

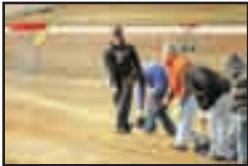
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# ARMY FLYER

SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

VOL. 66 ■ NO. 04

FORT RUCKER ★ ALABAMA

JANUARY 28, 2016

## DOING THE MATH OF GIVING BACK

*Student activity teaches,  
helps animal shelters*

**By Nathan Pfau**  
*Army Flier Staff Writer*

Along with the familiar reading, writing and arithmetic, students at Fort Rucker Primary School learned to give back to their community as they celebrated 100 days in session.

The students celebrated with an activity Wednesday that not only challenged their minds, but provided a valuable service for animal shelters in the surrounding communities, said Yvette Esteves-Hurst, FRPS Spanish teacher.

As part of the activity, students were asked to provide pet food to be donated to animal shelters in Daleville, Enterprise and Ozark in a way that incorporated math, science and technologies, while also learning valuable problem-solving skills, said Esteves-Hurst.

“Fort Rucker Primary School provides a setting that connects mathematical language and symbols to the everyday lives of our students,” she said. “We came up

with a school activity designed to promote a cooperative partnership among students, parents, community and staff.”

The students were tasked with sorting the bags by using different mathematical measurements – counting by 10s, measurements, weight and reading a bar graph.

“We taught the students to count to 100 by ones or by tens,” said the Spanish teacher. “With this activity, the students were able to work with the Math Standards 6, which focuses on attending to precision; Math Standards 7, which helps them look for and make structure; and Math Standards 8, which helps them to look for and express regularity in repeated reasoning.”

Students used numbers, including written numerals to represent quantities and solve quantitative problems as they counted the animal food items and separated them into bags.

A bit of science was incorporated by learning the differences between the



PHOTO BY NATHAN PFAU

Students and faculty sort the 197 items they collected as part of their 100th day in school to be donated to animal shelters in Daleville, Enterprise and Ozark Wednesday.

SEE LEARNING, PAGE A5



PHOTOS BY NATHAN PFAU

Soldiers of the NCO Academy fold the flag during the “Retreat” ceremony on Howze Field Tuesday.



## Daily observances keep centuries-old traditions alive

**By Nathan Pfau**  
*Army Flier Staff Writer*

Fort Rucker is no stranger to tradition, from the pageantry of change of command ceremonies to graduations, and one tradition continues to Soldier on as it sounds the beginning and end of the work day on the installation.

“Reveille” and “Retreat” can give many service members a sense of nostalgia with its familiar bugle call in the morning signaling the start of the day and cannon fire in the evening to close it out, and the centuries-old tradition is something that returned to Fort Rucker in 2011 after an extended absence, according to Sgt. Maj. Marvin Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

“Customs and courtesies, and rendering honors to the flag and nation, are obviously big parts of being in the military, and tradition is what runs our Army,” said Pinckney. “‘Reveille’ and ‘Retreat’ have

SEE TRADITION, PAGE A5

### POST RUN

Fort Rucker will host a post run Feb. 4 beginning with a “Reveille” ceremony at 6 a.m. in front of the USAACE Headquarters Building. The run will mainly take place on Novosel and Ruf streets, but will also include 1st and 2nd streets where they intersect with Andrews Avenue. Drivers should be on the lookout for traffic management personnel, and be prepared to follow directions and experience possible delays while the formation passes.

The run is meant to promote unit cohesion and esprit de corps, and will include all USAACE and Fort Rucker units on the installation, along with Aviation leaders attending the Aviation Senior Leaders Forum.

## Winter poses risks to pets

**By Nathan Pfau**  
*Army Flier Staff Writer*

Although Mother Nature’s winter touch has been on the mild side so far in this area, it’s a safe bet that colder temperatures are on the way.

And when the temperatures drop, people should remember to keep their four-legged family members in mind, said Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

There are a lot of hazards that pets are exposed to during and after the holidays, and keeping pets safe is a continuous duty during the winter months, she said.

“Keeping pets safe should be a top priority in any pet owner’s life. We just want to make sure families are doing everything they can to keep their four-legged family members safe during the holidays,” she said.

Winter poses special risks to all pets. People should make sure to give their pets a safer, healthier cold-weather season by following these tips.

Gray advises that people keep indoor pets in a warm, dry area free of drafts, and elevate the pet’s bed off the floor. If pets can’t be brought indoors, people should provide outdoor dogs and cats with a dry, warm, insulated shelter out of the wind, but should at least bring their pet inside if the wind chill or other weather conditions become severe.

Additionally, people should feed their pet extra calories when temperatures drop, she said.

Cats and kittens often nap on warm car engines – people should knock on the hood or honk the car horn, and then wait a few moments before starting the car.

SEE WINTER, PAGE A5



PHOTO BY NATHAN PFAU

Leigh Ann Farris, civilian veterinarian at the Fort Rucker Veterinary Clinic, performs an examination on Shadow, a Maltese patient, Tuesday, as her owner, Brenda Bowers, retired military, looks on.



# PERSPECTIVE

## The 4 Chaplains – interfaith in action

By Dr. John Brinsfield  
U.S. Army Chaplains

(Editor's note: The following was originally a post on the Army Live blog, available at [www.army-live.dodlive.mil](http://www.army-live.dodlive.mil).)

It was Feb. 3, 1943, and the U.S. Army Transport Dorchester was one of three ships in a convoy, moving across the Atlantic from Newfoundland to an American base in Greenland. A converted luxury liner, the Dorchester was crowded to capacity, carrying 902 servicemen, merchant seamen and civilian workers.

It was only 150 miles from its destination when, shortly after midnight, an officer aboard the German submarine U2 spotted it. After identifying and targeting the ship, he gave orders to fire. The hit was decisive, striking the ship far below the water line. The initial blast killed scores of men and seriously wounded many more.

Others, stunned by the explosion, were groping in the darkness. Panic and chaos quickly set in –men were screaming, others



COURTESY GRAPHIC

crying or frantically trying to get lifeboats off the ship.

Through the pandemonium, four men spread out among the Soldiers calming the frightened, tending the wounded and guiding the disoriented toward safety. They were four Army chaplains: Lt. George Fox, a Methodist; Lt. Alexander Goode, a Jewish Rabbi; Lt. John Washington, a Roman Catholic Priest; and Lt. Clark Poling, a Dutch Reformed

minister.

Quickly and quietly the four chaplains worked to bring calm to the men. As Soldiers began to find their way to the deck of the ship, many were still in their underwear, where they were confronted by the cold winds blowing down from the arctic.

Petty Officer John J. Mahoney, reeling from the cold, headed back towards his cabin. "Where are you going?" a voice of calm in the sea

of distressed asked. "To get my gloves," Mahoney replied. "Here, take these," said Rabbi Goode as he handed a pair of gloves to the young officer. "I can't take those gloves," Mahoney replied. "Never mind," the rabbi responded. "I have two pairs." It was only long after that Mahoney realized that the chaplain never intended to leave the ship.

Once topside, the chaplains opened a storage locker and began distributing life jackets. It was then that Engineer Grady Clark witnessed an astonishing sight. When there were no more lifejackets in the storage room, the chaplains simultaneously removed theirs and gave them to four frightened young men.

When giving their life jackets, Rabbi Goode did not call out for a Jew, Father Washington did not call out for a Catholic nor did Fox or Poling call out for a Protestant. They simply gave their life jackets to the next man in line. One survivor would later say, "It was the finest thing I have seen or hope to see this side of heaven."

As the ship went down, sur-

vivors in nearby rafts could see the four chaplains – arms linked and braced against the slanting deck. Their voices could also be heard offering prayers and singing hymns.

Of the 902 men aboard the USAT Dorchester, only 230 survived. Before boarding the Dorchester back in January, Chaplain Poling had asked his father to pray for him, "Not for my safe return, that wouldn't be fair. Just pray that I shall do my duty... never be a coward ... and have the strength, courage and understanding of men. Just pray that I shall be adequate."

Although the Distinguished Service Cross and Purple Heart were later awarded posthumously, Congress wished to confer the Medal of Honor, but was blocked by the stringent requirements that required heroism performed under fire. So, a posthumous Special Medal for Heroism – the Four Chaplains' Medal – was authorized by Congress and awarded by the President Jan. 18, 1961.

It was never given before and will never be given again.

## THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the January 1966 issue of the U.S. Army Aviation Digest. This issue features:

### Moonlight train to Long My

It is 0220 hours and not as hot as usual, thanks to a cooling rain shower that passed over the delta south of Saigon. The clouds are higher now and a tranquil darkness embraces the ride paddies, canals and rivers of the vast Mekong Delta region.

### Steady ... you're hooked

The engine comes out in short order. So do rotors and machineguns as the hookup crew is in the last throes of

preparing a Huey for recovery. Soon, the great beast would come in all its cyclonic fury to whisk away the wounded bird. It will soon become the responsibility of the Direct Support Maintenance Company to ready it for combat another day.

### Mission ... rescue

Even though many Aviators in Vietnam go on two or three missions a day, desk types like me sometimes have trouble getting in as much flying as we'd like.

One way to remedy this is to volunteer to fly emergency medical evacuation missions.

### Typical day

"You'll like the doc. We all like him here," said the CO as we picked our way across perforated steel plates that were sinking into the mud path heading from the flight line to the compound. We had just flown in by Otter, or by the grace of God, as the case may be, through a mountain pass that was obscured by an overcast. But the pilots knew by feel where that pass had to be, and they were right.

### ... and more.

Download this issue of the U.S. Army Aviation Digest at <http://go.usa.gov/cPHmm>.



## Rotor Wash

“The Fort Rucker Child, Youth and School Services Parent Advisory Council is holding a meeting Tuesday from 5-6 p.m. at the School Age Center. Why is it important for parents to be involved in their children's lives outside of the home?”



Annie Ganzy,  
retired military

"(Children) want their parents involved. It'll help make them feel more connected as a family."



Second Lt.  
Kevin Jeffries,  
D Co., 1st Bn.,  
145th Avn. Regt

"You need to know what you're child is doing in all aspects of their life to give a sense of involvement."



Kellie Bjurman,  
military spouse

"You can't just be a parent at home. You have to be involved in everything your children are doing."



Naiasia Cole,  
military family member

"I think it helps families bond."



James Sanchez,  
retired military

"It's healthy to know what activities your child is participating in. It helps to create a stronger family unit if you're able to talk to them about their interests."

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Shannon T. Miller**  
FORT RUCKER GARRISON COMMANDER

**Lisa Eichhorn**  
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The Dothan Eagle is responsible for all printing matters and commercial advertising.

Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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If you would like to contact the Army Flier by e-mail, please contact the editor at [jhughes@armyflyer.com](mailto:jhughes@armyflyer.com).



# VOTE!

## Deadlines loom for absentee voter registration

By **Jeremy Henderson**  
*Army Flier Staff Writer*

State and presidential primary absentee voting registration deadlines draw near and voters are urged to register soon to ensure ballot delivery.

According to Keith Wilbur, Fort Rucker voting assistance officer, South Carolina is the only state whose presidential primary registration has passed, but other deadlines are quickly approaching.

“Arkansas’ deadline is Jan. 31,” he said. “Other states with fast deadlines are Georgia on Feb. 1, Louisiana on Feb. 2 and Oklahoma on Feb. 5. There are several other states that have deadlines in February and beyond for both presidential and state primaries. Interested voters may find that information on [fvap.gov](http://fvap.gov). There is still time to register and vote in a number of states’ primaries that have later requirements.”

State-by-state registration deadlines are available at FVAP.



gov.

“FVAP.gov is a very useful tool for anyone to use to for absentee voter registration,” Wilbur said. “To register or request an absentee ballot, use the Federal Post Card Application at FVAP.gov. To get your ballot sooner, many states allow you to submit the FPCA by email or fax. The instruction in your application package will tell you how you may submit the form. The length of time an FPCA is valid varies

by state. FVAP recommends service members and their voting-eligible dependents complete a new FPCA each January or at least 90 days before the specific election in which they want to vote. Check the FVAP website or contact your local Installation Voting Assistance Officer for details.

“Everyone who wants to participate in the election should register and register early,” he added. “Speed is of the essence

with time- and date-sensitive materials. Do your homework beforehand and when you receive your absentee ballot fill it out completely and send it back almost immediately to allow it time to reach your election officials in time to be counted.”

Although time is of the essence, Wilbur said voters need not fret if they miss the opportunity to vote in their state’s primaries.

“Individuals do not need to participate in the primaries to vote in the general election in November,” he said. “Soldiers can check with their unit voting assistance officers or their (IVAO) for voting information and important deadlines. For the general election on Nov. 8, voters must register and request an absentee ballot using the Federal Post Card Application by Aug. 1st. This should ensure they receive their absentee ballot by Oct. 8. Voters should complete and return absentee ballots by Nov. 1 if residing within the continental U.S. or by Oct. 15 if residing outside

of the U.S.”

Absentee voting may seem complicated for first-time voters, but Wilbur said to simply remember speed is the key and to contact their IVAO with any questions along the way.

“A significant barrier to successful absentee voting is the late receipt of blank ballots reaching Soldiers without sufficient time to vote and return absentee by mail,” he said. “Soldiers need to know that once they get the absentee ballot, speed is of the essence. Soldiers need to research topics and candidates beforehand to ensure that once they get the absentee ballot it is merely a matter of completing it, and returning it in the mail or electronically if allowed by the state. This should be done quickly, so that it arrives in time to meet the cutoff date assigned by the state.”

For more information, call 255-1839 or visit the Fort Rucker voting assistance office located at the Soldier Service Center, Bldg. 5700, Rm. 280.

## SMA’s Senior Enlisted Council focuses on personnel

By **Sgt. 1st Class Joy Dulen**  
*U.S. Army Human Resources Command Public Affairs*

FORT KNOX, Kentucky – Sgt. Maj. of the Army Daniel Dailey sits down with senior sergeants major from around the U.S. Army four times a year to discuss issues that affect his biggest concern – the welfare of Soldiers.

It’s called the Senior Enlisted Council, and the first meeting of the year convened Jan. 20 at the U.S. Army Human Resources Command.

Since HRC’s daily mission is to optimize total force personnel readiness, Dailey said it was the perfect setting for the topic at hand.

“This time, what we talked about was our personnel and how we’re going to rearrange the talent management and leader development of our senior noncommissioned officers,” he said.

Dailey changed what was once known as the Board of Directors to the SEC shortly after taking over as the 15th sergeant major of the Army in January 2015. The council meets monthly via video teleconference and in-person quarterly. Topics can range from military pay and compensation

recommendations for the future to uniform changes. However, Dailey said the time has come to concentrate on people after more than a decade of focus on an Army at war.

“The chief of staff of the Army has tasked me with taking a look at how we manage our enlisted force, how we maximize the talents and capabilities of our Soldiers, and really answer some of the questions that we’ve asked for a long time,” said Dailey.

Topics discussed during SECs can affect the force in as little as a month or they can extend into ongoing talks for years. Dailey said it just depends on the issue.

“We get recommendations and some of those start with one individual Soldier,” he said.

He gave the example of a recent change in Army policy on the authorized wear of black socks with the Army Physical Fitness Uniform. A Soldier stood up in a town hall meeting and asked why black socks weren’t allowed. Less than 30 days later, the policy was changed.

“We took that to the Senior Enlisted Council, had a unanimous vote that it was in keeping with the finest traditions of Army service, went to the chief of staff of the Army and we quickly made a deci-



PHOTO BY SGT. 1ST CLASS JOY DULEN  
**Sgt. Maj. of the Army Daniel Dailey (right) talks with Command Sgt. Maj. James Sims, U.S. Army Material Command, during a Senior Enlisted Council held at the U.S. Army Human Resources Command, Jan. 20.**

sion,” Dailey added.

Some issues are much more complex. When you’re discussing working through the intricacies of military compensation and reform, it could take several months to affect the force, he said.

“The perfect example is the Noncommissioned Officer Evaluation Report that has just been launched,” said Dailey. “We worked on that for two years in the Senior Enlisted Council, previously the BOD under (former Sgt. Maj. of the Army Raymond) Chandler, and some of these things take a lot of work because we have to call in the professionals, like those people who

work here at the Human Resources Command, to be able to inform us and do the analysis.”

No matter what the issue or length of time needed for discussion, Dailey reiterated the SEC’s biggest concern is the welfare of Soldiers. They don’t want to make decisions that could have a negative impact over the long term.

“This is the Army, it’s a big organization and it’s hard to turn back,” he said. “Simple things like black socks – not a huge effect on Soldiers. But the Noncommissioned Officer Evaluation Report, that has a huge effect on the total population of NCOs, not just now, but into the foreseeable future.”

Dailey said the SEC will continue to meet with a fresh new focus on people and the chief of staff of the Army’s No. 1 priority – readiness.

“We’re an organization made up of people and we’re the largest people organization in America,” he said. “Human Resources Command is one of those critical nodes that we have to invest in for the future and make sure we get it right because they’re here to take care of our people. And our job as an Army is to always get better.”



PHOTO BY NATHAN PFAU

## Instructors of the Quarter

Instructors of the quarter were recognized during a ceremony at the U.S. Army Aviation Museum Jan. 20. The instructors of the first quarter were Connell Gardner, B Company, 1st Battalion, 210th Aviation Regiment, Civilian Academic Instructor of the Quarter; John Mulder, A Co., 1st Bn., 223rd Avn. Regt., Civilian Flight Instructor of the Quarter; Staff Sgt. Robert Prugh, A Co., 1st Bn., 223rd Avn. Regt., NCO Flight Instructor of the Quarter; Staff Sgt. Ronald Ramdipsingh, Aviation Logistics NCO Academy, NCO Academic Instructor of the Quarter; CW2 Robert Gannon, E Co., 1st Bn., 212th Avn. Regt., 110th Avn. Brigade, Officer Flight Instructor of the Quarter; and CW3 Charles Brown, A Co., 1st Bn., 145th Avn. Regt., 1st Avn. Bde., Warrant Officer Academic Instructor of the Quarter.

## News Briefs

### African-American Heritage kickoff

Fort Rucker will host its African-American Heritage Month kickoff event Friday at 11:30 a.m. at the post exchange food court.

### Tax center opens

The Fort Rucker Tax Center will host its grand opening at 10 a.m. Friday in Bldg. 5700 in Rm. 371F. The center offers Soldiers, family members and retirees free assistance in filing 2015 federal and state income tax.

To make an appointment or get more information, people can stop by the center in Rm. 371F, or call 255-2937 or 2938.

### Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people’s clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

### AAAA membership meeting

The Army Aviation Association of America Aviation Center Chapter will host its general membership meeting today at 5 p.m. at The Landing. The meeting will feature a guest speaker, and free food and beverages.

The next meeting will take place Feb. 25 at 5 p.m. at The Landing. For more information, call 389-1637.

### Lyster update

Check out Lyster Army Health Clinic’s Facebook page for the healthy tip of the day and clinic information, such as class dates and times. Lyster’s Twitter feed is at @LysterAHC.

### Spouse club scholarships

The Fort Rucker Community Spouses’ Club is accepting applications for scholarships now through March 1. The FRCSA Scholarship Program applications for the 2015-2016 academic school year are available online at <http://FORTRUCKERCSC.com/scholarship.htm>. Last year, the FRCSA awarded \$17,500 to recipients in the Wiregrass community.

Children and spouses of all military ranks (active duty, National Guard, Reserve, retired or deceased), members of the FRCSA, and dependents of Department of Defense civilians are eligible for the scholarships. Applicants must high school seniors graduating by summer of 2016, or pursuing an undergraduate or graduate degree. Scholarships are also available for students who plan to attend an accredited trade school.

Application information may be obtained through the guidance coun-

selors of the local high schools within the following counties: Coffee, Geneva, Dale, Houston, Pike, Crenshaw, Barbour, Henry and Covington; the Fort Rucker Thrift Shop; the education center; the Center Library; and Army Community Service. A digital version is located online at <http://www.FORTRUCKERCSC.com/scholarship.htm>.

Completed applications must be mailed to the FRCSA, postmarked by March 1 – no extensions will be given. For more information, contact the FRCSA scholarship chair at [scholarshipsfrsc@gmail.com](mailto:scholarshipsfrsc@gmail.com) with “Scholarships” in the subject line.

### ID card appointment system

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

The only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issue, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment.

To make an appointment, people just need to go online and visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

People with questions on using the appointment system or who need to verify the documents required to get an ID, should call 255-2182.



# SALUTE TO SERVICE

## Post honors 14 retirees at ceremony

By Jim Hughes  
Command Information Officer

With more than 400 years of combined service, 12 Soldiers and two Army civilians retired Friday at the Fort Rucker Quarterly Retirement Ceremony in the U.S. Army Aviation Museum.

Col. Shannon T. Miller, Fort Rucker garrison commander, hosted the event with garrison Command Sgt. Maj. William D. Lohmeyer assisting.

After thanking the retirees and their families for their outstanding service to Soldiers, to the Army and to the nation, Miller reminded them they would always be a part of the Army family.

“Your legacy will continue to live on in our Army — that is what truly makes our Army the greatest Army in the world,” she added.

This quarter’s retirees are listed below.

### Col. Jeff Foe

Foe, deputy commander and assistant dean of the U.S. Army School of Aviation Medicine, entered military service in 1985 after receiving his commission through the University of Wyoming Reserve Officer Training Corps program. He said the highlights of his career included fulfilling a lifelong dream of becoming an Army Aviator and having the opportunity to mentor Soldiers. He and his wife, Pamela, plan to reside in DuPont, Washington, and also to take a recreational vehicle across the U.S.

### Col. Stephen S. Seitz

Seitz, director of simulation with the U.S. Army Aviation Center of Excellence, entered military service in 1986 after graduating from Indiana State University as a professional pilot major on an ROTC scholarship. He said the personal highlight of his career was traveling throughout Asia and Europe with his wife and son. He said his professional highlight was working with talented simulation professionals who provided world-class training support for hundreds of exercises. He and his wife, Eneicy, plan to continue to reside in Enterprise.

### Maj. George Johnson

Johnson, 164th Theater Airfield Operations Group S3, entered military service in 1998 in Chattanooga, Tennessee — the only person commissioned from the University of Tennessee that spring, he said. He said the highlight of his career was his command tour at the Yakima Training Center, Washington, where he flew both the UH-1V and UH-72A. He and his wife, Mary, plan to reside in Enterprise.

### CW5 Larry D. Jones

Jones, U.S. Army Pacific Command food adviser, Fort Shafter, Hawaii, entered military service in 1984 as a food service specialist. He became a warrant officer in 1995. He said the highlights of his career were serving as a food operations sergeant, drill sergeant instructor, and as a training, advising and counseling officer and senior TAC officer at the U.S. Army Warrant Officer Career College. He and his wife, Mary Lou, plan to reside in the Wiregrass area.

### CW5 Jim Massey

Massey, Directorate of Training and Doctrine Flight Training Branch chief, entered military service in 1989 as a warrant officer flight training candidate. He said the highlight of his career was serving as a training developer at Fort Rucker. He and his wife, Catherine, plan to reside in Dothan.

### CW4 Carl Snyder

Snyder, 2nd Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, battalion standardization officer, entered military service in 1989 as a machinist in the Virginia Army National Guard. He transitioned to active duty as an aircraft mechanic in 1991 and in 2000 was selected for Army Warrant Officer Flight Training. He said the highlight of his career was serving as the company standardization officer for C Co., 4-159th Aviation Regiment with the 101st Airborne Division. He and his wife, Shelly, plan to reside in Enterprise.

### CW4 Shawn Bates

Bates, Air Traffic Services Command director of logistics, entered military service in 1989 as a Patriot Missile System operator and maintainer. He was selected to become an electronic systems warrant officer in 2002. He



PHOTOS BY JIM HUGHES

Retirees (back row) Franklin L. McClanahan, Col. Jeff Foe, CW5 Larry D. Jones, 1st Sgt. Rodney K. Cox, (front row) CW4 Carl Snyder, CW4 Shawn Bates and CW5 Jim Massey are shown just prior to retiring during a ceremony Friday at the U.S. Army Aviation Museum.



Retirees (back row) Col. Stephen S. Seitz, CW4 Benito A. Belgrave, CW3 Samuel Fitz, Maj. George Johnson, (front row) CW3 Keith Cox, CW3 John Wilson and Jesse A. Lambert are shown just prior to retiring during a ceremony Friday at the U.S. Army Aviation Museum.

said the highlight of his career was being a maintenance and logistics mentor to the Afghan national army in Gardiz, Afghanistan. He and his wife, Jessica, plan to reside in Vicksburg, Mississippi.

### CW4 Benito A. Belgrave

Belgrave, B Co., 1-212th Aviation Regiment chief of standardization, entered military service in 1994 as a power generation engineer. In 2000, he was selected for Army Warrant Officer Flight Training. He said the highlight of his career was serving as a medical evacuation pilot in support of U.S. forces in Afghanistan and Iraq, and using his military training, experiences and expertise to affect countless lives on the battlefield. He and his wife, Valerie, plan to reside in Enterprise.

### CW3 Keith Cox

Cox, F Co., 1-212th Avn. Regt. UH-60M instructor pilot course section leader, standardization pilot and instrument examiner, entered military service in 1993 as an infantryman. In 2002, he was selected for Army Warrant Officer Flight Training. He said the highlight of his career was his first deployment in support of Operation Iraqi Freedom. He and his wife, Holly, plan to reside in Enterprise.

### CW3 Samuel Fitz

Fitz, E Co., 1-212th Avn. Regt. Aviation aircrew training plan coordinator, entered military service in 1995 as an airborne combat medic. In 2005, he was selected for Army Warrant Officer Flight Training. He said the highlight of his career was performing jumpmaster duties during a 173rd Airborne Infantry Brigade operation in Iraq. He and his wife, Rose, plan to attend graduate and medical school together in Florida.

### CW3 John Wilson

Wilson, A Co., 1-223rd Avn. Regt. track chief of the instructor pilot course, entered military service in 1996 as a CH-47 Chinook mechanic. In 2004, he was selected for Army Warrant Officer Flight Training. He said the highlight of his career was serving as an air mission com-

mander in support of special operations forces in Afghanistan. He and his wife, Mandy, plan to reside in Flora, Illinois.

### 1st Sgt. Rodney K. Cox

Cox, USAACE NCO Academy Operations Branch chief, entered military service in 1993 as a Chaparral crewmember and later re-enlisted as an air traffic controller. He said the highlight of his career was leading Soldiers as a first sergeant. He and his wife, Jaye, plan to reside in Enterprise.

### Jesse A. Lambert

Lambert, maintenance officer course master instructor, is retiring after 40 years of distinguished service. He has served in Army Aviation as an NCO, a warrant office Aviator and a civilian employee. He said the highlight of his career was being personally responsible for training more than 10,500 commissioned officers, mid-grade warrant officers, and officers from foreign allied nations, and the distinction of training every maintenance officer and test pilot serving in the Army today. He and his wife, Vivien, plan to reside in Daleville.

### Franklin L. McClanahan

McClanahan, U.S. Army Combat Readiness Center director, civilian injury prevention, is retiring after more than 36 years of distinguished service. He entered civil service in 1978 in Mannheim, Germany. He said the highlight of his career was providing a safe and healthful working and living environment for Soldiers, Army civilians and family members. He plans to reside in Daleville.

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# Learning: School event promotes teamwork

Continued from Page A1

animals that the food would be distributed to, such as dogs and cats. The children also got a lesson in teamwork since they had to work together to arrange the donated items into separate bags, and each bag was only allowed to contain 10 items, so once a bag was filled, they had to move on to another bag until all the items had been used to fill the bags, said the Spanish teacher.

“The emphasis is on the counting sequence,” said Es-

teves-Hurst. “The students verbally count the numbers in sequence.”

This year, the students, with the full support of parents and faculty, managed to donate a total of 197 items to be distributed to the surrounding shelters. After all the donated items were collected and sorted, Esteves-Hurst said the items were donated to the shelters personally with the help of other FRPS staff members.

The event is designed to educate and promote a cooperative partnership among students, parents, community

and staff, she said.

In December, the school participated in an activity to gather food for local food banks, and Estevez-Hurst said they want to make sure that people’s four-legged counterparts weren’t forgotten.

“Students at Fort Rucker Primary School are learning and constructing knowledge as a result of meaningful and purposeful experiences,” she said. “We want to teach the children about giving and to think of others aside from their selves, and the children really did not disappoint.”

# Tradition: Ceremonies signal beginning, end of day

Continued from Page A1

been used by the military for centuries, but more importantly it was used by the United States forces during the days of the Continental Army during the Revolutionary War to communicate to the troops and make sure they were up in the mornings, went to mess and make sure they were bedded down at night.”

Today, the familiar sound of the bugle and boom of the cannon are mostly ceremonial, but technically do signify the beginning and end of the duty day on the installation, added the sergeant major.

“Today, we can communicate readily, but back then they needed other means to communicate with the Soldiers,” said Pinckney.

The daily ceremony takes place on Howze Field where a seven-man group of Soldiers raise the flag during “Reveille” at 6 a.m. Mondays-Fridays and on holidays. “Retreat” is sounded at 5 p.m. Mondays-Thursdays, and 4 p.m. on Fridays and holidays.

The seven-Soldier detail is switched out twice a month and cycled through four different units on Fort Rucker: members of the 1st Aviation Brigade, Warrant Officer

Career College, NCO Academy and 110th Avn. Bde.

According to Army Regulation 600-25, during “Reveille,” Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers should face the direction of the music. Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

During “Retreat,” Soldiers in uniform who are not in formation should come to attention upon the sound of the first note, remain at attention until the cannon blast

is heard, then salute. If no cannon is heard, the Soldiers should salute upon the first note of “To The Colors.”

The same rules apply for Soldiers in civilian clothes, but Pinckney said that a salute is not required. Instead, they should stand with their hand over their heart, facing the direction of the music.

All vehicles on the installation should come to a stop, including civilians, but Soldiers who are in a vehicle during “Reveille” or “Retreat” are required to stop and dismount their vehicle to render honors, added Pinckney.

# Winter: Regular grooming ensures proper insulation

Continued from Page A1

Another automotive hazard to pets during the cold, winter months is antifreeze. Pets like the smell and taste of antifreeze, and consuming a small amount can be fatal to pets, said Gray. People should make sure to thoroughly clean up spills immediately, and tightly close containers and store them where pets cannot get to them.

People should also remember to groom their dog regularly, which can help keep the pet properly insulated. Short- or coarse-haired dogs may get extra cold, so consider a sweater or coat, said the vet clinic OIC.

“Also, don’t leave your dog alone in a car,” she said. “It gets too cold and carbon monoxide from an engine left running is dangerous.”

Gray said that people should make sure to listen to their pets and be observant of any changes in behavior as part of being a responsible pet owner.

“Dogs cannot talk to us when they are sick, so, as a

responsible dog owner, it is important to pay special attention to your dog’s wellbeing during the winter season,” said Gray.

She reminds pet owners that pets can just as likely get dehydrated in the winter as in the summer and although Alabama winters are mild, frostbite is still a hazard.

“To prevent frostbite on ears, tails and paws, don’t leave your dog outdoors for too long. Be very careful of supplemental heat sources, also. Fireplaces and portable heaters can severely burn your dog,” she said.

Gray also said that just like people, dogs seem to be more susceptible to illnesses in the winter and to take pets to a veterinarian if any suspicious symptoms arise.

“Don’t use over-the-counter medications on your dog without consulting a veterinarian,” she added.

If pet owners have concerns or questions regarding care of pets during the winter season, contact the Fort Rucker Veterinary Treatment Facility at 255-9061.

A

♥

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- Ask the question directly: Are you thinking of killing yourself?

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A

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*Directions: From the Boll Weevil Cr., turn onto CR 708. In about 1/2 mile turn right onto CR 711. In about another 1/2 mile, turn right into Stonechase S/D & 105 will be the 3rd house on the left.* HOSTED BY: SOMMER RAKES



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**DIRECTIONS:** From Rucker Blvd turn into Legacy Farms on Legacy Drive. Stonehedge is 4th street on left. House is 6th house on right.



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### ALABAMA REALTORS® INSTALLS 2016 EXECUTIVE OFFICERS

The Alabama Association of Realtors®, Alabama's largest statewide organization of real estate professionals, announced the installment of its 2016 Executive Committee officers with Shawn Reeves from the Wiregrass Board of Realtors® serving as 2016 President. Reeves and other executive officers were inducted on Monday, November 16 at the National Association of Realtors® 2015 Realtors® Conference and Expo in San Diego, Calif.

"With the real estate market making a strong comeback, it's an exciting time to be a Realtor® and see the positive impact our business has on the economy," Reeves said. "It is my goal to further our reach in the real estate industry, equipping our members with the tools and resources needed to provide their consumers the best buying or selling experience possible."

A Texas native now residing in Enterprise, Reeves has over a 20-year career in real estate. She has been an active member of the Alabama Association of Realtors®, previously serving as President-Elect, Government Affairs Chair, Secretary and Treasurer and a REALTOR with CENTURY 21 Regency Realty, Inc. in Enterprise, AL.

Other officers inducted for the Alabama Realtors® 2016 Executive Committee are Mugs Mullins, President-Elect; Sid Pugh, Treasurer; Stacey Sanders, Secretary; Julie Minto, Immediate Past President; Landa Pennington, Northern Region Vice President; Susan Hawkins, North Central Region Vice President; Donna Thigpen, Jefferson, Shelby, Blount Region Vice President; Slade McElroy, Central Region Vice President; and Morgan Ashurst, Southern Region Vice President.

The Alabama Association of Realtors® (AAR) is the largest statewide organization of real estate professionals with more than 12,500 members from 29 local boards and 1,200 real estate companies. United by adherence to a Code of Ethics, AAR's members work as real estate professionals in the sale, lease and development of residential, commercial, rural and resort properties throughout Alabama. The Association serves as the voice of the real estate industry in Alabama and as the official advocate of Alabama's multifaceted real estate industry before local, state and federal governments.





ARCTIC SLING

PHOTO BY 1ST LT. JAMES GALLAGHER

Soldiers assigned to 1st Stryker Brigade Combat Team, 25th Infantry Division prepare to hook a vehicle to a CH-47 Chinook from the 16th Combat Aviation Brigade during sling load training at Fort Wainwright Alaska, Jan. 12.

Thunder medics conduct training



PHOTO BY CPL. JAEWOO OH

Medical specialists with 210th Field Artillery Brigade, 2nd Infantry Division, Republic of Korea-U.S Combined Division, load a patient onto UH-60 Black Hawk at Camp Casey, South Korea, Jan. 7.

By Cpl. Jaewoo Oh  
2nd Infantry Division  
Public Affairs

CAMP CASEY, South Korea — The health care specialists, assigned to the 210th Field Artillery Brigade, 2nd Infantry Division, Republic of Korea-U.S Combined Division, recently conducted medical evacuation training at Camp Casey Jan. 7-8.

MedEvac training is designed to train, execute and evaluate the ability of medical specialists to complete aeromedical evacuation tasks. As the Soldiers conducted the exercise, they were able to get hands-on training from the ex-

perts assigned to C Company, 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade.

“All the medics that are training get hands-on training with our aeromedical company,” said 1st Lt. Andrew D. Obelgoner, a Macon, Georgia, native and a brigade medical planner assigned to Headquarters and Headquarters Battery, 210th FAB. “They train as if they are under a real-live scenario.”

There were two phases to the exercise. The initial phase allowed the medics to learn extensive coordination of aeromedical training, and cold- and hot-load

training.

“The medics learn medical evacuation 101 training, which teaches the students how to carry litters with patients into and away from the aircraft, establish helicopter landing zones and mark pick-up sites,” Obelgoner said.

After practicing and learning how to perform MedEvac operations, the medics moved on to the next level of the training. The candidates called for nine-line MedEvac requests and loaded the patients onto rotary winged aircraft for multiple iterations.

“On the second day, the medics

SEE TRAINING, PAGE B4

ARMY HOSTS WARRANT OFFICER SOLARIUM

Feedback: Warrants need training, Army over-relies on contractors

By David Vergun  
Army News Service

(Editor’s note: This is the first in a series of Warrant Officer Solarium articles.)

FORT LEAVENWORTH, Kan. — Two major problems impact readiness, warrant officers said at the first-ever chief of staff of the Army-sponsored Warrant Officer Solarium at the Command and General Staff College Jan. 15.

First, the Army is too dependent on contractors to maintain front-line equipment. Second, warrants are not getting all of the technical training they need to lead in their traditional role.

In the last 14 years of warfare, a surge of forces and new equipment made it necessary to hire new contractors to maintain forward-based equipment, CW3 James Morris told Lt. Gen. Robert Brown, commander of the Combined Arms Center, and other senior leaders.

Furthermore, there just wasn’t the training time available, he added.



PHOTO BY DAVID VERGUN

CW3 Fatima Nettles speaks to Lt. Gen. Robert Brown, commander of the Combined Arms Center, far left, at the first-ever Warrant Officer Solarium, held at the Command and General Staff College, Fort Leavenworth, Kan., Jan. 15.

“Now the time has come to reclaim our equipment,” said Morris, who provided his own example.

“I’m an electronics-maintenance technician,” he commented. “I work on communications devices, radios, night-vision, other equipment. A lot of stuff that came out over the last 10 years, I’m not allowed or capable of working on.”

There’s often no technical manuals to repair or fix this stuff, “so that essentially turns me into a logistician,” he said. For instance, “if a broken radio is brought to me, I have to determine if it’s under warranty, who fixes it, when to expect to get it back, and determine whether or not to order a new one – things of that nature.

“It takes my technical abilities away and makes me more generalized as a logistician,” Morris added.

Many of the approximately 85 warrants agreed and had similar experiences.

CW3 Heath Stamm had other concerns.

“In a decisive-action fight with a peer-level competitor, when we’re taking ground and moving, when bullets start flying, how willing will these civilian contractors be to fix that digital system” as movement into harm’s way commences, he asked.

“We haven’t fought a frontline fight in a long time,” he pointed out. “People say we were in Afghanistan, but we were static. When we start moving and taking ground again, that’s going to change the dynamics.

“Everywhere you see a contractor in the field, you should probably look and say ‘where’s the warrant officer that needs to replace him,’” he continued.

Stamm summed up his feelings for war-



PHOTO BY DAVID VERGUN

Lt. Gen. Robert Brown, commander of the Combined Arms Center, gives feedback during the Warrant Officer Solarium.

Warrants want to get in STEP with professional military education

By David Vergun  
Army News Service

(Editor’s note: This is the second in a series of three Warrant Officer Solarium articles.)

FORT LEAVENWORTH, Kan. — Warrant officers told Lt. Gen. Robert Brown, commander of the Combined Arms Center, and other senior leaders that within their ranks, professional military education should be mandatory for promotions.

The venue was the first-ever, chief of staff of the Army-sponsored Warrant Officer Solarium, held at the Command and General Staff College Jan. 15.

CW3 Jason Hopkins and some of his 84 colleagues suggested PME course attendance should be mandatory within the first 24 months time-in-grade. That period of time was a starting point for discussions. Hopkins pointed out that PME is now

a requirement for promotion within the NCO ranks and the time has come for warrants to have it as well.

The acronym STEP – Select-Train-Educate-Promote – describes that policy for NCOs, which went into effect Jan. 1, Hopkins noted.

STEP requires sergeants to complete the Basic Leader Course, staff sergeants to complete the Advanced Leader Course and sergeants first class to complete the Senior Leader Course. PME requirements for E-8 and E-9 were already in effect since 2008. If those requirements are not fulfilled, the NCO is not promoted.

Why extend something like STEP to warrants?

CW2 Aaron Sargent said as leaders, warrants not only need to be technically skilled, they also need to be broadened with leader development courses like the

SEE STEP, PAGE B4

SEE FEEDBACK, PAGE B4



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# Training: Exercise familiarizes medics with MedEvac

Continued from Page B1

call for the ‘nine line’ on the ground,” said Sgt. 1st Class Tae Kyung Kim, a medical operations NCO in charge with HHB. “Then the helicopter will pick up the patient from the ground and fly around Camp Casey.”

As medics completed more iterations of the exercise,

they became more familiarized with the MedEvac process.

“The purpose of this training is to familiarize all our medics within 210th Field Artillery to be ready to fight tonight,” Kim said. “Based off what we learn from the crew chief, we are trying to familiarize ourselves how to get under the chopper safely and how to get off the chopper

safely, and how to best take care of our patients.”

“Most of our medics came straight out from advanced individual training, and they never had opportunities to see and be on a chopper,” Kim said. “So this training is for the familiarization of what the medics should expect during the medical evacuation missions before an actual operation with a real patient.”

# Feedback: Warrant officers share experiences, ideas at forum

Continued from Page B1

rants taking control: “I’m the technical expert on that system. One, I’m cheaper; two, when bullets start flying, I’ll continue working on that system.”

CW3 Nick Koeppen agreed that the Army is over-reliant on contractors, particularly during deployments.

The Army can send only so many people overseas, he explained. “When we deploy our Aviation units, we’re not taking our maintainers and our warrant officers with us. So we have contractors fixing our aircraft. Then, what happens when we bring them back and we’re expecting our guys (to fix them) who’ve never had the training and experience? They can’t fix it.”

### Warrants losing technical edge

Morris said that not only is the Army over-reliant on contractors, warrant officers themselves are not getting some of the crucial training needed for them to lead in their traditional technical role.

NCOs and even privates are getting trained up on new equipment first and the warrant officers are not being formally inserted into the process, he said.

Morris provided a recent personal example.

The new M-1135 nuclear, biological, chemical, reconnaissance Stryker variant came to Fort Carson, Colorado, and a field-level maintenance new equipment training team came out. The trainees were 94F maintainer enlisted Soldiers “who worked for

me,” Morris said.

“So I inserted myself into that two-week class with all the privates and specialists on my own initiative, because I want to know everything technical going on within my sections,” he said. “I don’t like it when my Soldiers know something and I don’t, so I try to learn everything I can. That’s an issue.”

Morris said he’d prefer to be trained first because chiefs are supposed to be the subject-matter experts on systems they’re responsible for. The commander should feel confident that his chief warrant officer is trained up on everything.

Also, having that training would better enable the warrants to determine what’s needed in the maintenance program and in the training program, he said.

Then, “when the team does come to train, I can assist with the training,” Morris said. “That builds confidence in the Soldiers that their leaders, the warrant officers, have the competence to teach them and to train them.”

The enlisted Soldiers can then say, “‘My chief already knows this, so I’ll listen to him.’ Not, ‘my chief is asking me the same questions I was going to ask him.’ That’s a gap in training. My team members have had similar experiences. I suspect it could be a problem across the Army.”

One way to alleviate this, Morris said, is to insert a chief into the procurement and acquisition phases of equipment “so we can have that warrant officer making recommendations and getting their point of view.”

# STEP: Leaders offer solutions, future plans for Army education

Continued from Page B1

Warrant Officer Advanced Course, Intermediate Level Education and Senior Service Education courses as they progress through the ranks.

Hopkins suggested that the PME requirement be published. He noted that the current verbiage in Army Regulation 350-1, “Army Training and Leader Development,” and Department of the Army Pamphlet 600-3, “Commissioned Officer Professional Development and Career Management System” should be changed from “should have” PME for warrants to “must have” PME. Warrant officers fall within the officer corps, so PAM 600-3 is applicable.

### Reasons for missing PME

Commanders can stop warrants from attending PME if they fail to meet certain prerequisites, such as weight standards or failing the

physical fitness test, Hopkins noted. Warrants under investigation can also be flagged.

Another category of non-attendees could be a warrant wanting to avoid taking the PME, he continued.

Then, there is a category where the fault for not attending PME lies with the command, he said. This is the category that needs to be addressed.

Why would a command prevent a warrant officer from attending PME?

There are two reasons, Hopkins said. The first is understandable. Operational requirements, like a deployment to Afghanistan where the warrant’s skill is needed.

A second reason might be that the command doesn’t want to lose the warrant because his or her skill is deemed invaluable. While this is understandable to a certain extent, it stymies the warrant’s necessary

leader development, he said.

### Solutions offered

Besides making PME a requirement, Hopkins suggested that oversight, and the decision about whether or not to send a warrant to a PME course should be taken away from the command and given to the warrant’s Department of the Army branch proponent.

So, for example, if the warrant is scheduled for an operational deployment, the branch proponent might create a PME waiver, with the stipulation that “you can take it away from us once, but (then the branch) needs to put us in a secondary date.” Of course, that hinges on the branch having such control, which it currently doesn’t.

On a slightly different topic, Hopkins said he observed CW4s attending the Advanced Course, which is designed for CW2s and 3s. Warrants should be attend-

ing the appropriate PME for their grade level. Otherwise, it’s a waste of their time.

CW3 Heath Stamm said commissioned officers don’t have a problem attending PME courses. They actually make permanent change of station moves, for, say, six months, and belong to the CGSOC. The decision is not in the hands of the command since it’s a requirement.

“They put you in those gates because their year-group manager says ‘you will go to school here, here and here,’” he said. “And, if you come down on that CGSOC list and you’re in theater, they will pull you out of theater because you’re going to CGSOC and that school is not going to wait on you.”

Doing that PCS move would alleviate another problem, Stamm noted.

“For us, our command may

say ‘I’m critical, I’m the guy you rely on. Someone needs to fill my role,’” he said. “If we do go to school, we’re telecommuting back to work. We’re getting on the computer, taking phone calls and emails, leaving class to talk to the commander on the phone. Officers don’t deal with that. It’s a huge distractor.”

Stamm said the warrants at this Solarium offered some solutions but didn’t have all the answers. “If you pull me for three months and the unit does fine without me, you’ve got to wonder if the unit really needs me.”

Brown weighed in, commenting that STEP has given the NCO corps a tremendous boost in readiness. He agreed that the time has come to prioritize PME for all Soldiers, including warrants.

“The reason we got away from it for so long is we were in two wars,” he added.

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JANUARY 28, 2016



## Consistency key to successful job hunt

By Jeremy Henderson  
Army Flier Staff Writer

The hunt for new employment can be daunting, especially for Soldiers transitioning into civilian life, but Army Community Service has tips and tools available to aid in the search.

According to Mike Kozlowski, ACS employment readiness manager, marketing is the key to any successful job hunting endeavor.

“Regis McKenna – the ‘marketing guru of Silicon Valley’ – was quoted in the ‘Harvard Business Review’ as saying, ‘Marketing is everything, everything is marketing,’” he said. “In a very real sense, this new axiom for the 21st century can be directly applied to the job hunt process for folks who are interested in making their hunts more productive.”

Kozlowski suggested the following steps for effectively marketing skills to hiring managers.

- Start with your résumé. Ask yourself the questions, “Would I hire myself if I were a hiring manager and read my résumé?” Tailor your résumé to the job in which you’re interested, giving the reader the impression that you are a problem solver with innovative approaches to the industry sector. Pepper your work experiences with active – and not passive – verbs to demonstrate that you are more than capable meet challenges with superb solutions. Quantify your work experiences (and significant accomplishments) with percentages, dollar figures and statistical data. Describe the context and challenges you faced in the job, the actions you took to solve those

### EMPLOYMENT RESOURCES

Below are resources Mike Kozlowski, ACS employment readiness manager, recommends people use when on the job hunt.

- **PassportCareer.com:** “An amazing site that not only prepares you with relocation readiness strategies in advance of a PCS move, but also gives you a comprehensive jobs portal – listing jobs in practically every country on the face of the globe. Passport Career can also connect you with individuals who are currently living in your country of interest, giving you the info you need to understand the economic and employment climates of the country in which your next duty assignment is located.”
- **The Virtual Career Library:** “An online resource that enables a job seeker to conduct career field research. It’s a library, so no jobs are listed on the site; however, it gives the user the ability to understand trends in their chosen vocational field. There are company video news clips, as well as videos on résumé development, interviewing skills and other general job seeker resources.”
- **The Federal Résumé Database:** “This database (from noted author Kathryn Troutman) contains over 100 examples of federal résumés that an individual can use to format a USAJOBS.gov-compliant résumé.”
- **Access to the Military Spouse Employment Partnership:** In the website’s words, “MSEP is part of DOD’s broader Spouse Education and Career Opportunities initiative, which seeks to strengthen the education and career opportunities of military spouses by providing career exploration opportunities to help them understand their skills, interests, and goals; education and training to help them identify academic, licensing, or credentialing requirements that can help them reach their career goals; employment readiness assistance to optimize their self-marketing skills; and employment connections that help them find and maintain a rewarding career. MSEP, a targeted recruitment and employment solution, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting. MSEP currently has more than 295 partners, who have hired over 80,000 military spouses.”

challenges and opportunities, and, lastly, the results you and the organization experienced from your creative solutions. Once again, quantify these accomplishments as much as possible.

- The informational visit. Research companies and their job opportunities. Tailor your résumé and cover letter to the company you wish to visit and then make the informational visit. You don’t have to call ahead, but it may help you get some dedicated time on that individual’s schedule. Do not offer your résumé to the person until they ask for it. If you do, you risk being perceived as a person with self-interest at heart. Get a business card and hand-write a thank you note.

According to Kozlowski, consistency is a key component to a successful job hunt.

“Some individuals are morning people, feeling fresh and ready to ‘get at it’ with vigor during the first part of the day,” he said. “Others – because of their other

obligations and commitments – find job hunting better suited to an afternoon schedule. Job hunting – if you’re truly serious about it – needs to be a consistent part of your daily routine. One hour, four hours, eight hours ... it doesn’t matter how much time you devote to your hunt. Your job hunt is driven by the intensity and determination you render to it. Every day. It’s the ‘fire in your belly’ that drives success in anyone’s job search. You should always adopt a methodical, consistent approach to your daily job hunt efforts ... never go headlong into the hunt without preparation.”

For Soldiers looking ahead to future civilian employment or family members who are currently employed, time can be scarce. However, Kozlowski said tools are still available to help cast a wide networking net.

“It’s often been said that it’s better to look for a job while you have a job – to look for a job while gainfully unemployed,” he said. “While it’s true that

currently-employed individuals have little time to include face-to-face contacts in their already-full work schedules, the tech age in which we’re living affords opportunities that have been previously unavailable.

“I’m a big advocate of networking with other professionals, either on a face-to-face basis or via electronic means, he added. “LinkedIn is more than a social media resource. If used correctly, it will put you in touch with corporate and organizational decision makers who can be that effective second connection for another career opportunity. Increasingly, jobs are being offered to qualified candidates through LinkedIn, so it should not be treated as a virtual chat room for professionals. Make certain your LinkedIn profile is complete and your résumé is loaded into the site.”

Kozlowski also suggests professional conventions, conferences and associational meetings to network with hiring managers and decision managers. However, a little time off might be in order

to strengthen the search.

“You may want to approach this challenge the old-fashioned way,” he said. “Take some time off and visit the employer. This approach does involve a lot of planning as you want to make certain the individual will have time blocked-off on his or her schedule to speak with you. Use the informational visit approach. Taking time off also serves as to not alert your current boss that you’re out looking for other opportunities.”

ACS will host a “10 Steps To A Federal Job” workshop Tuesday from 9-11 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 371A.

“As the name clearly states, I will be talking about how to gain meaningful employment with the federal government,” Kozlowski said. “We will discuss topics such as focusing your federal job search, networking success, finding the perfect job announcement, mastering the federal résumé, the importance of accomplishment stories, preference programs for vets and military spouses and Interviewing 101.”

Each workshop participant will receive Kathryn Troutman’s “Jobseeker’s Guide: Ten Steps to a Federal Job for Military and Spouses.”

“It’s a great roadmap to take you on a step-by-step journey to getting hired by the federal government,” Kozlowski said.

Space is limited to the first 40 registrants. Participants should plan to arrive no later than 8:40 a.m. for filling out forms.

For more information or to register for the workshop, call 255-2594.

## Advisory council gives parents voice

By Nathan Pfau  
Army Flier Staff Writer

With the wealth of activities and programs the Fort Rucker Child, Youth and School Services provides, one of its programs offers parents a chance to have a voice in the direction children’s recreational and developmental activities take.

The CYSS parent advisory council gives parents the opportunity to provide input about administrative policies and developmental programming, as well as establish volunteer opportunities, according to Kathy Vickers, CYSS coordinator.

“Parents can make suggestions for improvement to the programs, they can volunteer to give program assistance, and it’s an opportunity for them to have a voice in what’s going on in CYSS,” she said.

The next meeting will be held Tuesday from 5-6 p.m. at the school age center, Bldg. 2806.

During the meetings, parents will get the chance to meet with different program representatives from various programs, such as the child development center, the school age center, the youth center

and the youth sports program.

“The representatives will be there to provide updates on all of the programs, as well as answer any questions,” said Vickers. “If there are any concerns from parents, this is a great opportunity for them to voice those, as well as provide input or plan future activities.”

All Fort Rucker parents are welcome to join the council, and volunteers for positions in the PAC are needed, as well, including a president, secretary and publicity manager.

“We want to get parents involved in these programs, and parents can feel like they are part of CYSS and give them a sense that they belong as part of the community,” said the CYSS coordinator. “They’ll get to have the chance to have a little input on what’s going on with their child in these programs that they’re participating in.

“We’re helping to take care of their children, so I feel it’s very important that parents get involved with programs like this,” she said.

When attending the meetings, parents also have the chance to



PHOTO BY NATHAN PFAU

Selah Laforde, civilian, and Erika Clayton, military family member, play a game of ping pong at the Youth Center Tuesday.

earn Parent Participation Points, which can be redeemed for a discount on monthly child-care fees.

Each meeting earns the parent two points, and after 10 points,

parents receive a 10-percent discount off their fees.

Future meetings will be held May 3 from 5-6 p.m. at the youth center, Bldg. 2800; Aug. 2 from

5-6 p.m. at the CDC, Bldg. 8938; and Nov. 1 from 5-6 p.m. at the school age center.

For more information, call 255-2958.



# ON POST

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

**Comedy Live**

The Landing will host the latest round of Comedy Live Friday from 8-9:30 p.m. in its ballroom. Comedy Live will feature Rocky Dale Davis and Lucas Bohn performing. The event is open to the public for ages 18 and up. Tickets are \$12 through today. Tickets on the day of the show will be \$16. VIP tables are available for \$150 and seat 10 patrons. Tickets may be purchased at The Landing, MWR Central, or the Coffee Zones at Lyster and Bldg. 5700. VIP tickets are only available at The Landing.

For more information, call 598-2426.

**Art class at library**

The Center Library is offering an art class for older children Saturday from 1-3 p.m. The project is entitled “Let’s Learn About the Australian Aborigines.” The cost is free and all materials will be provided. The activity is designed for ages 8 and up, and space is limited to the first 25 registrants.

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

**Parent Advisory Council meeting**

Child, youth and school services will host its parent advisory council meeting Tuesday from 5-6 p.m. at the school age center in Bldg. 2806. The meeting is open to all Fort Rucker parents. PAC Meetings give parents the opportunity to provide input about administrative policies and developmental programming for CYSS services, and also establish volunteer opportunities. PAC meetings are held quarterly on the first Tuesday of the month from 5-6 p.m. PAC members will earn two parent participation points per meeting, and when they accumulate 10 points they will receive 10 percent off monthly child care fees.

For more information, call 255-2958.

**Anti-Bullying Campaign**

The Fort Rucker Youth Center will host its free Anti-Bullying Campaign Feb. 5 from 5-7 p.m. for youth center members – who may each bring one guest. The campaign seeks to help reduce and prevent bullying, and also encourage awareness from partnerships and supporters within the area. The event will feature guest speakers, refreshments and more.

For more information, call 255-2147.

**Heart 2 Heart Skate Night**

The child, youth and school services school age center will host its Heart 2 Heart Skate Night Feb. 5. There will be a contest for the best dressed boy and girl. Safety skate is from 6:15-7:15 p.m. and costs \$2, and regular skate is from 7:30-9:30 p.m. and costs \$5. Exact change is appreciated.

For more information, call 255-9108

**Black History Month story time**

The Center Library will host a children’s story time to help celebrate Black History Month Feb. 5 from 10:15-11 a.m. The event will be open to authorized patrons and will be exceptional family member friendly.

For more information, call 255-3885.

**Mardi Gras in Mobile trip**

MWR Central will host a day trip to Mobile Feb. 6 to take in the city’s Mardi Gras festivities. Participants will spend the afternoon along the parade route. The cost of this trip is \$25 per person, and includes transportation to and from Mobile, and a set of beads. There are a total of five parades along the route. The parade route and schedule will be provided to registered participants. The trip will depart Fort Rucker at 8 a.m. and arrive in Mobile around 11:30 a.m. Departure time from Mobile will be 8 p.m. with an anticipated return to Fort Rucker at about 11 p.m.

For more information, call 255-2997.

**Family member resilience training**

Army Community Service will host family member resilience training Feb. 8 from 9-11:30 a.m. The training gives family members the tools they need to become more resilient when facing the challenges life throws at them, according to ACS officials.

For more information, including location, call 255-9647 or 255-3359.

**Super Bowl party**

Mother Rucker’s will host a Super Bowl party Feb. 7. The party will feature food and drink specials, and door prize s. The party is open to the public for ages 18 and over. For more information, call 503-0396.



COURTESY ART

## Dueling Pianos

**The Landing will host Dueling Pianos, billed as a high energy, all request, sing-along, clap-along, rock n’ roll, comedy piano show, Feb. 12 and 13. Doors to the main ballroom will open at 7 p.m. and the show will begin at 8 p.m. Advance tickets will be available for \$12. Tickets will be \$16 after Feb. 11 or at the door. VIP tables will be available for \$150. VIP tables seat 10 and are guaranteed seating near the stage. Advance tickets may be purchased at The Landing, the Landing Zone, Coffee Zone at Lyster and Bldg. 5700, or MWR Central. For more information, call 598-2426.**

**Center Library Valentine craft**

The Center Library will host a Valentine craft activity Feb. 9 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served and space is limited to the first 65 children to register. The activity is open to all authorized patrons and is exceptional family member friendly.

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

**Thrift Savings Plan class**

The Army Community Service Financial Readiness Program will present a Thrift Savings Plan class Feb. 9 from 6:30-7:30 p.m. at the Commons. Topics include: Why invest with TSP?, how to start a contribution, discussion of risk tolerance, Traditional or Roth account, discussion of the five Core Funds and Lifecycle funds, and diversification.

For more information, call 255-9467 or 255-3359.

**Sweetheart Dinner**

The Landing Zone will host its Sweetheart Dinner Feb. 12 and 13 from 4-9 p.m. Reservations are highly recommended. The cost is \$25.99 per person or \$48.99 per couple. People can also make a night out of it by heading to The Landing’s main ballroom for Dueling Pianos after dinner. Tickets cost \$12 in advance and \$16 at the door. People can save more by combining their Sweetheart Dinner and Dueling Pianos show purchases – \$35.99 for a single’s dinner plus show combo or \$68.99 for a couple’s dinner plus show combo, which includes two three-course dinners and two show tickets. Dinner plus show combo guests will enjoy priority seating.

For more information, call 598-2426.

**Valentine’s Day Brunch**

The Landing Zone will host its Valentine to Brunch Feb. 14 from 9 a.m. to 2 p.m. Special entrée and dessert options will be available. The brunch is open to the public.

For more information, call 598-8025.

**Employment readiness class**

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Feb. 18. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

**Newcomers welcome**

Army Community Service will host a newcomers welcome Feb. 19 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family

# DFMWR

# Spotlight

## MWR Central Trips

Bldg. 5700, Rm. 130, (334)255-2997/9517

### Mardi Gras

**in Mobile Day Trip**  
Sat., February 6  
**Cost: \$25 per person**  
**Includes:** Transportation to and from Mobile, and your very own set of beads!

### Deep Sea

**Fishing Trip**  
**in Destin, FL**  
Sat., February 27  
**Cost: \$150 per person**  
**Includes:** license, rod, reel, bait, 6-7 hours of fishing, and cleaning of the fish.

### Biloxi

**Overnight Trip**  
Sat., March 5  
Pricing for this trip is based on people per room. Must be 21 or older to participate in this trip. Deadline to register February 5.

### Wild Adventures

**Theme Park Day Trip**  
Sat., March 26  
**Cost: \$53 per person**  
**Includes:** ticket to Wild Adventures and transportation.

### COMING SOON!

## TOUGH MUDDER

Fri., May 6  
Prices for this trip are based on people per room, and include transportation, entry to the Tough Mudder and hotel accommodations. Deadline to register April 15.

For more information call MWR Central, (334) 255-2997.



members are encouraged to attend. 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 newcomers welcome.

For more information, call 255-3161 or 255-2887.

**Right Arm Night**  
The Landing Zone will host Right Arm

Night Feb. 25 from 4-6 p.m., hosted by the 1st Battalion, 212th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

FORT RUCKER MOVIE SCHEDULE FOR JANUARY 28-31			
Thursday, January 28	Friday, January 29	Saturday, January 30	Sunday, January 31
Point Break (PG-13) .....7 p.m.	Concussion (PG-13) .....7 p.m.	Daddy's Home (PG-13) .....4 p.m. Star Wars: The Force Awakens (PG-13) .....7 p.m.	Daddy's Home (PG-13) .....1 p.m. Concussion (PG-13) .....4 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			







# Guide highlights Georgia getaways, vacation ideas

## Georgia State Parks & Historic Sites

Press Release

With spring just around the corner, many families are beginning to think ahead to warmer weather and weekend escapes.

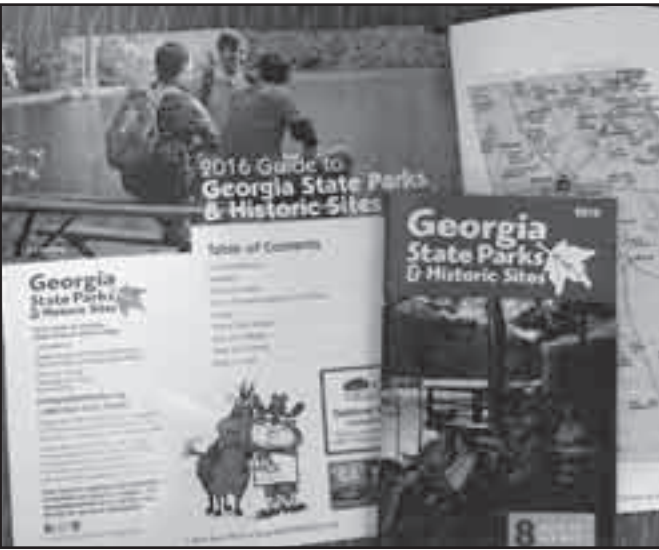
The newly published “2016 Guide to Georgia State Parks & Historic Sites” is a handy resource for planning a spring break, summer vacation or family reunion.

The free booklet is filled with tips on the best hiking

trails, fishing spots, wedding venues and accommodations. It also includes new accommodations, such as yurts at Sweetwater Creek State Park near Atlanta and sportsman’s cabins at Laura S. Walker State Park near Waycross.

Produced annually by the Georgia Department of Natural Resources, the travel guide features colorful photos that make for a scenic “armchair tour” of the Peach State.

For a free copy, call 1-800-864-7275 or stop by any Georgia State Park or State Historic Site. On online version can be found on GeorgiaStateParks.org



COURTESY PHOTO ILLUSTRATION

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit [www.andalusialegiopost80.org](http://www.andalusialegiopost80.org).

**ONGOING** — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit [www.andalusialegiopost80.org](http://www.andalusialegiopost80.org).

## DALEVILLE

**ONGOING** — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

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

## DOTHAN

**FEB. 2-5** — The Tibetan Monks of Drepung Gomang Monastery will visit the Spiritual Enrichment Center of Dothan and the public is welcome to attend the events. Organizers said the highlight of the trip is the creation of the Sacred World Peace Sand Mandala in the classroom behind the center. To get more information, including a full schedule of events, or to purchase tickets, visit <http://www.secdothan.org/index.php/tibetan-monks-visit.html>.

**FEB. 10** — ROK Productions presents the City Rockfest Tour 2016, featuring Christian rock artists Disciple, Seventh Day Slumber, Decyfer Down, Spoken and Children 18:3, from 6:30-10 p.m. at the Northview High School Convocation Center at 3209 Reeves Street. Proceeds go

to the Kyle Leonard Memorial Scholarship Fund. Tickets are available at Eagle Eye Outfitters in Dothan, Dove Christian Supply in both Enterprise and Dothan, and online at [itickets.com](http://itickets.com). Tickets are \$15 in advance, \$20 at the door, \$30 for VIP, and discounts are available for groups (\$10 for 15 plus). For more information, call 662-251-9990.

**ONGOING** — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to [davchapter87@gmail.com](mailto:davchapter87@gmail.com).

## ENTERPRISE

**JAN. 30** — The Friends of the Enterprise Public Library will hold its “Owls About a Great Deal?” book sale from 9 a.m. to 2 p.m. in the second floor meeting room at the library. Selected stock will be priced at 25 cents. The library is located at 101 East Grubbs Street. Fiction and nonfiction hardback and paperback books for all ages, as well as music CDs, books on tape, and videos, will be on sale. Money raised by the sale funds library projects, such as the summer reading program, a redesign of the library’s website and library materials. For more information, call 347-2636.

**ONGOING** — Beginning classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the Enterprise YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered on Thursdays at 1 p.m. and Saturdays at 10 a.m. At the Episcopal Church, classes are offered Mondays at 8:30 a.m. and Thursdays at 5 p.m. An ongoing health and recovery class is also held at the church on Mondays at 10:15 a.m. People can join a class at any time. For more information, call 348-9008 or 334-347-4663. For more information about Taoist Tai Chi, visit <http://www.taoist.org/usa/locations/montgomery/>.

**ONGOING** — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. DAV helps veterans with claims Mondays-

Thursdays, 9-11 a.m., and other times by appointment. For more information, call 308-2480.

## 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 on 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** — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

**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

**FEB. 9** — St. Michael’s Episcopal Church will hold its annual pancake supper from 5-7 p.m. in the Parish Hall. There will be blueberry, pecan, and plain pancakes, bacon, sausage, ice tea and coffee. Tickets are \$5, and may be purchased from church members or at the

door. The parish hall will be decorated in a Mardi Gras theme. Take-out plates will be available.

**FEB. 19** — Classical guitarist Zachary Johnson will perform at St. Michael’s Episcopal Church at 7 p.m. This is the first of the spring classical guitar concert series at St. Michael’s. Following this free classical guitar concert will be a meet the artist reception in the church parish hall. St. Michael’s is located at 427 Camilla Avenue.

## 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 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 Tuesday 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 with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

## WIREGRASS AREA

**ONGOING** — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

## Beyond Briefs

### Eagle Awareness 2016

Lake Guntersville State Park hosts its Eagle Awareness 2016 program now through Feb. 21. The program features guest speakers, bird-of-prey presentations, photography opportunities, guided tours and lodging packages.

For more information, visit <http://www.alapark.com/Lake-Guntersville-State-Park-Eagle-Awareness-Week-ends>.

### Science Fiction, Science Future

The U.S. Space and Rocket Center in Huntsville hosts the Science Fiction, Science Future exhibition now through March 6. Science Fiction, Science Future brings the science of the future into the present, sending visitors on a unique journey filled with science exploration, curiosity and discovery, according to center officials. Created by the renowned Scitech Discovery Centre in Perth, Australia, Science Fiction, Science Future is a visually compelling exhibition that enables guests to develop a deeper understanding of how science fiction ideas and concepts of today could become the science reality of tomorrow. Science Fiction, Science Future engages visitors with exciting hands-on and full-body experiences, incorporating robots, invisibility, mind control, holograms and augmented reality. In addition, science fiction films and pop-culture references for all ages are featured throughout the exhibition on high-impact graphic panels. Visitors engage and enjoy as they learn about the medical technology, communication and transportation of tomorrow in use today. This exhibition incorporates many innovations and inventions that were once only considered possible in film and literature.

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

### Hank Williams Museum open house

The Hank Williams Museum in Montgomery will cel-

ebate its 17th year of operation Feb. 7 with an open house from 1-4 p.m. Admission is free, but donations are accepted.

For more information, call 334-262-3600 or visit [www.thehankwilliamsmuseum.net/](http://www.thehankwilliamsmuseum.net/). The museum is located at 118 Commerce Street.

### Harlem Ambassadors basketball show

Family fun will tip off when the Harlem Ambassadors visit Montgomery to take on the Habitat Home Team (an eclectic group of local leaders and celebrities) Feb. 20 at 3 p.m. at the Faulkner University Gym. The Harlem Ambassadors offer a unique brand of Harlem-style basketball, featuring high-flying slam dunks, games with the children and comedy routines, according to a team press release. Tickets cost \$10 – ages 5 and under are admitted for free.

For more information, call 334-832-9313 or visit [habitat-montgomery.com/](http://habitat-montgomery.com/).

### Lockwood Tour of Homes

Landmarks Foundation will host its third annual tour of homes to familiarize the public with Montgomery’s rich historical housing stock Feb. 28, from 12:30-5:30 p.m. The tour will feature six Frank Lockwood-designed homes in the Garden District, Old Cloverdale and Edgewood, which will be open to the public. Lockwood was one of Montgomery’s premier architects in the early 20th Century, and his stylistic range included English Arts and Crafts, Neo-Tudor, Neo-Georgian, Neo-Colonial and Spanish Colonial. Cost is \$20 for advance tickets and \$25 on the day of the tour.

For more information or to get advance tickets, call 334-240-4617 or visit [www.landmarksfoundation.com/events/upcoming-events/](http://www.landmarksfoundation.com/events/upcoming-events/). Tickets can be bought the day of the event at the Capri Theatre from noon to 4 p.m.

### Chocolate 5K

NR Road Racing will host its Chocolate 5K in Mont-

gomery Jan. 31 from 9 a.m. to noon. The family friendly 3-mile course will feature sweet treats and water stations. The cost to enter is \$35 before the race and \$40 the day of the race. Proceeds will benefit the Autism Society of Alabama.

For more information, visit [nroadracing.com/races/thechocolate5k-montgomery-al-16/](http://nroadracing.com/races/thechocolate5k-montgomery-al-16/).

### Mardi Gras at the Beach

Panama City Beach, Florida, will host its free Mardi Gras at the Beach event Feb. 5-6 at Pier Park. The event will feature parades, floats, Mardi Gras festivities, food, fun, music, fireworks and pirates in a family-friendly environment.

### Late Night Romance Cruise

Montgomery Parks and Recreation will host its Late Night Romance Cruise Feb. 14 on the Harriott II Riverboat. The cruise will feature dessert, a beverage and l entertainment. Boarding begins at 10 p.m. and the boat will cruise from 10:30 p.m. to 12:30 a.m. Tickets cost \$75 per couple.

For more information, call 334-625-2100 or visit <http://www.funinmontgomery.com/announcements/late-night-romance-cruise>.

### Pike Piddlers Storytelling Festival

The Pike Piddlers Storytelling Festival takes place Jan. 29-30 in Brundidge and Troy. Jan. 29, activities take place in Brundidge at 6:30 p.m. at the We Piddle Around Theater with supper and stories. The festival continues Jan. 30 with three storytelling concerts, 10 a.m., 2 p.m. and 6:30 p.m., at the Trojan Center Theatre at Troy University in Troy.

The festival features some of the country’s top storyteller and includes pre-show music by popular old-time bands, according to organizers. Cost is \$25 for the supper event, and \$10 for the Jan. 30 morning concert and \$15 for the afternoon and evening concerts.

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







Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

**Headquarters Chapel, Building 109**  
8 a.m. Traditional Protestant Service

**Main Post Chapel, Building 8940**  
9 a.m. Catholic Mass Sunday  
11 a.m. Liturgical Protestant Service  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4 p.m. Catholic Confessions Saturday  
5 p.m. Catholic Mass Saturday

**Wings Chapel, Building 6036**  
8 a.m. Latter-Day Saints Worship Service  
9:30 a.m. Protestant Sunday School  
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)  
12 p.m. Eckankar Worship Service (4th Sunday)

**Spiritual Life Center, Building 8939**  
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

**Tuesdays**  
Crossroads Discipleship Study (Meal/Bible Study)  
Wings Chapel, 6:30 p.m.

**Protestant Women of the Chapel**  
Wings Chapel, 9 a.m. and 6 p.m.

**Adult Bible Study**  
Spiritual Life Center, 7 p.m.

**Wednesdays**  
Catholic Women of the Chapel  
Wings Chapel, 8:30 a.m.

**Above the Best Bible Study**  
Yano Hall, 11 a.m.

**1-14th Avn Regt Bible Study**  
Hanchey AAF, Bldg 50102N, Rm 101,  
11:30 a.m.

**164th TAOG Bible Study**  
Bldg 30501, 11:30 a.m.

**Adult Bible Study**  
Soldier Service Center, 12 p.m.

**Youth Group Bible Study**  
Spiritual Life Center, 5:30 p.m.

**Adult Bible Study**  
Spiritual Life Center, 6 p.m.

**Thursdays**  
Adult Bible Study  
Spiritual Life Center, 9 a.m.

**Latter-Day Saints Bible Study**  
Wings Chapel, 6:30 p.m.

**Saturdays**  
Protestant Men of the Chapel  
Wings Chapel (1st Saturday), 8 a.m.



COURTESY PHOTO

Pick-of-the-litter

Meet Jack, an approximately two-month-old male kitten for adoption at the Fort Rucker stray facility. He is very mild tempered and loves attention. He has received an initial dewormer, a rabies vaccination and tested negative for FeLV/FIV. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. 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 stray facility. 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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JANUARY 28, 2016



PHOTO BY TORI EVANS

Robert Adams, advanced male winner, tosses a disc at one of the baskets on the Beaver Lake disc golf course during the Winter Fling tournament Saturday.

## Disc golf tournament scores relaxation, camaraderie

By Nathan Pfau  
Army Flier Staff Writer

Nearly 30 competitors braved the cold, winter morning to participate in the Fort Rucker Winter Fling Disc Golf tournament Saturday for some friendly competition and camaraderie.

Twenty seven people from surrounding communities, as well as those from across the Southeast, participated in the two-round tournament – 36 holes. Participants competed in different categories, as well, including advanced, amateur and junior, with trophies awarded to winners in each category.

The winners in each category were: Robert Adams, advanced male winner, who shot a total of 104; David Bragg, amateur blue division winner, who shot a total of 115; Jason Abel, amateur green division winner, who shot a total of 125; Elizabeth Wesson, advanced female winner, who shot a total of 135; Terry Mercer, advanced over 46 winner, with a total of 114; and Cory Casalina, junior division winner, with a total of 121.

Jeremy Dagger, civilian participant, said the game for him is a way to relax and spend time with friends, while participating in a friendly competition for bragging rights.

“I just think it’s a good way for friends to get together and have a good time with-



Disc golfers line up their shots at one of the baskets during the Winter Fling tournament at the Beaver Lake disc golf course Saturday.

out stressing out about the competition,” he said. “With a lot of other sports, the energy can be really high and people can get worked up, but with disc golf, it’s just really laid back and everyone’s just trying to have a good time.”

Dagger said the sport is also a good way to meet new people, since competitions give him the opportunity to travel to new places.

“Disc golf has its own little unique community and you really get to connect with

a lot of people,” he said. “You link up on the message boards or on websites and find out where the next tournament is going to be. You really get to develop relationships with these people – it can be a real bonding experience.”

Fellow disc golfer Randy Hiers has been playing disc golf for about 30 years and said the sport is all about the fellowship.

“It’s all about meeting people and you get to meet new people all the time,” he said. “If I see someone on the course I’m

going to come over and shake their hand and introduce myself. It’s just great and that’s what it’s about.”

The course, located at Beaver Lake, is an 18-hole, 55-par course that follows the Beaver Lake trail, for the most part. It offers varying levels of difficulty with basic holes with no hazards or trees, to more advanced holes with water traps and obstacles.

The rules of disc golf are much like the game of ball golf in that the goal is to use as few strokes as possible to throw a disc from a designated spot into a basket.

Disc golf has been around for a while, but was formalized in the 1970s, and began to gain most of its popularity in the 1990s and early 2000s among the college crowd and, according to the Professional Disc Golf Association, which has more than 50,000 members, there are more 4,000 courses around the world.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages, and playing an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes, depending on the amount of players, and costs little to no money.

People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

## RADON

### *EPA alerts public to invisible enemy*

By Karla Simon  
U.S. Army Public Health Command

January is National Radon Action Month. The Environmental Protection Agency has launched the “Test Your Home, Protect Your Health” campaign to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the United States each year.

Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

There is no known safe level of exposure to radon. What can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home’s indoor air can come from two sources, the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems.

However, if you have a private well, consider testing

SEE TEST, PAGE D4



COURTESY GRAPHIC

## PROMOTING HEALTHIER LIFESTYLES

### *Lyster Army Health Clinic moves towards tobacco-free campus*

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs Officer

In a move to demonstrate its commitment to promote healthier lifestyles, Lyster Army Health Clinic has begun the implementation process of moving toward becoming a tobacco-free campus.

Per Army Regulation 600-63, no later than May 8, all Army Medical Command entities will achieve full implementation of a tobacco-free campus. This regulation extends the tobacco-free zones from the current 50 feet to encompass the entire clinic campus.

The policy applies to all employees, patients and visitors at LAHC, and prohibits the use of all forms of tobacco products – cigarettes, cigars, pipes, smokeless tobacco, electronic cigarettes, personal vaporizers and electronic nicotine delivery systems – on the LAHC campus, including parking lots and privately owned vehicles.

This policy also includes the dental and veterinary clinics on post. For now, at all other Fort Rucker locations and facilities, smoking and use of nicotine products is allowed only in designated smoking areas that meet post policy. Although electronic nicotine de-

livery devices may seem to be a safe alternative to cigarettes, these devices are not regulated by the U.S. Food and Drug Administration for various reasons, to include the fact that they contain significant variances in the amount of nicotine that is delivered.

“LAHC joins the hundreds of Navy, Air Force and Army hospitals and medical centers around the world which have already implemented tobacco-free campus policies as part of the Department of Defense’s broader strategy to support healthy lifestyles and behaviors,” said Maj. JoAnne Ward, chief of preventive medicine at LAHC.

In 2012, Lt. Gen. Patricia Horoho, former surgeon general and commanding general of the U.S. Army Medical Command, released her strategic plan for the Army Medical Department in the “Army Medicine Strategy 2020.”

One of Horoho’s goals was for Army medicine to be transformed from a health care system to a system for health. As a result, efforts have been made to make all Army Medical Department treatment facilities tobacco free.

Tobacco use remains the single largest preventable cause of death and disease in the U.S., according to the

American Lung Association. Cigarette smoking kills more than 480,000 Americans each year, with more than 41,000 of these deaths from exposure to second-hand smoke. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.

It can be a difficult endeavor, but each year, more than a million people successfully quit tobacco and there are many resources available to help in the process.

“The support piece is very crucial,” said Ward.

Employees are given the option to enroll into the LAHC Tobacco Cessation Program by contacting Army Public Health Nursing at 255-7930. They may also participate in their Federal Employee Health Benefit Tobacco Cessation Program. For more information, visit [www.opm.gov/quitsmoking](http://www.opm.gov/quitsmoking).

Another helpful resource for those trying to quit can be found at UCanQuit2.org – a Department of Defense-sponsored website providing information about tobacco cessation and live online help 24/7.



EPA GRAPHIC



# DOWN TIME



## TRIVIA

1. LITERATURE: Who wrote the children's book "Tales of a Fourth Grade Nothing"?
2. MOVIES: Who played the lead female role in "The Silence of the Lambs"?
3. ANIMAL KINGDOM: What kind of bird is the fast-moving roadrunner?
4. GENERAL KNOWLEDGE: What occupation is traditionally associated with leprechauns?
5. LANGUAGE: What is another name for comestibles?
6. MEDICAL: What is the modern-day equivalent of the ailment once known as "grippe"?
7. GEOGRAPHY: The country of Wales was known in Roman times by what name?
8. MEASUREMENTS: What is the unit of measurement for stacked firewood?
9. MUSIC: Which pop star's real name is Reg Dwight?
10. GAMES: Which two letters of the alphabet have the highest values in the game of Scrabble?

See Page D3 for this week's answers.

### Super Crossword

**ACROSS**

1 High-school balls  
6 Give backup  
10 See 90-Down  
15 Rip — (thefts)  
19 Andrea — (lost ship)  
20 Disappearing Asian sea  
21 Living space  
22 Poet Whitman  
23 Award for the top spot  
26 Big West org.  
27 Caulk, e.g.  
28 Clumsy type  
29 Thing laid by a redbreast  
31 Facilitator of stargazing  
36 Game akin to bingo  
37 Ltr. writers' afterthoughts  
38 Little chaps  
39 Suffix with Canaan  
40 Run up a tab  
42 "Shool"  
44 Atlantic or Pacific fill  
48 Utah range  
51 Street brawl  
53 Fast, two-door autos  
54 Fibula, e.g.  
55 Thai pan

56 Writer Huffington  
58 Oxygen, e.g.  
59 Portable bed  
60 Muppet with a major sweet tooth  
63 And others, in a list  
65 Make less dangerous, as a bull  
67 Cranked hoisting device  
68 Zellweger or Adorée  
70 Apt question concerning 10 answers in this puzzle  
73 Patronage  
77 Knack  
80 Lung compartment  
83 Freeway rig  
84 Proofer's marking tool  
89 Brutus' lang.  
91 Capitol VIP  
92 Opera great Pavarotti  
93 Seoul soldier  
94 In the style of, on Italian menus  
95 Pericles' T  
96 Mine outputs  
97 Dully sedate  
99 Lees, e.g.  
102 — Spumante

**DOWN**

1 13-Down filename extension  
2 King, in Paris

104 Game with Skip cards  
105 — for "Outlaw" (Sue Grafton book)  
106 Old sitcom boy Taylor  
107 Frequently, in sonnets  
108 Kaput  
111 Flowers symbolizing constancy  
116 Habitually sullen sort  
119 Fire waste  
120 Afflicts  
121 "Rats!"  
122 New York and Hawaii, election-wise  
128 Model who hosted Fox's "More to Love"  
129 Rips to bits  
130 Shoestring fiends  
131 Folklore  
132 T-man Eliot  
133 Very, to Chopin  
134 Unclean stuff  
135 Bête — (bugbear)

3 NHLer Bobby  
4 Beauty pageant since 1952  
5 Filled fully  
6 Berry of film  
7 Timeline part  
8 Crocodile-logo shirt brand  
9 Gratifying one  
10 Month after avril  
11 Shortened form of a wd.  
12 Neighbor of Jersey City  
13 Producer of Acrobat  
14 Bolshevism founder  
15 Dominates  
16 Mug-decorating stuff?  
17 Flat paving slab  
18 Does' mates  
24 Good bud  
25 D.C.'s — Stadium  
30 Antis' votes  
31 Obstructing object  
32 Produce mother's milk  
33 Many a Ukrainian  
34 Location

35 Terse question after an accident  
41 User-revised Web site  
43 Pileups, e.g.  
45 Network for Jimmy Fallon  
46 Balsa, say  
47 Initial stake  
49 Novelist Hoag  
50 Presley's middle name  
52 Paving stuff  
55 Recouped  
57 Old Andean  
60 Dot —  
61 "... goes, — gol"  
62 Rams' mates  
64 Liberal-leaning  
66 Lyre relative  
69 Kazan of filmmaking  
71 52, to Flavius  
72 Hot-linked address  
74 Ruthless organization  
75 "No joke!"  
76 Commonly congested cavities  
78 Sothern and Romney  
79 "— Rhythm"  
81 "For — care —"  
82 Tranquil

84 "Xanadu" rock gp.  
85 Brand of packaged fire logs  
86 Events with freezing rain  
87 Isle of poetry  
88 — approval ("yes" signal)  
90 With 10-Across, Agra attraction  
94 "As I Lay Dying" husband  
98 They follow summers  
99 Back fins  
100 Four hours before noon  
101 In the very distant past  
103 Cloggy  
107 Poet Nash  
109 Serpent slain by Hercules  
110 Arch types  
112 Boat mover  
113 "Be silent," in music  
114 Prefix with fit  
115 Rocker John  
117 Wallet wad  
118 Sprite, e.g.  
123 "—; Miami"  
124 Hosp. area  
125 Part of TNT  
126 Rocket tail?  
127 Compass dir.

### SHADY QUESTION

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### Weekly SUDOKU

by Linda Thistle

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

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

#### DIFFICULTY THIS WEEK: ★

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

See Page D3 for this week's answers.

# KID's CORNER

### Junior Whirl

by Charles Barry Townsend

SIGNS OF WINTER!

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

Hidden in the diagram above are 17 words associated with winter. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the words that you're looking for.

Blizzard	Lights	Sleet
Christmas	Mistletoe	Snowball
Drift	Presents	Toboggan
Fireplace	Salt	Toys
Flurries	Shovels	Trees
Holidays	Slidding	

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### Wishing Well®

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

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.

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### HOCUS-FOCUS

by HENRY BOLTINOFF

Find at least six differences in details between panels.

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# WEIGHT LOSS TIPS

*Losing weight in 2016 just an arm’s length away*

**By Claudia Drum**  
*U.S. Army Public Health Command*

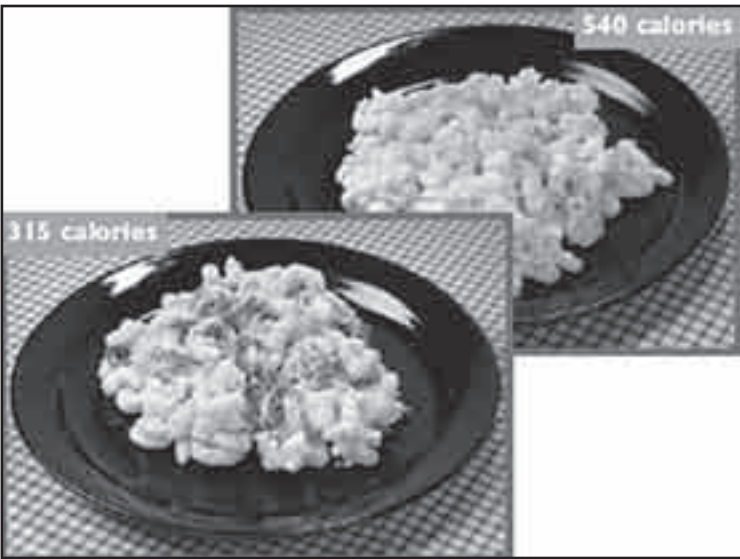
Each of us makes over 200 subconscious decisions about what and how much to eat every single day.

Which do you prefer, coffee or tea? Select the supersize or medium size? Skip the cookie or eat the cookie?

According to researchers at Cornell University, these unconscious food decisions are driven more by our eating environment and less by our deliberate choices. In other words, subtle cues in your environment that range from the size of your plate to the distance between you and that candy dish all play a role in nudging you to overeat and make it more difficult to lose weight.

Even those of us with the best intentions will find it difficult to lose weight when food is visible, plentiful and accessible.

There is no need to despair, though. You are literally just an



CDC PHOTO

**Select low calorie foods that will fill you up.**

arm’s length away from making it easier to eat healthy and lose weight.

Follow these five tips below to rearrange your “food environment” and start losing weight today.

1. Reach for smaller plates, cups and cereal bowls. We eat about 92 percent of the food on our plate. Make it easier to control

your portions and your calorie intake by serving your food on a smaller plate or in a smaller bowl. Pour beverages into a taller, thinner cup instead of a shorter, wider cup. You will think you are getting more food, but you are not.

2. Store healthy and wholesome foods within reach. Replace

the cookie, candy or junk-food jar that currently resides on your kitchen counter with a bowl of fresh, hardy fruits, e.g., Clementines, oranges, apples, bananas, etc. Keep pre-prepped and cut fresh veggies at eye-level in your refrigerator.

3. Keep a small stash of healthy and convenient staples on hand. Stock your cabinet and refrigerator with healthy ingredients to make cooking at home a breeze. Try frozen veggies, fruits and pre-packaged salads to increase your fruit and vegetable intake. Keep a supply of whole-grain cereals, baking potatoes and dried spices on hand. Healthy protein staples to have on hand include low-sodium canned beans, eggs, boneless or skinless chicken breasts, nut butter, hummus and Greek yogurt. For work, pack a small bag of almonds and eat them as your afternoon snack.
4. Make unhealthy food inconve-

nient. Move that bag of candy to the basement or tuck it into a cabinet you cannot easily reach. Wrap unhealthy leftovers, like that piece of decadent pie, in aluminum foil and store them in the bottom drawer of your refrigerator. If you work with people who have candy dishes on their desks, walk a different route, so you can avoid the temptation.

5. Pre-portion your favorite snack foods rather than eating directly out of a large bag or box. Pre-portioning your snack into a smaller serving size will help you eat less. You will be more aware of how much you have eaten. Purchase single-serve snacks, less than 1 ounce or pre-portion your favorite snacks into a small baggie or bowl.

To learn more about how to control your weight through healthy eating, activities and sleep during, visit the Army’s Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.

## Proper hydration remains important during colder weather

**By Col. Joanna Reagan**  
*U.S. Army Public Health Command*

Although temperatures may be dropping, don’t use this as reason to slow down on your winter health plan.

Winter is a great time to join a gym, try a new class or get into a new winter sport. Winter is also a time to prevent dehydration.

It is important for warrior athletes to remember their sweat rate does not change just because the temperature drops. This is because sweat rate is determined by numerous factors, including fitness level, pace and acclimatization – not just ambient temperature. Warrior athletes are just as likely to become dehydrated during winter workouts as summer workouts.

The message to drink water is easy in the summer, but not so much in the winter. Dehydration can come because warrior athletes feel less thirsty during winter workouts. Second, some may overdress for cold-weather exercise sessions by wearing too many layers of clothes. Third, athletes may convert to indoor workouts during the winter and sweat more while inside.

Warrior athletes can check for dehydration by checking the color of their urine. If the urine looks like lemonade, this indicates proper hydration. If it is darker and looks like apple juice or pale ale, then more fluids are needed. In contrast, if the urine looks

clear, this can indicate over hydration and drinking too much.

Other symptoms of dehydration may include: drowsiness, headaches, dry skin, dizziness or nausea. Remember, don’t rely on thirst as an indicator of hydration status. Usually an individual is already 3-percent dehydrated when they become thirsty.

So, what are the recommendations for healthy drinks? Water is the best choice – it’s calorie-free, inexpensive and it’s easy to find. It is the perfect choice to re-hydrate athletes and restore fluids lost during a workout.

As a basic guide, an adequate intake of total water from fluids and foods is 12 cups a day for men ages 19-30 years old and nine cups a day for women of the same age, based on the Dietary Reference Intake. For most people, about 80 percent of this water volume comes from beverages – the rest comes from food.

Sports beverages are designed to give athletes carbohydrates, electrolytes and fluid during high-intensity workouts greater than one hour. For other folks, they’re just another source of sugar and calories. If your workout consists of moderate to heavy intensity for 45-60 minutes, then a sports drink would be recommended. Examples would be activities where you have minimal conversation, an increased sweat rate, heavy breathing and a high heart rate.

Try to avoid drinks that have added

sugars for flavor, such as sugar-sweetened soda, sweet tea or energy drinks. One bottle of regular 16-ounce soda has about 185 calories, one 16-ounce bottle of sweet tea has 200 calories and one 16-ounce energy drink has about 250 calories.

Energy drinks have as much sugar as soft drinks. They contain caffeine to raise your blood pressure and additives whose long-term health effects are unknown. For these reasons, it’s best to skip energy drinks.

Over time, the extra calories add to weight gain and increased risk of Type 2 diabetes, heart disease and gout.

For some people who are accustomed to drinking flavored beverages, water can initially taste bland. One recommendation is to increase water consumption without losing flavor or increase daily water intake by trying infused water.

Instead of purchasing expensive flavored waters in the grocery store, infused water can be made at home by adding sliced citrus fruits or zest (lemon, lime, orange, grapefruit), or crushed fresh mint. One could also add sliced fresh ginger, sliced cucumber or maybe crushed berries for some other ideas. Sparkling water with a splash of juice is another idea to increase fluids.

Other drinks to try in the winter are sugar-free apple cider or sugar-free hot chocolate. Coffee and tea, without added sweeteners, are healthy choices, too. Try carrying a water bottle throughout the day, to sip at work



PHOTO BY DEBORA CARTAGENA

**Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save about 240 calories.**

or at home. Also try eating foods high in water content, such as oranges and grapefruit.

Winter is a great time to focus on your health. Remember, it is also a time to drink more fluids to stay hydrated and achieve your performance goals.

## Army health expert offers tips to prevent ergonomic injuries

**By Maj. Jay Clasing**  
*U.S. Army Public Health Command*

The word ergonomics is derived from the Greek words ergon (work) and nomos (law), to mean “the laws of work.”

Today, ergonomists study the interaction between humans and systems. They consider physical, cognitive, environmental and other relevant human factors in the design and arrangement of things people use. The Army Institute of Public Health’s Ergonomics Program serves military and civilian personnel worldwide by reducing

and preventing work-related musculoskeletal injuries.

The ergonomics program is often called upon to conduct workplace ergonomic assessments for workers who are experiencing joint and muscle pain. These symptoms may be caused by exposure to a variety of ergonomic hazards, to include repetitive motion, non-neutral postures, static postures, eye strain and contact stress.

Repetitive motion is simply performing the same motion over and over again without allowing for rest, thereby straining a body part. An example is typing without a break for hours on end.

Non-neutral postures can be described as an imbalance of muscle groups (such as twisting), which increases stress on your muscles and joints. Static posture refers to holding the same posture or position for an extended period of time.

Eye strain or fatigue can be caused by prolonged computer work and can result in tired eyes or headaches. Contact stress can occur when resting a body part on a hard surface resulting in internal stress to soft tissues such as nerves and blood vessels. These ergonomic hazards can be eliminated or at the very least minimized through proper ergonomic interventions.

During a computer workstation assessment, the ergonomist assesses the worker’s environment for potential ergonomic hazards to include the desk, chair, keyboard, mouse, monitor(s) and any additional pieces of equipment that are frequently used. Ergonomic hazards are identified and possible solutions are discussed with the worker.

Often, immediate, no cost modifications can be made to a workstation; however, occasionally, special equipment is recommended and the ergonomist provides a detailed list of equipment to the supervisor.

The following are general guidelines for an ergonomically-sound

computer workstation.

- Keep your shoulders in a relaxed position (the use of arm rests is encouraged).
- Keep your arms positioned close to your body.
- Forearms and wrists should be parallel to floor.
- The top of the monitor should be directly across from your eyes.
- Allow for at least 16 inches between your eyes and the monitor.
- Keep your feet flat on the floor or slightly elevated.
- Desks should not have hard, sharp edges – rounded or sloping edges are preferred.

# PUZZLE

# ANSWERS

### Super Crossword

Answers

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

### Weekly SUDOKU

Answer

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

### TRIVIA

Answers

1. Jolly Blanton
2. Jodie Foster
3. Cuckoo
4. Shoe-shining or mending
5. Food items
6. Influenza
7. Cantrish
8. A word
9. Elton John
10. Q and Z, 10 points apiece

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# Test: Officials suggest steps to prevent, reduce radon levels

Continued from Page D1

for radon in both air and water. The devices and procedures for testing your home's water supply are different from those used for measuring radon in the air.

Test kits are available at most hardware stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries per liter of air. The EPA

has set an "Action Level" for radon gas of 4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

The following are some steps you can take to prevent and reduce radon levels in your home.

1. The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.

2. If you are building a new home, school or business, ask about radon-resistant construction.
3. If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
4. Cover any exposed earthen walls.
5. Paint concrete floors with a sealant.
6. Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.

7. If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade, or crawl-space.
8. If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

## FORT RUCKER SPORTS BRIEFS

### Rucker Lanes Valentine's Day Bowl

Rucker Lanes will host its Valentine's Day Bowl Feb. 14 from 10 a.m. to 8 p.m. Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

### Presidents Day Stars and Strikes

Rucker Lanes will offer its Presidents Day Stars and Strikes special Feb. 16 from 10 a.m. to 10 p.m. Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

### ATV trail ride

Outdoor recreation will host an all-terrain vehicle trail ride Feb. 20. People must pre-register to take part and all participants must be 16 years or older. The ride is open to the public. For more information or to register, call 255-4305 or 255-2997.

### Youth British soccer clinic

The Fort Rucker Youth Sports Department will host a free British soccer clinic for coaches and youth players Feb. 6 on the youth football field. The coach's clinic will


be from 10 a.m. to about noon. The youth will be broken down into three age groups: ages 3-5, from 1-1:30 p.m.; ages 6-10 from 1:30-2:30 p.m.; and ages 11-16 from 2:30-3:30 p.m. Youth will need to have a current sports physical and health assessment to participate. Parents can register youth using WebTrac or by visiting parent central services in Bldg. 5700, Rm. 193. In the event of inclement weather, the clinics will take place in the youth center, Bldg. 2800 on Seventh Avenue.

For more information, call 255-2257.

### Youth jump roping

Fort Rucker Youth Sports will host a jump roping activity for youth ages 6 years old and older, starting Feb. 23. The activity will meet two times a week at 6 p.m. in the youth center gym, Bldg. 2800 on Seventh Avenue. The cost is \$25. Jump ropes will be provided, or youth can bring their own. Any parents interested in leading the activity should call youth sports at 255-0950.

For more information, including exact times of the activities, call 255-0950.




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<b>2015 DODGE CHALLENGER RT</b> PW, PL, TILT, CRUISE, SUNROOF, 20" WHEELS, LEATHER, AM/FM, NAV WAS \$44,060 <b>SALE \$39,800</b>	 # N2131
<b>2015 DODGE CHARGER RT</b> PW, PL, TILT, CRUISE, 20" WHEELS, LEATHER WAS \$43,065 <b>SALE \$38,557</b>	 # N2300

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