell  
100 Rock's — Trick  
101 A swan was her swain  
102 "The Gold Bug" author  
103 "— been ages!"  
106 Notable thespian  
108 Speaker of remark  
114 Plastic — Band  
115 Sausage segment  
116 Proofreader's mark  
117 "Bewitched" role  
118 Energy  
119 Signor Ferrari  
120 Pound the podium  
121 Sheena of song

**DOWN**

1 Copied  
2 Budge  
3 List entry  
4 — es  
5 Pig's digs  
6 See 69 Across  
7 Dele dele  
8 — diem  
9 Galena, e.g.  
10 Dernier —  
11 Disputed territory  
12 Bar food?  
13 Burden  
14 — Day  
15 Now! ('62 hit)  
16 NBC logo  
17 Heroic  
18 The yoke's on them  
24 Overdramatic  
26 Maestro  
30 Velvet finish?  
32 In place of  
33 Olympic hawk  
34 Card game  
35 Kreskin's letters  
36 Stout relative  
37 Worthless  
38 Temptress  
39 Watch for  
40 Gave up  
41 Pugilist  
42 Hagler  
43 Time to crow?  
44 Black and white delight  
45 Wine and dine  
46 Hillary's  
47 Mirth  
48 Author  
49 Eudora  
51 Victor of "Papillon"  
53 Mag. submis- sions  
55 Govt. security  
57 Slish schnapps  
58 Dragon of song  
59 Part of Q.E.D.  
60 Resided  
62 Spumante  
63 Circus barker  
64 Part of a process  
66 Voucher  
67 Block  
68 Marine leader?  
69 TV watchdog  
70 At the drop of —  
73 Soft-palate extension  
75 "Come Softly —" ('59 song)  
76 Distress  
77 Buck or Jesse  
79 Violinist  
81 South African activist  
83 Exiled  
86 Renown  
87 Frog-to-be  
88 Hot stuff  
89 Building wing  
90 Caviar  
92 Gridiron position  
94 Beyond balmy  
95 Comic Herman  
96 Complain  
97 Famed fabulist  
98 Little lizard  
99 Harry — Zell  
100 Karate blow  
101 City on the Danube  
102 Rose or Rozelle  
103 — You Babe" ('65 song)  
104 Archaic preposition  
105 Cartoonist Lee  
107 — Tin Tin  
109 Benzene source  
110 Significant years  
111 Donkey doc  
112 Cell stuff  
113 Drivers' lics., e.g.



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# Kid's Corner

**Riddle Card**

1. Why is a star like an old bam?  
2. When does a man have to keep his word?  
3. What is it that you break when you name it?  
4. What is the last thing you take off before going to bed?  
5. Why does a freight car need no locomotive?

Answers: 1. Both contain R. A. T. S. 2. When no one will the freight makes the cargo.  
3. A star. 4. Your feet from the floor. 5. Because it has no engine.

**FIND THE HIDDEN STATE CAPITAL** in this lad's complaint!

Answer: The state capital is ... S A L E M ... (Oregon)

THIS DEMO, IF TOO COOL, IT NEEDS A LEADIN' WIT!

**SEE IF YOU CAN TAME THIS ONE!** Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

1. Grows on trees.  
2. Found on old radios.  
3. Type of light.  
4. Sharp cutting edge.

1. Unit of measurement.  
2. Placed on the table.  
3. Not any.  
4. Part of your leg.

**Junior Whirl**

by Charles Barry Townsend

**A DUEL IN THE SUN!**

Batter up, or should I say, puzzlers up! This problem deals with the sport of baseball, and in particular, pitchers and batters. In our puzzle grid there is room for nine words or phrases associated with the game. The hints below should help.

1. Total paid attendance.  
2. A fisherman might use this pitch.  
3. A virtuous time at bat.  
4. Number of balls and strikes.  
5. Comes before releasing the ball.  
6. An illegal pitch.  
7. A dancing pitch.  
8. As good as a hit.  
9. A pitcher's territory.

There is a dark frame around one of the columns in the grid. If you correctly find all of the words asked for, the letters in this frame, top to bottom, will spell out what every batter wishes for.

1. The gate. 2. Strike. 3. Sacrifice.  
4. Count. 5. Wild. 6. Strike. 7. Knead. 8. Ball. 9. Strike. 10. Strike. 11. Strike. 12. Strike. 13. Strike. 14. Strike. 15. Strike. 16. Strike. 17. Strike. 18. Strike. 19. Strike. 20. Strike. 21. Strike. 22. Strike. 23. Strike. 24. Strike. 25. Strike. 26. Strike. 27. Strike. 28. Strike. 29. Strike. 30. Strike. 31. Strike. 32. Strike. 33. Strike. 34. Strike. 35. Strike. 36. Strike. 37. Strike. 38. Strike. 39. Strike. 40. Strike. 41. Strike. 42. Strike. 43. Strike. 44. Strike. 45. Strike. 46. Strike. 47. Strike. 48. Strike. 49. Strike. 50. Strike. 51. Strike. 52. Strike. 53. Strike. 54. Strike. 55. Strike. 56. Strike. 57. Strike. 58. Strike. 59. Strike. 60. Strike. 61. Strike. 62. Strike. 63. Strike. 64. Strike. 65. Strike. 66. Strike. 67. Strike. 68. Strike. 69. Strike. 70. Strike. 71. Strike. 72. Strike. 73. Strike. 74. Strike. 75. Strike. 76. Strike. 77. Strike. 78. Strike. 79. Strike. 80. Strike. 81. Strike. 82. Strike. 83. Strike. 84. Strike. 85. Strike. 86. Strike. 87. Strike. 88. 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Strike. 1002. Strike. 1003. Strike. 1004. Strike. 1005. Strike. 1006. Strike. 1007. Strike. 1008. Strike. 1009. Strike. 1010. Strike. 1011. Strike. 1012. Strike. 1013. Strike. 1014. Strike. 1015. Strike. 1016. Strike. 1017. Strike. 1018. Strike. 1019. Strike. 1020. Strike. 1021. Strike. 1022. Strike. 1023. Strike. 1024. Strike. 1025. Strike. 1026. Strike. 1027. Strike. 1028. Strike. 1029. Strike. 1030. Strike. 1031. Strike. 1032. Strike. 1033. Strike. 1034. Strike. 1035. Strike. 1036. Strike. 1037. Strike. 1038. Strike. 1039. Strike. 1040. Strike. 1041. Strike. 1042. Strike. 1043. Strike. 1044. Strike. 1045. Strike. 1046. Strike. 1047. Strike. 1048. Strike. 1049. Strike. 1050. Strike. 1051. Strike. 1052. Strike. 1053. Strike. 1054. Strike. 1055. Strike. 1056. Strike. 1057. Strike. 1058. Strike. 1059. Strike. 1060. Strike. 1061. Strike. 1062. Strike. 1063. Strike. 1064. Strike. 1065. Strike. 1066. Strike. 1067. Strike. 1068. Strike. 1069. Strike. 1070. Strike. 1071. Strike. 1072. Strike. 1073. Strike. 1074. Strike. 1075. Strike. 1076. Strike. 1077. Strike. 1078. Strike. 1079. Strike. 1080. Strike. 1081. Strike. 1082. Strike. 1083. Strike. 1084. Strike. 1085. Strike. 1086. Strike. 1087. Strike. 1088. Strike. 1089. Strike. 1090. Strike. 1091. Strike. 1092. Strike. 1093. Strike. 1094. Strike. 1095. Strike. 1096. Strike. 1097. Strike. 1098. Strike. 1099. Strike. 1100. Strike. 1101. Strike. 1102. Strike. 1103. Strike. 1104. Strike. 1105. Strike. 1106. Strike. 1107. Strike. 1108. Strike. 1109. Strike. 1110. Strike. 1111. Strike. 1112. Strike. 1113. Strike. 1114. Strike. 1115. Strike. 1116. Strike. 1117. Strike. 1118. Strike. 1119. Strike. 1120. Strike. 1121. Strike. 1122. Strike. 1123. Strike. 1124. Strike. 1125. Strike. 1126. Strike. 1127. Strike. 1128. Strike. 1129. Strike. 1130. Strike. 1131. Strike. 1132. Strike. 1133. Strike. 1134. Strike. 1135. Strike. 1136. Strike. 1137. Strike. 1138. Strike. 1139. Strike. 1140. Strike. 1141. Strike. 1142. Strike. 1143. Strike. 1144. Strike. 1145. Strike. 1146. Strike. 1147. Strike. 1148. Strike. 1149. Strike. 1150. Strike. 1151. Strike. 1152. Strike. 1153. Strike. 1154. Strike. 1155. Strike. 1156. Strike. 1157. Strike. 1158. Strike. 1159. Strike. 1160. Strike. 1161. Strike. 1162. Strike. 1163. Strike. 1164. Strike. 1165. Strike. 1166. Strike. 1167. Strike. 1168. Strike. 1169. Strike. 1170. Strike. 1171. Strike. 1172. Strike. 1173. Strike. 1174. Strike. 1175. Strike. 1176. Strike. 1177. Strike. 1178. Strike. 1179. Strike. 1180. Strike. 1181. Strike. 1182. Strike. 1183. Strike. 1184. Strike. 1185. Strike. 1186. Strike. 1187. Strike. 1188. Strike. 1189. Strike. 1190. Strike. 1191. Strike. 1192. Strike. 1193. Strike. 1194. Strike. 1195. Strike. 1196. Strike. 1197. Strike. 1198. Strike. 1199. Strike. 1200. Strike. 1201. Strike. 1202. Strike. 1203. Strike. 1204. Strike. 1205. Strike. 1206. Strike. 1207. Strike. 1208. Strike. 1209. Strike. 1210. Strike. 1211. Strike. 1212. Strike. 1213. Strike. 1214. Strike. 1215. Strike. 1216. Strike. 1217. Strike. 1218. Strike. 1219. Strike. 1220. Strike. 1221. Strike. 1222. Strike. 1223. Strike. 1224. Strike. 1225. Strike. 1226. Strike. 1227. Strike. 1228. Strike. 1229.



# Soldiers compete in Sgt. Audie Murphy Triathlon



PHOTOS BY JIM HUGHES

Participants in the Sgt. Audie Murphy Triathlon run onto the shore of Lake Tholocco after completing the quarter-mile swim during Saturday's event.



Soldiers perform a final safety check of their bicycles before beginning a 10.6-mile bike race during the second leg of the Sgt. Audie Murphy Triathlon Saturday. Participants were also tasked with a quarter-mile swim and 3.1-mile run.

The Directorate of Family, Morale, Welfare and Recreation hosted the Sgt. Audie Murphy Triathlon Saturday.

Almost 100 participants took part in the event, which had competitors complete a quarter-mile swim, a 10.6-mile bike race and a 3.1-mile run.

### The winners:

- Overall**  
Michael Speers, 54:49
- Team**  
James Williamson, 1:10:25
- Female overall**  
Emily King, 1:02:08
- Female masters**  
Marla Holmes, 1:15:21
- Female grandmasters**  
Carole Thompson, 1:24:01
- Female 15-19**  
Madison Kronberger, 1:07:27
- Female 20-24**  
Maia Paris, 1:03:57
- Female 25-29**  
Janet Daly, 1:06:35
- Female 35-39**  
Dunford Powell, 1:20:02
- Female 45-49**  
Trish Sasser, 1:16:44
- Female 50-59**

- Nina Korges, 1:31:26
- Female 70 and over**  
Gwen Sprandel, 1:51:47
- Male overall**  
Michael Speers, 54:49
- Overall male masters**  
Perry Parke, 59:48
- Overall male grandmasters**  
Dale Nash, 1:02:51
- Male 10-14**  
Gage Johnson, 1:59:23
- Male 15-19**  
Rush Jones, 1:12:28
- Male 20-24**  
Andrew Zapic, 1:01:21
- Male 25-29**  
Bryce Curtis, 1:00:20
- Male 30-34**  
Tim Kelptrck, 1:07:02
- Male 35-39**  
Michael Hahn, 1:19:39
- Male 40-44**  
David Flukenstein, 1:08:11
- Male 45-49**  
Rolando Correa, 1:30:32
- Male 50-59**  
Michael Marchman, 1:06:08
- Male 60-69**  
Jerry Armstrong, 1:05:51
- Male 70 and over**  
Chuck Law, 1:51:24

Weekly SUDOKU									
Answer									
2	4	5	1	6	8	9	3	7	
9	6	3	7	5	2	1	8	4	
8	1	7	9	4	3	6	5	2	
3	5	4	8	7	6	2	9	1	
7	8	1	2	9	5	4	6	3	
6	2	9	4	3	1	8	7	5	
4	7	2	5	8	9	3	1	6	
5	9	6	3	1	4	7	2	8	
1	3	8	6	2	7	5	4	9	

- Answers**
- A clutch
  - Licorice
  - The classification of all living things
  - 1920s
  - "1984"
  - As a historian
  - Persia
  - Caspian Sea
  - Dylan Thomas
  - Norwegian engineer Erik Rotheim

## PUZZLE ANSWERS

### Super Crossword Answers

AMIDST	SPOCK	SLAP	SAD
POTATO	TERRA	AONE	TUX
EVERYWHERE	IS	LAVAS	IDE
DEM	EAT	HEAD	COLIN
FARM	REAMED	NOLTE	
TEBALDI	SPUR	PRIZES	
DISTANCE	IF YOU HAVE		
FAULTY	HALF	PLATEAU	
CHILL	TWILL	OPTS	DLVI
CAT	BOOT	WOREA	AUG
THETIME	TERESA	MENLO	
CAKE	MALONE	PINDAR	
WALDO	GABLES	VEND	
CHEAP	LEDA	POE	ITS
HISTORIC	STEVEN	WRIGHT	
ONO	LINK	CARET	ENDORA
PEP	ENZO	ORATE	EASTON

## THINK GOLF IT'S FRIDAY™

# TGIF™ EXPO

## TENT SALE

### June 24th & 25th

FRIDAY & SATURDAY 10AM-6PM

Best deals of the season with up to 70% off apparel, clubs and shoes!

**BUY 2DZ GET 1DZ FREE**

CALLAWAY Tour i(s) & i(z) balls.....\$42.99 dz

TAYLORMADE Penta TP balls.....\$39.99 dz

NIKE Crush balls .....\$19.99 dz

ELC Leather Gloves

**3 for \$15**

**\$25 OFF\***

\$299 or more

**In-Line Woods**

**20% OFF\***

any one reg. priced

**Apparel item or Golf Shoes**

**\$100 Trade-in**

premium on irons \$499 or more from Adams, Callaway, Cleveland, Cobra, TaylorMade, & Wilson

## EDWIN WATTS GOLF

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Located by Wiregrass Commons Mall

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SPORTS SHORTS

Continued from Page D1

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.

SKATE NIGHT

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

PAINTBALL

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

FORT RUCKER RUN, WALK MILEAGE CLUB

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

ROCK WALL ORIENTATION

The Fortenberry-Colton Physical Fitness Facility has rock wall orientation the first Saturday of every month. An instructor teaches people how to climb the rock wall and how to belay. Those individuals who complete the orientation receive belay certification cards, which they must show to climb the rock wall. For more information, call 255-3794.

Scan this code with your smartphone



to check out a Flickr album of photos from events featured in this week's edition of the Army Flier.



- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

Video Game Spotlight >>

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

# F.3.A.R. delivers thrill ride

BY JIM VAN SLYKE  
Contributing Writer

The gaming world has no shortage of first-person shooters, — some great and some not-so great.

Many of the shooters are merely tired retreads of games we've seen before, but some actually take chances. "F.3.A.R." is a game that does just that.

A first-person shooter with heavy horror elements, it has enough combat to keep the trigger-happy among us satisfied, while also scaring our pants off multiple times.

EE.A.R. stands for "First Encounter Assault Recon." There are no massive armies of Soldiers to defeat or wars to win. Instead, gamers will be taking on the supernatural.

The third in the series, this game brings back the frightening Alma, as well as her two sons, Point Man and Paxton Fettel. Both of the sons are playable and available for cooperative play. They each have different abilities and will experience the game differently.

Alma — will she ever really die? — has returned from the grave with a plot to destroy the world. Fettel, who had worked alongside Alma previously, wants to join the good guy, Point Man. His motives, however, are unclear.



COURTESY SCREENSHOT

The genetically enhanced super powers make this game about more than just shooting bad guys. These extra powers keep the game interesting, as there are many ways to take out the supernatural. The plot is unique and plays a role in a time when many first-person shooters leave their plot at the door.

If you like to be spooked and wiping out bad guys left and right is also your thing, then you'll more than likely enjoy "F.3.A.R."



**Publisher**  
Warner Home Video Games  
**Rated**  
Mature  
**Systems**  
Xbox360, PS3, PC  
**Cost**  
\$50-60  
**Overall**  
3 out of 4



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