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GO ARMY!

Regular season draws to a close with Army vs. Navy

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ARMY FLYER

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DECEMBER 8, 2011

Tree lighting kicks off holiday season

By Erin Murray
Army Flier Staff Writer

Families and community members set the holiday season in full swing by gathering at Howze Field to light the Fort Rucker Christmas tree Friday.

The ceremony, hosted by Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, was full of events that welcomed holiday cheer on post.

"This year's tree lighting ceremony was one of the best attended in Fort Rucker's history, with more than 1,500 people gathering to usher in the holiday season," said Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator.

Guests enjoyed hot cocoa and musical performances at the event, including sing-along Christmas carols with the child youth and school services and child development center choir, several local scouting groups and the combined chapel choir. The 98th Army "Silver Wings" Band also played a selection of

holiday classics throughout the event.

After the songs, Crutchfield spoke about the tree lighting and presented awards to the winners of the annual Fort Rucker Christmas ornament contest. Age group winners in the contest were Kaise Burrill, Rianna Benders, Joshua Brady and the overall winner was Alex Reynoldson. Each child was given a gift basket and congratulations by Crutchfield and the crowd.

"I don't think there's a prettier tree in the world. We have some special ornaments on this tree. Each year, Fort Rucker asks talented children to create unique decorations for our tree. As you can see, they put a lot of effort into it. The finished product is absolutely beautiful," said Crutchfield.

The ornament contest is a unique way to give children a chance to participate in the event, said Kelly Reynoldson, whose son won the contest and helped light the tree with the commanding general.

"It was a lot of fun. We looked for things



PHOTO BY ERIN MURRAY

Maj. Gen. Anthony G. Crutchfield presents ornament contest winner Alex Reynoldson with an ornament hanger and gift basket at the Christmas tree lighting Friday. As this year's winner, Alex was given the honor of helping Crutchfield light the tree at Howze Field.

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FILE PHOTO

Happy holiday sounds

Staff Sgt. Matthew Shuck, 98th Army Band, lets loose a guitar solo during last year's holiday concert. This year, Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, invites the Fort Rucker community to the commanding general's holiday concert Tuesday at 6:30 p.m. in the post theater. Those who can't make it Tuesday, or who just want an extra round of the sounds of the season, can catch the silver Wings Band in Ozark today at 7:30 p.m. in the Flowers Center.

Lyster renovations create more efficient patient primary care

By Erin Murray
Army Flier Staff Writer

Over the coming months, several renovations will be made to the Lyster Army Health Clinic's primary care facilities in order to provide more efficient and quality care to patients of the clinic's four care teams.

These changes will align LAHC with the Department of Defense's standard of care, said Lt. Col. Andrew Powell, deputy commander for Nursing and Patient Support Services at LAHC.

"A patient-centered medical home is what the Department of Defense has mandated to be the standard. It focuses on prevention, wellness, and increasing patient access and education. It really focuses on the reality that patients take care of themselves with (the medical provider's) assistance. We focus on the whole person – at home, at work and as part of a Family," he said.

Starting next week, a three-phase renovation aims to provide additional examination rooms and more functional space for LAHC



PHOTO BY ERIN MURRAY

Sgt. Javier Ramirez and Staff Sgt. Eli Aguilar showcase a mock-up of the rooms that will soon be built in the primary care clinics at Lyster Army Health Clinic. Renovations to the clinic will begin Friday and are expected to continue through August.

staff. Team Courage will be the first unit affected during the renovation when it relocates to an alternate facility located behind the clinic's coffee station.

Included in Team Courage's temporary facility are rooms similar to the ones that will be added to all the primary care units during the six-to-

nine-month renovation. These new rooms will be standardized across all units, in order to provide better care for patients.

"We have many different types of exam rooms from after we consolidated into four clinical teams,

SEE LYSTER, PAGE A7

Winterizing vehicles key to winter safety

By Nathan Pfau
Army Flier Staff Writer

The leading cause of death during winter storms is transportation accidents, according to the Federal Emergency Management Agency.

Members of the Fort Rucker community should take precautions to make sure they properly winterize their vehicles for safe winter driving, advise local officials.

"A big problem that we have here in [the South] is that people fail to winterize their cars," said Bob Saliewicz, Aviation Branch Safety Office safety and occupational health specialist. "They don't prepare."

To prepare for winter driving, drivers should check the following on their vehicles: battery, antifreeze, windshield wipers and fluid, ignition system, thermostat, lights, flashing lights, exhaust system, heater/defroster, brakes, oil levels and tires, according to Saliewicz.

"One of the biggest problems people have in [the South] with winter driving is complacency," he said. "They're just not used to driving in winter weather."

People often fail to take the proper precautions when it comes to winter driving, which can cause serious accidents and injuries when neglected, said Saliewicz.

Some routine precautions people can take to help prevent incidents are to make sure their car's engine gets a tune-up in the fall, be sure all lights are in good working order, have the brakes adjusted, switch oil to winter-weight oil and check battery and voltage regulator, according to the safety officer.

"People on Fort Rucker are used to clear skies and temperatures up in the 70-degree range well into mid to late December," said Saliewicz. "They just aren't ready when the winter weather hits."

"Soldiers and Families are driving home to visit relatives and everyone is going to be out in traffic," he said. "If you drive four or five hours to the north, you're in snow. The locals are just not used to driving in that weather and

that's why it's so important for them to be ready for it."

The thing people neglect the most on their vehicles is the condition of their tires, he said.

"Tires are something that people rarely check," said Saliewicz. "Until they have a blow-out or a flat tire, people usually don't realize they had a problem with their tires."

"A lot of times, people don't realize that tire tread equals stopping power. The less tread you have, the less stopping power you have, it's as simple as that," he said. "You don't want to be caught on the side of the road changing a tire, especially in the winter time with ice and snow on the roads, which can lead to more accidents."

Before driving in winter weather, people should routinely check their tires to make sure they have the proper amount of tread on them and that they are adequately inflated, he continued.

"Soon the weather will be turning the roads icy and in some parts the roads have been plowed and sanded," said Saliewicz. "Tires without proper tread and adequate inflation will not have enough traction to properly grip the road, which can cause tires to slide."

To be a safe winter driver, Saliewicz also recommends for drivers to always be aware of what the weather will be like before you drive.

"If the weather is going to be inclement, plan your trips accordingly," he said. "And if you don't have to drive, just don't."

Some precautions should be taken if driving in inclement weather can't be avoided. People should always: keep the fuel at half a tank or more; keep an ice scraper and broom in the car; dress warmly in layered, loose clothes; and have food and water on hand, said Saliewicz.

These precautions could help if drivers become trapped in a storm for an extended period of time, he said. Becoming trapped in a

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PERSPECTIVE

TRADOC commander sends holiday wishes, urges safety

By **Gen. Robert W. Cone**
Training and Doctrine Command Commanding General

FORT EUSTIS, Va. — The winter holiday season is a wonderful opportunity to visit Family and friends, take much needed time off from our daily routines, and reflect on accomplishments of the past year.

I extend my heartfelt appreciation and special holiday greeting to all TRADOC Soldiers, civilians and Family members, especially those with deployed loved

ones.

This festive season can be especially dangerous for those who fail to recognize the special hazards that surround the winter holidays. At home, open flames from candles or fire places and holiday decorations can be a deadly mix. Space heaters and ornamental lights can easily lead to overloaded electrical circuits, while frayed electrical cords or defective lights present a shock hazard, especially to young children.

For many of our newest Sol-

diers, the two-week block leave during the holiday will be their first opportunity to return home since joining the Army. Ensure each Soldier receives a thorough safety briefing before they depart. Impress on them how important they are to the Army and remind them that their behavior at home reflects not only on them individually, but on the Army as well.

On the highway, plan ahead allowing ample time for traffic congestion and adverse weather conditions, and be alert for im-

patient or impaired drivers. Even those remaining in the local area for the holidays need to be extra alert. It only takes a moment's inattention to become an accident victim. Stay alert, drive defensively, and don't drink and drive.

Your personal commitment and leadership can make the difference. Start your planning early and make safety awareness a holiday priority. I hope you all enjoy this special holiday season and return safely in the new year.

Safety Starts Here! Victory Starts Here!



Cone

IMCOM CG: Caring exemplifies spirit of holiday season

By **Lt. Gen. Michael Ferriter**
IMCOM Commanding General

(Editor's Note: Lt. Gen. Michael Ferriter assumed command of the U.S. Army Installation Management Command at Joint Base San Antonio Nov. 17. He is also Assistant Chief of Staff for Installation Management. IMCOM is the Army's home. Its mission is to provide Soldiers, civilians and their Families with a quality of life commensurate with the quality of their service.)

One of the world's greatest leaders was a gate guard who worked at the main gate of Fort Benning, Ga. What made Mr. McCoy so great was that he knew his job was more than checking ID cards. With his awesome attitude, he conveyed to every person passing through his lane that he cared.

Somehow he succeeded in making a difference just through his genuine message of "Welcome Home!" I've talked with many people who had contact with him — Soldiers, parents visiting their Soldiers, civilians going to work, and visiting retirees who were stationed at Fort Benning years ago, and all agreed. He made a difference.

We've all seen this type of inspired leadership on every installation. Showing that we care exemplifies the very spirit of the holiday season.

The great thing about being part of the Army Family is that caring goes beyond the holiday season. It is day in, day out,



ARMY PHOTO

Gate guard Mr. McCoy and then-Maj. Gen. Michael Ferriter, when he was commanding general of the Maneuver Center of Excellence and Fort Benning, Ga., in 2010.

year-round.

Margie and I and our four kids have lived and grown as a Family on Army installations around the world. In addition to Mr. McCoy, we've met many whose sense of service far exceeded their job description — really dedicated people at a housing office, youth sports coaches,

and child development services, to name just a few. My Family's experience is not unique. Every Soldier and Family member can point to service providers on our garrisons who go out of their way to help.

The same sense of caring is why so many Soldiers, Family members, civil-

ians and retirees volunteer their time and talents across the installation. Our volunteers welcome newcomers. They teach classes, mentor children and teens, and run play groups for young mothers and toddlers. They plan outings for wounded warriors, build houses for disabled veterans, support survivors, help prepare Families for deployment and throw welcome home parties.

Caring and selfless service are ingrained in our Army culture, and we are much stronger because of it.

Army Strong!

To everyone who has extended a helping hand this past year, whether in a professional capacity or as a volunteer, thank you. Thank you for choosing to go the extra mile to make a difference for Soldiers, civilians and Families.

Let's all enjoy what the season offers, wherever we are, and enjoy time with friends and loved ones. As we celebrate, let's remember those who are deployed and extend extra support to their Families at home.

Let's also be mindful of those around us who may find this time of year more difficult. For those who need assistance, our installations provide a number of Soldier and Family support services. If you are unsure where to go, start with Army Community Service or the chaplain's office.

From my Family to you and yours, we wish you a safe and happy holidays and a blessed new year.

Rotor Wash

“What do you want for the holidays?”



W01 Mariusz Duchnowski,
B Co. 1st Bn., 145th
Avn. Regt.

"A happy, stress free holiday."



Staff Sgt. Pedro Lopez,
NCOIC of Patient
Administration LAHC

"Be home with my Family. I never get to see them."



Brian Rodriguez,
contractor

"Happiness and love for everyone."



Staff Sgt. Diedre Hidalgo,
C Co. 1st Bn. 13th Avn.
Regt.

"I just want to spend time with my daughter."



Nancy Heredia,
Army spouse

"Nothing material."

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Mail order pharmacy decreases wait time

By Erin Murray
Army Flier Staff Writer

Over the past few months, many who fill their prescriptions at Lyster Army Health Clinic may have noticed longer lines and limited parking, a reality that Lyster officials hope to decrease by encouraging beneficiaries to utilize the Tricare pharmacy home delivery program.

The Tricare pharmacy home delivery program already fills over 1 million prescriptions a month, and a recent reduction on copays for generic prescriptions gives many beneficiaries an even greater incentive to receive their regular medications by mail, said Lt. Col. Andrew Powell, deputy commander for Nursing and Patient Support Services at LAHC.

“In the past, Tricare beneficiaries had to pay a copay (when they use the program). Now they can get generic prescriptions without a copay,” he said.

According to Maj. Tai Bolaji, the pharmacy at LAHC serves an average of 1,700 beneficiaries a week, but upcoming changes involving major pharmacies accepting Tricare prescriptions have caused an influx of outside clients for the

pharmacy, with recent months exceeding 2,000 visitors per week.

Bolaji said that this increase in beneficiaries led to the pharmacy adding two additional windows and decreasing call-in pickup length from seven to four days. Both of these measures increased the number of patients served and helped to decrease wait times in the short term, but the mail order pharmacy could be the best long-term solution for decreasing wait times.

“We’re getting the individual person through faster; the overall waiting time is still increasing. If people start using the mail order pharmacy, it would reduce the workload we have and let us serve people better. That’s really what we want to do,” said Powell.

Even with a 40 percent increase in workload, average wait times are still relatively low, said Powell, with active duty prescriptions around 11 minutes, outside walk-in prescriptions averaging 30 minutes and in-clinic prescriptions being filled in about 20 minutes.

“It’s admirable that even with an increase in workload, the wait times are still OK,” Powell said, adding that these times are sometimes necessary to provide quality



COURTESY PHOTO

Patients fill prescriptions at the Lyster Army Health Clinic Pharmacy.

care. “Our absolute most important goal is providing safe care. We won’t sacrifice speed for safety.”

Powell explained that ideal candidates for the pharmacy home delivery program include those with several regular maintenance medications for conditions such as

hypertension and diabetes who already fill their 90-day generic prescriptions at the Lyster Pharmacy. Those who need a one-time prescription for antibiotics or cold and flu treatments and those receiving first-time prescriptions will likely need to continue using the walk-in

pharmacy services.

Information on the mail order pharmacy can be obtained through Tricare online at www.tricare.com/pharmacy. Brochures and additional information can also be found at the Tricare service center and at the LAHC Pharmacy.

Education center helps boost careers for Soldiers

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Education Center, located in Bldg. 4502 on Andrews Avenue, can provide Soldiers the opportunity to get the education they need to boost their careers by providing classes and programs that can help guide them as well as provide some educational services for Family members.

The education center provides Soldiers with Functional Academic Skills Training classes that help Soldiers increase and improve on their academics for their General Technical scores, said Jeff Pouncy, education services officer for the education center.

“The GT score is a basic test that measures Soldiers’ placement for their Military Occupation Specialty,” said Pouncy. “The FAST classes help the Soldiers build up their general academic competencies to score better on the GT tests.”

Soldiers with a GT score of less than 110 are eligible for the FAST class program.

The education center also offers the Army Tuition Assistance Program for Soldiers that wish to earn a degree ranging from a two-year degree up to a master’s degree.

The program is available to almost all servicemembers, includ-



PHOTO BY NATHAN PFAU

Soldiers participate in the Fort Rucker education center's Functional Academic Skills Training class that can help improve on their GT scores.

ing Soldiers in the Army Reserve and Army National Guard on active-duty, according to Pouncy.

“The Army will cover 100 percent of tuition, up to \$4,500 per fiscal year for the Soldier with the TA program,” he said.

The TA covers tuition, lab fees, enrollment fees, special fees and computer fees, said Pouncy.

He also said that the education center has been tasked with a lot of Government Issued bill briefings.

“It’s a Veteran Affairs program but the education center can provide Soldiers with a lot of infor-

mation on it,” said the education services officer.

“Currently we have two GI bills going on,” said Pouncy. “We have the Montgomery GI Bill and the post-9/11 GI Bill.”

The MGIB provides up to 36 months of education benefits eligible for veterans for college, technical or vocational courses, correspondence courses, flight training and licensing and certification tests just to name a few, he said.

“Under the MGIB, active-duty members must enroll and pay \$100 per month for 12 months to be en-

titled to receive a monthly educational benefit once the Soldier has completed a minimum service obligation,” said Pouncy. “A reservist must be actively drilling and have a six-year obligation in the selected reserve to be eligible.”

The post-9/11 GI Bill was enacted Aug. 1, 2009, and has been referred to as “the greatest veteran benefit since the original post-World War II version of the GI bill.”

This GI Bill offers extensive education benefits for veterans and servicemembers who served 90 days or more on active duty on or after Sept. 11, 2001.

According to Pouncy, eligible veterans and servicemembers receive as much as 100 percent funding for tuition and fees at qualified colleges, universities and accredited, non-college, degree-granting institutions.

The post-9/11 GI Bill will pay full tuition and fees, a monthly housing allowance and annual books and supplies stipend of \$1,000 paid proportionately based on enrollment.

In addition to providing services for Soldiers, the education center also provides some services to Soldier spouses with spousal academic advisement and the Military Spouse Career Advancement Accounts Program, said Pouncy.

“MyCAA is a career development and employment assistance program sponsored by the Department of Defense, which helps military spouses pursue licenses, certificates, certifications or associate degrees,” he said.

According to Pouncy, MyCAA offers training and education financial assistance, employment readiness counseling, and employment assistance and career services.

Those eligible for this program are the spouses of servicemembers on active duty in pay grades from E-1 to E-5, W-1 to W-5 and O-1 to O-2, he added.

The military spouses can begin and complete their coursework while their military sponsor is on Title 10 military orders. This includes the spouses of members of the National Guard and Reserve components in the same pay grades, according to Pouncy.

MyCAA will pay tuition costs for education and training courses and examinations leading to an associate’s degree, license, certificate or certification at an accredited college, university, or technical school in the United States or approved testing organization that expands employment or portable career opportunities for military spouses.

For more information on any of the programs the education center offers, call 255-2378.

DPS officials warn of carbon monoxide dangers

By Nathan Pfau
Army Flier Staff Writer

The Directorate of Public Safety urges Fort Rucker residents to be aware of the risks and safety hazards that carbon monoxide can pose during the winter months.

Carbon monoxide can be deadly. It is a colorless, odorless gas and is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned, said Capt. David Ammons, captain of the stage field base.

Dangerous levels of carbon monoxide can result from appliances that are improperly used or not properly functioning.

Hundreds of people die every year from accidental carbon monoxide poisoning caused by malfunctioning or improperly used fuel-burning appliances, and even more die from the carbon monoxide produced by idling cars, according to the Environmental Protection Agency’s website at www.epa.gov/iaq/pubs/cofshst.html.

“Make sure you are knowledgeable of the appliance before you use it,” said Lt. Col. Madeline T. Bondy, DPS director and provost marshal. “People should be smart about how they use the appliances. Read and follow all of the instructions that accompany any [fuel-burning device] and ask questions. If you don’t know something, find out by asking.

“When using space heaters in enclosed areas, for instance, people have to be very cautious about the carbon monoxide emissions from

some space heaters,” she said. “Make sure everything is connected properly and allow for proper ventilation.

“A lot of times, people will close windows and doors and allow no way for proper air flow [when using fuel-burning space heaters],” said the director. “This happens a lot in the winter time when people are trying to keep warm while working in a garage, and they forget to ventilate their workspace.”

According to Ammons, space heaters are not allowed to be used in the commercial and office buildings of Fort Rucker.

Space heaters are allowed in military housing units, but residents are urged to follow the safety guidelines provided by the manufacturer of the product, said Brandon Masters, communication manager for Picerne Military Housing.

Ammons added that when people are choosing these types of appliances, they should choose those that vent the fumes to the outside if possible, as carbon monoxide levels can quickly rise in an enclosed room.

“Before the winter season comes around, people should also have trained professionals inspect their fuel-burning appliances in the home,” and make sure that flues and chimneys are connected, in good condition and not blocked, he said.

These appliances include: oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces

and wood stoves.

As a precaution, people should install carbon monoxide detectors in their homes if they aren’t already installed.

“The first thing that we usually advise people to do, [in preparation], is change their [carbon monoxide] detector’s batteries every time the time changes,” said Ammons.

Having an awareness of what to look for in the case of possible carbon monoxide poisoning is also very important, said Ammons.

“It’s very important to be aware of the symptoms of carbon monoxide poisoning,” he said. “A lot of times people will mistake it for the flu.”

According to the EPA, if people are experiencing severe headaches, becoming dizzy, mentally confused, nauseated, or faint – they may be experiencing moderate levels of carbon monoxide poisoning, said Ammons.

“If people are exposed to moderate levels of carbon monoxide over a long period of time, they can die,” he continued.

Low levels of exposure can cause shortness of breath, mild nausea and mild headaches, but can still have a long-term affect on people’s health, Ammons added.

If carbon monoxide poisoning is suspected, people should get fresh air immediately, said the stage field base captain. He recommends possible victims to ventilate and leave the house, and go to an emergency room and talk to a physician, letting the physician know that they suspect carbon monoxide poisoning.

News Briefs

CFC celebration

The Fort Rucker Combined Federal Campaign Victory and Awards Celebration takes place Tuesday 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.

German Advent service

The German Liaison Staff and its commander, Lt. Col. Martin C. Geller, invite all German members of the Fort Rucker community to a traditional Festive Advent Service today at 6 p.m. at the Main Post Chapel, Bldg. 8940 on Red Cloud Road near the commissary.

The guest speaker is Uwe Becker, protestant chaplain in Washington. Coffee and cake will be served after the advent service and piano accompaniment will be provided by Ann Reynolds.

For more, call Sgt. Maj. Mohamed Bouhloui at 255-2554.

Wounded warrior support

The Army Homefront Fund, launched on June 13 with a Memorandum of Understanding between Operation Homefront and the U.S. Army Warrior Transition Command helps provide financial aid to Wounded Warriors and their Families. Wounded warriors often face financial challenges, and the Army Homefront Fund liaisons closely with the WTC and in conjunction with a robust non-profit agency network works diligently to support their needs.

The Army Homefront Fund provides grants, not loans, for emergency financial assistance, emergency food, transitional Family housing, emergency home repairs, critical baby items, vehicle repair service, furniture and household items, local moving assistance and wounded warrior spouse retreats. Its goal is to get the Wounded Warriors and their Families the resources they need.

Soldiers can apply for assistance through its Web site at <http://www.armyhomefrontfund.org/Mafa.aspx>. For more on the program, visit the Web site or call (210) 549-4600.

Computer security tips keep people safe, secure online

By David C. Agan Jr.
Fort Rucker Public Affairs

Taking time to learn about some basic computer security concepts can go a long way to ensure your private information remains safe and secure and your computer continues to function properly.

“Without computer security, your computer and the network it’s attached to are vulnerable to viruses, worms, and other types of malicious code,” said Shane Jones, Fort Rucker Network Enterprise Center, information security analyst.

There are various threats to personal and government computers people should be aware of, these include:

Computer viruses

Viruses are programs that can copy themselves to a computer and then spread from one computer to another over a network or the Internet. They can also be spread via removable media, such as CD or USB drives.

There are different types of viruses. Some can be a nuisance, forcing your Internet browser to display an unending series of popup windows. Others, however, can maliciously delete your personal files, system files and even destroy your operating system. Many times, a computer will “catch” a virus via an untrusted website or by opening an e-mail attachment.

Malware

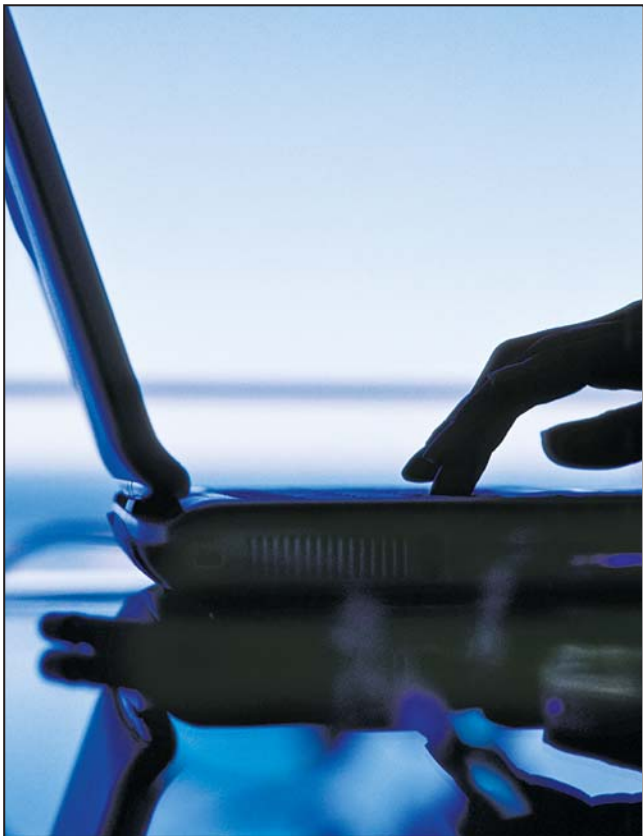
Short for malicious software, it is a general term used by computer professionals to describe software that secretly accesses a computer without consent.

Some examples of malware include Trojan horses, rootkits, spyware and keystroke loggers. They can steal data, record online passwords and even take control of a computer for large scale attacks on other systems and networks. Malware makes its way to a computer in a number of ways. Many times it is by installing software from untrustworthy sources (screensavers, for example) but malware can sometimes come bundled with software from reputable vendors.

Social engineering

This form of computer access is a bit different from the previous threats. It involves manipulating people into performing actions or giving out information, rather than by using technical means to extract information.

In terms of computer security,



phishing is frequently used to obtain private information. A phisher may send an email that seems to come from a business, such as a credit card company or bank, requesting verification of personal details (e.g. Social Security Numbers, date of birth, password). It may contain a link to a website that also seems legitimate. However, the website is run by criminals aimed at identity fraud.

Protect yourself

Fortunately, it is relatively simple to protect and identity and computer from harm. People can start by installing anti-virus and anti-malware programs.

“Educate yourself. The Internet Storm Center (<http://isc.sans.edu>) lets you know what’s going on in terms of malware, viruses and other current attacks,” said Shawn Foist, installation information assurance officer.

Anti-virus software can detect and eliminate threats before a threat can infect a system. Anti-malware programs provide real-time protection against the installation of malware as well as detection and removal of any existing instances of malware on computers. Be warned: People should never install free software claiming to be anti-malware or anti-spyware unless it is verified to be

from a legitimate source, as it could be malware itself. Some reputable sources for anti-virus and anti-malware software include Symantec, McAfee and Microsoft.

“Symantec and McAfee are great sources for information on ways to keep your computer safe and protected,” said Foist.

One of the best ways to protect computers and online information is by using a strong password. It is never advisable to use nicknames, phone numbers, birthdays, pet names, the name of a child, or any word that can be found in a dictionary. Choosing a good password is easy. Use at least eight characters with at least one special character (#, *, !, @, etc) and at least one number. You should also change your password often and never give it to anyone. Finally, if you can avoid it you should never write your password down. If you do have to write it down, do not label it as ‘my password’ and keep it in a safe location.

Finally, always make backups of important computer files. Whether it is as simple as copying files to a CD, DVD, or external hard drive or utilizing an online backup services available via the Internet, a backup can reduce the harm caused by viruses, malware and other threats to computer systems.

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Biden expresses gratitude to U.S., Iraqi forces

By Donna Miles
American Forces Press Service

WASHINGTON — Joined by Iraqi Prime Minister Nouri al-Maliki and Iraqi President Jalal Talabani in Baghdad Dec. 1, Vice President Joe Biden thanked U.S. and Iraqi armed forces for their sacrifices, commitment and success.

“I also know you gentlemen will acknowledge that America sent you the very best our country has to offer – our young men and women, ... but also their leaders,” Biden told the Iraqi leaders, praising the leadership of U.S. Ambassador to Iraq James F. Jeffrey and Army Gen. Lloyd J. Austin III, commander of U.S. Forces Iraq.

The vice president surveyed the U.S. and Iraqi troops assembled in Al Faw palace, all “bound together by a shared sacrifice in the service of both their countries.”

Given a mission “as complicated and as challenging as any in our history,” they adapted with the changing situation on the ground tackled everything they were asked to do, he said.

“You succeeded,” he said. “You helped defeat a tyrant, helped beat back violent extremists, and enabled the rise of a new democratic nation, and gave the Iraqi people a chance, at long last, for a better future – a future they deserve.”

Working side by side, the U.S. troops and Iraqi security forces “have laid the foundation for a long-term, strategic partnership between our nations and also for an Iraq that, against all odds, can serve as a source of stability not only for its people, but here in the region, and for years to come,” he said.

Biden noted how far the situation in Iraq has progressed, and he acknowledged the troops’ “heroic work” that made it possible. “Because of you and the work those of you in uniform have done, we are now able to end this war,” he said.

The United States has kept its promises – to remove all U.S. troops from Iraqi cities, to end its combat mission last August and reduce its forces in Iraq to 50,000, and now, to remove all troops by the year’s end, Biden noted.

Biden shared Maliki’s observation that some have questioned whether Iraqi security forces would be ready to assume full security responsibility for their country.

“But the Iraq security forces proved to be more than ready,” he said. “You met the challenge. Throughout the downturn of United States forces and coalition forces, you kept your people safe. And violence has remained at its lowest level since 2003 – because of you.”

Now comes a time of transition, Biden said, as the United States and Iraq explore ways to expand their relationship for the future, calling it a new chapter and a fresh start that both the Iraqi and American people want and deserve.

The strategic framework agreement between Iraq and the United States will guide this relationship, with broad cooperation across wide areas he said, noting that unlike the security agreement, it does not expire.

It represents “a fundamentally different type of relationship, grounded in civilian cooperation between equal sovereigns,” he said, and a long-term comprehensive relationship between the two nations.

“It means America will remain deeply engaged here in Iraq, and throughout the region,” he said. The United States will remain a loyal partner, he added.

Biden offered high praise for U.S. servicemembers and Iraqi security forces for paving the way for a new generation of Iraqis to face a hopeful future with decreased violence.

“It was the sacrifice and bravery and professionalism of all of you assembled before me in uniform that made it possible,” he said. “And it will not and should not be forgotten – either in Iraq, or in my home country of the United States of America.”

He paid special tribute to the 4,486 who made the ultimate sacrifice, and more than 30,000 who were wounded in Iraq.

“We honor their sacrifice, as well as yours, and we take immense pride and success in what you have done,” he told the assembly, noting the nation’s responsibility to care for its veterans.

“We owe you,” he said. “The only sacred obligation our nation has is to care for those who we send to war, and care for them when they come home.”

As the last of U.S. forces return home this month and their mission ends in Iraq, Biden acknowledged that the threats they confronted haven’t disappeared. He expressed confidence, however, that the Iraqis are ready to confront them.

“Iraqi security forces have been well trained [and] prepared, and you are fully capable of meeting the challenge,” he said. “And Iraq’s emerging, inclusive political culture will be the ultimate guarantor ... of this stability.”

Biden challenged the Iraqis to seize the opportunity to provide their people a normal, prosperous future, knowing that the United States remains a committed partner.

“Our forces are leaving with their heads held high,” he said. “But the hard-won ties between our two nations, pray God, will live on.”



PHOTO BY T. ANTHONY BELL

U.S. Vice President Joe Biden takes time to talk to more than a hundred Airmen and Soldiers after the Iraqi government's Day of Commitment ceremony in the Al Faw Palace on Victory Base Complex in Baghdad, Dec. 1. Biden shook hands, took pictures and gave each servicemember a coin.

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West Point reveals service branches for Class of 2012

By Mike Strasser
West Point Public Affairs

WEST POINT, N.Y. — For the Class of 2012, this was the big one. The moment.

They began their West Point experience some 41 months ago — wading through a sea of unknowns — and now probably the most significant of those unknowns was revealed during Branch Night.

At the branch notification ceremony Dec. 1, the Class of 2012 discovered how they will serve as officers in the U.S. Army, whether it be Aviation, Infantry, Quartermaster, Air Defense or in any of the 16 branches.

During the ceremony, Class of 2012 Cadet Charles Phelps, the Corps of Cadets' first captain, extended a round of applause to the many branch representatives, tactical officers and noncommissioned officers and instructors who served as mentors during the arduous process of branch selection.

Speaking to his class, Phelps reminded them of the past 41 months, from Reception Day, cadet basic training and now only months away from graduation, to get where they are.

"This evening, we share a collective occasion to celebrate," he said. "Branch Night is one of the landmark events in our progression through the West Point experience that falls in cadence with the memories we created. The symbol sealed in the envelope represents the edge of a precipice we now stand upon."

Phelps said upon receiving their branch, the "firsties" can now begin shaping the mental image of their contributions to their new teams.

"Regardless of branch, we will cross paths again; potentially in hostile environments where our ability to act decisively and with cohesion will be vital," he said. "It is critical that we embrace tonight's results and depart from this theater to prepare for the demands of our respective branches with relentless optimism."

After the speeches were made and the order to open envelopes was given, 94 percent of the Class of 2012 received one of their top three desired branches. Almost 76 percent of the class achieved their top choice, and it was reported at the ceremony that no cadet received their last choice.

Phelps was among the 239 cadets to branch Infantry, which was the most sought after of the 16 branches. Class of 2012 Cadet Timothy Tieng erupted with joy after discovering he was among those cadets.

"I'm feeling really great about this. It's an amazing moment and everything was worth it," Tieng said.

Tieng said he drew from all his experiences at West Point in determining what branch he wanted.

"I looked at the branch I



PHOTO BY MIKE STRASSER

Class of 2012 Cadet Kyle Johnson receives Aviation branch insignia during Branch Night at Eisenhower Hall, at the U.S. Military Academy at West Point, N.Y., Dec. 1.

thought was great and one I would be really good at," he said. "After the multiple summer training experiences, I thought Infantry would be great."

Later he donned an olive green infantry cap and joined his fellow future infantry officers in pinning the branch insignia to their uniforms.

Not everyone in the Class of 2012 was able to share in the festivities at Eisenhower Hall. Nearly 30 cadets are studying abroad this semester, some as far away as Morocco, Brazil and China; they were notified electronically or by telephone from their tactical officers. For some athletic teams, including the Wrestling, Women's Basketball and Swimming and Diving teams, small locker room ceremonies were conducted.

Class of 2012 Cadets Meagan Doucette, Erin Jankowski and Kait Goodall received their branch notifications following Army's 55-51 home win over Hawaii that night. Doucette and Goodall, team co-captains, both received their first choice and earned their Aviation wings among 120 from the Class of 2012. Jankowski, the student assistant coach, also received her top choice and will join

the Engineers Corps.

"This is literally everything that we worked for," Doucette said. "It's the reason you work hard in class, the reason you push yourself in everything you do."

Doucette was largely undecided about what she wanted to branch until this year, but is convinced she has made the right choice.

"I've never talked to anyone who could say anything bad about Aviation, and everybody I know [in that branch] absolutely has no regrets and loves it," she said.

Speaking of regrets,

Goodall said despite missing out on the initial celebrations with her class at Ike Hall, getting to spend it with her team was just as special.

"It's a big night for our class, but I love my team," she said. "After our win tonight, I couldn't have asked for a better way to spend my night than out here on the court with my teammates, with my friends."

Field Artillery will be welcoming 145 members of the Class of 2012 and another 134 will become Engineer officers.

Ninety-nine firsties

will branch Armor, 51 are headed to Air Defense Artillery, 38 will join the Signal Corps and 23 chose Adjutant General. The Military Intelligence community will receive 53 from the Class of 2012, 15 more chose Military Police, nine selected Chemical Corps and six will branch Finance. Among the future logistics officers, 23 firsties will join the Quartermaster Corps,

33 will serve as Ordnance officers and 19 will enter the Transportation Corps.

In addition, 20 cadets will join the medical service and 18 have been nominated for medical school. The Class of 2012 will receive their orders and postings in the spring.

(Editor's note: Tracy Nelson, Army Athletic Communications, contributed to this story)

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Tree: ‘I think it’s great for the community to be able to come together, celebrate’

Continued from Page A1

that would be easy for him to use. He was very excited. When he won, he was so thankful. I was very excited that he did so well,” she said.

Alex was excited to win the contest and light the tree — his mother said that his reaction was thanking the commanding general for letting him help. Alex and his Family plan on hanging the ornament in a very special place at home when the holiday season ends.

Col. James A. Muskopf, Fort Rucker garrison commander, concluded the event by singing carols to wel-

come Santa Claus and his elves, who brought candy canes and gifts for children at the event.

“I think it’s great for the community to be able to come together and celebrate the holidays. There are so many people from the area involved, like the Boy Scouts and Girl Scouts. It’s just really nice,” said Johanna Spencer, who brought her son, Jack, to meet Santa Claus.

“I think everyone had a great time at this event and are looking forward to attending next year’s ceremony,” said Abeln.

For more information on upcoming DFMWR events, call 255-2292.



PHOTO BY ERIN MURRAY

Santa Claus greets the Families and community members who set the holiday season in full swing by gathering at Howze Field to light the Fort Rucker Christmas tree Friday.

Safety: Preparation, precautions help prevent accidents

Continued from Page A1

winter storm is a possibility and it always helps to be prepared if such an occurrence happens.

If you become trapped in a winter storm, Saliewicz recommends that you should stay in your car. People should also display trouble signs by hanging a bright

colored cloth from the antenna, and raise the hood of the car, and running the engine occasionally to stay warm.

“Run the engine about 10 minutes per hour,” said Saleiwick. “Run the heater and turn the dome light on while engine is running.”

He also urges that drivers that become trapped should be mindful of signs of

frostbite and hypothermia.

“Redness, aching, white or blanched skin, loss of dexterity and sensation are all signs of frostbite,” he said, “and signs for hypothermia are uncontrollable shivering, confusion and the inability to do simple tasks.”

To help prevent frostbite and hypothermia setting in, Saliewicz said people

should do minor exercises to keep up circulation, move and change positions regularly, huddle together for warmth if able, take turns sleeping if necessary, and avoid overexertion and dehydration.

Taking these precautions and simply being prepared for the worst during the winter season can not only help prevent accidents, but it can save lives, he said.

Lyster: Renovations make patient service quicker, smoother

Continued from Page A1

but we’re standardizing the rooms during this process,” said Staff Sgt. Eli Aguilar, primary care clinic NCOIC, during a presentation on the renovation.

Aguilar explained that the new examination rooms include new touch screen computers that will allow providers to access multiple applications simulta-

neously, speeding up the examination process. The rooms are also designed to be more comfortable and organized, with a standard layout for supplies and equipment.

After the Team Courage renovation, teams Respect, Honor and Integrity will also temporarily relocate and undergo similar renovations. For the convenience of patients, front

desk clerks for the clinic teams will remain in the same locations, with most construction occurring behind temporary walls built in the clinic. Additionally, the clinics are renovated in phases in order to continue to provide care to patients during the entire process.

“It made more sense to have the moves happen internally. It’s convenient for them, because they have

some stability. They won’t have to worry about moving around – it provides continuity for the providers and the patients. We’re not going to disrupt any patient care during this process,” said Staff Sgt. Javier Ramirez, primary care clinic NCOIC.

Another change during the renovations will be made to the front entrance of LAHC, which will be

changed into a revolving door in January. During this renovation, which is expected to take three to four weeks, parking and access to the clinic will be modified. Robbie Johnson, who has coordinated the renovation, explained that these changes will not detract from patient care. Lyster staff will be changing signage and providing assistance to patients dur-

ing the entire renovation process.

“(The renovations are) all part of a big change. Not only do patients get in to see their provider, but things go quicker and smoother. There’s more quality time between the patient, nursing staff and the provider,” said Powell.

For more information on the renovations, call 255-7229.

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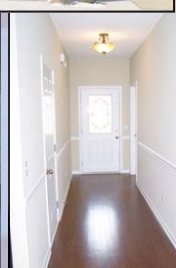


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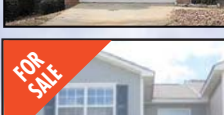
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Depot completes its 48th Black Hawk

By Jaclyn Nix
Army News Service

CORPUS CHRISTI, Texas — Corpus Christi Army Depot achieved an unprecedented milestone, completing a record 48th UH-60 Black Hawk recapitalization this year. The recap program is the Army's effort to reduce costs of replacing aging helicopters with new ones.

Corpus Christi Army Depot saves taxpayers more than 45 percent by rebuilding an aircraft versus purchasing a new one from the manufacturer.

The program brings an Alpha model UH-60 Black Hawk into the depot, then after just under a year of upgrading and rebuilding the structural, engine, and airframe components with more capability and power, it comes out looking, smelling and performing like a brand new Lima model. Last year CCAD produced 38 A-L recap Black Hawks.

Recap extends the life of a Black Hawk by 10 years while also ensuring each aircraft is equipped with the latest technology and systems.

"It took the entire team from Accounting to Aircraft Production and every single person at CCAD to meet the 48th Black Hawk," said Col. Christopher Carlile, CCAD commander.

In addition to the challenge and motivation of working as a team to get the 48 out, many areas used processes and methods that save time and money. The release of the second alignment fixture, for instance, allowed for more time to be spent inside of the fixture.

The depot held a Final Assembly Inspection to reduce the number of defects and rework passed between Reassembly and Flight Test. This effort allows for more attention to the aircraft before it is moved to Flight Test.

Warranty Teams is another concept that came along with FAI.



PHOTO BY ERVEY MARTINEZ

The 48th Black Hawk sits outside on the Corpus Christi Army Depot, Texas, flight line.

Flight Test inspects and completes the checks with ground power. Any defects found in Flight Test calls for a Warrant Team from the assembly line, AMG, avionics, electricians and the flight test crew to correct the defects without moving the aircraft back to a separate building.

"This paid big dividends in experience sharing and resulted in a better than 50-percent reduction in defects passed to Flight Test," said George Kunkle, chief for the Aircraft Support Division.

The aircraft cleaning team took

actions to train employees by correcting capping and plugging of electrical connectors and even creating a third shift to meet the demands.

"The real key to obtaining the goal was the artisans' resolve to meet a standard set higher than believed possible and the determination to carry it through without yielding to past beliefs and non-believers," said Jamie Felgenhauer, Black Hawk Recapitalization division chief.

Production Control used multiple time-saving techniques to accom-

plish the record. They stuck with local support, ensured a smooth flow of parts and assembled a team of key players to be on top of the ball with material availability for each aircraft before its arrival to the hangars.

"The biggest thing that made the 48 Black Hawks possible this year is the guys and gals on the floor," said Aaron Shephard, UH-60 Recapitalization Structures section chief. "If they get challenged with something, they aren't going to back down. Everyone fought hard to cut

down on the defects, work through the processes and use what they had to put out 48 aircraft."

"The entire Directorate of Aircraft Production was empowered and challenged to meet the customer's requirements to most importantly provide the aircraft and support for our warfighters," said Kunkle.

"In the past, we focused on singular efforts, support versus production. One without the other will fail," said Carlile. "CCAD has shown they are a team capable of playing at Super Bowl level."

MQ-9 'Reaper' finds training home at Fort Drum

By Jennifer M. Caprioli
Fort Drum Public Affairs

FORT DRUM, N.Y. — This fall, for the first time ever, the airspace above Fort Drum was graced with a 10,500-pound unmanned aircraft performing an essential operation.

It was a pivotal moment that would prove to military personnel that the MQ-9, commonly referred to as the "Reaper," had established a home base for training missions at Wheeler-Sack Army Airfield.

"The MQ-9 is the leading edge of what the Air Force has to offer today, in terms of reconnaissance, surveillance and in also delivering kinetics on target in the war fight," explained Maj. Gen. Patrick Murphy, New York state's adjutant general who commands all of the New York Air and Army National Guard.

The MQ-9, an unmanned aircraft system, is launched by a ground crew and flown to altitudes using a line-of-site radio system. The aircraft is then turned over to a flight

crew, who operate it via a satellite link.

Members of the ground crew, who handle take-off and recovery in a cockpit, reside at Wheeler-Sack Army Airfield. This cockpit allows for instantaneous control, which is required for the take-off and landing portion of the mission.

"The opportunity to fly in the airspace here is key to even having this opportunity in upstate New York," Murphy noted. "It's a continued relationship that we sincerely appreciate."

Once the aircraft takes off, it enters the restricted airspace in and around Fort Drum, explained Col. Kevin Bradley, 174th Fighter Wing commander.

The cockpit, which sits at the Syracuse Hancock International Airport, is then connected via satellite to the MQ-9, allowing the pilot at Hancock to fly the aircraft.

"There is an inherent delay — around a second and a half — once the pilot makes the control stick input for the aircraft to actually move. That's why we need the cockpit



PHOTO BY JENNIFER M. CAPRIOLI

The MQ-9 "Reaper" can cruise airborne at about 250 mph and between 15,000 and 20,000 feet. It has the ability to fly for up to 15 hours with a full-motion video that can be streamed back to a tactical operations center or command and control center for first-response missions. The aircraft also is capable of acquiring targets and tracking them for long periods of time from high altitudes with its camera system.

here (at Fort Drum) to do the take-off and landing," Bradley said.

The plane, which cruises at about 250 miles per hour and between 15,000 and 20,000 feet, has the ability to fly for about 15 hours with a full-motion video that can be

streamed back to a tactical operations center or command and control center for first-response missions.

It also is capable of acquiring targets and

SEE HOME, PAGE B4

Wounded Soldiers share their experiences during CAB visit



PHOTO BY SGT. 1ST CLASS JEFF TROTH

Retired Sgt. Omar Avila, left, and retired Sgt. Jay Fain got a chance to see what it was like to "fly" a UH-60 Black Hawk helicopter using a flight simulator during a visit to Fort Riley, Kan., Nov. 18. Both Soldiers were wounded in Iraq in 2007 and were medevaced to a hospital in a UH-60 Black Hawk.

Sgt. 1st Class Jeff Troth
CAB Public Affairs, Fort Riley, Kan.

Wounded 1st Infantry Division Soldiers got a chance to talk to leaders of the Combat Aviation Brigade, 1st Inf. Div., for the Aviation support they received while they were deployed to Iraq in 2007.

Retired Sgts. Omar Avila and Jay Fain both claim that after being injured on patrols near Baghdad they would have died if not for the flight crews who flew the helicopters that medically evacuated (commonly called medevac) them.

About 200 aviators, crew chiefs, fuelers, mechanics and administrative Soldiers got to hear firsthand accounts of how what they do on a daily basis saves lives of Soldiers on the ground.

"At the end of the day, our job is to ensure that our aircraft support the ground force commander and all the Soldiers on the ground," said Col. John Morgan, CAB commander. "We are fortunate to have these war-

riors here to relate to us what our Aviation forces mean to the forces on the ground."

In 2007, both sergeants were assigned to different companies in the 1st Battalion, 26th Infantry Regiment, 2nd Brigade Combat Team, 1st Inf. Div. Patrols in Baghdad and the villages around Iraq's capital were everyday occurrences for both infantrymen. Avila's platoon went on patrol May 14, "just like any other day".

"This was 10 months into the deployment, and I knew the streets," said Avila, a Brownsville, Texas, native. "We went over this bump that I had never felt on that road before."

As he was processing what the bump was a 200-pound deep buried improvised explosive device went off hitting the back of the truck and rupturing the gas tank sending fuel everywhere.

"The guys behind us said the Humvee went three to five feet up into the air," Avila said.

SEE EXPERIENCES, PAGE B4

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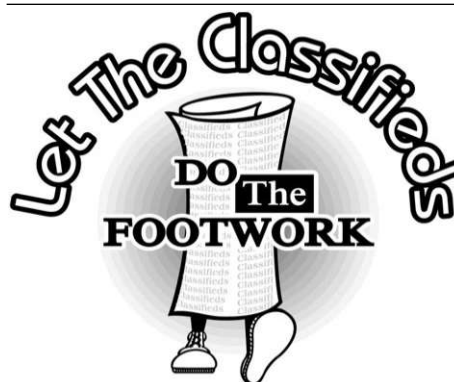
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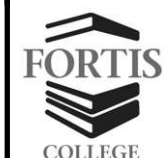
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Home: ‘We can’t be happier to be here at Fort Drum’

Continued from Page B1

tracking them for long periods of time from high altitudes with its camera system.

The MQ-9 has flown overseas since November 2009, and now, thanks to the airspace around Fort Drum, it has the capability to fly domestically.

“We have a very important mission we’ve been assigned by the Air Force, and that is to train pilots and sensor operators to fly the MQ-9,” Bradley noted.

The “soul of the airplane,” or the sensor pod, has low-light (level) television capability, electro optic and infrared, which has the ability to take a picture with full-motion video and turn that nighttime scene into a monochromatic daytime scene.

The pod has the ability to guide laser weapons, allowing the aircraft to shine a flashlight — which can only be seen with night vision goggles — on the ground.

On average, the Air Force has been flying the aircraft about three times per week at Fort Drum.



PHOTO BY JENNIFER M. CAPRIOLI

Tech. Sgt. Cole Shebat participates in an MQ-9 demonstration Nov. 17 at Fort Drum’s Wheeler-Sack Army Airfield in New York.

“These are not demonstration flights. These are actual flights that are utilized for training,” Bradley said, noting they are training stu-

dents how to employ the aircraft.

During flights, they will practice the skills required for pilots and sensor operators in combat.

“The training that can be accomplished up here, in training our pilots, is like none other,” Murphy said.

The Federal Aviation Administration allows the MQ-9 to be flown in the restricted airspace at Fort Drum and restricted airspace access over Lake Ontario, located west of Fort Drum.

Once in the airspace, the aircraft can climb to above 18,000 feet and can fly in and around Fort Drum. They have been operating about 30 to 50 miles from Fort Drum.

“The fact that we have restricted airspace collocated to this military airfield is what allowed us to gain permission from the FAA to get a license to be able to take off and land from this airfield,” Bradley said.

Not only will the Air Force be able to train with live weapons in the impact area in and around Fort Drum, but they also can fly above 18,000 feet over Lake Ontario and perform maritime and coastal training operations.

“We can’t be happier to be here at Fort Drum and actually have a

chance to do our domestic flying (and) to be able to train with the (military members who) are here,” Bradley said.

He noted the high value of the training space, because they have the opportunity to train over land and water and during four seasons.

“We’re not always going to fight in the desert. We need to learn how to employ and fly this airplane in varying weather conditions. This is quite a laboratory that we’ve got here,” Bradley noted.

“Fort Drum is very happy to continue its partnership with the New York National Guard, as well as the 174th Fighter Wing. This is a long-standing relationship. They are not new faces here to Wheeler-Sack, as well as downrange with our Soldiers,” said Brig. Gen. Harry E. Miller, special assistant to the 10th Mountain Division commanding general.

“It is one team, one fight when (the Soldiers) go over to Iraq or Afghanistan,” Miller added. “So Soldiers and Airmen working together seamlessly is what it takes to accomplish the mission.”

Experience: ‘It makes me feel good knowing that we are helping out Soldiers’

Continued from Page B1

Injured and in a burning vehicle, Avila manned the .50 cal machinegun. He said he was only able to get off three rounds at the insurgents before the heat from the fire caused a round in the weapon to explode.

As he started to climb out of the vehicle a hand grenade exploded from the heat and peppered him everywhere. When he got out he was on fire and a Soldier from another vehicle used a fire extinguisher to douse the flames.

“This is where you guys come in. I’m laying there and I hear two Black Hawks coming in,” said Avila, who sustained burns to 75 percent of his body and had a foot amputated. “I thought ‘that is the fastest medevac I have ever witnessed’.”

But these were not medevac helicopters. They were on another mission when they saw the smoke from the burning wreckage and changed their course.

“They turned around and came back to where we were and they saw about 30-40 insurgents strapped with RPGs (rocket propelled grenade launchers), RPKs (a machinegun), AK (assault rifles)... you name it they had it,” Avila said. “The helicopters lit them up and took them all out.

“I still don’t know who the crew was, but they came in and helped us out a lot.”

With the insurgents taken care of by the flight crew, Avila’s patrol headed back to their base where he and the rest of the guys were medevaced to Baghdad’s Green Zone. Three days later he was in San Antonio, Texas, at Brooke Army Medical Center.

A little over a month later, Fain caught a ride with a convoy to Camp Taji to start his journey stateside for rest and recuperation. And like Avila, he knew the route they were taking.

“Our headquarters was at Taji, so I had been on this drive hundreds of time, I knew the route,” said Fain, a native of Columbia, S.C.

He got in the rear Humvee because he knew all the guys in that vehicle and had figured “the first Humvee always gets hit, the last one never does.”

As they were driving down the road he was scanning the countryside outside his window when his vehicle was struck by an explosively formed penetrator.

“And the next thing you know, like that,” Fain said as he snapped his fingers. “I don’t remember hearing the blast, seeing it or feeling it.

“When I came to I realized we had just been hit. I could

see the smoke, people yelling. My first reaction was to check on my buddies.”

He then tried to find his weapon, which had been between his legs, but couldn’t find it or the door latch in order to open the door and engage the insurgents.

“The reason my weapon wasn’t there was because it had been torn to shreds and the door was destroyed,” said Fain.

“The medic got over there right away and saved my life,” said Fain. “The EFP came up through my hip and went out, but a lot of shrapnel tore through my insides.”

The medic was able to stabilize him enough to get him to the aid station at a nearby base. Fain said, once there, he started to have seizures and the doctor knew he had internal bleeding and needed to get to the combat support hospital in the Green Zone immediately. But flying conditions were poor and all aircraft were grounded.

“This is where Aviation saved me,” said Fain, who had sustained internal injuries and burns to his body and despite the efforts of his doctors his right leg was amputated. “That Black Hawk crew took off anyway, by himself, without his wingman, to come and get me. To this day I don’t know who it is; I really wish I knew who it was.”

They got him to the hospital where he was taken immediately to surgery. Five days later he joined Avila at Brooke Army Medical Center.

While the doctors helped Avila at Brooke, the Big Red One Society helped his parents. The BRO Society paid to have his parents’ belongings moved from Brownsville to San Antonio so they could be there for him during his recovery. They also paid to have the family’s Brownsville home renovated so it would be wheelchair accessible when he was released.

Although being medeva-

ced was a critical moment in their lives, both know this was not the first time that helicopters played a vital role in them being alive today.

Fain recounted to the CAB Soldiers an incident that happened shortly after his unit had arrived in Iraq. They were on patrol and were pinned down by insurgents, who were firing “from every rooftop and every window.” Apache helicopters showed up and opened fire on the buildings.

“I was so relieved when they came,” Fain said. “If they hadn’t come when they did and did what they did, who knows what would have happened. A lot of us could have gotten hurt, or not be alive today.”

“This is why I wanted them to talk to our leaders, and tell us what aviation has meant to them,” said Command Sgt. Maj. Jim Thomson, the CAB’s senior enlistment adviser. “We don’t always get to see, or hear what our actions have accomplished

because we are too busy doing what we do.”

“It makes me feel good knowing that we are helping out Soldiers by doing our jobs,” said Staff Sgt. David Coody, an aircraft maintainer.

For Capt. Anthony Leiding, being a medevac pilot he has had several missions where he picked up Soldiers wounded in combat. Just as Avila and Fain didn’t know who was flying them to safety, Leiding said that unfortunately he and other medevac crews don’t know the name of the injured they are transporting, or even if the Soldier survived after they get them to the hospital.

“Having these guys here lets us know what we are doing is worthwhile,” Leiding said. “It makes me feel good knowing that when we deploy, what we do does impacts people beyond the battlefield. They are able to live healthy, productive lives because of us.”

At the beginning of the year, Avila and Fain returned to the battlefield where they had been injured four years earlier. The wounded 1st Infantry Soldiers took part in the Troops First Foundation’s “Operation Proper Exit,” a program aimed at helping wounded warriors find emotional closure.

On this return trip to Iraq, the pair saw changes in the towns and on the streets where they used to patrol.

“When I was there before, I wouldn’t have imaged people being able to walk on those streets like I saw them doing in February,” said Fain. “Flying at night is what really got to me. All of Baghdad was lit up and I actually saw an amusement park with a Ferris wheel going.

“Seeing all the changes made me realize something,” said Fain. “All that work, and all that hurt we went through, and all our boys that died over there was for something, our sacrifices were worthwhile.”



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DECEMBER 8, 2011



PHOTO BY NATHAN PFALU

Dianne Duncan, teacher's aide, helps Fort Rucker Primary School students create apple cinnamon ornaments to be hung on the Christmas trees sent to deployed Soldiers, Dec. 1.

Operation Celebration

Kindergarteners send holidays to deployed Soldiers

By Nathan Pfau
Army Flier Staff Writer

The kindergarten teachers at Fort Rucker Primary School taught their students the importance of showing thanks and appreciation to deployed Soldiers Dec. 1 with Operation: Celebration, an event to send holiday care packages to Soldiers spending their holidays on deployment.

The packages were sent Friday to Soldiers of the kindergarten Family members that are deployed in Afghanistan, Egypt, Honduras and Iraq.

The event began last year when Katie Condon, kindergarten teacher and organizer of the operation, decided that the school should do something special for the Families of her students that had deployed parents during the holidays.

"Thankfully, we don't have any students with deployed parents this year," said Condon, "but we do have students with other Family members that have been deployed."

Condon organized the event with her class last year, but for this year, decided she wanted more involvement.

"We did [Operation: Celebration] last year but only with my class. This year we got the entire kindergarten involved," said Condon.

The event was being held in pods five and six at the primary school, where mothers of the students and other teachers volunteered to come and help with the event.

Various stations were set up throughout the classrooms where students, with the aid of the mothers and teachers, could create the gifts to be sent overseas.

Some of the items they included in the packages were:



candy canes, flowers, handmade ornaments, small Christmas trees, photos, stockings, quilts, cookies, wreaths, bracelets, necklaces, hats, headbands, handmade cards, Rice Krispies treats with messages on them and other goodies just to name a few.

Most of the items that the children prepared to send were handcrafted items they created with the teachers and mothers, mostly ornaments that could be hung on the Christmas trees to be sent over with the packages.

"I think this is so important to do this because [the students'] parents are in the military, serving our country, and

they will probably have to go overseas at some point," said Billie Griffith, volunteer and educational aid at Fort Rucker Primary School. "It's important for the children to show appreciation and for them to understand what their parents are doing."

When the students were asked why they thought what they were doing was important, Sebastian Scheurer, kindergarten student at Fort Rucker Primary School, replied, "The Soldiers over in Afghanistan don't have ornaments and gifts, so we have to make them so that they can have them."

The inspiration for the idea came from two books called "Operation: Celebration" and "The Soldiers Tree," in which children send gifts to troops of the parents of classmates that are deployed overseas.

"It's really just about the kids giving back while the Soldiers are [deployed], risking their lives and sacrificing," said Condon. "It's just nice to be able to give back to them a little bit."

"We talked about what it's like to be away from your Family and how hard it is, so we asked the kids if they would like to send [the Soldiers] a little love, and [the students] were all about sending them a little love," Condon added. "That's basically what inspired it and they love it."

Dianne Duncan, volunteer and teacher's aide at Fort Rucker Primary School, was in charge of the station helping students create apple cinnamon ornaments, out of clay, to be hung on the trees to be included in the packages.

"They smell absolutely amazing and I had to make sure to tell the students that these could not be eaten," she said.

Art gala showcases local youth talent

By Erin Murray
Army Flier Staff Writer

Not every child gets the chance to learn about quilting, ceramics and wood burning in their free time, but participants in the Experience, Develop, Grow and Excel, or EDGE!, program showed that they have been learning these skills and more during an art gala Dec. 2.

The work of EDGE! participants was on display at the Fort Rucker Arts and Crafts center and parents and friends were invited to learn more about the art, artists and program that made it all possible.

EDGE! is a free Directorate of Family, Morale, Welfare and Recreation program that provides youth with art, fitness, life skills and adventure activities. The program is open to children of active duty, retired military, Department of Defense civilians and contractors, said Denise Honeycutt, DFMWR partnership specialist.

"EDGE! is a really great program. It's really exciting for these kids. We wanted to show off our awesome kids and all that they've done this year," said Jenna Kisling, EDGE! pro-



PHOTO BY ERIN MURRAY

EDGE! participants, parents and instructors pose with their art works that have been produced during the program's after school events. EDGE! events will continue through December and January.

gram assistant.

Included in the display were paintings, sculptures, pen and ink drawings and quilts made by EDGE! participants during their sessions since July.

One participant, Mark Jones, explained that because of EDGE!, he hoped to continue making art

even after he grows up.

"Art is one of my favorite hobbies, so I joined the EDGE! program. It's really fun. I would have never learned these things without it," said Jones.

Mark's mother, Fiona Jones, said that the program has been great for her son, and it has also

allowed her to have some free time when he's at the arts and crafts center.

"The staff is so helpful. They welcome and encourage the children. It enables the children to explore art and go the direction they want to go. The EDGE! program has enabled him to

have one-on-one assistance. My only regret is that he hasn't been able to go even more often," she said.

Along with viewing the works of art, attendants at the gala were treated to refreshments and a tour of the arts and crafts facility. Each of the EDGE! participants were also given a certificate of recognition for their work.

"I'm going to do a lot more next year, because it's fun. This is the first time I've done something like this. I like it because it gets me out of the house and I can be creative. I've learned a lot of techniques," said Courtnee Denton, who has attended many EDGE! workshops along with her siblings.

She said that the program has been fun, and that even those who might not be naturally artistic can enjoy the lessons and friendships made during the program.

"The children love coming to EDGE! because they get to do stuff that they wouldn't usually get to do at home. Plus, they get to meet some new people, have positive role models and get a little independence," said Kisling.

For more information on EDGE! and upcoming events, call 255-0666.

ON POST

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

Santa visits Families

Santa and his reindeer will be making their way to Fort Rucker for Picerne Military Housing's Milk and Cookies with Santa today from 5-7 p.m. at the Rucker-Picerne Partners building located at 2908 Andrews Avenue.

Those attending can enjoy a free picture with Santa, crafts, refreshments and more. There will also be a musical performance by the students at Fort Rucker Primary School at 4:30 p.m. Families wishing to include their pets are welcome to visit Santa between 3 and 4 p.m.

People can call their neighborhood office for more information.

Big Breakfast with Santa

The Landing Zone hosts a Big Breakfast with Santa Saturday from 9 a.m. to noon. The breakfast buffet will include eggs, bacon, sausage, hash browns, pancakes, toast, ham, biscuits with gravy, assorted fruits, cereal bars and other breakfast items. Cost for a Family (two adults and up to three children) is \$25, for adults ages 13 and older is \$10, and for children ages 3-12 is \$5 and children 2 and younger eat for free. Children may also have their photo taken with Santa. The event is open to the public.

For more, call 598-8025.

Character Dining

The Landing Zone hosts Character Dining Tuesdays from 4:30-8:30 p.m. Children 12 and under eat free from the Kid's Buffet with the purchase of an adult entrée, with limit of two per adult. Character Dining is open to the public.

For more, call 598-8025.

Christmas craft activity

The Center Library hosts a Christmas craft making activity for children ages 3-11 Tuesday from 4-5 p.m. Space will be limited to the first 65 children present. Light refreshments will be served. There may be a special visitor during the event, so parents should bring along their cameras.

For more, call 255-3885.

Newcomer's Welcome

Army community Service offers its Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing, with the next event taking place Dec. 16. Active duty, foreign students, Army civilians, and Family members are all welcome to attend the informative event to learn about Fort Rucker. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161 or 2887.

Creative Social

The arts and crafts center hosts creative socials every third Thursday of the month from 4:30-6 p.m., with the



PHOTO BY NATHAN PFAU

The 'Best Christmas Pageant Ever'

Members of Fort Rucker's Above the Best Theater Group rehearse recently for an upcoming production of the "Best Christmas Pageant Ever." The group performs the play Friday from 6-8 p.m., and Saturday from 2-4 p.m. and 6-8 p.m. at the Spiritual Life Center. The event is free, and cookies and milk will be served. For more, call the Directorate of Family, Morale, Welfare and Recreation at 255-9810.

next one Dec. 15. The social is for aspiring artists to share ideas, inspiration and resources, and also serves as an opportunity to showcase artists' work. The socials are open to the public.

For more, call 255-9020.

Parent Support Program

Army Community Service's Promotion Points hosts a new Parent Support Program from 9-11 a.m. at the Early Childhood Activity Center, Bldg. 3705, on Dean Street. These monthly parenting education classes are designed for Soldiers and are held the first Friday of every month, with the next class Jan. 6.

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

EFMP information, support

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Jan. 10 from 9-10 a.m. at the Center Library on Fifth Avenue. The topic for the meeting is "Available Resources for Individuals with Special Needs and Disabilities." The meeting and group are designed to help let EFMP Families know they not alone and provide an opportunity for them to learn and also provide suggestions for future topics for the support group.

For information and to register, call 255-9277.

Becoming a Love and Logic Parent Workshop

Fort Rucker's Fam-

ily Advocacy Program holds "Becoming a Love and Logic Parent" classes Thursdays from Jan. 12 to Feb. 23 from 9-11 a.m. at the Early Childhood Activity Center, Bldg. 3705, on Dean Street. Topics include raising responsible children, instilling values, problem solving and using natural consequences as a discipline technique. This workshop is a seven-part series. Participants must attend all classes in order to receive a certificate of completion. The workshop is open to active duty, retired military, Department of Defense employees and their Family members. The workshop will not meet on holidays.

For child care information and registration, call 255-3898 or 9641.

Winnie the Pooh craft making

The Center Library celebrates Winnie the Pooh Day Jan. 17 with a craft making activity for children ages 3-11 from 4-5 p.m. Space is limited to the first 65 children to register.

For more information or to register, call 255-3885.

AFTB Level III

Army Community Service hosts Army Family Team Building Level III training Jan. 18-19 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. Class topics include communication skills for leaders, leadership styles, building cohesive teams, managing group conflict and more. Advance registration is required.

For registration and childcare information, call 255-2382.

DFMWR Spotlight

ARMY vs NAVY

Saturday, Dec 10th starting at 2:30 p.m.



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

FMWR, WWE team for troop tribute

Army Family, Morale, Welfare and Recreation
Press Release

World Wrestling Entertainment, Inc., the USA Network and NBC will honor the men and women of the U.S. Armed Forces with the ninth annual holiday special, “WWE Tribute to the Troops” presented by Slim Jim.

The television program will air as a two-hour special on USA Network Tuesday from 7-9 p.m. and as a one-hour special on NBC Dec. 17 from 8-9 p.m.

Tribute to the Troops helps to increase awareness of the Army Family and Morale, Welfare and Recreation brand. The event’s sponsor, Slim Jim, will donate up to \$500,000 worth of products to our troops in conjunction with this event. Learn more at: <http://www.wwe.com/shows/tribute-tothetroops>

In the tradition of Bob Hope, the patriotic holiday special will feature a variety of performances, including: Grammy award winning R&B sensation Mary J. Blige; multi-platinum rock band

Nickelback; comedian George Wallace and WWE’s biggest superstars and divas.

Alyssa Campanella, Miss USA 2011, will make a special appearance along with Extra’s Maria Menounos, who will lace up her boots and step into the ring for a special “Diva’s Match.” The special will also include messages of encouragement and thanks from various celebrities such as Matthew McConaughey, Hugh Jackman, The Muppets, Robin Williams, Bradley Cooper, Nicole Kidman and others.

This year’s event is being held at Fort Bragg, N.C. WWE Superstars and Divas will spend the day prior to the live event visiting with troops and Families. WWE performers will participate in a Family 5k fun run/walk, make appearances at two of Fort Bragg’s fitness centers, host a tailgate party with single Soldiers and other activities.

WWE is proud to partner with U.S. Army FMWR programs, to expand entertainment and outreach efforts to Soldiers and their Families around the world.



Horoho assumes command of MEDCOM

By Shannon Carabajal
Army Medicine

FORT SAM HOUSTON, Texas — When Army Chief of Staff Gen. Raymond T. Odierno passed the U.S. Army Medical Command flag to Maj. Gen. Patricia D. Horoho during a ceremony at Fort Sam Houston Monday, the moment marked two historic firsts for the command.

Horoho became the first woman and the first nurse to command the Army’s largest medical organization. The MEDCOM is organized into five major subordinate commands and five regional medical commands, all united under the MEDCOM commander. The command consists of eight Army medical centers, 27 medical department activities, numerous clinics in the U.S., Europe, Korea, and Japan, and 10 subordinate Army Medical Department commands and agencies.

She succeeds Lt. Gen. Eric B. Schoomaker, commander since December 2007, who will retire in January.

Horoho was promoted to the rank of lieutenant general and sworn in as the Army’s 43rd Surgeon General Wednesday. In that capacity, she will serve as the medical expert on the Army staff, advising the secretary of the Army, Army chief of staff and other Army leaders and providing guidance to field units.

Horoho said she is honored by the confidence Army leaders have placed on her to serve as the 43rd surgeon general.

“I am very excited about being able to serve with and serve for a team of professionals who are internationally renowned,” she said.

She is also proud about joining a long lineage of past surgeon generals, going back to 1775.

“In every conflict the U.S. Army has fought, Army Medicine has stood shoulder to shoulder with our fighting forces, supporting those who are putting their lives on the line to defend our freedom. It is my honor to be able to serve in this position and carry on the strong tradition.”

Though she feels the unique personal and professional skills she brings to the position are more important than her gender or career field, she said she recognizes the significance

of her assuming the position and the potential impact it can have in encouraging professional growth across Army Medicine.

“Some say that I am cracking the glass ceiling,” she explained. “I would submit that I am just the next person that is passing through the crack that has been opened by pioneers, leaders who came before me, regardless of gender, culture, race, or creed. What I bring to the job is not my gender, nor my clinical discipline, but my 28 years of experience and education in the field of healthcare.”

As Horoho looks forward to the next four years, there is much to do. The past 10 years have presented the Army Medical Department with a myriad of challenges, encompassing support of a two-front war while simultaneously delivering healthcare to beneficiaries across the continuum.

She said plans to build on the strong platform that Schoomaker and the Army Medicine team established.

“There are challenges in front of us, but those challenges present windows of opportunities, and this team has the talent, drive and the passion to shape the future landscape that we have the honor to deliver care,” said Horoho.

Horoho was previously dual-hatted as the U.S. Army deputy surgeon general and 23rd chief of the U.S. Army Nurse Corps. She has commanded Western Regional Medical Command, Joint Base Lewis-McChord, Wash.; Madigan Army Medical Center, Joint Base Lewis-McChord; Walter Reed Health Care System, Washington, D.C.; and DeWitt Health Care Network, Fort Belvoir, Va.

The general holds a bachelor of science in nursing from the University of North Carolina, Chapel Hill, and a master of science in nursing as a clinical trauma specialist from the University of Pittsburgh. She is also a resident graduate of the Army’s Command and Gen-



MEDCOM PHOTO
Maj. Gen. Patricia D. Horoho receives the U.S. Army Medical Command colors from Gen. Raymond T. Odierno, Army chief of staff, at the MEDCOM change of command ceremony at Fort Sam Houston, Texas, Monday.

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Online shopping requires security, precautions

By David C. Agan Jr.
Fort Rucker Public Affairs

Shopping online can be an attractive alternative to the crowded malls, long check-out lines and unruly mobs of shoppers that have become regular fixtures of the modern holiday season.

Along with the convenience of buying presents from the warmth of a shopper's home, however, comes the threat of online scams and identity theft that could sour the holiday cheer before New Year's Eve rolls around. However, there are some easy ways people can protect themselves, their money and identities while shopping online.

"Safe online shopping starts with your computer," said Thomas Brindisi, Fort Rucker Network Enterprise Center network security manager. "Always keep it updated with the most recent patches."

Typically, computers automatically download and install the latest security patches and updates but people should always manually check before they begin making purchases online.

"There is never a better time to have anti-virus, anti-malware and anti-spyware software installed on your computer than when you are about to enter personal information on the Internet," said Wes Hamilton, Service Desk Supervisor for Fort Rucker. "Current Department of Defense employees are authorized to download antivirus products from the (U.S. Army Computer Emergency Response Team)."

The ACERT website can be accessed at <https://www.acert.1stiocmd.army.mil/An-tivirus>.

Always make sure your Internet browser is up to date, Hamilton said. You can normally find the 'Check for Updates' option in your browser's 'Tools' or 'Help' menu items, so check regularly to ensure you have installed the latest updates and security patches.

Some browsers feature downloadable filters or plug-ins that will warn people if they attempt to visit a known phishing site. For more information, enter 'phishing filter' or 'smartscreen filter' into a search engine.

With the computer and browser fully up-



COURTESY GRAPHIC

dated, it's time to start shopping.

When it comes to buying online, shoppers should always be conscious of whom they are doing business with. Make sure you are buying from the right site, Hamilton said. Looks can be deceiving — just because it looks like the website you think you're on doesn't mean that it is.

Avoid clicking links sent to email addresses because they might be links to malicious phishing sites intent on stealing credit card information. People should manually enter the address into browsers if they know what site they are looking.

Once the shopping cart is filled and it's time to checkout, take a look at the browser's address bar and look for a few signs that indicate the payment information is secure. Never give any personal or pay-

ment information to a website unless the address starts with HTTPS. Most website addresses (or URLs) begin with HTTP, but the 'S' in HTTPS is critical when it comes to online shopping. The 'S' indicates that the connection between the computer and the website the shopper is buying from is encrypted and secure.

The browser will also display a padlock or similar icon as a clear sign the shopper is visiting a legitimate, secured website.

Shop on a home network and never on a public network. You never know who is listening to wireless network traffic at the local coffeehouse, so avoid entering personal information when connected to a public network, Hamilton said.

When it comes to payment methods, credit cards typically offer the most con-

sumer protection. Always use a credit card over a debit card. Credit card transactions are protected by the Fair Credit Billing Act. This allows shoppers, under certain circumstances, to dispute charges and temporarily withhold payment while the creditor investigates. It also limits liability in the event of unauthorized charges.

Some credit card companies offer one time numbers. These are credit card numbers that are good for one use only. Check the credit card company's website or call the customer support line for details.

Be suspicious. People who have encountered a malicious website or have been a victim of online fraud or identity theft, should contact the state's attorney general, the Better Business Bureau or visit <http://ftc.gov/complaint> for more information.



PHOTO BY ERIN MURRAY

Pick-of-the-litter

Meet Aubie, a 5-month-old male hound mix. He is friendly and calm. It costs \$81 to adopt him, which includes neutering, 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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See you Sunday!

Soldier establishes unique bond with NFL team

By Staff Sgt. Megan Garcia
Army News Service

BALTIMORE — On Thanksgiving Day, the American public watched as brothers John Harbaugh, Baltimore Ravens head coach, and Jim Harbaugh, San Francisco 49ers head coach, competed against each other, pinning two head coach siblings together for the first time in National Football League History.

What the American public did not see was a different brotherhood taking place on the sidelines, one between Sgt. Dontae Skywalker and the 49ers.

Skywalker currently serves in the 3rd U.S. Infantry Regiment (The Old Guard) as a Tomb Sentinel at the Tomb of the Unknown Soldier in Arlington National Cemetery, Va.

The Tomb of the Unknowns is a monument dedicated to American servicemembers who have died without their remains being identified. Sentinels remain vigilant 24 hours a day, seven days a week, as they walk the sacred memorial site of the Unknown Soldiers despite all weather conditions.

Last month, the 49ers visited the tomb where they met Skywalker for the first time.

“I was immediately impressed meeting him at the Tomb of the Unknown Soldiers,” said Harbaugh. “What I witnessed was a commitment to excellence. That’s something we know about in terms of football.”

John Feuerborn, recalling his brother-in-law’s reaction, admitted Harbaugh was definitely touched.

“That day I remember Jim saying, ‘I’ve got to name a play after him,’” said Feuerborn.

The “Skywalker” pass play made its debut appearance against the New York Giants, Nov. 13, earning the 49ers 16 yards in the third quarter. Re-



PHOTO BY STAFF SGT. MEGAN GARCIA

Sgt. Dontae Skywalker, Tomb Sentinel, 3rd U.S. Infantry Regiment (The Old Guard), gives San Francisco 49ers guard, Mike Iupati, a good luck hand slap prior to the Baltimore Ravens vs. San Francisco 49ers game Nov. 24 at the Manufactures & Trade Bank Stadium in Maryland.

flecting on that monumental moment, 49ers wide receiver, Ted Gin Jr., said he felt privileged.

“It was great to have that name on it, knowing what it meant when I caught that ball,” said Ginn Jr. “Skywalker really had an impact on us when we met him. In the 20 minutes he spoke to us, I learned a lot about the Army. We don’t lay our lives on the line like these guys do.”

Four days after the game, Jeff Rodriguez, 49ers security coor-

dinator, lost his dear friend, Jim Capoot. Capoot, a Vallejo, Ca. police officer, was killed, Nov. 17, during a foot pursuit of bank robbery suspects. Capoot also served as a U.S. Marine.

“Because of Skywalker, I was able to lay a wreath at the tomb for my friend,” said Rodriguez.

Laying a wreath in honor of the Unknowns is one of the most honorable ways to pay tribute to a fallen comrade.

Because of Skywalker’s growing relationship with the

49ers, he was invited to attend the Thanksgiving game.

“It’s an honor to have Skywalker with us,” said 49ers offensive tackle Alex Boone, remembering his own brother’s service as a former Marine in Iraq in 2005.

“[Skywalker] is like family to us,” Boone said, prior to the start of the game.

“It felt great spending my Thanksgiving with the team and being intimately involved with them on the sidelines. They

don’t treat me like I’m a visitor, but like I’m really one of them,” said Skywalker.

In a little over three weeks, there’s no denying Skywalker has found an unbreakable bond with the 49ers team and staff.

“In a very short time, he’s somebody who we know cares about us and we care about him as a person and what he does for our country,” said Harbaugh. “He’s somebody that we look up to. It’s been an honor for us to share our sideline with him.”

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MONTGOMERY ZOO OFFERS HOLIDAY LIGHTS FESTIVAL

Montgomery Zoo
Press Release

The Montgomery Zoo’s 20th annual Christmas Lights Festival began Dec. 1 and continues throughout the month to let visitors see the park and the animals in a different light.

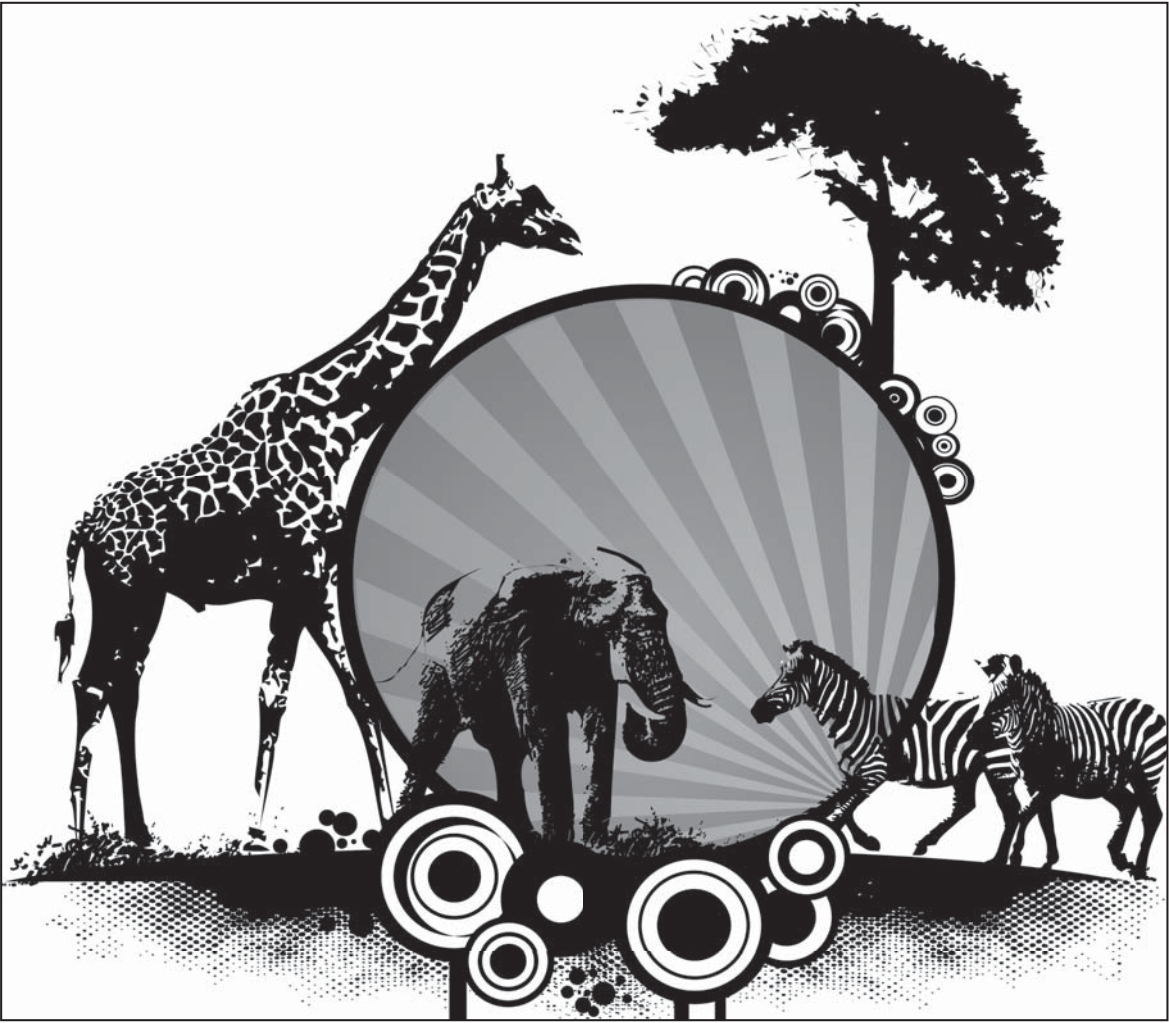
The Christmas Lights Festival continues today-Dec. 11, and Dec. 15-31, as the zoo comes alive with a fantasy wonderland of holiday displays from 5:30-9:30 p.m. nightly. Families can stroll through the zoo or take a ride on the miniature train to see the holiday lights located throughout the zoo.

Additionally, the zoo features a 22-foot “Singing Christmas Tree.” Visitors can watch as the Christmas tree’s lights are synchronized to various holiday music selections. Families can also enjoy horse rides nightly and get the opportunity to have their photo taken. Additional fees apply for this activity.

The lights will illuminate the night as the Montgomery Zoo displays some of the most spectacular light displays in the River Region area, according to zoo officials. The displays include an animated riverboat with moving paddles, a snowball fight with two children throwing snowballs at each other, a “Beary Christmas” featuring bears eating from a honey pot with animated bees, Santa’s Toy Factory with the elves making toys, a larger-than-life Teddy bear, the singing frog tree and more.

The Zoo’s miniature train will transport visitors around the park to view these spectacular light displays.

The Christmas Craft Corner



located at the Overlook Café will be open nightly through Dec. 23 for Families to make holiday keepsakes. A fee is required to participate in this activity. Local schools, churches and civic organizations from River Region will

provide entertainment each night at the Overlook Café starting at 6:15 p.m.

Santa will be present nightly until Dec. 23 to hear children’s Christmas wishes. Santa’s hut is located in the breezeway near the

train depot, and parents are welcome to get photos made of their children with Santa for a fee.

The Montgomery Zoo’s Overlook Café will offer refreshments, sandwiches, hot meals, hot chocolate and coffee. The Zoofari Gift

Shop also provides an opportunity for people to purchase a variety of gifts to fill out Christmas lists.

For more information or to check admission prices, call the zoo at 240-4900 or visit <http://www.montgomeryzoo.com>.

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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.sacf-halfmarathon.org.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30

a.m. Children and parents will learn about color, shape, texture and different types of art such as painting, drawing and collage. The event is recommended for elementary aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

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.

SATURDAY AND SUNDAY — St. Luke United Methodist Church in Enterprise will host its 19th annual Live Nativity from 8-10 p.m. The performance is provided free, as a gift to the community.

ONGOING — Enterprise State Community College holds classes to teach 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.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

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

OZARK

NOW THROUGH JAN. 7 — Dale County Council of Arts and Humanities sponsors an art show entitled “Shaping My Thoughts,” featuring works by Beverly West Leach at the Ann Rudd Art Center, 144 East Broad Street in downtown Ozark.

FEB. 16-18 — The Ann Rudd Art Center will hold a stained glass class

from 8 a.m. to 5 p.m. taught by John Hogarth. The fee for the class is \$175.

For more information call 774-7322.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

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

TROY

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

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

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

Beyond Briefs

Green and Gray Saturday

The National Park Service hosts a free green living program Saturday at 1 p.m. at Little River Canyon National Preserve in Fort Payne.

For more information, call (256) 845-9605 or visit www.nps.gov/liri.

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.

Alabama Jammer Day

The Alabama Music Hall of Fame will honor Alabama musician Sam Phillips’ 89th birthday Jan. 5 from 10 a.m. to 2 p.m. This free event will have birthday cake and other refreshments and the Alabama Jammer, a custom-made Gibson guitar, will be officially turned over to the Hall of Fame after a year of touring the state during the Year of Alabama Music. For more information, call 242-4169 or (800) 239-2643 or visit www.alamhof.org.

George Washington Carver Day

Tuskegee Institute National Historic Site, the National

Park Service and the Tuskegee University Archives will commemorate George Washington Carver Day with a ceremony Jan. 5

For more information, call 727-3200 or visit www.nps.gov/tuin.

Red Nose Run

The city of Homewood will host a Red Nose Run benefiting the Ronald McDonald House Charities of Alabama from 6-11 a.m. There will be a 1-mile fun run with Ringling Brothers clowns and Ronald McDonald and participants can run or walk the 5k or 10-mile courses. Participants also receive a goodie bag with coupons, circus tickets, and more.

For more information, call (205) 933-8911 or visit www.rednoserun-bham.com.

Panetta welcomes Army vet, dancing champion to Pentagon

By Cheryl Pellerin
American Forces Press Service

WASHINGTON – Defense Secretary Leon E. Panetta hosted a multi-starred Pentagon welcome for Iraq War veteran and “Dancing with the Stars” champion Jose Rene “J.R.” Martinez Dec. 1.

Martinez, a former Army infantryman who was severely burned by a roadside bomb in Iraq in 2003, also met with Deputy Defense Secretary Ashton B. Carter, Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, and other senior leaders, said Doug Wilson, assistant secretary of defense for public affairs.

“As Martinez made his way down the corridor to Panetta’s office,” Wilson said, “young military aides, seasoned officers and civilian assistants poured out of offices to meet and congratulate the ‘Dancing with the Stars’ winner – who happily accommodated every request for a handshake or photo.”

During the brief visit, he added, Martinez also shook hands with Army Chief of Staff Gen. Raymond T. Odierno, former commander of U.S. forces in Iraq, who made clear his pride in Martinez as a national symbol of the determination and accomplishments of America’s wounded warriors.

Martinez and partner Karina Smirnoff were crowned champions on the ABC television program after a final dancing competition against other contestants Nov. 22 in Los Angeles.

Panetta called Martinez on Nov. 25 to congratulate him on his victory and reiterate his conviction that Martinez stands as a testament to wounded warriors’ strength and resilience.

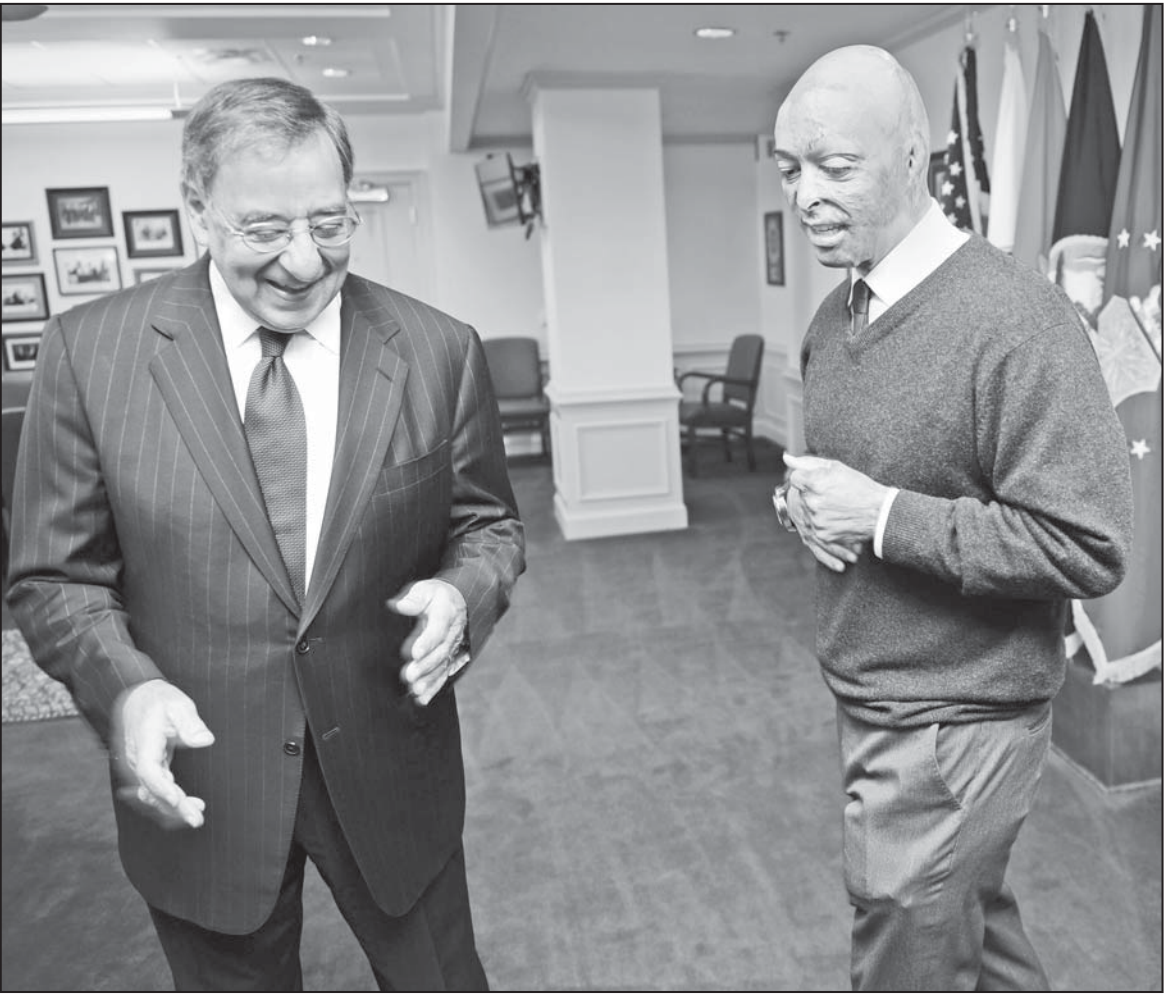
In 2003, Martinez was a 19-year-old Army infantryman assigned to Company D, 2nd Battalion, 502nd Infantry Regiment of the 101st Airborne Division in Iraq. He was driving a Humvee there when the vehicle hit a roadside bomb.

Martinez suffered smoke inhalation and severe burns to more than 40 percent of his body, including his face and hands.

He was evacuated to Landstuhl, Germany, and later transferred to Brooke Army Medical Center in San Antonio, where he spent 34 months. He has undergone 33 cosmetic and skin-graft surgeries.

While in recovery, Martinez began to visit other patients in the hospital, sharing his story and listening to theirs. Since then, he has spoken to audiences at corporations, veterans groups, nonprofits and schools.

In 2008, Martinez landed a role as an Iraq war veteran on the ABC soap opera, “All My Children,” which led to his “Dancing with the Stars”



PHOTOS BY GLENN FAWCETT

Defense Secretary Leon E. Panetta, left, gets a dancing lesson from Army Iraq War veteran and “Dancing with the Stars” champion Jose Rene “J.R.” Martinez at the Pentagon, Dec. 1. Panetta invited Martinez to the Pentagon to congratulate him on his win.

appearances this year.

Martinez described his visit with Panetta for the Pentagon Channel.

“It was really cool,” he said. “There are a lot of important things happening right now outside J.R. Martinez, so for him and everyone else on his staff to take the time to meet with me was a tremendous honor.”

To Panetta, Martinez said, “Listen, I’m a Soldier, I’ll always be a Soldier, and I want to share the message from whatever platform that I have. As [the Defense Department is] hammering out ways to take care of our troops in different ways, I want to be able to find a way to express that to the general public.”

Martinez said he never could have imagined such a meeting at the Pentagon back when he joined the Army in 2002.

“It just goes to show that things happen in life,” he said. “As we continue to walk through our life after the adversity, our heads naturally are down because we’re grieving through that process.

“But it’s important for us to pick our heads up through that process,” the former infantryman continued, “because then you see opportunities, you see great things that could potentially be a new beginning for you.”

On Sunday, Martinez visited Fort Campbell, Ky., home of

the 101st Airborne Division, where he was stationed before deploying to Iraq.

“I’ve been getting a lot of military support throughout this whole process of being on the show,” he said, “so it’s important for me when I’m close to any kind of base to go and visit these troops and their Families and say thank you, sign some autographs, take some pictures and just hang out.”

Martinez said he thought meeting with his military friends would be “a lot tougher” after the “Dancing with the Stars” win.

“I thought I was going to get a lot of grief from my military friends about wearing rhinestones and ballroom shoes with two-inch heels,” Martinez said. “I thought I was going to get a lot of grief from that, but I guess they kind of left me alone because they’re like, ‘He actually can dance so we have no way to mess with him.’”

The feedback Martinez has received from the troops “has been overwhelming in a positive way,” he said.

Troops have told him it’s great to see a fellow Soldier succeed, he said, and to see him use his celebrity to be a voice for U.S. troops and their Families.

Martinez’s next celebrity appearance is Jan. 2, when he will serve as grand marshal of the Tournament of Roses New



Army Iraq War veteran and “Dancing with the Stars” champion Jose Rene “J.R.” Martinez, right, talks with Army Chief of Staff Gen. Raymond T. Odierno at the Pentagon, Dec. 1.

Year’s Parade in Pasadena, Calif.

Martinez said he’s also working on a book and wants to continue acting and doing motivational speaking.

“I’m booking myself a lot right now to travel the country and share the message of perseverance and positivity and faith,” he said.

Those activities “work together in a lot of ways,” Martinez said, and provide a platform for

him to raise awareness about U.S. servicemembers and their Families.

“I have been able to be a role model and a voice for a lot of [troops] who don’t feel that they have a voice for themselves,” Martinez said.

“I’ve been able to be a source of inspiration to the Families as well,” he added, “to say good things do happen and you’ve just got to be patient and have a great attitude.”

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Regular season draws to a close

By David C. Agan Jr.
Fort Rucker Public Affairs

It certainly didn't look great on paper, but Week 14 ended up being quite an entertaining way to wind down the 2011 regular season.

The No. 1-ranked LSU Tigers routed the No. 14-ranked Georgia Bulldogs in Atlanta to claim its 11th Southeastern Conference championship. It's the first time in recent memory that the SEC championship game has had zero bearing on the national championship, which is ironic considering both teams vying for this year's BCS crown are from the SEC.

No. 3 Oklahoma State did all they could to state their case in the annual Bedlam game against No. 9 Oklahoma, unexpectedly clobbering the Sooners in impressive fashion, 44-10. Unfortunately for the 'Pokes, their victory didn't impress voters enough to catapult them ahead of the No. 2-ranked Alabama Crimson Tide and into the Bowl Championship Series national championship game, so they'll have to settle for the Tostitos Fiesta Bowl.

If we've got to have a rematch between LSU and Alabama for the BCS national championship, we can only hope that it's half as exciting as the inaugural Big Ten championship game, a rematch between the No. 13 Michigan State Spartans and No. 15 Wisconsin Badgers.

Earlier in the season, Wisconsin's BCS dreams were derailed when Spartan quarterback Kirk Cousins' last-second Hail Mary pass gave Michigan State the win, 37-31. In another wild and wooly finish, Wisconsin took advantage of a running into the kicker penalty and ran the clock out to clinch the first-ever Big Ten championship and their second straight trip to the Rose Bowl.

So, we stand on the cusp of another long college post season with but a single regular season game left to play in the 2011 edition of college football. There's plenty of time to make predictions and "what-you-need-to-know"-type discussions for everything from the Famous Idaho Potato Bowl to the "I-can't-believe-I'm-actually-watching-this" Kraft Fight Hunger Bowl between UCLA and Illinois on New Year's Eve, and we'll cover it all in next week's column.

This week, though, we're going to focus in on that final regular season game on the schedule. It is one of the oldest, most traditional and most heated rivalries in all of college football. It is a game that remains unsullied by off-the-field malfeasance or other nasty trappings associated with modern college football.

It's time for the 112th Army-Navy game.

Rivalries are the hallmark of great college sports. When you grow up in the South, you learn very early about some very old and very heated rivalries. As a youngster, you hear about the rivalry game between the Auburn Tigers and Georgia Bulldogs, the "Deep South's Oldest Rivalry," which dates back to 1892. There is also the battle for the Governor's Cup between Georgia and their cross-state rival Georgia Tech that dates back to 1893, a game often referred to by its more colorful name, "Clean, Old-Fashioned Hate." And, of course, no discussion of rivalries would be complete without at least a cursory mention of the land's most vitriolic rivalry, the Iron Bowl, between Auburn and the Alabama Crimson Tide that began its long and storied past in 1893.

Older than all of them, though, is the Army-Navy Game. First played in 1890, the rivalry was intense from the very beginning. Between the years of 1894 and 1898, the rivalry was reputedly put on hold after a rear admiral and brigadier general nearly dueled with pistols after a Navy victory.

Since then, there have only been a few years where the two did not meet on the field. In 1909, Cadet Eugene Byrne was injured during a game against Harvard and subsequently died from his injury. Army cancelled the remainder of their schedule that year, but the sport survived. World War I cancelled the games in 1917 and 1918, and a few meetings in the late 1920s were cancelled when the schools could not agree on player eligibility standards.

Typically, the game is played in Philadelphia, a location that is roughly the same distance from the United States Military Academy at West Point and the United States Naval Academy in Annapolis, Md. This year's contest will be held at FedEx Field in Landover, Md.

There have been times where the Army-Navy Game has been referred to as the "game of the century," a term that we've heard quite a few times in reference to the 2011 season. The Army-Navy version, though, was back in 1945, when both Army and Navy entered the game ranked No. 1 and No. 2, respectively. But the landscape of modern college football has drastically changed since those days. High academic requirements, height and weight limits and the obligatory military commitment have hampered the USMA's and USNA's ability to remain competitive on a national level.

But that has done little to diminish the level of competitiveness between the two institutions. This year, neither the Army Black Knights nor the Navy

Midshipmen will finish the season eligible for a bowl game. And after losing to Navy for the last nine years, this is the final chance that Black Knight seniors will have to beat the Midshipmen on the field.

Army Head Coach Rich Ellerson is putting less importance on Navy's current streak than some might think, though.

"Whether the traditions, history or the recent memories are positive or negative, they can all help you in the lead-up to the game. They can all help getting ready for practice tomorrow afternoon. But, as we get closer to the game, put it on the shelf. It doesn't matter. All that matters is what happens the next snap," he said during last week's Army-Navy Press Conference.

The Black Knights are also looking to salvage something of their season after going a disappointing 3-8 on the year. They're ending the season winless on the road, where they were outscored 242-108. Army did somewhat better when they played at West Point this year, beating Northwestern, Tulane and Fordham. Black Knight quarterback Trent Steelman has been hampered by injuries for most of the season, but is expected to play this weekend.

Army actually leads the country in rushing yards, but unfortunately for the Black Knights, a high percentage of the yards produced by their triple-option attack have been while playing from behind. Navy's defense is ranked somewhere in the lower-half of the nation's rushing defenses, but, of course, the Midshipmen offense also runs the triple-option; they should be prepared to defend against it.

Navy hasn't fared too well this season, either. Midshipmen quarterback Kriss Proctor has suffered with hand and elbow injuries for most of the season. Navy will need to keep Proctor in the game if they expect to enjoy any amount of success against the Black Knights.

So what have we got on tap for this weekend? On the face of it, you've got one game between two teams who have losing records, spotty defensive abilities and offenses that rely heavily on a ground attack. Admittedly, that doesn't sound like "must-see TV," but the Army-Navy Game is much more than that. It's about tradition. It's about history. It's about two teams that will fight each other tooth and nail for 60 minutes, but embrace each other as brothers and join together to defend those who threaten our nation when the game is over.

Enjoy the Army-Navy Game this weekend. It's a uniquely American experience, and regardless of what the final score is, we all win.

PIGSKIN PICKS



Army
vs. Navy



David C. Agan, Jr.
Fort Rucker Public Affairs
(70-28)



"Army has to hold on to the ball. It's Army's triple-option against Navy's triple-option, and Navy's defense should know what they're up against. Army rushes well but has to limit turnovers if they're going to break Navy's streak."



Kent Anger,
*Plans, Operations
and Mobilization Division*
(73-25)



"Army/Navy? Many are doubting the mighty Army team! To quote the immortal John Belushi: "What? Over? Did you say "over"? Nothing is over until we decide it is! Was it over when the Germans bombed Pearl Harbor? (Heck), no!" Army 31, Navy 28. Write it down."



Maj. Michael R. Ivy,
1-13th Avn. Regt. XO
(69-29)



"Picking Navy would raise questions on my values, specifically loyalty. Such a poor decision, coupled with an Army victory, would result in my personal composite risk management score being raised from "low" to "high," and I know of no control measure to lower it. Therefore, "Go Army, Beat Navy" and for goodness sake don't turn the ball over!"



Shane Jones,
Network Enterprise Center
(71-27)



"Army will win. The key to Army winning is for them to have more points on the board at the end of the game!"



Capt. Paul McKinney,
B Co., 1-13th
(60-38)



"Statistically, this is an almost-even match up. Army made key turnovers in last year's game to hand the Midshipmen the win. This year Army gets the key stop and forces the key turnover to beat the Midshipmen. Army 24, Navy 20."

DOWN TIME

FLASH GORDON

DALE ARDEN

DR. HANS ZARKOV

FLASH GORDON

BY JIM KEEFE

USING HOLOGRAMS AND CAREFULLY AIMED LASER BLASTS, FLASH STAGES A MOCK ALIEN INVASION.

THE STAKES ARE HIGH. IF AN ARMADA ISN'T IN PLACE IN TIME FOR THE REAL INVASION, THE LOSS OF LIFE WILL BE CATASTROPHIC!

THE REPORTS FROM BOSTON HAVE BEEN CONFIRMED, MR. PRESIDENT. OUR NATION IS UNDER ATTACK!

OUR RESPONSE MUST BE QUICK AND DECISIVE. WHAT ARE OUR OPTIONS?

SECRET INTELLIGENCE GROUPS WHICH HAVE PLANNED FOR SUCH CONTINGENCIES MOVE INTO ACTION.

THIS ISN'T JUST A CHANCE ENCOUNTER LIKE ROSWELL, GENTLEMEN. THIS IS A FULL-SCALE INVASION.

WE HAVE NO OTHER ALTERNATIVE. ACTIVATE OPERATION ARMAGEDDON!

NEXT: BATTLE OVER BOSTON!

THE CHAIN OF EVENTS IS FAST AND FURIOUS.

Just Like Cats & Dogs by Dave T. Phipps

AHH GEEZ, YOU KNOW YOUR TEAM IS HAVING AN AWFUL SEASON WHEN YOU ACTUALLY LOOK FORWARD TO THE COMMERCIALS.

Trivia test by Fifi Rodriguez

T R I V I A

- LITERATURE: Ollivanders is the name of a shop prominently featured in which series of novels?
- PSYCHOLOGY: What unnatural fear is represented in disorder oneirophobia?
- MOVIES: Which Alfred Hitchcock movie features a main character who is confined to a wheelchair?
- MUSIC: Which rock-and-roll group had a hit with the song "Got to Get You into My Life"?
- TELEVISION: What is the setting for the TV soap "Another World"?
- ANCIENT WORLD: Who was one of the chief founders of the philosophy of Cynicism?
- POETRY: Who wrote the words, "God's in his heaven/ All's right with the world"?
- ART: For what type of work was the 16th-century artist Titian best known?
- MYTHOLOGY: Who is the Greek goddess of love?
- GEOGRAPHY: What is the deepest lake in the world?

See Page D4 for this week's answers.

Super Crossword ROSE GARDEN

- ACROSS**

1 "— it the truth?"

5 Restrain

10 Conduit fittings

14 Active volcano

18 "The Green —" ('56 hit)

19 Victorian ornament

20 Rachel's sister

21 TV's "The Wonder —"

23 Guns n' Roses hit — nous

26 — soprano Gluck

28 "— a day's work"

29 Sleuth Nancy 31 Herriman's "Krazy —"

32 Mythical monster

34 In flight

37 Adjective suffix

38 One of "The Three Tenors"

43 Rock's — & the Gang

44 Pine

46 Kimono cum-merbund

47 Interrogates

49 Cranny's companion

51 Toomey or Philbin
- DOWN**

1 Pitches

2 Where the tall corn grows

3 Gallagher of Oasis

4 Aftershock

5 New Deal agcy.

6 "Very funny!"

7 Runner Zatopek

8 Room with-out a view?

9 Alaskan bear

10 Shady character?

11 Wahine's wreath

12 Joe of "Dr. Quinn"

13 '62 Four Seasons hit

14 Glasses

15 Dress size

16 "Ramblin' Rose" singer

17 Stage backdrop

22 Clockmaker Thomas

24 Grocer's measure

25 Tearjerker?

30 Vane letters

33 Gullet

35 Perch

36 Run through

38 Male swans

39 Help a hood

40 Formal ceremony

41 — blond
- ACROSS**

54 Rose Nylund's portrayal

58 Okefenokee, for one

61 Skin problem

62 Irwin of "The Crocodile Hunter"

63 '78 Peace Nobel

65 Pestiferous person

67 Unmatched

68 Went like hotcakes

71 Apprehend

72 Cumin or coriander

73 Stretch the truth

74 Health concern

77 Billy Rose song

80 Organ of equilibrium

81 Poetic pot

82 Reference volume

83 Patriotic org.

84 Prepare prunes

86 Bar supply

87 Linguist Chomsky

88 Scope

90 Unbroken

94 "Divine Comedy" figure

96 Caroline, to Ted
- DOWN**

98 "The Name of the Rose" author

101 Send the money

103 Salt serving

105 — Alto, CA

106 Dover's st.

107 Fight site

110 Temporary wealth?

112 Butcher's offering

115 "The — and I" ('47 film)

117 "Fait —"

119 Ending for "duction"

120 Sought office

121 Penny or peseta

122 Wrong

126 Architect

129 Conductor

Seiji

131 Rose McGowan movie

136 Murcia mister

137 Take — the chin

138 Spring for

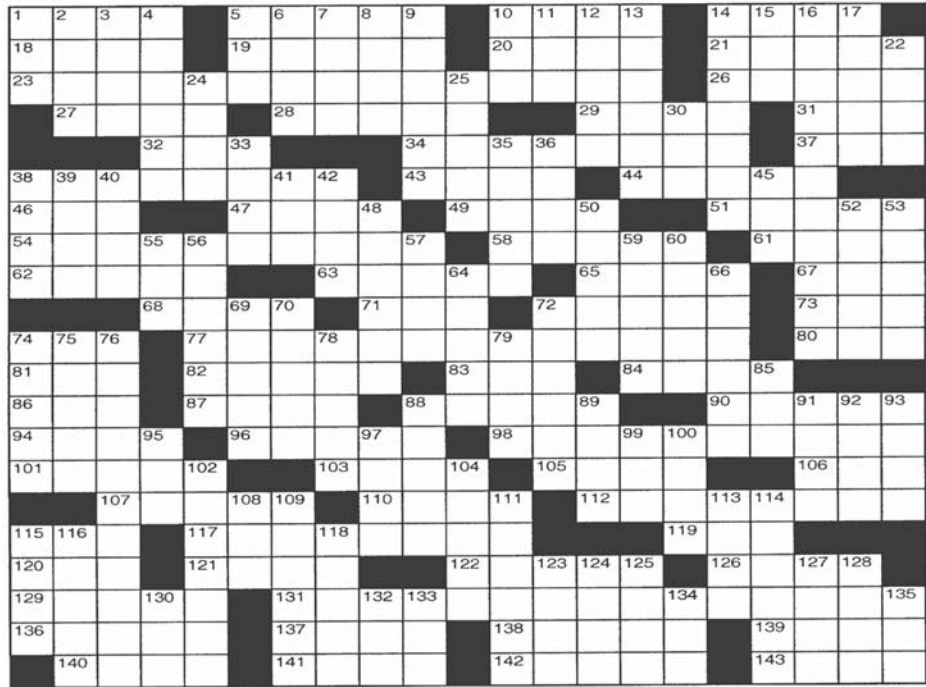
139 Actress Ward

140 Live on lettuce

141 Bean on the bean

142 Hope's "The Prisoner of —"

143 North Carolina campus



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

A NEAT FEAT OF JUGGLING!

FIG. 1
Place a nickel in the center of a small piece of cardboard and balance it on the tip of your forefinger (Fig. 1).
Now try snapping the cardboard away with the fingers of your other hand, leaving the coin still balanced on your finger (Fig. 2).

COFFEE DOODLE PICS!

The two pictures shown here are graphic presentations of familiar words, phrases or names. You have one minute to identify both.

FIG. 1
Answers: 1. Ground coffee. 2. Sign on the dotted line.

FIG. 2
Answers: 1. Coffee. 2. Sign on the dotted line.

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

- Roman numeral 50.
- A musical tone.
- A fermented beverage.
- Not imaginary.
- Before the due date.
- Why vampires hate Buffy.
- Sports TV loves them.
- Fresh water eels.

Junior Whirl

by Charles Barry Townsend

A WINTER PICNIC! Let's visit the folks in Florida. In our puzzle grid, there is room for eight picnic-related words. Below are hints to get you started. There is a dark frame around one of the columns in the grid. If you correctly name all of the words asked for, the letters in this frame, top to bottom, will spell out what you don't want on the way to a picnic.

1. Uninvited guests.
2. Good in or out of a sandwich.
3. Can include almost anything good to eat.
4. Serves as a table.
5. Goes great with hard-boiled eggs.
6. Usually the main course.
7. Can ruin your fun.
8. A great picnic drink.

Wishing Well®

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

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

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Picture is different. 2. Window has curtains. 3. Showel is different. 4. Tree is missing. 5. Ottoman has no. 6. Lampshade is different.

Week 13: Team grades in after three quarters

By**Jim Hughes**
Command Information Officer

Many NFL coaches like to look at the regular season as four quarters of four games each.

As all teams hit the 12-game point of the season, I'm going to give out grades to the teams on how they've done so far in 2011.

NFC East

Dallas – C-. They're in first place, but that has more to do with the other teams in the division than anything the Cowboys have managed to put together. Being their own worst enemies could cost them the division and two big games coming up against the Giants will tell the tale if this season turns into a D- or a B+.

New York Giants – C-. The Giants are still in it, but they turned a great situation into a nightmare with four straight losses. They have a shot at a B+ if they beat Dallas twice.

Philadelphia – F. Dream team goes all nightmare on the City of Brotherly Love. That love is in short supply for the team and its coach, Andy Reid, though.

Washington – D-. Nothing was really expected from the Redskins this year and injuries sealed the deal that they were going nowhere. Only a quick start kept them from the Andrew

Luck sweepstakes.

NFC North

Green Bay – A+...duh. Completely dominant the first three quarters, and there is no sign that will change unless they decide to start giving people time off towards the end.

Detroit – C-. The Lions have the talent to be a wildcard team, but immaturity and poor decision making on the part of several of its players is costing the team too many games. Luckily, the Bears' imminent collapse coupled with Atlanta's difficulties, a B is still in range with a wildcard berth.

Chicago – B+. The Bears were looking like a team that might give the Packers a run for their money until Jay Cutler went down, followed closely by the loss of 38 percent of their offense in the form of one Matt Forte. If the Bears manage to make it to the playoffs despite all that, I'm giving them an A+.

Minnesota – D. The Vikings should've gone with Christian Ponder from the start. It probably wouldn't have gotten the Vikings many more wins, but it would've given him more experience – he looks like a keeper.

NFC South

New Orleans – B+. The Saints offense is in high gear. The defense needs an overhaul. A pretty easy last-

quarter schedule should help them win the division. But can they outscore the Packers? Doubtful.

Atlanta – D. The Falcons generally win against teams with losing records. Against teams with winning records...not so much. With expectations high this year, the Falcons have been a let-down. A wildcard will only get them up to a C.

Tampa Bay – F. The Bucs were 10-6 last year and just missed the playoffs. This year they will be lucky to go 6-10. Maybe they should've signed a free agent or two.

Carolina – C+. The Panthers are about where they were expected to be. I added a plus because their future is bright if they give Cam Newton some talent to work with...and a defense.

NFC West

San Francisco – A+. What a turnaround from 2010, and the 49ers clinched the division in Week 13. If there is a threat to the Packers, it is this team.

Seattle – C-. The Seahawks will likely finish with about the same record as last year, with the only difference being that there is a team in the division with a winning record. Nothing much expected, and nothing much delivered.

Arizona – D. Kevin Kolb hasn't paid the benefits many expected. After losing

six straight, they recently rebounded to go 4-1, but, still, 5-7 is below expectations in a weak division.

St. Louis – F. They may have two more wins than the winless Colts, but they look twice as bad.

AFC East

New England – B+. They look quite mortal this year, but with four straight wins, they're virtually a lock for the AFC East crown and probably a first-round bye.

New York Jets – D. The Jets have to do it the hard way again as they have been in do-or-die mode for two weeks now. Good thing they have practice at it because they need all the help they can get to get a wildcard.

Buffalo – C-. Looked great early with a soft schedule, but once the schedule hardened, the Bills came back to reality, lost five straight and have a pretty tough schedule.

Miami – C-. After a dismal start, the Dolphins are now a team that terrifies you if they're on your schedule and you're trying to accomplish more than win the Andrew Luck Sweepstakes. They'll have a great chance to ruin the rival Jets' season in the last week of the season.

AFC North

Baltimore – B+. After trying to throw their season away with a loss to Seattle, the Ravens have corrected course and look like the team

to beat in the AFC. A cream puff schedule in the last quarter should help them secure a first-round bye.

Pittsburgh – B. The Steelers look great against just about everyone but the Ravens. But giving the Ravens all the tiebreakers, a wildcard seems to be their destiny.

Cincinnati – A. They might not make the playoffs, and they struggle against the Steelers and Ravens, but no one could've predicted a good season from the Bengals when the season started – overachievers are hard to find in the NFL.

Cleveland – D. Not much to say about the Browns other than, "Ugh."

AFC South

Houston – A+. The Texans turned their 30th-ranked defense from a year ago into one of the best this year, have overcome numerous injuries, and now are trying to finish out down a star wide receiver (again) and the first- and second-string quarterbacks. Last week's win over Not-So-Hotlanta gives cause to believe Houston can do it.

Tennessee – B+. Up and down, up and down and still in the playoff hunt. A wildcard berth looks possible, especially since Chris Johnson has quit counting his money and is running the ball effectively again.

Jacksonville – D-. Dismal

year for the Jaguars.

Indianapolis – A+. With Peyton Manning out for the year, the Colts wisely chose not to wallow in mediocrity and went right for epic failure. That failure, though, will result in a draft pick that could turn into a franchise quarterback in the form of Andrew Luck – theoretically preparing Indy well for Manning's eventual retirement.

AFC West

Denver – A. Not an A+ only because they wasted so much time with Kyle Orton before just embracing Tim Tebow-mania, who's gone 6-1 since taking over starter duties. A division championship is looking more and more likely.

Oakland – B. A year of great adversity and a lot of inconsistency, but the Raiders are still in the hunt for the division title. It's a toss-up on if it will be the Raiders or the Broncos.

San Diego – F. On paper, they should be like 9-3, but on turf, they're 5-7.

Kansas City – D. A lot of injuries in key positions – including the inability to keep anyone not named Tyler Palko upright at the QB position. The Chiefs have done little to overcome them. Three losses, four wins, four losses, a win, and with their remainder of schedule, the rest could be four losses and a firm F.

PIGSKIN PICKS



Falcons @ Carolina

Eagles @ Miami

Saints @ Tennessee

Texans @ Cincinnati

Bears @ Denver

Bills @ San Diego

Giants @ Dallas

 Jim Hughes <i>Fort Rucker Public Affairs</i> (60-31)							
 Master Sgt. Jimmy Lindsey <i>DPTMS NCOIC</i> (55-36)							
 Erin Murray <i>Army Flier Staff Writer</i> (63-28)							
 Capt. Mike Simmons <i>Directorate of Public Safety</i> (63-28)							
 Sharon Storti <i>Network Enterprise Center</i> (58-33)							

B R I E F S

MISTLETOE 5K

The Fort Rucker Physical Fitness Facility hosts the Mistletoe 5K Saturday with registration from 7:30-8:45 a.m. and the run starting at 9 a.m. The free 1-mile fun run is open to all children and will begin after the 5K race is completed. Each Fun Run participant will receive a medal. Costs are \$12 per person (no shirt option); \$100 for teams of eight

(each additional person pays normal registration fee, includes shirt); and \$25 (with shirt) per person. People who did not preregister will receive T-shirts while supplies last. Refreshments will be provided. The event is open to the public.

For more, call 255-3794.

ARMY VS. NAVY

The rivalry continues as the Army

Black Knights take on the Navy Midshipmen for gridiron glory Saturday. Mother Rucker's will have all the action, along with touchdown specials and football mania starting at 2:30 p.m. Food specials include a half rack of ribs, fries, beans or slaw for \$10. People can also enter for a chance to win an Army jersey.

For more, call Mother Rucker's at 503-0396.

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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. The "Harry Potter" books
2. Fear of dreams
3. "Rear Window"
4. The Beatles
5. Bay City
6. Diogenes
7. Robert Browning
8. Painting
9. Aphrodite
10. Lake Baikal in Siberia, Russia

PUZZLE ANSWERS

Super Crossword

Answers

A	I	N	T	C	H	E	C	K	E	L	L	S	E	T	N	A						
D	O	O	R	C	A	M	E	O	L	E	A	H	Y	E	A	R	S					
S	W	E	E	T	C	H	I	L	D	O	M	I	N	E	E	N	T	R	E			
A	L	M	A	A	L	L	I	N	D	R	E	W	K	A	T							
O	R	G		A	I	R	B	O	R	N	E	I	S	H								
C	A	R	R	E	R	A	S	K	O	O	L	Y	E	A	R	N						
O	B	I		A	S	K	S		N	O	O	K	R	E	G	I	S					
B	E	T	T	Y	W	H	I	T	E	S	W	A	M	P	A	C	N	E				
S	T	E	V	E		S	A	D	A	T	P	A	I	N		O	D	D				
				S	O	L	D	N	A	B	S	P	I	C	E	L	I	E				
S	P	A		M	E	A	N	D	M	Y	S	H	A	D	O	W		E	A	R		
U	R	N		A	T	L	A	S		S	A	R		S	T	E	W					
G	I	N		N	O	A	M		A	M	B	I	T		S	O	L	I	D			
A	D	A	M		N	T	E	C	E		U	M	B	E	R	T	O	E	C	O		
R	E	M	I	T		D	A	S	H		P	A	L	O		D	E	L				
				A	R	E	N	A		L	O	A	N		R	I	B	R	O	A	S	T
E	G	G		A	C	C	O	M	P	L	I		E	E	R							
R	A	N		C	O	I	N		A	M	I	S	S		E	E	R	O				
O	Z	A	W	A		D	E	V	I	L	I	N	T	H	E	F	L	E	S	H		
S	E	N	O	R		I	T	O	N		T	R	E	A	T		S	E	L	A		
D	I	E	T			C	O	N	K		Z	E	N	D	A		E	L	O	N		



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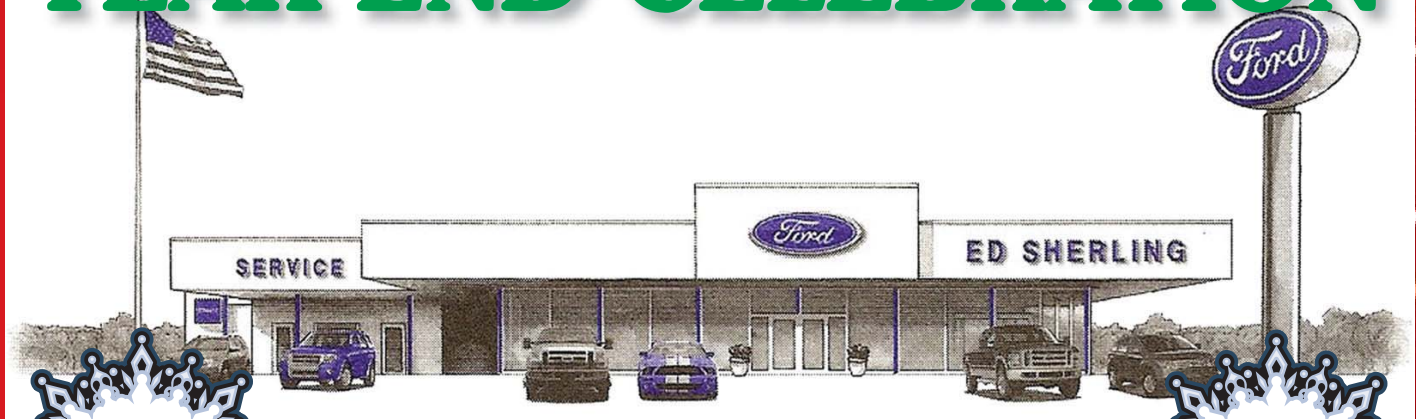
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\$1000 Ford Motor Credit Rebate*
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\$3500 TOTAL FACTORY REBATE



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