

INVESTIGATION

Army Corps of Engineers investigates former training ranges

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**FIGHT THE FLU**

Take steps to prevent cold, flu

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**IRON AVIATOR**

Soldier earns coveted Iron Aviator title

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ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

JANUARY 12, 2012



PHOTO BY ERIN MURRAY

New Year's reception

Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, greets Peggy Contreras at the commanding general's 2012 New Year's Reception Tuesday. Guests at the event greeted the command group and enjoyed refreshments and company from people across the Fort Rucker community.



Enterprise Gate closure

The Enterprise Gate is scheduled to close at 12:01 a.m. Friday and remain closed until about 5 a.m. Tuesday because of construction on the roadway inside the Enterprise access control point on Andrews Avenue.

Post officials feel doing the required work during a day of no scheduled activity and a holiday helps minimize the impact on the community.

Faulkner Gate will remain open for 24-hour operation during this timeframe to reduce the inconvenience to personnel who normally use the Enterprise Gate. Daleville Gate and all other gates will continue to operate as normal.

If weather or other considerations cause a change in the construction schedule, officials will notify the Fort Rucker community.

Dental clinic renovations increase efficiency

By Erin Murray
Army Flier Staff Writer

The Fort Rucker Dental Clinic Command's Brown Dental Clinic is operating in a temporary building on Andrews Avenue in front of Lyster Army Health Clinic, and will remain there until June, when the clinic will move back to a completely renovated and state-of-the-art clinic located at Bldg. 4405 on Innkeeper Street.

The mission of the Fort Rucker Dental Clinic Command is to maintain the highest possible level of dental readiness among the active duty personnel assigned to Fort Rucker and satellite installations, said Col. Edward Cathright, commander.

The clinic provides dental care to more than 5,000 active duty servicemembers in the area, a service that impacts overall health and readiness of Soldiers in training or preparing for

deployment, he said.

"The result of this renovation will improve the environment of care, provide compliance with regulations [and] standards, and meet the safety requirements of current dental service standards," he said.

According to Staff Sgt. Herman Thomas, clinic noncommissioned officer in charge, the renovations to the clinic will increase efficiency and provide even greater access to care, all during a seamless transition from the old clinic, to the temporary location and back to the permanent location.

"Our building was over 30 years old and it needed to be updated and renovated. They're completely gutting the building, adding new rooms, new heating and air conditioning systems and new equipment. Everything except the outer walls will be changed," said



PHOTO BY ERIN MURRAY

Dr. Virginia Spisak and dental assistant Kimberly Barker perform treatment on OS1 SWE Michael Creech at the temporary clinic located in front of Lyster Army Health Clinic.

SEE DENTAL, PAGE A7



PHOTO BY RUSSELL SELLERS

Members of the DOTD Music Ensemble perform at last year's USAACE and Fort Rucker Martin Luther King, Jr. Commemorative Program. This year's event is today at 10 a.m. at the post theater.

Event encourages community to help disadvantaged people

By Erin Murray
Army Flier Staff Writer

The U.S. Army Aviation Center of Excellence will celebrate the life of Dr. Martin Luther King Jr. today with a commemorative program that urges the community to seek out opportunities to help the disadvantaged.

"Dr. King did not just fight for the rights of African Americans; he fought for the rights of the underprivileged all over our country. People all over the world have benefited from his struggle.

It's important for us, for our children and grandchildren, to contemplate, 'what can I do as an individual to serve humanity?'" said Timothy Knighton, Fort Rucker Equal Employment Opportunity manager and event coordinator.

This year's ceremony is today at 10 a.m. at the post theater, and will offer a combination of education, entertainment and inspiration, said Knighton.

"Dr. King was someone who

SEE MLK, PAGE A7

Museum changes bring a modern touch to Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Aviation Museum on Fort Rucker is integrating new information technology into exhibits to provide a better experience for visitors.

The changes coming to the museum are spearheaded by Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, according to Steve Maxham, museum director.

"The general came to us and wanted to do something to help us get better in the public dimension," said Maxham. "Something that would help us better present the collection to the public and

he was really big on being able to infuse technology."

Part of this integration is adding digital screens and media devices to many of the exhibits in the museum. The museum also entered a contract to acquire a wireless network system in order to have the museum on its own network. This was the first step in integrating information technology into the museum exhibits, according to the director.

"What [the network] allows us to do is push more information out onto the exhibit floor to various stations, which is more than we can do with a label or photograph," said Maxham. "It

SEE MUSEUM, PAGE A7



PHOTO BY NATHAN PFAU

Pamela Hull, Army spouse, and Mike Holiday enjoy some of the new digital media during their visit to the U.S. Army Aviation Museum on Fort Rucker Tuesday.

PERSPECTIVE

ACAP suggests job search resolutions

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Although the New Year has already begun, here are a few suggestions for resolutions people looking for jobs can make in 2012.

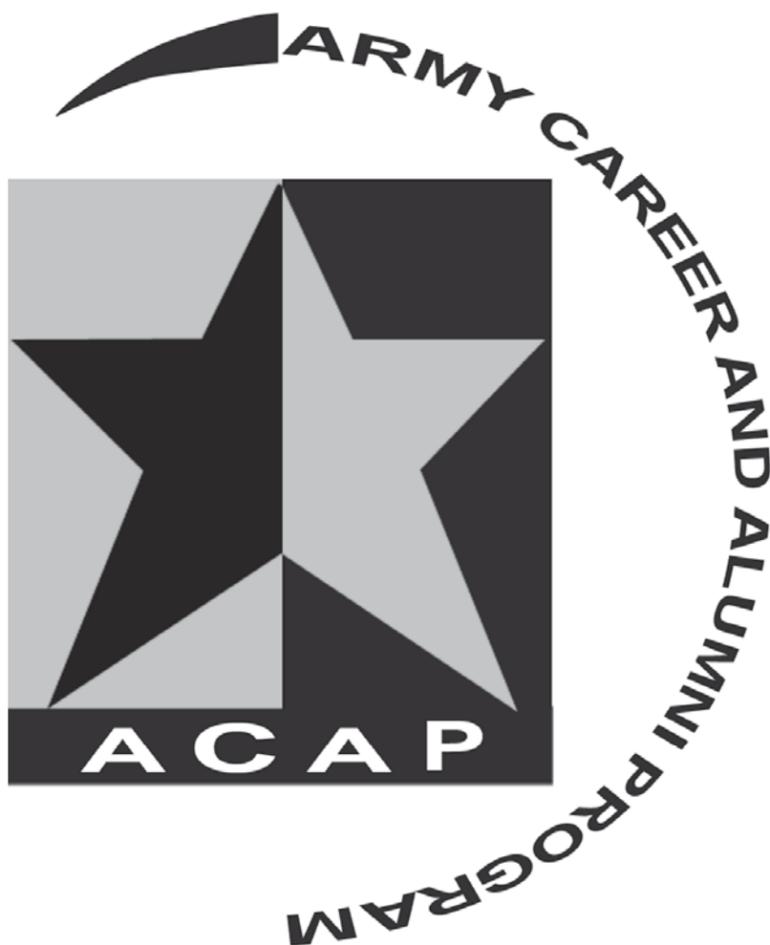
Suggestion No. 1: resolve to start your job search early. Locating the right job will probably take longer than you think. Our suggested rule of thumb is to begin at least six months before the date you'll be available to start work. Some research indicates that finding a good job will take, on the average, one week for each \$1,000 you expect to make. For example, if you expect to make \$25,000, plan to spend 25 weeks looking for a job. Of course, as with any such rule of thumb, there are numerous exceptions.

Additionally, for most of us, there is an upper limit – spending 75 weeks looking for a job doesn't mean we're going to make \$75,000, because most of us don't have the qualifications to command a salary in that range.

Suggestion No. 2: resolve to devote time every day to your job search. As a matter of fact, you should try to spend about 30 hours a week preparing for your career change.

A question we frequently hear is, "How can I devote 30 hours a week to a job search and continue to carry out my present responsibilities?" The answer is to use your evenings and weekends in addition to any time you may be allowed to work on job search activities during the duty day.

Develop a regular schedule and stick to it. Many of the tasks related to job search can be done at night and on weekends. A few such tasks include working on your resumes and cover letters, networking with people who might help you locate job openings and using the Internet to research job openings and companies.



Suggestion No. 3: resolve to make your resumes and cover letters as perfect as possible. If you are like most people who are searching for jobs, you'll need to write one or more resumes and many cover letters.

As you work on these "sales tools," remember that they will be the employers' first impression of you and the quality of your work. The ACAP Center staff would welcome the opportunity to help you perfect these items. In addition to classes on the "how to" of writing resumes and cover letters, ACAP provides one-on-one assis-

tance with a trained job counselor.

Suggestion No. 4: resolve to spend a great deal of time in networking activities. It's a fact that the most successful way to find a job is through some form of networking. Ask your friends, relatives and acquaintances for assistance in your job search and then follow up on leads that they give you.

If you plan to remain in this area, become actively involved in local clubs and organizations, whether they are professional, social, service, recreational, religious or all

of the above. If you aren't staying in this area, become involved as soon as possible after you get to where you plan to live. The more people you meet, the more likely you are to hear about job openings.

Suggestion No. 5: resolve to learn all that you can about the job search process. An excellent way to begin this process is to attend one of the ACAP workshops. Then follow up by conducting research on resume writing, interviewing techniques and the entire job search process. You'll also need to research employers and job possibilities. The ACAP library and the Internet are two excellent tools for researching the job search process.

The ACAP staff can provide guidance on using the Internet effectively for this task. Additionally, you'll want to attend any special training on the job search process that might become available.

Suggestion No. 6: resolve to develop and polish your interviewing skills. Some ACAP clients have commented on the value of mock interviews with ACAP staff members. You can also practice interviewing with other job seekers, your spouse or a good friend. Of course, you'll want to tell your spouse and friends not to be too nice to you.

Suggestion No. 7: resolve to be enthusiastic and to keep a positive attitude. Most job seekers get frequent rejections before they find a job. Maintaining your enthusiasm and a positive attitude in the face of rejection is probably the most important thing you can do to increase your chances of getting a job that's just right for you.

Keep in mind that your attitude is one of the few things you completely control during the job search – you decide what your attitude will be. And, numerous studies verify that employers are looking for enthusiastic people.

For more information about good resolutions for your job search, contact Fort Rucker ACAP at 255-2546 as soon as you're eligible for employment assistance services. Staff members will help you get a running start on keeping resolutions you've made and suggest other resolutions you might want to make to ensure your successful transition to a job in the private sector.

Rotor Wash

“Martin Luther King Jr. Day is a day of service. Why is it important to give back to the community?”



Bill Mehm,
contractor

"Some have opportunities that others don't have, so it's important to give back."



Michael Page,
military family member

"You wouldn't get anywhere without knowing where you came from."



Mary Fondren,
Army spouse

"I've been really blessed and I think it's important to share your blessings."



Sadie Lasell,
Warrant Officer Career College

"We are blessed and we have to give back because we are blessed."



Brian Lazzara,
B Co., 1st Bn., 145th Avn. Regt.

"That's what we serve for."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. James A. Muskopf

FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn

FORT RUCKER PUBLIC AFFAIRS OFFICER

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If you would like to contact the *Army Flier* by e-mail, please contact the editor at jhughes@armyflieger.com.

Army Corps of Engineers investigates former Fort Rucker training ranges

By Jim Hughes
Command Information Officer

The U.S. Army Corps of Engineers is conducting a Resource Conservation Recovery Act Facility Investigation and Munitions Response services at two sites on Fort Rucker now through about March 20.

One site is located at and around the riding stables and the other site is at and around the nine-hole Blue Course of Silver Wings Golf Course, said Susan Cowart, Fort Rucker Environmental and Natural

Resources Division of the Directorate of Public Works.

While the two recreational areas are safe for routine use, investigators are concerned that some old munitions may be underground that could interfere with future renovation work or damage the environment, Cowart said.

"An archives and historical records review performed in 2004 indicated that areas in the immediate vicinity of the Silver Wings Golf Course and the Equestrian Center were once used as training ranges,"

she said. "A site inspection of these former ranges was conducted in 2005. The findings of this inspection indicated that Munitions and Explosives of Concern could potentially be present at the sites of the former ranges. The RCRA Facility Investigation to be performed at these sites is to collect data to characterize the extent of the MEC present and remove any MEC that is found."

The work will be going on Mondays-Fridays from 7 a.m. to 5 p.m. and began Tuesday, Cowart said.

"Disruptions of public activities will be minimized," she said. "During the investigation, traffic patterns and access to work locations may be altered or temporarily restricted to essential personnel, limiting public access for short periods of time. During daylight hours and in the afternoon, commercial explosives may be detonated, resulting in a short duration of muffled detonation noise."

Cowart said she welcomes people questions, comments and concerns. To reach her, call 255-1652.

PII compromises lead to financial, security issues

By Jeremy Wise
Contributing Writer

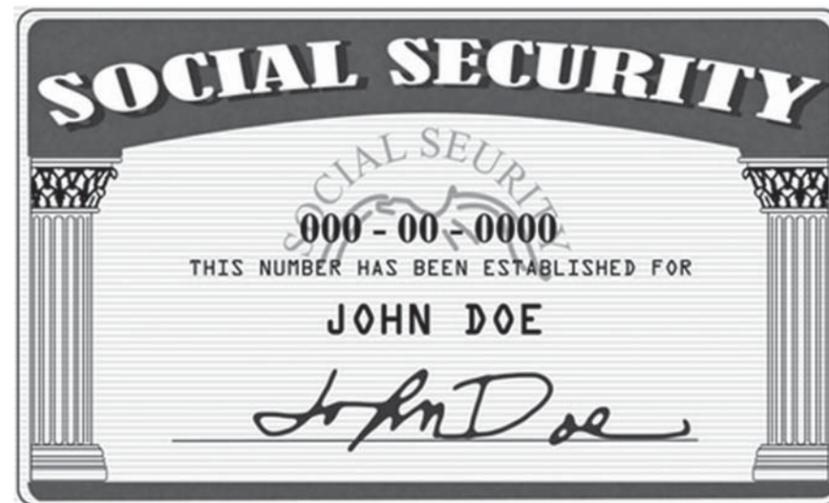
People use it every day. It is a very powerful thing that, if harmed or compromised, can cause them financial hardships or even put them at security risks.

It is personally identifiable information, and as 2012 begins, Fort Rucker officials want to ensure people safeguard others' PII properly.

PII is "any information about an individual maintained by an agency, including, but not limited to name, Social Security number, birth information, biometric information, or medical information, according to Lillian Yance, Directorate of Human Resources records and publication management.

Federal government agencies were required to protect PII beginning with the Privacy Act of 1974.

"It required agencies to establish appropriate administrative, technical and physical safeguards to ensure the security and confidentiality of records and to protect against any anticipated threats or hazards to their security or integrity, which could result in substantial harm, embarrassment, in-



COURTESY GRAPHIC

convenience or unfairness to any individual on whom information is maintained," Yance said. "It is imperative that federal agencies protect the confidentiality of PII unauthorized and from inappropriate access, use and disclosure because it can seriously impact individuals by contributing to identity theft."

Michael Whittaker, installation antiterrorism officer, said the loss of PII can lead to security breach-

es for individuals, as well.

"We've heard of people getting phone calls and all kinds of harassment," he said. "It's not just the terrorists. There are a lot of whack-a-dos out there."

Government agencies label breaches based on low, moderate or high impact. Low impacts create a minor inconvenience, while moderate impacts include financial loss, denial of benefits or discrimination, Yance said.

High impacts lead to serious physical, social or financial harm.

These are mitigated through several steps, Yance said.

Organizations should develop proper security policies and train all individuals on them. They should also implement privacy-specific protection measures.

For all paper-based records, PII should include "FOR OFFICIAL USE ONLY" markers. When

faxing PII, label the information FOUO and call the destination to ensure someone is waiting to receive the fax immediately.

When e-mailing PII, encrypt the correspondence.

If a breach is believed to occur, Whittaker said people should immediately call the Network Enterprise Center or their information management officer. If people spot a breach, an immediate response would be to reply to the e-mail and issue a desist command, he added.

Failure to report an unintentional compromise can be interpreted as an intentional breach, and people responsible for it can be held criminally liable, Whittaker said.

"We are all vulnerable to identity theft, whether on a government computer or a personal computer. Hackers might take over your computer to send spam or perform attacks on other computers using your (Internet protocol) address," Yance said. "Remember that it is easier to protect your PII before it is stolen than it is to restore it afterward."

"If you are a government employee who maintains records that contain PII, remember: if you collect it, protect it," she said.



PHOTO BY NATHAN PFALZ

Cockpit trainer

Mark Marshall, projects manager for Science Application International Corporation, sets up and shows George Snyder, Aviation Learning Center instructor, the new UH-60 and CH-47 cockpit trainers located in the Aviation Learning Center Monday. For more on the trainers, see next week's *Army Flier*.

Winterizing homes not so difficult

By Russell Sellers
Army Flier Staff Writer

While temperatures have been more up than down lately, it is likely Old Man Winter isn't done with the Wiregrass just yet.

And now is a good time for people to make sure their homes are ready for the cold, according to Fort Rucker Directorate of Public Works officials.

But where does one start when "winterizing" a home?

The first place, according to Buddy Coleman, Fort Rucker energy engineer, is insulation.

There are some very inexpensive products out there that can help weather-strip windows and doors," he said. "People should also run their hands around their windows, as they should be able to feel the cool spots."

Some electric companies also offer

online checklists for those who want to conduct individual energy audits on their homes to help save money during the colder months, said Tony King, DPW Engineering Division resource efficiency manager.

"You want at least 12 inches of insulation in your attic," he said. "(Some power companies) will finance the insulation if you get a more efficient heat pump through them."

Watching heat settings is also important during this time because some central heaters use a lot of electricity and can cause higher utility bills, King added.

"It's a good idea to keep the thermostat between 68 and 70 degrees," he said. "Having a digital thermostat can really help you be accurate and save money on energy costs, too."

After a long spring and summer of not running an electric heater, dust can collect inside the vents and it can

burn off as the heater starts up, King and Coleman said. It can produce a smell, but isn't usually dangerous to anyone.

"Unlike gas heat, electric heat won't produce carbon monoxide," King said. "When you turn on electric heat, you'll get that burn off of dust. If it goes on for more than 20 minutes, then you should get it checked out."

People who use gas heat in their homes should have their units checked periodically, usually about once a year, King added.

"If you have gas heat, it's a good idea to have a carbon monoxide detector and to keep fresh batteries in it," he said. "When you go to turn on your gas heating unit and it doesn't fire or you have trouble keeping the pilot light on, it's best to call out a professional technician to check on it."

News Briefs

Employer Day

Fort Rucker's Army Career and Alumni Program hosts an Employer Day with Waffle House Wednesday from 10 a.m. to 2 p.m. in the second-floor break room in Bldg. 5700. ACAP officials say management positions are available.

For more, call 255-3932.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Jan. 20 from 3-4 p.m. in the U.S. Army Aviation Museum. Everyone is welcome to attend and honor the post's retirees.

For more, call 255-2366.

At the car wash

The Directorate of Family, Morale, Welfare and Recreation hosts a ribbon cutting ceremony for the new car wash on post Jan. 20 at 11 a.m. next to the automotive skills center in Bldg. 1902. DFMWR welcomes everyone to attend the ceremony and to try out the latest service to the community. For more on the car wash, call 255-9725.

AER scholarships

Army Emergency Relief scholarship applications for the 2012-13 school year are available at <http://www.aerhq.org>. The deadline to submit the applications is April 2. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more, visit the Web site or call (866) 878-6378.

Electronic retiree newsletter

The annual retiree newsletter is now available via email. To receive the newsletter electronically, people should send an email to ruck.retirees@comus.army.mil requesting the newsletter, and also include their name

and U.S. Postal address.

Lost and found

Fort Rucker Police Investigations recently found a small-to-medium bicycle. The office operates a lost and found operation and people are welcomed to check with investigations to see if their lost items have turned up in the facility.

To check for lost items or for more information, call 255-3239 or 255-2861.

Thrift shop

The Fort Rucker Thrift Shop willingly accepts people's unwanted items as donations. People can drop items off at the shed behind the thrift shop, which is located in the former bank building next to the post theater. Donations are tax deductible. The shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m.

For more, call 255-9595.

Wounded warrior support

The Army Homefront Fund, launched on June 13 with a Memorandum of Understanding between Operation Homefront and the U.S. Army Warrior Transition Command helps provide financial aid to Wounded Warriors and their Families.

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

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

Rules restrict political activity by DOD personnel

By Donna Miles
American Forces Press Service

WASHINGTON — With election activity steadily picking up, defense officials are in the process of issuing regular election-year guidance to remind military and Defense Department civilians that they're subject to rules regulating their involvement in political activities.

This issue — one the department regularly addresses during election periods — came to light earlier this week after an Army Reserve Soldier in uniform appeared endorsing a political candidate.

Several sets of rules help to protect the integrity of the political process, DOD officials said. DOD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a non-federal status and military retirees.

In addition, the Hatch Act applies to federal civilian employees and employees also are subject to widely published DOD guidance that discusses participation in political campaigns and elections.

These rules are designed to prevent military members' or federal civilian employees' participation in political activities that imply — or even appear to imply — official sponsorship, approval or endorsement, officials said. The concern, they explained, is that actual or perceived partisanship could undermine the legitimacy of the military profession and department.

That's not to imply, however, that military members and civilian employees can't participate in politics. In fact, DOD

has a longstanding policy of encouraging members to carry out the obligations of citizenship, officials said. DOD encourages its military and civilian members to register to vote and vote as they choose, they said. Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues.

However, officials emphasized, they can do so only if they don't act as, or aren't perceived as, representatives of the armed forces in carrying out these activities.

Beyond that, the list of do's and don't's

differs depending on whether the employee is a member of the armed forces, a career civil service employee, a political appointee or a member of the career Senior Executive Service, officials said.

Military members, for example, may attend political meetings or rallies only as spectators and not in uniform. They're not permitted to make public political speeches, serve in any official capacity in partisan groups or participate in partisan political campaigns or conventions.

They also are barred from engaging in any political activities while in uniform.

A combat engineer assigned to the 416th Theater Engineer Company potentially violated these rules Jan. 3 when he stepped onto a stage at Ron Paul's headquarters in Ankeny, Iowa, during the Iowa Caucus to offer a personal endorsement. Although he was wearing his uniform, the Soldier was not in an active status at the time, Maj. Angela Wallace, an Army Reserve spokeswoman, confirmed.

Wallace emphasized that the Soldier "stands alone in his opinions regarding his political affiliation and beliefs, and his statements and beliefs in no way reflect that of the Army Reserve."

His chain of command is aware of the issue and is considering appropriate disciplinary action to take, she said.

Most civilian DOD employees, whose political activities are governed by the Hatch Act, are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups, officials said. These activities, however, cannot involve fundraising.

Civilian employees also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

There are, however, exceptions to this, including but not limited to Senior Executive Service.

While the do's and don't's concerning political activity may vary, the basic tenets hold true for all DOD employees.

The bottom line, officials said, is that they should steer clear of any activity that may be reasonably viewed as directly or indirectly associating DOD or the military with a partisan political activity, or that "is otherwise contrary to the spirit or intent" of the rules described.



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DOD leaders: U.S. will remain world's strongest military

By Donna Miles
American Forces Press Service

WASHINGTON — The Defense Department's new, 10-year strategy will ensure the United States remains the world's strongest military power, DOD leaders emphasized in weekend interviews.

In an interview with Bob Schieffer that aired Sunday on the CBS news program "Face the Nation," Defense Secretary Leon E. Panetta and Joint Chiefs Chairman Army Gen. Martin E. Dempsey said the department is changing to respond to a new global reality.

The strategy announced Jan. 5 outlines defense priorities for the coming decade, and emphasizes trimming the force while investing in intelligence, surveillance and reconnaissance programs, combating anti-access technologies, countering weapons of mass destruction and prevailing in all domains, including the cyber world.

"Clearly, we face the constriction of having to reduce the budget by almost half a trillion dollars," the secretary said. "We developed a strategy that said [the military] is going to be leaner, it is going to be smaller, but it has to be agile, it has to be adaptable, it has to be flexible, quickly deployable, and it has to be technologically advanced. That's the kind of force we need for the future."

The department's plan calls for priority emphasis on the Pacific and the Middle East, while maintaining a presence elsewhere, Panetta noted.

"The bottom line is, when we face an aggressor anyplace in this world, we're going to be able to respond and defeat them," he added.

The chairman said a popular misconception about the new strategy assumes the nation's forces will no longer be able to fight more than one conflict at a time.

"In fact, we were pretty adamant that we must be able to do more than one thing at a time, and by the way not limit ourselves to



PHOTO BY ERIN A. KIRK-CUOMO
CBS' "Face the Nation" host Bob Schieffer interviews Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, in Washington, D.C., Friday. Panetta and Dempsey fielded questions ranging from the upcoming budget cuts to the threats that Iran poses in the Middle East.

two," Dempsey said. "The threat, and the environment in which we find ourselves in this decade of the 21st century, suggests to us that it's likely to be more than two."

The strategy aims to build a force capable across the military operational spectrum with the leadership, manning and equipment to provide options to the national command authority, the chairman noted.

One point that may have been underemphasized, he added, is that the military has "learned an enormous amount over the last 10 years about how to wage war."

Dempsey said the military has developed strengths unforeseen a decade ago, noting its capabilities in special operations, intelligence, surveillance and reconnaissance, and cyber.

"What we're looking to do here is not constrain ourselves to a two-war construct, but rather build a force that has the kind of agility the secretary mentioned, that is a learning organization that will adapt itself to what it confronts," he said.

The military has seen a decade of high demand, and defense leaders are working to ensure the force size remains adequate and adaptive to future missions, he said.

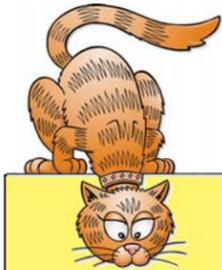
"We do have a ... significant, capable [National] Guard and reserve component, and we do have an active component that has learned a lot over the last 10 years," Dempsey noted. "What we're trying to do is break the template and think about different ways of accomplishing the task, to give more options to our nation's leaders."

The geopolitical and economic challenges of 2012 demand a shift in military power, the general said.

"What we're trying to do is challenge ourselves to respond to that shift and to react to that strategic inflection point," he said.

Dempsey said his concern is that in light of changing strategy and budget issues, some will see the United States as a nation and a military in decline.

"Nothing could be further from the truth," the chairman asserted. "That miscalculation could be troublesome ... it could cause even our close partners to wonder, what kind of partner are we? So what I'd like to say right now is, we're the same partner we've always been, and intend to remain that way."



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PHOTO BY STEVEN L. SHEPARD

Transportation Security Administration Officer Desiree Kalin demonstrates to Spc. Victoria Grudzinski and Spc. Michael Rhoades, 229th Military Intelligence Battalion, the proposed pre-screening procedures for air travel of servicemembers using their military identification.

New law may expedite Soldiers through airport security

By Army News Service
www.army.mil

WASHINGTON — A bill signed into law by the president Jan. 3 means Soldiers in uniform and their Families may soon have an easier time moving through security screening lines at the airport.

The “Risk-Based Security Screening for Members of the Armed Forces Act” calls for development of a plan that will provide “expedited security screening services for a member of the armed forces,

and, to the extent possible, any accompanying Family member.”

Included in that law are instructions to consider establishing standards for screening of military uniform items, including combat boots.

Only servicemembers on orders and in uniform will be granted access to any expedited security screening procedures that have been developed, officials said.

The new law calls for changes to be implemented within six months.

Transportation Security Administration

officials say the agency is now “in consultation with DOD,” and “is reviewing options for implementing procedures that will adhere to the new law.”

Already, the TSA had policies in place that help expedite the movement of uniformed service members through the security screening process. Soldiers with proper identification are not required to remove their boots or shoes unless the footwear sets off screening equipment.

Families of servicemembers can obtain gate passes to go with servicemembers to

their departure gates to see them off, or to be standing at arrival gates when they get off the plane.

Additionally, the TSA has worked with DOD to make it easier for injured servicemembers to negotiate the screening process. The Military Severely Injured Joint Services Operations Center Program ensures that any screening is “conducted by TSA screening experts with empathy and respect in order to make the overall experience for the servicemember as expeditious and pleasant as possible.”

Reserve website advertises 600K jobs for veterans

By C. Todd Lopez
Army News Service

WASHINGTON — The large number of veterans coming out of the conflicts in Iraq and Afghanistan are a good resource for American businesses looking for great employees, said an Army Reserve general.

About 20 million veterans now reside in the United States, said Maj. Gen. Keith Thurgood, chief of staff, U.S. Army Reserve Command. The unemployment rate for those veterans that are coming out of recent conflicts is about 14-18 percent.

“For some of the generational cohorts, veterans in the 18-24-year-old range, that unemployment is nearly three times the national average,” Thurgood said. The national unemployment rate is about 9 percent now.

So many veterans available for work, Thurgood said, is “an opportunity for the nation,” because veterans have skill sets that are usable by any business.

“The Army does two things really well that every business wants,” he said. “They deliver results, and they produce leaders — they fill the leadership pipeline. If you were to take those two characteristics, and take them to a business, I guarantee you that Soldier, that veteran, can start to make an immediate impact on the business’ results.”

Matching Soldiers with businesses that can benefit from the unique characteristics Soldiers bring to the table — integrity coupled with an understanding of discipline, respect, diversity and the importance of collaboration, along with the ability to think strategically and act tactically — is what the Reserve component is

doing with the online “Employer Partnership of the Armed Forces” website, at <https://www.employerpartnership.org/>.

Right now, Thurgood said, there are only about 36,000 registered users on the website.

“We’ve got over 600,000 jobs that we could fill today, if we had the right people,” he said. “We’re not trying to create magic here. We’re trying to take the supply, the resources we have, and match them with a known demand.”

Thurgood said there are about 2,500 employers partnered with the Reserve via that website, and he said response from the employers has been good.

“They are very, very happy with the quality of people they are getting and the ease with which we can do business,” he said.

The Reserve component also has program service managers in specific regions across the United States, about two dozen of them, who are working to connect veterans who need a job with private sector human resource professionals that are looking for employees. Thurgood said the Reserve is working to expand that force of service managers.

Why veterans have a more difficult time finding work when they leave the service is a two-fold problem — and part of that is based on Soldier’s humility, Thurgood said.

“If you think about the culture of the United States Army, by and large, the force is what I would describe as a humble force,” Thurgood said. “Soldiers are not used to talking about themselves and making themselves look better. It is about discipline, it is about the team, it is about

accomplishing the mission. And we collectively are only a small piece of that. There’s a little bit of reluctance to say ‘I’m actually good.’ And these Soldiers are good.”

So Soldiers, Thurgood said, have a hard time selling themselves in the job market. They also have a hard time knowing how to translate the skills they learned in the Army to skills that employers want in the private sector.

Thurgood said the Army can bolster its programs designed to help Soldiers make that transition from the Army to the private sector — programs like the Transition Assistance Program.

“I think there is some

more structure we need to put around TAPS,” he said. “If you start to integrate all

these activities in a way that makes sense, you’ve really got a good frame-

work that can be good for the nation and good for our Soldiers.”

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Dental: New clinic adds more seats for patients

Continued from Page A1

Thomas.

Thomas explained that along with new facilities, the dental clinic will add many new technologies that will make the clinic even more advanced and efficient.

"[The clinic] is going to be much more state of the art. We're going to have more X-ray capability, state-of-the-art sterilizers and some rooms will even have televisions in the ceiling. It's a

green project, so the clinic will also be more energy efficient. The capacity for sterilization will be greater than before, which will make us even more efficient," said Thomas.

In addition to advanced equipment, the new clinic will add more seats for patients, going from an 18-chair clinic to a 22-chair clinic. Combined with more X-ray machines and a better layout, Thomas said that patient flow will noticeably increase in the new clinic.

Thomas also emphasized that patients at the clinic will not see any decrease in the quality of care while the dental clinic is in its temporary location.

"Our goal is to provide excellent customer service. We'd also like to make sure that every patient turns in their records and has their exam so that we can reach the Department of Defense goal of 95 percent readiness," said Linda Wimes, health system specialist at the clinic.

Wimes also stated that the dental clinic

had a 98 percent satisfaction rating in the DOD dental patient satisfaction survey, a number that she hopes will continue to improve by encouraging "Soldiers to speak up and ask questions" about the dental care that they are being provided.

The Fort Rucker Dental Clinic Command and Brown Dental Clinic are located in Bldg. T-4405 and is open Mondays-Fridays from 7:30 a.m. to 4:15 p.m. For more information, call 255-3393 or 255-2367.

Museum: Upgrades 'set the standard' for future projects

Continued from Page A1

gives us an added technological dimension that we didn't have before."

Currently there are eight stations in the building that are strictly digital signage. Patrons can walk up to certain exhibits in the museum, and instead of reading a photograph or a label, there is a large format television screen that rolls content relative to the subject of that particular exhibit.

"It's more than just photographs that we can put in front of the exhibit for people to see," said Maxham. "We now have photographs, moving images and archival footage that can be shown that we didn't have before, giving a deeper level of interpretation."

Along with the digital presentation that the museum has

integrated into some exhibits, they have also integrated interactive touch screen media tied to exhibit of the four roles and missions of Army Aviation.

"The touch screens give the visitor access to more information if they wish to learn more," said the museum director. "They will have access to interviews with people in the branch and videos, both historic and current."

"That's the real advantage of these information technology upgrades," he said. "To be able to walk up and pop up a photograph on a 60-inch plasma screen as opposed to looking at an static photo on a wall."

The addition of quick response codes, barcodes that can be scanned and read by handheld devices, such as smart phones, in order to gain more information about what the

code is pertaining to, onto every aircraft exhibit in the museum is another upgrade that is being implemented in its integration of information technology.

According to Maxham, visitors to the museum will be able to either use their own smart phones or be issued iPod Touch devices to scan the QR codes and gain more information on the particular exhibit.

"Our aircraft labels are very basic, showing only a few photographs," said the director. "The QR code allows us to go beyond that basic label for the person that wishes to gain more information on that specific aircraft."

"The QR codes will allow our aircraft labels to have a lot more depth for the visitor," he said. "When [visitors] scan the code, they will get an audio narration on the particular aircraft

they are looking at, along with a slideshow that wouldn't otherwise be available."

Along with the implementation of QR codes in the effort to update the museum, it has also undergone some upgrades in its theater where the film, "The History of Army Aviation" is shown.

"The film was brought up to date to be more current," said Maxham, "and the museum staff created the space where the movie will be shown."

Some of the additions to the theater include: a three-decked floor, built in order to add stadium-style seating; 40-inch high-backed rocker chairs, added to provide better comfort, and a 7.1 surround sound system, which was installed to add to the experience, said Maxham.

"The theater room was previously used as a multipurpose

room, but now is specifically the museum theater," he said.

With the changes that the museum has undergone and is continuing to undergo, Maxham says that the changes have been minimally invasive to museum goers.

"We didn't have to move aircraft around or build walls so it wasn't disruptive to our patrons at all," he said. "It was transparent to anyone coming through the museum and didn't affect our daily business, but it's not over."

"[These upgrades] set the standard for what we want to accomplish," said the museum director. "This is just creating the potential. The capacity for the server to hold information is huge. We will take what has been established and we'll be adding information to that every week for the next few months."

MLK: Event stresses importance of helping 'fellow man'

Continued from Page A1

advocated fighting for the rights and the needs of the poor, underclass and underprivileged. He gave his life for that endeavor, and that's the ultimate sacrifice that one can make. When you think about what freedom means to us as Americans - we've been engaged in two wars over the past 10 years, and so many Soldiers have given their lives for freedom. [Dr. King] felt so strongly about addressing

the needs of the poor and underprivileged. He fought so hard and gave up his life for that. That's worth acknowledging," he said.

Included in the program will be performances by the Fort Rucker Primary School first grade choir, a praise dancing performance by local dancers, and musical performances and spoken word poetry by Fort Rucker Soldiers.

"We had the primary school choir last year

and they were a great success, so we asked them to participate again this year. The children are very excited. The praise dancing also creates a lot of excitement for the audience. All of the events are intended to make the program entertaining, educational and inspiring."

This year's guest speaker is W. Charles Lewis, pastor of Dothan Community Church, who will speak on the many contributions King made

in his life.

"[Lewis] is a member of the clergy, so he's someone who will contribute significantly to our program by being able to speak on the role Dr. King played in addressing poverty in our country and the intellectual initiatives that Dr. King undertook," Knighton said.

Along with celebrating

King's birthday and life, Knighton said that the ceremony aims to promote charitable action on Monday's holiday. He hoped that Soldiers, civilians and Family members would seek out opportunities to assist the disadvantaged.

"This sense of community service is what this day is about -

it's a day on, not a day off. There are so many ways that we can participate in meeting the needs of those who have not. It's even more important today, in terms of what we are experiencing with our economy, to assist our fellow man. In every one of our communities, there is some kind of outreach opportunity," he said.

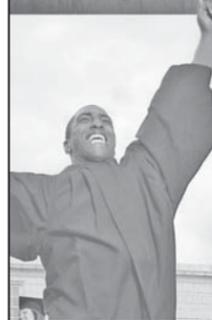
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JANUARY 12, 2012

CAB welcomes a new unit

By Sgt. Keven Parry
CAB Public Affairs

FORT RILEY, Kan. — The Combat Aviation Brigade, 1st Infantry Division, is planning on adding a new combat strength to their capabilities in March with the addition of an unmanned aircraft system company.

Fenix Company, CAB, will contribute to the brigade's mission by flying the Gray Eagle UAS. Although F Co. is already operationally part of the CAB, their official stand up occurs this spring.

F Co. will provide the CAB with long reaching UAS support through the abilities of the Gray Eagle. Some of its key features are the ability to stay airborne longer than other manned and unmanned platforms, the ability to integrate with CAB attack helicopters, and the ability to engage targets on the ground.

"It's a multiple asset that the commander can use for many different situations," said CW3 Jeffrey Stokes, F Co. commander.

Stokes has seen both the strengths and challenges that Fenix has faced during the process of building F Co. Challenges such as finding sufficient air space for training and adapting to software updates to the Gray Eagle platform have kept F Co. Soldiers in a constant state of learning and training.

Despite the challenges, F Co. Soldiers know they provide advantages to troops on the battlefield.

"The biggest thing I think we bring is the fact that we can stay in the air for a long time," Stokes



PHOTO BY SPC. ROLAND HALE

An Gray Eagle unmanned aircraft makes its way down an airfield on Camp Taji, Iraq, before a surveillance mission in the Baghdad area. F Co., "Fenix", will become an official part of the CAB, 1st Inf. Div. in the spring.

said.

According to operators in F Co., the Gray Eagle can provide nearly 24 hours of coverage while in a reconnaissance configuration. This ability almost quadruples the flight time of the Shadow, a similar UAS.

In addition to the reconnaissance configuration, the Gray Eagle can be configured to become an asset to aircraft over the battlefield.

Stokes said that Gray Eagle operators have learned how to interact with aircraft pilots from all branches of the military in order to provide support. For the CAB, these interactions can provide helicopter pilots with additional options.

"There's a lot of different ways that we can team up with their attack helicopters," said Sgt. Richard Kinney, a Fenix UAS operator.

Apache pilots not only have

the ability to communicate vocally with operators, but they can also see the payload that the Gray Eagle is carrying. And with the introduction of the AH-64D Apache Block III aircraft, scheduled to reach the CAB in March, pilots can actually take control of the payload, Kinney said.

"We can have a much larger impact on the battlefield," said Spc. David Walsh, a Fenix UAS operator.

Ultimately, Gray Eagle operators will have the capability to acquire and engage targets on their own, according to the needs of the ground troops or the ground commander.

The F Co. "Fenix" Gray Eagle operators will become an asset to the CAB, the division, and to any task force they support, as the Soldiers and leaders of each element learn how to work together to accomplish their missions.

Army organization supports DOD flight tests, modifications

By Kristen Kushiya
CERDEC

ABERDEEN PROVING GROUND, Md. — It is no secret that military technology is put through extensive experimentation and testing before it is added to the Warfighter's toolbox. However, the extent to which it is evaluated and the number of people involved may be surprising.

When it comes to aircraft, the U.S. Army Research Development and Engineering Command's communications-electronics center's Flight Activity at Joint Base McGuire-Dix-Lakehurst, N.J., is at the forefront of integrating and testing equipment.

The Communications-Electronics Research, Development and Engineering Center Flight Activity, a component of CERDEC's Intelligence and Information Warfare Directorate, is at the heart of testing systems that go into aircraft such as various infrared counter measures, signals intelligence sensor systems and radar systems as well as handling post-production modifications like fast rope systems, adapted seats and paint jobs.

Even though organizations and teams outside

of the CERDEC Flight Activity, CFA, develop the systems, the CFA is behind the scenes to push the capabilities' limits to the edge to ensure quality products can be deployed.

Recently, the CFA conducted experimental testing for U.S. Army Research, Development and Engineering Command's armament center, or ARDEC, located at Picatinny Arsenal, N.J.

The CERDEC Flight Activity tested ARDEC's Hostile Fire Indication system mounted on a UH-60 Black Hawk Experimental Test platform. The CERDEC Flight Activity put the HFI through maneuvers testing including steep turns, climbs, stops and approaches; altitude testing ranging from tree top level to 8,500 feet; and night time testing, said Todd Collins, CFA project pilot for HFI testing.

The CFA conducted almost 12 aircraft flight hours while testing HFI and no missions were cancelled, said Collins.

CFA flight testing has occurred throughout the world in a variety of testing environments such as a beach environment, urban environment, mountainous terrain and dense forest environments. Testing can be performed any time

SEE FLIGHT, PAGE B4



PHOTO BY KRISTEN KUSHIYAMA

The Communications-Electronics Research, Development and Engineering Center Flight Activity, a component of CERDEC's Intelligence and Information Warfare Directorate, is at the heart of testing systems that go onto aircraft such as various infrared counter measures, signals intelligence sensor systems and radar systems as well as handling post-production modifications like fast rope systems, adapted seats and paint jobs.

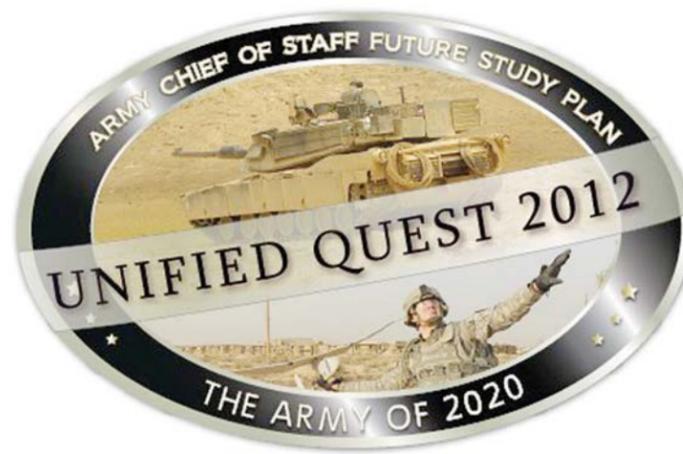
Unified Quest seminar determines 'how the Army fights'

By U.S. Army Training and Doctrine Command

POTOMAC, Md. — More than 90 subject matter experts, military experts and concept developers met Monday-today in Potomac, Md., to determine how the Army of 2020 will fight as part of a joint force.

The Unified Quest "How the Army Fights" seminar, which began today, brings together subject matter experts from across the Army and other government and civilian agencies, including individuals from the operating and the generating force as well as academia, think tanks and foreign liaison officers, to establish how the Army of 2020 will organize and employ its forces to provide depth and versatility to the joint force.

This seminar is part of the Army chief of staff's future study plan called Unified Quest and is a key component of the Army's Campaign of Learning. Unified Quest is an annual series of workshops, seminars, wargames and symposia de-



signed to identify the challenges and opportunities that will test the future force.

The "How the Army Fights" seminar is a key event to inform revision of the Army of 2020 operational construct and the Army Operating Concept. This semi-

nar builds on the previous events from the Unified Quest 2012 study plan. The first event, the Alternative Futures Symposium, identified plausible futures impacting the Army.

The Army Profession Junior Leader Fo-

rum focused on building the leaders of tomorrow. In December, the "What the Army Must Do" seminar provided senior Army leaders with recommendations on what the Army will need to do in 2020. After three days of discussions, the results of the seminar will be briefed Jan. 12 to senior Army leaders from the Department of the Army, U.S. Army Training and Doctrine Command, the Army Capabilities Integration Center and centers of excellence.

Participants will provide insights and recommendations for the Army of 2020 operational construct and beyond and how it conducts operations in support of combatant commanders as part of the joint force. In addition, the seminar will help validate Army of 2020 ideas across the Army Concept Framework.

Ideas and recommendations generated during Unified Quest events will be put to the test during the Army Future Game in June 2012. At the end of the Unified Quest 2012 events, senior Army leaders will be able to make informed decisions on how to drive change in the Army of 2020.

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Flight: CFA offers wide array of aircraft, expertise

Continued from Page B1

of night or day, said Collins.

"The only limitations to testing are the limits imposed by the aircraft," said Collins.

The CFA has 13 pilots, who are both fixed wing and rotary wing qualified, and average over 8,000 hours of flight time each. Of those pilots, nine have combat experience with five of those combat pilots having experience

from Operation Enduring Freedom or Operation Iraqi Freedom, said Charles Maraldo, CFA director.

In addition to flight testing, the CFA has multiple hangars and almost 170,000 square feet of working hangar space and provides end-to-end aviation support for emerging Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance, known as

C4ISR, technologies, quick reaction capabilities to units and post-production aircraft modifications for program executive offices and project managers. The CFA also has in-house shop space for machining, fabricating parts, finishing and painting.

The CFA provided modifications to Black Hawk helicopters for the Army's Project Manager Utility Helicopters that were used by Mexican Marines in the arrest

of members of a drug cartel. The Mexican Marines involved in the operation utilized a rope to rapidly descend from the Black Hawk ensuring the arrest of the alleged members and confiscation of rifles, magazines for fire arms, various calibers of ammunition, a ballistics vest, and military-style uniforms and boots.

The fast-rope system used by the Mexican Marines was a modification to the helicopter that was

installed during post-production modifications by the CFA, said Maraldo.

The CFA also partners with other Department of Defense agencies, members of industry and academia.

"As long as there is a valid DOD purpose and mission, we can work with and support anyone with our extensive array of aircraft and in-house expertise," said Maraldo.



PHOTO BY SGT. 1ST CLASS STEPHANIE CARL

APACHE SUNSET

Col. Todd Royar, 159th Combat Aviation Brigade commander, and executive officer Maj. Travis Habhab land their AH-64 Apache as the sun sets over Kandahar Airfield, Afghanistan, Christmas Day. The two leaders spent the holiday visiting with the brigade's Soldiers who are spread across southern Afghanistan providing rotary-wing Aviation support, and forward arming and refueling capabilities.



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JANUARY 12, 2012

FLU SEASON

Take steps to prevent cold, flu

By Erin Murray
Army Flier Staff Writer



COURTESY GRAPHIC



COURTESY GRAPHIC

Like the winter weather, cases of the influenza virus have been mild during the first month of 2012, but Lyster Army Health Clinic officials are encouraging Fort Rucker residents to remain cold and flu free by taking a few easy steps.

"It has not been a particularly bad year for the flu, but it's still the time of year to be careful. One thing that is most important is to wash your hands and get the influenza vaccine," said Maj. Laura Ricardo, Lyster Army Health Clinic chief of preventive medicine.

Getting immunizations, hand washing, avoiding contact with the sick and taking supplements can all prevent illnesses, including colds and the flu, said Ricardo.

According to The Centers for Disease Control, the flu season can begin as early as October and last as late as May, leaving many who choose not to get vaccinated at risk well into the year.

While many have already received the flu vaccine, Ricardo encouraged those who have not to visit the Immunization Clinic at LAHC, especially those with compromised immune systems and with great risk, such as the elderly, health care workers and young children.

"Those people should get a flu shot immediately. It's an inactive form, so patients shouldn't worry about getting sick from the flu shot. All they have to do is walk in to get the immunization," she said.

According to the CDC, the current vaccine protects against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that caused a fatal pandemic. The flu vaccine is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

Ricardo also dispelled any worry of getting sick from receiving the flu vaccine.

"The virus inside the shot is inactive. It cannot make you sick, even if you have a compromised immune system," she said.

Other viruses that cause the common cold can be prevented by frequently washing hands, and using alcohol-based hand sanitizers as a back up to hand washing.

"Hand washing is the preferred way to prevent illness over using alcohol-based products, because alcohol can break down the first layer of skin. Your skin is your body's first layer of protection against illness," said Ricardo.

Ricardo also encouraged people to be proactive about their health by taking supplements and living healthy lifestyles that promote a healthier immune system.

"I think the biggest thing is to stay healthy in order to combat illness. I recommend daily intake of 15mg of zinc. The studies show it might prevent the length and time of a common cold, and can be recommended as prevention," she said.

For those who might already show symptoms such as coughing, sneezing or fever, taking steps to prevent spreading illness include covering the nose and mouth with a tissue when they cough or sneeze and avoiding touching the mouth and eyes. If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after having a fever.

For more information on preventing illness or immunizations, call 255-7754.

DARE teaches students preventive measures

By Nathan Pfau
Army Flier Staff Writer

The Drug Abuse Resistance Education program teaches Fort Rucker fifth graders drug prevention and gives them the skills they need to resist peer pressure.

"The program begins every year in the second week of February, and is a 10-week curriculum in which we teach the students drug and alcohol awareness, and give them the skills they need to resist them," said Peggy Contreras, community police supervisor.

One of the preventive measures that the program teaches the students is how to recognize pressure from peers and advertisements.

"We try to show the students how companies can try to lure them into smoking cigarettes or drinking alcohol by using advertising," said Contreras. "We teach them how to recognize certain persuasive techniques that the advertisers might use."

"The students are shown different advertisements in newspapers and television and get to decipher how the advertisers are using these techniques to persuade them," she said.

The program is also used as a tool to build a relationship between the students and police officers.

"It's a time for children to interact with local law enforcement and build a liaison with the officers," said the supervisor. "We don't want children to be afraid of law enforcement; we want them to know that officers are here to help."

According to Contreras, it is also important to set up a forum for children to be able to speak out and talk about issues that they might have. DARE helps give the children that forum.



TO RESIST DRUGS AND VIOLENCE.

COURTESY GRAPHIC

"The program not only wants to educate the students, but give them a voice," she said. "A lot of times, children have things to say and we as adults don't have time to listen. Parents should get involved with their children and, most importantly, listen to them."

"Most of the time, as parents, we get busy and we get so involved in life that

even when children are trying to say something important, we miss it," said the supervisor. "As a parent, if your child wants to talk to you about drugs or something that he or she isn't comfortable with, give the child your attention and let them know you are listening."

The DARE program offers an open door for students to talk to any of the of-

ficers or teachers involved with the program, but are encouraged to talk with parents first.

"We are excited about starting the program and looking forward to meeting all the students in the new class this year," said Contreras.

For more information about the DARE program, call 255-3273.

ON POST

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

Character Dining

The Landing Zone hosts Character Dining with Kiddie Karaoke from 4:30-8:30 p.m. Tuesday. For more, call 598-8025.

Winnie the Pooh craft making

The Center Library celebrates Winnie the Pooh Day Tuesday with a craft making activity for children ages 3-11 from 4-5 p.m. Space is limited to the first 65 children to register. For more information or to register, call 255-3885.

AFTB Level III

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

For registration and childcare information, call 255-2382.

Ladies Night with DJ Dave

The Landing Zone hosts Ladies Night with DJ Dave from 8 p.m. to midnight Jan. 20. For more, call 598-8025.

Newcomer's Welcome

Army Community Service offers its Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing, with the next event taking place Jan. 20.

Active duty, foreign students, Army civilians, and Family members are all welcome to attend the informative event to learn about Fort Rucker.

A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161 or 2887.

Comedy Live at Rucker

Comedy Live at Rucker will feature comedians Richie Holliday and Collin Moulton Jan. 20. Doors will open at 7 p.m. and the comedy show will last from 8-9:45 p.m.

The show is considered adult rated and is for ages 18 and older. Advanced tickets are \$10 and are available at The Landing Zone until 4 p.m. Jan. 20.

Tickets are \$15 at the door. People attending the comedy show are invited to hear the disc jockey in The Landing Zone after the show. The event is open to the public.

For more, call 255-9810.

CYSS Parent Advisory Council meeting

Fort Rucker Child, Youth and Schools Services will hold a Parent Advisory Council meet-



PHOTO BY ERIN MURRAY

At the car wash

The Directorate of Family, Morale, Welfare and Recreation hosts a ribbon cutting ceremony for the new car wash on post Jan. 20 at 11 a.m. next to the automotive skills center in Bldg. 1902. DFMWR welcomes everyone to attend the ceremony and to try out the latest service to the community. For more on the car wash, call 255-9725.

ing from noon to 1 p.m. Jan. 23 at the youth center on 7th Division Road.

The purpose of the meeting is to provide information on items of interest and ideas about CYSS programs.

For more, call 255-2958.

Home Buying and Selling Workshop

Army Community Service's Financial Readiness Program hosts a Home Buying and Selling Workshop Jan. 24 and 26 from 6:30-8 p.m. at the Commons, Bldg. 8950, on 7th Avenue.

Topics include: mortgage issues, understanding charges, buyer's or seller's market, and if people should hire an agent or do it themselves. Registration is required by Jan. 19.

The workshop is free and open to servicemembers, Family members, Army civilians and retirees.

For more information or to register, call 255-9639.

Get R.E.A.L.

Army Community Service hosts Get R.E.A.L., Rucker Experience, Army Learning, an Army Family Team Building concept block designed to help those who might be confused by Army life, Jan. 26 from 8:30 a.m. to 2:30 p.m. at the Commons.

The class discusses terms and acronyms and provides information on Fort Rucker. Topics include: acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required.

For registration and childcare information, call 255-2382.

Stress Management Workshop

Army Community Service's Family Advocacy Program hosts a Stress Management Workshop Jan. 31 from 9-11 a.m. at the Early Childhood Activity Center in Bldg. 3705 on Dean Street.

Topics include: identifying causes of stress, symptoms of stress, techniques on how to manage stress and developing a stress management plan. Registration is required.

This workshop is open to active duty, retired military, government employees and their Family members.

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

Super Bowl parties

Mother Rucker's and The Landing Zone host Super Bowl parties Feb. 5.

For information on the events, call Mother Rucker's at 503-0396 and The Landing Zone at 598-8025.

Valentine's Day craft making

The Center Library hosts a Valentine's Day craft making activity for children ages 3-11 from 4-5 p.m. Feb. 7. Light refreshments will be served and space is limited to the first 65 children.

Visit the library or call 255-3885 for more information.

Dueling Pianos Valentine's Day

The Landing hosts Dueling Pianos from 8 p.m. to midnight Feb. 11.

For more, call 598-8025.

DFMWR Spotlight

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FRIDAY, JANUARY 13

SATURDAY, JANUARY 14

SUNDAY, JANUARY 15

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

Cervical Cancer Screening Month

January highlights cervical cancer awareness

By Deborah Delk
Lyster Army Health Clinic

Over the past several years there have been many changes in the recommendations for cervical cancer screening and this has caused some confusion in women and health care providers as well.

With cervical cancer being the second most common cancer in women worldwide, it is imperative that routine Pap smear screening be done based on individual risk factors and the most up to date evidence based recommendations.

In the past, cervical cancer screening was started at the onset of sexual activity or age 18, whichever occurred first. This practice led to aggressive treatment of precancerous lesions that all too often caused infertility problems or preterm labor for women.

Later studies have shown that these precancerous lesions in young, healthy women spontaneously regressed without treatment. Recent clinical trials have shown that cervical cancer typically occurs in women 21 years old and older, not in these very young women. Based on this clinical evidence, the decision to postpone cervical cancer screening until age 21 was made.

The American College of Obstetricians and Gynecologists does recommend that in women younger than 21, Pap screening should start three years after their first sexual encounter. However, it is important to note that a pelvic exam and testing for sexually transmitted infections should begin once sexual activity has begun.

If a Pap result returns and is abnormal, no biopsies are taken unless there is suspicion that the patient might have moderate dysplasia or more severe cellular chang-

es.

In women between the ages of 21 and 30, if they have had three consecutive negative Pap tests, they may extend the time between screenings to every two years.

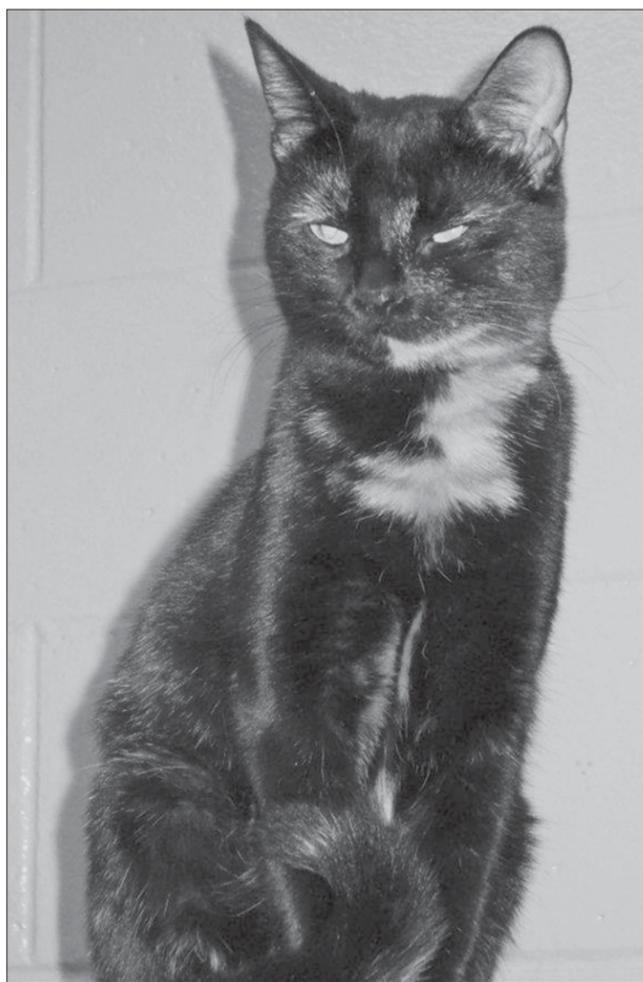
Another recent change is to extend the Pap smear screening interval to every three years in women ages 30 and older who have never had cervical dysplasia (precancerous cells) and who have had three consecutive negative pap smears.

Cervical cancer is most strongly associated with infection with Human Papillomavirus types 16 and 18. However, there are 13 high-risk types of HPV and prolonged infection with any of these 13 types of HPV can lead to cervical cancer.

By adding an HPV test to Pap smear screenings in women 30 and older every three years, cervical cancer testing is much more specific and sensitive, resulting in more confidence in the results. This test is currently available at Lyster Army Health Clinic.

It is important to understand that annual well woman exams should continue even without a Pap smear screening. There are a number of other gynecologic problems that are screened for during this annual appointment. Screening for vulvar, uterine, ovarian and breast disorders should continue on a regular basis depending on the age of the woman. Screening for sexually transmitted infections should continue annually from the onset of sexual activity through age 25 regardless of risk factors, according to the Centers for Disease Control.

People can schedule annual well woman exams by utilizing Tricare Online or by calling 255-7000. People can also seek help or information on other gynecologic problems or concerns as needed.



COURTESY PHOTO

Pick-of-the-litter

Meet Macy, a young tortoiseshell with a sweet disposition available for adoption at the Fort Rucker stray facility. It costs \$81 to adopt Macy and other animals at the facility, which includes all up-to-date shots, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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• Wednesday Evenings - 7 PM
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www.centerpointag.org
centerpoint3351@yahoo.com

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Contemporary Worship - New Connection
8:45 am
The Gathering - Youth
5:45 pm
Sunday School
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Vision Center of Excellence promotes eye-injury research

By Donna Miles
American Forces Press Service

WASHINGTON—Next month will mark a major milestone in advancing care for wounded warriors suffering debilitating eye injuries with a ribbon-cutting at the Walter Reed National Military Medical Center in Bethesda, Md.

The Department of Defense/Department of Veterans Affairs Vision Center of Excellence will officially open its new headquarters at the Walter Reed facility, providing an expanded physical presence for a growing collaboration between the two agencies.

The goal, explained Army Col. (Dr.) Donald Gagliano, its executive director, is to promote research and initiatives to prevent eye injuries and better diagnose and treat those suffering from them.

Although often overlooked, eye injuries are one of the signature wounds of the wars over the last decade, Gagliano noted.

Just how prevalent these injuries are isn't clear, he said, although officials estimate that 13 to 22 percent of all casualties between 2002 and 2010 have suffered eye injuries or trauma.

These injuries often go underreported on the battlefield, particularly when caused by explosions that inflict other, highly visible and frequently life-threatening wounds. Gagliano estimated that eye-injury rates soared as high as 29 percent among casualties before the military began mandating the use of ballistic glasses for deployed

troops. "The reality is it is very difficult for us to know exactly what the prevalence of eye injury is, because it is often intertwined with other polytrauma," Gagliano said.

What is known is that the same flying fragments and high-energy waves that tear into body tissue and inflict traumatic brain injuries also take a severe toll on the eyes. Servicemembers are suffering eye injuries unlike those in civilian trauma cases, and more severe than those from past conflicts, Gagliano said.

So one of the first goals of the Vision Center of Excellence, stood up under the 2008 National Defense Authorization Act, is to establish a registry to determine the prevalence of eye injuries and track wounded warriors' care and rehabilitation through both the DOD and VA systems.

This, Gagliano said, will provide an important starting point for advancing eye protection and care throughout the force.

The law that established the center formalized a partnership already being forged between DOD and VA to provide better care for wounded warriors. Even its makeup – Gagliano and half of the staff are from DOD, and his deputy, Dr. Mary Lawrence, and the other half of the staff from VA – promotes collaboration as they pool expertise and resources, he said.

"It is very unique in structure, and that is what allows us to function across both systems as effectively as we have," Gagliano said. "It helps us



PHOTO BY SGT. NATALIE LOUCKS

Pfc. Douglas K. Phillips a member of Company A, 1st Battalion, 15th Infantry Regiment, 3rd Infantry Division, deployed to Dura-ya, Iraq, in May 2007, shows the damage to his face and his eye protection from a small-arms attack. Phillips credits eye protection with saving his eye. The Department of Defense and Department of Veterans Affairs Vision Center of Excellence is exploring other ways to prevent battlefield eye injuries and to better treat those who suffer them.

bring together the entire vision-care team of both the Defense Department and the VA to function effectively as an integrated team."

In standing up the center, its founders opted to maximize rather than replace existing resources.

"Early on, we elected to be a center that would work with and through the existing system rather than being a single place," Gagliano explained.

As a result, the center has operated with facilities and office space in Washington, D.C., as well as at Madigan Army Medical Center near Seattle.

The opening of the new headquarters next month

will provide an official home to the center, but Gagliano said it will continue to draw on existing capabilities throughout DOD and VA, including VA's network of 13 blind rehabilitation centers.

To ensure these entities operate as effectively as possible, eye surgeons and eye-care providers from both agencies come together each month for a worldwide ocular trauma videoconference, Lawrence said. Participants — at forward operating hospitals in Afghanistan, at Landstuhl Regional Medical Center in Germany, at military treatment facilities stateside and at VA polytrauma centers —

come together to share experience and explore ways to improve the care they provide, she explained.

"This is an amazing worldwide group of providers," she said. Based on their inputs, she added, "a lot of interesting process improvements ideas have surfaced that can be put into good use immediately."

Another priority for the Vision Center of Excellence is expanding the research base about eye trauma, Gagliano said. That's critical to improving care, he explained, because civilian institutions,

including the National Eye Institute, have limited research about the types of eye injuries being seen in the combat theater.

Gagliano expressed hope that the center's collaboration with colleges, universities and research bodies worldwide ultimately will improve the research, prevention, diagnosis, treatment and rehabilitation of military eye injuries.

At the Vision Center of Excellence, "we are leading the nation in trying to determine the best ways to address these issues," he said.

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ARMY PHOTO

Safely transitioning from regular running shoes to minimalist running shoes requires time and patience. Experts recommend a slow break-in period focused on strengthening the foot and leg muscles. For some, the transition can take up to six months.

Use caution with new running shoe technology

By Maj. Zack Solomon
U.S. Army Public Health

ABERDEEN PROVING GROUND, Md. — In 1974, Bill Bowerman, a co-founder of Nike, created one of the first modern-day running shoes, the “Waffle Trainer,” in an effort to create a lightweight shoe that could grip the road.

The shoe launched a revolution in running shoe design and may have triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and, presumably, prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches.

These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn't lived up to runners' expectations as running injuries persisted. Multiple U.S. Army Public Health Command studies of basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged — the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to

what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries. Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, which could include stress fractures. The calf muscles will require the greatest adjustment followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened

stride and forefoot strike.

The following are a few tips to make a smooth transition:

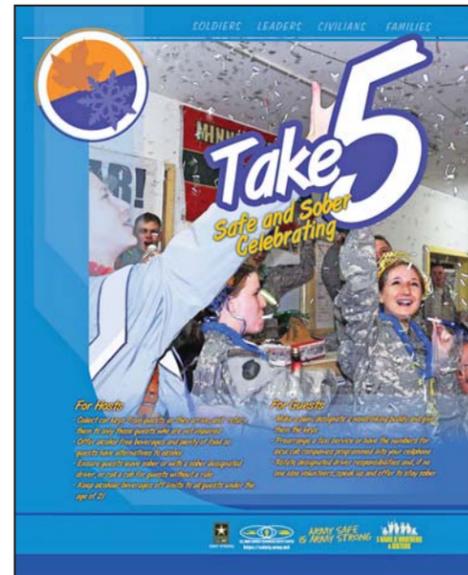
- Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.
- No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.
- Avoid running two days in a row in minimalist running shoes for the first four weeks.
- Run on different surfaces, such as grass, dirt and pavement, to get used

to the feel of the shoes. Make sure the running surface is clear of debris and glass.

- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles. As with any change in

training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist.



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Bellingrath Gardens and Home Visitor Information

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Admission Rates:

Gardens, Home and Cruise Package

Adults: \$27

Children: \$17.50

(ages 5 – 12)

Gardens and Home Package

Adults: \$19

Children: \$11.50

(ages 5 – 12)

Gardens and Cruise



COURTESY PHOTO

Package

Adults: \$19

Children: \$11.50

(ages 5 – 12)

Gardens Only Package

Adults: \$11

Children: \$6 (ages 5 – 12)

Children 4 and under are admitted free

Hours of operation are daily

from 8 a.m. to 5 p.m. Museum home tours take place daily starting at 9 a.m. Tours are given every thirty minutes on the hour and half hour with the last

tour at 4 p.m.

For more on Bellingrath Gardens and Home, check out the website at <http://www.bellingrath.org/home/>.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

DOTHAN

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

and Houston counties.

For more information, visit www.sacf-halfmarathon.org.

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

Children and parents will learn about color, shape, texture and different types of art such as painting, drawing and collage. The event is recommended for elementary aged children.

For more information, visit wiregrass-museum.com or call 794-3871.

ENTERPRISE

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

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

FEB. 16-18 — The Ann Rudd Art Center hosts a stained glass class from 8 a.m. to 5 p.m. taught by John Hogarth. The fee for the class is \$175. For more information, call 774-7322.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

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

TROY

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

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

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

Beyond Briefs

Nature and Journaling Hike

Jackson State University's Little River Canyon Field School Educational/Interpretive Center will host a nature and journaling hike Saturday from 10 a.m. to 1 p.m. The hike is \$5 for those who bring their own journal and \$15 for the hike and nature journal. For more information, call (256) 782-5697 or visit www.jsu.edu/epic

Southern Bridal Show

The Birmingham Southern Bridal Show will be held at the Birmingham-Jefferson Civic Center Sunday, noon to 5 p.m. Admission to the show is \$9 and includes access to vendors, photographers, caterers, florists and live entertainment. For more information, call (770)736-1979 or visit www.eliteevents.com.

Civil Rights Institute Event

The Birmingham Civil Rights Institute will have free admission all day Monday in honor of Dr. Martin Luther King Jr. Each year, BCRI opens its doors to the public to honor the man who devoted his life to community and service. For more information, call (205) 328-9696 or visit www.bcrici.org.

Camellia Show

The Mobile Camellia club will host the 72nd annual Mobile Camellia Show Jan. 21-22 at the Colonial Mall. Camellia enthusiasts can view blooms of hundreds of old cultivars and many new cultivars and receive information about planting and growing camellias. For more information, call (251)988-1405 or visit www.mobilecamellia.org.

Alabama Horse Fair

The Montgomery Alabama Horse Council Horse Fair will be held Jan. 21-22 from 8 a.m. to 6 p.m. at the Garrett Coliseum. In addition to the horse show, there will be vendors, lectures, a silent auction and more. For more information, call (800) 945-8033 or visit www.alabamahorsecouncil.org.

Pike Piddlers Storytelling Festival

The Brundidge Historical Society will host the annual Pike Piddlers Storytelling Festival Jan. 28-29, featuring storytellers from around the country. Events on Jan. 27 will be hosted at the We Piddle Around Theater in Brundidge with an admission of \$25. On Jan. 28 concerts will be held at the Trojan Center Theater at Troy University at 10 a.m. and 2 p.m. with \$10 admission and 6:30 p.m. with \$15 admission. For more information, visit <http://www.piddle.org>.

Birmingham Feline Fanciers Cat Show

The Birmingham Feline Fanciers will host a CFA Allbreed Cat Show Jan 28-29 at Zamora Temple, 3521 Ratliff Road, Irondale. Breeds from around the country will compete for titles as well as regional and national points. There will also be feline art show, vendors, cats and kittens available for adoption. For more information, call (205) 616-1651 or visit www.birminghamfelinefanciers.com.

Mobile Chocolate Festival

The Mobile Chocolate Festival will be held at the Mobile Civic Center Expo Hall Feb. 4 from 10

a.m. to 4 p.m. All proceeds benefit Penelope House which provides emergency shelter and services to victims of domestic violence. There will be vendors offering samples of their chocolate-related products as well as selling their products and gift certificates. There will also be a children's area, chocolate challenge, and a chocolate-themed Project Yum Way fashion show, chocolate martini tasting and a chocolate milk mustache booth and more. Admission is free for children under 13, \$2 for seniors 65 and above and \$3 for general admission. For more information, call (251)342-2809 or visit www.mobilchocolatefestival.com.

Crater Days

Each year the Wetumpka Impact Crater Commission and City of Wetumpka sponsors Crater Days at the Wetumpka Impact Crater site. Visitors can tour the five-mile wide crater and attend lectures and events. For hours and more information, call 567-5147 or go to visitelmoreco.com.

Prattville Mardi Gras

The City of Prattville's eighth annual Family-fun Mardi Gras parade will be Feb. 4 at 3 p.m. at the Autauga County Courthouse. There will also be vendors and a children's fun zone. For more information, visit www.prattvilleal.gov or call (334) 358-0297.

Mardi Gras for Dogs

The Haven animal shelter in Fairhope will host a Mardi Gras parade for dogs Feb. 11 from 10 a.m. to 2 p.m. at the Downton Animal Clinic. To register or find out more, visit www.havenforanimals.org or call (251) 929-3980.

Military's groundbreaking vaccine targets breast cancer

By Elaine Sanchez
American Forces Press Service

SAN ANTONIO — Military researchers here have developed a cutting-edge cancer vaccine that's slashing breast cancer recurrence rates and giving some survivors a better shot at a cancer-free future.

After more than a decade of research and testing, the cancer vaccine, dubbed E-75, soon will move on to its final phase of testing to earn Food and Drug Administration approval, said Army Col. (Dr.) George E. Peoples, director and principal investigator for the Cancer Vaccine Development Program at San Antonio Military Medical Center.

The team has high hopes for this vaccine and its life-saving potential for breast cancer survivors, particularly since breast cancer is the most prevalent type of cancer seen among military beneficiaries in the hospital here, said Peoples, who also serves as the deputy director of the U.S. Military Cancer Institute and the medical center's chief of surgical oncology.

"We've made a commitment to take care of active-duty personnel, spouses and retirees," the colonel said. "And cancer is a notable problem among beneficiaries."

The vaccine, Peoples explained, targets a protein commonly over-expressed in breast cancer cells called human epidermal growth factor receptor 2, or HER2/neu.

Cancer vaccines typically target some protein or antigen expressed on cancer cells, he noted. "The idea is to train the immune



PHOTO BY LINDA HOSEK

Army Col. (Dr.) George E. Peoples scrubs for surgery at San Antonio Military Medical Center. Along with conducting cancer vaccine research, Peoples serves as deputy director of the U.S. Military Cancer Institute and the medical center's chief of surgical oncology.

system to recognize that protein or piece of protein that's highly expressed on cancer cells, but not on normal cells," he said. "That way the immune system can differentiate what's abnormal and normal. If the immune system can recognize it, it marks it for death, basically."

The cancer vaccine concept has been around for a long time, Peoples noted, but the team here has adopted a different approach to test their effectiveness. The vast majority of vaccines in the past were tested on end-stage cancer patients, he explained. However, a vaccine is meant to stimulate the immune system, and a healthy immune system isn't typically seen in someone in the last stages of cancer.

As a result, "a lot of early cancer vaccines tested ... in end-stage patients were found not to be helpful," Peoples said. "No real sur-

prise there."

To more appropriately gauge the vaccine's effectiveness, Peoples' team decided to test it among patients who have a healthy immune system — cancer survivors who are disease-free but at risk for recurrence. Experts can predict recurrence based on several factors including family history, age, size of tumor and the presence of involved lymph nodes, among other indicators.

The researchers targeted the HER2/neu protein, which is expressed at varying levels in women with breast cancer, then honed in on the 60 percent of women who express the protein at low to intermediate levels. The vaccine is a mix of the E-75 peptide of the HER2 protein and an immune system stimulant.

They started with a 200-patient trial in 2001 and followed each woman for five years. Half of the

women received the vaccine — one injection a month for six months — and the other half was the control group.

The outcome was very promising, Peoples noted. The recurrence rate among the women in the control group was 20 percent, and 10 percent among the women who received the vaccine.

"We cut recurrence in half," he said.

This success led to the next phase of testing, the colonel said, which will begin early this year and involve 700 to 1,000 patients.

Unlike the earlier phases, however, this step will be undertaken by a commercial company, Galena Biopharma, which has the resources and manpower to undertake such a large-scale test. The company will seek FDA approval and, if received, release the vaccine for public use.

This phase will take about five years to complete — two years to enroll, then a three-year observation period, Peoples said.

"The end point is the recurrence rate after three years," he explained.

Meanwhile, Peoples and his team will turn their attention to a multitude of other projects, many based on the same concept that made the E-75 vaccine so successful — using the body's own immune system to destroy cancer cells.

They've already taken the same vaccine and completed a trial with prostate cancer survivors. As with ovarian and lung cancer, prostate cancer also expresses the HER2 protein.

Peoples said he's also intrigued by a successful trial they conducted on breast cancer survivors who express the HER2 protein at the highest levels, rather than the low to intermediate levels they focused on before. In this study, they combined their vaccine with the drug Herceptin.

They conducted a small trial with 60 women, Peoples said, and when they administered the vaccine and Herceptin together, the recurrence rate dropped to zero.

"The preliminary data is very exciting," he said.

"But we need to wait and do larger trials."

Word has spread of the cancer vaccine program's successes and intriguing results. Military and civilian experts have approached Peoples wanting to take part in research that has such a potentially widespread impact. The idea of active, specific immunotherapy — engaging the body's immune system to do the work of fighting

the cancer — is an exciting and rapidly evolving area, Peoples explained.

Garnering this interest, Peoples has steadily built a worldwide network of military and civilian hospitals that can assist with clinical trials and research. The network includes just about every major military hospital alongside a civilian hospital in cities across the nation and overseas.

The partnership has reached Athens, Greece, and is about to extend into Malaysia.

"We're about to circle the globe," he said.

Peoples attributed much of the program's successes to this military-civilian network. "We're very fortunate to have great partners," he said.

He also praised the military men and women willing to take part in the trials. They enter into them knowing they may be part of the control group that doesn't receive a potentially life-saving vaccine. Despite that fact, he hasn't seen a shortage of willing participants, Peoples said.

"The military is an ideal setting for clinical trials," he said.

Servicemembers, retirees and Family members have a strong sense of service, he noted.

"They want to be involved and contribute to the research," he added.

While they're focusing on secondary cancer prevention, the ultimate goal, Peoples noted, is primary prevention, meaning cancer prevention among people with a predicted risk of cancer based on family history and genetic markers.

"Hopefully, sometime in my lifetime we'll figure that out," he said.

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JANUARY 12, 2012

Soldier earns coveted AVC3 Iron Aviator title

By Nathan Pfau
Army Flier Staff Writer

Soldiers of A Company, 1st Battalion, 145th Aviation Regiment, gathered on Fort Rucker to compete in the Aviation Captain's Career Course Iron Aviator competition Friday.

Capt. Dave Winchell, of A Co., 1st Ba., 145th Avn. Regt., took the title of Iron Aviator by finishing the competition with the quickest individual time of 1:56:07.

"It feels like a fluke that I won the competition," he said. "I just had an unusually good day."

Winchell spoke of Capt. Anthony L. Marston, officer in charge of the competition, as being his motivation to win.

"The one thing that kept me going was hearing the words of encouragement and seeing the look of approval on Captain Marston's face every time I reached the finish line to start the next event," he said.

"The Iron Aviator competition is the premier event for Aviation, pitting technically and tactically proficient officers against each other," said Marston. "It's a test of will and courage."

The competition consists of four events in which teams or individuals must complete: the ruck run, mountain biking, running and swimming, respectively.

"Each team within the class was required to provide a competition team and those that wished to participate individually did so voluntarily," said Marston. "The remaining students participated as pit crew members that assisted in preparing the participants for transitions and pacing between events."

There were six teams of four and seven individuals that participated in the competition. In order to win the competition in either the team or individual category, all four events must be completed with the quickest time, according to Marston.

Although Winchell won the title of Iron Aviator, the award for top team went to Team 4 with Capt. Dave Puzzo, team ruck runner, Capt. Jonathan Ryder, team cyclist, Capt. Ryan McQuarrie, team runner and Capt. Robert DeTienne, team swimmer.

Puzzo stood out in the ruck run event, completing the run almost a full 10 minutes ahead of his closest competitor, with a time of 46:48, basically ensuring victory for his team.

"Being the lead-off man, I wanted to do my part for the team; I just wanted to be with the front of the pack," he said. "But soon I was way out front and then my motivation was to give my team the biggest lead possible."

The ruck run portion of the competition requires the participant to complete a 4½-mile run while in full road-march uniform, with full load carrying equipment, an Alice pack and one M-16A2 rifle dummy.

"I was nominated to do the ruck march portion because I am pretty quick and tall," said Puzzo, "so, height was my main advantage and it worked."



PHOTO BY NATHAN PFAU

Capt. Dave Puzzo, A Co., 1st Ba., 145th Avn. Regt, makes his way back to the starting line finishing almost a full 10 minutes ahead of his closest competitor in the ruck run portion of the Iron Aviator competition.

"Puzzo's enormous lead was my source of motivation for the race," said McQuarrie. "I tried as hard as I could to minimize the amount of [Puzzo's] lead that I might lose. His lead crushed the motivation of much of the competition."

Awards for the competition were given in three categories. The top team and individual competitor are both recognized with a trophy, a battalion commander's

coin, and a comment on their achievement on their Academic Evaluation Report, according to Marston. There is also an award given to recognize the top pit crew.

"The top pit crew team is awarded the Spc. James D. Seigars' Excellence in Crewing Award," said the OIC. "Team 3 won with their Top Gun theme."

Many of the Soldiers expressed how friendly the competition was and the fun

they had competing against each other.

"We've had a great group this entire course and it was fun to compete against the other groups in the course," said Puzzo.

"It was the perfect day to be outside and compete and have a good time with all of our classmates," said Ryder. "Winning [the team competition] made a really nice day that much more fun."

PIGSKIN PICKS



Broncos @
New England

Saints @
San Francisco

Texans @
Baltimore

Giants @
Green Bay

 Jim Hughes Fort Rucker Public Affairs (71-38)				
 Master Sgt. Jimmy Lindsey DPTMS NCOIC (67-42)				
 Erin Murray Army Flier Staff Writer (72-37)				
 Capt. Mike Simmons Directorate of Public Safety (75-24)				
 Sharon Storti Network Enterprise Center (72-37)				

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

T R I V I A

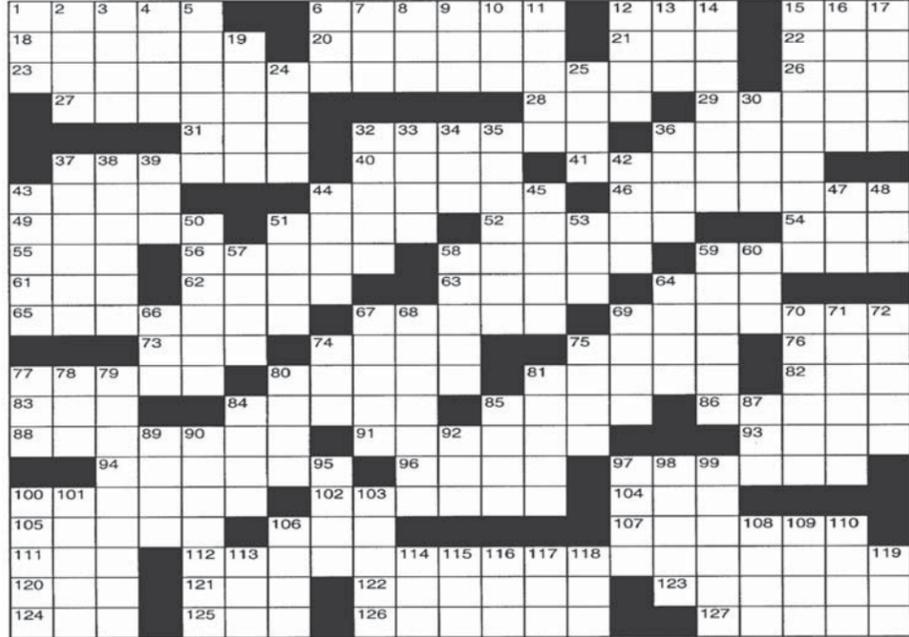
- ENTERTAINERS: Which actor's birth name was Ramon Estevez?
- MUSIC: What was the name of Smokey Robinson's group?
- INVENTIONS: Who is credited with inventing bifocal lenses?
- PSYCHOLOGY: What irrational fear is manifested in peniaphobia?
- LITERATURE: In which of Shakespeare's plays does the character Shylock appear?
- GENERAL KNOWLEDGE: During which war did Harry Truman fire Gen. Douglas MacArthur?
- HISTORY: When did Australia become a commonwealth nation, largely gaining independence from Britain?
- ANATOMY: About how long are the intestines in an adult male?
- FAMOUS QUOTES: What American psychologist/philosopher once once said: "Act as if what you do makes a difference. It does."?
- MEASUREMENTS: Which month is named for the Roman festival of ritual purification?

See Page D3 for this week's answers.

Super Crossword

BRIEFLY STATED

- ACROSS**
- Roofing material
 - Litigates
 - Director
 - Peckinpah
 - Bull's babe
 - Florida
 - eleven
 - 40th president
 - Baudelaire's buddy
 - Nabokov novel
 - Mitch Miller hit
 - "Agnus —"
 - Throw a line to
 - She's a sheep date
 - Bakery display
 - Aviv
 - Blazing
 - Most mammoth
 - Elegant
 - Pebbles' papa
 - Leone
 - Black and white
 - Bing Crosby hit
 - Service member?
 - Tilden's opponent
 - Seize
 - Slip of the tongue
 - Tax shelter
 - 55 Animated Olive
 - Proofreader's mark
 - Word with tea or pepper
 - Get more magazines
 - Jack of "Flower"
 - Drum Song
 - Be — unto oneself
 - Marry
 - Patti Page hit
 - Scold
 - Andrews Sisters hit
 - Tenor
 - Slezak
 - Corporate VIP
 - Burlap fiber
 - Word on a pump
 - Supped in style
 - Pasta ingredient
 - Government group
 - Winter hazard
 - TV's "Scooby- —"
 - Too experienced
 - Flip
 - Sri —
 - Land mass
 - 91 Wilbert Harrison hit
 - Doesn't come clean
 - Daze
 - Haven, CT
 - Exhausted
 - Enigmatic sort
 - Lost
 - Essen exclamation
 - Couldn't stand
 - First zoo?
 - Concerto
 - Bachelor's last words
 - Gladys Knight hit
 - New Deal agcy.
 - later date
 - Used a ewer
 - Through the nose
 - Cartoon cry
 - de guerre
 - Beethoven's "Moonlight —"
 - Dutch artist Jan
 - DOWN
 - Cpl.'s superior
 - Bolger/Haley co-star
 - To — (perfectly)
 - Petite pooches
 - Builds
 - Paid player
 - Actor Ayres
 - Musical sensitivity
 - Past
 - Wagner's "Rheingold"
 - Look like Hook?
 - Cash stash
 - Qty.
 - Blend
 - Mamas & Papas hit
 - "Golden Boy" dramatist
 - Dress part
 - Turns about
 - Portrait painter Peter
 - Is in debt
 - Taj town
 - G-sharp's keymate
 - Chow
 - Creepy Christopher
 - Munich mister
 - Kinder-garten item
 - Defeat
 - Affirmative vote
 - Sacred image
 - That's the spirit
 - Make tea
 - Worth or Papas
 - Prior to, to Prior
 - Damp and chilly
 - Cleaned a carp
 - Schwarz-enegger's birthplace
 - Cabernet color
 - Voice type
 - It's run of the mill?
 - Nullity
 - Tokyo, once
 - Power unit
 - Wayfarer's whistle
 - Stream
 - Earphones
 - Propel with a pole
 - Entertainer Kazan
 - Played soccer
 - Zones
 - Third degree?
 - Panel of peers
 - SHAEP commander
 - Letters of credit?
 - 79 Johnny Horton hit
 - WWII unit
 - Dock of the bay
 - Put the whammy on
 - Galileo's birthplace
 - Heidi's hangout
 - Luyendyk
 - Nocturnal visitor
 - Subway unit
 - Merit
 - It's a long story
 - Caustic
 - Conversation pieces?
 - Gleam
 - Clerical title
 - Excludes
 - Smith or Sandler
 - ER exclamation
 - Painful
 - Eye appreciatively
 - Robert of "Quincy, M.E."
 - Sticky stuff
 - Savage sort
 - La-la lead-in
 - Asian holiday
 - Nutritional abbr.
 - Writer Rand



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

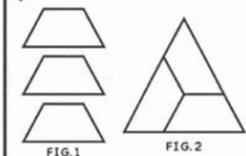
★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

The PERFECT PYRAMID!

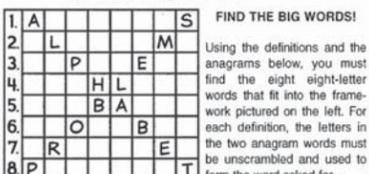


THE PERFECT PYRAMID! Cut out the three puzzle pieces in fig. 1 and challenge your friends to arrange them to form a perfect pyramid. The answer to this tricky triangle is shown in fig. 2.

A CLEVER WAGER! Place 15 toothpicks on the table and challenge your friends to arrange them so that they form eight squares, all of equal size. No square can be formed inside another, and no toothpick can overlap another or be broken. The solution is pictured to the right.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "WALLET." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. Time limit: 90 seconds.

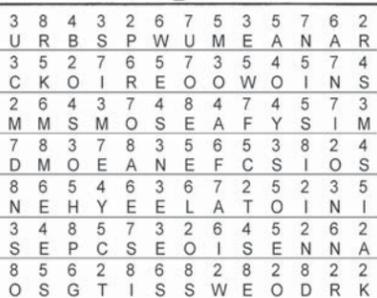
Junior Whirl



DEFINITION:
1. He had a foot problem.
2. A cluster of flowers.
3. Devotees of modern jazz.
4. Having no pity.
5. Eccentric people.
6. An ancient weapon.
7. A racing foot.
8. A gradual discontinuation.

ANAGRAM:
case + hill
slob + moss
rest + ship
huri + sets
sold + bald
sobs + crow
tars + drag
soup + heat

Wishing Well



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

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

GRIDIRON CORNER

1st round playoffs range from mild to wild

By Jim Hughes
Command Information Officer

The NFL's first round of the playoffs featured four games that ranged from mild to wild during Wild-card Weekend.

On the mild side, the Texans proved that despite the injuries to key personnel, they are still a better team than a relatively healthy Bengals squad. Arian Foster broke loose for 153 yards and the Houston defense made life miserable for Andy Dalton, Cincinnati's rookie quarterback.

Dalton looked like a poised veteran during the early parts of the season and even a few games late, but in the playoffs, not so much. Houston harassed him all day and picked him off three times.

The Bengals actually led in this game 10-7 when Houston tied it up and then went ahead right before halftime thanks to a pick-six by rookie defensive end J.J. Watt - who made an incredible one-handed snag when Dalton tried to throw it over him - that totally changed the game.

With momentum on their side, the Texans handed the ball to Foster repeatedly to eat up clock and rookie QB T.J. Yates hit star wide-out Andre Johnson for a 40-yard TD to seal the deal and go up 24-10 in the third. Foster added a 42-yard scoring run for good measure to give this iteration of a Houston franchise its first playoff win.

The mild continued in New York, in a game that looked more like a pre-season game than a playoff game, especially in the first half. Both teams sputtered,



bumbled and stumbled their way to a 0-0 tie after one quarter and the scoring drought was broken by an intentional grounding penalty on Giants QB Eli Manning, resulting in a safety and a Falcons 2-0 lead early in the second quarter.

That wouldn't prove to be enough. The Giants put up a touchdown towards the end of the half to go up 7-2, and then put the game away 24-2 in the second half.

The Giants' running game and defense looked great, but one has to wonder if that was more the Giants finally getting healthy and playing great, or the Falcons just not showing up once again in the playoffs. I tend towards the latter, but then I usually tend to not give the Giants any credit.

The Falcons looked like they didn't belong in the league, much less the play-

offs. The Falcons offense was a complete no-show and the defense wasn't much better in the second half.

Now onto the wild, with New Orleans a good starting point. When the Saints play, it is rarely boring. Drew Brees and Co. continued their record-breaking assault on the record books into the postseason, posting 45 points and 626 total yards, which broke a 49-year-old playoff record.

The Lions hung with the Saints and led 14-10 at halftime, but then the Saints took off in all directions and outscored the visiting Lions 35-14 in the second half to earn a trip to San Francisco in the divisional round.

The Lions didn't play a bad game, except maybe for their secondary and some tackling issues, and there was no big turning point in the game - Detroit

just simply could not keep up with the offensive onslaught.

Saving the best for last, there were wild happenings of epic proportions in Denver Sunday. Just when it looked like all the magic had been drained from Tebowmania, Broncos vice president John Elway issued a challenge to his young starting QB Tim Tebow, and in effect the entire team, to "pull the trigger."

And, boy, did he ever - inflicting a fatal wound on the Steelers' 2011 season.

Neither team looked impressive in the least in the first quarter, but the Steelers did put up two field goals to go up 6-0. Then came the second quarter, when a beat-up Ben Roethlisberger looked like he may need to be pulled, and Tebow and Co. went off like a Howitzer for 20 points and a 20-6 lead at the half.

Steelers defensive coordinator Dick LeBeau picked what looked like a solid scheme for stopping the Broncos and Tebow - shut down the running game and make him beat you deep. So, while the Steelers can't be faulted for the initial strategy, they can be faulted for not abandoning it - getting burned on the first play of overtime and the last play of the game when Tebow went deep to Demaryius Thomas for an 80-yard score to earn a trip to Foxboro to take on the Patriots.

Tebow completed five passes of more than 30 yards in the game - the Steelers had given up only seven all season, lowest in the NFL. And while missing safety Ryan Clark due to a medical condition that makes playing in high alti-

tudes dangerous certainly hurt the Steelers secondary, the game plan was most at fault.

If you dare someone to hit you and they keep hitting you, you might want to change your strategy, or, like Pittsburgh, you get knocked out.

The divisional round will showcase some clear favorites, but, in reality, the field is wide open for the conference championship round.

Texans @ Baltimore

Houston's future looks bright indeed, but maybe not their immediate future. They are heading to Baltimore for a date with the Ravens and most indicators point to a loss in the divisional round. I won't say Houston can't win, but it would be a surprise.

Both teams play great defense and can run the ball, but I'm going to give the Ravens the nod since they have their starting QB and are at home. While putting faith in Joe Flacco is risky business, he's a playoff veteran and I trust he can put points up where I doubt Yates is going to be able to.

Broncos @ New England

It was the Patriots that started the three-game losing streak for the Broncos at the end of the season and it will probably be Tom Brady and Co. that finishes them off. Despite a porous defense, I don't think the Patriots are going to let Tebow beat them deep as much as the Steelers did, probably at the cost of allowing Denver to run the ball effectively. The

problem for the Broncos is that the Patriots offense can outscore their running game. And it won't be close enough at the end to allow for a fourth-quarter comeback special.

Giants @ Green Bay

If I'm wrong and the Giants are as good as they looked against Atlanta, then the Giants have a chance to pull off an upset ... a slight chance, but a chance. But I see little evidence of New York being a team that can pull off a win in Green Bay despite the G-Men playing them close in the regular season. Aaron Rodgers and the rest of the offense can outscore the Giants and I think the Packers defense will be up for limiting Manning and the New York offense.

Saints @ San Francisco

This is the most intriguing matchup of the divisional round. Earlier in the year, I would've given the nod to the 49ers at home, but in the past few weeks, New Orleans has looked awesome and San Francisco has looked a tad suspect.

The 49ers will tone down the Saints offense to a degree, but I can't see them slowing it down enough for their own offense to keep pace. If San Francisco wins, it will be because they force turnovers and Alex Wright plays a perfect game while Brees melts down.

I don't see Brees melting down this week. I'll take the Saints, but they need to score early and often to force San Fran into a shootout.

ROLLER HOCKEY

A group on post is putting together pick-up roller hockey games Saturdays with the first event taking place at 9 a.m. Saturday at Bldg. 6209, next to the Lemon Lot and behind Yano Hall. People interested in playing roller hockey are welcome to attend no matter what their skill level may be.

Players are required to wear helmets, and other safety gear is highly recommended.

For more information or to let the group know you would like to play roller hockey, call Tim Waychoff at (630) 870-9264 or send an email to tim.waychoff@us.army.mil.

YOUTH SOCCER COACHES MEETING

There will be a youth spring soccer coaches meeting Feb. 1 and 2 in the youth center at 6 p.m. The Youth Sport

and Fitness Spring Soccer season runs Feb. 20 through April 5. Coaches are needed for all age groups.

For more information, call 255-9105 or 0950, or 255-9638.

AFRICAN-AMERICAN/BLACK HISTORY 5K RUN

The physical fitness facility will host the Annual African-American/Black History 5K Run and 1-Mile Fun Run Feb. 4. Race Day registration begins at 7:30 a.m. and ends at 8:45 a.m. The 5K run will start at 9 a.m. Participants are encouraged to pre-register at either the Fortenberry-Colton or Andrews PFF. The free 1-mile fun run is open to all children and will begin after the 5K race is completed. Each fun run participant will receive a medal. The costs are as follows: \$12 per person (no shirt option); \$100 for teams of eight (each

additional person pays normal registration fee, includes shirt); and \$20 per person (with shirt) by Jan. 29; or \$25 (with shirt) per person after Jan. 29. The event is open to the public. For more, call 255-3794.

PRESIDENT'S WEEKEND SKINS GOLF GAME

Silver Wings Golf Course hosts its Presidents' Weekend Skins Golf Game Feb. 18. For details, call 598-2449.

ULTIMATE FRISBEE

Pick-up games every Wednesday and Friday morning at 6 a.m. behind the Fort Rucker Physical Fitness Facility on the soccer field. All skill levels and athletic abilities are welcome. Cleats and water are highly recommended. For more information, call 255-0870.

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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Martin Sheen
2. The Miracles
3. Ben Franklin
4. A fear of poverty
5. "The Merchant of Venice"
6. Korean
7. 1901
8. About 28 feet
9. William James
10. February (Februa)

PUZZLE ANSWERS

Super Crossword Answers

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

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Video Game Spotlight >>

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



COURTESY SCREENSHOT

Blitz brings big action, small price

By Jim Van Slyke
Contributing Writer

With the NFL playoffs in full swing, it's the perfect time to check out the latest version of the arcade football game "NFL Blitz."

Now available as a download for the Xbox 360 and PS3, this game includes the fun, arcade-style football from previous versions as well as fun new modes that include zombies, hot dog mascots and a trading card game similar to one gamers have seen in "Madden."

Reality is thrown to the wind

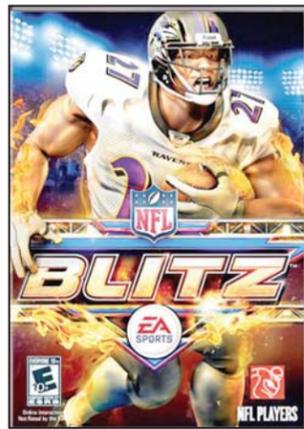
on this game, but that's what makes it fun. The plays themselves are rather simple, but the seven-on-seven gameplay, while mimicking real football, can be borderline silly and usually entertaining. The after-the-whistle tackles are gone, but that doesn't take away too much.

Blitz Gauntlet is a great challenge mode that features games against regular teams as well as increasingly harder games against "boss" teams like robots and lions as the gamer tries to make his way to the top of the football food chain. It offers gamers a chance to make the game even

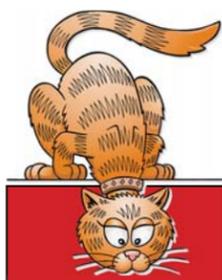
sillier with codes that turn on things like Big Head Mode.

Gamers can battle online and with each win – online or off – gamers earn Blitz Bucks to spend on new stadiums, player card packs and more. One of the few negatives is that quarter length can't be changed, so get used to games that take about 20 minutes to complete. Customization, unfortunately, is not this game's strong point.

But over-the-top football fun definitely is, so gamers with a football passion and a sense of humor should put on the "NFL Blitz" helmet.



Publisher
Electronic Arts
Rated
Everyone
Systems
Xbox360, PS3
Cost
\$15
Overall
3 out of 4



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