#### **NEW LEADER**

Ferriter assumes command of IMCOM

Story on Page A3



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**STARRY NIGHT** Families enjoy 'Night Under the Stars'

Story on Page C1



**TURKEY TROT** More than 200 runners participate in 5K, 10K

Story on Page D1







## 'Bear in mind'

Sgt. Ted E. Bear is dressed as a pilgrim in honor of Thanksgiving and to remind everyone to 'bear mind' safety precautions while enjoying the extended holiday weekend. Happy holidays!



NOVEMBER 24, 2011

Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command, speaks to Soldiers during a visit to Fort Rucker Nov. 17. Cone emphasized the need for Soldiers to remain focused on the task at hand, especially during training.

# TRADOC CG: 'Stay focused'

By Nathan Pfau Army Flier Staff Writer

Gen. Robert W. Cone, commanding gen-

eral of U.S. Army Training and Doctrine Command visited Fort Rucker Nov 17 speaking with Soldiers in Advanced Individual Training, the Warrant Officer Senior Staff Course and the Aviation Captain's Career Course to talk about resiliency and the future of the Army.

"We've got some work to do on becoming a doctrine-based Army again and capturing standards for the future," said Cone.

He explained that it is TRADOC's job to determine what the core structure is for the Army and what kinds of organizations the Army needs.

"I'm responsible for basically looking at the future and taking a look at what the

SEE TRADOC, PAGE A7



Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Reese Fletcher, overall Christmas tree ornament design winner, light the Fort Rucker Christmas tree at Howze Field last year.

## Tree lighting, play kick off holiday season

By Nathan Pfau Army Flier Staff Writer

Fort Rucker officials invite Soldiers, Family members and community members to attend the annual Christmas Tree Lighting ceremony Dec. 1, and the Best Christmas Pageant Ever Dec. 9 and 10.

The ceremony for the tree lighting will be held at Howze Field and begins at 5 p.m. with Maj. Gen. Anthony G. Crutchfield, United States Army Aviation Center of Excellence and Fort Rucker commanding general, scheduled to speak.

The ceremony will include music from the 98th Army "Silver Wings" Band from 4:45-5 p.m. followed by the Post Chapel Choir, and the Child Development Center children and Girl Scout Troops singing a medley of Christmas carols beginning at 5 p.m., according to

Janice Erdlitz, marketing director for the Directorate of Family and Morale, Welfare and Recreation.

Crutchfield will also announce the winners of the DFMWR ornament contest, which will continue to take contestants until Friday, according to Kimberly Abeln, annual events coordinator for

"The ornaments will be judged based on overall aesthetics, creative use of materials, quality of craftsmanship and originality of design," said Abeln.

The contest is open to children of ages 3 to 11 and winners will be chosen in four categories: 3-5 years, 6-8 years, 9-11 years and overall winner. All winners will receive a prize and a trophy and the overall winner will help light the

SEE HOLIDAY, PAGE A7

## Child care fee increase provides standard costs for Soldiers

By Erin Murray Army Flier Staff Writer

Child, youth and school services implemented increases in childcare costs the beginning of November in order to meet the 2010 Department of Defense fee

"Fort Rucker has three years to get to the standardized Army fees. By the 2012-2013 school year, all of the Army will be on the same exact fee system. This is a transitional year - the second of three smaller increases. Instead of increasing the cost all at once and possibly causing major hardship, they spread it over three years," said Pam Williams, CYSS coordinator.

According to Fort Rucker CYSS information, monthly full day fees increased in a range anywhere from \$10 to \$40, according to category; and primary fees increase in a range anywhere from \$8 to \$24 depending on category and hours. School aged fees have increased in a range anywhere from \$6 to \$34 and youth sports fees have increased by \$15. Additional cost information was provided to patrons of childcare services in October.

"The fees are set by the Department of Defense. It's standardization so that as Soldiers and Families move from installation to installation they know what to expect," she said.

According to Installation Management Command releases, The National Association of Child Care Resource and Referral Agencies - considered the nation's leading voice in child care -assists in ensuring Families have access to high-quality. affordable child care. In 2009 NACCRA reported, "DOD ranks No. 1 on standards and oversight criteria. DOD stands alone

A U.S. Senate report in 2002 also noted that the Military Child Development Program is a model for the nation for providing high-quality affordable child care.

'We want to take care of our Fami-



PHOTO BY EMILY BRAINARD

Shawna Mitchell, child and youth program assistant, feeds a child at the child development center. Price increases for Army child care are expected to standardize fees across all installations while still allowing the Army to provide high

lies, and the Army is always looking to do that. Congress chose to subsidize the cost of childcare. We have a high quality and affordable program, because Soldiers and their Families deserve that," said Wil-

While the increase in cost might cause Families to seek off post child care, Williams encouraged Families to consider the benefits of utilizing Army childcare

"Investigate and take a look at what you're getting for your money. [On Fort Rucker] what you're getting is certainly high quality childcare and what the National Association for the Education of Young Children, an outside professional organization, considers high quality child care. We are certified by that organization," she said.

Williams explained that Army childcare

SEE INCREASE, PAGE A7

# PERSPECTIVE

## Beware of dangers of electric space heaters

By Al Brown

U.S. Army Combat Readiness/ Safety Center

Portable electric space heaters are a convenient option for warming a work or living space, but they can also be dangerous.

Heating equipment is a leading cause of home fires during the months of December, January and February, according to the National Fire Protection Association. Other agencies, such as the U.S. Consumer Product Safety Commission, NFPA and Consumer Reports warn consumers electric space heaters should not be used as a regular or permanent heat source; they should be used only as a supplemental heating device and with strict precautions.

Consumer Reports recommends only using a new space heater certified by a nationally recognized

testing agency. These include Underwriters Laboratories. Intertek ETL Semko or Canadian Standards Association, and the labeling should make it clear the heater has been manufactured under UL or CSA standards.

A space heater should include additional features such as a thermostat and automatic tipover shut-off.

#### Other common-sense issues to remember when using a space heater include:

- · Always place the heater on a level, hard and nonflammable surface (such as ceramic tile floor), not on rugs or carpets or near bedding or drapes.
- Keep the heater away from children, pets, furniture, curtains and water or dampness such as a bathroom, sink or by an open window.
- · If possible, plug the heater directly into the wall socket, and the plug should fit snugly

into the outlet. If an extension cord must be used, it should be heavy-duty 14-gauge or wider (always check the manufacturer's manual).

- Never leave a heater unattended while people are sleeping or when you leave the house.
- In addition, the heater should have a guard around the heat source to keep children or pets from coming into contact with the heating element.
- Read the owner's manual to learn how to use it and where to place it.

Since space heaters consume a substantial amount of electricity, ask yourself if the electric circuit to which it is attached will handle the load. You may be surprised at what you discover.

#### Consider these facts:

• A 15-amp branch circuit could carry up to 1,500 watts of electricity and most home circuits are designed as 15-amp branch circuits. A portable electric heater alone draws approximately 1,200 watts of electricity.

- If one 1,500-watt heater uses approximately 12.5 amps, a 15-amp breaker can handle only one such heater on the circuit and very little else can be on when the heater is on.
- Read the instruction manual or check the data plate on the heater and do the calculations to prevent overloading the circuit.

Even with safety devices, no winter heating season passes without reports of tragedies caused by defective space heaters. Make sure your home is equipped with both a working smoke alarm, and a space heater, which has been tested and certified by a nationally recognized testing laboratory. These heaters will have the most

up-to-date safety features; older space heaters may not meet the newer safety standards. If you are shopping for a new heater, check the tag on the heater's cord to confirm a certified testing authority approved it.

CPSC The information on problems with electric space heaters. For the latest information, go to http:// www.cpsc.gov. The organization is charged with protecting the public from unreasonable risks of injury or death from consumer products.

To provide better service in alerting people to unsafe, hazardous or defective products, six federal agencies have created a "one-stop shop" for U.S. government recalls of consumer products. This link is http:// recalls.gov/.

Before using a space heater, go to the site and check - your heater may have been recalled.

What are you thankful for this Thanksgiving?



Chris Greene, retired military

"Having a healthy Family and the support of my



Staff Sgt. George Lambert, recently relocated to Fort Rucker

"My wife and daughter."



Staff Sgt. Enrique Ramos. flight operations

"My health and my Fam-



Lisa Allgeier, transportation employee

"Knowing that I have a place to go home to."



Pvt. Christina Barker. A Co. 1st Bn. 13th Avn. Regt.

"Being in the Army, because I get to serve my

COMMAND

Maj. Gen. Anthony G.

Crutchfield

Col. James A. Muskopf

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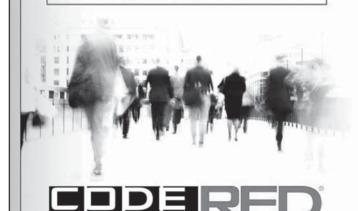
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Lt. Gen. Michael Ferriter receives the U.S. Army Installation Management Command colors from Gen. Ray Odierno, Army chief of staff, at the IMCOM change of command ceremony Nov. 17 in San Antonio

## Ferriter assumes command of IMCOM

**By Tim Hipps** Installation Management Command

Houston, Texas.

SAN ANTONIO - Lt. Gen. Michael Ferriter took the reins of the U.S. Army Installation Management Command from Lt. Gen. Rick Lynch during a change of command ceremony Nov. 17 on Fort Sam

Army Chief of Staff Gen. Raymond Odierno presided over the changing of the guard for the command, which relocated from suburban Washington, D.C., to south Texas during the past two years as part of Base Realignment and Closure.

Ferriter, a 1979 graduate of The Citadel, came to Texas from a tour as deputy commander for advising and training for United States Forces Iraq, supporting Operation New Dawn. Before that, he commanded the U.S. Army Infantry Center and the Maneuver Center of Excellence at Fort Benning, Ga.

As well as IMCOM commander, Ferriter is now the Army's assistant chief of staff for Installation Management.

All three Soldiers served as "battle buddies" at some point during the war in Iraq.

"Both Rick Lynch and Mike Ferriter, I've known for awhile," Odierno said. "Most important, I got to see them operate in combat. These are two Soldiers who not only understand what it's like to take care of our Families, but they understand what it's like being at the tip of a spear. There's no better person to lead us in installation management than somebody who's expe-

Ferriter's combat tours include Operation Restore Hope in Somalia and two tours in Iraq

"I'm confident that Mike Ferriter is the right man for the job - a proven leader with the right experience to lead us into the future," Odierno said, "He understands Soldiers and Family and is the right leader at this important time of transition for our Army."

Ferriter and wife, Margie, have four children who understand Army life: Dr. Meghan Ferriter, Capt. Dan Ferriter, Capt. Paddy Ferriter and 1st Lt. Mary Whitney Whittaker.

"The Ferriters are a great Army Family and IMCOM is fortunate to have them," Odierno said. "Always remember that the strength of our nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is our Families. And that's what makes us Army Strong.'

Ferriter said, "there are hundreds of thousands of Army Families that are exactly the same, and that's where we get our inspiration."

Lynch, the only commander IMCOM has known, was quick to thank Odierno for his mentorship.

"I've been blessed in my 35 years of uniformed service," Lynch said. "One of the top ... blessings is my relationship with Ray Odierno.'

Odierno thanked Lynch for a career well done, capped by the complex move of an Army command from the nation's capital to the heart of south Texas.

"Lt. Gen. Rick Lynch has served self-

lessly in our Army with extraordinary distinction for nearly 35 years," Odierno said. "He's devoted his career to taking care of Soldiers and their Families I have watched Rick for years, always step forward, raise his right hand, and say 'Put me in. I want the toughest job. I want the tough jobs and I'll make it work. I'll make it happen.'

"We thought he was the perfect person to lead IMCOM and transform it into a world-class organization focused on our customers. The customers are our Soldiers and their Families and our retirees.'

He cited the 120,000 people who make up IMCOM.

"We are grateful for the dedicated Army civilians and contractors that have made IMCOM such a large success," Odierno said. "In short, the IMCOM team has been and will remain a key ingredient in our ability to protect and sustain combat forces around the world. I thank each and every member of IMCOM for your untiring effort and commitment to our Soldiers, their Families and the Army.'

Odierno commended Lynch for embodying words like courage, confidence, candor and compassion.

"In your 35-plus years, you have made history," Odierno told Lynch. "You have lived in the arena and you have excelled inside that arena. Thank you for your steadfast dedication and loyal service to our Soldiers and our nation."

Odierno applauded Lynch's wife, Sarah, for her dedication to the mission.

"Sarah has been serving alongside Rick every step of the way," Odierno said.

"She's dedicated herself to our Soldiers and Families. Whether it be leading [Family Readiness Groups or working with the Families of fallen Soldiers, Sarah has met and listened to the Gold Star Families to assess how the Army was meeting their needs and helped the Army improve its

"I could go on and on, but the bottom line is that Sarah has selflessly given of herself to the Army, to our Families and to our nation. Sarah, you are a true American patriot and hero. We want to thank you for all you've done and sacrificed throughout the years for our Army.'

The ceremony also marked the passing of the responsibility of IMCOM command sergeant major from Command Sgt. Maj. Neil Ciotola to Command Sgt. Maj. Donald Felt. Felt, top noncommissioned officer for the IMCOM Central Region, will serve until the scheduled arrival of Command Sgt. Maj. Earl L. Rice.

"I want to personally recognize Command Sgt. Mai. Neil Ciotola," Odierno said. "He was side by side with me for 15 months in Iraq when I was the multi-national corps commander, probably during the most difficult time there was in Iraq. And frankly, I couldn't have done it without him. We were merged at the hip. We were merged in our own minds with each

"There is no other finer NCO, no other noncommissioned officer I would have liked by my side than Neil Ciotola. He's a Soldier's Soldier, a combat leader and the epitome of a command sergeant major.'

## AAFES readies for holiday season

**By Susie Antonello** 

Visual Merchandise Manager

Shoppers will get a jump on morning Reveille as the Fort Rucker Air Force Exchange Service Main Store and other stores across the U.S. open their doors at 4 a.m. in the United the day after Thanksgiving, "Black Friday."

"We understand the industry push is to open earlier and earlier, with some retailers opening before the Thanksgiving Day even ends, but as a part of the military community we understand that time with Family. for both customers and associates. is a priority," said the Exchange's chief of staff. Col. Tom Ockenfels. "While exchanges in the United States are opening early Friday, 'Black Friday' hours worldwide will allow shoppers to give thanks with loved ones and still partake in the savings."

Exchanges are prepared for customers to start lining up as early as midnight Friday morning. To ensure a fun and safe event, exchanges will hand out numbered tickets to shoppers waiting in line for "door buster" items including laptops, televisions and large appliances.

"Customers waiting in line will be asked which item they are there to purchase and will receive a ticket for that item," said Ockenfels. "In years past, the 'take-a-ticket' program has been extremely helpful in ensuring people get what they came for."

Complete details on exchange "Black Friday" weekend sales and

specials in the United States, Europe and the Pacific are available at shopmyexchange.com.

Also, jam-packed with the hottest tovs, electronics and learning activities, the Army and Air Force Exchange Service has unwrapped its brand new ToyBook.

lection, the ToyBook offers more than \$18,000 in prizes. In fact, the Fort Rucker Exchange will award one Cozy Coupe Cab, a riding car for children that includes a toy radio with sound effects. Shoppers can register at the Exchange through Dec. 4 and drawings will take place on or about Jan. 6.

Every Fort Rucker Family who picks up this year's ToyBook will feel like a winner thanks to more than \$450 in coupons, including savings ranging from \$2-\$15 off toys from Barbie, Little Pet Shop, Playskool and many more.

"Kids dreaming of a fun-filled Christmas will find all they could ever want," said the exchange's sales and merchandising manager, Tess Miguel Rhodes. "Featuring hundreds of items available at both the exchange and online, the TovBook is truly a one-stop shopping destination for Fort Rucker Families."

The 2011 Exchange ToyBook is available at the Fort Rucker Exchange and online at www.shopmyexchange.com.

Additionally, according to the National Retail Federation, more than half of all shoppers in 2010 said they'd like to receive gift cards,

marking four years in a row that gift cards have topped consumers' holiday wish lists. And while most any gift card will work for most, military supporters have long struggled with finding the right one for troops serving far from home.

The Army and Air Force Exchange 50 states and some 30 countries may be the solution for both military members and supporters.

"Exchange gift cards are an excellent way to send troops exactly what they want as they can select their own gifts," said the Joe Escobar Fort Rucker Exchange's main exchange manager. "Whether the servicemember who receives the card wants a cappuccino from Starbucks, some beef jerky from the exchange or a tank of gas for the Family car, the recipient gets support that is tailored to their need.'

While only authorized military shoppers can redeem exchange gift cards, any American can send them by simply calling (800) 527-2345 or logging on to www.shopmyexchange.com and clicking "Support Your Troops" and then the "Gift and Calling Cards" icon.

From there, exchange gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to "any servicemember" through the American Red Cross, Fisher House Foundation, USO, Soldier and Family Assistance Center, Air Force Aid Society or Navy-Marine Corps Relief Society.

## **News Briefs**

#### CFC wraps up

The Fort Rucker Combined Federal Campaign exceeded its goal of \$1,125,000 by raising more than officials.

The final amount raised will be announced at the CFC Victory and Awards Celebration Dec. 13 at 1 p.m. at the U.S. Army Aviation Museum CFC and Army leadership will also recognize the organizations and project officers that attained 100 percent or greater goal completion, and also CFC Leadership Givers who gave \$1,000 or more. The event is open to all federal civil service, postal and military members.

For more information on the CFC, call 255-9261.

#### Holiday concert

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, hosts a free holiday concert Dec. 13 at 6:30 p.m. in the post theater. Entertainment and sounds of the season will be provided courtesy of the 98th Army "Silver Wings" Band. The event is open to the public.

#### ID card section closes

The Fort Rucker Military Personnel Division offices including the ID card section, for the unit's holiday party. Normal operating hours will resume Dec. 9.

For more information, call 255-2484.

#### **Immigration** Overview

Army Community Service hosts an immigration overview Dec. 14 from 10-11:30 a m at the Picerne Military Housing Neighborhood Center. The overview is designed to help people who have questions about the permanent residence process or who would like to become a U.S. citizen but aren't sure if they qualify, and also what documents are needed to become a citizen or permanent resident. Also, people may submit specific questions or concerns to ruth.e.gonzalez@ us.armv.mil and ACS will trv to have the answers at the

For more information, please call Relocation Readiness at 255-3735.

# 'Open season' begins for federal employee health care

By C. Todd Lopez Army News Service

FORT MEADE, Md. -Even if a federal employee is happy with current health insurance, officials say it's probably a good idea to do at least a little research during "open season," which began Nov. 14 and runs through Dec. 12.

The Federal Employee Health Benefits Plan open season refers to the time each year when employees are allowed to change options for health care coverage, including dental and vision insurance.

"A federal employee has many choices between health plans," said Anne Healy, a representative from the BlueCross BlueShield Federal Employee Program.

In Maryland, Healy said, employees can choose from as many as 25 plans, including preferred provider plans, health management organizations, and high deductible health plans.

"There's all different types of options," she said. "If an employee is enrolled in one plan, say an HMO (health maintenance organization), and they decide they want to change to a PPO (preferred provider organization), the only time they can do that is during the open season.'

New federal employees pick a health care plan when they are hired. And existing employees can change their coverage options during "life-changing events" such as getting married or having a baby. But otherwise, employees must wait until "open season" to make changes to their health coverage.

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INTERNAL



LeeAnne Wilson checks the blood pressure of a federal employee during a health fair. The fair is meant to showcase insurance providers during the Federal Employee Health Benefits Plan "open season," which refers to the time each year when employees are allowed to change options for health care coverage, including dental and vision insurance

But even if an employee doesn't make changes to health insurance coverage during open season, providers can make changes of their own. And employees should be aware of those changes, because they can reflect on their paycheck come January.

"A couple years ago we had one health carrier that raised its premiums tremendously," said Peggy Schultz, the director of the Army Benefits Center. "We

had a lot of unhappy people after open season because by then it's too late to do anything about it. And it was a significant increase."

Schultz said that federal employees, during open season, should investigate changes being made to their current health, dental and vision plans to ensure that when the new year rolls around, there will be no surprises in their pay-

"People should go out

there to investigate with the tools available," she said.

Schultz said some of those tools are available on the "Smart Choice" website that is available at https:// www.plansmartchoice.

Additionally, there is information available on the "Army Benefits Center-Civilian" website at https:// www.abc.army.mil.

Schultz said that during open season, Army civilians can look at and modify their

health coverage options on the "Employee Benefits Information System" at https://www.ebis.army.mil.

Somewhere between 90 and 95 percent of Army civilians use the EBIS site to make changes to their health insurance plans, Schultz said. "They have embraced the automation." Others she said can call the toll-free number available on the site to work with an operator.

Mark Ruddick, a representative of the Kaiser Permanente health care organization, said during open season, federal employees should reassess their health care needs and then look at all the options available to

"What's important for them - that's part of my dialogue when I meet with a potential member - it is not necessarily to sell a plan to them, but to really find what they are looking for.

"Buying health insurance is a very personal issue," Ruddick said. "So what's important to you might not be important to me. So it's having a conversation with somebody, as they look at all this information. Is it choice of physician, is it nars online regarding the the cost of the plan, it is

grated network?"

According to the Office of Personnel Management website, most Federal Employee Health Benefit plans will see benefit and rate changes beginning in January 2012. Some plans are dropping out, for instance, and some plans are changing their coverage area.

"It is wise to review your coverage during this period to decide what coverage and premium best suits your needs for the upcoming year," the website reads.

Information from OPM can be found at http:// www.opm.gov/insure/ openseason. Included there is information about health, dental and vision plans, as well as information about flexible spending accounts.

A flexible spending account allows an employee to set aside untaxed money to use for authorized medical expenses. Employees who use flexible spending accounts must enroll each year to continue participat-

The OPM website also offers several video semi-2012 open season.



Cash Giveaway Will be given away 11/28/11 at 10am . You do not have to be present to win. Just come by and register!

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**Medical Support Assistant** (Office Automation) GS-0679-04 SCEG11416861 Closing Date: Nov. 25

**Electronic** Measurement **Equipment Mechanic** WG-2602-11 SCEG11561141 Closing Date: Nov. 28

**Medical Records** Technician GS-0675-07 SCEG11181566R Closing Date:

Dec. 2

2011 Ford Ranger \$4500 Factory Rebate \$1000 Factory Trade Assist\*\* \$5500 TOTAL FACTORY REBATE **\$4000** TOTAL FACTORY REBATE

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\$1000 Factory Trade Assist\*\*

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\$2000 Factory Rebate

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**By Ian Graham**Defense Media Activity

WASHINGTON — The struggle of a wounded warrior, knocked unconscious in Iraq and awaking in Germany or the United States with serious injuries — in some cases amputations — can be hard to understand.

Retired Army Maj. Ed Pulido, a wounded warrior who faced serious bouts of depression and considered suicide while recovering from his injuries, joined a Department of Defense-Live Bloggers Roundtable to discuss issues he and other wounded warriors face, and the help he's received from the Defense Department-sponsored Real Warriors campaign.

The Real Warriors campaign uses video and multimedia projects to raise public awareness of veterans' issues and help service members returning from deployment to reintegrate into civilian life.

Pulido said that without the help provided by Real Warriors, he wouldn't be the same person he is today.

"I just can't tell you how grateful I am that there is a campaign out there that can talk about early intervention and about, more importantly, the support systems and having someone that you can talk to right away," Pulido said.

In August 2004, Pulido's vehicle hit a roadside bomb in Baqubah, Iraq. It would take three days of surgeries to remove the shrapnel from the left side of his body; he eventually lost his left leg to infections. By October of that year, Pulido was at Brooke Army Medical Center on Fort Sam Houston, Texas, and considering suicide.

He said he wouldn't have gotten by without the support of his Family and the Real Warriors campaign. Now, Pulido said, it's his job to show his support for wounded service members

"What I want to do is inspire others to seek help and to know and understand what a traumatic brain injury may look like," Pulido said, "and that with early intervention and detection, and the support of your Family that you could certainly succeed and be supported by the American people."

Dr. Mark Bates, director of the resilience and prevention directorate, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, also participated in the roundtable.

Bates said the medical community has learned to recognize the many different impacts war has on service members and military Families. It's harder, he said, to share that knowledge with Families and the public in general.

"This Real Warriors campaign is one part of a very broad effort in DOD with many different resources," he said. "And the nice thing about this platform is it pulls together a lot of the important information for service members, veterans and their Families to find stuff in one place -- one user-friendly place."

The Real Warriors website not only provides information and resources for service members, Families and the public, he said, but also serves as a meeting place for people to find support and assist each other.

"The darkest hour often is characterized by social isolation," Bates said. Connecting to an online community, he added, can reduce that isolation and keep depressed veterans from harming themselves or others.

"You know, there are many different impacts that this war is having on our service members and our Family members, and we need to be there to support every single one of our military Family before, during and after their return," Bates said. "And that just doesn't mean when they get off the plane or the boat, but for their career and their transition to the VA and to their civilian life."

Pulido said the Real Warriors campaign's message is to let people in an incredibly difficult place know that they can persevere.

"Whether it's letting them know that stigma is something that will not be looked at unfavorably, and that what we want to do is make sure that we seek out these service members and let them know that the stressors from war, whether it's post-traumatic stress and whether it's the disorder or not, that these things are real," Pulido said. "We will deal with them. There are supports for them."







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REAL STRENGTH



# Dempsey speaks of building force for future

By Jim Garamone American Forces Press Service

ARLINGTON, Va. - Examining what makes the profession of arms a profession is important to servicemembers, the chairman of the Joint Chiefs of Staff told members of the Military Reporters and Editors group Friday.

Army Gen. Martin E. Dempsey said this becomes even more important as the number of troops deployed to the wars drops.

"It will help inform us as the demands on the force go down and we go back to a military that has a certain amount of time to train," he said. "How do we define ourselves, how do we inspire ourselves; what's our raison d'etre, why would a young man or woman want to be in?"

He noted that officers typically at 0-4 or below and enlisted personnel at E-6 and below "know nothing in their career other than counterinsurgency, Iraq and Afghani-

The question once these issues fade is "what is it that binds us as a profession to each other, to the nation, and what are those attributes we need to be delivering in our personnel policies and professional military education."

This segues into one issue that concerns the chairman: how to keep people used to working independently in the field to a garrison environment.

"This is why each of the services has challenged those responsible for training and doctrine to find out how we 'replicate' although I am not satisfied with the word — the challenges and experiences and the learning that has gone on over the past 10 years," Dempsey said.

The military has learned to conduct operations in and among a population — an enormously complex task that entails tribal engagements, understanding religions. understanding effects of different types of terrain and understanding the capabilities of different types of military systems.

"I can't replicate that in the physical world at Fort Hood, Texas ... just can't do



#### Gen. Martin E. Dempsey

it," the chairman said. "But I might be able to replicate it in the virtual world."

The military will have to make investments, but the technologies may allow the joint force to link together to continue to deliver the complexity of the battlespace at home stations.

"The good news in all that is this generation ... is actually quite comfortable in that virtual environment," he said.

Future threats and constrained resourc-

es will shape the security environment. There will continue to be threats from terrorist and extremist groups in the future, Dempsey said. Threats from Iran and North Korea will continue.

"Then there are some emerging powers that we do not consider to be threats, but we want to make sure that our actions over the next 10 years don't create a self-fulfilling prophecy that causes any of them to become threats, at the same time building our capabilities against the possibility that we got it wrong," the chairman said.

Dempsey, as the keynote speaker during the annual meeting of the Military Reporters and Editors group, also challenged reporters to figure out how the press will stay connected with the military as the wars in Iraq and Afghanistan wind down.

The press is part of the way the military interacts with America, and it is a method for service members worldwide to obtain information about significant issues, Dempsey said.

Military/media connections have been massive since the 9/11 attacks and subsequent wars in Afghanistan and Iraq.

"You've embedded with us; we've been a constant source of interest to you because we've been doing some pretty interesting things; you've helped us connect to America," he said. "All this helped you understand who we are, so we can tell our

But what happens when the trumpets fade and the combat mission transforms to security assistance and training and readiness activities?

"Those are not really headline-grabbing things," the chairman said. "The question I would ask you to think about is ... how do we build upon the relationship that ... we have forged over the past 10 years ... and keep that aligned?"

From the military's perspective, Dempsey believes that moving forward, the press "has to be interested in things that don't go bang in the night. You are going to have to get interested in other ways to discuss what the military provides the

"Prepare, prevent, deter," Dempsey said, is the military's mantra. Failing that, he said, the military has to prevail in wars, which is what the troops have been doing since 9-11.

"We're going to go back to a lot of prevent and deter," he said. "I hope you are interested in it, because if we're good at it, maybe we won't have to do as much of the

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## **TRADOC:** 'It's the world's best Aviation training facility'

Continued from Page A1

strategy is for the U.S. forces," said Cone. "I'm also responsible for the doctrine in terms of how the United States Army fights and designing the formations.

Budget and personnel cuts to the Army have now added to TRADOC's responsibility to designing the Army of the future so that it can accomplish what it needs to. according to Cone.

"The Army is looking to cut its numbers from about 589,000 servicemembers to about 520,000." he said. In total, the Army is looking at about \$580 billion in cuts, he added.

Cone said the prospect of the budget cuts have many Soldiers concerned in terms of their future in the Army, but advises them to stay focused.

"The key to success here is to stay focused on what you're doing and stay focused on what the Army has asked you to do," he said, "Sometimes worrying about things that may or may not happen can cause you to get distracted."

Cone also spoke about how important it is for the Army to get back to the profession of arms.

"I think that the Aviation community is further ahead in the profession of arms than others because they have such a unique body of professional expertise and they've always protected that," said Cone. "I think that maybe in

other senses is where [the Army] may have drifted a little and lost its' way.

It is important to take the Soldiers that were trained to do a specific job in the Army, and give them a job that they were trained for rather than having to contract it out to civilian workers, according to Cone.

He said that Soldiers should take full advantage of the opportunity to train here on Fort

"It's the world's best Aviation training facility-you won't find any place that's like it in the world," he added.

Cone also expressed his excitement for TRADOC's doctrine 2015 initiative, saying that doctrine had to be relooked at along with the young generation of warfighter, and how Soldiers communicate and share information. Soldiers returning from Iraq and Afghanistan have a wealth of knowledge that can benefit the doctrine and training, and communicating this knowledge to the Soldiers that are training is a key element, he said.

"Instead of writing after-action reviews, [Soldiers] can get on TRADOC-sponsored websites and share their experience," Cone said, "so that our doctrine becomes a living, breathing document that reflects the most recent experience of our Soldiers in

Soldier] tends to learn very differently than my generation," said

He explained that today's Soldier uses different media tools for learning, such as Android products [or iOS devices."

"If we can capture some of the basic things you learn in a classroom that tend to be very boring, we can translate that into apps that we can put onto Android [products] and [iOS devices],' said Cone.

"There is ample evidence that shows when [Soldiers] look at these apps, on the basic lower levels of knowledge, things like declarative domains and procedural domains of knowledge, they can retain that information [better]. which then allows us to move to higher levels of learning that are more participative and experiential based," he added.

As Cone's trip came to a close, he expressed how he felt about his visit saying that it was, "tremendous, and Maj. Gen. Anthony G. and Kim Crutchfield are doing an incredible job here leading this base," adding that the enthusiasm he saw on Fort Rucker was "in-

"When you look at all that goes on here on a day-to-day basis, it's absolutely masterful the way that it's all coordinated and executed with so much professionalism,'

## Jill Cone focuses on military Family

By Jenny Stripling Fort Rucker Public Affairs

Gen. Robert W. Cone, commanding general of the U.S. Army Training and Doctrine Command, and his wife, Jill, visited Fort Rucker Nov. 17.

Mrs. Cone spent her day at Fort Rucker visiting with Fort Rucker senior spouses and reviewing the efforts of Army Family Team Building, Family readiness groups, Family readiness support assistants and military Family life con-

She took part in a Family readiness group discussion in the morning where she met with several senior leader and Aviation Captains Career Course spouses. This was Cone's first visit to Fort Rucker, and she asked the spouses about the area and about happenings at the post.

Several of the spouses commented on the many different activities and opportunities for military and civilian Families, and they also discussed challenges faced by the Family readiness groups

Cone was impressed with the way Fort Rucker's families and communities come together for the military fami-

"It feels like such a closeknit community here," she

During the afternoon Army Family Team Building brief, Cone was briefed by Shellie Kelly, AFTB and Army Family Action Plan program manager, on what the program had to offer and how the staff accomplishes its mission.

Cone was interested in the types of training AFTB offers military Families and how the instructors are successful at what they do.

"We are so appreciative that she wanted to hear about Army Family Team Building here at Fort Rucker and took the time out of her day to meet with everyone," said Kelly,

### Holiday: Event provides seasonal cheer for community, Families

Continued from Page A1

tree, added Abeln.

The ornaments will be collected at youth services, Bldg. 2806, the CDC, Bldg 8938, and Central Registration, Bldg. 5700, she said, adding that all entries must have the child's name and age, along with the guardian's name and contact information.

The event will close with a group sing along and a special visit from Santa and Mrs. Claus, who will be taking complimentary photos at The Landing, said Abeln

The event is free and open to the public, and visitors may choose to purchase a buffet-style dinner following the ceremony from 6-7:30 p.m. at The Landing. Prices for the dinner are: \$8 for adults 13 and over, \$5 for children 3 to 12, free for children 2 and under, and \$20 for a Family of four: two adults and two children. said Abeln.

"Santa has told me that his elves have been very busy this year, so those good

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girls and boys who get their photo taken with him at The Landing will receive something special," she said.

Another holiday event for people to attend is The Best Christmas Pageant Ever show that will be held at the Spritual Life Center, Bldg. 8937. It is a theatrical production put on by the all-volunteer Above the Best Theater Company. It is free to the public with cookies and milk for the children. There will be one show Dec. 9 at 6 p.m., and two shows Dec. 10 at 2 p.m. and 6 p.m. Seating is limited to 150

people per show, so people should arrive early, said Erdlitz.

"The production will consist of a hilarious Christmas tale in which a couple struggles to put on a church Christmas pageant and is faced with casting the Herdman kids, the most inventively awful kids in history," she said.

For additional information on the tree lighting ceremony, call 255-1749 or visit www.ftruckermwr.com. For more information on the Best Christmas Pageant

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Continued from Page A1

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"Right now, we're going through an installation inspection. We're taking a look at our own program and seeing how we can improve it. There will also be an unannounced inspection during the next year," she

Williams those who might have trouble paying the increased fees to seek out resources available on post.

"If a Family is having particular financial hardship, they can go to Army Community Services Financial Management to get a recommended hardship fee," she said.

In addition to local assistance, wounded warriors, warriors in transition and Families of fallen Soldiers pay the lowest fee category available, and a 20 percent fee reduction is available for qualified Families while a Soldier or Department of the Army civilian parent is

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**EYES ABOVE** A UH-60 Black Hawk surveys Afghanistan skies

Photo on Page D4

# **Task Force Nightmare**

### CAB Soldiers use strengths to train combat team

By Sgt. Keven Parry CAB Public Affairs

Soldiers from various units throughout the Combat Aviation Brigade, 1st Infantry Division, joined together to form Task Force Nightmare in order to support 4th Brigade Combat Team, 4th Infantry Division, during their rotation at the Joint Readiness Training Center, Fort Polk, La. from Nov. 4-18.

The Aviation task force brought the strengths of Soldiers throughout the brigade together into a single team in order to accomplish full will be necessary at JRTC.

All aspects of aviation operations found within the CAB were used to build the task force. TF Nightmare that showed that they were Soldiers will provide training at JRTC to train the ground to the ground forces who are preparing for deployment.

the standards and the support to the ground force that they are displaying on every mission, no matter what their

jobs are, is incredibly important to the success of this ground force in theater," said Col. Mike Morgan, commander, CAB, 1ID.

As TF Nightmare completed the deployment portion of JRTC and prepared to begin training exercises, the strength of the Soldiers was found to go beyond their jobs and assignments.

"So far, it's been their attitude," said Lt. Col. Lance Calvert, TF Nightmare commander, speaking about the biggest strength Soldiers were bringing to the operation. "I think it's going to spectrum air missions that continue to be their attitude."

Calvert said that everybody across the task force had embraced an attitude force and also to learn. Everyone had a positive atti-"The professionalism and tude, whether they were a part of the command post, working in a maintenance

SEE NIGHTMARE, PAGE B4



Mechanics from TF Nightmare work together to maintain an aircraft part during a JRTC rotation at Fort Polk, La. Nov. 5. Maintenance Soldiers worked continuously to ensure aircraft are fully operational.



A UH-60 Black Hawk helicopter from 3rd Assault Helicopter Battalion, 1st Aviation Regiment, Combat Aviation Brigade, 1st Infantry Division, holds position as Soldiers from the 97th Military Police Battalion load onto the aircraft. Full spectrum training allows Soldiers from the CAB to provide training to ground forces while also training pilots and crew chiefs at the same time.

## Army tests new water, fuel bladders for airdrop



By Sgt. Keven Parry CAB Public Affairs

CAMP MACKALL, N.C. — Army paratroopers here completed two of three test drops Nov. 10 to certify a new water and fuel container system for airdrops in Afghanistan and elsewhere.

Each drop of two Lifeliner container-unitized bulk equipment delivered hundreds of gallons of water safely to the ground under dual, 100-foot-wide parachutes from over 1,000 feet, according to the project lead, John Mahon of the U.S. Army Natick Soldier Research, Development and Engineering Center of Natick, Mass.

A third drop scheduled for the same day was scratched due to mechanical issues aboard the aircraft, said Ma-

The new container, a polypropylene bladder-like "blivet" nested inside a recyclable plastic box, was developed to meet specifications requested by the 101st Sustainment Brigade, currently deployed to Afghanistan, he said.

The CUBE can be transported by truck or slingloaded beneath a helicopter, and unlike the old 500-gallon blivets, these 400-gallon systems can be stacked several high to reduce their storage footprint.

To meet current rigging guidelines and avoid delays, the airdropped blivets were filled to less than their maximum capacity.

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## Nightmare: 'Everybody brings something to the fight'

Continued from Page B1

hangar, or part of a flight crew. "We came here to train, but wrong."

we came here to learn as well," said Calvert. "We'll continue

sections of TF Nightmare and begin. He recognized many Solto practice 'til we can't get it found Soldiers working hard diers for their contributions to to ensure missions will be suc- the success of TF Nightmare.

Morgan visited the various cessful once training operations

tion task force. Everybody brings something to the fight,'

## Airdrop: 200 systems already fielded to deployed units

Continued from Page B1

The CUBE is 40 percent the cost of the current model, and when collapsed, can be handled by one person and stacked for

For the test drops, the team was aided by sustainment paratroopers with the 82nd Airborne Division's 1st Brigade Combat Team, along with parachute riggers and heavy-equipment operators from the 82nd Sustainment Brigade, he said.

Lt. Col. Paul Narowski, senior logistician with 1st BCT and commander of the 307th Brigade Support Battalion, said that validated airdrop-rigging procedures will ensure that, no matter where a force is on the battlefield, 400 gallons of fuel, water or unitized supplies can be delivered by surface, slingload or airdrop.

A pioneer of low-cost, low-altitude supply drop techniques in Afghanistan, Narowski sees the CUBE system as another relatively low-cost method of resupplying small bases.

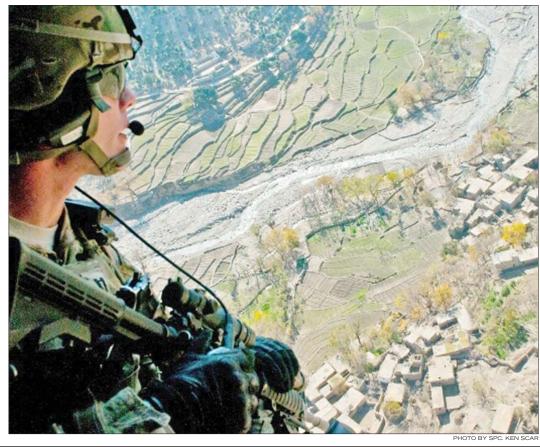
"Use of the CUBE will support objectives to draw down forces and equipment in [Operation Enduring Freedom] by providing storage and distribution capability to the warfighter at a greatly-reduced cost," he added.

The 11th Quartermaster heavy drop airdrop systems technician, CW2 Terry Wright, said that because many of the civilian engineers were former riggers -Mahon served 31 years — working with

them went particularly well.

Whereas a typical Army program from concept to operational tests can take 6-8 years, because the project was fasttracked, operational testing was achieved in just over a year, Mahon said.

To date, 200 systems have already been fielded to deployed units with more on the way, he said. He hopes to certify the CUBE's airdrop capability and have a draft of airdrop procedures ready within the next 30-60 days.



U.S. Army Capt. Scott Hall. looks out of a UH-60 Black Hawk helicopter as it flies over a village in the Dawlat Shah district in Afghanistan Nov. 15.



# Families enjoy 'Night Under Stars'

By Erin Murray Army Flier Staff Writer

Though rain threatened to ruin an otherwise pleasant November night, dozens of Fort Rucker Families enjoyed a night on the shore of Lake Tholocco, even if it was a little wet, complete with storytelling and s'mores, at the Night Under the Stars and Tell Me a Story event Saturday.

"A Night Under the Stars was the Directorate of Family, Morale, Welfare and Recreation's tribute to military Families. The idea of the event was for Families to have the opportunity to camp out. It was great to see the Families enjoying themselves out here at West Beach, and also providing their children a fun experience with camping. The fire pits and s'mores were a nice touch, and it was fun to see the kids having a good time," said Brian Jackson, delivery systems program manager.

The night was held in honor of the Month of the Military Family, and had many events to keep Family members entertained, including face painting, inflatable boxing, a movie screening and the Tell Me a Story event hosted by Col. James A. Muskopf, garrison commander.

Muskopf read from the book "Night Catch" by Brenda Ehrmantraut, which is about a deployed Soldier who enlists the help of the North Star to have a nightly game of catch with his son. While the book was being read, the children watched pictures of the story on a large inflatable movie screen.

Melissa Lamie came with her husband, Jason, and two daughters to enjoy the movie and storytelling.

"I think it's great that they have activities like this. We've been looking forward to it. They had it on the website, newspaper and in the library. The activity kits are just what the kids need. It's right here on base, it's safe and it's entertaining. That's the best part – we didn't have to go far for a night out," she said.

Lamie also said that the experience was great, even though her Family decided not to camp out.

"It's a really nice experience for the Family. We reserved a book, which was really great. The children also enjoyed just being able to run around the park," said Pamela Kellogg, who came with her sons Conner and Brayden.

Though the weather threatened to upstage the night of camping, the overnight part of the event went off without a hitch. According to W01 Dusty Hodges, who camped out with his wife and children, the night was pleasant and a great way to spend time together.

"Even with the weather, I thought the evening was great and well organized. I've been in the military for 14 years, and this is the first installation we've been at that has so many Family events. I don't think I'd change anything about the night, because even when it rained through the s'mores roast, everyone still had a smile on their face," he

Hodges and his Family participated in all the night's events, including the Tell Me a Story event, which he said was a favorite for his children.

"They loved [the reading.] They followed along in the books and really enjoyed seeing what they were reading on the big screen," said Hodges

Campers were also able to purchase breakfast through DFMWR, and spend the morning enjoying the lake and a little extra Family time

For more information on camping at Lake Tholocco, call 255-4234. To find out more about upcoming DFMWR events, call 255-9810.



Ciana Copenhaver gets a butterfly stamped on her hand at the Night Under the Stars event. Face painting was one of many children's events



Kathy Sheffield and her daughter, Chloe, join Pamela Kellogg and her sons, Conner and Brayden, for a night of hot cocoa, s'mores and Family time at the Night Under the Stars and Tell me a Story event at Lake Tholocco Saturday.

## EDGE! project gives youth hands-on auto experience

By Erin Murray Army Flier Staff Writer

skills that will last a lifetime.

Learning how to repair a vehicle is something many adults never do, but the Fort Rucker EDGE! Program is giving children the chance to get an old truck back in working condition while learning

EDGE! Program, which stands for Experience, Develop, Grow and Excel, began the Junkyard Project in October and will continue to repair the truck at the auto craft shop through January.

A small group of children have already made several repairs to the 1989 GMC Sierra that had been used by the Directorate of Family, Morale, Welfare and Recreation until it was replaced about five years ago, said Tina Barber, auto craft mechanic. The truck sat in the auto craft back lot until EDGE! began repairs, leaving it with rusted rear wheels and in need of several other repairs.

"They've already replaced the two back tires and sparkplugs, as well as manually rotate the engine," she said.

EDGE! is a free DFMWR program that provides youth with art, fitness, life skills and adventure activities, according to Denise Honeycutt, DFMWR partnership specialist. Learning to repair a car is just one of many skills EDGE! hopes to give participants.

"We're teaching them a life skill - how to take care of their vehicle and their Family's vehicle. They learn stuff they can



Jonathan Bishop assists Tina Barber of the auto craft shop in repairing the EDGE! Program's Junkyard Project, a 1989 GMC Sierra that has been out of use for half a decade. EDGE! participants will continue to work on the truck through the beginning of next year.

learn, but I learn new things, too," said

Emily Pierce, who has been coordinating the program, said that she has also learned a lot about repairing cars while watching the children work each week.

"My dad's a mechanic, but I never spent time learning to do what he does. Now, I know how to change sparkplugs and other

use in the future. Not only do the children useful things! Their actions speak so loudly. They're covered in grease because they love the hands-on activity," she said.

> "They can go away having this knowledge, and the car is a way to show people what they can do on Fort Rucker through the services we provide. One aspect of the EDGE! program is not only teaching children, but also informing them of what's available," said Honeycutt, who also ex

plained that the children will soon get to learn about painting and possibly upholstering the car's interior in the coming

While EDGE! and the auto craft shop have local body shop owner Bo Blackmon involved in painting and replacing damaged parts of the truck's body, they hope that more members from around the community will lend their time to teaching upholstery and minor damage repair.

"We're always looking for volunteers. Anyone with skills that they'd like to share with children can get in touch with EDGE! The children love getting different aspects of knowledge from different people. They're able to bounce ideas off of each other," she said

Barber said that the project has been great for the shop and the children. She explained that the atmosphere of the shop changes for the better when the children are there, and each child contributes their own special set of skills to the repairs.

"These kids are so funny. This little block of time with the children is a great change of atmosphere. It's a cool environment for people to come and hang out and learn. These skills also save the Army Family a lot of money. After people come to the auto craft shop and learn to do the repairs, they never have to pay for those repairs again," she said.

To volunteer or participate in the EDGE! Junkyard Project, call 255-2375. For more information on the auto craft shop, call

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS, SERVICES AND ACTIVITIES. DEADLINE FOR SUBMISSIONS IS NOON THURSDAY FOR THE FOLLOWING WEEK'S EDITION.

#### CYSS art gala

The arts and crafts center hosts an art gala Dec. 2 from 4:30-6:30 p.m. to display art created by Fort Rucker Child, Youth and Schools Services' EDGE! participants. People are welcome to meet the young artists, share in their creativeness and find out what inspired their choices. Admission is free and refreshments will be served.

For more, call 255-0666.

#### **Parent Support Program**

Army Community Service's Promotion Points is holding a new Parent Support Program Dec. 2 from 9-11a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street. These monthly parenting education classes are designed for Soldiers and are held the first Friday of every month.

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

#### **Character Dining**

The Landing Zone hosts Character Dining every Tuesday from 5-7 p.m. Tuesday's event features face painting, and children can also enjoy free balloons and a children's buffet. Children 12 and under eat free from the Kid's Buffet with the purchase of an adult entrée (limit two per adult). The event is open to the public.

For more, call 598-8025.

#### **DFMWR** ornament contest

Fort Rucker's Directorate of Family, Morale, Welfare and Recreation hosts a Christmas ornament contest now through Friday. Prizes will be awarded to firstplace entries in the following categories: 3-5 years, 6-8 years and 9-11 years. An overall winner will also be chosen and will help light the post Christmas tree at the Tree Lighting Ceremony Dec. 1. Ornaments may be turned in to the youth services center, child development center, or central registration in Bldg, 5700, All entries will be displayed on the post Christmas tree. Entries should be labeled with the child's name and age, and the guardian's name and contact information.

For more, call 255-1749.

#### **Annual Spaghetti Dinner**

The Landing hosts the annual Spaghetti Dinner ries and participants must in Legends right after the Christmas Tree Lighting Ceremony Dec. 1. Dinner will include a choice of pasta, sauce, salad bar, garlic bread, assorted cookies, tea and coffee. Prices are: Family of four (two adults and two children 12 and under) is \$20, adults 13 and older is \$8, children ages 3-12 is \$5 and children under 2 eat for free. The event is open to the public.

For more, call 598-2426.

#### **AFTB Level II** training

Army Community Service hosts Army Family Team Building Level II tion and Support Group classes Dec. 5-7 from 8:30 meeting Dec. 6 from 9-10 a.m. to 2:30 p.m. each day



## Sounds of the season

A group of vocalists accompanying the "Silver Wings" Army Band performs holiday carols for Soldiers and their Families at last year's Holiday Concert. Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, welcomes everyone to attend this year's free holiday concert Dec. 13 at 6:30 p.m. in the post theater. The 98th Army "Silver Wings" Band will again provide the sounds of the season. The event is open to the public.

at The Commons, Bldg. 8950 on 7th Avenue. ACS officials said the free classes are an excellent way for people to gain personal growth skills. AFTB Level II classes include training on communication, stress management, time management, acknowledging change and more. Advance

registration is required. For registration and childcare information, call 255-2382.

#### Divorce/Separation **Co-Parenting** Workshop

The Family advocacy program hosts a Divorce/ Separation Co-Parenting Workshop Dec. 5 and 12 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. The workshop is a two-part seattend each class to receive a certificate of completion. Registration is required and the workshop is open to active duty servicemembers, retirees, government employees and their Family members.

For child care information and registration, call

#### EFMP info, support

The Exceptional Family Member Program invites all activity duty military Families that have an exceptional Family member to join the EFMP Informaa.m. at The Commons,

Bldg. 8950, on 7th Avenue. The topic for the meeting is holiday stress. Tips and techniques will be provided on how to minimize and handle holiday stress and people can also learn about and provide suggestions for future topics for the support group.

For information and to register, call 255-9277.

#### Stress management

The Family advocacy program hosts a Stress Management Workshop Dec. 6 from 9 a.m. to noon at the Early Childhood Activity Center. Topics include identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required and the workshop is open to active duty servicemembers, retirees, government employees and their Family members.

For child care information and registration, call 255-3898.

#### Get R.E.A.L. (Rucker Experience, **Army Learning)**

Army Community Service hosts Army Family Team Building's Get R.E.A.L., Rucker Experience, Army Learning, class Dec. 8 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue. The free class is designed to help people new to Army life learn about all the acronyms, Army customs and courtesies, ranks, community resources and more. Advanced registration is required.

For registration and childcare information, call 255-2382

# DFMWR Spotlight



#### RUCKER FORT MOVIE SCHEDULE FOR NOVEMBER

THURSDAY, NOVEMBER 24 FRIDAY, NOVEMBER 25 SATURDAY, NOVEMBER 26 SUNDAY, NOVEMBER 27

Closed for Thanksgiving holiday.

# Thrift shop contributes big to local community

By Nathan Pfau Army Flier Staff Writer

People can get their holiday shopping done and help their local community at the same time when they shop at the Fort Rucker Thrift Shop.

"It is an amazing feeling to be able to witness a change in lives through donations and contributions to functions and programs that impact so many lives," said Donna Woodham, manager of the Thrift Shop on Fort Rucker. describing the feeling she gets from helping out the local community.

For over 40 years, the thrift shop has supported the local community and enhanced the quality of life for the Soldiers and Families of Fort Rucker with its' staff members' selfless efforts, said Woodham

Those that work and volunteer at the Thrift Shop make quality merchandise available for military Families to purchase at low cost, provide a venue for them to consign and sell their unwanted items. and also make a wide array of contributions that benefit people that live in the community, she said.

"The Thrift Shop relies on donations [of to generate maximum is based on a few criteria profit," said Woodham. such as grade point scholarships and make and monetary need of the financial contributions to organizations in the community."

Last year, the thrift shop donated over \$115,000 scholarships contributions to local organizations, according to Woodham. Of that number, over \$29,000 and over \$10,000 went to local schools.

The thrift shop's available to graduating seniors, current college students that are Family



Patrons browse through racks of donated clothes and items at the Fort Rucker Thrift Shop located in the old bank building across from the theater.

members of Department of Defense I.D. card holders. including spouses, said Woodham.

"[The thrift shop's] decision [on who is items] to sell in order awarded the scholarships] "That allows us to grant average, military relation, Soldier and their Family members," she said.

> There is a new scholar ship program currently in the works in order to better serve the members of the community, the details of which will be revealed in January, said Woodham.

Organizations that went to scholarships for have benefited from the Soldier's Family members thrift shops contributions include: the Directorate Family, Morale, Welfare and Recreation, scholarship program is the Wounded Warrior Project, Army Community Services, Scouting programs, the holiday food

baskets, Disabled American Veterans, veterans hospitals, Relay for Life Emergency Wiregrass Pregnancy Service, the Veteran Affairs, Tragedy Program Assistance for Survivors, Alabama National Guard Foundation. the YMCA, local libraries, animal shelters and local schools.

Although the shop plays an enormous role in helping out the community, it is not solely responsible for  $the\,generous\,contributions$ to the people and organizations, Woodham said.

"The thrift shop is completely dependent on the support and generosity of volunteers and donors,' she said, adding that the shop couldn't exist without the people that care enough to donate their time and

"It is important to

[volunteer] at the thrift shop because in doing so, individuals have an opportunity to contribute to the community in which they live," said Woodham. "Volunteering your time or donating any usable items helps tremendously by allowing us to give even more financial assistance to local organizations."

Another service the thrift shop provides for Soldiers and their Families is consigning.

"Consigning is a service we provide for our Soldiers and their dependents," said

Woodham. "The consignor receives 70 percent of the selling price and the shop takes 30 percent to help offset costs."

This is just another way that the shop can help put a little extra money in the pockets of the community, she added.

The thrift shop is located on the corner of Red Cloud Road and Fifth Avenue, in the old bank building across from the theater, and is open on Wednesdays through Fridays from 10 a.m. to 2 p.m. The hours for consignment are

Wednesdays, from 10 a.m. to 1 p.m. and Thursdays from 10 a.m. to noon.

The doors of the thrift shop are open to any who wish to visit and shop; however, photo identification along with current car registration and proof of insurance are required to be allowed onto Fort Rucker.

"Make a difference in your community donate, shop, volunteer and consign," said Woodham. "We proudly serve those who serve our



#### HEADQUARTERS CHAPEL (BLDG

- Multi-Cultural Worship Service, 8 a.m., Sunday.

#### MAIN POST CHAPEL (BLDG 8940)

- · Catholic Confessions,
- 4 p.m., Saturday. · Catholic Mass, 5 p.m., Saturday
- · Catholic Mass, 9:30 a.m., Sunday.
- Liturgical Service, 8
- a.m., Sunday. General Protestant, 11 a.m., Sunday.

#### WINGS CHAPEL (BLDG 6036)

 Contemporary Protestant Service, 9 a.m. and 11 a.m., Sunday.

#### SPIRITUAL LIFE CENTER (BLDG 8939)

- Protestant Sunday School, 9:30 a.m., Sunday
- CCD (except during summer months). 10:45 a.m., Sunday,



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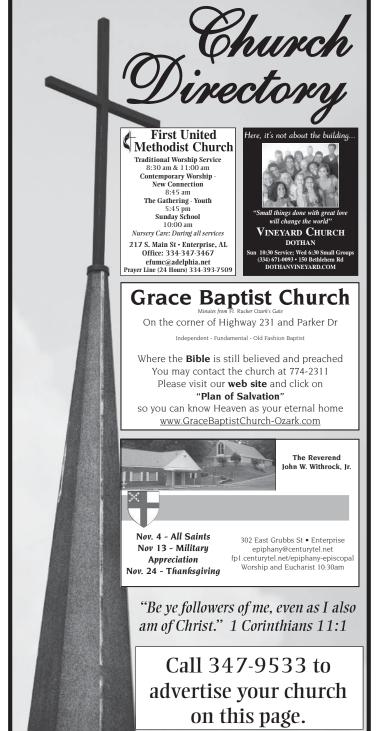


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## **Donations provide learning materials**

**By Erin Murray**Army Flier Staff Writer

Sometimes, parents and adults have a difficult time talking to children about disabilities, especially when the disability causes lifelong effects

The Fort Rucker Exceptional Family Members Program recently contributed a selection of books about disabilities, illnesses and special accommodations to the Center Library in order to help start the conversation between children and adults, said Marion Cornish, EFMP manager.

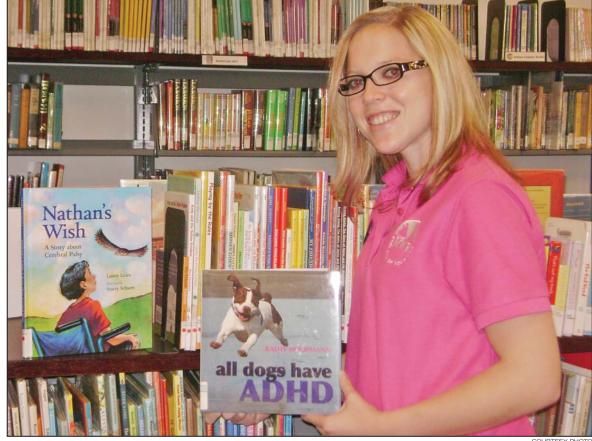
"Center Library has set up an EFMP section for children. These books can help parents explain to children about various types of disabilities in a way that they can understand. Several books may be read by children without adult assistance. Some material is also suitable to teach inclusion and learn about diversity," said Cornish.

The more than 100 books and DVDs donated over the last couple of months include subjects such as allergies, autism, Asperger Syndrome, Attention Deficit Hyperactivity Disorder, Down syndrome, visual and hearing impairment, cancer and chemotherapy, special education, individual education plans, disability rights and dietary restrictions, said Cornish.

"Fort Rucker's EFMP staff members serve over 800 active duty military exceptional Family members and we hope that these books and DVDs will be an excellent resource for them and others in the Fort Rucker community," she said.

Al Edwards, reference librarian at the Center Library, said that the donation was welcomed by both the library staff and patrons.

"The library has always support-



Emily Lawson. Fort Rucker Center Library technician. showcases some of the literary selections available for exceptional Family members.

ed the EFMP and we're very grateful for their donation. The reaction from the Families and children has been very positive," he said.

Cornish explained that EFMP benefits are available to all qualifying active duty military personnel and their Families. Being part of EFMP can also help Families find and be assigned to posts that are better equipped to deal with their needs. Enrollment allows the as-

signment manager at Army personnel agencies to consider the documented medical and special needs of exception Family members in the assignment process. When possible, Soldiers are assigned to an area where the medical and special education needs of their Family can be met.

"Sometimes, Families don't realize they may be eligible or need to enroll in EFMP," she said, "For ex-

ample, if you have a child who has been diagnosed with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder, they need to be screened for possible enrollment.

"EFMP members need resources to help them meet the demands and challenges that they face when supporting a loved one that has a special need or disabilities. Donating the books and DVDs can help them explore ways and options to meet

these demands and challenges. A variety of books are available that will make an excellent resource for professionals and for individuals writing a research paper. Be sure to check with library staff for assistance." said Cornish.

For information on the EFMP, please call 255-9277.

For more information about the books and DVDs, call the Center Library at 255-3885.



## Pick-ofthe-litter

Meet Nadia, an 18-month-old temale shepnerd mix breed. She is sweet and friendly. It costs \$81 to adopt her, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The 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. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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# Alabama's historic homes, holiday lights ready for season

Alabama Tourism Department

(Editor's note: This is the first in a two-part series of places and events to visit in Alabama over the holidays. For the full list, go to www.alabama.travel.)

MONTGOMERY, Ala. - Alabama's gardens, trails, historic homes and parks light up for the holiday season.

Visitors can see historic homes and mansions decorated with lights and holiday finery in Eufaula, Decatur, Opelika, Demopolis, Mobile, Tuscumbia and Montgomery. Parks in Arab and Florence offer dazzling light displays and winter wonderlands, while gardens in Huntsville and Mobile showcase millions of lights and hundreds of displays.

Catch spectacular holiday displays at more than 30 historic homes and holiday

Anniston — Home for the Holidays Dec. 6, admission charged

Area homes are decorated for the holidays and are open for tours. The selfdriving tour allows participants to visit and enjoy at their own pace, 11 a.m. to 7 p.m. For more, call (256) 237-6766 or visit www.annistonmuseum.org

Arab - Christmas in the Park Nov. 25-Dec. 31, admission for His-

toric Village, but park is free A dazzling display of nearly 2 million holiday lights transforms Arab's city park into a winter wonderland. Visitors will enjoy holiday music and special decorations in the Historic Complex, which features an old church, a school and an operational gristmill. Village hours are 5:30-8 p.m.; park is open until 10:30

p.m. For more, call (256) 586-3138 or visit www.arabcity.org. Bellingrath Gardens, Mobile Magic Christmas in Lights

Stroll through a wonderland of more



than 3 million twinkling lights and 928 custom-designed holiday displays throughout the 65-acre estate. Tour the historic Bellingrath Home decorated in its holiday finery, enjoy nightly entertainment and visit with Santa. Light show and home tours nightly from 5-9 p.m., closed Christmas Day. For more, call (251) 973-2217 or visit www.bellingrath.org.

Birmingham lington

Dec. 3-4, free

Floral designers transform the interior of the Antebellum home into replicas of Christmas past. This year marks the 54th anniversary of Arlington as Birming-ham's historic house museum. Open Dec. 3 from 10 a.m. to 4:30 p.m. and Dec. 4 from 1-4:30 p.m. For more, call (205) 780-5656.

Birmingham - Zoolight Safari at the Birmingham Zoo

Dec. 9-11, 16-23, 26-31

Ride the Zoolight Express train while enjoying a half-million twinkling lights. The spirit is festive and the tradition comes complete with hot cocoa, a light show synchronized to favorite holiday

tunes, trail ride and appearances by Santa. For more, call (205) 879-0409 or visit www.birminghamzoo.com

Dec. 3, free
The City of Columbiana opens various historic homes and museums for tours from 1-4 p.m. For more, call (205)

Courtland - Christmas Open House and Tour of Homes

Dec. 11, free Courtland's Town Square opens its shops and historic homes for a holiday open house from 1-4 p.m. Also carriage vice in song will be available. For more call (256) 637-8895 or visit www.courtlandalabama.com.

Cullman — Christmas in the Historic Homes of Cullman

Dec. 11 aglow in holiday splendor for visitors to enjoy. Tours are from 2-5 p.m. For more,

call (256) 734-4799. Decatur — Christmas Tour of

Dec. 10. admission charged

ally decorated homes and buildings complete with luminaries, fruit and greenery, and thousands of lights in celebration of the holiday season. The self-guided holiday tour provides a rare glimpse into private homes located in the city's two historic districts. Also offered are holiday decorating tips and evening of carriage rides, refreshments and live holiday music. Tours are from 3-8 p.m. For more, call (800) 524-6181 or visit www.decaturcvb.org.

Decatur - Parade of Lights Dec. 10, free

The River Walk Marina comes alive with a parade of boats lighting the way along the Tennessee River. New this year, the public will be able to stroll along the docks beginning at 4 p.m. for an up-close look at the boats prior to the parade. The parade starts at 6:30 p.m. For more, call (256) 350-2028 or visit www.decaturcvb.org.

Demopolis — Christmas on the

Dec. 1-4, free

Four days of activities on the river include a lighted nautical parade with fireworks, candlelight tours of antebellum homes, a barbecue championship cook-off and Christmas in the Canebrake. For more, call (334) 289-0270 or visit www.christmasontheriver.com.

Demopolis — Holiday Open House

Dec. 3, admission charged

Visitors can tour beautiful, historic Gaineswood Mansion by candlelight, and also enjoy holiday decorations, treats and entertainment during the tours from 1-3 p.m. For more, call (334) 289-4846 or visit www.preserveala.org.

Eufaula - Christmas Tour of Homes

Dec. 3, admission charged Visitors can stroll through downtown holiday splendor, and enjoy a seated luncheon or dinner at the grand, historic Shorter Mansion. Daylight tours are from 1-5 p.m. and twilight tours from 5-8 p.m. For more, call (334) 687-6664 or visit www.eufaula-barbourchamber.c

Fayette - Christmas in the Park Nov. 25 - Dec. 31

People are welcome to enjoy the beautiful animated Christmas scenes, lights, trees, music, train rides and hot chocolate that turn Guthrie Smith Park into a fun park from 5-9 p.m. For more, call (205) 932-4327 or visit www.fayetteareachamber.org.

Florence — Open House and Fes-Dec. 2, free

Florence businesses and Wilson Park will be decorated in a festival of lights for Christmas. Visitors can shop while and in the park beginning at 5 p.m. The jingle of bells on horses giving carriage rides adds to the festive atmosphere. For more, call (256) 740-4141 or visit www.flo-tour.org.

Gadsden - Noccalula Falls Christmas at the Falls

Monday-Dec. 23. Admission charged

The park is aglow for the holidays with millions of lights that are synchronized to music. Park visitors may stroll through the mesmerizing display on foot or take an exciting train ride through the park. Christmas at the Falls includes a train ride, Pioneer Village, visit with Santa, and write Santa a letter and mail it at the old post office. Visitors will also be able to see the 90-foot waterfall in all of its splendor. For more, call (256) 549-4663 or visit www.noccfalls. homestead.com/index.html.

For more holiday celebrations, visit the Alabama Tourism Department website at www.alabama.travel.

# REGRASS

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#### ANDALUSIA

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT. GED. ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Call 222-6612 for more information.

#### DALEVILLE

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

#### DOTHAN

FEB. 18 — The Southeast Alabama Community Foundation hosts its annual half marathon at Flowers Hospital. SACF's Half-Marathon raises funds for grants given to organizations that provide services to Coffee, Dale, Geneva, Henry and Houston counties.

For more information, visit www.sacfhalfmarathon.org

#### ENTERPRISE

DEC. 17 — The College Street Elementary Choral Cats hosts Pancakes with Santa breakfast at the Enterprise City Schools Service Center from 7:30-10 a.m. The breakfast raises money for a trip to a choir festival. The price of the breakfast is \$7 and includes pancakes, sausage, grits, eggs and a drink. For more information and to purchase a meal ticket, call Christina Pearson at 464-1405 or email cknp1220@gmail.com.

ONGOING - Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, located on County Road 537, every third Tuesday of the month at 7 p.m.

For more information, call Bob Cooper at 347-7076 or visit the VFW Post 6683 on Facebook.

ONGOING — Enterprise State Community College holds English as a Second Language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

#### GENEVA

ONGOING — The Geneva County

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

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**

MIDLAND CITY

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

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

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

#### OZARK

DEC. 3 — The Ozark-Dale County Humane Society will be host "Pet photos with Santa Claws" at the Salvation Army Family Store in Ozark from 10 a.m. to 3 p.m. The price for the photo with frame

and doggie treats is \$10, with all proceeds benefiting the Humane Society.

#### PINCKARD

**COMMUNITY CALENDAR** 

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

#### SAMSON

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

ONGOING - American Legion Post 78 meets monthly on the second Tuesdays

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

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

## **Beyond Briefs**

#### **Green and Gray Saturday**

The National Park Service hosts a free green living program on the second Saturday of each month at 1 p.m. at Little River Canyon National Preserve in Fort Payne. The final event will be held Dec. 10. For more information, call 256-845-9605 or visit www.nps.gov/

#### **Saturday Jam Sessions**

On Saturday Old Alabama Town hosts Saturday Jam Sessions from 9 a.m. to noon at the historic Rose House. Musicians can bring acoustic instruments and join the fun. Admission to the jam sessions is free. For more information, call 240-4500 or visit www.oldala-

#### **Hunter Appreciation Day**

The city of Pine Apple will host the 16th annual Hunter Appreciation day Saturday in downtown Pine Apple from 8 a.m. to 7 p.m. The event is hosted to thank the many hunters and their Families who make the Pine Apple area their recreational home and to celebrate the opening of hunting season and features area cooks, artists, merchants, craftsmen, traders. There will also be an antique car parade at noon and big buck

www.pineapplealabama.com/hunterapp.htm.

#### Run/Walk for Arthritis

Huntingdon College in Montgomery hosts the Jingle Bell Run/Walk benefiting Arthritis research Dec. 3 from 8:30 a.m. to noon. The Family event features a 5k competitive run, a free tot trot, Family run and 1 mile Santa Chase for children under 8. To register or for more information, call 244-1179 or visit www.

#### **Bow Wow Pow-Wow**

The Troy Pike Animal Shelter Bow-Wow Pow-Wow Adoption Event will be held Dec. 3 from 11 a.m. to 1 p.m. at Sears in Troy. Guests can meet animals up for adoption and enjoy free family and children's events. For more information, call 808-8898 or visit http:// www.pikeanimals.org/

#### 'A Three Tenor Christmas'

The Coffee County Arts Alliance will host the The International Tenors' "A Three Tenor Christmas" on Tuesday at 7 p.m. at Elba High School. The show that embraces the best music of the season, including songs such as "O Holy Night," performed with authenticity and a little humor. For more information, call 406-2787 or visit coffeecountyartsalliance.com.

#### contest at 6:45 p.m. For more information, visit http:// An Evening with Dr. Foster

The city of Sheffield hosts a night of folk tales and Appalachian music Monday from 7-10 p.m at the Ritz Theatre. "An Evening with Dr. Foster" features folklorist C. William Foster, accompanied by his awardwinning Foster Family String Band. . Tickets are \$10 adults and \$8 students in advance from the Tennessee Valley Museum of Art, (256) 383-0533, online at  $https://ritz the atre.ticket leap.net\ and\ \$12\ and\ \$10\ at\ the$ 

#### **UAB Jazz Ensemble Concert**

The University of Alabama Birmingham Jazz Ensemble will perform a free show Tuesday at 7 p.m. at the Jemison Concert Hall on the UAB campus. The performance will include everything from Count Basie and Glenn Miller to contemporary arrangements of jazz, funk, rock, and other styles.

For more information, call (205) 975-2787 or visit www.music.uab.edu.

#### Gadsden First Friday

The City of Gadsden hosts First Friday events downtown the first Friday of every month from 5-9 p.m. Stores stay open late into the evening and there is live entertainment, special events, food, sales and local artists. For more information, call (256) 547-8696 or visit www.downtowngadsden.com.

## Military mom cares for triple amputee son

**By Elaine Sanchez** American Forces Press Service

ANTONIO SAN Saralee Trimble hunches over a craft table, meticulously weaving thin strips of material together to form a basket.

The room is noisy with TVs blaring and people chatting and laughing, but her concentration is unbroken as she focuses on her task.

For just a few brief moments, this mom of five is simply focused on piecing together a basket, rather than the life that was nearly lost to her on a roadside in Afghanistan.

Trimble's son, Army Pfc. Kevin Trimble, was just four months into his deployment when a fellow Soldier standing three feet away stepped on a homemade bomb. The Soldier was killed and Trimble lost both of his legs above the knee and his left arm above the

Trimble was at home in New Orleans when she got the phone call. It's a call, she said with tears welling up, that she'll never forget.

She and her husband. Daniel, were told their son had been injured and was in serious condition, but was stable and alert. Shocked at the news, they focused on the positive.

The most important thing was he was alert," she said.

After a few days in Germany, her son arrived at Brooke Army Medical Center here on Sept. 24, and Trimble, her husband and her children rushed there to greet him.

The toughest moment, Trimble said, was when she saw her son for the first

"I wanted to cry," she said, again tearing up at the recollection. "It was heavy, real heavy.

Not wanting to convey their shock, she and her husband went out in the hall, held each other and cried. Her son had dreamed of being a Soldier for as long as she could remember, and joined right out of high school. She knew how devastating this injury would be to him as a man, and a Soldier.

"It was really hard," she said. "He's 19; he's my

She then thought of her other children. Four of her five children are in the service: one in the Air Force, two in the Army and one in the Marine Corps Reserve.

Two have deployed multiple times and one expects to go soon, she said. "I thought of Kevin and then, 'What about them?"

#### The long recovery

Trimble steeled herself for the long recovery road ahead Her electrician husband returned home to a foreman job they couldn't afford for him to lose, and she settled in at the hospital. She grimaced as she recollected those early days of recovery.

"It was very traumatic, no way around it, it just is," she

Trimble said her son was boiling hot all the time so they placed ice packs on his shoulders and constantly doused his face and neck with cold water. He was on pain medication, but even that couldn't fully prevent the pain.

You can't avoid it; it's part of it," she said.

Throughout, Kevin remained positive, Trimble said, with only a few moments of despair.

"A few times he's broken down and said, 'Mom, look at me. What good am I?""

In those moments, Trimble said all she could do was pray with her son and assure him he'd be OK. She never, even from the start, had a



"I told him, 'You know

you're going to have that

the rest of your life," she

said. "You are different

from everyone else, but that

Saralee Trimble offers suggestions to her son, Army Pfc. Kevin Trimble, as he works on a leather project with his brother, Ben, at the Warrior and Family Support Center in San Antonio Nov. 10.

doubt that he'd pull through,

Trimble said her son reached a turning point when a group of wounded warriors, including several triple amputees, came to see him at his bedside.

"That encouraged him so much to see other guys the same as him who were actually getting around and able to do something," she

Kevin checked out of the hospital less than two months after his injury, and is about to start his therapy at the Center for the Intrepid, a state-of-the-art rehabilitation center just steps away from the hospital.

He's had one two-hour physical therapy session so far. Trimble said, and that one "wiped him out."

"They had him getting from the wheelchair onto the floor and then back up," she said, noting that's no easy feat with just one arm. "When he came back, he didn't want to do nothing but sleep. But that's good. He needs that challenge."

Next up, he'll be fitted for a prosthetic arm, and later prosthetic legs. The sooner he can use his limbs and gain independence, the better, Trimble said.

Meanwhile, she is helping him get acclimated to his "new normal" by taking him on outings, whether it's to Sea World or to play miniature golf. He had a great time golfing, she said, but was saddened by the children's stares.

You still are who you are." The challenges of caregiving It's been a rough couple

of months and Trimble acknowledged the stress that accompanies full-time caregiving. Fearful of the devastating impact of a fall, she isn't comfortable yet leaving her son alone. And she only has brief respites during appointments or when one of her children is there to help. But even a short break can provide a big recharge, she said. When she's not by her son's

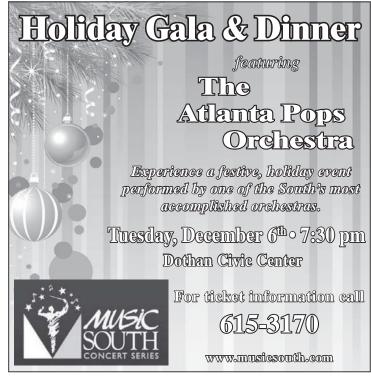
side, Trimble finds respite, and solace, in the Warrior and Family Support Center, a sprawling 12,500-squarefoot facility here. The center offers a place for Families and wounded warriors to relax, reconnect or just have a cup of coffee. Along with

doesn't say who you are, computers, video games. movies and books, the center offers a host of outings, and craft classes to service members and their Families

Trimble is a familiar face at the craft tables. One day she'll be seen weaving baskets, and the next she is building a mosaic or stained glass creation. Her son and other Family members often join in, as well. On this day. Kevin and his brother and sister - visiting here on military leave - stopped by for a leatherworking class. They joked and laughed as they worked on their creations. Kevin was making a belt with help from his brother, Ben.

As he worked, Kevin said he was grateful for his mom's presence.

"Things would harder without her," he acknowledged.



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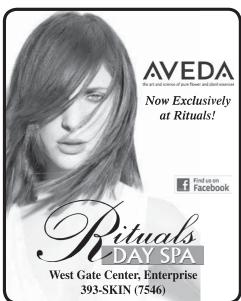


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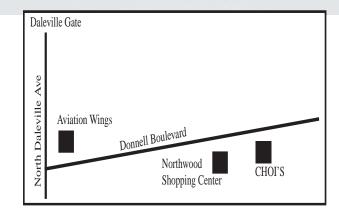
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#### NOVEMBER 24, 2011



PHOTOS BY NATHAN PFAU



# Terrbey

The Fort Rucker Physical Fitness Center hosted more than 200 runners in the Turkey Trot 5k and 10k Saturday. Kristi Fink, run coordinator, encouraged more participation in upcoming runs, "It's good to have events that encourage fitness and patrons seem to enjoy them. I would encourage everyone to come out, you do not need to run to participate – we have walkers, too!"

Winners of the Turkey Trot 5k were Jacen Landos, with a time of 17:49, and Emily King, with a 20:16. Turkey Trot 10k winners were Micheal Spears, who crossed the finish line at 37:53, and Ashley Romani, with a time of 40:54.















42 — Paulo, Brazil 43 Sally Struthers' birthplace 45 Both:

## Just Like Cats & Dogs

by Dave T. Phipps



# Rodriguez

1. MUSIC: Where would one find a coda to a piece of music?

2. LANGUAGE: What is a "beau

geste" 3. INVENTIONS: When was the first patent issued for the modern zip-

per? 4. ANATOMY: What organ in the human body produces insulin?

5. MEASUREMENTS: What was the sextant once used for?

6. HISTORY: Who founded the colony of Rhode Island?

7. GEOGRAPHY: Where is the

famous Watergate building?
8. FAMOUS PEOPLE: How did Andrew Carnegie make his fortune?

9. REVOLUTIONARY FIGURES: What did American patriot Paul Revere do for a living?

10. BIBLE: Where did Cain go to live after slaying Abel?

See Page D3 for this week's answers.

# **Super** Crossword 3 Surface measure-ment 4 Dwell 5 "-- vous plait" 6 Skater Heiden 7 Loaded 8 Sailing 9 Wagner hero 10 Capek drama 1 Unwell 12 Italian specialty 13 Mischiew 14 With 29 Across,

#### SHOCK **TREATMENT**

role 96 Splinter group 98 Hold the

99 Safety —
103 "— generis"
104 Hospital
worker
106 Fast way to
the UK

#### ACROSS

- 1 Not quite closed 5 Doris Day refrain 9 Junket
- 13 Significance 19 Prepare a
- 19 Prepare a pear 20 Author Murdoch 21 Run the show 22 Five iron 23 Electrician's favorite rockers? 26 Shorthand inventor
- inventor 27 Periwinkle,
- 27 Periwinkie e.g. 28 Primeval upheaval 29 See 14 Down 31 Mil. policy 32 Lassie's mother 34 Puzzled 37 Word with song or di
- song or dive 38 Question for
- a tardy electrician? 44 Figure 46 Nice time of year 47 Genesis
- 48 Wordy
  Webster
  50 Eloquent
  equine
  52 Boa, but
  not cobra

- 55 Raven maven? 56 Dandy 58 Quick snacks 60 Roller-
- coaster 62 Apparel 66 Alaric, for
- one 68 Buddies 70 South Seas
- novel
  71 Marie
  Saint
  72 TV's "—
  Haw"
- Haw"
  73 Part of
  USSR
  76 Electrician's
  theme
  song? 80
- Parkington"
  ('44 film)
  81 Gl's
  address
  82 down
  (destroy)
  83 Melodious
- McEntire 84 Galba's garment 86 First state 89 Paradise 90 Sleeve type 94 — nous 95 Cen. segments 97 "— -Tiki"
- 100 Clear the windshield

- 102 Cuban currency 105 Ladies of the lea 107 Hosp. areas 108 "— luego" 111 Electrician's teatime
- treats?
  115 Wading bird
  117 '65
  Righteous
  Brothers hit
  119 Capote, on stage
  120 "Unforget-table"
- name 121 Born 122 "— Gay" 126 One of the Titans
- Titans
  130 Fleet
  133 Electrician's favorite history subject?
  137 Tidy up
  138 Relate
  139 "So You" ('77 song)
  140 -friendly
  141 Borgnine or Gallo
  142 Award for 101 Across
  143 Chore
  144 Work in the lab
- DOWN

Across, rum cocktail 15 Washington

hrs. 16 Words

on an electriciar sampler? 17 Lasso 18 Mortise's

- 18 Mortise's mate mate work 25 Aim 30 Burro 33 Herd word 35 From Z 36 Page 37 Bit of parsley 38 Singer Dottie 39 Craving 40 Parent 41 Diamond authority?
- the WK 109 Lodger Lyman 112 Betting setting 114 End product 115 Cockamamie 416 Less adorned 118 Ms. Midler 123 Leave out 124 Turner of "Peyton Place" 115 Hill loss
- Marquis 74 Removes the cork 75 Poet turned electrician?
  - electrician?
    77 Nebbish
    78 Maris or
    Mattingly
    79 "My word!"
    85 Generation
    87 La Scala
    songs
    88 Moistens
    91 Pride
    papa
- 125 Hill dwellers
- dwellers
  127 majesty
  128 Belligerent
  deity
  129 Spanish
  artist
  - artist
    131 Enjoyed
    Thanksgiving
    132 Plaines,
    IL
    134 Clear one's throat 135 Common

## street name 136 NASA affirmative

#### 1 Feigns 2 Dear fellow? 101 Loretta of "M\*A\*S\*H" 92 Lot size 16 17 18 13 22 26 23 50 46 58 52 60 80 86 94 98 105 107 101 103 108 109 120 130 133 137 138

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

See Page D3 for this week's answers.

# KID'S CORN

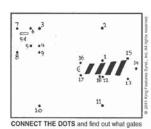


FIG.1

A "PICKY" LITTLE WAGER! Place 16 toothpicks on the table, forming five squares, as shown in fig. 1. Challenge your friends to move four of them to new positions so that you will have six squares.

The solution is shown in fig. 2

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "PLATES." See if you can replace these letters in the squares so that you will have four 3-letter words across and three 4-letter words down. The time limit is 60 seconds.



S JUNIOR WASHING DE CHARLES BARRY TOWNSEND THE PYRAMID OF WORD POWER! See if you can get "clean" to the top of our word pyramid in less than three minutes. Starting with the given word LAUNDRIES, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with LAUNDRIES.

1. Clothes-washing businesses. LIAUNDRILIES

- LAUNDRIES

  1. Clothes-washing businesses.

  2. TV repeat show payment.

  3. Brings to a sudden halt.

  4. Old-time telephone user.

  5. Stirred to anger.

  6. Urgent, desperate.

  7. Anger, wrath.

  8. In reference to. 9. Abbreviation for electron.
- Answers (from the bottom up): Laundries, residual, deraits, dialer, riled, dire, ire, re, e.

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

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



1. Purse is different. 2. Shoes are black. p is different. 4. Puddle is missing. 5. Shaving ent. 6. Watch is gone.

## Week 11: 'Uh-oh!' moments abound

Command Information Officer

The NFL's Week 11 started off with a big early "Uh-oh!" and then the negative exclamations just kept coming for several teams other than the Jets, who got Tebowed by a late fourth-quarter game-winning drive by The Tim Tebow Nov. 17.

But it was the Jets making the negative exclamations the loudest after seeing their post-season aspirations practically flushed down the Mile High Stadium toilets, courtesy of a 17-13 loss to the Broncos, and head coach Rex Ryan led the way with plenty of creative expletives directed at a fan - so much so he was fined \$75,000 by the NFL, primarily because another fan caught the tirade on video.

The Jets aren't out of it yet, but they are on the ropes. Their remaining schedule is hardly the most difficult in the league, but that point is moot if their defense doesn't start living up to its reputation and, more importantly, the offense finds things it can do well other than take the field and look completely baffled about what it is doing there - which it does really, really well.

Next up for the Jets are the Bills, who look primed to be the fall guys for a New York comeback. But the Jets have a rocky road ahead, as they have to finish with a better record than New England, since they've lost to them twice. I doubt they can get a wildcard.

And speaking of the Bills, and in line with this being Thanksgiving, I bet Buffalo quarterback Ryan Fitzpatrick is elated he got that six-year, \$59 million contract signed before his and the team's recent col-

When Buffalo travels to play the Jets, one of the teams has to win, unless they tie, which, really, is how it should be.

The Bills went to Miami and got "Uhoh!" moments early and often in a 35-8 beatdown by the division's hottest team. the last-place Dolphins, whose three-game streak has managed to save coach Tony Sparano's job, and removed Miami from the Andrew Luck Sweepstakes.

As for the Broncos, they take a trip to San Diego where, if you look at it simplistically enough, should be a lock for a Denver win.

Tebow can't throw the ball competently and looks awful until the fourth quarter, but he wins and wins, with a flair for the dramatic last-minute score. Phillip Rivers can definitely throw the ball competently, at least until near the end of the game when



admirable ease, and loses and loses.

prediction on San Diego winning (seems I Panthers. did this exact same thing last year at about will be Oakland, who suddenly looks semi-

I had another "Uh-oh!" moment Sunday change the station to a pretty entertaining Carolina vs. Detroit game.

The Lions looked like they were headtrailed Carolina 24-7 halfway through the second quarter. Matthew Stafford looked awful early on, and then rallied the team by throwing for five touchdowns in a 49-35

he tends to create "Uh-oh!" moments with Smith, who recently went from watching the NFL on his sofa to running for 140 yards The AFC West is wide open, and with an and two TDs, and catching four passes for "Uh-oh!" moment of my own, I retract my 61 yards and another touchdown against the

While beating Carolina is no great feat for the same time, too) the division. I say it a team favored to earn a playoff spot, this was a big win for the Lions. Their recent competent, which is saying a lot in this divi- collapse looked to be gaining momentum, sion ... or Denver... or maybe Kansas City... and this win gets them back on track before or the Washington Generals ... but not San they play unruly host to undefeated division rival Green Bay on Thanksgiving.

And while many of the nation's turkeys when I turned on the TV for the day's games either have or soon will be experiencing the and unfortunately found the Jacksonville ultimate "Uh-oh!" moment, the Packers are vs. Cleveland game. Quickly, before sleep probably thankful that their so-far only "Uhcompletely enveloped me, I managed to oh!" moment of 2011 proved not to hurt them, and may end up helping them.

The Packers hosted the Buccaneers and, in light of Tampa Bay's recent performance, ing for a huge "Uh-oh!" moment when they probably were peeking at the upcoming Turkey Day game in Detroit. And the Bucs almost made them pay dearly for it.

The Pack cruise-controlled along through the game with a nice little lead, then looked up at the scoreboard with just more than four But the big story of the day was Kevin minutes left in the game and said, "Uh-oh!

We're only up by two!" Then, once again, Aaron Rodgers went all Aaron Rodgers and the Pack won 35-26.

While the Packers overcame their "Uhoh!" moment with lightning speed, the Giants let theirs play out over a three-hour torture session at the hands of the Michael Vick-less Eagles - getting the full experience from Philly, as it was the Eagles who wiped out the Giants' entire season last year with one very fast DeSean Jackson punt return.

The Eagles, led by backup QB Vince Young, running back LeSean McCoy, and a suddenly and surprisingly tough defense. went boa constrictor and choked the Giants out. This loss, combined with the sudden resurgence, if not competence, on the part of the Cowboys, has the Giants in a tough position in the fight for the division crown - if they'd won, it would've been rather smooth sailing.

The Giants are far from out of it, but they're just another team who can look good one week, and so very bad the next. But with Thanksgiving on the way, I'm sure the G-Men are thankful that running back Ahmad Bradshaw will be back soon, because his backup, Brandon Jacobs, isn't cutting it. Jacobs was expecting a heavy workload, but it must've been too heavy, because he had 21 yards on 12 carries. And then he got mad at fans for booing him. The gall of those New York fans expecting all that competence!

And, of course, just like Tebow, I save the biggest for last, courtesy of Da' Bears.

Sure, the Bears won, but that was a given since they were hosting the Chargers, but the "Uh-oh!" came after the game when the team revealed newly-efficient OB Jay Cutler would likely miss the rest of the regular season thanks to a broken thumb.

It's a Windy City tearjerker. Just when Mike Martz and Co. finally figure out, after a year and a half of trying to get Cutler killed, to run the ball, change up protection schemes and tone down the passing game a little, it all falls apart.

But Da' Bears are far from done as they have a dominant defense, a great running attack in the form of Matt Forte, a favorable schedule and a quality backup by the name of...um...let me Google this real quick...yeah, Caleb Hanie. Oh, that Hanie! The one who relieved an injured Cutler in last year's NFC championship game...and threw two interceptions...and lost to the Packers.

## Chaos kicks open Bowl Championship Series front door

By David C. Agan Jr. Fort Rucker Public Affairs

If Stanford's loss to Oregon in Week 11 raised the specter of BCS chaos over the horizon. No. 2-ranked Oklahoma State's loss to Iowa State on Friday night gave that old ghost a reason to march right up to the front porch and plop down on the welcome mat. By the time Saturday was over, BCS chaos had kicked the front door open and was

It didn't seem like there was going to be much excitement to be found on last

Roger Williams

10. The land of Nod

7. Washington, D.C. 8. Steel industry 9. He was an accomplished silver

threatening to come inside.

Cowboys traveling to Ames, Iowa, to face the unranked Iowa State Cyclones in what should have been a speed-bump on the way to possibly playing in the Bowl Championship Series National Championship

Evidently, someone forgot to tell the Cyclones to lie down and take their beating. Iowa State, who entered the game a four-touchdown underdog, was at one point down by 17 but managed to mount a comeback and beat the Cowboys, 37-31. Oklahoma State quarterback Brandon Weeden threw weekend's slate of games. for 476 yards and three

The worst of the three was his first pass in the second overtime, which led to a Cyclone victory.

I was passively watching on the game on television as Iowa State took advantage Oklahoma mistakes. I started paying attention, however, when the Cyclones knotted things up with just over 5 minutes left in regulation. This won't happen, I thought to myself. But it did. As time expired and the crowd rushed the field at Boone Pickens Stadium, the announcer must have uttered the phrase "BCS chaos" 15 times.

BCS National Championship but, suddenly, "BCS chaos" and "rematch" were the only things the heads on about. This isn't chaos, I 38-35. thought, and I drifted off to sleep.

By the time the smoke had ranked in the BCS top-five the Oregon Ducks and the Oklahoma Sooners - had fallen.

began

were still plenty of one-loss is, of course, if they could shifted focus from RGIII to teams left with legitimate manage a victory against the more likely candidates like chances of playing for the USC Trojans. They could not. Stanford's Andrew Luck or down, 38-14, but their lastsecond field goal attempt to SportsCenter could talk left and the Trojans won, conversation after passing for

No. Then Saturday happened. the road in Waco, Texas, facing since 1985 that Baylor had cleared, two more teams Baylor quarterback Robert high as the Sooners, who until the middle of the Heisman the Bears. conversation after stunning the 1. But after a tough loss to country were upset. It's weekend ranked No. 4 in the Kansas State and consecutive unprecedented. It didn't take long for BCS and was poised to move beatings at the hands of improbable, but it happened.

The Ducks rallied after being Alabama running back Trent Richardson.

At great expense to the force overtime strayed wide Sooners, Griffin is back in the 479 yards and 4 touchdowns 5-ranked as Baylor defeated Oklahoma, Oklahoma Sooners were on 45-38. It was the first time No. 22-ranked Baylor Bears. defeated a team ranked as Griffin III found himself in Saturday were 20-0 against

In a single week, three No. 14-ranked TCU in Week of the top-five teams in the

SEE COLLEGE, PAGE D4







### College: Alabama, LSU rematch could come true in BCS title match

Continued from Page D1

It's BCS chaos, right?

Not yet, but we are very, very close. We'll get to watch it play itself out over the Thanksgiving holiday, as there is no shortage of great football games to watch this weekend

The warm-up for the weekend begins Thursday night when the Texas A&M Aggies host the No. 25-ranked Texas Longhorns. This year's edition of the Lone Star Showdown may be a bit more fervent than usual due to A&M's pending exodus from the Big 12 Conference. As the Aggies leave for the greener, more brutal pastures of the SEC, so ends their longstanding rivalry with the Longhorns. Texas A&M is fresh off a 61-6 throttling over Kansas

while Texas will be trying to bounce back from a disappointing loss in their final home game of the season to No. 13 Kansas State.

The real fun starts on Friday afternoon when the No. 3 Arkansas Razorbacks roll into Baton Rouge to square off against the topranked LSU Tigers. It's the SEC's best offense against one of the nation's best defenses in a game where, oddly enough, there isn't as much on the line as you would expect.

If the Razorbacks manage to upset LSU, then No. 2 Alabama would most likely climb to No. 1 in the BCS and definitely would be punching their ticket to the SEC Championship Game in Atlanta. However, it's doubtful that LSU would

BCS rankings meaning that they would still get to play in New Orleans for the BCS National Championship.

Conversely, if LSU takes care of business like it has all season, the Tigers will remain No. 1 in the BCS and will play the Bulldogs in Atlanta for the SEC crown. Meanwhile, Alabama would remain No. 2 in the BCS and get a nice long vacation before its rematch with LSU in New Orleans. All this is assuming that

the Crimson Tide defeats the Auburn Tigers in the Iron Bowl this Saturday. which is almost definitely going to happen. As much as it pains me to admit, Alabama is the second best college football team in the nation. Full disclosure: I am an Auburn fan. I concede

drop further than No. 2 in the that it will take the Tigers playing their best game of the season, complete with no mistakes and more than a hearty serving of luck to bring down the Tide. Quite frankly, Alabama's offensive line is so good that even if Auburn manages to stop the run like they did against South Carolina earlier this season, A.J. McCarron will have all day to throw against the porous Tiger secondary.

But I digress. Let's get back to complaining about the BCS.

Let's assume that all goes like we expect and both No. 1 LSU and No. 2 Alabama emerge victorious this weekend. The LSU Tigers will be rewarded with an extra game on their schedule against Georgia in the SEC Championship Game, and an extra chance

to lose. Alabama would remain No. 2 and would get to play for the BCS National Championship without that extra game. Even if LSU were to lose to Georgia, I doubt they'd fall far enough in the BCS to be kept out of New Orleans.

But wait! What if LSU loses to Arkansas? It probably wouldn't matter since the computers don't like Arkansas and have ranked them as low as No. 6. Arkansas wins? No matter, Alabama gets a trip to Atlanta, LSU drops to No. 2 and we still get a rematch of Nov. 5.

What happened to winning your conference being a prerequisite for playing for a national championship? And what if Alabama were to win in a rematch? Then the BCS has caused more trouble than it's even worth, but I guess it will also have done its job by pitting No. 1 against No. 2 for the national title.

Want some more BCS nonsense? If Arkansas beats LSU, they'd finish their season No. 3, no higher in the BCS than they are now And since the BCS can't have more than two teams per conference, the Hogs would not be playing in a BCS bowl game. However, thanks to automatic qualifying, the Big East, would send a team to a BCS bowl game even though they don't have a team ranked in the Top 25. And whoever eventually wins the Big Ten will be on their way, even though that conference isn't represented in the Top 10.

Somewhere, off in the distance, I can hear Jim Mora screaming about a playoff.

