SUSTAINABILITY
Protecting natural resources essential to training, recreation
Story on Page A3

FESTIVAL
Event provides fun for military Families
Story on Page C1

PROFICIENCY
German badge competition returns for spring cycle
Story on Page D1

ARMY FLIER

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

VOL. 62 ▪ NO. 14 | FORT RUCKER ★ ALABAMA | APRIL 5, 2012

FILE PHOTO

The 98th Army "Silver Wings" Band performs at the Music Under the Alabama Stars concert last August. The band will be at it again April 20 for the kickoff of the 2012 concert series.

Evening concert series returns to post

By Angela Williams
Army Flier Staff Writer

Fort Rucker's 98th Army "Silver Wings" Band will try to overcome Mother Nature's unruly spring behavior with a belated start to the Music Under the Alabama Stars concert series for the home crowd April 20.

Rain cancelled the scheduled start to the series March 23, but the April show is on for 6:30 p.m. at Howze Field as the band puts its talents on display to provide a relaxing evening of music, Family fun and comradeship, according to CW4 Jesse Pascua, 98th Army Band commander and bandmaster.

Families are invited to bring coolers, picnic baskets, lawn chairs and even pets to Howze Field to enjoy the Alabama evenings and the music performed by the band and other visiting groups. As details are finalized, the information will be posted on the band's facebook page, said Staff Sergeant Matthew Shuck, senior operations noncommissioned officer.

The summer concert series started last year with a few concerts on post, and several more in the surrounding area.

"It started out very small, but it was very, very well received and we'd like to continue that," said Pascua.

This year, there are more concert dates on post through August and possibly on into September and the band is working on a theme for each event. The May concert will be related to Memorial Day and the concert in June will celebrate the

SEE SERIES, PAGE A8

Conference opens with 'sunrise' on Army Aviation

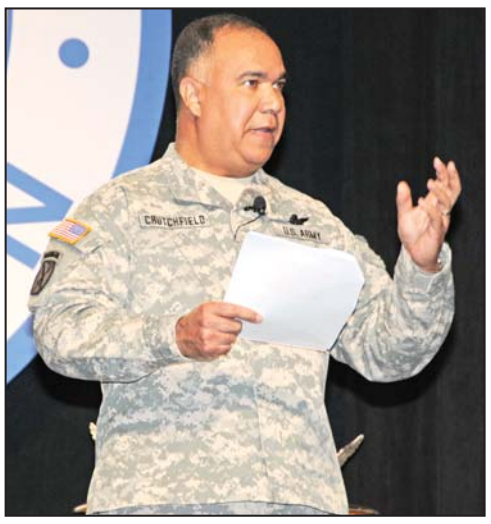

PHOTO BY DAVID AGAN

During the opening of the 2012 Army Aviation Association of America conference in Nashville, Tenn., Maj. Gen. Anthony G. Crutchfield, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, said despite budget cuts, the future of Army Aviation is optimistic – but the Branch must work to clarify its needs before making spending decisions.

By C. Todd Lopez
Army News Service

NASHVILLE, Tenn. — The military's budget may shrink, but the outlook on Army Aviation is optimistic, said the commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker.

More than 1,000 members of the Army Aviation community and commercial Aviation industry took in the opening remarks of Maj. Gen. Anthony G. Crutchfield here April 2 at the opening of the 2012 Army Aviation Association of America conference in Nashville.

A photograph on a display screen featured a helicopter in silhouette, with a low-hanging sun in the background. The general used the image, one in which it was hard to discern the time of day, to illustrate the future of Army Aviation: is Army Aviation in decline, like a setting sun? Or is it on the rise?

"Based on things that you read, there will be those who say this is a sunset, because of the problems we face," Crutchfield said. "I see this as a sunrise."

The general said the Army is changing again, as it has in the past. "Change is hard, but it's not bad."

A large change, most recently: the Army is coming back from 10 years at war. Operations in Iraq have ended, and the end of operations in Afghanistan is on the horizon. The Army has gone now to nine-month deployments, Crutchfield said, and that means more time at home. How the service uses that time will determine, in part, the future of Army Aviation, he said.

"What do we have to do as an Army, as a Branch, to make sure that with that time at home, we stay a sharp force, ready to be called and fight the nation's wars when called to do so," he asked.

The Army today is combat-proven, he said, and the Army must work hard to preserve that combat readiness.

At last year's AAAA conference, Crutchfield introduced the Army's "AimPoint 2030" vision. The year 2030, Crutchfield said, is "a point that we have to produce strong, capable Aviators with future vertical lift that's different than what we have today: faster, lethal, reduced logistical footprint, expanded ranges – all those things."

Since last year, the Army took the concept and "put meat on the bone." Four points of that include the goals of meeting future reconnaissance attack and vertical maneuver missions; organizing into rapidly deployable and adaptable formations; equipping with a new generation of multi-mission manned and unmanned aircraft; and greatly reducing the Aviation sustainment footprint.

A new Aviation campaign plan has also been introduced that spells out how to achieve those goals. That plan he said will have "measurable output."

SEE SUNRISE, PAGE A8

Fort Rucker honors Women of Year with ceremony

By Angela Williams
Army Flier Staff Writer

More than 30 women were nominated, but only six were given the title Women of the Year at an awards ceremony March 29 at the U.S. Army Aviation Museum.

These women are always professional, well-rounded in their knowledge and abilities, they have certain personal characteristics, they seek to further their education and they go above and beyond what's written in their job description. Many of them also give their time and energy to the community outside of their work requirements, explained Melissa Harry-Marvel, Equal Employment Opportunity Special Emphasis Program manager. "That's what makes them Women of the Year."

This year's winners are Jennifer Williamson from the Civil and Administrative Law Division of the Office of the Staff Judge Advocate; Deborah Jones, administrative support clerk for the U.S. Army Aviation Center of Excellence Noncommissioned Officer Academy; CW4 Celeste Melena, stock record accountable officer for the Aviation Center Logistics Command; Vanessa Mahone, curriculum manager for the Warrant Officer Candidate School; Holly Patterson, a police officer with the Directorate of Public Safety; and Susie Antonello, visual merchandising manager for the Maxwell/Fort Rucker Consolidated Exchange.

"It makes me appreciate the organization I work for," Jones said of receiving the award. "There are so many great people. It is such a pleasure to go to work every day."

SEE CEREMONY, PAGE A9

PHOTO BY ANGELA WILLIAMS

Aviation Branch Command Sgt. Maj. James H. Thomson, Deborah Jones, Holly Patterson, CW4 Celeste Melena, Lori Snell, Jennifer Williamson, Vanessa Mahone, Susie Antonello and Col. Jessie Farrington pause for a photo after the ceremony.

PERSPECTIVE ▪ A2 | ARMYWIDE ▪ B1-4 | COMMUNITY ▪ C1-10 | ON POST ▪ C2 | SPORTS ▪ D1-4

Perspective

Job hunting: time for your 30-second commercial

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program Transition Services Manager

If you were fortunate enough to get into an elevator with a hiring official, could you successfully market yourself in the few seconds it takes for the ride up? If not, you need to prepare a commercial about yourself so you can do just that.

Hiring officials are normally busy people with very little time to devote to interviewing people for jobs. They don't want to be bored with long winded speeches about your life. They want to know quickly what you can do for their company's bottom line.

Also, this will most likely be your first impression on the hiring official. Remember, first impressions are lasting impressions. However, whether or not you are fortunate enough to get into an elevator with the hiring official, there are other times a 30-second commercial will come in handy for you in the job search process.

When you go for a job interview, many times interviewers will begin by asking you to relax and tell them about yourself. Because you have done the necessary research on the company and have tailored your 30-second commercial to the company, you can use it here. However, if you haven't done the research and don't have a commercial, you could reveal more personal information than what you intended.

For instance, it's not lawful for an employer to ask you certain questions, such as your marital status, number of children, etc., but given the opportunity to respond to the question, you may reveal that information voluntarily without even realizing it. If so, it could play a part in the interviewer not selecting you for the job.

Another time a 30-second commercial could benefit you is when you are networking. Networking is telling everyone you meet that you are looking for a job and asking them for their help in finding one. Statistically speaking, this is the way most people find a job.

A 30-second commercial is a succinct way to introduce yourself, and at the same time market your abilities and experience. Not everyone is an extrovert; therefore, an introduction to a new person can be awkward. But if you are armed with a 30-second commercial, you can use it effectively on everyone.

Job fairs or career expos are excellent places to use your 30-second commercial. Remember, there will be many employers gathered in one location to speak with you. There will be long lines and usually a crowded location.

You may have to wait for a while before it's your turn to speak with a recruiter, so listen to the people who go before you to see how they handle the introduction. Then, when it becomes your turn, walk right up, shake hands, and begin your 30-second commercial.

Hopefully, you've tailored your 30-second commercial for each company representative that you plan to speak with. If so, the company representative can't help but be impressed, but if not, it could bomb for you.

For more information on how to construct a great 30-second commercial, transitioning Soldiers and their adult Family members should contact the Fort Rucker ACAP Center at 255-2558 or log on to the ACAP website https://www.acap.army.mil to make an appointment with an ACAP Counselor.

Rotor Wash

"Resource management is an integral part of any military installation's efficiency. What steps can people take to conserve resources such as water and electricity?"

2nd Lt. Matthew Hanks, B Co., 1st Bn., 145th Avn. Regt.

"Utilize the car wash here on post. It is probably set up to use water better than the hose at home."

2nd Lt. Bobby Woods, B Co., 1st Bn., 145th Avn. Regt.

"In Enterprise, we have to regulate what days we water the lawn."

Staff Sgt. Brian McFarland, NCO Academy

"I would make it mandatory for people to carpool. All these big vehicles use a lot of gas."

Sgt. 1st Class Javier Mejia, NCO Academy

"Most people aren't aware of the amount of water they use if they leave the water running when they brush their teeth or take a shower."

Staff Sgt. Matt Barton, 98th Army Band

"Make sure the o-rings and seals in faucets and toilets are intact."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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FORT RUCKER PUBLIC AFFAIRS OFFICER

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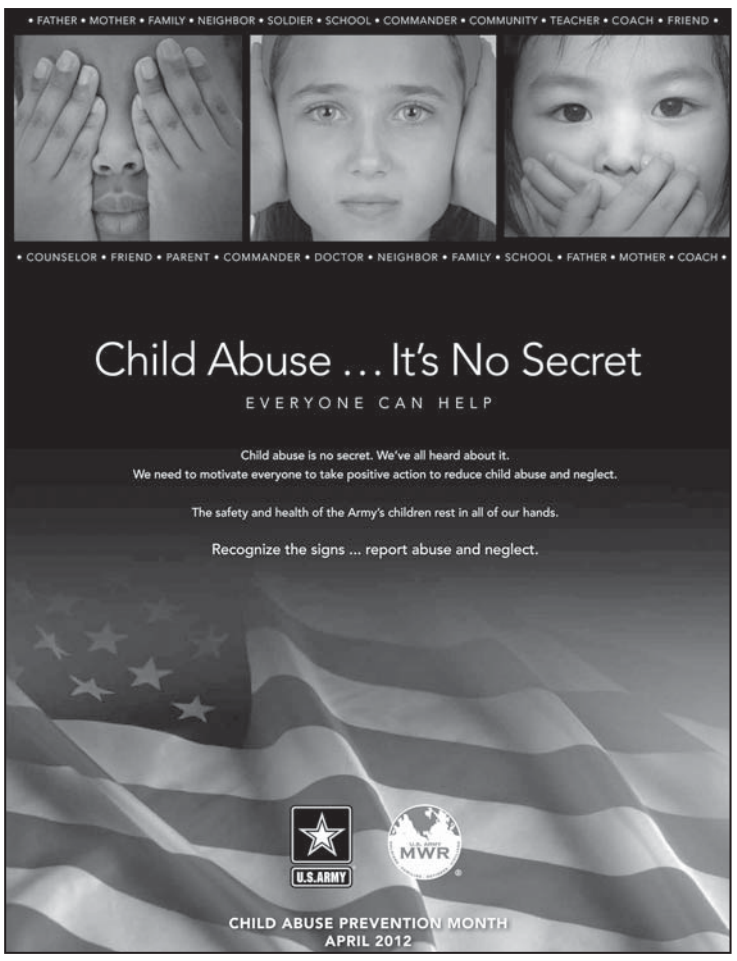
If you would like to contact the *Army Flier* by e-mail, please contact the editor at jhughes@armyflier.com.



Protecting natural resources essential to training, recreation

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's natural resources are vast, from its ecosystems to its forests, and the installation is doing what it can to make sure that these resources are available for future generations to use and enjoy.

"We've got many diverse ecosystems on Fort Rucker," said Doug Watkins, chief of the Natural Resources Branch of the Directorate of Public Works. "Whether it be forestry, wildlife or various habitats … first and foremost is protecting those ecosystems and making them available for training."

Supporting the training of Soldiers is the No. 1 objective, he said. It's the job of the Natural Resources Branch to protect and minimize the impact to the ecosystems – restore them, maintain them and make sure that the natural resources are available to be utilized for the training mission.

Fort Rucker harvests 600 to 800 acres of timber a year and minimizes the amount of clear-cut areas that are done because it isn't conducive with the training mission, said Watkins.

"We now have [Survival, Evade, Resistance, Escape] training," he said. "In years past, we've been only Aviation training and … there was not a lot of concern about the ground training. With our forestry program, we're trying to tailor and craft this forestry habitat to meet the needs of the SERE training," and maintain the ecosystems on the installation in the process.

The branch also has a very aggressive program to re-establish the longleaf pine tree, which was the native habitat of the Fort Rucker area, according to Watkins.

"Over time, [Fort Rucker] has developed into a habitat of mixed pine and we're trying to restore areas back to their native longleaf pines," he said. "We're not a pulp wood industry here, profit is not our main objective. We want to sustain the resources for future production and convert slowly back to the native habitat."

One of the main reasons for restoring areas back to their native habitat is to help preserve some of the species in the area that require the native habitat in order to thrive, said Watkins.

"We've got the gopher tortoise here, which is a protected wildlife species," he said. "A lot of our forestry programs are tailored to support the protection and sustainment of the gopher tortoise."

The tortoise is Fort Rucker's highest profile protected wildlife species, according to Danny Spillers, installation wildlife biologist for the Natural Resources Branch of DPW.

"It's a species that has been proposed for listing as a threatened species under the endangered species act," he said, "and it looks like in the next few years it might happen."

The tortoises need open longleaf forests that are thinned and burned regularly and have lots of herbaceous vegetation on ground, said the biologist.

Along with the gopher tortoise, Spillers said Fort Rucker is also home to nesting bald eagles, which are no longer on the endangered species list but are still protected, and some mussels that were added to the endangered species list.

"[The mussels'] habitat includes Fort Rucker and surrounding areas, with the surrounding areas considered critical," he said. "Due to management and clean water act modifications that Fort Rucker does to ensure the reduction in siltation and turbidity in the streams, [the installation] is not included in the critical habitat, but we're surrounded by it. It's important for us to maintain those programs that keep the water in good shape and not to further pollute it when it goes off post."

Aquatic programs such as the restoration and restocking of installation's lakes and ponds are also among the responsibilities of the Natural Resources Branch, said Watkins.

The lakes and ponds are sometimes drained in order to perform maintenance, such as having to replace drainpipes or dredging out overgrown vegetation and sediment, said Spillers.

Parcours Lake is currently closed due to such a renovation, he said. Over time, sediment has washed into the lake, and the shallow areas have filled in allowing vegetation to establish and encroach on the lake, which has choked up those areas.

"We basically had to drain the lake, get the fish out and deepen the shoreline," said the biologist. "We try to maintain [the shoreline] at three feet deep so that vegetation can't get established."

When the desired result in the lake's shoreline is established, the lake is then refilled and restocked with fish and proper vegetation, he said, adding that the lake will remain closed for a period of time to allow the population of the fish to get re-established before people are able to fish in the lake.

The natural resources available on Fort Rucker also provide recreational activities for the surrounding communities in terms of hunting, fishing, trail riding and other outdoor activities, said Spillers, and part of the responsibility of the natural resources branch is to make sure that these resources are available for people to enjoy.

"Hunting is one of the main recreational activities in the area," said Watkins. "Right now we have a very high population of predator coyotes and wild hogs."

Over time, the predators have reduced the population of the white-tailed deer "to the point where we feel that we need to take action," he said.

"One of our major efforts … is to begin to expend a lot of energy and effort toward management of these predatory animals to reduce their numbers with the objective being to restore the white-tailed deer population to acceptable levels," Watkins explained.

Maintaining the habitats and natural resources along with good stewardship is the driving force behind the programs that the natural resources branch has in place, he said.

"We like to lead the pack by example," said Watkins. "We need to be good stewards."

PHOTO BY NATHAN PFAU

Instructor of the quarter

Command Sgt. Maj. James H. Thomson, Aviation Branch Command Sergeant Major (Left), and Col. Jessie O. Farrington, USAACE deputy commander (far right), stand with the second quarter 2012 instructors of the quarter: CW3 Craig J. Johnson, warrant officer academic instructor of the quarter; CW3 Ryan J. Rothmeyer, officer instructor pilot of the quarter; Staff Sgt. Cory L. Wolston, noncommissioned officer academic instructor of the quarter; Phillip J. Schmiesing, civilian instructor pilot of the quarter; and Chris E. Elkins, civilian academic instructor of the quarter, at the awards ceremony at the U.S. Army Aviation Museum Friday.
Also recognized but not pictured were Maj. Nathanal J. Patton, officer academic instructor of the quarter, and Staff Sgt. James W. Rubert, noncommissioned officer flight instructor of the quarter.

Army Spring, Summer Safety Campaign now under way

U.S. Army Combat Readiness/Safety Center
Press Release

The U.S. Army Combat Readiness/Safety Center started its official Spring and Summer Safety Campaign Sunday, and encourages all Soldiers, Family members and Department of the Army civilians to remain prepared for the fun and hazards associated with warmer weather.

The campaign, which runs through Sept. 30, encourages every member of the Army Family to stay aware and engaged.

With a "Take 5" theme, the campaign raises awareness of the increased hazards associated with spring and summer activities. Five minutes, five seconds – or even shorter or longer – with Take 5, Soldiers are asked to take the time to assess their situation and make the smart choice that could save a life.

"By choosing to take a moment, we are asking all Soldiers to take the time to think about their plans and how they can make safer choices," said Brig. Gen. William T. Wolf, director of Army safety and commanding general, U.S. Army Combat Readiness/Safety Center. "By taking just a little time to think through their actions, Soldiers, their buddies, and their Family members can make better choices and stay safe in everything they do."

To help leaders and safety professionals across the Army build and manage their spring and summer campaigns, the team at the U.S. Army Combat Readiness/Safety Center developed a website hosting feature articles, posters and videos focusing on more than 15 summer safety topics.

People may visit the website at: https://safety.army.mil/multimedia/CAMPAIGNSINITIATIVES/SpringSummerSafety2012/tabid/2310/Default.aspx.

News Briefs

Commissary closure

The Fort Rucker Commissary will be closed for Easter Sunday.

For more, call the commissary at 255-9177.

Be on the lookout

Shaw Pest Controllers began pavement vegetation control Monday. Shaw will continue to treat the parking areas, streets, runways, taxiways and other paved areas of Fort Rucker and the various airfields until late September. The Shaw employees will be operating in a slow moving utility vehicle with a yellow caution light. People are asked to use caution when approaching the vehicle.

For a schedule of dates, places and times of the treatments, call 255-1763.

Volunteer recognition luncheon

The Landing hosts the Fort Rucker Volunteer Recognition Luncheon April 17 from 11:30 a.m. to 1 p.m. in the ballroom. Tickets cost $11.

For more information or to purchase a ticket, call 255-3643.

Education Spring Fling

The Fort Rucker Army Continuing Education Center hosts an Education Spring Fling April 27 from 11 a.m. to 3 p.m. in Bldg. 4502 on Kingsman Street. College and university representatives will be on hand to provide information about their programs, and also admission and funding. Post agencies that offer programs for service members and Families will also be on hand to help people.

Army Continuing Education Systems counselors will provide Post 9/11 transfer of benefit information, in addition to use of Army Tuition Assistance and Financial Aid.

For more, call Sally Markovich at 255-3613 or 255-2378, or send an email to sally.a.markovich.civ@mail.mil.

Career Expo

The Fort Rucker Army Career and Alumni Program and Civilianjobs.com host a Career Expo Wednesday from 10 a.m. to 2 p.m. at The Landing. Military members and veterans may pre-register for the expo at http://www.civilianjobs.com to be matched with companies based on career and geographical preferences.

National and regional opportunities exist in the following fields: administrative, Aviation, customer service, law enforcement, logistics, maintenance, management, medical, driving, engineering, sales and more.

For more information, call (678) 819-4153.

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 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.

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@conus.army.mil requesting the newsletter, and also include their name and U.S. Postal address.

2012 Holy Week & Easter Schedule

Catholic	Protestant
Palm Sunday 1 Apr, 0915, Mass Main Post Chapel, Bldg 8940	**Palm Sunday** 1 Apr, 0800, Worship Service Headquarters Chapel, Bldg 109 1 Apr, 1100, Worship Service Main Post Chapel, Bldg 8940
Holy Thursday 5 Apr, 1900, Mass Main Post Chapel, Bldg 8940	**Living Last Supper** 1 Apr, 1045 5 Apr, 1900 Wings Chapel, Bldg 6036
Good Friday 6 Apr, 1500, Stations of the Cross 6 Apr, 1700, Liturgy Main Post Chapel, Bldg 8940	**A Walk Thru Holy Week** 1 Apr,1800 Wings Chapel, Bldg 6036
Holy Saturday 7 Apr, 2000, Mass Main Post Chapel, Bldg 8940	**Holy Thursday** 5 Apr, 1200, Worship Service Headquarters Chapel, Bldg 109
Easter Sunday 8 Apr, 0930, Easter Mass Main Post Chapel, Bldg 8 940	**Good Friday** 6 Apr, 1200, Worship Service Headquarters Chapel, Bldg 109
Postwide Ecumenical *(Catholic & Protestant)* **Easter Sunrise Service** 8 Apr, 0615, Howze Field	**Contemporary Praise** 8 Apr, 1045, Easter Service Wings Chapel, Bldg 6036
	Traditional Worship 8 Apr, 1100, Easter Service Main Post Chapel, Bldg 8940

For more details, contact the Religious Support Office, 255-2989/2012

The Living Last Supper

& A Walk Thru Holy Week

Come join us for a unique & inspirational way to celebrate the EASTER SEASON

at **Wings Chapel** Building 6036 on

Thursday, 5 April 2012

1900 - The Living Last Supper

Admission: FREE

For more information, contact the Religious Education Center 255-3946/2989

Benefiting Wiregrass United Way 2-1-1

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Friday, April 13th

HOUSTON COUNTY FARM CENTER

"Laissez les bon temps roulez"

Ozark CRAWDAD & MUSIC FESTIVAL

Downtown on the Square in Ozark

Saturday, April 14, 2012

10:00 a.m. - 6:00 p.m.

FREE ADMISSION - Great Music & Food - Arts & Crafts, 200' Zip Line, Ozark Crawdad 5K Run Walk Crawl, Children's Activities Area , Sonic's Hotdog Eating Contest and more!

Featuring Music By:

Todd Allen Herendeen, The Fabulous Shades, The Swingin' Harpoons Blues Band, Herrick

Little Jimmy Reed, Grant Judah and more!

For more information call 334-774-2618

This event would not be possible without the support of the following sponsors:
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PoFolks

Hearty, Homestyle Cooking

650 BOLL WEEVIL CIRCLE • ENTERPRISE

393-8889

TWO CAN DINE FOR $9.99 AFTER 4 P.M.

CHOOSE FROM 7 MEAT ENTREES

Served with Choice of 2 Homestyle Veggies and Choice of Bread

GITTIN' STARTED

Fried Green T'maters
You'll be smilin' wider than a bullfrog when ya get yore hands on a plate of the tastiest t'maters around! Served with Homer's Favorite Buttermilk Dressin' fer dip'n. Ya can afford to dip oft'n fer: 4.89

Onion Rangs
A big ol' basket of battered and fried fun. Try 'n toss 'em onto a straw afore ya eat 'em if ya can hold out that long. A real deal at: 4.49

Fried Cheese Stix
Crispy, crunchy outside, ooey, gooey inside-purely pleasurable all the way through! Served with marinara sauce fer dip'n. Six stix fer a measly:4.99

Chicken Livers or Gizzards
Take yer pick! Dee-lushus breaded morsels of kuntry goodness fer only:4.29

Bowl of Dumplings
Warm yore innards with a big ol' bowl of our chicken and dumplings:4.29

GARDEN FRESH

"The Whole Shebang" Salad
We give this one the works, and that's sayin' sumthin'! We load kuntry-fried steak, grilled chicken and Calabash shrimp onto a big bed of fresh lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges and a breadstick. Purty nye heaven on earth! An' all fer only: 8.99

Yore Choice Salad
Ya gotta pick'n choose with this one: well top a big bed of lettuce with croutons, t'maters, onions, carrots. cheese, hard-boiled egg wedges, a breadstick and yore choice of **Kuntry-Fried Steak, Calabash Shrimp, Fried or Grilled Chicken Breast** fer: 7.49

Garden Patch Salad
Crispy lettuce tossed with t'maters, carrots, onions and croutons, sized to suit yore appetite:3.49

EATIN' HIGH ON TH' HAWG!

This here's homestyle cookin' like it otter be. We shore are proud ta serve ya our best! These fine dinners come with yore pick of two homestyle veggies, an' choice of warm breadstick, yaller cornbread, hushpuppies or a bisket just popped right out of th' oven

Our Famous Kuntry-Fried Steak Dinner
Nuthin's more "kuntry" than our kuntry-fried steak! Folks what knows good cookin' keeps comin' back fer this'n: two slabs of tender beefsteak rolled 'round in our special breadin' and fried up golden. Served with plenty of rich creamy gravy. Pure goodness at:8.49

Not that hongry? Dig into a one-piece dinner fer: 6.99

Pork Chop Dinner
Folks, it jest don' get any better'n this! Two center-cut 6-ounce chops from the finest hawgs this side of the Big Muddy. Served with our rich creamy gravy. Subscribe ta how ya want 'em cooked:
Fried • Grilled • Barbee-cued Eat hearty, now, fer just:9.49

OneChop Dinner: 7.49

Ground Chuck Steak
A half-pound of USDA chuck steak, carefully seasoned, smothered with grilled onions and creamy brown gravy, only:7.99

Grilled Beef Liver an' Onions
Enjoy a tender half-pound of this Southern specialty fer:7.49

Kuntry Cookin' Combo
Choose yore own two favorites fer: 8.99
- **Kuntry-Fried Steak • Fried Chicken Livers or Gizzards**
- **2-Piece Fried Chicken** *(If ya wanna be sure ta get a breast add $1.00, or $2.00 fer two of 'em)*
- **Fried or Grilled Pork Chop**

FROM THE OL' FISHIN' HOLE

When the fishermen come in we're buyin' the best, just fer you! What do ya git with these catches? Two homestyle veggies, hushpuppies and sea sauces make 'em just 'bout perfect!

Whitefish Dinner
Two generous whitefish fillets, tender and flaky, yore choice of grilled or fried fer a mere: 8.49

Gone Fishin' Platter
Ya ain't seen a platter piled up like this'n afore! Ya get ah samplin' of the best catches of the house…fried fish, sweet clams, tender shrimp an' ah crab cake. Shore is a treat at: 10.99

30 Piece Tail-On Shrimp
Thirty golden morsels of tender shrimp jest beggin' to be et! You don't disapp'int them and they sho' won't disapp'int you. Git 'em at the golden price of: 8.99

Seafood Combo
Make yore own combo with yore pick of any two fer only:9.99
- **Fried or Grilled Whitefish • Calabash-Style Shrimp**
- **Fried Catfish • Clams • Crabcake**

Crab Cake Dinner
Sweet crabmeat seasoned and pattied inta two cakes: 7.49

Catfish Platter
Kiss my grits if this ain't the purtiest platter of whole, bone-in catfish you ever laid a fork to!
3 Piece Dinner 10.99• 2 Piece Dinner 8.99

Calabash Shrimp
Dee-lishus, tender. bite-sized shrimp fried golden brown Calabash-style. Yores fer only:7.99

PoFolks Clam Fry
A heap o' hot and crispy clams, three-quarters of a pound in all priced at: 7.49 Half-pound: 6.49

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Nekked Chicken Breast (Boneless)
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Chicken Tender Dinner
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Black-Eyed Peas • Sliced T'maters • Turnip Greens • Baked Beans
Green Beans • Fried Okra • Cabbage • Coleslaw • Applesauce
Baked Apples • Po-Tater Salad • Cottage Cheese

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Po Plate
Choose four of yore favorite veggies and we'll serve 'em up with yore choice of breadstick, cornbread, hushpuppies or a fresh-baked bisket fer: 5.49

Red Beans 'n Rice
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Add melted cheese fer six more nickles

Whitefish Fee-Lay Samwich
Hit's a gon' make ya as wild as a junebug on a string! Mild flaky whitefish fee-lay topped with cheese, lettuce 'n tartar sauce, caught on a fresh bun. Have it yore way—grilled or fried fer:5.99

Half-Pound PoChuck Samwich
Ya git yo'self some downrite good eatin' when ya order this half-pound of USDA chuck steak, specially seasoned and stacked with lettuce, t'maters and mayo on a big big bun fer: 6.99
To git it with cheese, add three thin dimes

Cheeseburger
With lettuce, t'maters and mayo fer: 5.99

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Honey, this here fried chicken is finer than frog's hair on Friday. Hit's tender and moist and juicy as all git out. Set yoreself down to two pieces of our outstandin' chicken fer the equally outstandin' price of 5.99

Golden Fried Shrimp
Yore shrimp boat has come in! Git 15 of these purty little morsels, served with cocktail sauce fer: 6.99

Pork Chop Yore Way
Make yore belly happier'n a moth in a mitten! Have a meaty chop cooked yore way: fried, grilled or barbee-cued fer: 6.99

Kuntry-Fried Steak
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Po Plate
We'll stack four of yore favorite veggies onna plate and add yore choice of breadstick, cornbread, hushpuppies or a fresh-baked bisket fer: 5.49

Whitefish
Pescribe as to how ya want it fixed: fried or grilled. A super catch: 6.99

Chicken Tenders
You'll want to stick to this 'un like white on rice! Have three breaded chicken breast tenders fer: 6.99

Chicken Livers or Gizzards
These'll git yore own gizzard a thumpin', sho' nuft Have a heapin' helpin' of the dee-lishus morsels of yore choice fer:5.49

Chicken 'n Dumplins
So purty they could make a hound dog smile, and only: 5.49

HAPPY ENDINGS

So dee-lishus, you'll be smilin' like a billy goat in a briar patch.

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Chock-full of fruit with a top and bottom crust so flaky it makes Grandma proud and Mom jealous. Served with 'niller ice cream

Mississippi Mud Pie 3.49
More excitin' than snuff and not nearly so dusty! Rich fudge chocolate pie over a flaky crust topped with 'niller ice cream

Strawberry Shortcake 3.49
Purty as a speckled pup an' just as sweet! Our ol' fashioned shortcake is burstin' with berries and just as full of old-timey goodness

Hot Fudge Ice Cream Cake 3.79
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Vice chief of staff visits TRADOC to find out 'what's next'

By Anthony O'Bryant
U.S. Army Training and Doctrine Command

FORT EUSTIS, Va. — Gen. Lloyd J. Austin III traveled to the U.S. Army Training and Doctrine Command headquarters March 22 to get an overview of TRADOC and updates on the command's efforts to shape the Army of 2020.

Gen. Robert W. Cone, TRADOC commanding general, welcomed Austin, who was making his first visit to TRADOC headquarters since he became the Army's 33rd vice chief of staff in January. Austin noted his interests in learning how TRADOC is working to develop the future vision of the Army for Gen. Raymond Odierno, Army chief of staff, and TRADOC's new home at Fort Eustis.

"I know that moving a headquarters this size is never easy, but I am very impressed by what I have seen so far — you have made this look easy," Austin said.

Lt. Gen. John Sterling, TRADOC deputy commanding general, began the briefings with discussing what TRADOC does; its organizational structure and how the command supports the Secretary of the Army with the execution of its Title 10 mission.

Sterling explained that TRADOC writes the concepts for how the Army will operate and develops the doctrine, training, leaders and capabilities needed to execute the concepts.

According to Sterling's briefing, TRADOC trains more than 600,000 personnel through 1,400 courses at 33 different schools.

Cone emphasized that TRADOC also provides training to non-traditional students, such as more than 9,500 foreign army Soldiers or military personnel from other U.S. services.

"Seventy percent of the Marines Corps functional training happens at TRADOC institutions, and I think with the road ahead, it is important that we account for this contribution," Cone said.

Sterling closed his portion of the brief, highlighting a misconception that TRADOC has grown during the last 10 years of war.

"We (TRADOC) have typically been (during last 20-30 years) about 7 or 8 percent of the Army, and we are down to about 5 percent, and we believe the Army is getting a pretty good bang for its buck with TRADOC," Sterling said.

Lt. Gen. David Perkins, the Combined Arms Center's commanding general, focused primarily on leader and doctrine development.

Perkins said the Army has traditionally been a training, technique and procedure-based Army and by nature that means you are fighting the last fight. He said he believes that transitioning the Army to a doctrine-based force will position the Army to fight "what's next."

To that end, TRADOC is currently undergoing a "doctrine surge" in an effort called "Doctrine 2015." Doctrine 2015 provides the Army with a common professional language within a new, simplified and holistic doctrinal framework.

The goal is to create a top-to-bottom hierarchy, or echelon, of publications and manuals that provide top-level, easy-to-read doctrinal principals, with supporting references that increase in length and depth of information. Doctrine 2015 will make these references available at the point of need through interactive media such as mobile applications.

According to Perkins, the top level of publications, known as Army Doctrine Publications, each about 10-15 pages, should be available by August.

Cone said he believes TRADOC has the responsibility to capture the imagination of the current generation of warfighters, and one way to do this is through an effort started by what he calls the "brilliant" idea of the Army Profession started by his predecessor and current Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey.

PHOTO BY SGT. STEVEN SCHNEIDER

Gen. Lloyd J. Austin III, Army vice chief of staff, arrives at Fort Eustis, Va., March 22 for a visit hosted by Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command.

"Essentially what we have done is a half of a million surveys and hundreds of sensing sessions to ask this young generation if they want to be a profession," Cone said, "and the beauty of this is that they have self-critiqued. They have said, 'yes, we want to be a profession,' and they have defined what a profession means."

He said Soldiers were very quick to point out that the Army Profession must have standards and that the standards must be enforced.

The first report on the Army Profession was released Monday *(see Page A6)*. Cone said the report reflects the Soldiers' desires to return to basic discipline, with emphasis on mentorship and leadership programs.

Lt. Gen. Keith Walker, TRADOC's deputy commanding general for Futures and director of the Army Capabilities Integration Center, finished the briefings with providing a profile of his organization and the Unified Quest program.

Unified Quest is an Army effort to examine a variety of plausible mid- to long-range strategic settings and to explore a broad set of ideas about future conflict. Military and other government agencies, multinational partners, academia and subject matter experts participate in a series of intellectual seminars, symposiums and wargames.

The next Unified Quest event, the Human Dimension, is scheduled for April 17-20, at Fort Bragg, N.C., and will look to answer questions on where the Army invests its human capital efforts in accessions, assignments, training and education, and resilience.

Austin said he believes that "if we are going to get this 2020 thing right," then the vision and things TRADOC is doing with getting the doctrine right, developing the capabilities and resources must all be linked together.

"I see the right things happening (at TRADOC), and we have the right people in the right places with experience to be able to create the right kind of forces that we are looking for," Austin said.

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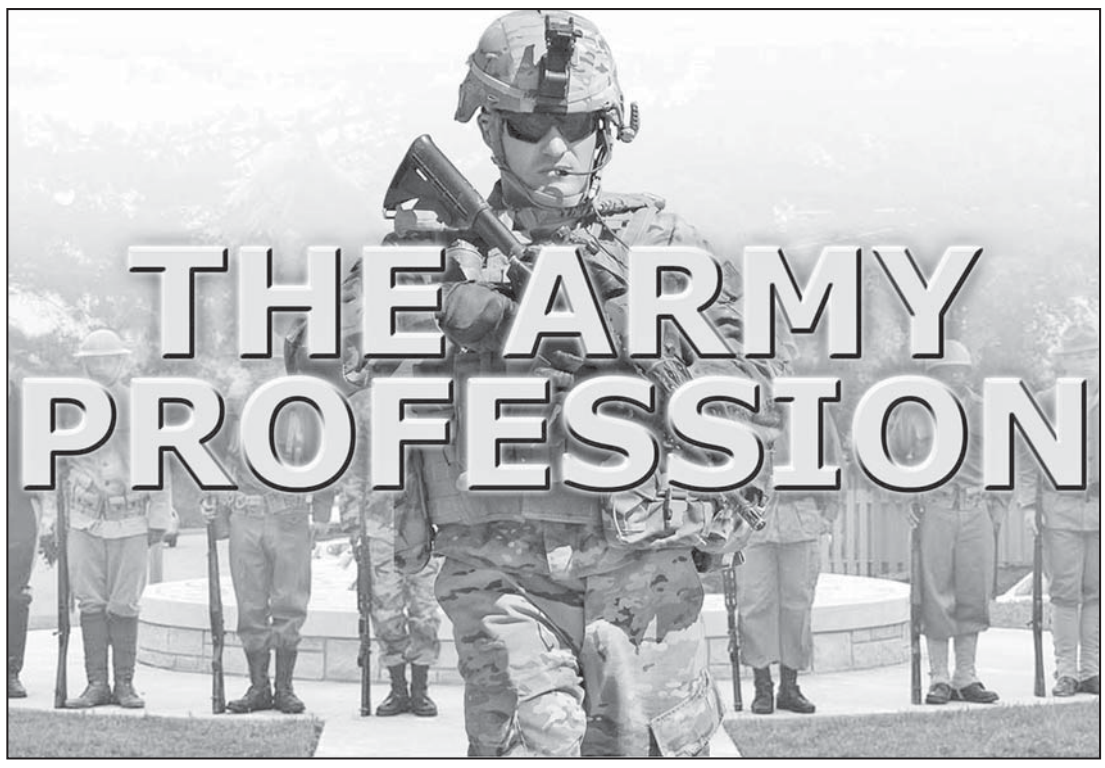
Army Profession completes year of study

By Center of the Army Profession and Ethic
Public Affairs



U.S. ARMY GRAPHIC

The Center for the Army Profession and Ethic at West Point, N.Y., released the Army Profession campaign's first report Monday, which provides findings and recommendations following a year of assessing and reviewing the Army profession.

FORT LEAVENWORTH, Kan. — The Center for the Army Profession and Ethic, known as CAPE, at West Point, N.Y., released the Army Profession campaign's first report Monday, which provides findings and recommendations following a year of assessing and reviewing the Army profession.

The review, led by U.S. Army Training and Doctrine Command, began in 2010 as a self-initiated look at the force under the direction of the secretary of the Army and Army chief of staff. Throughout the year-long study, more than 40,000 Army professionals across all cohorts and components provided feedback on the state of the profession and the way ahead through numerous venues.

A key finding in the report was the desire for certification of all Army professionals. According to the report, the criteria must measure competence in expert work, moral character and every member's resolute commitment to the Army Profession and its duty to the nation.

"Competence, character and commitment are the basis for what we consider to be the professional traits that all members of the Army profession should possess," said Lt. Gen. David Perkins, commander of the Combined Arms Center at Fort Leavenworth, Kan. "When we live out these professional values, we can best fulfill our duties to support and defend the Constitution."

Using the data gained throughout the year, the campaign developed seven sets of focus areas and associated "Army Profession Strengthening Initiatives"— each targeted to move the profession toward its desired end state.

The seven focus areas are:

- Institutionalizing Army Profession Concepts;
- Building and Sustaining Trust Relations;
- Improving Standards and Discipline;
- Certifying Army Professionals;
- Investing in Leader Development for the Army of 2020;
- Strengthening The Army's Culture; and
- Integrating/Synchronizing Human Development.

"The study was quite comprehensive in its scope and findings," Col. Sean Hannah, CAPE director, said. "We didn't hold back on any topic and everyone who participated had the opportunity to have their voices heard. We think this study will benefit all of us and further professionalize the total force."

The report provides a series of proposed initiatives informed by the findings designed to aid in the development of the Army profession. Some of these recommendations are already being put into motion, while others are pending approval for action at various levels within the Army.

With the publication of this first report, the Army is now transitioning from a campaign of learning to a campaign of execution and is moving forward with training and leader development tools. These resources will help individuals and units to further understand, embrace and live as Army professionals.

One of the tools available through CAPE is the Master Army Profession and Ethic Trainer, or MAPET, Course. Units can now send individuals to West Point for this five-day course, and students who successfully complete the course will receive a professional development skill identifier of "A1E." This course certifies them to return to their units or organizations to launch their own sustained professional development programs.

CAPE has also prepared numerous virtual simulators, online training resources, case studies and mobile device applications designed to assist units and organizations with further developing the professional ethic within their workforce.

"These resources are designed to provide a unit or individual with a contemporary, interactive and relevant tool they can pull off the shelf and immediately provide top-level training that supports the Army's professional ideals," Hannah said.

Those interested in learning more about the report, which will be provided annually, can download it from the official Army Profession Campaign website at http://cape.army.mil, or on AKO (login required).

Units interested in the MAPET training or any of the other training and development materials can call the CAPE director of training at (845) 938-0469, or visit CAPE's website.

Questions about CAPE's products and functions can be directed to the CAPE program manager at (845) 938-0723.

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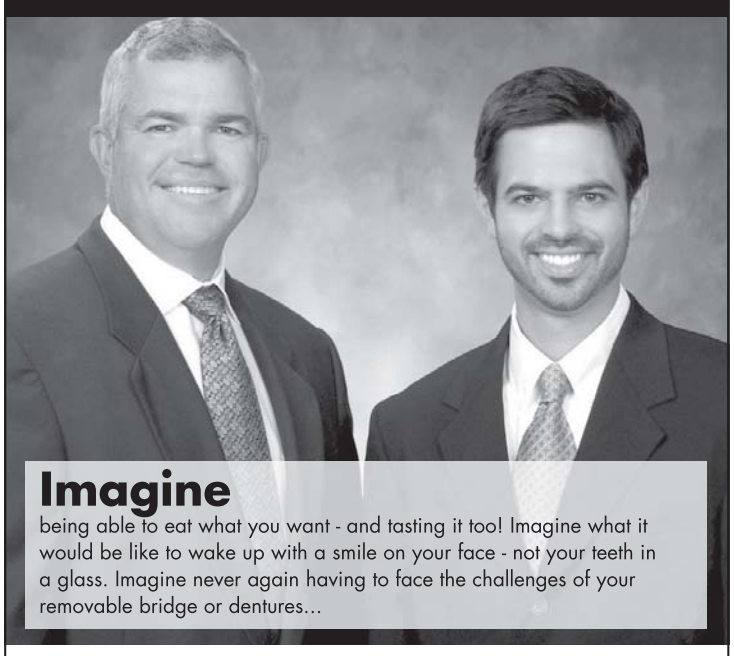

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SPACE IS LIMITED

Local courses help keep bikers safe

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY NATHAN PFAU

Soldiers practice safely maneuvering between cones during the military sport bike rider course Friday.

Spring is in full swing on Fort Rucker and motorcyclists are in full bloom.

With Motorcycle Safety Awareness Month just around the corner, Fort Rucker safety officials want to make sure that Soldiers take the proper precautions and safety measures before breaking out their bikes for the spring.

"One life lost is one too many and [riding a motorcycle] is inherently risky," said Andrew Smith, lead instructor for the Traffic Safety Training Program. "When a Soldier chooses to ride a motorcycle, that's a risk that is acceptable as long as they've got the skills to perform in the challenges of today's environment."

"The first thing that Soldiers should do is take that basic rider course," said Becky Ghostley, safety specialist for the installation safety office.

The motorcycle safety course is only available to Soldiers and is required for all Soldiers before they are allowed to operate a motorcycle or consider purchasing one, she said.

Sharon Manning, director of the ISO, said that Soldiers will be taught how to properly handle a motorcycle, proper positions for turning and how to interact with traffic, while learning how to properly inspect a motorcycle to be safe for operation.

"They put you through a lot of different maneuvers," she said. "They'll have [the Soldiers] do 90-degree turns, go around curves, teach them stopping suddenly and coordination when using the back and front brake."

Along with taking the basic rider course, Soldiers must also make sure to have the proper motorcycle endorsements on their driver's license, and are required to wear the proper personal protective equipment, said Ghostley.

She said Soldiers must wear a Department of Transportation-approved helmet that is three-quarters or full-faced; wear long-sleeved shirts and long pants; and wear over-the-ankle shoes or boots that are sturdy like leather – Army issue boots are acceptable. If the helmet that is being worn does not have a face shield, safety goggles or American National Standards Institute-approved wraparound safety sunglasses must be worn, Ghostley added.

Soldiers are also required to have progressive motorcycle training after they have taken the basic rider course, according to safety specialist.

People that are not affiliated with the Army that are operating motorcycles on the installation must also be wearing the same protective gear as those required for the Soldiers, she added.

Ghostley also explained the required continual training required to operate motorcycles on the installation, saying that within the first year after completing the basic rider course, Soldiers must take either the BRC2 or the military sport bike course.

The BRC2 is for those that ride a touring or cruising bike and the MSRC is second-stage bike training for Soldiers to learn to handle their sport bikes by practicing corning drills, stopping drills, and precise technique and accuracy to enhance safety and diminish the risk of riding a sport bike, said Smith.

"[Motorcycle training] is a continuous process and the Army has decided that this is life-long training," he said. "These are perishable skills. We want [Soldiers] to come back periodically and brush up on their skills."

Jake Simoneaux, Fort Rucker Air Traffic Controller, has been riding motorcycles since 2006 and attended the MSRC to give himself a refresher on sport bike riding safety.

"It's stuff that you forget or take for granted," he said. "Most cars aren't even looking for motorcycles on the road and that's why I drive pretty cautiously. I just like to ride [motorcycles] … for the joy of it and I've got a Family to go home to. [The course] made me aware and watch out to for others."

Smith said that motorcyclists need to drive more defensively in order to protect themselves from the other motorists on the road that may be distracted or don't notice motorcycles on the road, and that's what the courses are there to teach them.

"We have to think defense out there on two wheels," he said. "The fact of the matter is that nobody is going to be better positioned or situated to protect you than you, the rider."

The installation also offers a refresher course for redeploying Soldiers that are returning to Fort Rucker that haven't ridden in a while, said Ghostley, adding that the refresher course is also required for all Soldiers every three years as sustainment training.

Smith said it is important for people to take the opportunity to learn everything they can about motorcycle safety, whether it be from reading magazines, going to the Motorcycle Safety Foundation website or taking courses such as the MSRC, and not just for the motorcyclists, but for other drivers as well.

"What we ask is that for the folks that are on four wheels that haven't seen us [on the road in the past few] months – please look out for us," he said. "We're out here and we just want to share the road, too."

To register for a basic rider course, visit https://apps.imcom.army.mil/AIRS.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bar-B-Que Ribs	Baked Pork Chops	Roast Beef	Baked Chicken	Cubed Steak w/ gravy
Beef Tips	Meat Loaf	Hamburger Steak	Chili-Mac	Fried Chicken
Fried Chicken	Fried Chicken	Fried Chicken	Smoked Chicken	Bar-B-Que Pork
Bar-B-Que Pork	Bar-B0Que Pork	Bar-B-Que Pork	Bar-B-Que Pork	Grilled Chicken Fingers
Grilled Chicken Fingers	Grilled Chicken Fingers	Grilled Chicken Fingers	Fried Chicken	Fried Chicken Fingers
Fried Chicken Fingers	Fried Chicken Fingers	Fried Chicken Fingers	Grilled Chicken Fingers	Dressing
Rice	Rice	Rice Mashed Potatoes	Fried Chicken Fingers	Mashed Potatoes
Mashed Potatoes	Mashed Potatoes	Butterbeans	Dressing	Rice
Butterbeans	Butterbeans	Turnip Greens	Mashed Potatoes	Butterbeans
Turnip Greens	Turnip Greens	Green Beans	Rice	Turnip Greens
Green Beans	Green Beans	New Potatoes	Butterbeans	Green Beans
New Potatoes	New Potatoes	Macaroni & Cheese	Turnip Greens	New Potatoes
Macaroni & Cheese	Macaroni & Cheese	Yams & Apples	Green Beans	Macaroni & Cheese
Yams & Apples	Yams & Apples	Rutabagas	New Potatoes	Yams & Apples
Rutabagas	Rutabagas	Cream Corn	Broccoli & Cheese	Cream Corn
Black-Eyed Peas	Black-Eyed Peas	Loaded Potato Casserole	Yams & Apples	
Peach Cobbler	Corn		Cream Corn	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Tips	Country Fried steak w/ gravy	Baked Chicken	Baked Pork Chops	Baked Fish
Fried Chicken	Fried Chicken	Fried Chicken	Bar-B-Que Pork	Fried Whole Catfish
Bar-B-Que Pork	Bar-B-Que Pork	Bar-B-Que Pork	Fried Chicken	Fried Catfish Filets
Friend Chicken Fingers	Fried Chicken Fingers	Fried Chicken Fingers	Fried Chicken Fingers	Fried & Grilled Shrimp
Rice	Rice	Dressing	Mashed Potatoes	Fried Chicken
Mashed Potatoes	Mashed Potatoes	Rice	Rice	Bar-B-Que Pork
Butterbeans	Butterbeans	Mashed Potatoes	Butterbeans	Fried Chicken Fingers
Turnip Greens	Turnip Greens	Butterbeans	Turnip Greens	Rice
Green Beans	Green Beans	Turnip Greens	New Potatoes	Mashed Potatoes
New Potatoes	New Potatoes	Green Beans	Macaroni & Cheese	Butterbeans
Macaroni & Cheese	Macaroni & Cheese	New Potaotes	Yams & Apples	Turnip Greens
Yams & Apples	Yams & Apples	Macaroni & Chees	Cream Corn	Green Beans
Cream Corn	Rutabagas	Yams & Apples	Loaded Potato Casserole	Yams & Apples
Rutabagas	Cream Corn	Cream Corn	Pecan Cobbler	Brunswick Stew
Broccoli Rice Casserole	Loaded Potato Casserole	Broccoli Rice Casserole		Gumbo
	Pecan Cobbler	Peach Cobbler		Slaw
				Potato Salad
				Tater Babies
				Cheese Grits

SHORT ORDERS

Cutts Famous Chili Dog	$1.99
Chili Slaw Dog	$2.49
Chli Cheez Dog	$2.49
Chili Cheez Slaw Dog	$2.89
Hot Dog	$1.79
Cheez Fries	$2.49
Chili Cheez Fries	$2.99
Sweet Potato Fries	$2.88
Fried Dill Pickles	$2.99
Hamburger (cooked to order)	$3.29
Cheezburger (cooked to order)	$3.79
Chili Burger (cooked to order)	$3.69
Chili Cheezburger (cooked to order)	$3.99
Double Hamburger	$4.29
Double Cheezburger	$4.99
Bacon Cheezburger	$4.99
Philly Cheez Steak Sandwich	$4.99
Chicken Philly Sandwich (grilled)	$4.99
Chicken Salad Sandwich	$3.29
Steak Sandwich	$2.99
Chicken Filet Sandwich	$2.99
BBQ Sandwich	$3.79
Loaded BBQ Baked Potato	$5.99
Baked Potato	$3.74
BBQ (pit smoked pork) or Chicken Finger Plate 2 sides & bread	$6.29

SIDE ORDERS:

Rice, Baked Beans, Slaw, Okra, Potato Salad	$1.79
Onion Rings	$2.79
Side Salad	$1.99
Daily Desserts (Chocolate, Pecan Coconut or Lemon Pie)	$2.25
WHOLE PIES: Coconut, Pecan, Lemon, Sweet Potato, Pumpkin (each)	$8.99

BREAKFAST

SANDWICHES & BISCUITS

Egg Sandwich	$1.89
Egg & Bacon or Sausage Sandwich	$2.29
Egg, Bacon & Cheese Sandwich	$2.79
Biscuit w/ Sausage or Bacon	$1.79
Biscuit w/ Meat & Egg	$1.89
Biscuit w/ Meat, Egg & Cheese	$2.29
Biscuit & Gravy	$2.59
Bacon, Lettuce & Tomato Sandwich	$2.59

OMELETTES:

Cheese Omelette	$2.99
Vegetable Omelette	$3.49
Omelette All the Way	$3.99

PLATES:

1 Egg, Choice of Meat, Grits Toast & Jelly	$3.89
2 Eggs, Choice of Meat, Grits Toast & Jelly	$4.29
1 Pancake & Meat	$3.29
2 Pancakes & Meat	$3.99
Toast w/ Jelly	50¢
Bowl of Grits	$1.00
Biscuit	90¢

DRINKS

Tea (Sweet or Unsweet) or Fountain Drinks	$1.59
Milk (no free refills)	$2.29
Water or Ice	25¢
Coffee	$1.50
Juice (no free refills)	$1.50

CATFISH & SHRIMP

Friday Night Only
All Plates come with a side of bread

WHOLE CATFISH PLATES:

1 Whole, 2 Sides	$6.99
2 Whole, 2 Sides	$7.99
3 Whole, 2 Sides	$9.49
4 Whole, 2 Sides	$10.49
1 Whole, 1 Side	$5.99
2 Whole, 1 Side	$6.99
3 Whole, 1 Side	$7.99
4 Whole, 1 Side	$8.99

CATFISH FILET PLATES:

1 Whole, 2 Sides	$7.99
2 Whole, 2 Sides	$8.99
3 Whole, 2 Sides	$10.99
4 Whole, 2 Sides	$11.99
1 Whole, 1 Side	$6.49
2 Whole, 1 Side	$7.99
3 Whole, 1 Side	$9.29
4 Whole, 1 Side	$10.49

Shrimp & Combo Plates

5 Shrimp, 2 Sides	$8.95
10 Shrimp, 2 Sides	$11.99
1 Catfish, 5 Shrimp & 2 Sides	$11.99

Extra Catfish & Shrimp

Whole w/ Plate Purchase	$1.75
Filet w/ Plate Purchase	$2.00
Whole (fish only)	$2.75
Filet (fish only)	$2.99
Extra Shrimp (each)	99¢

PARTY ORDERS (TAKE OUT)

CUTTS Fresh Pit Smoked Bar-B-Que Pork (per pound)	$8.99
CUTTS Homemade Bar-B-Que Sauce (per pint)	$4.29
BRUNSWICK STEW:	
Pint (Serves 3-4 approx)	$6.99
½ Gallon (Serves 10-12)	$28.99
Gallon (Serves 20-25)	$56.99
MISS ELLEN's FAMOUS DRESSING/GRAVY	
1 Pint (serves 3-4 approx)	$4.50
½ Gallon (serves 10-12 approx)	$17.99
1 Gallon (serves 20-25 approx)	$34.99
Giblet Gravy (per pint)	$2.99
BUFFET VEGETABLES:	
Pint	$3.29
½ Gallon	$12.99
Gallon	$24.99
YAMS & APPLES:	
Pint	$4.50
½ Gallon	$17.99
Gallon	$34.99
PINTS OF SIDE ORDERS:	
Baked Beans, Slaw, Rice, or Potato Salad	$3.29
CUTTS FAMOUS SWEET TEA	
Sweet or Unsweet Gallon	$3.59

SALADS:

Chef Salad	$4.99
Grilled Chicken Salad	$4.99
BBQ Salad	$4.99
Garden Salad	$1.99

CHILD'S PLATES:
(10 & Under - Dine-In Only)

1 Meat, 2 Vegetables & Bread	$4.29
1 Meat, 1 Vegetable & Bread	$3.79

DINE-IN (just eat it here)
CALL-IN (we'll have it waiting for you)
or CATERED (just tell us where you want it and we'll do it just the way you want it!)

Monday - Friday
8:00a.m. - 8:00p.m. (Breakfast cooked to order, Short Orders & Full Country Buffet)
Saturday
10:00a.m. - 2:00p.m. (Short Orders Only)

Series: More concerts scheduled for May, June

Continued from Page A1

Army's birthday.

Shuck recalled the streamer ceremony from last year's Army birthday concert. "We had re-enactors from all the wars come and put the campaign ribbons on the flagpole. It was really interesting because you got to see period costumes from all the way back to the Revolutionary War."

He expects this year's June concert to feature something similar. Shuck, who plays guitar, also expects different elements of the band to be featured in various concerts this summer.

The Silver Wings Band is more frequently seen in formal settings such as graduation ceremonies, but they do much more than that. The entire band is composed of about 40 members, but features many smaller groups such as a rock band and a New Orleans style-brass band, he said.

The concert on May 17 will feature one of these groups. The band's jazz ensemble will join with a traveling jazz ensemble from Methodist University in Fayetteville, N.C. The group is touring the southeast and contacted the Silver Wings band about playing for the troops while they were on tour.

"They're patriotic Americans and they wanted to play for the troops. We just happened to be able to work something out," Shuck said.

Shuck has been with the Army for almost nine years and he's still surprised some people don't know about the band, especially with how full the schedule stays. Just the group that plays for graduations can sometimes provide music for nine ceremonies a week.

"We're logistically moving everybody everywhere and making sure everybody gets everywhere they need to go," he said. "But, it's great. People get a chance to play music and we get a chance to serve – to do what we can to add to the better fight. It's our little niche market that we can give back to the community."

Pascua also commended the work of the Army musicians. Often, band members don't finish playing for special events until late in the evening, but they're back early the next morning for physical training.

He said everyone in the band is a musician, but they all "wear the Army green," so they have much the same administrative and supply work as other Soldiers.

He added that the concerts are a way to thank the community for their support of the military here. He encourages people to come to the concerts and hear the band because they're "more than people see on the parade field."

So far, the other scheduled concert dates are May 17 and June 15. There will be no official concert in July due to 4th of July activities, but the concerts will begin again in August.

For more information, visit the 98th Army "Silver Wings" Band *Facebook* page.

Opportunity Knocks

>>Employment Forum<<

The Department of the Army has the following vacancies. For announcements and application information, call 255-9015 or visit www.armycivilianservice.com

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SCEG12754737D
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GS-2005-06
SCEG12739159
Closing Date: April 2

IT Specialist (InfoSec)
GS-2210-12
SCEG12745648
Closing Date: April 5

Administrative Support Assistant
GS-0303-07
SCEG12703223
Closing Date: April 11

Instructional Systems Specialist
GS-1750-7/11
SCEG12767777
Closing Date: April 12

Sunrise: Crutchfield emphasizes need for 'common voice'

Continued from Page A1

"We know that there are three things that are important today that are going to remain important: that's train, sustain and modernize," he said. "This campaign plan uses the simplicity of [that] for the basis of everything that we write. All the objectives and all the tasks are rooted in those three things."

Modernizing the Army's Aviation fleet is of critical importance to maintaining a strong Aviation force, Crutchfield said. Topics of interest at the 2012 AAAA conference include modernization updates on the AH-64 Apache fleet, unmanned aircraft systems and the OH-58 Kiowa Warrior.

Crutchfield said sustaining today's fleet is important, but the Army must also look beyond modernizing and improving what it has already in today's arsenal.

"Our future really does depend on sustaining what we have today but [also] modernizing our future vertical-lift capabilities for tomorrow," he said. "At some point the helicopters that we have today will be obsolete. No matter how much money we put into them, they will be obsolete."

The Army, he said, must make sure that future Aviators and future commanders have the technology and capability they need to fight future wars.

To meet its goals, Crutchfield said the Army Aviation community must speak with a common voice, and clearly define what it needs.

"The quickest way to get nothing is to ask for everything," he said.

The Army Aviation community must clearly define its needs before moving forward to pursue acquisition, for instance. The Army will need to spend money, he said, but must do so at the best cost. Army must define what it needs, "snap the chalk line" and then go get it, without changing requirements, and without speaking with multiple voices. "That's how we're going to have a Branch that will sustain the sharp edge that we have today.

"The bottom line is the Soldier," he said. "If we don't have a way to ensure we get what a Soldier needs to have for that Soldier to deploy, fight, win and return to their Families, then we have failed as leaders."

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FRIED GREEN TOMATOES.....$4.99
BREADED PICKLE SLICES.....$4.49
BASKET OF ONION RINGS.....$4.49

Most of our appetizers are large enough for two

SALAD THINGS

CHICKEN FINGER SALAD.....$7.49
Grilled or Breaded chicken fingers and shredded cheese on a large garden salad.

FRESH NOBO WING SALAD.....$7.99
Fresh NOBO wings, shredded Cheddar Jack cheese on a large garden salad served with ranch or bleu cheese dressing.

BLT CHICKEN SALAD.....$7.99
Grilled chicken fingers, bacon crumbles and shredded cheese on a large garden salad, served with ranch dressing.

BLACK & BLEU SALAD.....$7.99
Blackened chicken fingers, bacon crumbles and bleu cheese crumbles on a large garden salad, served with ranch dressing or bleu cheese.

BURGER THINGS

THE ORIGINAL MONSTER BURGER.....$5.49
This gourmet burger has lettuce, tomato, red onion, mayonnaise and mustard.
Add Bacon.....$.50 Add Cheese.....$.50

THE *BYO* BURGER.....$5.49
This gourmet burger is built your way.
Add Bacon.....$.50 Add Cheese.....$.50

THING BURGER.....$3.49
Our best burger ever, the new Famous New York City Style burger served with lettuce, tomato, special sauce, and mustard on a Pennsylvania Dutch potato bun.
Add Bacon.....$.50 Add Cheese.....$.50

ALABAMA MONSTER BURGER.....$12.99
The Big Bama, the largest hamburger in Alabama!! It comes loaded with bacon, lettuce, tomato, red onion, American cheese, mayonnaise and mustard. Wow!! it is three monster burgers, Huge!

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Monster $6.49 Regular $4.99

ALL AMERICAN BURGER
This gourmet burger has bacon, lettuce, tomato, red onion, American cheese, A-1 steak sauce and mayonnaise.

SWISS & MUSHROOM BURGER
This gourmet burger has bacon, mushrooms, Swiss cheese and brown gravy.

SMOKEY MOUNTAIN BURGER
This gourmet burger has bacon, lettuce, tomato, red onion, smoked cheddar cheese and Fowlhorn sauce.

BLACK & BLEU BURGER
This gourmet burger has bacon, blackened seasoning, lettuce, tomato, bleu cheese crumbles, mayonnaise and brown mustard.

DINNER & SNACK THINGS

ALL DINNERS served with two sides

MONSTER COMBO DINNER.....$13.99
BUFFALO COMBO DINNER.....$11.99
A combination of our famous chicken fingers, buffalo wings, and / or Fresh NOBO wings.

MONSTER WING DINNER (15).....$12.99
BUFFALO WING DINNER (10).....$10.99
Our World Famous buffalo wings tossed in the buffalo wing sauce of your choice.

MONSTER KICKEN CHICKEN DINNER (7).....$12.99
KICKEN CHICKEN DINNER (5).....$10.99
Our famous breaded chicken fingers tossed in the buffalo wing sauce of your choice.

MONSTER FRESH NOBO WING DINNER (20)...$12.99
FRESH NOBO WING DINNER (14).....$10.99
Our original recipe of Fresh NOBO wings served with your choice of wing sauce.

MONSTER CHICKEN FINGER DINNER (7).....$11.99
CHICKEN FINGER DINNER (5).....$9.99
Our famous chicken fingers available breaded or grilled.

HAMBURGER STEAK DINNER.....$10.99
Marinated ground steak served with grilled onions and gravy.

MONSTER HAMBURGER STEAK DINNER.....$12.99
A Monster version of our hamburger steak dinner.

BUFFALO WING SNACK (6).....$6.49
Buffalo wings served with fries and your choice of sauce.

CHICKEN FINGER MEAL DEAL (4).....$7.49
Our famous breaded chicken fingers served with fries, slaw and Fowlhorn sauce.

FRESH NOBO WING SNACK (8).....$6.49
Our famous Fresh NOBO wings served with fries and your choice of sauce.

REGULAR SIDES

French Fries	Corn Nuggets	Potato Wedges
Cajun Fries	Mashed Potatoes	Cajun Wedges
Tater Tots	Slaw	Breaded Okra
Cajun Tots	Cajun Slaw	Green Beans

Extra Sides.....$1.99

PREMIUM DINNER SIDES

Garden Salad	Onion Rings
Blueberry/Spinach Salad	Breaded Mushrooms
Caesar Salad	Grilled Mushrooms
Cheese Sticks	Cheese Fries
Fried Green Tomatoes	Cheese Tots
Sweet Po Things	

Premium Sides $.50 Extra
Side Salads $.99 Extra

All You Can Eat & Kids Eat Free Specials:
Everyday, except Friday (11AM - 8PM) All you can eat NOBO Wings, fries, and slaw. $11.99
Monday Nights (4PM - 8PM) All you can eat Wings, fries and slaw. $11.99
Tuesday Nights (4PM - 8PM) Kids eat free FREE - ONE "Kid's Thing" Per adult Meal
Saturday All Day (11AM - 8PM) All you can eat Chicken Fingers, fries and slaw $10.99
(No sharing or carry out on these night's specials)

PHILLY THINGS

THE ORIGINAL PHILLY CHEESE STEAK.....$5.99
Thin sliced marinated sirloin steak, grilled onions and peppers, provolone cheese and mayonnaise on a hoagie roll.

PHILLY CHEESE CHICKEN.....$5.99
Sliced grilled chicken breast, grilled onions and peppers, provolone cheese and mayonnaise on a hoagie roll.

SWISS & MUSHROOM PHILLY STEAK.....$5.99
Thin sliced marinated sirloin steak, grilled onions, mushrooms, Swiss cheese and brown gravy on a hoagie roll.

PHILLY STEAK WRAP.....$5.99
Thin sliced marinated sirloin steak, grilled onions and peppers, provolone cheese and mayonnaise in a wrap.

SOUTHWESTERN STEAK WRAP.....$5.99
Thin sliced marinated sirloin steak, lettuce, tomato, pepper jack cheese, chili lime sauce and mayonnaise in a wrap.

SANDWICH & WRAP THINGS

ORIGINAL REUBEN.....$6.99
New York style deli corned beef, with fresh kraut, Swiss cheese and Russian dressing on soft Jewish rye bread. Also available with Pastrami beef and/or sourdough bread.

KICKEN CHICKEN SANDWICH.....$4.99
Our famous chicken fingers smothered with Buffalo wing sauce, topped with lettuce, tomato and ranch dressing on sourdough bread.

FRIED GREEN TOMATO CLUB.....$4.99
A Pensacola classic of turkey, ham, bacon, fried green tomatoes, lettuce and Fowlhorn sauce on sourdough bread.

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CHICKEN RANCH WRAP.....$4.99
A light delight of grilled chicken fingers, lettuce, tomato, Swiss cheese and ranch dressing in a whole wheat wrap. Add bacon.....$ .50

SOUTHWESTERN CHICKEN WRAP.....$4.99
Grilled chicken, lettuce, tomato, pepper jack cheese, chili lime sauce and mayonnaise in a Southwestern wrap.

ORIGINAL CHICKEN SANDWICH.....$4.99
Breaded chicken fingers, dill strips and Fowlhorn sauce on a kaiser bun.

GRILLED CHICKEN SANDWICH.....$4.99
Grilled chicken fingers with lettuce, tomato and mayonnaise on a kaiser bun.

GRILLED CLUB.....$4.99
Grilled turkey, ham, bacon, lettuce, tomato, provolone cheese, Swiss cheese and mayonnaise on sourdough bread. Rev. 09/11

29 Buffalo Wing Sauces:
Wimp (Mild), Original (Medium), Hot, X-Hot, Nashville Napalm, Terminator, Sweet Heat, Sweet & Sassy, Honey BBQ, Hot Honey BBQ, Spicy BBQ, Sweet Baby Ray's BBQ, Teriyaki BBQ, Carolina BBQ, Jamaican Jerk, Teriyaki, Spicy Teriyaki, Sweet & Sour, Shanghai, Lemon Pepper, Chipolte, Garlic, Spicy Garlic, Honey Garlic Mustard, Honey Mustard, Hot Honey Mustard, Parmesan Garlic, Sweet and Tangy, or PLAIN (Not Recommended!)

Grilled Chicken Finger Seasonings:
Dry: Southern, Cajun, Greek, Lemon Pepper, Southwestern Mesquite, Wet: Jamaican Jerk, Honey BBQ, Carolina BBQ, Spicy Honey BBQ, Sweet Baby Ray's BBQ or Honey Garlic Mustard.
All Breaded Chicken Fingers Come with Fowlhorn Sauce.
Other Substitute Sauces Available: Honey Mustard, Honey BBQ, Carolina BBQ, Sweet & Tangy, Sweet & Sour or Sweet Baby Ray's BBQ.

SWEET THINGS

CHOCOLATE BROWNIE.....$2.29
PECAN COBBLER.....$1.99

BASKETS OF THINGS & WINGS

6 BUFFALO WINGS.....$4.99
10 BUFFALO WINGS.....$7.49
25 BUFFALO WINGS.....$16.99
50 BUFFALO WINGS.....$31.99
100 BUFFALO WINGS.....$59.99

15 FRESH NOBO WINGS.....$6.00
25 FRESH NOBO WINGS.....$9.99
50 FRESH NOBO WINGS.....$18.00
100 FRESH NOBO WINGS.....$35.99

3 CHICKEN FINGERS.....$3.99
5 CHICKEN FINGERS.....$5.99
10 CHICKEN FINGERS.....$8.99
15 CHICKEN FINGERS.....$12.99
25 CHICKEN FINGERS.....$20.99

BASKET OF CHEESE FRIES OR TOTS.....$5.49
BASKET OF FRENCH FRIES.....$4.99
BASKET OF CORN NUGGETS.....$4.99
BASKET OF ONION RINGS.....$4.49

GALLON OF SWEET TEA TO-GO.....$3.99

MEAL SAVERS

Couple Meals
Served With Four Sides (Serves 2 Adults)

Meal #1	Meal #2	Meal #3	Meal #4
20 Buffalo Wings $17.99	10 Chicken Fingers $16.99	30 NOBO Wings $17.99	10 Buffalo Wings & 5 Chicken Fingers, or 15 NOBO Wings $18.99

Family Meals
Served With Two Baskets or Pint Sides (Serves 3 to 4 Adults)

Meal #5	Meal #6	Meal #7	Meal #8
30 Buffalo Wings $26.99	15 Chicken Fingers $24.99	45 NOBO Wings $26.99	15 Buffalo Wings & 10 Chicken Fingers, or 25 NOBO Wings $27.99

Mega Meals
Served With Three Baskets or Pint Sides (Serves 5 to 6 Adults)

Meal #9	Meal #10	Meal #11	Meal #12
50 Buffalo Wings $39.99	25 Chicken Fingers $36.99	70 NOBO Wings $39.99	25 Buffalo Wings & 15 Chicken Fingers or 40 NOBO Wings 339.99

KIDS THINGS

CHICKEN FINGERS (2) & TOTS.....$3.99
CHICKEN NUGGETS (6) & TOTS.....$3.99
WINGS (3) & TOTS.....$3.99
TODDLER BURGER & TOTS.....$3.49
BIG KID BURGERS & TOTS.....$4.49
GRILLED CHEESE & TOTS.....$3.49

** Kids meals: Under 12 or senior citizens only. **

Ceremony: Nominations solicited from all organizations on post

PHOTO BY ANGELA WILLIAMS

Guest speaker Lori Snell, Enterprise High School's secondary teacher of the year, speaks at the 2012 Women of the Year awards ceremony.

Continued from Page A1

Patterson was surprised to find her name on the list. "I feel honored my department took the time to recognize what I have done," she said.

Another woman recognized during the event was the guest speaker, Lori Snell, Enterprise High School's secondary teacher of the year.

"Because of her passion for education and what she does at her school, she stood out as fitting this year's theme of Women's Education, Women's Empowerment," said Harry-Marvel.

Snell opened her speech with a story about coaching a 4- and 5-year-old T-ball team. On this team, one of the players was autistic. Instead of hitting, throwing and catching like he did at home, the child played along the fence and was hesitant to participate.

Snell worked to build a relationship with him throughout the season. Finally, during one game, she told him to hit the ball as hard as he could and run straight to her. She said the player's dad stood with him at home plate and she took a few steps toward first base.

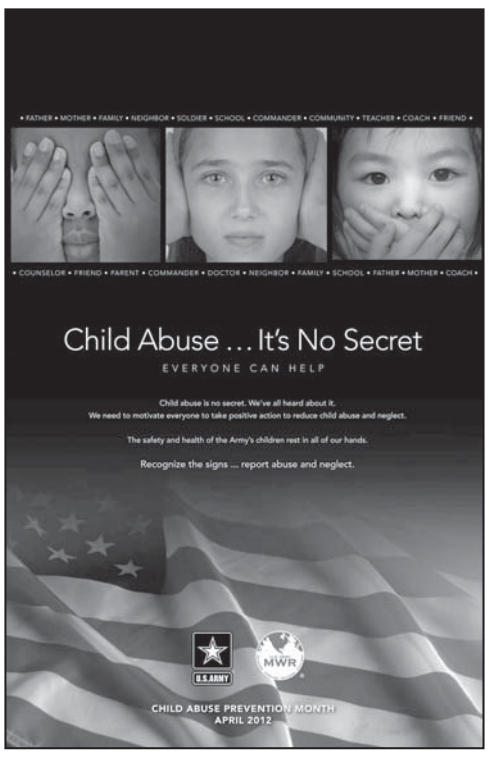
"He hit that ball as hard as he could and he looked straight at me," she said with tears in her eyes. "So I started running backward and he started running forward and he hit first base and kept going. We went all the way home … it was just the most rewarding experience."

Snell said situations like that are what made her become a teacher. "I love to see children feel successful when they really didn't know or think that they could be. That's what our topic is – empowerment. These children are achieving small success and building their confidence and that empowers them," she said.

Each year, the Equal Employment Opportunity Office solicits nominations from all the organizations on post, said Harry-Marvel. After all the nominations are received, they are divided into categories, such as professional, administrative and clerical, and the names are removed.

After that, six military judges and three civilians judges selected from the area around Fort Rucker grade each of the nominees on the knowledge of their job, their abilities and personal characteristics. Then, all the numbers are totaled and the person with the highest score wins. The highest possible score is 600. This year, some of the nominees were separated by as little as two points, Harry-Marvel said.

"We had some very, very critical judges this year," she said. "It was one of the toughest years we've had in quite a while. There were some very good nominations."



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206 Seminole: Plus extra lot! Sparkling clean 3 BR/2 BA is a stunner. Beautiful, brick fireplace, outdoor building complete with electricity. $144,900 Nicole Annicelli 334-464-0782 & Maggie Haas 334-389-0011

New listing

228 Squirrel: Large foreclosure type home with 5 bedrooms, 5.5 bathrooms, pool, many extras and located on approx. 2+ acres. $172,704 Jackie Thompson 334-406-1231

New Listing

508 Tartan: Tartan Pines: Beautiful 3 BR/3 BA with bonus room that could be 4th BR, open plan, grandroom with fireplace, formal dining room, spacious kitchen features granite counter tops & stainless appliances. Overlooking 4th fairway, nice landscaping & sprinkler system. Plus Tartan pool & clubhouse. $319,900 Sam Helms 334-798-3357

New listing

29 Hwy 167: Spacious home with approx. 1.76 acres is available! Home has open split plan, large grandroom, formal dining and dinette in kitchen with stainless appliances. Privacy fence and sprinkler system. Private back porch. $229,900 Sam Helms 334-798-3357

New listing

68 Hannah: Convenient to Ft Rucker and Dothan. Kids can attend Enterprise or Daleville schools. Very nice, open floor plan with large back yard. Very nice ceramic shower. $219,900 Fran Claytor 334-790-5973

New Listing

441 Richard: 2 living areas (one with wet bar and 1/2 bath -excellent for large family or man cave), extra-large kitchen, master bedroom could be up or downstairs. Huge detached 3 car garage/workshop & barn 56'x42.5'. Off main highway. Fireplace a wood burning, but is ready for gas logs, never used. $214,000 Mildred Owens 334-464-2121

New listing

126 Charleston: 3 BR/2 BA brick house located in Kennesaw, features spacious open kitchen and grandroom, split bedrooms and has lots of updates. You will love it. $163,250 Mary Jones 334-790-2933

New listing

3523 Sunrise: Great family home in a beautiful lake community. 25+ acre lake for fishing. Great open floor plan with 4 bedrooms. $220,000 TEXT Terri 334-406-2072 or Jackie Thompson 334-406-1231

New Listing

1488 Martin Luther King: Darling 3 BR/1.5 BA house that features spacious living room, extra den and updated kitchen with brushed stainless steel appliances. Conveniently located on a spacious lot. Sold AS IS. $90,000 Mary Jones 334-790-2933 and Gina Swan 334-447-9451

New listing

136 CR 747: Elegant 3 BR/2.5 BA custom built brick home, unique family room built-in, cabinets in mudroom, chair rail in foyer & NBA to every make this house a standout! Extra room/office, huge laundry room with sink and storage room in garage. $247,900 Maggie Haas 334-389-0011 and Nicole Annicelli 334-464-0782

New listing

26 Courtyard: Great townhouse with all the amenities: community swimming pool, tennis courts, basketball court and club house. Very convenient to Ft Rucker. $109,000 Bob Kuykendall 334-369-8534

New Listing

82 Hannah: 4BR/3 full BA, open floor plan, over 2053 sq ft. Convenient to Ft Rucker and Dothan. $203,000 Fran Claytor 334-790-5973

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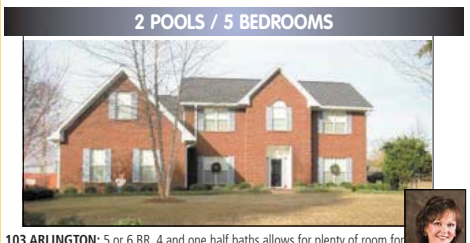
$116,000

102 SKYLINE: Remodeled 2009 - 2010. 3 BR/2 BA, large level yard with new wood privacy fencing on sides and new chain link in back. New solid counter-tops/sinks/toilets/interior paint/wood laminate & tile flooring throughout. New stainless steel appliances. New light fixtures in LR & DR & kitchen. New blinds & crown molding in LR & DR. Stable neighborhood, convenient to Fort Rucker gate, convenient to shopping. **DEBBIE SUNBROCK 334-406-9079**

NEW LISTING $87,500

424 SANDY OAK: Lovely 2 BR/2.5 BA town home convenient to Ft Rucker. Great location and priced to sell. Home warranty included. **JAMIE POWELL 334-701-7443**

2 POOLS / 5 BEDROOMS



103 ARLINGTON: 5 or 6 BR, 4 and one half baths allows for plenty of room for a large family or extra space for visiting guests. Formal living and dining rooms, comfortable family room with custom shelving and wood burning fireplace. Large, eat-in-kitchen with second oven makes entertaining easy. Extra rooms for office, play, media or hobby rooms. Huge screened in porch with full bath makes enjoying the pool and outdoor living easy! Wading/kiddie pool and full size pool. Too much to list, this one is a must see. $330,000 **JAN SAWYER 334-406-2393**

4BR'S / $138,900

216 HIGHLAND: Convenient to historic downtown Enterprise this 4 BR/3.5, one owner, great condition. Formal and informal area to include eat in kitchen and den. One room set up for an office, laundry room in large enough for your indoor gardening. Newly landscaped, must see. **EVELYN HITCH 334-406-3436**

NEW LISTING $125,000

110 JOHNSON: Vintage Victorian: Remodeled. New electrical and plumbing, new fixtures in all baths, beautiful crown molding, new exterior vinyl and metal roof and interior paint. Spacious rooms, sun lite eat-in kitchen, formal dining, wide rocking chair front porch and rear deck. Landscaped yard and workshop and green-house. **JUDY DUNN 334-301-5656**

$130,000

106 FIELDCREST: 3 BR/2 BA, attractive home nestled in mature trees and flowers (azalea bushes). Fenced and private , no neighbors behind house, covered front porch and screened back porch. Very nice plus fish pond. **ANGIE GOODMAN 334-464-7869**

POOL / 6 BEDROOMS

92 LAUREL BREEZE: Beautiful 6 BR/4.5 BA with master downstairs. Over an acre lot, beautiful pool & many extras. $425,000 **FRAN CLAYTOR 334-790-5973**

NEW LISTING $232,500

107 GRAYTON: Owner needs action on sophisticated 3 BR/2 BA. Traditional home in Cotton Creek. Enjoy formal dining area, eat in kitchen, separate office, MBR downstairs with beautiful Victorian style tub in the suite bath. Freshly landscaped. **GINA SWAN 334-447-9451**

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$184,900

3685 CR 708: Country charmer! Relax & enjoy country living on private back porch. This home offers an open split plan, stainless kitchen appliances, work-shop, shed & additional covered parking. Beautiful landscaping on approx. 1 acre with plenty of room for pool and/or garden. **SAM HELMS 334-798-3357**

NEW LISTING $261,000

203 SOMMER: Great 4 bedroom home with open floor plan, fenced yard and many extras. **JACKIE THOMPSON 334-406-1231 AND TEXT TERRI 334-406-2072**

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NEW LISTING

116 NANCY: Spic and span 3 BR/2 BA ranch on a shady landscaped corner lot, minutes from historic downtown Enterprise or the entrance to Ft Rucker. Living area with wood burning fireplace, sunny eat in kitchen, side entrance 2 car garage and wood privacy fence in rear yard. **JUDY DUNN 334-301-5656**

Vertical-lift aircraft design expected soon

By Gary Sheftick
Army News Service

WASHINGTON — The military services expect to unveil performance specifications this summer for a new joint vertical-lift aircraft, Maj. Gen. William T. Crosby told congressmen.

Crosby, director of the Army's Program Executive Office Aviation, testified Tuesday afternoon to the House Armed Services Committee, subcommittee on Tactical Air and Land Forces at a hearing on rotorcraft modernization programs. His counterparts from the Navy, Marine Corps and Air Force also testified.

Crosby said a consortium, which includes industry partners, has been working with the military on ideas for a joint vertical-lift aircraft. Two demonstrator aircraft have been developed, wind-tunnel tests have been conducted and other studies completed.

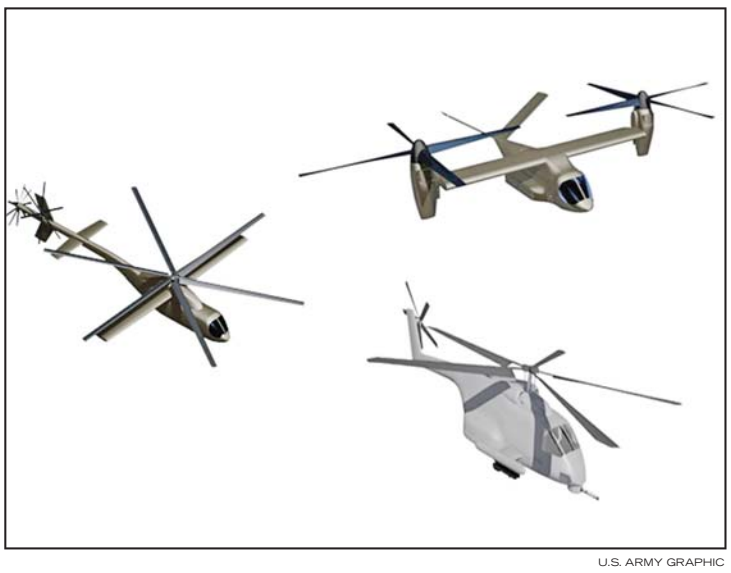
A joint attack-utility variant is the first aircraft the military will invest in under the program, Crosby said.

"Some people are saying it's going to be rotary-wing. We don't know that," Crosby said. "It may be a tilt-rotor of some sort that we're going to go to. But based on the wind-tunnel studies and the demonstrators that we've done and the input of this team, including the consortium, we hope to have a deliverable this summer of a specification that will guide us toward what the next step will be that we're going after."

The effort to design a next-generation aircraft has been called the Joint Multi-Role program. This Army-led program has included input from the Office of the Secretary of Defense, all military services, including the Coast Guard, Special Operations Command, NASA, and others.

Those involved envision the aircraft having vastly improved avionics, electronics, range, speed, propulsion, survivability, altitudes and payload capacity. Some have said it should be able to sustain speeds in excess of 170 knots, have an overall combat range

SEE DESIGN, PAGE B4



U.S. ARMY GRAPHIC

Three different concepts for the next-generation vertical-lift aircraft are among those being developed under the Joint Multi-Role program.

PHOTO BY SPC. MICHAEL CRAWFORD

Simulated casualty

Soldiers with 2nd Bn., 14th Inf. Regt., 10th Mtn. Div., rush a simulated casualty towards a medical evacuation helicopter outside the mock village of Turani during a training exercise at the Joint Readiness Training Center, Fort Polk, La., March 19.

Garrison provides leadership experience

By C. Todd Lopez
Army News Service

WASHINGTON — With the withdrawal from Iraq and similar actions in Afghanistan on the horizon, Soldiers looking to be leaders need to know opportunities are available in garrison, senior leaders said.

Army leaders speaking on Capitol Hill, March 27, told members of the Senate Armed Services Committee that keeping the right Soldiers interested in staying in the Army after the current combat action in the Middle East ends means showing those Soldiers that leadership opportunities exist in the United States the same as they do in theater.

"How are we going to keep them interested when we get them back from combat and we put them in Fort Hood or Fort Benning?" asked Lt. Gen. Keith C. Walker, deputy commanding general, Army Futures.

He said today's Soldiers have enjoyed a "lot of freedom of action and independence" while in combat, and that Soldiers have told him the appeal for joining the Army was not new equipment but the opportunity to lead.

"Those opportunities exist here," he said.

Still, the Army's "leadership triad," includes training, education and experience. The latter is one the Army is rich with, Walker told lawmakers. It's the other two, training and education, he said the Army must beef up on if it wants to keep the right Soldiers engaged stateside.

PHOTO BY SGT. 1ST CLASS TYRONE C. MARSHALL JR.

Though combat operations have concluded in Iraq, and will draw down in Afghanistan, there are still opportunities for leadership in the United States, Army leaders say. Here, 25th CAB Public Affairs Spc. Taylor Kemp assists Staff Sgt. Leroy Williams, both from the operations section of HHC, 25th CAB, as their team negotiates an obstacle course during physical fitness training at Schofield Barracks, Hawaii.

Reversibility

The Army will draw down to about 490,000 active-duty Soldiers. But it's important to service leaders that the Army can grow again in size, if the nation calls on it to do so. That means reversing the drawdown, and doing so responsibly.

Ensuring the Army can grow rapidly, if it needs to, means keeping in place the right kind of Soldiers, those are the noncommissioned officers and mid-level officers that will need to be available to train an influx of new Soldiers if the Army must expand again, he said

"We'll be a little bit more officer and [senior noncommissioned officer] heavy in some organizations," said Lt. Gen. John F. Campbell, deputy chief of staff of the Army, G-3/5/7.

"Should the nation need the Army to grow again, will we have the capacity to do that?" Walker asked.

SEE EXPERIENCE, PAGE B4

G-8 debunks Army myths

By J.D. Leipold
Army News Service

WASHINGTON — The Army G-8 addressed the status of the service's top modernization portfolios, ground combat vehicle, Aviation and the network and reiterated the No. 1 priority would remain Soldier protection.

Speaking to members of the Association of the U.S. Army at its March Institute of Land Warfare breakfast, Lt. Gen. Robert P. Lennox first grabbed the audience's attention by debunking what he called some of the myths of Army modernization.

Army myths

The biggest myth, Lennox said, was the perception the Army had lived "high on the hog and now it's time to do something else with your money."

"I just want to remind folks that it wasn't long ago that we were living in the Army of 2001," he said. "And, in that Army, we had a $56 billion shortfall or 2001 holes in the yard. Life wasn't good in the Guard and the Reserve and it wasn't so good in the active force.

"It's taken Congress, industry and Army leadership to get where we are today and that's something important not to forget," he continued, adding that leadership responded to the needs of Soldiers in a flexible way, in an inflexible situation.

The second myth is the belief that the Army can't acquire anything. He cited a number of successes, including the Stryker Double-V Hull, which just two years ago didn't exist. It was a concept of industry that brought the idea to service leadership because of the number of casualties the Army was taking, Lennox said.

"We took the idea to Army leadership and to the Hill and got support everywhere we went and today, Soldiers are driving the Stryker Double-V Hull in combat," he said. "There have been 40 times, as of about a week ago, that Soldiers have been hit resulting in three significant casualties. Before that, every vehicle, every hit was catastrophic.

"It's an example of what can happen when industry, leadership, Congress and the Office of the Secretary of Defense all come together and make those things happen with our Soldiers in mind," Lennox added.

Lennox said the final myth

SEE MYTHS, PAGE B4

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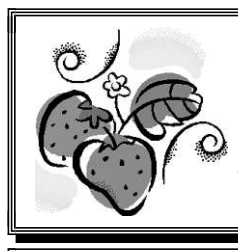

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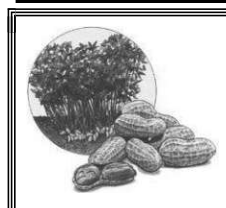

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Design: Study aims to aid Army modernization

Continued from Page B1

greater than 800 kilometers and be able to hover with a full combat load at altitudes of 6,000 feet in 95-degree heat.

Under questions about industry reps being included in the consortium planning the aircraft, Crosby defended this partnership, stating the consortium has been primarily a technology advisory panel.

"There was no commitment to award contracts of scope or anything like that," Crosby said. "What we were trying to preclude is duplication, where we had a bunch of people going after the same technologies."

"The other thing is, we in the government, we don't do a lot of development, cutting-edge development. Our partners in industry, that's what they do. So we wanted to bring them on to look at these enabling technologies we needed to go to the future, to prevent us from going down a 'rat hole' and getting after something that really wasn't achievable."

Modernization is more of a challenge today because technology is turning over so fast, Crosby said. As science and technology dollars become tighter, the Army may rely more on consortiums to help develop new technologies for its future aircraft, he said.

A future vertical-lift study will soon be released to provide a way ahead for Aviation modernization, Crosby said.

"It lays out a road map for all of us services together looking forward. It identifies kind of a scalable architecture of rotary-wing or future vertical lift platforms."

Another program Crosby cited as showing a lot of potential is the Improved Turbine Engine Program. This program's objective is to develop technologies for a 3,000-horsepower engine that reduces fuel consumption for the AH-64 Apache and UH-60 Black Hawk helicopters.

"What a great capability," Crosby said of the ITEP tech demonstrators. He said they were demonstrating "all of the improvements that we're asking for," including a 30-percent increase in power and a 25-percent decrease in fuel.

The ITEP is expected to come out of its science and technology phase this summer, Crosby said, adding that the Army intends to continue carrying two vendors for the program if budget realities permit.

(*Information on the vision for the next-generation helicopter was obtained from Kris Osborn, an adviser to the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology.)*

Myths: Army's presence still needed in future defense strategy

Continued from Page B1

is that America's whole strategy has shifted to anti-access/aerial denial and that there's no role for the Army in that; let's just invest in the Navy and Air Force.

"It's not to say we don't need to invest in the Navy and Air Force, there are a lot of reasons to do that, but I'm here to talk about what if we get it wrong (by not investing in the Army)," he said, reminding the audience that after World War II, the country focused on nuclear war with the Soviet Union where the U.S. wouldn't need a ground Army anymore.

"What did we get but a conventional war in Korea and after Korea we still had the threat of a strategic nuclear war with tactical nukes, and what did we get but protracted counter-insurgency in Vietnam," Lennox said.

"After Vietnam we had to be posed for the big fight in the central European plains against Warsaw Pact forces, but what did we get but Desert Storm," he continued. "Thankfully, the work and preparation we did for that fight in Europe helped us in Desert Storm and we were successful. Then after the Gulf War, we were going to fight conventional wars with rogue states; we were going to fight two wars at the same time. We did get that, one major unconventional war in Afghanistan and a protracted counter-insurgency fight in Iraq.

"The bottom line is we always get it wrong. We predict the future to give us an idea, guidance in our decision-making and investments, but we get it wrong," he added. "We can't afford to get it wrong. We have to make sure that at least in the area of modernization, we cannot afford to be wrong."

Today and future Army modernzation

In research, development and acquisition accounts the Army has gone from a fiscal year 2012 budget of $26 billion down to a fiscal year 2013 budget of $24.3 billion, which effectively canceled eight programs. The Army went from lowest priority and worked up, delaying or restructuring 89 other programs while protecting 10 priority programs.

"We built our priorities, we funded our priorities and we've stuck with our priorities," said Lennox. "Protecting Soldiers as they fight is the number-one priority."

The general again cited the Stryker Double-V, the latest improved mine-resistant, ambush-protected vehicles, known as MRAPs, nine changes to body armor, three new sniper weapons, the M4A1, which is about to be fielded and has three additional improvements over the M4, the use of unmanned aerial vehicles, light-weight crew-served weapons, precision munitions and up-armored, medium and heavy trucks.

Experience: Leadership development available outside combat zone

Continued from Page B1

He said preparing for the future, one where the Army just might have to rapidly grow again, means more than just investment in equipment. It means investment in people.

"[It's] taking a very broad look across doctrine, organization and training. Yes, we still look at material. But aspects of leadership development are huge. And our personnel policies and facilities would help us do that. Perhaps, most importantly we think, is our investment in our mid-grade leaders, so that should we have to expand, we can do that."

In the past, Walker said, the Army was able to grow by about 15,000 Soldiers a year, but mid-level officers and NCOs were needed to train those incoming Soldiers.

GCV vs Bradley

The infantry fighting vehicle program, said Lt. Gen. Robert P. Lennox, deputy chief of staff of the Army, G-8, has "a number of shortfalls that we are aiming to correct with the Ground Combat Vehicle program." Included in that, he said, is that the Bradley Fighting Vehicle is underpowered, lacks the right capacity for the number of Soldiers it can carry, and lacks growth potential for the future the Army envisions.

"The Bradley does not have the maneuverability and the protection for our rifle squads that we believe we might encounter for those adversaries that would employ hybrid-like tactics against us," Walker told legislators.

Lennox told lawmakers the recently launched GCV program is on a "really good path" insofar as the requirements for the vehicle are correct and the estimated cost of the vehicle is correct. But he also said the Army is still looking at other options, including already-built vehicles from other countries, such as the Puma vehicle from Germany, and the Namer vehicle from Israel. He said the Army is also looking at what industry is doing in technical development.

"We are evaluating those to see if we have our requirements right and if this is the right path ahead," Lennox said. "So I think we are taking a very prudent, measured approach to make sure we have our requirements right for the GCV."

It's a possibility to modify the Bradley Fighting Vehicle to meet many Army requirements, but the cost estimate for doing that would put it on par with a newly developed GCV, Lennox said.

"We have done an analysis of alternatives that [has] said that the price is much closer to a new vehicle, fixing up the Bradley, to give it the growth potential and protection that we need in a similar version," Lennox said. "We are not done with that analysis. Improving the Bradley is an option for the Army in the future, and it is being looked at as well."

Lt. Gen. William N. Phillips, principal military deputy to the assistant secretary of the Army for acquisition, logistics, and technology said Army senior leaders think they can get the GCV "somewhere between $9-10.5 million." That cost, he said, is not far above the cost of doing a Bradley upgrade to give it the capability expected of the GCV.

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VA CLAIMS
Shinseki: VA on track to break claims backlog
Story on Page C6

APRIL 5, 2012

Children's Festival

Rain doesn't dampen fun for military Families

By Angela Williams
Army Flier Staff Writer

Scattered showers may have kept a few Families at home Saturday, but more than 1,300 people still showed up for Fort Rucker's annual Children's Festival.

"We weren't expecting this crowd with the rain," said Kimberly Abeln, Directorate of Family, Morale, Welfare and Recreation annual events coordinator. "It's a great turnout."

The event, usually held at festival fields, was moved to the youth services gym because of the weather.

"It was a hard decision," explained Abeln. "We had to cancel the petting zoo, vendors, kite flying and the Ride and Drive." Instead of the traditional Easter egg hunt, children picked up eggs at each of the MWR activity booths.

But even with all the adjustments that had to be made, Abeln still called the event a success.

"The kids had a great time participating in all the activities, which included giant coloring sheets, Easter egg pick-up, balloon giveaways, pinwheel making, face painting and photos with the Easter Bunny, just to name a few," she said. "There were many Families that stayed for the entire event and told me they were already looking forward to next year's festival."

It was Peggy Roca's first trip to the festival. "The rain's a bummer," she said as she watched her daughter dance to the music playing in the gym. "But it's a good turnout."

A few booths away, Vanessa Hickman watched as Jiselle Toledo had her face painted by WO1 Mike Bishop. "She gave him a challenge," Hickman said. "She wanted a castle."

Hickman said she thought it was good for the Families of Fort Rucker to have a day to "just have fun."

About an hour after the festival started, children began signing up for a jump rope competition sponsored by former Olympian Buddy Lee. Lee and his staff demonstrated a few basic jump rope skills and then helped the children practice before the competition started.

"The most important thing is to do your best," Lee told the participants. "The most important thing is to never, never give up."

PHOTOS BY ANGELA WILLIAMS

WO1 Mike Bishop paints a castle on the face of Jiselle Toledo at the Children's Festival.

Children participate in a jump rope competition as volunteer judges count the number of times each child jumped.

The children were divided into two groups based on age. Volunteer judges counted how many times each child jumped in the time they were given. The child in each group that jumped the most won a signed poster, jump rope and other prizes.

Abeln said she was already looking at larger indoor areas to accommodate next year's festival just in case more bad weather is in the forecast.

"But hopefully, we'll be back outside next year and be able to have our traditional egg hunt and activities for the Fort Rucker community to enjoy," she added.

Festival workers assemble cups of candy and blow up balloons for children at the festival.

GEMS program — science for fun of it

By Loraine St. Onge
U.S. Army Aeromedical Research Laboratory Public Affairs

The U.S. Army Aeromedical Research Laboratory once again offers the Gains in the Education of Mathematics and Science program at Fort Rucker.

The program aims to foster students' motivation to study science, technology, engineering and mathematics. The GEMS program makes math and science fun by engaging students in a variety of hand-on experiments.

The USAARL GEMS program began in 2011 by engaging 51 students in a Beginning GEMS program during which students investigated problem solving, estimation, water properties, physics/forces of motion and forensics. Six near-peer mentors led the students through the different math and science experiments.

This year, USAARL will expand the GEMS program by offering a new Beginning GEMS program and an Intermediate GEMS program.

During the 2012 Beginning GEMS program, students will explore the five senses – hearing, sight, taste, smell and touch — to help them learn more about the brain and neurological processes.

The Beginning GEMS sessions will be held June 18-22 and June 25-29. Students who completed the fifth and sixth grades during the 2011-2012 school year and who are Family members of military, Department of Defense civilians or DOD contractors working at Fort Rucker are eligible to apply to the Beginning GEMS program.

USAARL PHOTO

Near-peer mentor PamiAnn Juback guides students through the process of making a thermometer and measuring water temperature.

The Intermediate GEMS program will focus on chemistry, biology and biochemistry. The Intermediate GEMS sessions will be held July 9-13 and July 16-20. Students who completed the seventh and eighth grades during the 2011-2012 school year and who are Family members of military, DOD civilians, or DOD contractors working at Fort Rucker are eligible to apply for the Intermediate GEMS program.

Students may apply to one session of the GEMS program for which they are eligible. This program is offered at no cost to the student. Rather, students will earn a stipend for attending each day of the program and for successfully completing the experiments.

Near-peer mentors will lead the Beginning and Intermediate GEMS programs and serve as role models for the students. Near-peer mentors will complete an extensive training program during which they will learn how to conduct and teach the GEMS experiments. The dates for GEMS near-peer mentor training and program implementation are June 4-July 20.

College-age students who have completed at least one year of post high school education and have experience teaching children/youth are eligible to apply for the GEMS Near-Peer Mentor program. Near-peer mentors will earn a stipend for completing all training requirements, attending each day of the program, assisting with program set-up and break-down and carrying out assigned duties.

To learn more about the USAARL GEMS program or to apply for the program, visit the U.S. Army Educational Outreach Program website at http://www.usaeop.com/programs/gems/, call the USAARL GEMS program coordinator at 255-6906 or send an email to ssc@amedd.army.mil. Applications must be received no later than April 20.

On Post

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

Easter Sunrise breakfast

The Landing hosts a sunrise service for breakfast in the Legends Sunday from 7:30–9 a.m. Cost for adults is $10.95, ages 6–12 is $4.95, ages 3–5 is $1.95, and ages 2 and younger eat for free. Breakfast will include: scrambled eggs, biscuits, grits, hash browns, bacon, sausage, juice, coffee and water.

To make a reservation or get more information, call 598-2426.

Easter Brunch

The Landing offers Easter Brunch Sunday from 10 a.m. to 2 p.m., featuring a chance for children to get their photo taken with the Easter Bunny. Cost for adults is $17.95, ages 6–12 is $7.95, ages 3–5 is $3.95, and ages 2 and younger eat for free. The Military Family Special covers brunch for two adults and two children for $45. Brunch will include: scrambled eggs, biscuits, grits, hash browns, bacon, sausage, an omelet bar, salad bar, carved meats, fish with crème sauce, barbecue chicken, macaroni and cheese, mashed potato, white acre peas, green beans, roasted red potato, corn, mixed vegetables, butter beans, sweet potato soufflé, corn bread, rolls, greens, dirty rice, dessert bar, strawberry shortcake bar and deviled eggs. Reservations are highly encouraged. To make a reservation or get more information, call 598-2426.

Blue Day

April is Child Abuse Prevention Month and the Blue Day Campaign is a Fort Rucker community-wide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing blue Friday. By wearing blue, people will show a visible commitment to support child abuse prevention. People can continue to wear blue throughout the month to show their support for the awareness and prevention of child abuse.

For more, call 255-9641.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Friday from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Bldg. 5700, in Room 284. ACS describes the free training as a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are encouraged to attend.

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

National Library Week

The Center Library celebrates National Library Week Sunday through April 14 with various activities. Monday, patrons will receive up to five free copies on the copy machine or printing from the computers. Wednesday features an open house with cake available in the Special Activities Room, and April 13 is Extra Movie Day where patrons can receive an extra movie checkout, for a total of four movies. Every day during National Library Week people can enter the daily trivia question drawing and patrons are also encouraged to enter the grand prize drawing for the week for a chance to win a canvas book bag full of goodies.

For more, call 255-0891.

$5 Steak Special

The Landing Zone offers its $5 Steak Special every Monday in April from 5-9 p.m. People can get an 8-oz. flat iron steak with fries for $5 with the purchase of a beverage. People can add a side salad for $1. Other sides are also available for purchase. This special is limited to the first 100 guests per night and is available for dine in only with a limit of one per guest.

For more, call 598-8025.

Kid's Night Family Pasta Buffet

The Landing Zone hosts Kid's Night Character Dining Tuesday from 5-8 p.m. This night features a Family pasta buffet with baked pasta choices available. Two kids eat free from the children's buffet with one paid adult entrée. The buffet costs $10 for adults.

For more, call 598-8025.

Resilience training

Army Community Service offers Resilience Training Monday from 8 a.m. to noon at The Commons. Resilience Training enables people to actively manage physical and psychological challenges in their personal lives.

For more information or to register, call 255-3643.

Youth Skate Night!

The youth service center hosts Skate Night! every first and third Friday of the month, with the next one Friday. Two sessions take place each Skate Night! with the first from 6:15-7:15 p.m. for skaters 12 and younger and from 7:30-10:15 p.m. for all ages. Participants must be child, youth and school service members. Cost is $2 for the first session and $5 for the second session.

For more, call 255-9108.

MOMC special at LZ

The Landing Zone offers a free scoop of ice cream to military children with the purchase of an entrée from the regular children's menu throughout April in honor of the Month of the Military Child. For more, call 598-2426.

Story Time

The Center Library holds Story Time Fridays from 10:15–11 a.m., except for holidays and days of no scheduled activity. The free program introduces "the joy of reading" to children ages 2-5 years old and enhances parent-child interaction, according to library officials. A typical event includes a story, music, and coloring or craft time.

For more, call 255-0891.

$38 Special

The Landing Zone offers a $38 Special for dinner on April 14 from 5–8 p.m., which makes for an ideal date when combined with Dueling Pianos later that night. The special includes for dinner for two where people can share chilled shrimp skewers with Thai sweet chili sauce, each customer gets an Iceberg Wedge Salad with blue cheese crumbles, bacon, and balsamic vinaigrette, and for the entrée each person can choose from the Sirloin Oscar, a 10-oz. steak topped with asparagus, crabmeat and béarnaise sauce; Chicken Cordon Bleu, topped with creamy chardonnay Dijon sauce; or Creole Redfish, a blackened redfish topped with Creole crawfish sauce. For dessert, customers can share a cinnamon apple-filled crepe with caramel sauce. Reservations are highly recommended. Also, a limited menu will be served in The Legends for those who would like to purchase food for Dueling Pianos.

For more information or to make a reservation, call 598-8025.

Dueling Pianos

Dueling Pianos returns to The Landing April 14 from 8 p.m. to midnight. Doors open at 6:30 p.m. The event features an energetic sing-along show as two pianists duel it out in an effort to see who can play better and faster, according to The Landing staff. People can tell the pianists what they want to hear and sing along to their favorite tunes. Advance tickets cost $10 tickets if bought by 2 p.m. April 14 at The Landing Zone. Tickets cost $15 at the door. The show is open to the public and is for ages 18 and older -- with an ID check at door.

For more call 255-9810.

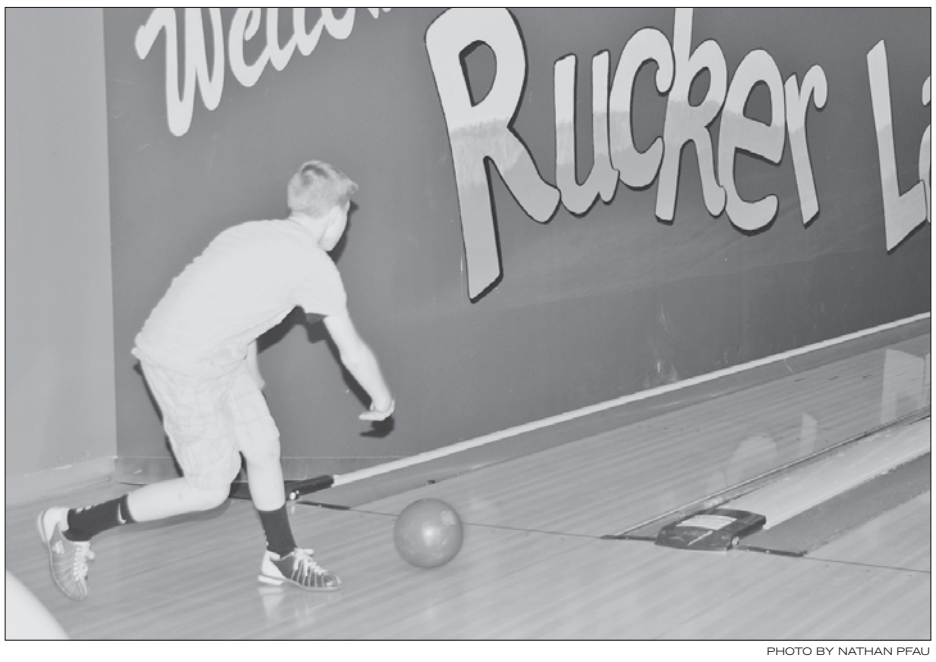

PHOTO BY NATHAN PFAU

Youth bowling

Rucker Lanes and child, youth and schools services continue to hold registrations for youth bowling with the season beginning Saturday. Youth will bowl Saturdays at 9:30 a.m. at Rucker Lanes for 10 weeks. Cost for ages 7 and under is $48 for new participants and $10 for returning participants. Registration includes two games of bowling, shoe rental, Bowlopolis weekly cartoon, U.S. Bowling Congress membership, trophies and awards, and an end of season "XTREME" party. Cost for ages 7–19 is $59.50 for new participants and $12.50 for returning ones. This includes three games of bowling, shoe rental, a youth bowling jersey, USBC membership, trophies and awards, and an end of season "XTREME" party. Children must be registered with CYSS and have a current sports physical to participate. For more, call 255-9503 or send an email to ronald.p.cook.13.naf@mail.mil.

DFMWR Spotlight

FORT RUCKER Movie Schedule for April 5-8

THURSDAY, APRIL 5	FRIDAY, APRIL 6	SATURDAY, APRIL 7	SUNDAY, APRIL 8
Ghost Rider 2 (PG-13) .....7 p.m.	Act of Valor (R) .....7 p.m.	Act of Valor (R) .....7 p.m.	Wanderlust (R) .....7 p.m.

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

2012 Holy Week & Easter Schedule

Catholic

Palm Sunday
1 Apr, 0915, Mass
Main Post Chapel, Bldg 8940

Holy Thursday
5 Apr, 1900, Mass
Main Post Chapel, Bldg 8940

Good Friday
6 Apr, 1500, Stations of the Cross
6 Apr, 1700, Liturgy
Main Post Chapel, Bldg 8940

Holy Saturday
7 Apr, 2000, Mass
Main Post Chapel, Bldg 8940

Easter Sunday
8 Apr, 0930, Easter Mass
Main Post Chapel, Bldg 8 940

Postwide Ecumenical
(Catholic & Protestant)
Easter Sunrise Service
8 Apr, 0615,
Howze Field

Protestant

Palm Sunday
1 Apr, 0800, Worship Service
Headquarters Chapel, Bldg 109
1 Apr, 1100, Worship Service
Main Post Chapel, Bldg 8940

Living Last Supper
1 Apr, 1045
5 Apr, 1900
Wings Chapel, Bldg 6036

A Walk Thru Holy Week
1 Apr,1800
Wings Chapel, Bldg 6036

Holy Thursday
5 Apr, 1200, Worship Service
Headquarters Chapel, Bldg 109

Good Friday
6 Apr, 1200, Worship Service
Headquarters Chapel, Bldg 109

Contemporary Praise
8 Apr, 1045, Easter Service
Wings Chapel, Bldg 6036

Traditional Worship
8 Apr, 1100, Easter Service
Main Post Chapel, Bldg 8940

For more details, contact the Religious Support Office, 255-2989/2012

The Living Last Supper & A Walk Thru Holy Week

Come join us for a unique & inspirational way to celebrate the EASTER SEASON

at **Wings Chapel** Building 6036 on

Sunday, 1 April 2012
1045 - The Living Last Supper
(Childcare provided for 1045 performance only)
1800 - A Walk Thru Holy Week

Thursday, 5 April 2012
1900 - The Living Last Supper

Admission: *FREE*

For more information, contact the
Religious Education Center
255-3946/2989

COURTESY PHOTO

Pick-of-the-litter

Meet Brutus, a 3-year-old male pointer/terrier mix, available for adoption at the Fort Rucker stray facility. He is gentle and easy to love. There is no adoption fee for this animal. 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.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

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

MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday
11 a.m. Liturgical Worship Service Sunday
12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday.

WINGS CHAPEL, BUILDING 6036

9:30 a.m. Protestant Sunday School
10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

SPIRITUAL LIFE CENTER, BUILDING 8939

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

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study, Yano Hall, Wednesday 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/ Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

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2:30pm - 9pm Dinner

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807 Donnell Blvd
Daleville • 334-503-6717

Church Directory

"Be ye followers of me, even as I also am of Christ." 1 Corinthians 11:1

Center Point Community Church
†Charismatic † Relational † Purposeful†
Pastor: Ed Corley
† 3351 Lynn Road – Enterprise (right off Rucker Blvd)
† Service times
Sunday Worship – 10 AM
Sunday Evenings – 5 PM
Wednesday Evenings – 7 PM
Nursery – Children – Youth
† Office: 334 347 5044
www.centerpointag.org
centerpoint3351@yahoo.com

Here, it's not about the building...

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VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

First United Methodist Church
Traditional Worship Service
8:30 am & 11:00 am
Contemporary Worship - New Connection
8:45 am
The Gathering - Youth
5:45 pm
Sunday School
10:00 am
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

Grace Baptist Church
Minutes from Ft. Rucker Ozark's Gate
On the corner of Highway 231 and Parker Dr
Independent - Fundamental - Old Fashion Baptist
Where the **Bible** is still believed and preached
You may contact the church at 774-2311
Please visit our **web site** and click on
"Plan of Salvation"
so you can know Heaven as your eternal home
www.GraceBaptistChurch-Ozark.com

Call 347-9533 to advertise your church on this page.

This Easter, rejoice in His name by celebrating the miraculous resurrection of Jesus Christ, Our Saviour, with these local churches and their congregations.

Celebrate The Easter Miracle!

First Assembly Of God

He Lives!

Sunday School
9:45 am
Morning Worship
10:45 am
Sunday Evening
6:00 pm
Wednesday Evening
7:00 pm

Pastor:
Billy Cardwell

537 Boll Weevil Cir,
Enterprise
347-8447

email: first180@centurytel.net

Good Friday Service

Friday, April 6
6:30 pm
Enterprise Civic Center

The Grace Place Church
experience God, not Religion
334-347-5214
www.GracePlaceChurch.net

Easter Sunday Services

Sunday, April 8
9:00 & 10:30 am
Enterprise Civic Center

Enterprise Civic Center
2401 Neil Metcalf Road • Enterprise, AL 36330

Easter Sunday

Serving Breakfast
at 9:00 am
Easter Morning Service
10:30 am

Love's Way Church

www.loveswayofenterprise.com
19305 Hwy 134W
393-6731

Worship With Us!

Maundy Thursday, April 5 • 6:30
Choral Presentation & Communion
Easter Sunday Services
8:30 & 11:00 ~ Traditional
8:45 ~ New Connection (Fellowship Hall)

First United Methodist Church

S. Main Street
Enterprise
347-3467
efumc.com

We invite your family to join us
Easter Sunday
9:15 am • 10:45 am

Hillcrest Baptist Church

500 Alberta St • Enterprise
347-2516 • www.hbce.org

HIGHPOINTE CHURCH

Reaching New Heights Together

Join us for Easter

Service times
9:30am & 11:15am
1145 James Drive
Enterprise (Behind Winn Dixie)

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Casual Dress ◆ Great Kids Program
A non-denominational church family
www.myhighpointe.com
Derek Williams - Senior Pastor

Join us...

Sunrise Service with
Greenhill Presbyterian ~ 6:30 am
Bible Study ~ 9:00 am
Morning Worship ~ 10:00 am
No Service On Sunday Evening

Lee Street Baptist Church

"Since 1969"
630 E. Lee St ▪ Enterprise
347-4981
Larry Doster, Pastor

Come and join us on Easter Sunday!

Easter Sunrise Service with gifted speaker: Elaine Brown ... 7:00 am

Sunday School .....9:00 am
Fellowship .....10:00 am
Worship.....10:30 am

Pastor: Bro. Matt Albritton

HERITAGE

UNITED METHODIST CHURCH
2911 Rucker Blvd • Enterprise
334-347-1991
heritageumc@centurylink.net

Easter Sunday Schedule of Services

Sunrise Service
With Wesley Chapel UMC at 6am
at Wesley Chapel UMC.
Come join us as we worship the Risen Saviour, Jesus Christ!
Sunday School
10:00 am
Morning Worship
11:00 am
No Evening Service

Calvary Baptist Church

Pastor:
Kerry Mitchell
1837 Hwy 51
Enterprise, AL
(334) 894-6216
www.cbcenterprise.com

First Presbyterian Church, PCA

Invites you to join us as we worship the risen Lord Jesus Christ
Sunday, April 8
Sunrise Service, 6:30 a.m.
With breakfast to follow;
please call for directions

The Celebration of the Resurrection

Worship service, 10: 30 a.m.
100 Daleville Ave.
Enterprise, AL
(334) 347-9515

Celebrate His Love

Easter Sunday with
Park Avenue Baptist Church!

Sunrise Service .....6:30 am
Sunday School..... 8:15 am
Worship Service.....9:30 am

Park Avenue Baptist Church

300 East Park Ave • Enterprise
334-347-8264

Join us for SON EASTER RISE SERVICE

Son Rise Service Begins at 6:00AM
Breakfast to follow
Sunday School at 9:00AM
Church Service 10:00AM

Pastor John McCrummen

ODBC

Open Door Baptist Church
1509 Rucker Blvd., Enterprise, AL
334-347-4983 • www.odbcal.com

"SonRise" Service 7:00 am at McLin's Parking Lot

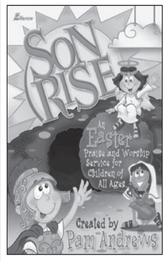
Remember to bring your lawn chair

Sunday School
begins at 10:00 am
Worship Service
begins at 11:00 am

Daleville BAPTIST CHURCH

100 Donnell Blvd • Daleville
334-598-4530

"Son Rise"



Children's Choir will be present Son Rise at 6:00pm during the evening service. Come and join us!

Daleville BAPTIST CHURCH

100 Donnell Blvd • Daleville
334-598-4530

Holy Week Activities

Maundy Thursday, April 5
6:00pm: Maundy Thursday Communion Service

Good Friday, April 6
10:00am - 7:00pm Stations of the cross will be open in the church. Written and visual images will lead worshippers to ponder the events of this day and to pause to leisurely reflect and pray

Holy Saturday, April 7
10:00am: Children's Easter Egg Hunt
10:00am: United Methodist Women's bake sale for missions

Easter Sunday, April 8
11:00am: Worship Celebration ~ Everyone Welcome!

First United Methodist Church

44 S. Daleville Ave., Daleville, AL
334-598-2684 www.fumcdville.com

Faith Assembly of God

Invites you to worship with us

Sunday School 10 am
Worship 11am & 6 pm
Wednesday: Youth 6:30 pm
Adult 6:30 pm

Jesus said in John's Gospel: "Because I live you also shall live." John 14:19. God provides salvation to everyone who will believe in His son, Jesus Christ. I hope you have a wonderful Easter as we celebrate the resurrection of Jesus Christ our Lord and Savior.
Pastor Anderson

499 Meredith Street
Enterprise, AL • 393-6620

INO Baptist Church

Easter Services
Sunrise Service 6:15 am
Morning Worship 10:00am
Evening Worship/Lord's Supper 6:00pm

Ino Baptist Church

"The Church Alive That's Worth The Drive"
6157 Highway 134 • Kinston, AL 36453
Church: 334-565-3970 or 565-9969
www.inobaptist.com
Pastor: Bro. Garry Winstead

Tenebrae

(Service of Darkness)
Friday, April 6 at 7:00 pm
Easter Sunrise Service
Sunday, April 8 at 8:00 am
Richburg Cemetery,
New Brockton
Easter Sunday Service
11:00 am

New Brockton First Methodist

Alleluia!

St. Luke United Methodist Church

347-9023

Holy Week Schedule

Communion Service ~ April 5th at 7:00 pm
Tenebrae Service ~ April 6th at 7:00 pm
Easter Service ~ April 8th at 10:00 am

Join us for Easter!

Church on The Circle

Southern Baptist Congregation
mission sponsored by CCBA

Easter Day Events

Flower the Cross Celebration
(on going event... bring your flowers)
Pancake Breakfast.....9:00 am
Worship Service.....9:30 am

Church on The Circle
Enterprise Prep Academy
Boll Weevil Circle
& Hwy 134W
334-389-1081
www.churchonthecircle.net

Shinseki: VA on track to break claims backlog

By Donna Miles
American Forces Press Service

WASHINGTON — Veterans Affairs Secretary Eric K. Shinseki says the VA is on track toward meeting one of the top priorities he set on arrival at the department three years ago: breaking the back of the disability claims backlog.

VA spent the last two years creating an automated tool to make claims determinations faster and more accurate, he said.

"Our intent is to have no claim over 125 days," Shinseki told American Forces Press Service. "And every claims decision that we put out the door [will be] at a 98-percent quality mark."

Toward that end, VA has been testing the new Veterans Benefit Management System in Providence, R.I., and Salt Lake City. Shinseki told Congress last month he believes this technology is helping VA "approach the tipping point in ending the backlog in disability claims."

He stopped by the Salt Lake City office last week to assess progress there as the department prepares to take the system nationwide beginning this fall. The rollout will begin at 16 regional offices in September, with all 56 VA regional offices to receive it by the end of fiscal 2013, Shinseki said.

This advance is expected to go a long way in helping VA reduce the time veterans must wait for disability claims decisions, the secretary said.

"We know we can do it manually," Shinseki said. "But we plan to layer this automation tool on top of that, and have the people who did the manual work now armed with an automation tool. I think we will be able to improve our productivity in ways that we will be able to take that backlog down quickly."

Shinseki noted the monumental challenge VA has been up against. During 2009, VA produced 900,000 claims decisions, but also received 1 million new claims. The next year, VA increased its claims decisions to 1 million, but received 1.2 million new claims.

"Last year, we produced another 1 million claims decisions and got 1.3 million claims in," Shinseki said. "So the backlog isn't static. The backlog is a bigger number than we would like, but it is not the same number as three years ago."

Once the automated system is in place, Shinseki said, he believes the 125-day, 98-percent accuracy goals he set are achievable.

"There is a lot on the line here," he said. "And that is why this rollout in September is an important one."

His confidence, he said, comes from the successes he's seen automation bring to VA's processing of Post-9/11 GI Bill claims.

Shinseki recalled arriving at VA in 2009 just as the new program was being launched and having to implement it on the fly, with no automation tools. Within about nine months, he said, VA was able to prepare the manual process of getting about 173,000 people into schools by the fall 2009 term.

"It was pretty rocky," he acknowledged.

But today, with the process now automated, VA is able to process more than 600,000 Post-9/11 GI Bill claims faster, and with fewer mistakes, the secretary said. That experience demonstrated the importance of keeping manual processing going as automation is being rolled in, then gradually moving all the processes toward automation, he added.

"The lessons we got out of that were tremendously important," he said. "It educated our efforts with the automation tool for the [disability] claims process, and we are doing the same things, step-by-step, that we learned how to do through with the [Post-9/11 GI Bill]."

The new system is just one initiative VA has taken to break the claims backlog.

Another effort focuses on fundamentally changing the relationship between veterans and VA, making VA an advocate in putting together a strong claims package. VA began giving veterans a checklist of what's needed to file a claim, and also did its own digging to produce whatever documentation veterans couldn't find. This effort reduces the time needed to put a claims package together.

Another pilot program focuses on making claims processing more efficient by simplifying the process and improving communication among the entities that process a claim to reduce procedural delays, the secretary said.

Shinseki said he wanted to focus on getting the bugs out of the claims process before increasing automation.

"We didn't want to automate bad processes and just get lousy decisions faster," he told a Paralyzed Veterans of America gathering. "So we broke the complex, convoluted claims process down into its component pieces to improve each part before putting them back together."

VA PHOTO

Veterans Affairs Secretary Eric K. Shinseki

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2801 N. Ashley St.
(229) 671-1866

LITE-MEX MENU
Served with fat-free sour cream and lite cheddar cheese.
A. Lite Chicken
Burrito Supreme - 5.65
B. Lite Chicken
Soft Tacos Supremos- 6.30
C. Shrimp Quesadilla - 7.75

MARISCOS
SEAFOOD
34. Camarones al Mojo de Ajo - 13.55
Large shrimp laced with garlic and grilled. Served on a bed of rice with Spanish salad.
35. Camarones a la Diabla - 13.55
Hot and spicy shrimp served on a bed of rice with lettuce.
36. Grilled Shrimp - 13.55
Shrimp prepared in our green sauce. Served on a bed of rice with guacamole salad.
37. Camarones Chipotle - 13.55
Grilled shrimp dipped in a spicy chipotle salsa and served with rice and guacomole salad
38. Shrimp Quesadilla - 10.95
Flour tortillas grilled and stuffed with shrimp, cheese, lettuce and sour cream. Served with rice and beans.
Camarones Mexicanos - 13.55
Shrimp cooked with onions , tomatoes and peppers.
Burrito Camarón - 8.25
Burrito stuffed with shrimp and topped with cheese dip.
Cozumel Special - 9.85
One burrito stuffed with shrimp and rice, then topped with cheese sauce. Served with one crabmeat quesadilla and guacamole salad.
Burrito Acapulco - 10.15
A large flour tortilla stuffed with crab meat and shrimp grilled with with onions, tomatoes and peppers. Topped with a special sauce.
Taco Macho - 8.95
Grilled shrimp and crabmeat mixed with onions, zucchini and tomatoes. Sauteed with chipotle sauce and served on a bed of rice, lettuce, sour cream and guacamole

SIDE ORDERS
Beef Tostada - 3.20
Beef, Bean or Chicken Burrito - 3.35
Chalupa - 3.20
Nacho Cheese Burrito - 4.20
Flour or Corn Tortillas (3) - 1.15
Taquito - 2.10
Mexican Rice - 1.75
Refried Beans - 1.75
Beef Taco - 1.70
Soft Taco - 2.25
Enchilada - 2.30
Chile Relleno - 3.15
Tamale - 2.10
Chips and Salsa - 2.15
Beef or Chicken Quesadilla 3.35

CHICKEN MEXICAN-STYLE
Pollo Loco- 9.60
Grilled chicken breast covered with mushrooms, onions, chopotle peppers and cheese. Served with rice guacamole salad and flour tortillas
31. Pollo con Crema - 9.15
Tender chicken strips cooked in our specially prepared sour cream sauce. Served with rice, beans and tortillas.
32. Pollo a la Parrilla - 9.60
Boneless chicken breast marinated in our special sauce. Served with rice, beans, guacamole salad and tortillas.
33. Pollo Adobe - 9.60
Grilled, marinated, boneless chicken breast covered with fresh, sliced mushrooms, spinach, bell peppers and onions, then smothered with our special cheese sauce. Served with rice, beans and tortillas.
Pollo Asado - 7.45
Boneless chicken breasts served with your choice of rice or French fries.
Pollo Monterrey - 9.60
Tender chicken strips cooked in our special chipotle sauce. Served with guacamole salad and rice.

FAJITAS
Fajitas are marinated in our special recipe and delivered sizzling hot on a bed of tomatoes, onions, mushrooms, zucchini and peppers. All fajitas are served with rice, beans, lettuce, guacamole, sour cream, pico de gallo and flour tortillas.
25. Fajitas Rodeo
For One - 10.80 For Two 19.25
A combination of beef, chicken and shrimp.
26. Beef or Chicken Fajitas
For One - 10.25 For Two 18.35
Strips of beef or chicken.
27. Shrimp Fajitas - 13.35
28. Super Fajita Quesadilla - 10.15
Two flour tortillas grilled and stuffed with beef or chicken, cheese, tomatoes, onions, mushrooms, zucchini and peppers.
29. Fajitas Vegetarian - 9.50
Marinated mushrooms, tomatoes, peppers, onions and zucchini. Cooked to perfection!
30. Parrillada Mexicana
For One - 12.75 For Two 20.95
Main dish consists of carnitas, shrimp, Mexican sausage, chicken and beef, all deliciously cooked with tomatoes, onions, mushrooms, zucchini squash and peppers. Served with rice, beans, guacamole salad, sour cream and pico de gallo.

VEGETARIAN DISHES
D. One bean burrito, one cheese enchilada and rice.
E. One chalupa, one bean burrito and one quesadilla.
F. One bean burrito with nacho cheese and one chalupa.
G. Two spinach enchiladas with cheese, rice and beans.
H. One chalupa, one spinach burrito and one spinach quesadilla.
I. One vegetable quesadilla with rice, beans and guacaole salad
NEW
7.50 each

STEAKS
39. Steak Ranchero - 11.25
Rib-eye steak grilled in our special ranchero sauce. Served with rice, beans and tortillas.
40. Steak Rodeo Special - 11.75
Rib-eye steak grilled with onions, tomatoes and bell peppers. Served with rice, beans and tortillas.
41. Carne Asada - 11.15
Rib-eye slices served with rice, beans, tortillas and avocado salad.
42. Cheese Steak Burrito - 9.75
A large flour tortilla filled with sliced steak, grilled onions and ranchero cheese. Served with rice, beans, lettuce and tomatoes.
43. Tacos de Asada - 9.15
Three chopped beef or grilled chicken tacos, served with pico de gallo, tomatoes, beans, sour cream and green sauce.
Steak Mexicano - 11.25
Beef chunks cooked to perfection with tomatoes, onions, jalapeños, cilantro and spices.
Mary Tierra - 14.95
Steak or chicken breast and plump garlic shrimp served with rice and beans.
Carne el Rodeo - 11.15
Beef chunks cooked with tomatoes, bell peppers and onions. Served with rice beans, and guacamole salad.
T-Bone Tampiqueño - 11.75
T-bone grilled with onions and tomatoes. Served with rice, beans and tortillas.
Steak El Tejano - 11.75
Rib-eye steak grilled with mushrooms and topped with sour cream sauce. Served with mixed vegetables and choice of fries or rice.

LUNCH
Served between 11:00 a.m. and 3:00 p.m., every day.
Lunch Special No. 1 - 4.95
Beef burrito, rice and beans.
Lunch Special No. 2 - 4.95
Chicken enchilada, rice and beans.
Lunch Special No. 3 - 5.20
Burrito, taco and rice
Speedy González - 5.05
Taco, enchilada and choice of rice or beans.
Lunch Special No. 5 - 5.20
Chicken quesadilla, rice and beans
Lunch Special No. 6 - 5.55
Quesadilla, beef enchilada and taco.
Lunch Special No. 7- 5.55
Beef burrito, beef enchilada and taco.
8. Burrito Special - 5.05
Beef burrito topped with sauce, cheese, lettuce and sour cream.
9. Quesadilla Mexicana - 5.45
Flour tortilla grilled and stuffed with cheese, beans and chopped beef or chicken. Served with guacamole salad and sour cream.
10. Chimichanga - 5.55
One soft or deep-fried flour tortilla filled with beef or chicken and beans. Topped with nacho cheese, lettuce and guacamole.
11. Lunch Fajitas - 7.25
Chicken or beef fajitas served with beans, rice, tortillas, pico de gallo and sour cream.
12. Taco Salad - 5.05
Crispy flour filled with chicken or beef. lettuce, tomatoes, cheese and sour cream.
13. Grilled Chicken Salad - 6.35
14. Macho Burrito - 6.15
Flour tortilla stuffed with beans, beef and rice. Topped with chile con carne and cheese.
15. Tacos de Asada - 6.95
Two chopped beef or chicken tacos served with pico de gallo, tomatoes, beans, sour cream and green sauce.
16. Quesadilla Supreme- 6.45
Two 7" tortillas stuffed with grilled chicken, cooked with cheese, mushrooms, onions, served with guacamole salad
17. Mexican Lunch - 6.45
Beef burrito, beef enchilada, taco and tostada.
18. Burrito San Jose - 4.95
A flour tortilla stuffed with pork that has been cooked with tomatoes, onions, bell peppers and enchilada sauce. Served with salad and cheese.
19. Quesadilla, Taco & Chalupa - 5.55
20. Steak Burrito - 6.60
Served with rice, beans, lettuce, sour cream, guacamole and tomatoes.
21. Huevos con Chorizo - 5.60
Two scrambled eggs cooked with chorizo (Mexican sausage). Served with rice, beans and tortillas.
22. Lunch Shrimp Fajitas - 8.25
Served with beans, rice and tortillas.
23. Quesadilla del Mar - 5.95
Quesadilla stuffed with shrimp and crabmeat. Served with guacamole salad.
24. Fajita Sandwich - 6.20
Beef stir-fried with bell peppers,onions and tomatoes. Served on white bread with French fries.
25. Carne Asada - 6.95
Ribeye slices served with rice, beans and tortillas
26. Chile Relleno, Rice & Beans - 5.25
27. Burrito Supreme - 5.55
Flour tortilla rolled & stuffed with ground beef, beans & topped with cheese sauce, lettuce, tomatoes, & sour cream

DAILY LUNCH SPECIALS
3.99 and up
DAILY DINNER SPECIALS
6.75 and up
DRINK SPECIALS EVERYDAY!
HAPPY HOUR
Except Friday

CHILDREN'S MENU
Served to children younger than 12.
P. Taco, Rice & Beans - 3.10
Q. Enchilada, Rice, & Beans - 3.10
R. Cheese Quesadilla & Rice - 3.10
S. Hot Dog & French Fries - 3.10
T. Cheeseburger & French Fries - 3.10
Served with lettuce and tomatoes
U. Chicken Fingers & French Fries - 3.75
V. Popcorn Shrimp & French Fries - 4.10
W. Mexican Cheese Pizza - 3.25
X. Mini Nachos ~ 3.25

COMBINATIONS
No substitutions please.
7.25
1. Two beef burritos with salsa and cheese.
2. Taco, two enchiladas and choice of rice or beans.
3. Quesadilla, taco, rice and beans.
4. Enchilada, taco, chile relleno.
5. Taco, enchilada and your choice of tostada or chalupa.
6. Beef enchilada, cheese enchilada, rice and beans.
7. Beef enchilada, taco, rice and beans.
8. Enchilada, chile relleno, rice and beans.
9. Enchilada, tamale, rice and beans.
10. Burrito, chile relleno and enchilada.
11. Two tacos, rice and beans.
12. Burrito, taco and enchilada.
13. Burrito, enchilada and tamale.
14. Chalupa, tostada with nacho cheese and beef taco.
7.75
15. Burrito, taco, rice and beans.
16. Chalupa, burrito and taco.
17. Chalupa, burrito and enchilada.
18. Burrito, enchilada, rice and beans.
19. One of each: beef, chicken and cheese enchilada, plus rice and beans
20. Taco, chalupa, enchilada and beef burrito.
21. Quesadilla, two enchiladas and taco.
22. Taquito, chalupa and beef chile relleno
23. Beef chile relleno, taquito and quesadilla.
24. Two beef enchiladas and two tacos.

BURRITOS
52. Burrito California - 8.15
Extra large burrito stuffed with beans, sour cream, cilantro, onions & your choice of chicken or beef. Guacamole salad
53. Burrito Cancún - 8.75
Giant 12-inch flour tortilla stuffed with rice, grilled chicken or beef, melted cheese, beans and grilled, fresh mushrooms. Topped with white creamy sauce.
54. Fajita Burrito - 8.15
Grilled grande 12-inch flour tortilla stuffed with rice, green peppers, beans and your choice of grilled steak or chicken. Garnished with pico de gallo, sour cream and guacamole.
55. Burrito Supreme - 7.10
Flour tortilla rolled and stuffed with ground beef and beans. Topped with white cheese sauce, lettuce, tomatoes and sour cream.
Spicy Burrito - 7.15
Flour tortilla stuffed with beans, beef and rice. Topped with chile con carne and cheese.
Burrito Rio Grande - 6.65
A burrito filled with carne asada or grilled chicken. Served with lettuce, guacamole, sour cream and choice of salsa verde or ranchero sauce.
Burrito Rodeo - 9.35
Two burritos filled with chucks of beef. Served with lettuce, sour cream, tomatoes and rice.

BEVERAGES
We have your favorite daiquiri flavor. Mixed drinks available. Prices include all taxes.
Soft Drinks
Coca-Cola, Diet Coke, Sprite, Orange Soda, Pink Lemonade, Mr Pibb - 1.65
Coffee - 1.25
Milk - 1.85
Iced Tea - 1.65

Resiliency app nears 20,000 downloads

COURTESY GRAPHIC

The Comprehensive Soldier Fitness Resiliency Goals Book, previously released as an app for iPhones and iPads, is now available for Android users.

By Cheryl Rodewig and J.D. Leipold
Army News Service

WASHINGTON — The Comprehensive Soldier Fitness Resiliency Goals Book released last June as an iPhone/iPad app has seen great success with more than 7,000 downloads.

Then just a month ago, the same app became available to Android users and already more than 11,500 downloads have been recorded as of late March, said Sam Rhodes at the Directorate of Training and Doctrine, Fort Benning, Ga., who is responsible for app development, testing and revision.

The app helps users gain resiliency by setting and meeting personalized goals. It was spearheaded by the Systems Training Branch and the Signal Center of Excellence at Fort Gordon, Ga.

As a digital, interactive version of the printed CSF Resiliency Goals Book which was first released in 2010, the app allows Soldiers, civilians, veterans and Family members to connect their Global Assessment Tool results to practical exercises, then email the feedback to their supervisors.

The positive impact the use of goal setting could have on Soldiers after a deployment is "enormous," added Rhodes, who was diagnosed with post-traumatic stress disorder in 2005 after three tours in Iraq. Rhodes, a retired command sergeant major, believes firmly that resiliency is the key to counteracting the effects of post-traumatic stress disorder, or PTSD.

"The dynamics of goal setting we learned over the years and taught to our peers," Rhodes said. "Goal-setting is the number one thing that our research has shown enhances an individual's performance, whether in playing sports, planning for college or Soldiering.

"The secondary benefit of that is it takes and increases resilience, and that's the real goal here: to take and ensure we get the most resilient warriors we can and at the same time take and increase the resiliency of our Soldiers and veterans who are challenged by some of the things they've seen in war," he added.

When users download the app, they should make sure it's the right one by looking for the CSF logo with the words "goal setting" written in yellow letters on an Army star. The app is free.

"The Android has limitations," Rhodes said, "particularly when it comes to developing an app that will work on as many of the devices as possible. As a point of reference, the app is currently available on 934 different devices. We will continue to revise and update it to make it user friendly."

Rhodes said the command is working on the second version of the app, which will feature other tools to enhance performance. He said it should be out by December.

To download the Android app, search the Android market for FA53.

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· Bowl of Soup 3.59 · Double Bowl 5.99
Bread Bowl of Soup 5.69
Soup and Sandwich Combo 6.89
MWF & Sun: Chili, Broccoli & Cheese, Crab & Sweet Corn Chowder
Tues. Thurs. & Sat: Chicken N' Dumplins · Tomato Bisque · Loaded Potato

Wraps
Southwest Chicken Wrap
Chicken Breast, lettuce, tomato, and jalapeno ranch dressing on a flour tortilla 3.79
Fajita Chicken Wrap
Fajita grilled chicken on a flour tortilla with lettuce, tomato, shredded cheddar cheese, onions and salsa 3.89
Chicken Bacon Ranch Wrap
Chicken breast, bacon, lettuce, tomato and ranch on a flour tortilla 4.29
Chicken Caesar Wrap
Grilled chicken, lettuce, shredded parmesan cheese & caesar dressing on a flour tortilla 3.79
Beef Burrito Wrap
Seasoned Ground Beef, lettuce, tomato, onion, shredded cheddar cheese on a floor tortilla with sour cream on the side 3.89

Salads
Garden Salad ..... 4.29 ..... 1/2 Size 2.49
Romaine & Iceberg Lettuce, tomato, carrots, onions, broccoli, salad peppers & croutons
Grilled Chicken Salad ..... 5.69 ..... 1/2 Size 3.23
Romaine & Iceberg lettuce, tomato, carrots, onions, salad peppers, grilled chicken, shredded cheddar cheese & croutons
Caesar Salad ..... 4.29 ..... 1/2 Size 2.49
Green leaf lettuce, shredded parmesan cheese, homestyle croutons & caesar dressing
Grilled Chicken Caesar ..... 5.49 ..... 1/2 Size 2.99
Green leaf lettuce, grilled chicken shredded parmesan cheese, homestyle croutons & caesar dressing
Chef Salad ..... 5.99 ..... 1/2 Size 3.59
Romaine & Iceberg lettuce, tomato, carrots, onions, broccoli, salad peppers, turkey, ham, hard boiled eggs, shredded cheddar cheese & croutons
Taco Salad ..... 5.69 ..... 1/2 Size 3.23
Romaine & Iceburg lettuce, tomato, onions, shredded cheddar cheese, seasoned ground beef, sour cream and salsa
Grilled Chicken Pecan Salad ..... 5.69 ..... 1/2 Size 3.23
Romaine & Iceburg lettuce, grilled chicken, mandarin oranges, dried cranberries, blue cheese crumbles, praline pecans and Balsamic Vinaigrette dressing.

Salad Dressings
Honey Mustard · Ranch · Thousand Island · Italian · Bleu Cheese · Caesar · Balsamic Vinaigrette · Low Cal Italian · Fat Free Ranch

Sandwiches & Melts
The following are served on Ciabatta bread or in a wrap with your choice of Cheddar or Swiss cheese, lettuce, tomato and your choice of mayo, mustard, honey mustard, ranch or horseradish sauce
Sandwich 3.59 · Melt 3.89
Ham & Cheese · Roast Beef & Cheese
Turkey & Cheese

BLT
Bacon with lettuce, tomato and mayo on Ciabatta Bread 3.59
Chicken Salad Sandwich 3.59
Egg Salad Sandwich 3.59
Club Sandwich
Ham, Turkey, bacon, cheddar cheese, lettuce, tomato, and honey mustard on Ciabatta bread 4.29
Reuben
Corn beef, swiss cheese, sauerkraut, 1000 Island on Rye bread .. 3.89
French Dip
Roast Beef, melted swiss cheese with aujus for dipping 3.59

Hot Dogs
Hot Dog w/ your choice of ketchup, mustard, relish & onions 1.39
Chili Dog w/ mustard and onions 1.89
Chili Cheese Dog w/ mustard and onions 1.99

Kids Menu
Hot Dog w/ your choice: ketchup, mustard, mayo 1.39
Cheese Melt 2.49
Cheese Quesadilla 2.59
Chicken & Cheese Quesadilla 3.39
Peanut Butter & Jelly 2.49
(Strawberry or Grape)

Sides
Potato Salad 1.38 · Cookie 92¢ · Chips 83¢
Chips & Drink 1.69

Prices Vary By Location.

Hand Dipped Homemade Ice Cream
Child's Scoop 1.38
Single Scoop 2.53
Double Scoop 3.69
Fresh Baked Waffle Cones ..... 69¢
Waffle Cone Dipped in Chocolate ..... 89¢
Available in Pint and Quart Sizes

Sundaes
Hot Fudge, Hot Caramel, Chocolate, Strawberry, Pineapple, Peanut Butter, Marshmallow
Small 3.23 Large 3.92
Hot Fudge or Hot Caramel Brownie 3.46
Banana Split 4.61

Smoothies
Several flavors to choose 3.23

Soft Serve Yogurt
Small 1.59 Large 2.19

Flurry
Peanut Butter Cup, Heath, Butterfinger, Oreo, M&M, Whopper
Medium 3.49 Large 4.19

Shakes/Malts
Regular 3.23 Large 3.92

Ice Cream Cakes
(All Ice Cream)
1 Layer 9 inch ..... 13.00 (serves 5-8)
2 Layer 9 inch ..... 25.00 (serves 10-14)
2 Layers 9X13 ..... 32.00 (serves 20+)

Drinks
Soda, Tea, Lemonade, Bottle Water ..... 83¢
Coffee 1.29
Hot Chocolate ..... 92¢
Milky Moo's Hot Chocolate 1.38
Gallon of Tea 3.26

Monroeville: The 'To Kill a Mockingbird' Experience

By Edith Parten
Alabama Tourism Department

Maybe you've read the book or seen the movie with Gregory Peck, but now you can experience "To Kill a Mockingbird" and lots more firsthand on a visit to Monroeville.

As the home of Nelle Harper Lee and her neighbor and childhood friend Truman Capote, Mark Childress — the acclaimed author of the novel "Crazy in Alabama" — and other distinguished writers, Monroeville is considered the "Literary Capital of Alabama."

Each spring, in addition to performances of "To Kill a Mockingbird," Monroeville hosts the Alabama Writers Symposium at Alabama Southern Community College. This literary festival brings together some of the state's most distinguished writers and scholars for a weekend of lectures, readings and discussion, with the highlight of the symposium being the presentation the Harper Lee Award for Alabama's Distinguished Writer of the Year.

While experiencing the history and heritage of Monroeville, be sure and take notice of the clock tower on the historic Monroe County Courthouse on the town square. Inextricably woven into the fiction of Lee and Capote, the clock not only symbolizes the passing of time, but is a symbol of the town's proud literary heritage.

To Kill a Mockingbird

Dates: April 19-22 and 26-29, and May 4-6, 10-12 and 18.

Times: Thursdays-Saturdays, 7 p.m. and Sundays, 6 p.m.

Place: Monroeville Downtown Square, Old Courthouse Museum – 31 N. Alabama Ave., Monroeville, 36460.

Tickets: $35, except for May 12 which cost $75 because it includes a reception – tickets must be purchased in advance at the museum or by calling (251) 575-7433.

For more: Call (251) 575-7433 or visit www.tokillamockingbird.com.

Tour the Old Courthouse Museum

Your visit to Monroeville should begin on the courthouse square with a tour of the Old Courthouse Museum (31 N. Alabama Ave., Monroeville). Through photos and exhibits, you will discover personal stories about Harper Lee, known to her friends as Nelle, and others surrounding her Pulitzer Prize-winning novel, "To Kill a Mockingbird." You will also get a glimpse into the life of Truman Capote, the famed author of the 1966 book "In Cold Blood." Capote spent much of his childhood in Monroeville and was not only Lee's neighbor, but the two also became close friends. Photographs of Capote and Lee can be seen in the second floor exhibit.

"To Kill a Mockingbird," which has been performed in Monroeville for more than 22 years, will take you back in time.

While in the historic courthouse, walk up the steps to see the courtroom made world famous by the novel and movie. You can feel free to move throughout the courtroom. Walk up to the balcony area to imagine scenes from the famous trial. See the witness chair, judge's bench and tables used by the prosecutor and defense attorney during the trial. Throughout her childhood, Lee often sat in the balcony as she watched her father practice law in the very same courtroom.

Annual performances of "To Kill a Mockingbird"

Annual performances of "To Kill a Mockingbird" from mid-April through mid-May, which has been performed here for more than 22 years, will take you back in time.

Set in the 1930s in the fictional town of Maycomb, Ala., the novel tells the story of a black man named Tom Robinson who is accused of attacking a white woman and goes to trial during a time when racial discrimination was legal and culturally accepted in the South. It is also a coming-of-age story of a young girl named Scout and the imaginations of her brother Jem and her childhood friend, Dill. Locals say that the character of Dill is based upon Capote.

The first act of the two-act play takes place at the amphitheatre on the lawn of the Courthouse Museum. Act II takes place inside the historic courtroom. Once inside the courtroom, you will see the trial unfold as Atticus Finch makes a passionate plea in Robinson's defense. The members of the jury are always selected from the audience, so you might get a shot at sitting on the jury during the second act.

The Birdhouse Trail

Continue your tour of Monroeville with a stroll through the downtown area to see some of the fascinating custom-designed birdhouses along the Birdhouse Trail. The trail includes 25 uniquely crafted structures located throughout Monroe County. Highlighted in different scenes, the wooden birdhouses are the handiwork of area residents who designed, constructed and painted them. Many of the birdhouse designs depict scenes from "To Kill a Mockingbird." Taking a picture standing by one of the birdhouses will make for a fun photo to remember your trip.

While experiencing downtown Monroeville, you will also see the themed "To Kill a Mockingbird" mural on the side of the building at the intersection of North Alabama and Claiborne. Next to the mural is a historic marker highlighting Monroeville's past.

More to See and Do

Browse around and visit the various art galleries and shops, and you can end your tour downtown with a stop at the Katherine Lee Rose Garden and War Memorial Gazebo. Located at Monroe County's new courthouse at 65 N. Alabama Ave., the garden features more than 90 different roses maintained by the garden club. The gazebo is used for weddings and other functions.

While in the Monroeville area, you may also want to visit Rikard's Mill Historical Park at 4116 Highway 265 N in Beatrice. The mill site is a nod to the folk traditions of grist-milling, blacksmithing and cane syrup making. Settled among pine trees alongside Flat Creek, the park reopens each spring during the same time frame as the "To Kill a Mockingbird" performances.

WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL 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

APRIL 21-22 — A gem and mineral show, featuring gemstones, fossils, minerals and finished jewelry, will be at the Westgate Park Recreation Center. Cutting and polishing gemstones will be demonstrated. Admission and parking is free. For more information, visit www.wiregrassrockhounds.com or call (334) 792-7116.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m. Children and parents will learn about color, shape, texture and different types of art such as painting, drawing and collage. The event is recommended for elementary aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ENTERPRISE

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

TODAY THROUGH SUNDAY — On Easter Sunday, St. Michael's Episcopal Church will celebrate the Mass of Easter Morn at 10:30 a.m. There will be traditional Easter hymns, chanting of the prayers and psalms concluding with Holy Eucharist. The Rev. Dr. Tom Nixon, vicar at St. Michaels, will be the celebrant.

On Thursday evening at 7 p.m. the Seder Supper will be held in the parish hall. A covered dish supper will follow the Seder Supper. The Good Friday service will be Friday at 7 p.m.

People who need a ride can call 774-2617 and leave a message on the recorder. Someone will call back to make arrangements.

APRIL 14 — Music and food are the fare of the day when Ozark Leisure Services sponsors its sixth annual Crawdad Festival on the square in downtown Ozark.

Starting at 10 a.m., the day kicks off with one of several bands that will play blues, beach, country and rock throughout the day.

Officials encourage people to enter the hot dog eating contest and enjoy the downhome hospitality Ozark is famous for. Call Denise Ellis at Ozark Leisure Services for more information at 774-2618.

Carroll High Band Boosters will sponsor a 5K run/walk/crawl in conjunction with the festival. The 5K route starts at the intersection of Carroll and Martin Streets and highlights Ozark's new school, parks and municipal building.

To register, or for more information, call David Speck at 237-4186 or email david.speck96@yahoo.com or visit http://bit.ly/GDyZbr.

NOW THROUGH APRIL 28 — Ozark artist Tim Richardson will be spotlighted in a solo show, "The Science of Primary Colors" at the Ann Rudd Art Center. Approximately 100 pieces will be shown, including sculpture, costumes and paintings.

Tim says, "The show will feature a mixture of old and new, something for everyone." The exhibition will run through April 28. The public is invited. The Ann Rudd Art Center, home to the Dale County Council of Arts and Humanities is on the square in downtown Ozark.

For more information, visit www.ruddartcenter.org.

PINCKARD

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

SAMSON

ONGOING — American Legion Post 78 meets monthly on the second 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

Discovery Day at Dauphin Island

The Dauphin Island Sea Lab invites families to a fun-filled day of environmentally-themed children's activities, an Open House at the Research Facilities of the Dauphin Island Sea Lab and free kids' admission to the Estuarium April 21 from 10 a.m. to 2 p.m. Admission is free for children. For more information, call 251-861-2141.

ArchiTreats Lecture

The Alabama Department of Archives and History in Montgomery hosts ArchiTreats lectures on the third Thursday each month. The next lecture will be held April 19 from noon-1 p.m. and is entitled "Incidents of the War: The Civil War of Mary Jane Chadick." For more information, call 353-4726 or visit www.archives.alabama.gov.

Crew reunion

USS Alabama Crewman's Reunion is Apr 12-14 in Mobile. Visitors to Battleship Park during the reunion will have an opportunity to meet and visit with some of the former crew of the WWII Battleship USS Alabama from 8 a.m. to 6 p.m. each day. Fee for attractions only. For more information, call (251) 433-2703 or visit www.ussalabama.com.

Alabama Book Festival

April 21, Montgomery's Old Alabama Town will open its gates for the Alabama Book Festival. The festival is from 10 a.m. to 4 p.m. and features more than 40 vendors and exhibitors. The free event is the state's premier book festival, with more than 4,000 people from around the state converging in the capital to meet with and hear from their favorite authors and scholars. For more information, call (888) 240-1850 or visit www.alabamabookfestival.org.

Noble Street Festival

The city of Anniston invites you to celebrate the outdoors and healthy living with live music, children's activities, Sunny King Criterium pro bicycle races, food at the Red Diamond Restaurant Tour and the YMCA 5k and Mellow Mushroom Mad Dash run April 21. During the races, hundreds of cyclists will race multiple laps on the closed course on downtown streets. The restaurant tour was selected as a top 10 event in the state of Alabama in 2006, 2010 and 2012. Admission is free and the festival lasts from 11 a.m. to 9 p.m. For more information, call (256) 236-6346 or visit www.noblestreetfestival.com.

Cheaha Challenge

April 22 peopel can join almost 1,000 cyclists in this recreational bicycle ride through some of the Southeast's most scenic roadways. The ride features the serenity and beauty of the Talladega National Forest and Cheaha State Park and people can choose from route options of 26, 44, 66, 88 or 102 miles. Shorter routes have very few hills, while the longest route takes riders over Alabama's highest mountain, Cheaha Mountain, and inflicts almost 8,000 feet of cumulative climbing on those who tackle it. The ride is from 7:30 a.m. to 5 p.m. Admission is charged. For more information, call (256) 236-6346 or visit www.cheahachallenge.com.

ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, "Are you thinking of killing yourself?"

Care for your buddy

- Remove any means that could be used for self-injury.
- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

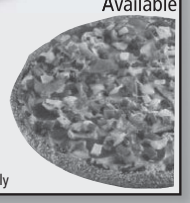
- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

LARGE PIZZA

Cheese or Pepperoni $5.95 Carry-Out

Additional Toppings Available

Specialty $10



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STEAK, CHEESE & MUSHROOM: Steak, Cheese & Mushrooms
HAM & CHEESE: Ham and Cheese
PIZZA SUB: Pizza Sauce, Pepperoni &Cheese
MEATBALL SUB: Meatballs with Marinara Sauce & Cheese
VEGGIE SUB: Mushrooms, Onions, Green Peppers, Black Olives & Cheese
ITALIAN SUB: Ham, Salami, Pepperoni & Cheese
CHICKEN PARMESAN: Chicken, Marinara Sauce & Cheese
TURKEY CLUB SUB: Turkey, Ham, Bacon & Cheese
TURKEY MELT SUB: Turkey & Cheese
PIZZA SUB SPECIAL: Pizza Sauce, Pepperoni, Ham, Mushrooms, Onions, Green Peppers and Cheese

QUESADILLA

CHICKEN OR STEAK Sour Cream, Salsa, Lettuce, Tomatoes & Jalapenos 7.99

PIZZA

FREE FLAVORED PIZZA CRUST: Original, Butter, Ranch, Buttercheese, Onion, Sesame, Garlic Herb, Cajun

	SM	MED	LG	XL
Cheese Pizza (100% Mozarella)	8.35	9.45	10.55	11.60
Add A Topping	1.00	1.25	1.45	1.65
Specialty Pizzas	11.65	13.85	16.05	18.25
Sticky Fingers	12.75	14.95	17.15	19.35

PIZZA TOPPINGS

Pepperoni • Mushrooms • Italian Sausage • Ham • Green Peppers • Onions • Ground Beef • Black Olives • Pineapple • Anchovies • Jalapenos

SPECIALTY PIZZAS

Works: Pepperoni, Mushrooms, Ham, Italian Sausage, Green Peppers & Onions
Howie Maui: Ham, Pineapple, Pepperoni & Cheese
Meat Eaters: Pepperoni, Italian Sausage, Ham, Ground Beef & Cheese
Veggie: Onions, Green Peppers, Sliced Tomatoes, Mushrooms & Olives
Sticky Fingers: Cheese, Pepperoni, Mushrooms, Ham, Italian Sausage, Green Peppers, Onions, Ground Beef and Black Olives (Anchocvies on request)

BEVERAGES

Pepsi, Diet Pepsi, Mountain Dew Sierra Mist & More!
22 oz..... 1.79 • 32 oz..... 1.99 • 2-Liter... 2.49
frubób Large 1.89 (Strawberry/Banana, Mango, Peach, Pineapple)

PASTA

Served with Small Howie Bread

	SM	LG
BAKED SPAGHETTI	5.25	6.99
Layered with Mozzarella Cheese & Baked to a Golden Brown		
CHICKEN PARMESAN	4.89	6.95
Served on a bed of Spaghetti		
BAKED LASAGNA		6.95
A generous portion of Lasagna topped with Mozzarell Cheese & Baked		
Add Meatballs or Mushrooms	.79	1.49

DESSERTS

CINNA-MMM BREAD	3.95
Topped With Butter, Cinnamon and icing on the side	
OVEN BAKED APPLE PIE	3.95

HOWIE BREAD

	SM	LG
HOWIE BREAD WITH SAUCE	2.99	3.99
Freshly baked bread sticks topped with garlic butter & parmesan cheese served with dipping sauce		
3 CHEEZER BREAD	3.79	5.29
Freshly baked bread sticks topped with mozzarella, cheddar & permesan with dipping sauce		

Extra Toppings .99 Extra Sauce .99

WINGS & TENDERS

HOWIE WINGS (10) 7.35 (20) 13.25
Served with Cajun Bread and choice of Ranch or Bleu Cheese
CHICKEN TENDERS (6) 7.35 (20) 13.25
Served with Cajun Bread and choice of Ranch or Bleu Cheese

SALADS

	SM	MED	LG
SPICY CHICKEN SALAD	4.89	5.99	7.99
Fresh, Crisp Lettuce, Tomatoes & Onions topped with Spicy Chicken Tenders, Mozzarella Cheese & Black Olives			
ANTIPASTO	4.89	5.99	7.99
Lettuce, Ham, Salami, Cheese, Peppers, Tomatoes, Black Olives & Onions			
CHEF SALAD	4.29	5.49	7.59
Fresh, Crisp Lettuce, Tomatoes & Onions topped with Ham, Mozzarella Cheese & Black Olives			
GREEK SALAD	4.29	5.49	7.59
Fresh Crisp Lettuce, Feta Cheese, Tomatoes, Onion, Black Olives, Cucumbers & Peppers			
CHICKEN CAESAR SALAD	4.89	5.99	7.99
Iceburg & Romain Lettuce tossed with Croutons and Grilled Chicken			
EXTRA TOPPINGS	.79	.89	.99
EXTRA DRESSING	.35	.35	.35

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Beef's Classic Starters

Steak Quesadillas 10.99
Grilled flour tortilla stuffed with a half-pound of Angus skirt steak, Monterey Jack and cheddar cheeses, Served with sour cream and our signature salsa.
Chicken Quesadillas 7.99 • Cheese Quesadillas 6.49

Hand Breaded Chicken Tenders 5.99
4 crispy chicken tenders, hand breaded and fried to perfection. Served with honey mustard or BBQ sauce. Try it Buffalo style

Cheesy Bacon Pub Chips 5.79
Thinly sliced Idaho potatoes topped with cheddar and Monterey Jack cheese and smoked bacon. Served with ranch dressing and sour cream.

Beer-Battered Onion Rings 6.99
Served with Beef's spicy dipping sauce.

Fried Mozarella 5.79
6 planks of whole milk mozzarella coated with Italian-style bread crumbs, lightly fried and served with marina sauce.

Chili Cheese Dip & Chips 6.99
Our signature chili mixed with a spicy blend of cheeses, garnished with jalapenos and served with crispy tortilla chips.
Queso Dip & Chips 5.49 • Signature Salsa & Chips 3.49

Potato Skins 6.99
6 crispy potato skins filled with melted cheddar jack cheese and bacon bits. Served with sour cream.

Basket of French Fries 3.99
Curly or straight. Add cheddar & Monterey Jack cheese, queso or chili to fries for 99¢ each.

Award Winning Wings

Our award winning, jumbo-sized wings are always made fresh to order, then hand-tossed in one of our 2 NEW dry rubs or 12 famous sauces. Boneless and Traditional wings are served with celery or bleu cheese. Dry rubs: Blackened or Lemon Pepper. Sauces: Mild, Medium, Hot, Extra Hot, Nuclear, Garlic, Honey BBQ, Teriyaki, Kickin Bayou BBQ, Beef's Signature Buffalo Sauce, Garlic Parmesan, Sweet Jalapeno

Boneless	Traditional
8 Wings 6.99	8 Wings 6.99
12 Wings 9.59	12 Wings 9.59
18 Wings 13.49	18 Wings 13.49
25 Wings 18.69	25 Wings 18.69

Larger quantities of wings available. Celery bleu cheese or ranch available upon request. (Extra celery, bleu cheese or ranch 50¢ each.

Boneless Basket 8.99
8 Crunchy boneless breaded chicken pieces tossed in one of our new dry rubs or famous sauces and served with fries, creamy coleslaw and bleu cheese dressing for dipping

Traditional Basket 8.99
8 of our famous Buffalo-style chicken wings tossed in one of our new dry rubs or famous sauces and served with fries, creamy coleslaw and bleu cheese dressing for dipping

The Burrito & Wraps

The Steak Burrito 9.99
A warm flour tortilla filled with grilled Angus skirt steak, seasoned rice, peppers, onions, Monterey Jack and cheddar cheeses and creamy Poblano sauce. Served with crisp tortilla chips and signature salsa.

Buffalo Chicken Wrap 7.79
Crispy fried chicken tossed in our famous Buffalo sauce with Parmesan cheese, lettuce and tomatoes, wrapped in a pressed tortilla and served with bleu cheese dressing.

Veggie Wrap 7.79
Seasoned rice mixed with mushrooms, broccoli, peppers, onions, tomatoes, Monterey Jack and cheddar cheeses and creamy Poblano sauce wrapped in a pressed tortilla.

Fresh Angus Cheeseburger Wrap 7.99
Our fresh Angus Burger with American cheese, mustard, pickle, mayo and tomatoes, wrapped in a pressed tortilla.

Club Wrap 7.79
Thinly sliced ham and turkey with smoked bacon, cheddar jack cheese, lettuce, tomatoes, and mayo wrapped in a pressed tortilla and served with ranch dressing.

Grilled Chicken Wrap 7.69
Marinated grilled chicken, cheddar jack cheese, smoked bacon, mayo, lettuce and tomatoes, wrapped in a pressed tortilla and served with ranch dressing.
Add guacamole for 99¢

Beef's New Fresh Angus Burgers

All burgers are seasoned with a blend of kosher salt and black pepper served on our new toasted brioche buns with straight cut fries. Each cooked medium, well or well done.

BBQ Bacon Cheeseburger 8.99
Fresh Angus covered with Sweet Baby Ray BBQ sauce, melted American cheese, smoked bacon and two onion rings. Served with lettuce and tomato.

The 'O' Brady Burger 8.49
Fresh Angus seasoned with a blend of herbs and spices, topped with melted provolone cheese and served with lettuce and tomato.

Cheesy Patty Melt 7.79
Fresh Angus topped with American cheese and sauteed onions, served on grilled sourdough bread.

Mushroom Swiss Burger 8.49
Fresh Angus smothered with sauteed mushrooms, melted Swiss cheese, served with lettuce and tomato.

Angus "Pretzel Roll" Sliders 8.99
3 fresh Angus sliders smothered in American cheese, topped with a lettuce and tomato, each served on a pretzel roll.

OMG "Pretzel Roll" Sliders 10.99
2 pretzel rolls each stacked high wtih 2 fresh Angus sliders cooked to perfection, topped with thick-cut bacon, American cheese, lettuce and tomato

OMG Burger 12.29
12 oz of fresh Angus cooked to perfection, topped with 4 slices of bacon, 4 slices of American cheese, lettuce and tomato.

Build Your Own Burger 7.99
Fresh Angus served with your choice of lettuce, tomato, pickles, onions or mayo at no extra charge.

Fresh Salads

Grilled Shrimp Salad 8.99
10 seasoned and grilled shrimp, shredded cheddar jack cheese, tomatoes, and cucumbers on a bed of crisp salad greens.

Big Catch Salad 8.99
A generous fillet of white fish served your way. Choose from lemon pepper, grilled, blackened or fried on a bed of crisp salad greens with cucumbers, sliced red onions and chopped tomatoes, topped with Parmesan cheese.

Buffalo Chicken Salad 7.99
Crispy fried chicken tossed in our famous Buffalo sauce and served over crisp romaine lettuce topped with Parmesan cheese and croutons. Served with a side of bleu cheese dressing.

Grilled Chicken Salad 7.99
Marinated grilled chicken and sauteed mushrooms served over crisp salad greens topped with cheddar jack cheese, tomatoes, cucumbers and red onions.

Chef Salad 7.99
Sliced turkey and ham, bacon, Monterey Jack and cheddar cheeses, chopped tomatoes and cucumbers served over crisp salad greens with choice of dressing.

Santa Fe Chicken Salad 8.49
Southwestern grilled chicken served over crisp salad greens topped with Monterey Jack and cheddar cheeses, chopped tomatoes and red onions in a crisp tortilla bowl with sour cream, our signature salsa and our creamy Poblano dressing.

Chicken Caesar Salad 7.99
Crisp romaine lettuce seasoned croutons and shredded Parmesan cheese tossed in a tangy Caesar dressing. Topped with your choice of grilled or blackened chicken.
Make it a Shrimp Caesar 9.49

Garden Salad 4.99
Crisp salad greens topped with cheddar jack cheese, cucumbers, tomatoes, red onions seasoned croutons.

Beverages

Lemon-Tea Twister
Cherry Limeade Cooler 2.99
Try it sugar free
Strawberry "Skinny" 3.79
Less than 1g of Fat
Fruit Flavored Teas & Lemonades 2.39
Home-style Shakes 3.99
Kids 12 oz. Home-style Shake 2.49 Strawberry, vanilla or chocolate
Pina Colada & Strawberry Smoothies 3.49
Kids 12 oz. Smoothie 2.49
Iced Coffee Drinks 2.69
Try them blended 2.99

Lunch Favorites

Served 11 am - 3pm

Gameday Dogs 4.99
Grilled Veggie Bowl 4.99
Chicken Caesar Salad 5.99
Grilled Chicken Salad 5.99
Buffalo Chicken Salad 5.99
Chef Salad 5.99
Chicken Tacos 5.99
Chicken Bowl 5.99
Grilled Veggie Bowl 4.99
Chicken Bowl 5.99
Steak Bowl 7.49
Chicken Tacos 5.99
Fish Tacos 6.99
Hand Breaded Chicken Tenders 6.49
Fish N' Chips 7.29
Turkey Bacon Brioche 7.99
Build Your Own Black Angus Burger 7.99

Pick Any 2 for 5.99: Soup of the Day OR Caesar or Garden Salad OR 1/2 Sandwich (served hot) Reuben, Watterson, Cuban, Grilled Ham and Cheese OR Grilled Chicken

O' Brady's Favorites

Big Catch 9.49
A large filet of mild white fish prepared just how you like it - grilled, blackened or fried. Served with seasoned rice, cocktail sauce and fresh lemon.

Grilled Shrimp 10.99
20 juicy shrimp grilled or blackened and served with steamed broccoli, seasoned rice, cocktail sauce and fresh lemons.

The Dubliner 9.49
Thinly sliced roast beef, sauteed mushrooms, Swiss cheese, grilled sourdough bread and creamy mashed potatoes smothered with our new signature gravy. Served with fresh steamed broccoli.

St. Louis Ribs Full Rack 17.99 • Half Rack 10.99
Our St. Louis style ribs are glazed with your choice of Sweet Baby Rays or Kickin' Bayou BBQ sauce and served with fries and creamy coleslaw.

Grilled Chicken 8.99
2 marinated chikcen breasts grilled or blackened and served with seasoned rice, broccoli and your choice of honey mustard or BBQ sauce.

Baskets & Bowls

Fish 'N Chips 8.79
4 delicious beer-battered cod fillets fried golden brown and served with tartar sauce, fresh lemon fries and creamy coleslaw.

Grilled Veggie Bowl 6.99
A vegetarian's delight with grilled peppers, onions, mushrooms, fresh broccoli and chopped tomatoes over seasoned rice. Topped with cheddar jack cheese and our famous creamy Poblano sauce. Served with a side salad.

Steak Bowl 9.99
Seasoned rice topped with Angus grilled skirt steak, onions, peppers, cheddar jack cheese, chopped tomatoes and our famous creamy Poblano sauce. Served with a side salad.
Make it a chicken bowl: 7.99

Hand-Breaded Chicken Tenders 7.99
4 crispy chicken tenders, hand-breaded and fried to perfection. Served with fries, creamy coleslaw and BBQ sauce or honey mustard dressing. Try it Buffalo style

Taco Baskets
Beef's signature soft tacos are served with freshly made tortilla chips and salsa.
Add a side of warm queso dip 99¢

Steak Tacos 2 Tacos 7.99 • 3 Tacos 10.99
Angus skirt steak topped with lettuce, cheddar jack cheese and our famous creamy Poblano sauce.

Chicken Tacos 2 Tacos 5.99 • 3 Tacos 7.99
Southwestern grilled chicken topped with lettuce, cheddar jack cheese and our famous creamy Poblano sauce.

Fish Tacos 2 Tacos 6.99 • 3 Tacos 9.49
Mild white fish, hand breaded and topped with fresh cabbage, cheddar jack cheese and our famous creamy Poblano sauce.

Fried Shrimp 8.99
10 tail-on shrimp fried to a delicious crunch, served with fries, coleslaw, cocktail sauce and fresh lemon.

Savory Soups

Soup Of The Day
Cups $2.69 • Bowl $3.29

Beefs Special Recipe Chili
Cup 3.29 Bowl 4.29

*Prices subject to change without notice.

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COOLING DOWN
Natick study looks at how Soldiers' bodies cool down

Story on Page D3

APRIL 5, 2012

FILE PHOTOS

Soldiers participate in the German Armed Forces Proficiency Badge road march last year. This year's competition for the badge runs April 16 to May 18.

German badge competition returns for spring cycle

By Nathan Pfau
Army Flier Staff Writer

The time has come again for Soldiers to shine by showing their dexterity by participating in the training and testing for the German Armed Forces Proficiency Badge April 16 to May 18.

The German Liaison Staff and the 6th Military Police Detachment will be hosting the training and testing for the proficiency badge, which is a skill badge that Soldiers can earn from the German government that is officially recognized by the U.S. government, according to Staff Sgt. Jamie P. Osmon, operations sergeant for the 6th MPD.

"[The badge] is for overall athleticism for different events that [Soldiers] will go through that are timed, tested and based on performance," he said.

There are several events throughout the training and testing such as the pistol competition, in which the Soldier is given five rounds and must get a minimum of three rounds into three different targets, said Osmon. A Soldier will attain bronze-level for getting three rounds into the three separate targets, silver-level for four rounds and gold-level for hitting the targets with all five rounds.

The competition also consists of a 7 ½-mile ruck march that must be completed in 2 ½ hours, a 100-meter sprint, 2,000-meter run, long jump, shot put and a 200-meter swim, according to the operations sergeant.

The bronze, silver and gold levels can be awarded in both the pistol and ruck march portions of the test while everything else is based on time or distance standards depending on age groups.

Most of the training before the testing portion consists of lower body exercise, according to Osmon.

"A lot of people have trouble with the swimming and the long jump, so we focus on a lot of lower body and leg exercises to get them ready," he said.

Osmon participated in the GAFPB competition for the spring cycle last year, and said that it was fun and challenging.

"The long jump was really challenging for me," he said, "but it was a good time."

In order to participate in the badge competition, a Soldier must be recommended by his or her chain of command, said Osmon, adding that they can't be recommended "unless their overall character is of the highest quality."

If a Soldier is interested in participating for the international badge, he or she must obtain an example memo to be signed by their chain of command, said the operations officer, which can be obtained my emailing Osmon or Sgt. Maj. Mohamed Bouhloui, German liaison staff member.

"[The competition] is a really good liaison with the German government," said Osmon. "It's a good opportunity to meet new friends and comrades and work together with them."

Osmon also said that earning the badge helps Soldiers stand out from their peers on their Class-A dress uniforms by showing their chain of command that they have gone above and beyond.

Training for the events will be conducted daily at the Fort Rucker Physical Fitness Facility beginning at 6 a.m., said Osmon. Soldiers can have their example memos signed and turned in up to the day before the training begins on April 16 to be eligible to participate.

There will also be a presentation after the testing to recognize those with outstanding achievements during the competition, said Osmon.

For more information or to get an example memo, email Jamie.p.osmon.mil@mail.mil or Mohamed.bouhloui@conus.army.mil.

Then Sgt. 1st Class John Emmett, HHC 1st Bn., 11th Avn. Regt. quality assurance NCO, performs the shot put during the German Armed Forces Proficiency Badge training last year.

Then WO1 Matthew Boedeker, his wife, Sgt. Charity Boedeker, and their son, Guardian, 2, push through a road march during the German Armed Forces Proficiency Badge competition last year.

Then 2nd Lt. Jay Huber, B Co., 1st Bn., 145th Avn. Regt. flight student, performs the long jump during the German Armed Forces Proficiency Badge training last year.

Down Time

Just Like Cats & Dogs

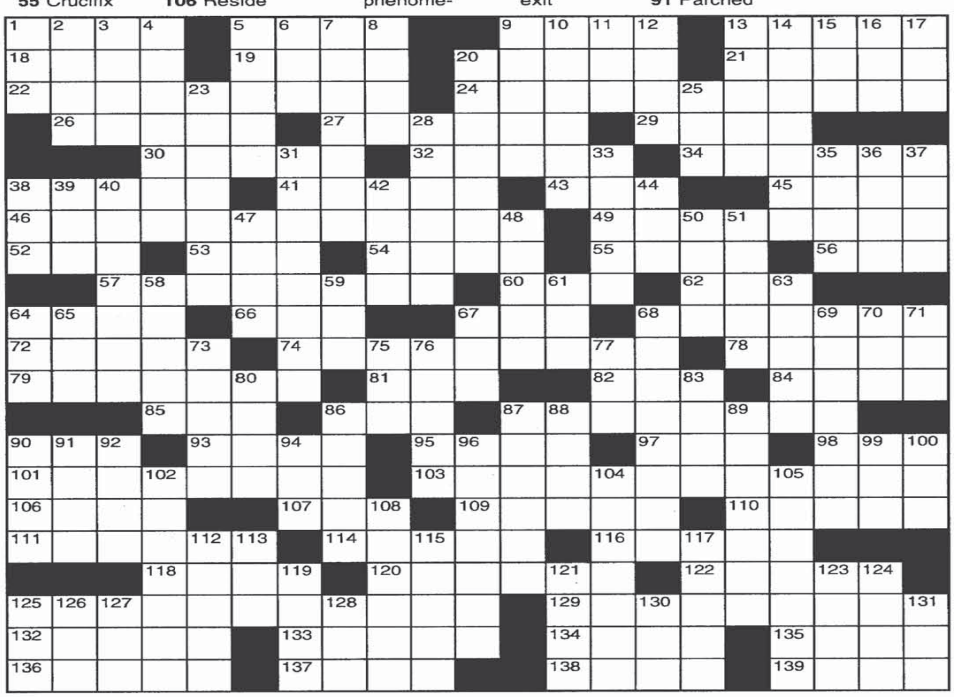
by Dave T. Phipps

Super Crossword

TEA PARTY

ACROSS
1 Clean the decks
5 "Portnoy's Complaint" author
9 "Woe is me!"
13 Strength
18 — Krishna
19 Neutral tone
20 Manifest
21 Pointless
22 What the Three Stooges drank
24 What Yo-Yo Ma drank
26 — pole
27 "American Pie" singer
29 Overshoe
30 Range rope
32 Synthetic fiber
34 Brahman or lama
38 Broadway backer
41 Vulgar
43 He may woo ewe
45 Concerning
46 What Sasquatch drank
49 What Queen Victoria drank
52 Oklahoma city
53 Bull in a china shop
54 Exploit
55 Crucifix
56 "Howards —" ('92 film)
57 Had a hunch
60 Nonclerical
62 Assumed mane?
64 German chemist Otto
66 Hound or hamster
67 Forbid
68 Outtake
72 On the ball
74 What F. Lee Bailey drank
78 Billow
79 Longed for
81 Address abbr.
82 Exist
84 Tragic fate
85 What's between Serena and Martina
86 Bat wood
87 — clover
90 Paddle
93 Siren
95 Steel support
97 Myriads of moons
98 — Jima
101 What Isaac Newton drank
103 What Martha Stewart drank
106 Reside
107 Eyebrow shape
109 The sky, at times?
110 Beginning
111 Bright inventor?
114 Make Fido fetch
116 Starts a lawn
118 Banyan or baobab
120 Refer (to)
122 — point
125 What Lech Walesa drank
129 What Gregor Mendel drank
132 Saying
133 Take the reins
134 Pennsylvania port
135 Atty.-to-be's ordeal
136 Steven of "Wings"
137 Guam, for one: abbr.
138 Horned vipers
139 Actress Veronica

DOWN
1 "Quiet!"
2 Stick around
3 Singer Guthrie
4 '60s phenomenon
5 French city
6 "Fall back" mo.
7 Aftershocks
8 Former Cong. group
9 For the birds
10 Loewe's lyricist
11 — deco
12 Pencil piece
13 Sun screen
14 First
15 Gangster's gun
16 TV's "— Step Beyond"
17 Singer Chris
20 Supervise
23 Property professional
25 "Alley —"
28 Endured
31 Paul of "A Man for All Seasons"
33 Storch or King
35 Punta del —
36 Actress Anna
37 Warty one
38 Flock o' docs
39 Wordless greeting
40 Grinds
42 — -de-camp
44 Herd word
47 Interstate exit
48 Dwight's competitor
50 Cry of distress
51 "Later, Luis!"
58 Remove a brooch
59 Sault — Marie, MI
61 Pangolin's morsel
63 Dutch export
64 Possessed
65 Citrus cooler
67 Deli choice
68 Kind of clasp
69 Makes money
70 — trip
71 Sleep stage
73 Roman fountain
75 Helium or hydrogen
76 Plant pest
77 — Claire, WI
80 "L'—, c'est moi"
83 Wells creatures
86 In pieces
87 Feast's alternative
88 City near Provo
89 Produced a cryptogram
90 Eye amorously
91 Parched
92 Sitarist Shankar
94 "Cry — River" ('55 song)
96 "El Libertador"
99 Elfin
100 — bran
102 Trace
104 Meg, Jo, Beth, and Amy
105 Teach
108 Kilauea, for one
112 Court cry
113 Teachers' org.
115 "Doe, —, a female . . ."
117 Rapiers
119 Formerly, formerly
121 Perlman of "Cheers"
123 "— Heartache" ('78 hit)
124 Shipbuilding wood
125 Shorten a slat
126 Horatian creation
127 Research site
128 Ideologue's suffix
130 Tear
131 Demolished dessert



See Page D3 for this week's answers.

TRIVIA

Trivia test

by Fifi Rodriguez

1. FAMOUS QUOTATIONS: Who once said, "He who laughs last has not yet heard the bad news"?
2. MONEY: What is the basic unit of currency in India?
3. LANGUAGE: What does the Latin term "gratis" mean?
4. MEASUREMENTS: A year must be divisible by what number to be a leap year?
5. GOVERNMENT: Who was the first black female U.S. senator?
6. EXPLORERS: Who was the first European explorer to see the eastern part of the Pacific Ocean (1513), after crossing the Isthmus of Panama?
7. ANCIENT WORLD: What were the common people of ancient Rome called?
8. GEOGRAPHY: What is the capital of Lithuania?
9. SCIENCE: What is the name of the historical period in which dinosaurs lived?
10. MYTHOLOGY: What was Pygmalion's profession?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

Kid's Corner

Junior Whirl

by Hal Kaufman

PICK SIX! You are asked to find three six-number routes from square A to square B in the diagram at right that will result in totals of 20, 30 and 40, respectively. Moves may be made to adjacent squares, up, down or diagonally.

Squares may be used just once in each computation.

Total 20: ——
Total 30: ——
Total 40: ——
How quickly can you comply?

A	3	9	3	5
9	3	1	7	9
3	5	3	5	7
7	3	7	3	5
9	5	9	5	B

Other answers are possible.

Total 20—3,3,1,3,5,5. Total 30—9,3,5,3,7,3. Total 40—3,9,7,9,7,5.

GAME PLAN! Let's see if you can unscramble these familiar baseball terms. 1. LBLA. 2. ESTRIK. 3. CHIPT. 4. CHACT. 5. LASET. 6. PUMIER. 7. GODUTO.

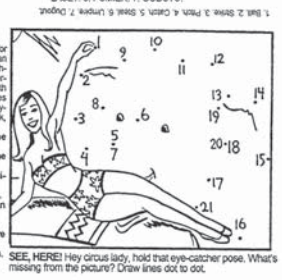
1. Ball. 2. Strike. 3. Pitch. 4. Catch. 5. Steal. 6. Umpire. 7. Dugout.

BIRD NAMES TO PUN-DER

"REMARKS below are for the birds in more ways than one," says our fine-feathered pal above. To understand why, fill blanks with the following birds' names in order: Robin, lark, myna, sparrow, oriole, duck, shrike:

1. You're — me the wrong way.
2. It was the — of the draw.
3. We had a — accident.
4. I voted for Ross —.
5. The pilots put on an — circus.
6. — the halls...
7. Three —s and you're out (or in).

'Tis some punny bunch.



SEE, HERE! Hey circus lady, hold that eye-catcher pose. What's missing from the picture? Draw lines dot to dot.

ICE PACK! There's no business like snow (or ice) business for a family of polar bears. Coloring code: 1—Red, 2—Lt. blue, 3—Yellow, 4—Orange, 5—Dk. blue, 6—Black, 7—Gray.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

ESPOUSAL

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible bonusmr. Soul, sale.

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Wishing Well®

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

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

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Plant is missing. 2. Paddle is smaller. 3. Gum bubble is missing. 4. Cap is different. 5. Birdcage is smaller. 6. Cornstone is missing.

Natick study looks at how Soldiers' bodies cool down

By Bob Reinert
USAG-Natick Public Affairs

NATICK, Mass. — Seventeen years after four Soldiers died from hypothermia during the final phase of Ranger School, researchers at the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center continue to study how the human body cools down, in hopes of one day developing medical techniques to help prevent such tragedies.

"You can't design possible countermeasures — pharmacological treatments, perhaps — until you know mechanisms," said Capt. David DeGroot, Ph.D., a research physiologist in USARIEM's Thermal and Mountain Medicine Division, who is leading the study. "You've got to understand the basic mechanism before you (say), 'OK, now how do I target it?'

"This is going to allow us to get further insight with the actual mechanisms so that we can follow it up with, OK, what could we possibly do in terms of an intervention to mitigate that rate of core temperature drop?"

Dr. John Castellani, serving as an Army captain with USARIEM at the time, was a member of the team that conducted the institute's initial study at Camp Rudder on Eglin Air Force Base, Fla., soon after the February 1995 deaths. He still works at the institute as a research physiologist.

Castellani said that the original study led to adjustments to the tables Rangers use to determine what amount of exposure to cold is safe.

"The swamp portion of training takes place at the very tail end of Ranger School, so Soldiers have lost a lot of muscle, fat," Castellani said. "They're also, during that time frame, purposefully not being fed, so they may have very little food on board, and they're also sleep deprived a lot as part of that part of the training.

"So we studied Ranger students who were finishing up Ranger School. We tested them immediately as they came out of the swamp," he added.

Castellani followed these studies with the Rangers by trying to understand how physically fatigued Soldiers are more susceptible to hypothermia.

"What John found was if you exposed people to cold air after they exercised, they cooled off faster than people who were warmed up passively," DeGroot said. "So there was something about that prior exercise that led to a faster rate of decline in core temperature, higher skin temperature, higher rate of heat transfer through the skin.

"The follow-up question was always, 'why? What's controlling that skin temperature? What's the mechanism responsible for this abnormal response?'"

DeGroot and his team are studying that mechanism with the help of eight Soldiers from the Human Research Volunteer Program at NSSC, who are fitted with microdialysis fibers, muscle temperature probes and skin temperature sensors. They are then put into the 102-degree waters of an immersion tank, followed by a trip to an environmental chamber, where the air temperature is a relatively cool 66 degrees.

"Now that doesn't sound very cold, (but) all he's wearing is a pair of shorts and a pair of socks, and he's at rest," said DeGroot of one volunteer. "A normal response in the cold is that the blood vessels in the skin are going to constrict, and that's to limit the rate of heat loss from the core out to the environment. What varies is how we warm them up prior to the cold exposure — exercise versus passive."

The use of microdialysis fibers, implanted under the skin to gather samples, was in its "infancy" when Castellani did his study, DeGroot said. Things have changed since then.

"(We are) using some different techniques that, frankly, we didn't have a dozen years ago," DeGroot said. "We didn't have the technical capability to do this study.

"This is unique. Off the top of my head, I can think of (only) six other labs in the world that use microdialysis to study the control of skin blood flow."

With a better understanding of the human body's response to cold, USARIEM researchers likely will be in a better position to help future Soldiers ward off hypothermia.

"Everything in science is incremental," said DeGroot, "just building off of others."

PHOTO BY DAVID KAMM

Capt. David DeGroot, Ph.D., puts volunteers into a water immersion tank at the U.S. Army Institute of Environmental Medicine at Natick Soldier Systems Center as part of a study that is looking at how Soldiers' bodies cool down.

PUZZLE ANSWERS

Weekly SUDOKU
Answer

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

TRIVIA
Answers

1. Bertolt Brecht
2. The rupee
3. Without payment
4. Four
5. Carole Moseley Braun
6. Vasco Nunez de Balboa
7. Plebeians
8. Vilnius
9. Jurassic
10. Sculptor

Super Crossword
Answers

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

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

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TRADITIONAL WINGS

WINGS

Choose:
HOT or MILD
Cool 'em off with bleu cheese or ranch dipping sauce.

CHOOSE YOUR COUNT
6 WINGS ..... $4 12 WINGS $8
18 WINGS ..... $12 24 WINGS $16

PASTA

INDIVIDUAL
Served with garlic bread.

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Savory Italian-seasoned meat sauce and rotini pasta topped with cheese and oven baked. $6

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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

Tiger Woods takes advantage of Kinect

By Jim Van Slyke
Contributing Writer

Golf video games vary little from year to year. Sure, there may be a new course or a more polished look, but since the golfers are usually the same from year to year and the courses don't change much, if you've seen one golf video game you've almost seen them all.

That changes a bit this year with "Tiger Woods PGA Tour 13" including Kinect integration. The game can now be controller free, use voice integration and use body tracking to simulate real golf. In other words, if you're prone to slicing on your favorite local course, that same slice will likely show up if you use Kinect as you "grip it and rip it," too. The Tiger Woods series has used the motion controllers for the Wii, but Kinect takes things to a different level. It takes a bit of getting used to, but gamers can adjust settings and levels so that even someone who has never swung a club can enjoy some success. This is still a video game, after all.

The Kinect controls will allow advanced golfers to pull off more challenging shots like draws and fades. Putting has been improved and the caddy is back to provide helpful tips when necessary.

Gamers can still try to become the Masters champion at Augusta National Golf Club, as well as tee off at some of the other best courses in the world like St. Andrews, Pebble Beach, TPC Sawgrass and more. It's also possible to relive Tiger Woods's most memorable accomplishments.

"Tiger Woods PGA Tour 13" is a fun golf game, particularly if you're going to use Kinect. If not, it's a lot of the same stuff you've seen before. But if Kinect is your thing, then give it a swing.

Reviewed on Xbox 360

Publisher
Electronic Arts
Rated
Everyone
Systems
Xbox360, PS3
Cost
$60
Overall
3 out of 4

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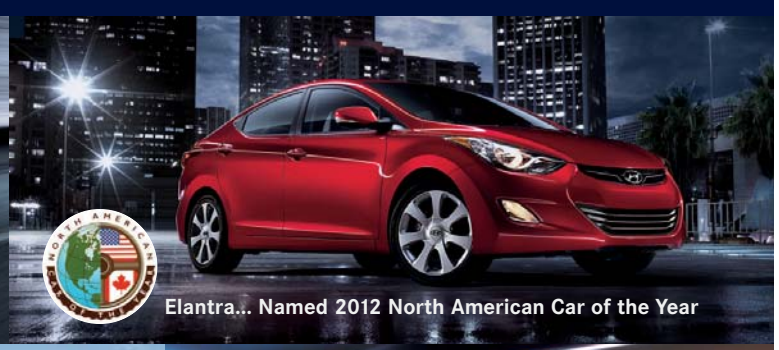
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