

TIS THE SEASON

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ARMY FLYER

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

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DECEMBER 12, 2013

Ceremony lights up holiday season

By Nathan Pfau

Army Flier Staff Writer

Hot cocoa and holiday cheer were just a couple of things that Soldiers, Families and civilians were able to experience Dec. 5 as Fort Rucker lit up its Christmas tree to officially ring in the holiday season.

The installation held its 11th annual Christmas Tree Lighting Ceremony on Howze Field that included music, singing, and Santa, but most importantly, togetherness, according to Kristi Fink, Fort Rucker special events coordinator.

"This is a great way for us to start the season and get people excited about Christmas," said Fink. "It's also a great time to get military Families and (the surrounding community) together."

Col. Stuart J. McRae, Fort Rucker garrison commander, hosted the ceremony and reminded people of the reason for the season, as well as to remember those that couldn't be there to join them on the field.

"Remember those from our ranks that can't be here tonight because of ongoing deployments," he said during the ceremony. "And keep those



PHOTO BY NATHAN PFAU

Santa greets and hands out candy to children and Families after the Christmas Tree Lighting Ceremony at Howze Field Dec. 5.

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PHOTO BY SARA E. MARTIN

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, thanks volunteers from Air Traffic Services Command, which raised 124 percent of its initial goal, at the CFC ceremony Monday at the U.S. Army Aviation Museum.

CFC raises nearly \$1 million

By Sara E. Martin

Army Flier Staff Writer

The Combined Federal Campaign fell just short of its goal to raise \$1 million this year, but a celebration was still to be had Monday when Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, revealed that the installation raised \$909,151.

"We knew three months ago that there were going to be some challenges. And since then those challenges have come to fruition. However, the purpose of today's event is not to focus on the obstacles we face, but to thank the volunteers who persevered through the campaign," said Lew Lewis, Heart of Alabama CFC director.

In its 52 years of existence, the CFC has contributed almost \$7 billion. And last year's local campaign raised \$1,218,475 - 106 percent of its intended target.

"It has been a tough year with layoffs, shutdowns and sequestration, but so many of you came through despite those challenges," said Mangum. "So many of you cared to share, and through your generosity we came so very close to meeting our goal this year. In this last week alone you donated over one hundred thousand dollars."

This year, 11 organizations and units on the installation raised more than 200 percent of their goals, and three raised more than 400 percent. E Company, 1st Battalion, 212th Aviation Regiment,

raised 444 percent higher than its initial goal.

"A number of organizations went above and beyond. You guys did your part and went way beyond what was expected. That is a committed effort by amazing volunteers," he said. "Sixteen organizations met new records of total dollars pledged. Twenty-two organizations exceeded their stretch goal and 25 organizations exceeded their goal within the first three weeks of the campaign."

Mangum added that there was still at least one second left in the game, and that the campaign would still accept donations to the end of the week to raise the last \$96,000.

"The game is not over until it is over, so nobody should become a spectator. Everyone needs to stay engaged so we can reach our goal," he said before thanking and congratulating volunteers who raised 100 percent or more of their set goals.

Col. James A. Laterza, Lyster Army Health Clinic commander, said that this year volunteers had to work harder than any other year to get the idea out there that no matter how hard an individual may have it, someone else is more in need.

"And it is the season (to give.) We are reminded why we have this holiday season," he said. "Without the great leadership that we have here on post we would be unsuccessful, but we are always successful because of our great leadership. Thank you for making this year's campaign so special."

Kids on Site closes, opportunities arise

By Nathan Pfau

Army Flier Staff Writer

It's often said that when one door closes, another opens, and with the closing of Kids on Site at the Fort Rucker Physical Fitness Center, a door of opportunities is opened for Fort Rucker parents.

In the coming weeks, Kids on Site will be closing due to fiscal restraints, but with other options on post, such as the child development center and the new 24/7 Mini CDC, parents don't have to feel limited when trying to get their workouts in, according to Pam Williams, Fort Rucker Child, Youth and School Services coordinator.

"Although our Kids on Site option at the (Fort Rucker) Physical Fitness Center has been very popular with our faithful group of 13 Families, we could not in good faith and stewardship continue to operate the facility at a loss," said Williams. "Especially when we have the option of child care availability at two other child care facilities within close proximity to both fitness centers."

The CDC, located in Bldg. 8938 on Red Cloud Road, offers hourly childcare by reservations up to two weeks in advance

as well as on demand if space is available. This facility best serves those Families who want to utilize the fitness centers between the hours of 7:45 a.m. to 4 p.m. Mondays-Fridays. Williams said it's best for people to make reservations so that they can ensure that they have a slot for their child.

Reservations can be made by calling 255-2262 or online at <https://webtrac.mwr.army.mil>.

Additionally, Families have the new 24/7 Mini CDC, located at Bldg. 8946 on Seventh Avenue, which will house a full-day program for patrons with non-traditional work hours. The facility also allows for hourly care on a space-available basis during all hours of operation. Since the facility is a full-day care facility, reservations for hourly care cannot be made, but people can call 255-3106 to see if room is available for hourly-care service, said Williams.

The two-hour minimum childcare requirement has been removed to better serve Fort Rucker Families, and the cost will be the same as they were for the Kids on Site facility.

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PHOTO BY NATHAN PFAU

Nicole Moore, child and program assistant, reads a story to children at the child development center Tuesday. The CDC and the new 24/7 Mini CDC are available for parents who need hourly childcare by appointments or on a space-available basis.

PERSPECTIVE

Days of old, days of new

By Command Sgt. Maj.
Richard Stidley
U.S. Army Combat Readiness/
Safety Center

(Editor's note: This article was originally published in the December issue of "Knowledge," the official safety magazine of the U.S. Army.)

Nearly 600 Soldiers died in accidents in 1979, the year I joined the Army. Unbelievably, that was an improvement from the previous year, when we recorded just shy of 700 accidental fatalities. Those are unconscionable numbers by today's standards, but back then, it was just the way things were. More than a decade passed before accidental losses tapered significantly, and far too many tragedies occurred in the meantime.

Thankfully, in today's Army, safety is the new normal. We no longer accept accidents as the cost of doing business or that "Soldiers will be Soldiers" in their off-duty time. Personal accountability has become a hallmark of our profession for Soldiers at all levels, and safety has consequently become an entrenched part of our everyday lives. I'm lucky to have witnessed this turnaround firsthand; the 1979 me couldn't have imagined the profound impact safety would have on my career or the lives of our Soldiers.

At any given time, leadership can be the most frustrating or most rewarding job in the Army, and some days it's both. But without a doubt, the historic low in accidental fatalities we achieved during fiscal 2013 was a victory for leaders everywhere. It was the culmination of a lot of hard work and more than a little frustration at the Army expecting us to do one more thing in the middle



U.S. ARMY COMBAT READINESS/SAFETY CENTER GRAPHIC DESIGN

of this event called war. Reducing accidents while fulfilling our combat roles seemed impossible, but we did it both in theater and at home. That's what my grandmother called gumption, and you — our leaders, from the top to the bottom of the chain of command — possess it in spades.

I couldn't be more proud of all of you, especially as my time in the Army draws to a close. Every day I've spent with Soldiers has been a humbling, awe-inspiring experience, and I'm better for it. If I've learned anything after 35 years in the uniform, it's this: You have to listen to your Soldiers. Some leaders are born intuitive while others have to work harder at

it, but wherever you fall on the spectrum, simply listening and reading between the lines will tell you most of what you need to know. This is an especially important attribute in safety, because it's rare that a Soldier will tell you he or she is acting in a risky manner. If you know your Soldiers, chances are you'll know when they're in trouble without them stating it.

While I transition out of the Army and toward retirement during the next few months, Command Sgt. Maj. Leeford Cain will be assuming my roles and responsibilities at the USACR/Safety Center. I have no doubt he will be a tremendous asset to the organization and our Soldiers,

just as he's been at every previous assignment. Leeford is coming to us from U.S. Army Garrison, Ansbach, Germany, bringing with him many years of experience as a command sergeant major at the brigade and battalion levels. I know him personally and wholly believe he is the right choice to fill this position at this critical juncture. Please welcome Leeford in January and let him know what you need from him to keep your Soldiers safe.

It's been a long time coming, but now we know our Army can't thrive when risk runs unchecked through our ranks. Your tireless efforts for safety show in everything from all missions being performed to standard to a battle

buddy calling a cab for a fellow Soldier after a night of drinking. We can't go back to the Army of 1979; we have nowhere to go but forward from here, into a future where no Soldier has to die in a preventable accident.

Goodbyes are bittersweet, and I will miss you all. But remember it's your turn - to lead, to shine, to make a real difference in a Soldier's life. Before you know it, 35 years will have come and gone and you'll be where I am today. And you'll realize, just as I have, that your Soldiers are the greatest legacy you could ever leave behind. Don't waste this precious opportunity, this gift called leadership.

Army Safe is Army Strong!

Rotor Wash

“The gift-giving season is upon us. What gift would you purchase for the person who has everything?”



Brandi Allred,
Army spouse

"I would get them gift cards."



Vanessa Wilcox,
Library Technician at
Center Library

"I would buy them something that would last forever. Something that they will remember for the rest of their life."



Rosabel Lincoln,
Air Force spouse

"I would get them a gift card, that way they can get whatever they want and they don't have to return my gift."



Haley Marchall,
Army spouse

"I would buy them an experience. Maybe concert or movie tickets."



Avionne Huppert,
military spouse

"I would buy them a spa day. Most women would really like to be pampered and I think men would go since they don't have to admit that they bought the service for themselves."

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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Operation Santa provides gifts to military children

By Sara E. Martin
Army Flier Staff Writer

The holiday spirit of giving is more than just providing for one's own Family for the Fort Rucker Sergeant Audie Murphy Club, it is providing for everyone's Family, including its own Army Family.

For the past several months, commencing with an NCO run Oct. 4, SAMC has been gathering toys for the children of Fort Rucker Soldiers, mainly junior enlisted Soldiers, during its first ever Operation Santa, and with the holiday quickly approaching the toys were handed out last week to appreciative Families, said 1st Sgt. Jeremy Lindner, Fort Rucker SAMC president.

"We thought that we should do something to give back to Army Families, because that's what we're all about," he said. "We're a group of NCOs and we're all about the Army, and any time that we can, we're going to help Army Families."

Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch, said the idea for Operation Santa came about during a meeting when a member mentioned a similar program at another installation. He said he was briefed on the program by Lindner and has been behind the endeavor ever since.

"Operation Santa not only benefits those Families who can use a little help during the holiday season, but also allows those looking



Sgt. Maj. Nathan Espey and Master Sgt. Marc Rabins, both with Air Traffic Services Command, wrap gifts that Soldiers choose for their children during Operation Santa Dec. 5, while other Soldiers look at presents.

for ways to give of themselves a venue in which to do so," he said. "There is also a leader development component to this if you consider that our Army expects our NCOs to be leaders of character. What a great example this event is to demonstrate a visible representation of NCOs living up to the Creed of the Noncommissioned Officer."

Other organizations helped out with gathering toys and donating Christmas items, and Linder said the program wouldn't have been as successful without their help.

"We brought together other organizations to help make this the best it could be," he said. "Operation Homefront donated stocking stuffers and Alabama Blue Star Families donated books. Better Opportunities for Single Soldiers got involved and Trees For Troops will give out trees to Soldiers (today)."

The Soldiers who received gifts were submitted by their unit's first sergeant. The Soldiers who were submitted were told when and where to go and then were provided gifts.

Around 160 Families, with approximately 350 children, were submitted, said Linder.

Because there is such a large amount of officers on post, Linder said they wanted to support a program that benefited junior enlisted Soldiers so they knew that their needs are not forgotten about.

"This is just an opportunity for us to have a program that will benefit them," he said. "It is not to exclude anybody . . . but we are going to focus on the junior enlisted and young NCOs with Families."

Linder said that he would like the submission period to be open longer so more Families can be included next year.

"(In) need is such a relative (term), but the Families are often the ones who suffer when we have to work long hours and go on deployments. And if we can give back to those Families through a program like this, I would love to see it grow," he said.

Parents were allowed to pick one large gift, which were wrapped for the parents, two stocking stuffers and one book per child.

The thrift shop donated a grant of \$1,500 for the program, which allowed SAMC representatives to buy gifts for older teenagers that are harder to shop for.

"It is easy to get a gift for a young boy, but hard to shop for girls and boys 14 and older. So, many of our gifts were lacking in those categories. The grant allowed us to get appropriate gifts for them," said the SAMC president.

Sgt. James Hughett, B Company, 1st Battalion, 11th Aviation Regiment, looked through the gifts with his wife, Randi, and said that the gifts were a complete surprise for them.

"The gifts were really good gifts, so I know our children will be really excited when they open them," he said, adding that he has four children.

"This program is amazing, we are absolutely thankful for this," said Randi. "It will really help out our Family this year."

Post officials warn of DUI consequences

By Nathan Pfau
Army Flier Staff Writer

Driving under the influence can have lasting and costly consequences, and Fort Rucker officials want to make sure that people remain aware of the magnitude of one wrong decision.

Driving under the influence is a serious issue that communities are battling both on and off the installation, and officials at the Directorate of Public Safety want to make sure that people understand how serious the consequences of one's actions can be, especially when it comes to DUI, according to Maj. Joshua Munch, DPS deputy provost marshal.

"We have a zero-tolerance policy for driving under the influence on Fort Rucker," said Munch. "If a Soldier is pulled over for DUI on the installation, they will immediately lose their privilege to drive on Fort Rucker and will be cited for driving under the influence, which will go through the federal court system."

If convicted, Munch said that the Soldier will have a federal charge on their record, which can have long-lasting effects that could potentially follow them out of the military.

Additionally, if a Soldier is cited off post for DUI, they will go through the state court system, which can result in suspension or revocation of a drivers license, fines and even jail time. Regardless of the penalties, the Soldier will not be allowed to drive on post following the conviction, added Munch.

"The Soldier may have privileges to drive under certain circumstances while he or she is off post, such as to and from work, but once they get to the gate, they will need someone to pick them up or use some other means of transportation," he said.

Driving privileges aren't the only thing that people will be missing out on, how-



Maj. Joshua Munch, deputy provost marshal, and Staff Sgt. Jacob Deaton, traffic investigations NCO in charge, make a routine traffic stop last year.

ever. Amongst other things, being cited for DUI can get very expensive, said Munch, with court costs, lawyers' fees and fines that people must pay in order to get their license back.

In addition to the monetary costs of a DUI, administrative action can be taken against a Soldier that could put a dent on career plans.

"Something like this can follow you because it could potentially affect the job hiring process," said Munch. "When a company does a background check, they will see that you have a federal charge on your record, and that could bump you from getting the job over the other (person)."

For senior enlisted Soldiers and officers, they run the risk of having a General Office Memorandum of Reprimand, which can be a career killer, according to the deputy provost marshal.

Each GOMOR is looked at by the commanding general of the installation who decides if the file will be stored in the Soldier's local file, which is shredded or destroyed once a person leaves Fort Rucker, or if it will go in a permanent file that will follow the individual for the rest of his or her career.

Another consideration people need to take into account is their Family, said the deputy provost marshal.

"People need to think about the selfish act they are committing," he said. "There are also ramifications for the Family members and what you do impacts them. You may not be able to get your children from school or be able to fulfill financial obligations to your Family. This list can go on."

Consequences of driving under the influence don't only come from the courts

or administration, said Munch, but can put people's lives at risk. There are harsher punishments for those who are involved in accidents while under the influence, especially if people are harmed or killed.

"If someone who has been driving under the influence gets into an accident and seriously injures or kills someone, they can be charged with aggravated assault, manslaughter or vehicular homicide," he said. "When you're impaired to the point that you don't know what you're doing, there is a high potential that you're going to seriously injure someone."

In order to prevent these types of incidents, people can take preventative measures and just use common sense when making their decisions, said Master Sgt. Pedro San Miguel, DPS provost sergeant.

"If you plan on drinking, always have a plan to get home," he said. "Have a designated driver or call a cab, and if you do have a designated driver, make sure that person is trustworthy because even if they have one drink, you don't know how that one drink is going to affect them."

Alcohol affects people differently, added San Miguel. It typically takes one hour for one alcoholic beverage to filter through a person of average size and the only way for alcohol to leave a person's body is through the passing of time.

"Coffee or (energy drinks) won't do it, only time will," he said. "A lot of people don't give themselves enough time to get the alcohol out of their system, especially when they've been binge drinking, and that's when they get into trouble."

As a last resort, San Miguel said Soldiers can call on their chain of command to come and get them to keep them from driving.

"That's one of the benefits of being a Soldier," he said. "I know I would feel a lot better knowing that I was able to get a Soldier home safely in that situation rather than them trying to drive themselves home."

News Briefs

Post run

The U.S. Army Aviation Center of Excellence hosts a post run Friday starting at 5:15 a.m. Drivers should exercise caution as roads will be closed to traffic along the route that includes Novosel and Ruf streets for the safety of the runners. Additionally, Reveille will be conducted prior to the start of the run at 5:30 a.m.

Holiday season gate hours

From Dec. 20 to Jan. 2, the Faulkner and Newton gates will be open from 6 a.m. to 6 p.m., according to Directorate of Public Safety officials. Additionally during that timeframe, the Daleville, Enterprise and Ozark gates will cut down to one open lane.

Pay office closure

The Defense Military Pay Office will close at noon Dec. 20 for a holiday luncheon and off-site training. All DMPO customers can visit the DMPO with

their pay inquiries or clearance papers prior to the closure. Soldiers with military pay emergencies or who need to clear the DMPO during the closure time should contact James Falls at 379-4973 for assistance. The office will reopen Dec. 23 at 7:30 a.m.

Lyster closure

Lyster Army Health Clinic will close at noon Dec. 20 for its annual holiday party. The clinic will be closed Dec. 24, 25, 31 and Jan. 1 in observance of the Christmas and New Year holidays and days of no scheduled activity.

AUSA academic scholarships

The Fort Rucker-Wiregrass Chapter Association of the United States Army is offering \$1,000 academic scholarships for the 2014 spring semester to qualifying Army veterans' and Soldiers' Family members in the Wiregrass area.

Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at www.ausawiregrass.org. All scholarship applications (with

attachments) must be submitted by mail and postmarked no later than Dec. 31.

For more information, contact Keith Gunter at keith.gunter61@gmail.com or 797-5479, or Bob Slagle at slagleb@alaweb.com or 494-2999.

Contracting 101

The Mission and Installation Contracting Command-Fort Rucker will offer its first Contracting 101 class Jan. 29 from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to ambrosio.alvarezestero@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.hulsey@mail.mil.

Tuition assistance policy changes take effect Jan. 1

By David Vergun
Army News Service

WASHINGTON – Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance and tighter TA eligibility rules.

Soldiers will be able to use TA one year after graduating from initial entry training, said Brig. Gen. David. K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky.

Also, Soldiers can take up to 16 semester hours per fiscal year. And, he continued, TA can be used for a post-baccalaureate degree after completing 10 years of military service. If a Soldier earned a BA degree without using TA, then they do not need to wait 10 years to use TA for a post-baccalaureate degree.

This policy affects all Soldiers in the active and Reserve components. Based on current participation rates, Dr. Pamela L. Raymer, director, Army Continuing Education System, forecasted the number of Soldiers impacted as follows: those who would have used TA with less than one year's service after IET, 4,030 active, 3,017 Army National Guard and 1,216 Army Reserve; Soldiers who would normally have taken more than 16 semester hours per year, 20,271 active, 6,206 Guard and 12,007 Reserve; and Soldiers with less than 10 years' service pursuing post-baccalaureate degrees, 1,315 active, 220 Guard and 367 Reserve.

Other TA policy from 2013 will remain in effect next year, she said, including allowing Soldiers to use up to \$250 per semester hour.

The cap of 130 semester hours for baccalaureate degree completion and 39 semester hours for a master's degree remains in effect. This coursework must be from the Soldier's approved degree plan in GoArmyEd, a plan Soldiers develop with their education counselor and their home school, she said.

Also remaining in effect, Raymer said, is that TA cannot be used for a second, equivalent degree. For instance, if a Soldier has a master's degree, he or she can't use TA for a second master's degree.

Soldiers still cannot use TA for their "first professional degree." Such degrees include Ph.D, MD and JD. The Department of Education categorizes these degrees as "first-professional" degrees. Army has fully-funded education programs that support these degree programs.

Soldiers who have been flagged for adverse action or failure of the Army physical fitness test or weight standards will not be able to use TA, she continued.

Soldiers may also continue using TA for non-degree language courses published on the Defense Department's Strategic Language List as "immediate investment" or "emerging" languages. TA cannot be used for "enduring languages." To see this list of languages, see a unit education adviser, Raymer said.

Finally, TA is authorized for one post-secondary certificate or diploma such as welding or computer certification.



PHOTO BY MARINE CORPS CPL. TIMOTHY NORRIS

Off-duty military students attend a class at Embry-Riddle Aeronautical University in Daytona Beach, Fla.

And, TA can continue to be used for courses leading to initial teacher certification programs.

Soldiers who are precluded from using TA or limited by the number of semester hours they're eligible to take can, nonetheless, use their GI Bill education benefits.

The intent is to provide TA to Soldiers "who are in good standing, meet Army requirements and have no adverse flags," such as not meeting weight standards, MacEwen said. This portion of the policy has already been implemented.

The Army did a "very comprehensive review of the program," he added. "We found it had gotten a little off track from its original intent, which was to provide for Soldiers a part-time, off-duty way to continue their education. So we capped it."

The second part of it was that "we wanted young Soldiers to understand the Army and ensure they're in good standing" before starting TA, so the one-year wait after IET will be implemented Jan. 1.

The third part was that TA is designed "to help with lifelong learning. So if TA paid for a four-year degree and a Soldier wants a post-baccalaureate degree, we want them to wait until they reach the 10-year mark," which MacEwen defined as the point they become "careerists." In this way, TA could be used as a retention tool.

Soldiers achieved about a 90-percent completion rate of about 413,000 courses in fiscal year 2013 using tuition assistance, Raymer said. Of the 10 percent who failed to complete their courses, 1 percent were due to military du-

ties and the remainder were caused by failures or withdrawals.

In fiscal year 2013, active-duty Soldiers took an average of 2.71 courses, Guard Soldiers took an average of 3.58 courses, and Reserve Soldiers took an average of 3.40 courses. The average cost per course in fiscal year 2013 was \$618 for the active force, \$571 for the National Guard and \$572 for the Army Reserve.

Raymer also noted that in fiscal year 2013, TA funded the completion of 8,525 degrees for active Soldiers, 1,359 for Guard Soldiers and 1,469 for Reserve Soldiers.

MacEwen lauded the education advisers who help Soldiers formulate their degree plans because this enables them to achieve "good completion rates."

Raymer said some of the changes to TA for next year came about due to the "fiscally-constrained environment" with a focus on providing funding to meet the intent of a voluntary off-duty education program. Nevertheless, the changes reflect the Army's effort to "maximize education support to Soldiers" with funding that's available.

MacEwen concluded that TA is one of a number of educational opportunities the Army affords with the intent of "lifelong learning, helping Soldiers transition to civilian life, and ultimately, helping them become better Soldiers. The tweaks we did to the program will serve Soldiers well."

For more information Tuition Assistance, visit the Fort Rucker Army Education Center in Bldg. 4502, Rm. 317 on Kingsman Street or call 255-2378.

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U.S. ARMY GRAPHIC

Care and treatment of Soldiers who are victims of sexual assault is available and victim advocates encourage Soldiers to seek help.

Special care, treatment available to sexual assault victims

By David Vergun
Army News Service

WASHINGTON – Short- and long-term medical care and counseling are available to victims of sexual assault.

“We want every victim of sexual assault to receive health care. We encourage them. But it’s up to that victim to decide,” said Michele Barber, the Sexual Harassment/Assault Response and Prevention medical management program coordinator for the Army’s Western Regional Medical Command.

Barber’s area of responsibility includes much of the western United States, which she manages from WRMC headquarters at Joint Base Lewis-McChord, Wash. But she said training and care provided by hospital staffs and counselors is standard across the Army, not only for Soldiers, but for Family members and all Department of Defense beneficiaries.

Furthermore, to get that care and treatment, victims do not need to disclose to their command that they are receiving it and medical providers and counselors will keep all information confidential if the Soldier chooses to make a restricted report.

Restricted reporting means no criminal investigation or legal proceedings, she said, emphasizing that even though a victim might decide not to report the assault to law enforcement, he or she can still receive medical care and counseling 24/7 – and Barber encourages Soldiers to do so.

Victims find medical care through various routes. Sometimes the command is aware of the assault, she said, and they refer the victim. Other times, the victim will seek help in the emergency room or through a primary care provider. Often, their unit sexual assault response coordinator will bring them in and other times victims will call a toll-free number provided by their unit.

The first thing the medical staff will do, Barber said, is ensure their immediate injuries and medical needs are met. Then, the medical provider will contact the sexual assault care provider and the sexual assault clinical coordinator, she said.

The care provider is either a nurse practitioner, a physician assistant or a doctor with specialized training for care of sexual assault victims. The clinical coordinator is often a social worker or a nurse with special training who will provide near- and long-term care coordination, Barber said.

That means that “there’s a continuum of care from the time they enter the medical treatment facility until the time they no longer need any kind of medical or behavioral health services,” she said.

Victims are often hesitant to seek any type of care or help, Barber said. They might be frightened or scared or have other reasons. A day, a week, a month or a year may go by without a victim seeking treatment, but it’s never too late, she said. The emotional aspect of care may be required long after the physical aspect.

Even a sexual assault medical forensic exam can be administered after some time has elapsed following the assault and even after the victim has taken a shower, Barber said, adding that for this exam to be more effective, sooner is better.

Only part of that exam is for DNA evidence, she continued. The exam also documents and treats injuries and infections and gets a history from the victim to better understand what happened. This helps provide an appropriate plan of care based on the victim’s needs.

Follow-up exams provide results of lab tests, enable additional treatments needed for sexually transmitted infections and monitor the healing of any injuries the victim may have sustained.

The entire process is performed by medical providers with special training to understand the needs of sexual assault victims. Following the medical treatment phase and often during that phase, the victim will be

offered behavioral health counseling by specially trained health-care providers.

This follow-on care is especially important “because often the victim is traumatized,” Barber said. She added, however, it’s up to the victim to decide.

“We use evidence-based therapies for behavioral health care,” she said. “Our providers routinely receive training on the most effective techniques, such as cognitive processing therapy for those experiencing post-traumatic stress disorder.”

Barber added that care and treatment is tailored to the unique needs and requirements of the victim.

If the victim is separating from the Army, Barber said “we coordinate with the (Department of Veterans Affairs) to ensure there’s a warm handoff from that Army behavioral health-care provider to the VA.”

The VA has a program specific to military sexual trauma including therapists, in-patient treatment and coordinators.

Season: Ceremony unites community, brings cheer

Continued from Page A1

that are serving in harm's way, along with their Families, in our thoughts and prayers during this holiday season."

The ceremony kicked off with holiday music by the 98th Army "Silver Wings" Band followed by the Salute to Military Families Family of Excellence award.

"This time of year is a time when we recognize our military Families, their contributions to our Soldiers and Family members, and our civilians who serve here on Fort Rucker," said McRae.

The Family of Excellence Award was presented to the Eblen Family, which consists of CW3 Joval Eblen, E Company, 1st Battalion, 212th Aviation Regiment executive officer, his wife, Irene, and their four children, 10-year-old Divina, 9-year-old Isabella, 8-year-old Isaiah and 6-year-old Maribel.

Families were nominated based on their contributions to improve the quality of life for Soldiers and Family members in their unit, organization and the Fort Rucker community, according to McRae.

Along with being his unit's executive officer, Joval is also a UH-60 instructor pilot on the installation. Irene is an accomplished musician, playing both the cello and violin, and their children are involved in numerous activities that range from playing the violin, piano and soccer.

Joval said that his first thought after finding out about the award was that there were so many other Families who he thought were more deserving, and gave most of the credit to Irene.

"I think (the award) is kind of a (testament) to her character," he said. "I don't think that I do much more than anybody else on this installation does in support of



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, Fort Rucker garrison commander, introduces the Eblen Family, winners of the Family of Excellence Award, during the Christmas Tree Lighting Ceremony on Howze Field Dec. 5.

the warfighter and training, but she does a lot of things above and beyond."

"We have gained a lot of strength being a military Family," said Irene with tears in her eyes. "We just enjoy our military life and try to share that and encourage others to have a great time being a military Family."

The Family was presented with a certificate that read, "Your care and concern has enhanced the quality of life for Soldiers, civilians and their Family members. Your willingness and commitment to share your resources and time is truly commendable and reflects the great credit upon you, the United States Army Aviation Center of Excellence, and the United States Army."

After the Family of Excellence Award

presentation, people were treated to caroling by the Child Development Center choir, Girl Scout Troops choir and the Combined Chapel choir, followed by the presentation of the awards for the ornament contest hosted by the Directorate of Family, Morale, Welfare and Recreation.

The winners of the ornament contest were: Savannah Conner, 3-5 year-old contest winner; Charlotte Burch, 6-8 year-old contest winner; and Eden Grimes, 9-11 year-old contest winner.

After all the awards were handed out and gift baskets were received, the countdown to the tree lighting began as the Eblen Family helped flip the switch and light up the holiday season before welcoming the big

man himself – Santa Claus.

Santa arrived on a shiny, red fire truck with his elves to hand out candy canes and meet with the children before heading off to The Landing where people enjoyed a spaghetti dinner and took photos with the jolly man in red.

After the ceremony was over, many walked away full of holiday cheer.

"I think that it's great that there's an event like this on Fort Rucker," said Joseph Colin, civilian from Enterprise. "Since it's so warm here in the South around this time of year, we miss out a lot on that holiday feel. Something like this helps you get into the holiday spirit and just makes it feel so much like a close-knit community."

Site: Options, advantages still available to offer freedom, flexibility

Continued from Page A1

Although Kids on Site is closing, the advantages of the options give parents more freedom and flexibility to do more during their workout time, said the CYSS coordinator.

"Kids on Site was an on-site childcare facility where child care did not take over the parental responsibilities," said Williams. "Parents were required to remain in the building in case of an emergency, so even if a parent wanted to run the track, they were unable to do so because they must be immediately available to us. It was a great concept, but it

was constrained.

"Patrons can even utilize their time and add errand time or lunch dates to their list of activities while their child is in hourly care," she continued. "They will no longer be tied to the interior of the fitness center as they were with Kids on Site."

Another hiccup that the Kids on Site program ran into was that many of the fitness classes were held at Fortenberry-Colton PFC, and childcare was exclusively at the Fort Rucker PFC.

"The idea for Kids on Site came out of an (Army Family Action Plan) issue around 2008, and there was an oppor-

tunity to provide (the service) during the renovation of the facility," said Williams. "Although we had a faithful group of Families, we can't be good stewards of government if we're losing money, especially if that money can be put to good use elsewhere."

Another advantage that the CDC and Mini CDC have over Kids on Site is that they are full-care facilities and are built to such standards that it's a much safer environment for children with round-the-clock caregivers who are there to watch over, entertain and feed the children, if necessary.

For more information on the CDC or Mini CDC, call 255-9638

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NEW LISTING



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NEW LISTING



103 Oriole ~ \$142,000
3 BR/2 BA, pool. **FRAN AND DON KALTENBAUGH 790-5973 MLS# 20132421**

NEW LISTING



202 Laurel Breeze ~ \$240,000
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112 Grey Fox Trail ~ \$227,500
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200 Turtleback ~ \$313,000
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105 County Road 740 ~ \$118,000
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NEW LISTING



105 Spruce ~ \$145,000
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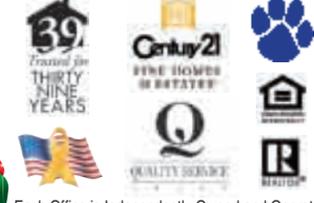
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208 AUBURN: Very nice home on a cul-de-sac, very large fenced yard, metal roof. **FRAN AND DON KALTENBAUGH 790-5973**

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150 MAGNOLIA: Darling House! You will love this 4BR/2BA house that was recently updated & features a large kitchen and dining area, spacious bedrooms & gleaming hardwood floors. Den w/fireplace is perfect place for the big screen TV - gather family & friends for the big game! Relax on the open deck or the covered patio & deck that overlook the quiet back yard. Workshop is located in basement and has access from the inside and also walks out to covered patio area. Pets welcome - fenced front and back. **MARY JONES 790-2933**

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111 SKYLINE ~ DALEVILLE: Ready to move? Then see this spick and span 3BR/2BA, two-car attached garage and generously sized living area. Freshly painted throughout, this home is in move-in condition. A shady fenced back yard offers a wonderful play area for the children. Can you afford not to take a look? **JUDY DUNN 301-5656**

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DECEMBER 12, 2013

Points change for Soldiers seeking NCO status

By C. Todd Lopez
Army News Service

WASHINGTON — Soldiers competing for sergeant in January will no longer have 16 promotion points available to them for completing the online Structured Self-Development I course.

Additionally, Soldiers who have not completed SSD-I will not be eligible for promotion to sergeant for the Jan. 1 promotion cycle.

The new rules were laid out in a Nov. 25 MILPER message involving structured self-development and semi-centralized promotions. The message says that beginning in December, Soldiers who complete the SSD-I course will not get any points for it. The message also makes it clear that the SSD-I course is a requirement for promotion to sergeant.

Sgt. Maj. Jonathan A. Uribe-Huitron, chief of the Enlisted Promotion Branch at Army Human Resources Command, said SSD-I is a requirement to attain eli-

gibility for promotion recommendation to E-5, and a prerequisite for attendance at the Warrior Leader Course. That requirement is one reason the points awarded for completion of the course were dropped.

"It is a mandatory requirement for all Soldiers to have it, so there is no need for us to award points for a requirement that they need to have," he said.

In the past, he said, promotion points were offered for SSD-I because it was a correspondence course. Soldiers had earned four points for each week of the four-week course.

Soldiers can still earn points elsewhere to make themselves competitive when they go before a promotion board, Uribe-Huitron said. He explained those Soldiers need to realize that they are competing against peers in their own military occupational specialty for promotion.

"Their promotion potential will depend on what the rest of their peers are do-



PHOTO BY C. TODD LOPEZ

Soldiers competing for sergeant in January will no longer have 16 promotion points available to them for completing the online Structured Self-Development I course. Additionally, Soldiers who have not completed SSD-I will not be eligible for promotion to sergeant for the Jan. 1 promotion cycle.

SEE POINTS, PAGE B4



PHOTO BY STAFF SGT. JORGE INTRIAGO

HONORARY AVIATOR

Richard Culliver, a child from Lexington, S.C., who was diagnosed with an inoperable brain tumor, gives a thumbs up to his mom while sitting in the cockpit of a UH-60 Black Hawk during his Dec. 4 visit to McEntire Joint National Guard Base to be a S.C. Army National Guard Pilot for a Day. Richard got the opportunity to sit in multiple rotary wing aircraft, fly an aircraft simulator and was honored with a set of Aviator wings, making him an honorary pilot.

Fires support battalion learns resupply through the sky

By Staff Sgt. Carlos Davis
2nd Infantry Division Public Affairs

CAMP CASEY, South Korea — The U.S. Army is a dangerous fighting force when conducting ground operations, but when it is controlling the sky it is something special.

More than 40 Soldiers from 210th Fires Brigade, 2nd Infantry Division, conducted sling-load training Nov. 21 at Camp Mobile, South Korea. The training prepared Soldiers for real-world missions transporting equipment using military helicopters.

"By completing this training it ensures us that if the road networks go out, we would still be able to supply the firing battalions with food, water and ammunition at all times," said Capt Jeffrey Teplis, the assistant operations officer for 70th Brigade Support Battalion.

Since Teplis, a native of Marietta, Ga., isn't air assault qualified himself, he understood that he needed some help to make this training successful.

Teplis coordinated UH-60 Black Hawk helicopter support from C Company, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade to come and assist with the training.

NCOs from 70th BSB who are air assault qualified gave thorough and informative training to their Soldiers for two days. They taught them hand and arm signals, and how to properly attach sling legs to cargo prior to the live training.

"We learned how to properly communicate to the aircraft using hand and arms signals, the correct link count for the ammunition pods and how to move around the aircraft safely to ensure they [pilots] know where we are at all times," said Pvt. Nickoy Haughton, from Fort Lauderdale, Fla. "It is very effective training."

On the day the helicopters flew in, the Soldiers



PHOTO BY STAFF SGT. CARLOS R. DAVIS

Pvt. Vivianne Valadez, a motor transport operator assigned to 579th Forward Support Company, 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade, 2nd Infantry Division, hooks up an ammunition pod to a UH-60 Black Hawk helicopter during sling-load training Nov. 21 on Camp Mobile, South Korea.

felt confident because of the prior training.

"I couldn't have pulled this off if it wasn't for the noncommissioned officers in the unit," said Teplis. "The NCOs took the lead for the training. They came up with the training plan, and ensured the Soldiers were proficient and confident with their skills before coming out here today."

Haughton, a unit supply specialist assigned to B Co., 70th BSB, didn't know what to expect when he was told he was going to be a part of the sling-load training.

"I was nervous and excited at the same time," said Haughton. "It was great to come out here and conduct this type of training. It is something that I haven't trained on since I've been in the Army."

The Soldiers were able to do effective and re-

warding training as they expanded their knowledge with unfamiliar equipment.

"This training provides me the knowledge I need to know in order to keep the supply route active," said Haughton.

The unit is planning to complete this same type of training every six months to ensure they have enough qualified personnel to conduct real world mission to defend the Republic of Korea.

"I look forward to going to field and hooking up live ammunition pods in the future," said Haughton. "It's good to train on the things that will better prepare us as a unit."

By conducting air assault training, the Soldiers of 210th Fires Brigade were able to increase the unit's readiness to "fight tonight!"

Rapid refueling goes hot on JBLM

By Staff Sgt. Bryan Lewis
16th Combat Aviation
Brigade

JOINT BASE LEWIS-MCCHORD, Wash. — When it comes to an Army Aviation unit, helicopters are only as effective as their fuel tanks will let them be. That's where the ingenuity of creating rapid refuel points allows missions to be conducted over a larger radius.

"The reason that rapid refuel points exist is to eliminate the number of times helicopters have to cool down for cold refueling. The hot refueling limits the time it takes for helicopters to get back in the air and train or conduct missions," said Sgt. 1st Class Severino B. Ignaco, 16th Combat Aviation Brigade senior petroleum supply specialist.

But when you take all the moving parts of refueling alone and combine it with a running helicopter, refueling teams must expand their knowledge beyond their initial training.

More than 50 petroleum supply specialists, 92F Army military occupational specialty identifier, from the 16th CAB, 7th Infantry Division joined in a week-long hot refuel training conducted by the 46th Aviation Support Battalion support operations section.

"The primary objective of the training was to provide consolidated training for the brigade on Class III [including petroleum fuels] petroleum fuels operations," said 1st Lt. Canyon Yeamans, SPO transportation officer. "Training included administration, accountability, audit trails, maintenance, testing, and cold and hot refuel operations."

Each 92F Soldier in the 16th CAB gains knowledge on a limited number of helicopter airframes depending on the subordinate unit they are assigned.

"The training was designed to get all Soldiers involved in Class III distribution across the brigade on the same page with regards to all of the topics covered and become knowledgeable of any

SEE JBLM, PAGE B4

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Points: System provides more accurate numbers

Continued from Page B1

ing in that same MOS," Uribe-Huitron said. "Soldiers must familiarize themselves with how the Army awards promotion points. This is where non-commissioned officers come into play as they coach and mentor their Soldiers. NCOs, having experienced this process, will have a thorough understanding of how Soldiers can earn more points to become more competitive."

How many Soldiers can be promoted depends on how many slots within an MOS the Army needs to fill, Uribe-Huitron said. If the Army needs to fill a lot of empty slots in an MOS at a particular grade, it will set the promotion points requirement low. If it needs to fill fewer slots, the promotion points requirement will be higher.

Soldiers can earn up to 255 promotion points in military training, Uribe-Huitron said, and that includes weapons qualification and the Army Physical Fitness Test.

They can earn as many as 195 points for awards and decorations. Up to 280 points can be earned for military education, which in the past included completion of SSD-I. They can also earn up to 100 points for civilian education. An additional 30 points may be earned for airborne advantage.

Soldiers also earn 80 promotion points for attending

the Warrior Leader Course. They may earn more than that through exceptional performance in the course. Those Soldiers who make the commandant's list, for instance, will instead earn 92 promotion points. Graduates of the course who earn Distinguished Honor Graduate status or Distinguished Leadership Award will now receive 104 pts.

While Soldiers will no longer earn points for attending SSD-I, no changes were announced for the points earned by completing SSD-III or SSD-IV. The SSD-V course is still under development, Uribe-Huitron said, and is not available at this time.

Not all promotion-eligible Soldiers have their commander's recommendation to go before a promotion board, but those Soldiers could still be promoted by being placed on command list integration.

Soldiers on CLI are on the promotions standing list along with Soldiers who went before a promotion board. But those CLI Soldiers do not appear on the list with all the promotion points they earned. Instead, they are ranked on the list with either 39 points, if they are seeking promotion to sergeant, or 14 points if they are seeking promotion to staff sergeant.

When the Army needs to fill more spots in an MOS than the number of Soldiers sent before a promotion

board for sergeant, for instance, it drops the promotion requirement for that MOS to 39. This allows the Army to fill its manning requirements by picking up for promotion all the Soldiers who went before a board, and to then also pick up additional Soldiers for promotion who did not go before the board.

The CLI was recently "automated," Uribe-Huitron said. He explained the CLI policy was written so that Soldiers could be put on the CLI if they did not go before a board. But if those same Soldiers become non-promotable for some reason, like being barred from enlistment or by failing their physical fitness test, their unit would have to notify Human Resources Command to take them off the CLI. Many units failed to make that notification.

"There was a very substantial number of Soldiers on CLI that were not actually promotable," Uribe-Huitron said. "The most notorious reason was for not taking an APFT or for failing an APFT."

Now, he said, inclusion in CLI is automated. As of Nov. 21, Soldiers who become ineligible for promotion for some reason are automatically taken off CLI.

"It gives us a more accurate number of who we have eligible to fill promotion requirements," he said.

JBLM: Training increases mission effectiveness

Continued from Page B1

airframe they could come in contact with," Yeamans said.

The 16th CAB looked to its sister Aviation units on Joint Base Lewis-McChord to assist with training due to being limited to only having AH-64E Apaches with the 1-229th Attack Reconnaissance Battalion, UH-60M Black Hawks with the 2-158th Assault Helicopter Battalion and OH-58D Kiowa Warriors currently deployed to South Korea with the 4-6th Attack Reconnaissance Squadron.

The 4th Battalion, 160th Special Operations Aviation Regiment and the Washington Air National Guard supported the training by providing additional airframes along with subject matter experts.

"We received outstanding support from all of the Aviation assets on JBLM to help us reach our goal," Yeamans said. "The 4-160th SOAR and the WAANG provided CH-47 Chinooks and OH-58 Kiowas needed for training, which truly helped and ensured training was accomplished on the four airframes typically found in an Aviation brigade."

On the final day of training, every Soldier had an opportunity to run various stations during a live exercise where the various airframes took turns landing at the 16th CAB rapid refuel point on Gray Army

Airfield. Soldiers cycled between communication operations through radios and hand and arm signals, running fuel operations on the heavy expanded mobility tactical trucks, pulling fire guard over watch and connecting fuel hoses to the different airframes.

Safety was a constant block of instruction as classes prepared Soldiers to go from cold refueling when the airframe is off to hot refueling when the engine is still on.

"The Soldiers have to be careful of what angle they approach the aircraft because of the spinning blades, but the safety helmet, goggles and gloves are to help protect them from the debris," Ignaco said. "Another important safety concern is grounding the helicopter because of all of the static electricity that builds up when it's running, but that is why all of the noncommissioned officers are out here, training and safety."

At the end of the training, more than 50 Soldiers increased their mission effectiveness for theater operations, training and deployments.

"A lot of the Soldiers here got to experience hot refueling for the first time during this training. This training was very beneficial to the Soldiers as well as the brigade because they will run into all of these airframes in the future, especially in Afghanistan," Ignaco said.



PHOTO BY STAFF SGT. BRYAN LEWIS

Petroleum supply specialists from the 16th Combat Aviation Brigade, 7th Infantry Division take turns conducting hot refuel training on a CH-47 Chinook from the 4th Battalion, 160th Special Operations Aviation Regiment at the 16th CAB rapid refuel point on Joint Base Lewis-McChord Nov. 26.

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PHOTOS BY SARA E. MARTIN

The Fort Rucker Elementary School Lego Robotics Team competed for the first time in The First Lego League state qualifier in Birmingham Nov. 30. The team is composed of fourth through eighth graders who competed against more than 60 teams from the state. They won the Core Values category for teamwork and cooperation.

CUTTING EDGE

FRES Robotics team maneuvers award

By Sara E. Martin
Army Flier Staff Writer

Team 2022, The Storm Prowlers, also known as the Fort Rucker Elementary School Robotics Team, competed in the First Lego League Competition in Birmingham Nov. 30.

And though the team did not qualify for the state championships, it came away with something more valuable – endless possibilities.

The team earned the core values challenge trophy, and competitor Kaleb Bryan, a 12-year-old in sixth grade and chief programmer for the team, said that being in the club and attending the competition taught him that there are endless possibilities when it comes to learning about blossoming technologies.

“I like the possibilities that it holds. The things I can create – I can do anything,” he said. “I really liked going around and meeting the other people and contestants at the competition because it was an opportunity to meet new friends and talk to them about how they built their robots or what problems they had while programming. Learning from other teams and getting new attachment ideas was great. We have so many ideas now.”

Teams of 10 had to compete in three separate challenges: the robot game, which consists of robot design and the obstacle course challenge; the real-world research project challenge; and the First Lego League core values challenge, which the Fort Rucker students won.

“For the robotic challenge, (the judges) look at your robot’s design, attachments, build and programming, and how well it runs the obstacle course,” said Vicki Gilmer, Fort Rucker Elementary School principal. “For the research-based project, they had to look at some kind of natural disaster and how they would solve a problem to go with that. And the core values challenge is where they give the kids a random problem that the children are not prepped for, and they look at how they interact with each other and how they problem solve in a difficult situation.”

The theme of the competition was

Nature’s Fury, so each aspect of the competition revolved around learning about natural disasters.

“They had to research natural disasters, and the very first thing the students did to prepare was go to Enterprise’s Emergency Fair to learn how cities prepare for different types of emergencies,” said Donna Brecher, gifted education class teacher. “While there, they were inspired to learn more about pet safety during weather emergencies.”

The team also visited local weather stations and pet day care centers to learn more about pet weather safety.

Gilmer said that the students chose

competition, the students created an app for smart phones. Though the app is not up and running because of funding, the students said that working with modern technology is the best thing about the robotics club.

“I love technology, and one of my favorite things to play with even before was Legos,” said Bryan. “So this is both of them in one, and it is great.”

Alyssa Griffith, a 10-year-old in the fifth grade, agreed, saying that it was really fun getting to do something different and new with technology.

“We get to work with modern day

nately the hardest part of the competition,” said Bryan. “The first two rounds we only scored 60-something points out of 174 because we kept making mistakes and we couldn’t do anything about it. It was really frustrating and we got bummed out a couple times.”

The third and final round went perfectly for the team, though, with it earning maximum points. And later on in the day, the students would earn even more points when they completed the core values challenge.

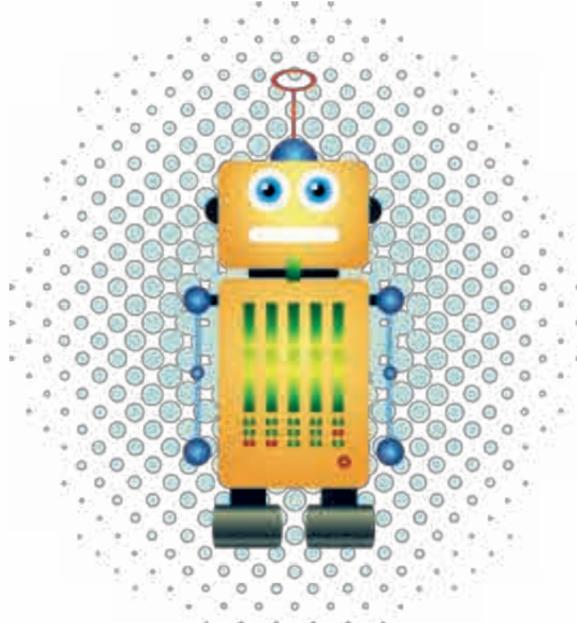
The task for the team was to be divided in half and separated where they could hear each other but not see each other to solve a mystery problem. They had to try to design and build the same Lego bridge without seeing each other’s progress and communicating it to each other through a divider.

“We demonstrated gracious professionalism, communication skills, patience and cooperation,” said Griffith. “We got the award for how we behaved during the entire competition, so that means a lot to me and I think it does to the entire team.”

The two months of intense work to prepare for the competition brought the students together and helped them understand each other’s strengths and weaknesses, said Gilmer.

“I love seeing the wheels just turning in these kid’s heads when they are trying to figure out just how to solve one of the problems, and that is what we are trying to do. We are trying to make our students 21st century learners and creators,” she continued. “They need to be able to improve upon ideas and to be able to imagine, create, problem solve and plan, and this program takes something they are naturally interested in and takes it up a notch to advance their thought processes. Programs like this teach kids to keep looking for answers and to push ideas further.”

The FRES team: Kaleb Bryan, Abby Morris, Alyxandra Lucero, Kayla Nustad, Alyssa Griffith, Ryann Butterfield, Daniel Wilson, Blake Danley, Sam Boehm and Aubree Akers, may not have come home with gold, but they did come home with the desire to achieve more, and to try new and innovative things.



a topic that was important to them, and since the area is not immune to severe tornados and all of the students have pets, she said it was a theme that was close to all of them for the research portion of the competition.

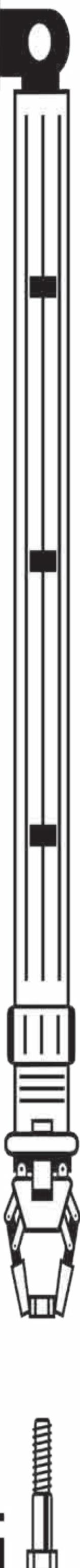
“Their curiosities about what happens to pets during natural disasters led them to the direction they took,” she said. “The students came up with an emergency pack, which basically is a red backpack that anyone in the Family can grab that is full of things for the Family pets, like food and shot records.”

For the technology aspect of the

robots, and it is neat and fun. We build lots of things in the club, like merry-go-rounds and other electronics that we have to program,” she said.

For the robot game, a large Lego table was set up like the aftermath of a natural disaster, such as a hurricane or tornado. There was rubble and water obstacles the student’s robots had to go over, as well as a set of tasks such as rescuing animals and people, taking off Lego tree limbs safely, and delivering emergency supplies via Lego plane and Lego vehicles all within a time limit, according to team members and FRES staff.

“The robotics challenge was defi-



ON POST

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

Youth Polar Express PJ Party

The Fort Rucker Youth Center will host a free "Polar Express" PJ Party Saturday from 6-10 p.m. for child, youth and school services youth members and guests. The event will feature food, hot chocolate, crafts, karaoke and a showing of the movie "Polar Express." Youth are encouraged to wear their pajamas, but also must abide by the CYSS dress code.

For more information, call 255-2147.

Financial readiness training

Army Community Service offers its financial readiness training Jan. 10 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4) and spouses are welcome to attend.

For more information, call 255-2594 or 255-9631.

Christmas Rock & Roll Party

The Fort Rucker School Age Center hosts its Christmas Rock & Roll Party Tuesday from 4:30-5:30 p.m. at its gymnasium. The party is free to children and Families enrolled in after-school care. The Fort Rucker band, "Crossfire," will perform songs of the season.

For more information, call 255-9108.

AFB Leadership Development

Army Community Service's Army Family Team Building hosts leadership development classes Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. Class topics will include communication skills for leaders, leadership styles, building cohesive teams, managing group conflict and more. Registration is required by Dec. 13.

For registration and childcare information, call 255-2382.

Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

AER scholarships

Army Emergency Relief accepts applications for its scholarship program Jan. 1 to May 1 for the 2014-2015



PHOTO BY NATHAN PFAU

Breakfast with Santa

W01 Kalob Bowman, B Company, 1st Battalion, 145th Aviation Regiment, comforts his son, Blaire, as his daughter, Jenna, anxiously waits to get her picture taken with Santa at The Landing during last year's Breakfast with Santa. The Landing will host Breakfast with Santa Saturday from 9 a.m. to noon. The event will feature breakfast favorites in buffet style, and children get their photo taken with Santa. Cost is \$10 for ages 13 and older, \$5 for children ages 3-12, and children 2 and younger eat for free. There is also a Family price of \$25, which includes two adults and up to two children ages 12 and younger. For more information, call 598-2426.

school year. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more information and to apply, visit www.aerhq.org or call 1 (866) 878-6378.

Scream Free Parenting

Army Community Service offers its Scream Free Parenting course Jan. 9, 16, 23 and 30 from 9-11 a.m. at The Commons, Bldg. 8950. This two-session course is designed to help people start a revolution within their Family, according to ACS officials, adding that Scream Free Parenting is about teaching people to calm their emotional reactions and learning to focus on their own behavior more than their children's behavior for their benefit. With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children. Registration is required by Jan. 6 and space is limited to the first 10 participants to register. The workshop is free and open to active-duty military, retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898 or 255-3359.

Comedy Live

The Directorate of Family, Morale, Welfare and Recreation hosts Comedy Live at Rucker, featuring Jay Black and opening comedian Mike Casey, Jan. 10 from 8-10 p.m. in The Landing Ballroom. Regular seating costs \$12 in advance and \$16 after Jan. 9. Cost for a VIP table (seats 10 people) is \$150 and guarantees a seat close to the stage. Doors will open at 7 p.m. People can stay after the show for a meet and greet with both comedians while the DJ keeps the party going from 10-11:30 p.m. The event is

open to the public.

For more information, call 255-9810.

Anger management

Army Community Service offers its free anger management class Jan. 14 from 9-11:30 a.m. at The Commons, Bldg. 8950. Attendees will learn about identifying causes of anger, symptoms of anger, techniques to manage anger and developing an anger management plan. Registration is required by Jan. 10. People must pre-register and space is limited to the first 16 participants to register. The workshop is open to active-duty military, retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898, 255-9644 or 255-9641.

EFMP Support Group

The Exceptional Family Member Program invites all active-duty military Families who have an exceptional or special needs Family member to attend the Jan. 14 EFMP Support Group from 9-10 a.m. at The Commons. The topic for the meeting is "available resources for individuals with special needs and disabilities. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more information, call 255-9277.

Winter craft making

The Center Library will host a winter craft making activity Jan. 14 from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children ages 3-11, and space is limited to the first 65 children to register.

For more information and to register, stop by or call the Center Library at 255-3885.

DFMWR

Spotlight

Youth Sports & Fitness

Spring Soccer

Youth Services Soccer Field

Sign-up December 1 - January 3

Season starts February 10, 2014

Age Groups:

Training League (ages 4 - 5):	Cost \$20
PeeWee League (ages 6 - 7):	Cost \$40
Mites League (ages 8 - 10):	Cost \$40
Juniors League (ages 11 - 14):	Cost \$40

The child(ren) must meet age requirements by Sept 1, 2013. Prospective coaches are needed for all age groups. For more info, call (334) 255-0950.

A COPY OF CURRENT SPORTS PHYSICAL and a valid CYSS REGISTRATION are required for participation. There will be no extensions on registration. Special request for coaches and players cannot be honored. For more information please call Youth Sports at 255-2267/2254 or Parent Central Services at 255-9638.

For more information visit www.ftruckerdmwr.com

Rucker CYSS
Rucker CYSS Teen
Rucker CYSS Youth Tech Lab

FORT RUCKER MOVIE SCHEDULE FOR DEC. 12 - 15

Thursday, Dec. 12

Bad Grandpa (R)7 p.m.

Friday, Dec. 13

Free Birds (PG)7 p.m.

Saturday, Dec. 14

Studio Appreciation: Advance Screening (PG-13)4 p.m.

Sunday, Dec. 15

Ender's Game (PG-13)2 p.m.

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

Elective care vs. non-covered care

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic refers patients out to TRICARE-approved network providers when specialty care not offered at the clinic is needed.

It is important for patients to receive a referral and only obtain the care detailed in the referral notes to avoid extra charges not covered by the referral.

The specified care must also be received before the referral expiration date. Additional care offered by the network provider must first be approved through TRICARE before scheduling an appointment.

Communication is the key to knowing if additional care recommended by the network provider is approved by TRICARE. The network provider is responsible for contacting TRICARE for approval of additional care not noted on the original referral.

The rules are a little different for active-duty Soldiers. Soldiers referred to a network provider who wants to perform additional care for the Soldier must see their primary care

manager before accepting additional care. Only their PCM is authorized to submit a new referral for additional care.

Patients are responsible for checking their www.tricareonline.com account to view all approved and disapproved referrals submitted on their behalf. They may also call their PCM, managed care at 255-7000 Ext. 3, see a TRICARE representative at the TRICARE Service Center inside LAHC or call the TRICARE toll-free line at 1-(800) 444-5445 to confirm approved referrals. Contacting TRICARE or managed care is also how patients can resolve cases where a bill is received that should have been paid or otherwise covered.

Patients who receive additional care without approval will be billed for the total cost of the additional care received.

"Patients often have a procedure or additional care only to find out later that it has been denied either because it is a non-covered procedure or the provider did not provide enough information to TRICARE and it wasn't approved," said Sharon Jones, health care system manager at LAHC's TRICARE Service Center. "Making sure their network provider receives approval or checking with TRICARE themselves can alleviate the financial burden of an unexpected bill."

Non-covered care is care that TRICARE will not authorize, pay for or reimburse. Services received electively, such as cosmetic surgery, and any complications arising months or years after the surgery needing medical attention will not be covered by TRICARE unless it is considered life threatening.

TRICARE does not reimburse for unproven drugs, devices, or medical treatments and procedures. Services and supplies that are not medically or psychologically necessary for the diagnosis or treatment of a covered illness are also excluded.

The TRICARE Service Center inside LAHC has booklets available for patients interested in finding out which services may be obtained without a referral. Some clinical preventative services and mental health care services for Family members and retirees do not require a referral.

For a full list of what services do not need a referral visit, <http://www.tricare.mil/CoveredServices/SeeWhatsCovered/PreventiveServices.aspx>. Coverage and out-of-pocket costs may vary based on who you are and your health plan option.

World AIDS Day focuses on new infections

By Melissa Reams
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. – World AIDS Day, a global observance to raise awareness of HIV/AIDS, was observed Dec. 1. This day was established in 1988 by the World Health Organization.

It is a time to recognize those who have been affected by HIV/AIDS and to renew efforts to stop the spread of this serious disease. The theme for this year's observance is "Getting to Zero" – zero new infections, zero AIDS-related deaths and zero HIV/AIDS-related

discrimination.

HIV is one of the many viruses that can infect humans. There are currently 1.1 million people living in the United States who are infected with HIV or AIDS. The Centers for Disease Control and Prevention predicts that one in five people infected with HIV are not aware of their condition. Although health organizations have made many efforts to prevent the spread of HIV, there still are 50,000 new cases each year. That means a person is infected with HIV in the United States every 9.5 minutes of every day.

Unlike other viruses, HIV hijacks an individual's immune system and

then makes copies of itself. This prevents the person's compromised immune system from successfully fighting off the HIV infection, as well as more common infections, such as the common cold. The HIV virus may eventually completely take over the immune system and the infected person will be diagnosed with AIDS. There, unfortunately, is no known cure for HIV or AIDS.

HIV is spread to others through the following four body fluids: blood, breast milk, vaginal fluids and semen. For transmission to occur, one of these body fluids must travel into another person's body. Activities that are most likely to

spread HIV include sexual contact, injection drug use and childbirth. People who are exposed to body fluids, such as healthcare workers, also have a high risk of becoming contaminated.

Fortunately, there are many ways to prevent being exposed to the HIV virus. The best way to stop the spread of HIV is by practicing abstinence, or not having sex. When having sex, one should always use a latex or polyurethane (plastic) condom. Another great way to reduce your risk is by being monogamous with a person who is HIV-free. It is also recommended that a person avoid any activities that require contact with someone else's blood,

such as sharing needles.

The only way to be sure if you or your partner is infected with HIV is to have an HIV test. All military treatment facilities provide free HIV testing to TRICARE beneficiaries, and most local healthcare providers and public health clinics offer free or low-cost testing as well. To find a local HIV testing site, visit www.hivtest.cdc.gov or text your zip code to KnowIt (566948).

It is important to ensure you are doing your part to get your community to zero by lowering your personal risk, getting tested and spreading the word about HIV/AIDS prevention. Together, we can stop this disease.

New TRICARE.mil feature offers easy access to popular options

By Melissa Reams
U.S. Army Public Health Command

TRICARE beneficiaries now have an easy way to access customer service features.

The TRICARE.mil home page has a new "I want to..." section offering beneficiaries a gateway to links that help them manage their health care from prescrip-

tions to enrollments and much more.

The "I want to..." section of TRICARE.mil launched Dec. 1 and the redesigned home page focuses on tools for beneficiaries to manage their health care benefits. "I want to..." has quick links to secure login portals for more than a dozen customer service features including:

- Managing prescriptions;
- Enrolling or purchasing a plan;
- Finding a doctor;

- Updating personal information;
- Filing or checking on a claim;
- Paying a bill;
- Booking appointments at a military hospital or clinic;
- Changing a primary care physician; and
- Viewing military health records.

Many beneficiaries may not even know these resources are available online. The new look TRICARE.mil home page is a

hub for beneficiaries to manage their health care benefits from the comfort of home or on the go with mobile sites. Mobile, online and toll-free customer service options are time savers and prevent unnecessary trips to a military hospital or clinic.

Other common requests, such as comparing plans or seeing what's covered, are also featured in the "I want to..." section, as well as links to download forms or subscribe to TRICARE email alerts.



COURTESY PHOTO

Pick-of-the-litter

Meet Pumpkin, a six-month-old female Chihuahua mix. She gets along great with cats. She also likes to sit on laps and follow you around. It is \$80 to adopt Pumpkin, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over 6 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 veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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NCO helps build home for Gold Star Family

By Aniesa Holmes
Fort Benning Public Affairs

FORT BENNING, Ga. — A Fort Benning drill sergeant is one of dozens of volunteers helping to build a new home for the Family of a fallen Soldier.

Staff Sgt. Neil Lynch, a drill sergeant with A Company, 1st Battalion, 19th Infantry Regiment, was contacted to participate in a Veteran's Day home building project by the Family of

Spc. Jonathan Davis, who was killed in Afghanistan March 27, 2012. Lynch was attached to Davis' unit, A Co., 4th Squadron, 73rd Cavalry Regiment, 82nd Airborne Division, at Fort Bragg, N.C., at the time of his death.

"My first response was anything I could do to help, I would do it," he said. "There's a bond that develops when you actually serve with someone. That person becomes just like your own family."

Squarefoot Ministries, a faith-based, nonprofit organization based in Fayetteville, Ga., brings volunteers from area churches to sponsor the construction of a new home for a veteran's family. When the organization learned that Davis' wife, Kristen, and her son, Ben, were living with her parents, the volunteers decided to build them a new home in Griffin, Ga.

Materials for the construction were donated by individuals and businesses in

the community and a large group of volunteers. Building began in October, when volunteers met to work on the foundation and the floor system. On Veterans' Day, Lynch assisted with raising the walls and roof of the home.

Lynch said volunteers expect to have the house completed by Dec. 17. He said Davis is remembered for his strong faith, family values and remaining positive through difficult times.

"I know that if he was still

here and the roles were reversed, he would be doing the same things for me or any of his battle buddies," Lynch said. "He never got to see the birth of his son, and he looked forward to being a father."

Despite his busy schedule, Lynch said he travels to Griffin to help out when he can. Capt. Matthew Berg, commander of A Co., 1st Bn., 19th Inf. Regt., said Lynch is the example of a true leader.

"Staff Sergeant Lynch is a

great inspiration as a volunteer," he said. "As a drill sergeant, he has a tremendously busy work schedule, and to take the little free time he has to make contributions to the community shows he is a perfect person to teach and instill the Army values in the newest Soldiers to enter the Army."

To volunteer with the Veterans Day Build project on the Davis home, visit www.squarefootministry.org or email madlucky@squarefootministry.org.



PHOTO BY DANIELLE VALIMONT

Staff Sgt. Neil Lynch, a drill sergeant with A Company, 1st Battalion, 19th Infantry Regiment, volunteered to help build a new home for the Family of Spc. Jonathan Davis, who was killed in Afghanistan in 2012.

2013 FORT RUCKER CHAPEL HOLIDAY SERVICES

<p>Postwide Thanksgiving Service 27 November, 1130 Headquarters Chapel, Bldg 109</p> <p>Children's Christmas Play 15 December, 0930 Headquarters Chapel, Bldg 109</p> <p>Christmas Eve Protestant Service 24 December, 1900 Main Post Chapel, Bldg 8940</p> <p>Christmas Day Mass 25 December, 0900 Main Post Chapel, Bldg 8940</p>	<p>Thanksgiving Day Mass 28 November, 0900 Main Post Chapel, Bldg 8940</p> <p>Children's Christmas Eve Mass 24 December, 1600 Main Post Chapel, Bldg 8940</p> <p>Christmas Eve Midnight Mass 24 December, 2400 Main Post Chapel, Bldg 8940</p> <p>New Year's Eve Mass 31 December, 1700 Main Post Chapel, Bldg 8940</p>
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For more information, contact the Religious Support Office, 334-255-2989.
Visit: www.rucker.army.mil/chaplain/

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109
8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. Liturgical Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4:00 p.m. Catholic Confessions Saturday
5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service.

Spiritual Life Center, Building 8939
10:45 a.m. CCD (except during summer

months).

BIBLE STUDIES

Tuesday-
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center

Wednesday-
11:00 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday-

9:00 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

MOTHERS OF PRESCHOOLERS (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939.

For more information, call the Religious Support Office at 255-2989.

PROTESTANT MEN OF THE CHAPEL (PMOC)

PMOC meets the first Saturday of each

month at 8:00 a.m. - 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

PROTESTANT WOMEN OF THE CHAPEL (PWOC)

PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m.

For more information, call 255-2989.

CATHOLIC WOMEN OF THE CHAPEL (CWOC)

CWOC meets every Wednesday, 8:30 a.m. - 10:30 a.m., at the Spiritual Life Center. Childcare provided.

For more information, call 255-9894.



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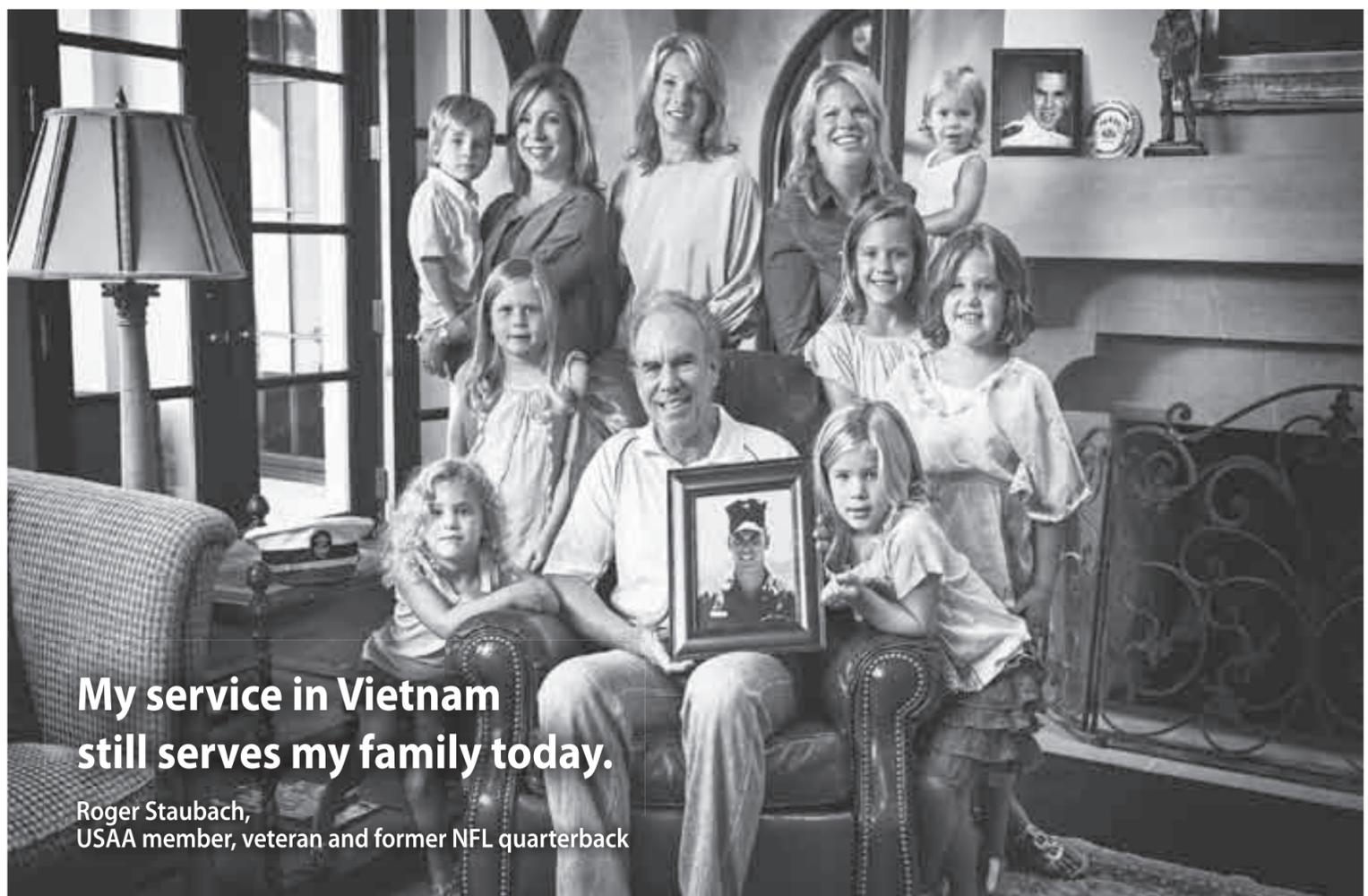
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Blount County: The Covered Bridge Capital

By Verna Gates

Alabama Tourism Department

Walking into the cool shade of a covered bridge, you can almost hear the clip-clop of horses' hooves and the whispers of stolen kisses. The sheltered bridge hid the rushing water from the horse and the courting couple from the eyes of the world. Notice how the entrance resembles a barn – all the more to encourage a perhaps unwilling steed into the shelter of the bridge.

In the 1800s, an uncovered bridge might last 10 to 12 years, but a covered bridge – well, it just might last for more than a century. Three of Alabama's 11 covered bridges can be found in Blount County, nestled into the curves of both roads and rivers, making this county the Covered Bridge Capital of Alabama.

All three bridges are listed on the National Register of Historic Places, with Horton Mill Bridge taking the honor of being the first Southern covered bridge to be added to the register. All have been restored to once again support car traffic – though with a single lane and a speed limit of 5 mph.

Horton, Old Easley and Swann: Bridges to a simpler time and place

Thurman Horton helped build the first of the bridges to bring Sand Mountain customers to his mill and general store. Rising 70 feet, Horton Mill Bridge stands as the highest covered bridge above any U.S. waterway. The original structure was built in 1894. Forty years later, another Horton, Talmadge this time, led the construction of the bridge we see today. A 15-man crew completed the 220-foot bridge in a year and

a half with lumber bought for \$714. Look for the bridge five miles north of Oneonta on Alabama Highway 75.

A tin roof kept the rain from dampening the spirits of many a traveler who crossed the Old Easley Covered Bridge. The smallest and oldest of the bridges, its single span is perhaps the most picturesque. Crossing the Dub Branch of the Calvert Prong of the Black Warrior River, Old Easley was used from 1927 until 2009, when it was restored. The Tidwell family built it, Zelmer and his uncle Forrest, undoubtedly to provide a shorter path home. The bridge sits three miles west of Oneonta, 1.5 miles off U.S. 231.

The third bridge was called Swann on one side and Joy on the other, depending on which community you called home. Perched over a scenic gorge, the bridge connected the town of Cleveland to the community of Joy. The triple spans of the Swann Covered Bridge stretch 324 feet, making it the longest covered bridge in Alabama and one of the longest in the U.S. It rises 27 feet above the rocky riverbed of the Locust Fork, a tributary of the Black Warrior River. It lies one mile off Alabama Highway 79, near Cleveland.

Experience other area attractions

Travel from the river gorges to the mountain overlook. Palisades Park perches atop Ebell Mountain and offers views of a deep valley and forested ridges. The 1,300-foot elevation over limestone bluffs is a popular spot for rock climbing. More than 90 routes crisscross the 60- and 70-foot drops with ratings from 5.4 to 5.12. Bouldering invites those who enjoy climbing closer to earth.

Eight nature trails guide you through trees and wildflowers.

Challenge the white water in Class III and IV rapids in the scenic Locust Fork of the Black Warrior River. Want a slower pace? Fishing, tube floats and swimming holes provide fun for families. The National Park Service has placed this wild and free river in the top 2 percent of all rivers nationwide for recreational uses. Challenge races to wildflower walks invite people to enjoy this 90-mile stretch of water.

Descend beneath the earth's surface at Rickwood Caverns to walk the miracle mile of 250-million-year-old limestone formations, complete with stalagmites, stalactites, blind cave fish and an underground pool bubbling up. The grounds offer picnic tables, hiking trails, a playground and an Olympic-size swimming pool. You can also pan for gemstones.

Alabama Covered Bridge Trail

In bordering Cullman, the Clarkson Covered Bridge built in 1904 is one of the largest covered bridges in the state. The bridge site is also a park that features picnic grounds, a dogtrot cabin, gristmill and hiking trails.

Talladega County is home to two covered bridges. The Waldo Covered Bridge was built in 1858 on the old Socapatoy trail, first used by Native Americans and then in the Civil War by Wilson's Raiders, a Union cavalry group. The Kymulga Covered Bridge (1860) once carried travelers along Old Georgia Road, a Native American trade route. It is located at Grist Mill Park. Both bridges span scenic Talladega Creek.

The Old Union Crossing Bridge near

Mentone crosses the West Fork of the Little River with a 90-foot span. The Gilliland-Reese Covered Bridge dates to 1899 and was moved to Nocalula Falls in Etowah County. Coldwater Covered Bridge was built by the hands of a former slave in 1850, making it Alabama's oldest covered bridge. It invites visitors from the Walking Trail at Oxford Lake in Calhoun County.

In west Alabama, the Alamuchee-Bellamy Covered Bridge was built of hand-hewn heart pine and wooden pegs in 1861. It can be visited in Sumter County on the University of West Alabama campus.

Where to stay

While the covered bridges return you to simpler times, Capps Cove Bed and Breakfast continues the 19th century theme with its quaint cabins. Escape to 20 acres of babbling brooks, lush gardens and picket fences. Take the time to walk along the creek and enjoy a fire on a stone hearth.

Where to eat

Replacing a legendary dining favorite can be challenging, but Charlie B's The Lunch Place, 300 Sixth St. S., Oneonta; (205) 274-7427, more than succeeds. Standing on hallowed restaurant ground of the old Round the Clock establishment, Charlie B's delivers Southern fried chicken, turnip greens, black-eyed peas and its predecessor's esteemed peanut butter pie. O'So Good BBQ, 55545 Hwy. 231 N., Oneonta; (205) 625-4590, serves up smoking ribs and sizzling steaks. The Cafe on Main, 218 Main St., Trussville; (205) 655-0330, takes the traditional "meat and three" up a notch with a great meal in a charming setting.

WIREFRASS 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.andalusialegionpost80.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 on Sundays and games and TVs are available for entertainment. Open to all. Post can host parties, weddings, hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

DOTHAN

SATURDAY — The Wiregrass Youth Symphony Christmas Concert will be held at The Dothan Opera House. Classical selections and traditional carols celebrating the holiday season will be presented by the Beginning Strings, the Intermediate Philharmonic, the Youth Symphony and the Chamber Ensemble. For more information, visit www.tristatecommunityorchestra.org.

MONDAY-WEDNESDAY — The Just the Facts Healthy Marriage Workshop will be held daily at 5 p.m. at the Department of Human Resources, located at 1605 Ross Clark Circle. From 5:30-8 p.m. couples can strengthen their relationships with tools for better communication, conflict resolution, finance management and more. For more information, call 671-7774 or visit www.jtfstraighttalk.com.

JAN. 25 — Temple Emanu-el Sisterhood hosts the Gala Art Exhibition and Auction at 7 p.m. A champagne preview will be held at 6 p.m. Admission is \$10 per person and a portion of the proceeds will benefit local charities. "Take a Second Look" will be held Jan. 26 from 10 a.m. to 2 p.m. Bagels and coffee will be served. For more information, call 792-5001 or visit www.dothanfirst.biz/event_details/Just_the_Facts_Healthy_Marriage_Workshop/227348.html

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.

ONGOING — People are invited to play ultimate frisbee with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children's groups are also available. For more information, call 792-9814.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call

post commander Jerry Goodson at 347-5961 or 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

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

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter #99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. 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.

DEC. 19 — Disabled American Veterans Chapter #99 plans to conduct its holiday meal at the New Brockton Police Station's conference room at 6 p.m. Order of the

day will include food, "fun," games and a visit from Santa. All members and their guests are cordially invited. For more information, call 718-5707.

OZARK

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited.

For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

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 — 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, finger foods, and refreshments.

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

WIREFRASS AREA

SATURDAY — The Headland Christmas Parade is described as being a fun-filled holiday spectacular with more than 200 entries this year. Parade will take place at 5 p.m. at the square in Headland. For more information, visit www.headlandal.com.

Beyond Briefs

'A Dickens of a Christmas'

The downtown Panama City festival of Family fun continues Friday night and Dec. 20.

People can enjoy horse drawn carriage rides, free ice skating, carolers, concerts, extended shopping hours, miniature horse and buggy rides, train rides and bounce houses from 5-8 p.m.

For more information, visit www.pcbeach.org/events/

events-community.php.

5K Reindeer Race

The Junior League 5K Reindeer Race and 1-mile Santa Shuffle starts at St. Andrews State Park in Panama City Beach Saturday at 9 a.m. The 5K registration fees are \$30 a person, while the 1-mile run costs \$15. There is no additional fee to enter the St. Andrews State Park for race participants and their Families on race day. Race day registration is 7-8:45 a.m.

For more information, visit www.visitpanamacity-beach.com/includes/calendar-of-events/Reindeer-Race-5K-and-Santa-Shuffle.

beach.com/includes/calendar-of-events/Reindeer-Race-5K-and-Santa-Shuffle.

Optimist Christmas Parade

The Optimist Christmas Parade at Panama City Beach will be held Saturday at 4 p.m. at Pier Park. Floats from businesses, schools, entertainment and community groups, individuals, marching bands, and car clubs will line the streets. For more information, visit www.visitpanamacitybeach.com/includes/calendar-of-events/Optimist-Christmas-Parade.

1st lady, military Families preview holiday decorations

By Terri Moon Cronk
American Forces Press Service

WASHINGTON – First Lady Michelle Obama hosted a group of military spouses and children Dec. 4 during a preview tour of this year's festive Christmas holiday decorations adorning the rooms of the White House.

Tributes to U.S. service members and their Families are abundant in White House holiday décor, the first lady noted when she greeted military Family members in the East Room.

"Your sacrifice and service to this country [and] your Families' stories are such an important part of our great American story – stories that remind us of the true meaning of the holiday season," she said.

In that holiday spirit, children in the audience got a chance to go with Obama to an adjoining room where they made crafts and holiday gifts with her help, in addition to volunteers and White House chefs, bakers and florists.

And decorating the White House for the holidays was no easy undertaking.

Obama said more than 80 volunteers from around the country – including military spouses – began decorating the White House the day after Thanksgiving.

Military Families give a lot of their time volunteering in addition to taking care of business at home while their loved ones are deployed, the first lady said.

"You are serving our nation, volunteering in your communities every day," Obama told the Families. She said a survey shows 81 percent of military Family members volunteered in the past year.

While thinking of service members who will be deployed this holiday season, Obama said she's reminded of the thousands who will awake in the middle of the night in a remote part of the world to use Skype to call home and read a special holiday story to their children, and will be on screen Christmas day to see their children open presents from Santa.

She commended military Families for spending hours filling holiday care packages for their service members to help them experience the holidays while de-



PHOTO BY AMANDA LUCIDON

First Lady Michelle Obama and children of military Families participate in a craft project in the State Dining Room during the White House holiday press preview Dec. 4. Executive Pastry Chef Bill Yosses helps children decorate Springerle cookie ornaments.

ployed.

And deployed troops who can't be home for the holidays find ways "to make the season bright" by banding together with others to create special military celebrations and traditions, Obama noted.

"No matter what challenges you all face – during the holidays or any other time during the year – you ... find ways to make it work, and you do it with such strength and humor and grace," she told the Families.

Obama said she hopes Americans keep U.S. service members and their Families in their thoughts during this holiday season.

"As we gather with our loved ones, I'd ask every American to remember what our military Families and service members of-

ten experience during this time of year," she said. "Let us all remember the sacrifices they make to proudly serve all of us."

Some of this year's White House holiday highlights include:

- Nearly 15 rooms and passageways displaying 24 large Christmas trees;
- A tree decorated in tribute to service members, decorated with Gold Star Families' ornaments for those who made the ultimate sacrifice;
- The oval Blue Room, home to the official White House Christmas tree, an 18 1/2-foot tall, 11-foot wide Pennsylvania Douglas fir, covered in 2,000 ornaments of holiday cards made by service members' children, photos of deployment homecomings and fabric ornaments with each state and terri-

tory's silhouette on them;

- The East Garden Room trees made from stacks of books;
- Cross Hall, where trees reflect gathering around the nation's heritage, decorated with ornaments representing great American sites such as the Statue of Liberty and Mount Rushmore;
- The first dog display, a mechanical Bo and Sunny dog duo – made from 1,000 yards of satin ribbon – engaged in play; and
- A 300-pound gingerbread White House that sits atop the State Dining Room fireplace mantel, surrounded by trees made of sugar.

The White House expects about 70,000 visitors for the holidays this year, Obama said.



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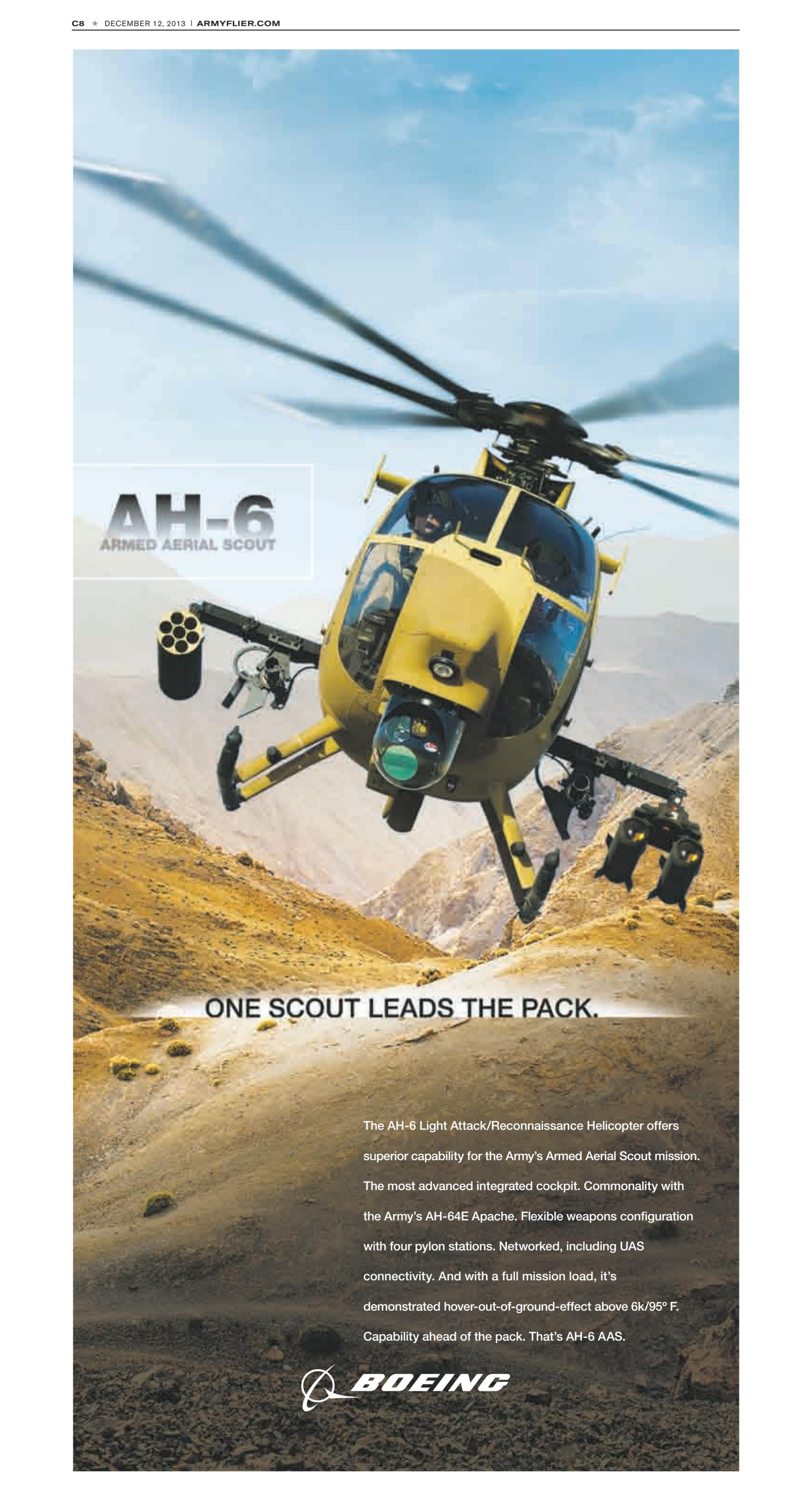
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 **BOEING**



GO FOR GOLD
Team USA loaded with Soldiers bobsledding for Olympic berths
Story on Page D3

DECEMBER 12, 2013

Runner encourages others with a smile, wave year round

By Sara E. Martin
Army Flier Staff Writer

Soldiers and civilians driving around Fort Rucker may have seen a lone runner waving to passersby as they travel near the Ozark Gate and wondered, "Who is that guy?" Although many stop and speak with the aging runner, many will be surprised to know why he runs every day.

His name is Jaime Ambler; he is a UH-60 instructor pilot at Lowe Field. And as a retired CW3 Aviator himself, Ambler knows the struggles that Army civilians, Soldiers and Families face every day, which is his motivation to keep running, smiling and waving at each person who passes him on the road.

"I began running while I was in the military to stay fit and healthy, and once I retired I just kept it up because I found that I really enjoy it," he said. "It has become more of a ministry for me. If I can encourage someone who has had a bad day with a smile and a wave and make their day better than that is my small way of making Fort Rucker a happier place."

Better attitudes are not the only thing that Ambler is encouraging. He said that several elderly people have begun to run because of his constant reminder that no matter how old people may get they can still exercise.

"If you invest in your health then you will always reap benefits," he said. "We are all going to die, but you don't want to shorten that timeframe. So even if you just walk around a few minutes a day you are better off."

Ambler has been running as a civilian for 18 years, and runs between 4 1/2 and 8 miles a day, which is no easy feat considering he turns 60 next month.

"I do not like to run in the housing areas anymore because the dogs there began chasing me a few years ago," he said. "So I changed my route. But recently, the coyotes have begun chasing me, so I have to carry my trusty aluminum-pool skimmer that broke as a deterrent."

Ambler said his tradition of waving and smiling at people began by waving at the

selected people that he knew.

"That lasted about a week, because I began to think, 'Why should I only smile and wave at certain people?' So I began to do it to everyone that passed me," he said. "People stop and tell me that I encourage them. So really, I am running for others now, I am not running for myself anymore."

Ambler wants to motivate others to have a good day and to get moving, but he also wants people to spread the good feelings.

"I hope people will find my smile contagious and give that gift in some way to others that they interact with during their work day," he said, adding that people cannot encourage others if they do not take the time to invest in themselves, as well.

Though he has not run in any national races, Ambler isn't one to be underestimated when it comes to athletic motivation and perseverance.

"That somebody is waiting for that smile or that wave is what motivates me to get out here and run every day," he said. "If I can inspire anyone's day then that is a win."

Even on days that are cold, windy and rainy, drivers can expect Ambler to be out on the road running the hills that surround the Ozark Gate.

"God has really enriched my heart to do this — otherwise I would not have the strength to. I thank him that my knees are still functional and capable to run every day, because he is the one who inspires me to inspire others," he said.

Ambler is working towards completing a marathon, which is why his daily workouts are extra rewarding.

"Every time I exceed my intended goal for the day or week it really makes me happy and it's inspiring to myself," he said. "Every time I literally go an extra mile, I know I am almost there."

And his name matches his ways. The dictionary defines ambler as a person or animal that moves at a slow, easy gait. And Fort Rucker's Ambler jogs at a slow, easy gait, accomplishing most of his miles at a 10-12 minute pace.

"This is a quiet time for me. I get ques-



PHOTO BY SARA E. MARTIN

Jamie Ambler runs along Andrews Avenue Dec. 2, waving and smiling to all the cars that pass him on his morning workout.

tions answered and find new ones," he said. "I am happy that I am physically and mentally able to get out here and affect

someone's morning or day. I love it when people wave back because that encourages me back."



FILE PHOTO

Youth soccer

Macey Holt takes a shot at the goal during a previous youth soccer event. Fort Rucker Child, Youth and School Services holds youth spring soccer registration now through Jan. 3. The cost is \$40, and additional children's sign-ups will be discounted. Participants must meet age requirements by Sept. 1, 2013. A current sports physical and a valid CYSS registration are required for participation. The teams will be broken down into these age groups: 4-5 years old - Training League, 6-7 years old - Pee Wee League, 8-10 years old - Mites League, 11-14 years old - Juniors League. Season starts Feb. 10 and ends March 20. There will be no extension on registration. Special requests for coaches and players cannot be honored. Prospective coaches are needed for all age groups. There will be a spring soccer parents meeting for Families who are new to Fort Rucker Feb. 6 at 6 p.m. at the youth teen center gymnasium, Bldg. 2800, on Seventh Avenue. For more information, call 255-0950, 255-2257 or 255-9638.

PIGSKIN PICKS



Washington vs. Atlanta

New England vs. Miami

Kansas City vs. Oakland

Green Bay vs. Dallas

Arizona vs. Tennessee

Cincinnati vs. Pittsburgh

Baltimore vs. Detroit

	Washington vs. Atlanta	New England vs. Miami	Kansas City vs. Oakland	Green Bay vs. Dallas	Arizona vs. Tennessee	Cincinnati vs. Pittsburgh	Baltimore vs. Detroit
 Jim Hughes Public Affairs (62-36)							
 Brian Jackson DFMWR (57-41)							
 John McGee CDID (67-31)							
 Capt. Mike Simmons Directorate of Public Safety (58-40)							
 Sharon Storti Network Enterprise Center (58-40)							

DOWN TIME

FLASH GORDON
by Jim Keefe

NIGHTFALL ON MONOD.
AS DALE SLOWLY DRIFTS OFF TO SLEEP, HER THOUGHTS RETURN TO THAT FATEFUL DAY LONG AGO...

ABOARD AN EASTBOUND TRANSCONTINENTAL FLIGHT WE FIND FLASH GORDON, YALE GRADUATE AND WORLD-RENOWNED ATHLETE.

SETTING DOWN, THEY'RE CONFRONTED BY A DISHEVELED FIGURE...

WITH A DEAFENING ROAR, THE TRIO TAKES OFF IN A ROCKETSHIP OF THE SCIENTIST'S DESIGN...

SHARING THE CABIN, FELLOW PASSENGER DALE ARDEN.

THE PLANE IS HIT BY A METEOR SHOWER CAUSED BY THE APPROACHING PLANET.

...DR. HANS ZARKOV.

DRIVEN MAD BY THE INTENSITY OF HIS EFFORTS TO SAVE THE EARTH, HE TAKES FLASH AND DALE CAPTIVE.

...THE FATE OF THE WORLD RESTING ON THEIR SHOULDERS!

TO BE CONT'D...

Just Like Cats & Dogs by Dave T. Phipps

I TELL YA REX, MY WIFE IS REALLY UPSET. SOME GUYS GET IN HOT WATER WITH THEIR LADY. MINE...ACTUALLY BUILT ME A DOG HOUSE!

Trivia test by Fifi Rodriguez

T R I V I A

- HISTORY:** Who wrote a series of Revolutionary War pamphlets titled "The American Crisis"?
- MOVIES:** Where does the film "Casablanca" take place?
- MEDICAL:** What disease also has been known as the "great pox"?
- LITERATURE:** Which famous Russian novel was published in a serialized format first?
- SCIENCE:** What does an anemometer measure?
- U.S. STATES:** What is Hawaii's state bird?
- GAMES:** How many pieces does each backgammon player receive at the start?
- MYTHOLOGY:** What was the name of the whirlpool that swallowed ships whole in "The Odyssey"?
- BIBLE:** What was the name of Moses' wife?
- GEOGRAPHY:** Where is the Gulf of Carpentaria located?

See Page D4 for this week's answers.

Super Crossword V 8

- | | |
|---|---|
| ACROSS | DOWN |
| 1 Beseech | 1 Finest |
| 4 Weeding implement | 2 Cavern effect |
| 7 White rat, e.g. | 3 Latch (onto) |
| 13 Puccini's "Butterfly" | 4 "Start playing the tune!" |
| 19 Cream-filled pastries | 5 "—ed Eureka" (opera) |
| 21 Kill, as pain | 6 That, in Cuba |
| 22 Beloved | 7 One being counseled |
| 23 V | 8 Wary |
| 25 Holiday inn alternative | 9 Soap buy |
| 26 Agee of the Miracle Mets | 10 Age-verifying cards |
| 27 Be shown on TV | 11 Impulse conductors |
| 28 "A Simple Plan" director Sam | 12 Bargain-priced |
| 30 Vagrant | 13 Bushy-tailed rodent |
| 31 V | 14 Oil well firefighter |
| 36 As a result | 15 DeLuxe of film |
| 39 Singer Bronza | 16 Coffee type |
| 40 Borgnine of the screen | 17 Free-swimming jellyfishes |
| 41 "— hardly believe it!" | 18 Unbudging |
| 42 V | 20 In the — Morpheus (asleep) |
| 46 Bread baker's buy | 24 Yard tools |
| 47 Lousy review | 29 Stipulations |
| 48 "That's more than I needed to know," briefly | 32 156, to Livy |
| | 33 Gola of Israel |
| | 34 California's La — Tar Pits |
| | 35 Contand |
| | 36 Seer's "gift" |
| | 37 Rival of JVC |
| | 38 Vodka alternative |
| | 43 Response to "Who's there?" |
| | 44 IRS enforcers |
| | 45 Meet, as a challenge |
| | 46 Urban rec facility |
| | 50 Ice cream portions |
| | 51 "Step right up!" shouter |
| | 52 New —, Minnesota |
| | 53 Blood bank technician |
| | 54 "By the Time — Phoenix" |
| | 55 Fit together, as gears |
| | 57 Provo native |
| | 58 One of the Jackson 5 |
| | 59 Bugs, Daffy, or Elmer |
| | 60 Sothem of movies |
| | 61 Arctic chunk |
| | 62 Rolling rock |
| | 63 Baseball Hall-of-Famer Tony |
| | 64 Adding result |
| | 65 Provide with the means |
| | 66 Baseball Hall-of-Famer Carlton |
| | 67 Wolf Baitzer's channel |
| | 71 K followers |
| | 72 Life leader? |
| | 73 Sedaka of song |
| | 74 Umbilical — |
| | 79 Basketballer Chamberlain |
| | 80 Tel —, Israel |
| | 81 Retailer (for) |
| | 82 Be pugilistic |
| | 83 Game official |
| | 84 Prefix with realism |
| | 85 Dilapidated digs |
| | 86 Lift from seismic action |
| | 87 Driver doing 90, say |
| | 88 Dir. from Reno to L.A. |
| | 89 Most affectionate |
| | 90 Disregards |
| | 91 Greasy of football |
| | 92 Convene again |
| | 94 Bopped on the noggin |
| | 95 Syllables of meditation |
| | 96 Any "Stayin' Alive" singer |
| | 100 Flat contract |
| | 101 Intense |
| | 102 "That's What Love —" (1991 Amy Grant hit) |
| | 103 Stiff — lip |
| | 108 Cry loudly |
| | 109 "— home!" |
| | 110 Actor Arnaz |
| | 112 Bug greatly |
| | 114 Beetle buddy Sutchliffe |
| | 115 Just a — |
| | 116 Unlock, to bards |

See Page D4 for this week's answers.

Weekly SUDOKU
by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl!
by Hal Kaufman

NO, NO, WHO? Santa found the picture right on an ordinary album. He says he promised Christmas to portray the father's brother's father's uncle's grandfather. And who might that be? There's a clue in a few words and here's how: If you can determine the person's relation who to Santa, can you guess the name? Can't it be festive? How quickly can you guess it? Let's see how fast you can!

HOLIDAY TRIMS
LET'S SEE if you can surround the word HOLIDAY with four words that have the same letter in the same position. The words must be at least three letters long. For one possible solution, see the following definition: 1. A festive or decorative item.

RADIO ACTIVE! Draw five straight lines from the dots and complete the picture above. What's missing from view?

Wishing Well®

WHOA, DOORIE! Someone is going our way! Add colors to this picture and you'll have a wish. Use the colors in the key below. 1-LL, 2-LL, 3-LL, 4-LL, 5-LL, 6-LL, 7-LL, 8-LL, 9-LL, 10-LL, 11-LL, 12-LL, 13-LL, 14-LL, 15-LL, 16-LL, 17-LL, 18-LL, 19-LL, 20-LL, 21-LL, 22-LL, 23-LL, 24-LL, 25-LL, 26-LL, 27-LL, 28-LL, 29-LL, 30-LL, 31-LL, 32-LL, 33-LL, 34-LL, 35-LL, 36-LL, 37-LL, 38-LL, 39-LL, 40-LL, 41-LL, 42-LL, 43-LL, 44-LL, 45-LL, 46-LL, 47-LL, 48-LL, 49-LL, 50-LL, 51-LL, 52-LL, 53-LL, 54-LL, 55-LL, 56-LL, 57-LL, 58-LL, 59-LL, 60-LL, 61-LL, 62-LL, 63-LL, 64-LL, 65-LL, 66-LL, 67-LL, 68-LL, 69-LL, 70-LL, 71-LL, 72-LL, 73-LL, 74-LL, 75-LL, 76-LL, 77-LL, 78-LL, 79-LL, 80-LL, 81-LL, 82-LL, 83-LL, 84-LL, 85-LL, 86-LL, 87-LL, 88-LL, 89-LL, 90-LL, 91-LL, 92-LL, 93-LL, 94-LL, 95-LL, 96-LL, 97-LL, 98-LL, 99-LL, 100-LL, 101-LL, 102-LL, 103-LL, 104-LL, 105-LL, 106-LL, 107-LL, 108-LL, 109-LL, 110-LL, 111-LL, 112-LL, 113-LL, 114-LL, 115-LL, 116-LL, 117-LL, 118-LL, 119-LL, 120-LL, 121-LL, 122-LL, 123-LL.

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SCORE: 10 points for using all the letters in the word below to form two complete words.
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THEN score 2 points each for all words of four letters or more found among the letters.
Try to score at least 10 points.
You really, really, really!

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

CAN YOU TRUST YOUR EYES? There are at least 10 differences in drawing Santa between the two pictures. Find them and you'll have a wish. Check answers with those below.

1. Santa is wearing a red hat. 2. Santa is wearing a red hat. 3. Santa is wearing a red hat. 4. Santa is wearing a red hat. 5. Santa is wearing a red hat. 6. Santa is wearing a red hat. 7. Santa is wearing a red hat. 8. Santa is wearing a red hat. 9. Santa is wearing a red hat. 10. Santa is wearing a red hat.

Team USA loaded with Soldiers bobsledding for Olympic berths

By Tim Hipps
Installation Management Command

PARK CITY, Utah — Several Army World Class Athlete Program bobsledders past and present are well on their way to earning spots on Team USA for the 2014 Olympic Winter Games in Sochi, Russia.

Former WCAP bobsled driver Steven Holcomb, the reigning Olympic and five-time world champion, is firmly planted in the driver's seat of USA-1. WCAP Capt. Chris Fogt, the reigning national push champion, is serving as one of Holcomb's brakemen on the 2013-14 World Cup Circuit.

Holcomb and Fogt will compete today in the USA-1 two-man sled at the International Bobsled & Skeleton World Cup event at Utah Olympic Park in Park City. Two more WCAP Soldiers, Sgts. Nick Cunningham and Dallas Robinson will compete in another of Team USA's three sleds.

On Saturday, Holcomb will team with Fogt, and 2010 Olympic gold medalist Curtis Tomasevich and Steve Langton aboard USA-1 in the four-man event. Cunningham will be backed by WCAP teammate Sgt. Justin Olsen, another 2010 Olympic gold medalist from Holcomb's quartet, along with Johnny Quinn and Abe Morlu.



PHOTO BY TIM HIPPS

World Class Athlete Program bobsled coach 2nd Lt. Mike Kohn is clocked at 90.3 miles per hour with WCAP Sgt. Nick Cunningham aboard during a run of 52.71 seconds in the Olympic two-man bobsled event at Whistler Sliding Centre during the 2010 Olympic Winter Games in Whistler, Canada. Kohn is now an assistant bobsled coach for Team USA and Cunningham is vying for a berth in the 2014 Olympic Winter Games in Sochi, Russia

Olsen returns to competition following an off-season injury.

Second Lt. Michael Kohn, a two-time Olympian who struck bronze at the 2002 Olympic

Winter Games here, is an assistant coach for Team USA's bobsledders.

"I am very excited and honored to have an opportunity to

be an Olympic Soldier/coach for Team USA in the sport of bobsled at the 2014 Olympics,"

said Kohn, a native of Myrtle Beach, S.C., and graduate of

Chantilly (Va.) High School and George Mason University in Fairfax, Va. "I have already

SEE TEAM, PAGE D4

Go
Army



Beat
Navy



David C. Agan Jr.
PAO
(74-31)



Kent Anger,
DPTMS
(74-31)



Wes Hamilton,
NEC
(74-31)



Jim Hughes
Public Affairs
(63-42)



Alex Tressler,
1-11th AVN
(66-39)



PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Thomas Paine
2. Morocco
3. Syphilis
4. "Anna Karenina"
5. Wind speed and direction
6. The nene, or Hawaiian goose
7. 15
8. Charybdis
9. Zipporah
10. Northern Australia

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II TYLER PERRY'S A MADEA CHRISTMAS - PG
Mon - Fri: 7:00 & 9:20
Sat & Sun: 2:00, 4:20, 7:00 & 9:20

WESTGATE CENTER
III THOR: THE DARK WORLD - PG13
Mon - Fri: 7:00 & 9:15
Sat & Sun: 2:00, 4:15, 7:00 & 9:15
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Mon - Fri: 7:00 & 9:25
Sat & Sun: 2:00, 4:25, 7:00 & 9:25

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(In 2D): Mon - Fri: 7:15; Sat & Sun: 2:15 & 7:15
(In 3D): Mon - Fri: 9:15; Sat & Sun: 4:15 & 9:15
III THE HOBBIT: THE DESOLATION OF SMAUG - PG13
2D - Mon - Fri: 8:00 Only
Sat & Sun: 3:00 & 8:00 (161 min.)

Team: Hard work pays off during 1st season race

Continued from Page D1

had the honor of representing Team USA as a Soldier-athlete in 2002 and 2010. This will be my first Olympics as a Soldier-coach, and I have a great deal of responsibility leading our team.

"I am ready for the challenge and look forward to doing everything I can to get medals for our civilian and Soldier-athletes, WCAP, and our nation."

Holcomb, Fogt, Tomasevicz and Langton triumphed in the four-man World Cup season opener Nov. 30, at Calgary, Canada. Holcomb and Langton also won the two-man event at Calgary.

"It's been a fantastic weekend," Holcomb said. "It's Olympic year, and this is when it counts. Walking away from the season opener with two gold medals feels really good."

The U.S. quartet won at Calgary with a two-run cumulative time of 1 minute, 48.56 seconds, and was followed by Germany's Maximilian Arndt, Marko Huebenbecker, Alexander Roediger and Martin Putze (1:48.65) and Russia's Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov and Maxim Mokrousov (1:48.65).

"It blows my mind that after two runs teams can be tied," Holcomb said of the identical times of the second and third-place finishers. "No one is slouching this year. You have to want and take every hundredth to win."

"My team has been chomping at the bit to compete, and they did what they needed to do to keep us ahead," Holcomb added. "The other teams are here to win, just like we are, and they aren't going to go down easily. We need to be on our game and I think we did that today."

One day earlier, Holcomb and Langton teamed to break an eight-year-old track record at Calgary with a run of 54.51 seconds en route to winning the first two-man race of the World Cup season. They eclipsed the mark set in 2005 by Germans Andre Lange and Kevin Kuske.



PHOTO BY TIM HIPPS

Former World Class Athlete Program bobsledder Steven Holcomb and teammates WCAP Sgt. Justin Olsen, Steve Mesler and Curt Tomasevicz bite their gold medals at Whistler Medals Plaza after winning the Olympic four-man bobsled crown earlier that day. Holcomb, Olsen and Tomasevicz are competing separately in this weekend's World Cup races in Park City, Utah.

"It's an interesting feeling knowing that no one has been faster than us down this track," Holcomb said. "It's pretty cool to have a track record on an established track, and it's actually my first track record in two-man."

Cunningham and Quinn finished 10th in the two-man event at Calgary, where Cunningham, Robinson, Quinn and Morlu placed 12th in four man.

Prior to World Cup competition, Calgary played host to the World Push Challenge at Canada Olympic Park's Ice House, and Fogt claimed the bronze medal.

"The brakemen don't get a chance to be in the spotlight too often, so it was nice having the opportunity to showcase our hard work," said Fogt, a 2010 Olympian who missed the 2011-12 World Cup season while deployed in Iraq. "This was such a great experience."

Canadians Jesse Lumsden and

Lascelles Brown took the gold and silver medals with push times of 5.004 and 5.064 seconds. Fogt was third in 5.092.

"It looks like I slipped at the start, but my calf was cramped," Fogt said. "I was just happy to keep the Canadians from a full sweep. It was great to get back into competing, and I'm really looking forward to showing what we have on the hill next week."

Robinson (5.126) and Olsen (5.239) finished fifth and sixth in the push event at Calgary.

Fogt also teamed with Holcomb aboard USA-1 for a record-breaking start time to secure victory in the final U.S. two-man bobsled selection race Oct. 20 in Park City.

Holcomb and Fogt pushed 0.02 seconds faster in the first heat than the two-year start record set Nov. 9, 2011, by Canadians Justin Krippis and Jesse Lumsden at a North American

Cup race. Holcomb and Fogt's push record, however, is unofficial, based on International Bobsled and Skeleton Federation rules, because it was not set during an international race.

"I've looked up to the guys on USA-1 since I started competing in this sport," said Fogt, who was selected three months ago to join Holcomb aboard USA-1. "I was anxious to get going, anxious to make a statement in the first race. I was definitely more nervous for this race than I was my rookie year."

Although Holcomb earned a bye onto the national team by virtue of his world championship, he competed in the trials to prepare for the international season. The 2012 world champion piloted USA-1 to the finish in 48.38 and 48.82 seconds to lead the field by 0.35 seconds with a two-run cumulative time of 1 minute, 37.20 seconds with Fogt aboard.

"Fogt stepped up today and showed that he earned his spot on this team," Holcomb said. "I'm really impressed, especially since my guys are still in training mode."

Although Holcomb and Fogt have practiced together on the push track, they had only trained together in a two-man sled down the mountain five times before this race.

"It just goes to show how hard Holcomb has worked this off-season as well," Fogt said. "It feels good to get the first race out of the way."

The WCAP duo of Cunningham and Robinson finished second aboard USA-2. They pushed to identical start times of 4.83 seconds before clocking finishes of 48.59 and 48.96 seconds, for a two-run cumulative time of 1 minute, 37.55 seconds.

Team USA plans to announce its Olympic bobsled roster Jan. 19.

SPORTS BRIEFS

Mistletoe 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Mistletoe 5k and 1-Mile Fun Run Saturday at 9 a.m. Registration on the day of the event will take place from 7:30-8:45 a.m. at the Fortenberry-Colton Physical Fitness Center. Participants are encouraged to pre-register for the event. The fun run is free and open to all children, and will begin after the 5k is completed. Each fun run participant will receive a medal.

For more information, call 255-2296.

Ham Shootout

Silver Wings Golf Course host its Ham Shootout Saturday from 7 a.m. to 1:30 p.m. with tee times from 7-9 a.m. The cost is \$20 per person, plus cart and green fees. The game is individual stroke play, and U.S. Golf Association handicap or weekend dogfight points will be used. Gift certificates and hams will be awarded as prizes to gross and net winners. The deadline to register is 9 a.m. Saturday.

For more information, call 598-2449.

Cobra Demo Day

Silver Wings Golf Course will host a free Cobra Demo Day Dec. 21 from 9 a.m. to 3 p.m. at its driving range. The event is designed to help people experience the latest and greatest that golf technology has to offer. The driving range will be equipped with plenty of golf balls, and food and beverages will be available for purchase.

For more information, call 598-2449.

Golf shop holiday sale

The Silver Wings Golf Course Pro Shop hosts its holiday sale now through Dec. 24. Patrons get to choose a stocking from SWGC's Christmas tree that gives them a discount that can be applied to their purchase.

For more information, call 598-2449.

Youth soccer registration

Fort Rucker Child, Youth and School Services will hold youth spring soccer registration now through Jan. 3. The cost is \$40, and additional children's sign-ups will be discounted. Participants must meet age requirements by Sept. 1, 2013. A current sports physical and a valid CYSS registration are required for participation. The teams will be broken down into these age groups: 4-5 years old - Training League, 6-7 years old - Pee Wee League, 8-10 years old - Mites League, 11-14 years old - Juniors League. Season starts Feb. 10 and ends March 20. There will be no extension on registration. Special requests for coaches and players cannot be honored. Prospective coaches are needed for all age groups. There will be a spring soccer parents meeting for families who are new to Fort Rucker Feb. 6 at 6 p.m.

at the youth teen center gymnasium, Bldg. 2800, on Seventh Avenue.

For more information, call 255-0950, 255-2257 or 255-9638.

Pin-Down Countdown

Rucker Lanes hosts its Pin-Down Countdown Dec. 31. Two events will occur - the first event will be the Family Countdown from 6-9 p.m. and will include: unlimited bowling for up to six people per lane; shoe rental for all guests; one large, 16-inch, one-topping pizza; one pitcher of fountain soda or tea; and New Year's party favors. Cost is \$50 per lane and reservations are required. The second event will be the Late-Night Countdown from 10 p.m. to 1 a.m. and will include: unlimited bowling for up to five people per lane; shoe rental for all guests; entree of choice for each guest - steak or chicken - and soup or salad and a dessert selection; one pitcher of fountain soda or tea; and New Year's party favors. Cost is \$100 per lane. People are welcome to dress in the "Great Gatsby" era attire - people who dress the part will get rewarded. There will also be a VIP Countdown Experience available for both events. The VIP Countdown for Family Countdown will be \$75 and \$150 for the Late-Night Countdown. Maximum guests for each VIP reservation will include all of the features of the standard reservation plus an additional lane for up to 6 guests per lane and the use of the VIP Bowling Lounge. The event is open to the public.

To make reservations or get more information, call 255-9503.

Disc Golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf - played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. 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 Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

Riding Stables rules

The Fort Rucker Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.



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