AWARD
Fort Rucker officer 'gobsmacked' by Australian honors
Story on Page A3

SKATE NIGHT
Event offers escape for Families, community
Story on Page C1

HOOPS
D Co., 1-13th wins 1st game of season
Story on Page D1

ARMY FLIER

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

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White Plume Award honors local

By Sara E. Martin
Army Flier Staff Writer

A local man man dedicated to taking care of Soldiers and their Families received the prestigious DFMWR White Plume Award here Dec. 20.

The award was established to recognize outstanding service and contributions to Directorate of Family, Morale, Welfare and Recreation programs. It is the Army's highest medal for achievement in support of DFMWR, according to Evy Bludsworth, deputy director of DFMWR.

"Winners of the White Plume represent true service to the Soldier, the Army and the nation," she said.

Jackson's son, Brian, said the award was well deserved for his years of service to the government.

"The amount of Soldiers and Families he has touched through the years is amazing. Our whole Family was so proud that [Davis D.] Tindoll [Jr.] (Installation Management Command Atlantic Region director) came down to present [the award] to him, telling him personally that he has done so much for Fort Rucker and DFMWR," said Brian Jackson, the DFMWR program manager.

The elder Jackson, who retired last year, was serving as the community recreation division officer in DFMWR, but has held many positions on Fort Rucker.

"He has served Fort Rucker for 23 years in positions that include the service champion for installation status report; manager of the recreation center, youth services, and sports, fitness and aquatics; and chief of the community recreation division of DFMWR," said Timothy Laster, DFMWR director.

Under Jackson's leadership, Fort Rucker programs, facilities and services have been enhanced and expanded, according to Laster.

"Under his leadership as the Fort Rucker community recreation officer, new facilities have been built; existing facilities have seen major renovations, and other facilities have been upgraded and expanded," he said.

Some of these accomplishments include the construction of the Fortenberry-Colton Fitness Facility, SPLASH! aquatic facility, and the youth football, baseball and batting cage complex, and outdoor recreation service center; the renovations and expansions of the Fort Rucker Fitness Facility, leisure travel office, riding stables, Center Library, outdoor pools and swimming areas, campgrounds, cabins, park areas, recreation lodging, biking and hiking trails; and the establishment of a marina operation, the automatic car wash system and paint booth facility at the automotive skills center.

Jackson has been instrumental in the effective implementation of key Soldier and community recreation initiatives and processes within the Atlantic Region, said Laster.

"Under Ken's leadership as the CRO, [our] recreation programs received 71 Army and region awards," he said.

Some of the other programs and events that Jackson helped implement and establish at Fort Rucker are the Warrior Adventure Quest support for a unit at Eglin Air Force Base, an arts and crafts expo, an outdoor sports expo, the Independence Day Freedom Fest, the annual Lake Fest, Thunder on Tholocco and the Army Strong Triathlon.

"[Jackson] was a passionate professional who willingly put the needs of Soldiers and Families ahead of his own interests. He was a tireless advocate for their needs and for recreation as a profession," said Laster.

Jackson retired last April but said that retirement is not much different than working.

SEE AWARD, PAGE A5

PHOTO BY EMILY LEMMON

Col. Stuart J. McRae, Fort Rucker Garrison commander, congratulates Ken Jackson, former DFMWR employee, for earning the White Plume Award at a ceremony Dec. 20.

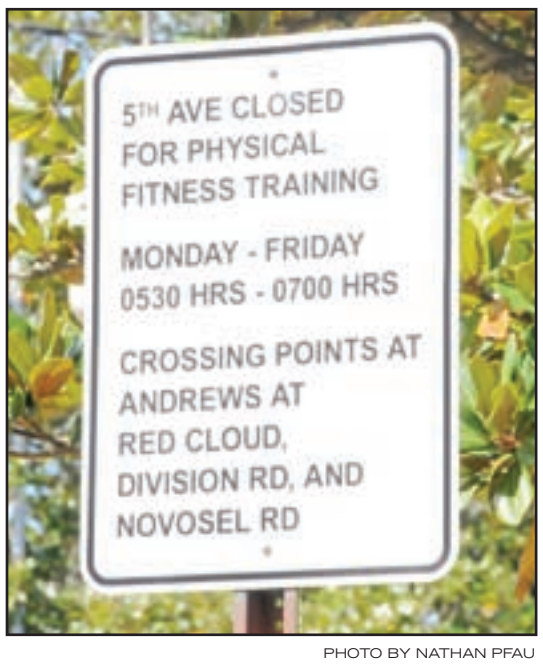

PHOTO BY NATHAN PFAU

Signs are posted at most affected intersections to let drivers on Fort Rucker know when they can and cannot drive on Fifth Avenue – Mondays-Fridays from 5:30-7 a.m.

5th Ave. morning closure helps keep Soldiers safe

By Sara E. Martin
Army Flier Staff Writer

Fifth Avenue is the official run route for morning Soldiers and Family members doing physical training, but Fort Rucker officials say that many drivers are violating the no driving-no crossing policy.

Fifth Avenue is closed Mondays-Fridays from 5:30-7 a.m. for morning PT because it is the designated running route for Fort Rucker, according to Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

Fifth Avenue is a protected road, which means no privately owned vehicles are allowed on the road whatsoever during those hours, but Pinckney said that bicycles are allowed on the road as a means of exercise and transit.

Though the policy has been successful for the past several years, installation officials have noted a spike in incidents where people have been caught driving on the road, either by Soldiers on the road or by the military police.

"The main issue is that individuals are not complying with the requirement to either not drive on Fifth Avenue or cross where it is blocked," said Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker.

Physical barriers are placed on the road to warn drivers not to cross, but Pinckney said some drivers ignore them and the many posted signs at the intersections.

"I have seen drivers myself drive right around the barriers to get on the road to just cross. There are alternate means to get across the road," he said.

There are only three designated crossing points during the

SEE CLOSURE, PAGE A5

USAACE wins 9 Best of AKO awards

By Nathan Pfau
Army Flier Staff Writer

At the U.S. Army Aviation Center of Excellence, excellence is a term that has become synonymous with Aviation, but those on Fort Rucker who work to maintain the Army Knowledge Online website have come to be familiar with the term as well.

Of the 24 sites selected for the Best of AKO awards, nine were USAACE sites — a feat that no other organization could match, according to Patsy Brown, USAACE knowledge management AKO specialist.

"No other single organization got anywhere close to that many recognized for their work," said Brown, who worked with many of those recognized.

The silver and bronze awards were presented to many organizations and units on Fort Rucker in various categories.

Silver award winners include: 1st Battalion, 145th Aviation Regiment, U.S. Army Aviation Tactical Operations Course site; 1st Bn., 145th Avn. Regt., Aviation pre command course site; and Directorate of Training and Doctrine, Tactical Operation Officers site.

Bronze award winners include: 1st Bn., 13th Avn. Regt., Army Operational Test Command site; 1st Bn., 145th Avn. Regt., Aviation Maintenance Officer Course site; and the USAACE NCO Academy site, which took the bronze for Best of AKO 2012.

Other awards include: 1st Aviation Brigade, for Best Web Viewer Channel; and USAACE NCO Academy, for Best Online Survey and Best Web Viewer.

For many involved with the design and

SEE AKO, PAGE A5

PHOTO BY NATHAN PFAU

CW4 Ashley Turner, TACOPS combat survivability instructor, and CW4 James Neal, TACOPS course chief, review their site, which was a silver award winner in the Best of AKO awards. USAACE took home nine awards, more than any other organization.

PERSPECTIVE ▪ A2 | ARMYWIDE ▪ B1-4 | COMMUNITY ▪ C1-6 | ON POST ▪ C2 | SPORTS ▪ D1-4

PERSPECTIVE

Being proactive, ACAP key to transition process

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

So, you just looked at your countdown calendar, and, in about a year, you're going to be parting company with the Army.

"Wow," you think, "that time will pass fast!" You're suddenly overcome with a gnawing feeling that you ought to be doing something to get ready for this major change in your life.

Then you remember one of your friends talking about how valuable ACAP services had been when she completed her military service, so you grab the phone and call ACAP. The voice on the other end of the line is friendly and gives you the answer you want to hear. The ACAP staff member explains that transitioning Soldiers normally begin working with the ACAP Center not later than one year from separation or two years from retirement.

"Hey," you think, "that's still a long way out to get started." Your first impulse is to voice that fact in no uncertain terms to the person on the other end of the line. Fortunately, some of your human relations training kicks in, and you simply say, "Well, I guess by starting earlier I can better prepare myself for the transition."

Additionally, the Veterans Opportunity to Work Act made attending all ACAP transition classes mandatory as well as doing your initial ACAP pre-separation briefing not later than 12 months from your separation or retirement date.

If you see yourself in this scenario, read on. Indeed, it may be too far out to start sending out resumes, but there are some things you can do while you're waiting for that separation or retirement date to draw closer.

Furthermore, the earlier you start using ACAP services, the more latitude you have to schedule appointments around your unit mission requirement.

Start networking

You can get started networking (talking) with relatives, friends and acquaintances to let them know you'll be looking for a job in about a year. You'll probably be pleasantly surprised at just how helpful network contacts can be. Most people you talk to will be more than willing to help.

Of course, the more specific you can be in terms of what you want to do and where you want to live, the more valuable your network contacts can be. The value of networking in job search is illustrated by the fact that almost 80 percent of job seekers find their jobs through some form of networking.

Attend an ACAP job assistance workshop

Knowing how and where to look for a job is half the battle. You can never begin too soon to start learning all you can about the job search process, how to produce great resumes and cover letters, and acquiring excellent interviewing skills that make you look and sound polished while you are trying to market your abilities.

Use education resources

Take advantage of all the services the education center offers. Of course, the obvious thing here is to further your education and training to make you more marketable. You may wish to work on a degree or brush up on your computer skills – computer classes and skills are especially good for your resume. Either way, the education center can help you. Additional training and education will usually increase your options for employment.

And, if you aren't sure what you want to do when you finish your military service, the education center can help you complete an interest inventory that will indicate what types of occupations you appear to be best suited for.

Gather information

Once you start your job search, you'll need a great deal of information to accurately complete job applications and to develop an effective resume. You can start gathering that information now. This will include such things as the names, addresses, and telephone numbers of previous supervisors and where you worked and the inclusive dates you worked there for at least the last 10 years.

Additionally, gathering other documents, such as personnel records, training certificates, diplomas, etc., will make it much easier to write an effective resume and to answer interview questions. If you wait until you're out of the military to start gathering this information, the task will be much more difficult.

Research

You can start researching companies, salaries and cost of living in particular areas of the country. Researching companies can help you decide if you really want to send a resume to a particular company and can help you shine when you go for an interview with the company.

Additionally, you can get started researching the salaries for the kinds of jobs you're interested in as well as the cost of living in areas where you might relocate. This research can pay big dividends for you. One major benefit is that it will help you decide if salaries in the industry and area you're considering are adequate.

Of course, to make a good decision on salary, you'll need to know how the cost of living in one area compares with other areas. The information regarding salaries and cost of living will also be very valuable if you have the opportunity to negotiate salary.

Be positive

Perhaps the best thing you can do between now and the time you start working with ACAP is to develop a positive attitude that includes a determination not to procrastinate.

Get started on all the things mentioned above. Allow yourself to be positive about your worth in the marketplace – it's a fact that employers are looking for people like you who have a good work ethic, who are motivated and who know how to work as a team member.

Resolve that the first day you're eligible to work with ACAP, you'll stop by the center and sign up for ACAP services.

Additionally, resolve that you'll take advantage of all the services ACAP offers with the knowledge that individuals who work with ACAP generally get jobs sooner and get higher starting salaries than Soldiers who do not use the full range of services.

As you can see, there are a number of things you can do to be more proactive in your transition process while waiting for your separation or retirement date.

For more suggestions, contact the Fort Rucker ACAP Center at 255-2546.

Rotor Wash

"What resolutions did you make for 2013 and what progress have you made so far?"

Master Sgt. Sherman L. Winston, DPW

"I don't make resolutions. It's too cliché. I feel like if you are doing things the right way all the time, there is no need for a New Year's resolution."

Richard White, Army retiree

"I don't have any resolutions, so I am doing great. You get to a certain age where you don't need New Year's resolutions."

Clarissa Watkins, Army veteran

"I am trying to save money. It is a work in progress, but I am doing a little bit better."

Sgt. 1st Class Shawn Redondo, NCOA

"My resolution is to not get as angry, and so far it is going well."

Sgt. 1st Class William Bush, NCOA

"I quit smoking and I am doing fantastic!"

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Officer 'gobsmacked' by honors

By Sara E. Martin
Army Flier Staff Writer

Before Fort Rucker said goodbye to 2012, it recognized an exceptional officer in its ranks at an informal get together at Mother Rucker's Dec 19.

Australian Army Lt. Col. Stephen Jobson, CSC, Fort Rucker Australian Army Aviation Liaison officer, was awarded the Australian Conspicuous Service Cross Dec. 11 in a ceremony in Washington, D.C., where he was awarded the cross by the Australian Ambassador to the United States Honorable Kim Beazley on behalf of the governor general.

Jobson said that he felt honored about the recognition he received at both Fort Rucker and D.C., but that the award took him by complete surprise.

"I had no idea I was even being considered for the award. I just received an email one day telling me that I was being awarded it. I couldn't believe it. We have a word in Australia, gobsmacked, and that's how I felt," he said.

Jobson was awarded the cross for his outstanding achievement as the commanding officer of the 6th Aviation Regiment in Australia, according to Bill Foley, liaison contact officer.

"Jobson's command was marked by outstanding achievement in a variety of environments. He commands in a thorough, considered and thoughtful manner. He has commanded a wide range of disparate elements in varied environments, achieving outcomes beyond expectations of senior leadership," said Foley.

The Australian Conspicuous Service Cross is awarded for outstanding devotion to duty or outstanding achievement in the application of exceptional skills, judgment or dedication, in nonwarlike situations and environments. It is one of the highest medals that can be bestowed, according to the Australian governor general's office.

The surprise get together of close friends, Family and coworkers was orchestrated for Jobson to congratulate him on his accomplishment where Foley spoke of his "outstanding achievements."

By taking command of the special operations unit, the 6th Regiment, Jobson took a fine unit and made it even better, said Foley.

"In 2011, while in command of 6th Special Operations Aviation Regiment, Jobson was tasked at short notice to raise a command and control element to coordinate Army Aviation response to the devastating floods in Queensland," he said, adding that Queensland is about five times the size of Texas.

"He quickly established a control center, coordinating the much needed response to the disaster. During this period he commanded Army Aviation's largest response to a natural disaster in Australia's history," he said.

Throughout 2011, Jobson commanded an Aviation battle group that also helped him earn the award.

"He brought together elements of the 1st, 5th and 6th Aviation Regiments in support of Exercise Hamel. As part of the battle group activity, he was required to prove a number of operational evaluation milestones in the delivery of the Tiger Armed Reconnaissance helicopter into operational service," said Foley.

Jobson displayed a keen mind to understand the system thoroughly and maximize its strengths, though he was unfamiliar with the aircraft, and in doing so he achieved more than 300 hours in the Tiger in less than two months, according to Foley.

The award made Jobson feel reflective on the achievements of the Soldiers in his old unit.

"I was so proud after it soaked in for a few minutes, because the words in the citation basically said that I enhanced the reputation of the 6th Aviation Regiment. It's great because even though I [have left], the Soldiers there who stayed on are in a unit that is a little more widely respected and acknowledged for what they achieved," he said.

The award was extra special, according to Jobson, because it was awarded while stationed in the United States.

"There is such a deep level of admiration for the U.S. Army. Our U.S. Army hosts have been incredible, so to receive it in this environment, in this atmosphere of the Army Family, is really special to me," he said.

The award is one that comes with post-nominal letters according to Tania Jobson, Stephen's wife who is graciously known as general officer home command.

"Every time he signs things now he has to write CSC after his name, for recognition of his achievement," she said.

PHOTO BY SARA E. MARTIN

Australian Army Lt. Col. Stephen Jobson, CSC, Fort Rucker Australian Army Aviation Liaison officer, with his wife, Tania, at a surprise get together at Mother Rucker's Dec. 19 in honor of his earning the Australian Conspicuous

Though Stephen was honored to receive the award, he said the post-nominal letters made him feel a little aged.

"When you're young and see Soldiers with the post-nominal letters, they seem so old, so now I am like 'Great. I am one of them,'" he said.

While thanking his friends and Family during the festivities, Stephen knew just who to thank, his wife.

"Thank you for all that you do with me not being home for the kids. I couldn't have done this without you. You do an exceptional job, you're amazing," he said.

As a spouse, Tania said she sees all the work that he does behind the scenes and that his hard work demonstrates how much he truly deserved the award.

"The Army and the other Soldiers see how hard he works, at work, but they don't see what he brings home with him and how hard he works. I feel he would be sadly missed in the Australian Army and it would cause a devastating blow to the Aviation corps as a whole if he was to leave at this point in his career," she said, adding that Stephen's modesty sometimes may prevent the Army from seeing the potential that she sees in his future career.

Jobson's command has resulted in significant achievement, not only for [the] 6th Aviation Regiment but also for the Army in general, said Foley.

"His personal commitment and attention to detail are exceptional. His efforts are in keeping with the finest traditions of the Australian Army and the Australian Defense Force," he said.

DPS urges mobile device safety awareness

By Nathan Pfau
Army Flier Staff Writer

The holiday season has gone, and during that time people may have received gifts ranging from new computers to mobile devices, but according to Directorate of Public Safety officials — with new devices comes new responsibilities.

Many devices such as new computers, cell phones and tablets can come with various security risks when it comes to security of the device itself as well as security of ones personal information, according to Peggy Contreras, Fort Rucker Community Police supervisor.

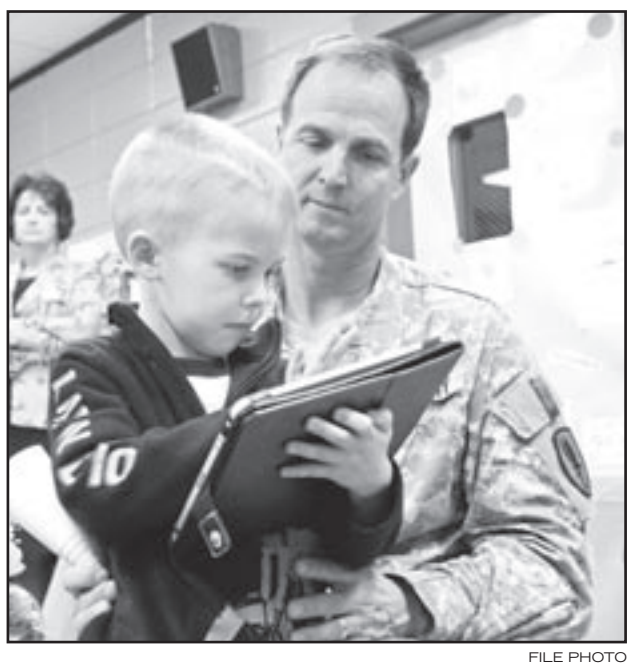
"We just want to make sure that people are keeping their new devices secure, and we want them to be knowledgeable about how to use them and the risks they can pose when sharing information," said Contreras.

The need for awareness extends not only to adults on Fort Rucker, but to children on the installation as well, she said.

"Many children may have received tablets or cell phones for Christmas and it's up to the parents to make sure they understand the security settings on these devices before they give them to their children," said the supervisor. "Parents must also teach their children how to responsibly use these devices because the security of one's personal information comes down to personal responsibility."

The security that Contreras is referring to has to do with posting personal information on social media websites and other sites across the Internet. The protection of personally identifiable information is not only for those that work on Fort Rucker, but anyone who hopes to keep their information safe.

"People should understand that there can be consequences if they aren't careful about sharing information across various social media sites," said Contreras. "If a person isn't familiar with the security settings on a device, they should get with someone who is and try to learn about it."



FILE PHOTO

Col. Brian Bennett, 1st Aviation Brigade commander, watches as a kindergarten student demonstrates what he can do on an iPad that was transferred to the Fort Rucker Primary School by the 1st Avn. Bde in March. Directorate of Public Safety officials urge people to educate themselves and their children on the use of mobile devices to maintain security of their personal information.

"When people post [to social media sites], they should really think before they do so and be very careful about what type of PII and information they put out there," said Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker. "A lot of people are worried about their personal information, but most don't realize how much data mining is going on out there."

Contreras also spoke about the use of applications and their ability to share location information and track people's trends.

"Many of these applications that people use are also geo-tagging and finding out what people's [interests] are, and that can provide someone your exact location, even when taking a photo," she said. "If someone wanted to pretend to get to know you, the information is out there and that's why we need to learn to protect our information."

Contreras suggests that people disable the ability for mobile devices to share location information, which can usually be done in the settings options of a device.

The Internet isn't the only place people can gather another's personal information, said Contreras. Another way that a person's information can be jeopardized is if one of their devices that contains this information is lost or stolen.

"These days, our entire lives are put into these devices," she said. "They have our Family members, home address, banking information, passwords – basically everything. If someone steals your device and is able to access it, they have access to your entire life.

"People need to make sure to password protect these devices to make sure that nobody can access them," she continued.

Contreras also suggests that people not leave their devices unattended, especially in plain view such as on their desk or in their cars.

Leaving a device in plain view is equivalent to asking someone to take it, she said.

"The strongest security tool that anyone has is sitting between your ears," said Bondy. "I just can't say it enough – the big thing is just personal responsibility."

News Briefs

MLK commemoration

Fort Rucker hosts its Martin Luther King Jr. Commemorative Program Jan. 17 from 10-11 a.m. in the post theater. The guest speaker for the event is Dothan Mayor Mike Schmitz.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Jan. 18 at 2 p.m. in the U.S. Army Aviation Museum. Everyone is invited to attend and honor the retirees' service to the country.

ACAP meet and greet

The Fort Rucker Army Career and Alumni Program Center hosts CSX Railroad, IDP Recruiting and Upper Limit Aviation for an employer day Wednesday from 10 a.m. to 2 p.m. in Bldg. 5700 in the second floor break room. The event is open to active duty military, retirees, veterans and their spouses. People are welcome to attend to network with the employers.

For more, call 255-3932.

Troops to Teachers seminar

The education center hosts a Troops to Teachers seminar today at 9 a.m. in Bldg. 4502, Rm. 112. A TTT representative will conduct the free seminar on teaching as a second career. Reservations are not required. TTT is a federal government program that assists eligible veterans who desire to become public school teachers.

For more on Troops to Teachers, visit www.ttga.net or call (404) 413-8199.

AAFES closures

AAFES will conduct a self-counted inventory that will cause the closure of facilities on the day of the inventory. Below is the schedule of closures at AAFES retail operations.

* Wednesday – Closure of MCSS and Mini-Mall Express (gas will be available with pay at the pump).

* Jan. 17 – Closure of Triangle Express and Class Six (gas will be available with pay at the pump).

* Jan. 20 – Closure of Fort Rucker Post Exchange, mall and food court.

For more information, call 598-9423.

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.

ID card section

People who need a common access card or military ID card who are in a hurry can make an appointment by calling 255-2437 or 255-2182. When people call for an appointment, they will be screened and advised of any documentation they need to bring. Walk-ins will continue to be served on a first-come, first-served basis. As a reminder, people may experience delays from 11 a.m. to 1 p.m.

Soldiers in Afghanistan continue mission as new year arrives

By David Vergun
Army News Service

PHOTO BY STAFF SGT. DAVID J. OVERSON

Soldiers contribute to a Regional Command-East Female Engagement Team conference, which focused on increasing the role of women in Afghanistan's police force.

WASHINGTON — As Americans rang in the new year, Soldiers, Afghan security forces and their coalition partners remained engaged in combat, training and humanitarian operations.

Fighting in Afghanistan continues, as evidenced by battlefront dispatches dated Dec. 31.

It was confirmed that a top Taliban leader in the Andar district of Ghazni province was arrested by Afghan and coalition security forces, according to an International Security Assistance Force Joint Command operational update.

"As one of the most senior Taliban leaders in the district, the insurgent executed tactical planning, kidnapping operations, detainee operations and strategic planning to support the Taliban insurgency. He was directly involved in attacks against Afghan and coalition forces and in contact with local Taliban leadership," the report states.

Additionally, a Taliban leader was arrested in the Nad 'Ali district of Helmand province. The leader commanded a direct action cell operating in the district. He also planned and coordinated multiple ambushes and IED attacks against Afghan and coalition forces, according to the ISAF report.

A Haqqani leader in the Pul-e 'Alam district of Logar province, was arrested as well, the report said. The leader coordinated and prepared improvised explosive device attacks against Afghan and coalition forces. He also facilitated the distribution of weapons, IEDs and suicide vests to insurgents throughout the district, the report states.

The report continues with details concerning other combat operations around the country.

During a security operation in search of a Taliban leader in the Andar district of Ghazni province, two insurgents were arrested by an Afghan and coalition security force. The leader commands a large number of insurgents and manages IED attacks against Afghan and coalition forces.

Afghan and coalition forces killed several armed insurgents during an operation in the Ghaziabad district of Kunar province as well. During the operation, the security force observed the armed individuals engaged in hostile activity and engaged them.

Afghans taking the lead

Soldiers continue to train Afghan police and security forces as U.S. forces continue to draw down. And now, Afghans themselves are training other Afghans.

For example, at Camp Parsa, an Afghan National Army-led, six-week counter-IED course is set to graduate 40 Afghan soldiers who will be proficient at defeating the IED threat.

Although the Afghan National Army initiated the training and implementation of the course, U.S. Soldiers provide assistance to ensure the trainers are taught the latest lessons on counter-IED tactics.

"We conduct a train-the-trainer effort here," said Capt. Michael Wilda, officer in charge of the counter-IED partnership.

Even though U.S. Soldiers offer assistance, little is needed or requested, he said.

"These guys are really good at what they do," Wilda said. "Very seldom do they ask much of us. When they do, we give them our advice and ensure they understand what we're showing them and then they run with it."

According to an ISAF report, from January 2008 to September 2012, IEDs accounted for an estimated 63 percent of all casualties sustained by the Afghan and ISAF forces.

During the summer of 2013, it is expected that Afghan forces will be in the lead for security across the country. Twenty-three of Afghanistan's 34 provinces are now entirely in the transition process, according to a ISAF report released Dec. 31.

Greater role for women

Soldiers and coalition partners met at Bagram Airfield this month to develop a unified plan to recruit women into the Afghanistan police force and provide them with important training.

"This conference enabled us to draft a basic training instruction plan," said Lt. Col. Scott Perrenod, Regional Command - East, deputy chief reintegration officer. "We added very important elements to include literacy, tactical questioning, evidence-based operations and witness statements, and an Afghan peace and reintegration program."

Nadereh C. Lee, the RC-East and Combined Joint Task Force-1 senior development officer and deputy senior civilian representative, attended the conference to ensure a civilian perspective was represented.

"It's critical to have women involved in everything here to be able to move forward in Afghanistan," Lee said. "We need to start thinking of women differently, as powerful actors economically, in security forces and in every aspect of Afghan life."

Infrastructure improvements

U.S. Soldiers continue to help Afghans with critical infrastructure improvements. For example, one of the many projects of the Army Corps of Engineers is to provide more reliable electricity to Kandahar by the end of 2013. This includes work on substations and transmission lines.

"These capital improvement projects will be the enduring legacy of coalition and U.S. efforts from the last decade," said Lt. Col. Robert Bensburg, officer in charge of infrastructure in RC-South's Stability Division. "The Afghan government will be the recipient of a great opportunity to provide multiple levels of services to its citizens that would most probably not have been available for another 30 years."

Establishing rule of law

In 2012, the Afghan criminal justice system continued to make strides in implementing the rule of law, and demonstrating its national sovereignty in the criminal justice system at the Justice Center in Parwan.

At the JCIP, the Afghans are partnering with the Rule of Law Field Force-Afghanistan. ROLFF-A's mission is to provide essential field capabilities, liaison and security to partnered Afghan and coalition civil-military teams to build Afghan criminal justice capacity, increase access to dispute resolution services, fight corruption and promote the legitimacy of the Afghan government.

In 2012, about 1,200 criminal cases were completed, as compared to only 436 in a 2011. These include primary level, juvenile and appellate court cases.

"These numbers depict a steady increase in the court's ability to dispense fair and impartial Afghan justice, which serves as a demonstrable example of Afghan sovereignty," said Brig. Gen. Ural D. Glanville, ROLFF-A commander.

"This is a total effort by our Afghan partners," Glanville continued. "Afghan judges, Afghan prosecutors and Afghan defense counsel are demonstrating their resolve and commitment to bringing the rule of law to their nation."

Glanville said the JCIP is a "clear example" of a working partnership between the Afghan government and coalition forces to bring to justice those who violate the laws of Afghanistan "in a fair, equitable and transparent manner."

2013 outlook

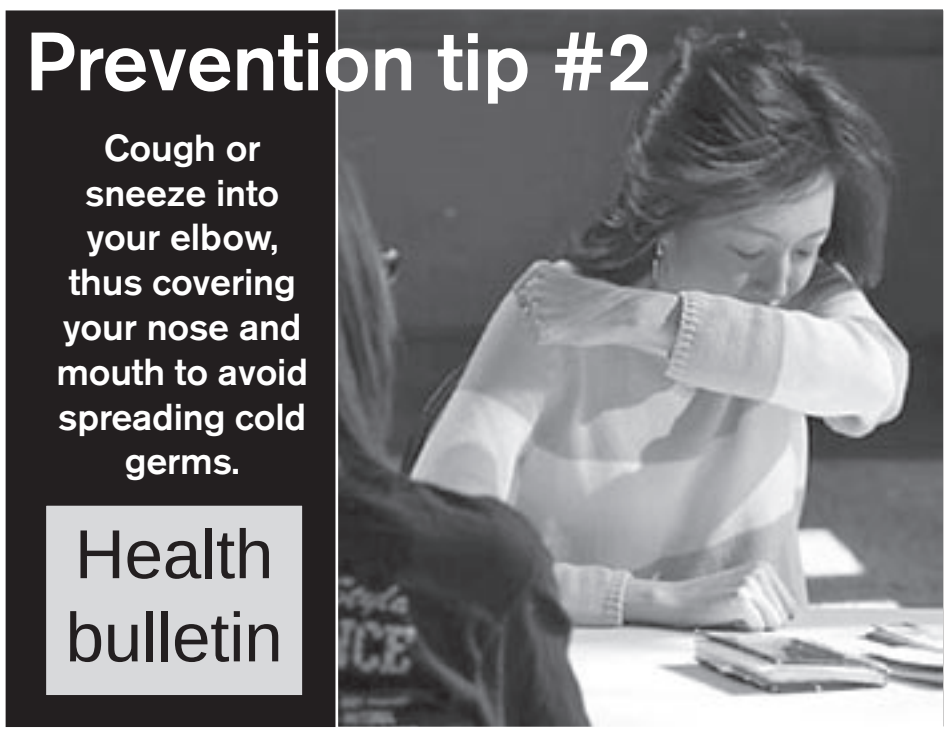
During a visit to Afghanistan recently, Secretary of Defense Leon E. Panetta met with U.S. commanders and later told reporters that "to a person, (U.S. commanders) said the Afghan forces are proving they can do the job."

Panetta said that continued coalition support for the Afghan forces will include a focus on leadership development, an effort to build their planning, logistics and procurement capabilities, and training that will allow them to provide larger and more complex operations on the battlefield.

Recent progress on security in Afghanistan "makes it all the more important to confront broader strategic challenges that we face, and we are doing that," Panetta said.

The rule of law must be strengthened and the nations must work together "to reduce corruption and promote the quality of governance that will support these hard-won security gains," Panetta said.

"Together with the international community we must promote sustainable economic development, education (and) healthcare to give the Afghan people the better future they deserve," Panetta said.



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End of Tax Holiday affects military, civilian paychecks

American Forces Press Service
Press Release

WASHINGTON — The legislation that President Barack Obama signed Jan. 2 that postponed the fiscal cliff means changes to military and civilian paychecks, Defense Finance and Accounting Service officials said today.

The legislation increases Social Security withholding taxes to 6.2 percent. For the past two years during the "tax holiday" the rate was 4.2 percent.

The increase in Social Security withholding taxes affects both military and civilian paychecks, officials said.

For civilian employees, officials said, this will mean a 2 percent reduction in net pay.

For military personnel, changes to net pay are affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions. Service members could see an increase in net pay, no change or a decrease, military personnel and readiness officials said.

For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" – for Federal Insurance Contributions Act.

DOD civilians will see the change on their leave and earnings statement under "OASDI" – for old age, survivors and disability insurance.

Reserve component members will be the first to see potential changes in their net pay as a result of the law, DFAS officials said. Changes will be reflected in their January paychecks.

Active-duty military personnel will see pay adjustments in their January mid-month paycheck and will be reflected on the January leave and earnings statement.

DOD civilians will see Social Security withholding changes reflected in paychecks based on the pay period ending Dec. 29, 2012, for pay dates beginning in January.

DFAS stresses that all personnel should review pay statements carefully.

Award: Recipient thanks DFMWR team

Continued from Page A1

"If you really, truly believe in what you do and know that your work has a positive effect on people, it's hard to let it go and say, 'OK, I am retired now. It's time for young blood to take over the program.'"

Jackson's motivation through so many years of dedicated service was his firm belief in service to Soldiers and Families that call Fort Rucker home.

"It's always been a desire to do whatever I possibly could to improve the morale of troops or make a difference in people's lives," he said.

Jackson was kept in the dark when it came to the award and was taken completely by surprise when he arrived at the award ceremony and was told it was for him.

"I was in total awe. I was asked just to attend an award ceremony, but when I was told to sit in the front row with my Family, that was the moment when I realized that something was up.

"When I saw the program and realized what was going on, I started to tremble and get nervous because of who was going to be in attendance and what I had achieved," he said.

Jackson thanked God for the award, but said that he couldn't have earned it without the DFMWR team.

"This award represents the leaders, the managers, all of the staff working in all branches of community recreation. Everyone works so hard in making sure that everything is as perfect and successful as possible. This award was presented to me, but it was presented on their behalf and efforts to excel and provide the very best to Soldiers," he said.

Jackson said the award represents many years of continuous service and loyalty to the Soldiers, Army and Families.

"I still look at it at times and think, 'Oh my god. I can't believe that the leaders that I have served with thought of me for this award,'" he said.

"Through his applied vision, tenacity and exemplary efforts, [Jackson] demonstrated his dedication to Soldiers and their Families every day. He was never satisfied with the status quo and constantly sought new methods to enhance support for all those we serve," said Tindoll.

Jackson plans to continue to volunteer at DFMWR events and provide support.

Closure: Regulation ensures safety of Soldiers

Continued from Page A1

morning run: Division Road, Red Cloud Road and Novosel Street.

Fifth Avenue was chosen as the official run route because it is the straightest road, is well lit and is the road that officials and officers can control most easily, unlike Andrews or Red Cloud, according to the sergeant major.

"We would choke up Fort Rucker if we chose a different road. It was determined many years ago that it was the best choice to have a protected run route," he said.

If a driver comes up to the street and realizes it is not safe to cross, Pinckney said if it is safe to turn around or to back up to avoid crossing Fifth Avenue, then do so.

"I would advise to do anything, safely that is, to avoid crossing the road," he said.

Though physical barriers are in place and signs are posted at almost every intersection stating the times during which the road is closed, people are violating the regulation for a number of reasons, said Bondy.

"People may not be following the regulations because of a combination of things. There may be some individuals who are just ignoring the requirements just to use the most expedient route to get from Point A to Point B," she said. "Some people know that they aren't supposed to drive on Fifth Avenue, but may not know that they can't cross it, and some people are new here and just might not have knowledge of it," she said.

The regulations are in place specifically for the safety of the Soldiers that are running, walking and biking on that road during published PT times.

"It's dark in the mornings and it can be hard to see Soldiers," said Pinckney. "The worst-case scenario is that a person illegally crosses or drives on the road and strikes a Soldier, killing them. It's not only Soldiers that use the road in the early mornings, there are [Family members] as well."

Pinckney has advice for those who would consider ignoring the postings when no one is around.

"Don't even think about it. It's dangerous. Just because no one is in the immediate area doesn't mean it's OK. It's about being disciplined enough to not disobey the rules," he said.

Violating the safety regulation can cause more damage than the citation and $55 fine.

"The MPs are out and patrolling the areas. Besides being ticketed, a driver could potentially have their driving privileges on the installation revoked," he said.

The rules regarding Fifth Avenue closings for PT are located in the Fort Rucker Blue Book that every Soldier receives upon arrival at Fort Rucker, according to the sergeant major.

"The blue book, or U.S. Army Aviation Center of Excellence Pamphlet 600-2, has all the regulations on Page 22, Chapter 9, Paragraph 2," he said.

An operational order was re-published at the end of 2012 updating the regulations on the driving policy, but Fort Rucker officials verified that no rules have changed.

"We rewrote it because it was old. It was only updated, [and] nothing has changed. The essence of the order is still the same. There was some old jargon in there that we cleared out because it has not been updated since 2007," he said.

For more information, call 255-2222 or 255-2511.

AKO: Award unexpected, appreciated by recipients

Continued from Page A1

maintenance of the sites, the wins came as a complete but welcome surprise.

"It was very unexpected and I'm just happy that we got recognized," said CW4 James Neal, U.S. Army Aviation TACOPS course chief and site administrator. "All we wanted to do was streamline the prerequisite criteria that all students have to accomplish prior to getting here, and we got an award for it."

The TACOPS course information has been pushed onto its AKO site so that students coming into the course can visit the site and fill out any prerequisite papers before setting foot in the course, according to Neal.

Although the site administrators do a lot of work to maintain the sites and keep them up to date, the award winners have said that the recognition should be shared among all that are involved.

"It's all been a collaborative effort," said Scotty Ray, Aviation pre-command course chief and administrator for the AKO site. "I didn't even know there were any awards and it's good that we won some of them, but it's just something that we have to do out of necessity.

"This is an indicator to the commanders that we are doing something right and that the site is being used and recognized," he said. "But it's not something we could have done alone."

CW4 Michael Lassiter, Aviation Maintenance Officer Course branch chief, agreed.

"For me, it's about trying to make something work. To get this kind of recognition feels pretty good, but I wasn't doing it for any kind of recognition," he said. "I was doing it to help us do our job, and like [Ray] said, we couldn't have done it without help."

The support that most of the AKO site maintainers and developers got came from the AKO team at the USAACE Command Information Office, which includes Brown, Shelley Bolin, CIO/G6 help desk specialist, and Kiara Ravenel, CIO/G6 help desk specialist.

Ravenel's main responsibility is to create and maintain group permissions and folder structure for the unit's and organization's AKO sites, and Bolin's responsibilities include designing, creating and implementing HTML web pages for the brigades and battalions.

"I can't take the credit myself for what we've done for the site," said Ray. "A lot of the credit goes to Patsy, Mrs. Bolin and those that helped us throughout the process. There always has to be someone here to maintain it and I'm just here to keep it maintained, and none of this could have happened without their help."

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REAL ESTATE SHOWCASE

PHOTO BY CAPT. DREW COCHRAN

An Aviator assigned to Troop C, 1st Sqdn., 6th Cav. Regt., 1st CAB, 1st Inf. Div., rides on the side of an OH-58D Kiowa Warrior, during the troop's Survival, Evasion, Resistance, and Escape and self-extraction training exercise at Fort Riley, Kan., in November.

Aviators implement new survival training scenario

By Capt. Drew Cochran
1st CAB Public Affairs

FORT RILEY, Kan. — Aviators from the 1st Combat Aviation Brigade, 1st Infantry Division, tested a new self-extraction training scenario designed to save lives in the most dire of circumstances during a survival and evasion exercise in mid-November.

"This is a non-standard event," explained Capt. Tony Snipes, commander of Troop C, 1st Squadron, 6th Cavalry Regiment. "There is no Army standard, so we are trying to standardize it and execute it as professionally as possible."

The scenario placed the Aviation Soldiers in a simulated hostile environment where they were required to make their way from a "downed" OH-58D Kiowa Warrior helicopter to a designated pick-up zone more than a kilometer away. Once at the pickup zone, the stranded Aviators were rescued by their fellow Kiowa pilots. Since the Kiowa is such a small aircraft, the rescued Soldiers had to secure themselves to the outside of the aircraft using straps connected to their flight gear.

The self-extraction technique was used in Iraq in 2004 during the rescue of downed OH-58D Kiowa Warrior pilots CW2 Chad Beck and CW2 Greg Crow. It was used again in Iraq in 2007 following the downing of an aircraft piloted by CW2 Mark Burrows and CW2 Steven Cianfrini. In both instances, the rescued pilots rode outside of an AH-64 Apache secured by a nylon strap attached to the pilots' vests.

"Pilots have to respond immediately and have to be extracted immediately," said Lt. Col. Paul Cravey, 1st Sqdn., 6th Cav. Regt. commander. "Most of the shoot-down or forced-landing situations we (encounter) don't drag out for several days. The action usually goes down within an hour."

A Defense.gov news article dated Nov. 5, 2004, reported that self-extraction is a maneuver pilots are told about in flight school, but are never given any hands-on, "this-is-how-you-do-it" training. Cravey said his team saw a need to offer a training scenario that would prepare his pilots for the potential need for self-extraction in a combat situation.

During this training "our pilots gain confidence in their equipment, and (have the opportunity to) work on the tactics necessary to extract a fellow crew member from a hostile situation," the commander said.

Snipes said his team plans to package the new training and share it with the rest of the squadron and, eventually, the rest of the Army.

"This is realistic training that will save lives downrange," he said.

Texas Aviators take on new mission

By Sgt. 1st Class Daniel Griego
36th CAB (36th ID, TXARNG)

HOUSTON — On Jan. 3, the men and women of B Company, 1-149th Attack Reconnaissance Battalion, bade farewell to their friends and Families with a mobilization ceremony in preparation for their deployment to Afghanistan in support of Operation Enduring Freedom.

The event, held at the Ellington Air Base Armed Forces Reserve Center in Houston, Texas, marked the final homestation gathering before going overseas.l

"The company embraces the challenges and responsibilities of its deployment to Afghanistan for OEF 13," said Capt. Todd Casterline, the event master of ceremony. "Our Soldiers are ready to execute their mission with intensity, pride and honor."

B Co. will be responsible for reconnaissance and security duties within their area of operations, utilizing AH-64D Longbow helicopters in concert with their new ground training.

PHOTO BY JEFF CRAWLEY

Members of B Co., 1-149th ARB, conduct a departure ceremony in preparation for their upcoming deployment to Afghanistan.

"For this mission, none of my Soldiers were trained in the aircraft, so we had to retrain everybody, we had to progress everyone," said Capt. Stacy Rostorfer, commander for B Co., 1-149th ARB. "We had to get the aircraft we're flying, we had to get the equipment we're using and we're being separated as a separate company attached to an active-duty task force so it's new all round."

To ensure success for its new mission, the company trained for 2 1/2 years, rehearsing combat drills and adopting new objectives into their training standards. The result is an efficient and capable team of Soldiers confident in their imminent overseas duty.

"I know they're good leaders in the aircraft," said Lt. Col. Derrek Hryhorchuk, commander for 1-149th ARB, "but I tell you what, they're good leaders as a fire team leader on any infantry squad I've ever seen."

The company enjoys a rich heritage of service and achievement, having previously deployed to Bosnia in 2003

SEE MISSION, PAGE B4

14 seconds to impact:
Training helps save pilots' lives

By Michelle Kennedy
Fort Drum Public Affairs

(Editor's note: This article was adapted from the Fort Drum Mountaineer.)

FORT RUCKER — When there is an in-flight emergency, every second counts.

It was early on a summer morning in Afghanistan as CW2 Mark Foschetti and CW2 Mike McGann headed back toward Bagram Airfield. Assigned to C Company, 1st Battalion, 10th Aviation Regiment, Task Force Phoenix, they'd completed their mission. Neither could have anticipated their morning was about to change in a way they'd never forget.

"(McGann) was on the controls doing everything he was supposed to and I was on the radio making the calls to the tower, and then all heck broke loose," Foschetti said. "We heard this crunching snap sound, and I jumped on the controls."

McGann, who was a junior pilot, initially thought they'd been shot at. He quickly transferred the controls to Foschetti as the helicopter began its 14-second descent from 400 feet in the air. Foschetti barely had time to transmit the words, "We're going down," as he tried to regain control of the helicopter. He quickly realized the nose of the aircraft was turning to the right.

"(That's when) I realized we lost our tail rotor," he said. "The aircraft has a natural tendency to turn right because the rotor blades spin to the left, especially with the more torque you pull in. The tail rotor system provides anti-thrust to balance the aircraft and keep the nose straight. No one ever wants to lose that."

Foschetti scanned the area and saw a two-story qualat, or house, in front of them. He said he was unsure if they had enough altitude to clear it.

"We happened to have a beautiful open field right in front of us," Foschetti said. "I made the decision and I told my wingman, 'We're going

SEE IMPACT, PAGE B4

U.S. ARMY PHOTO

It was early on a summer morning in Afghanistan as CW2 Mark Foschetti and CW2 Mike McGann headed back toward Bagram Airfield, when their morning changed in a way they'd never forget.

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Mission: Support systems instrumental during deployment

Continued from Page B1

and Iraq in 2006. With each tour, they continuously garnered praise and accolades from their supported units.

"They worked with entities such as Army brigade combat teams, Marine expeditionary forces and Navy Seal teams needing aid in areas such as Ar Ramadi, Balad and Baghdad," said Casterline.

With any deployment, Families and support systems are instrumental in ensuring a Soldier's success. Throughout the day, unit members praised and thanked their loved ones for stepping up at home when military service takes them away.

"The big message is just to talk to the Families, thank them for their support and ensure them that their Soldiers are in good hands," said Rostorfer.

As B Co. departs for its combat tour in Afghanistan, it takes with it the confidence and support of friends, Family and military leadership. With this deployment, the "Wolf Pack" outfit continues its long record of distinguished service.

"We're gonna be here for you while you're gone," said Col. Richard Adams, commander of the 36th Combat Aviation Brigade, the parent outfit for the 1-149th ARB. "Let us know what you need, when you need it, we'll be there to take care of you."

Impact: Pilots describe experience as a surreal descent

Continued from Page B1

down.'"

As the helicopter went down, two things came to Foschetti's mind — keeping the nose of the aircraft up to protect McGann and cushioning the landing at the bottom the best he could. But as he did that, he knew they would be vulnerable to rotating out of control.

"I knew as soon as I pulled in power (to cushion the landing), the aircraft was going to start spinning," he said. "For a split second, I saw my wife, my two kids, my brother, my mother and father — my immediate Family. As quick as it popped into my mind, they were gone and it was time to act, because (I thought), 'We're not dying today.'"

But there were other challenges. Foschetti explained that during training, autorotations are started at an altitude of 1,000 feet.

"If you keep the aircraft in trim, it takes a while to get to the ground," he said.

However, he was at 400 feet, not 1,000, in an aircraft that could not be trimmed. He feared the Apache would tumble over when it hit the ground.

"Those 14 seconds were the longest autorotation I've ever done," he said.

"We're OK."

When the helicopter impacted the ground, both pilots confirmed that they were OK.

"It was so surreal — the whole descent," McGann said. "The whole thing happened so fast, but at the same time, while it was going on, it felt slow. I remember thinking at the bottom — at the very end — I was afraid of the blades hitting the ground and us toppling over. I remember thinking, 'This is going to hurt.'"

As the rotor blades slowed down, the Aviators lost radio communication. Foschetti realized they needed to make sure their sister ship that had been flying with them, as well as the Soldiers back at Bagram Airfield, knew what happened and that they were alive.

When the rotor blades finally stopped, both Aviators used their experience and instincts. Both Foschetti and McGann served in the Army as enlisted Soldiers for several years before going to Warrant Officer Candidate School and flight school. Foschetti previously served as an Apache armament/electrical systems repairman, while McGann was a military police officer.

"I went into a (communications security) mode, (clearing) my cockpit, getting my goggles, collecting all of my sensitive items," Foschetti said. "When we got out of the aircraft, I ran to the storage bay to grab our flight bags. In case we had to hot tail it, we'd be ready."

He stopped and turned around to check on McGann. He saw him on the perimeter with his M-4 doing everything necessary to provide security for the downed crew.

But Foschetti also saw something else that brought a smile to his face. Before McGann grabbed his weapon, he'd made sure he had one other "sensitive item" — a stuffed dragon that his 4-year-old daughter, Hope, had sent him.

"It flies with me all the time; it usually sits right on the console," McGann said. "Before I grabbed my weapon, and before I did anything else, I grabbed (the dragon) and stuffed it under my armor."

Fortunately, Foschetti and McGann suffered only minor injuries. Foschetti had a cut on his palm and McGann bit his lip and was bleeding. Within 14 minutes, an Air Force emergency helicopter arrived to transport them for medical treatment. After they arrived at the hospital, and saw their commander and first sergeant, Foschetti and McGann were instructed to call home.

"I have an unbelievable wife; she's such a strong woman," Foschetti said. "There were no tears, she was just happy we were OK. I love that woman."

Life lessons

Foschetti was recognized in May 2012 by the U.S. Army Combat Readiness/Safety Center for his actions with the Broken Wing Award. The award recognizes Aviators whose outstanding airmanship and extraordinary skills minimize or prevent aircraft damage or personnel injury during an emergency.

Foschetti, who serves as his company's safety officer, said that the experience caused him to change how he briefs his emergency procedures before flights.

"If something happens, have one person watch the perimeter while the other one collects sensitive items and sterilizes the cockpit, then switch it up," he said.

He is determined to make losing a tail rotor a once-in-a-lifetime experience.

"Needless to say, my inspection of the tail rotor since then has been even more in depth, (even though) there was nothing we could've done to see that coming," he said.

Foschetti explained that the experience gained during the deployment gave a level of experience to the pilots in his unit far beyond what their flying hours would suggest, honing their decision-making skills. He attributes his ability to react properly to the training he received from his instructor pilots.

"(CW4) Sean Richards was my IP (in Afghanistan), and my first IP, CW3 Daxton Barkley, was with me in (my previous unit) and progressed me right out of flight school," Foschetti said. "They were very diligent about the way they taught. I have no doubt in my mind that if it wasn't for those two and the way that they taught me how to fly, there's no way I would've been able to perform an autorotation like that. I owe my life to those two."

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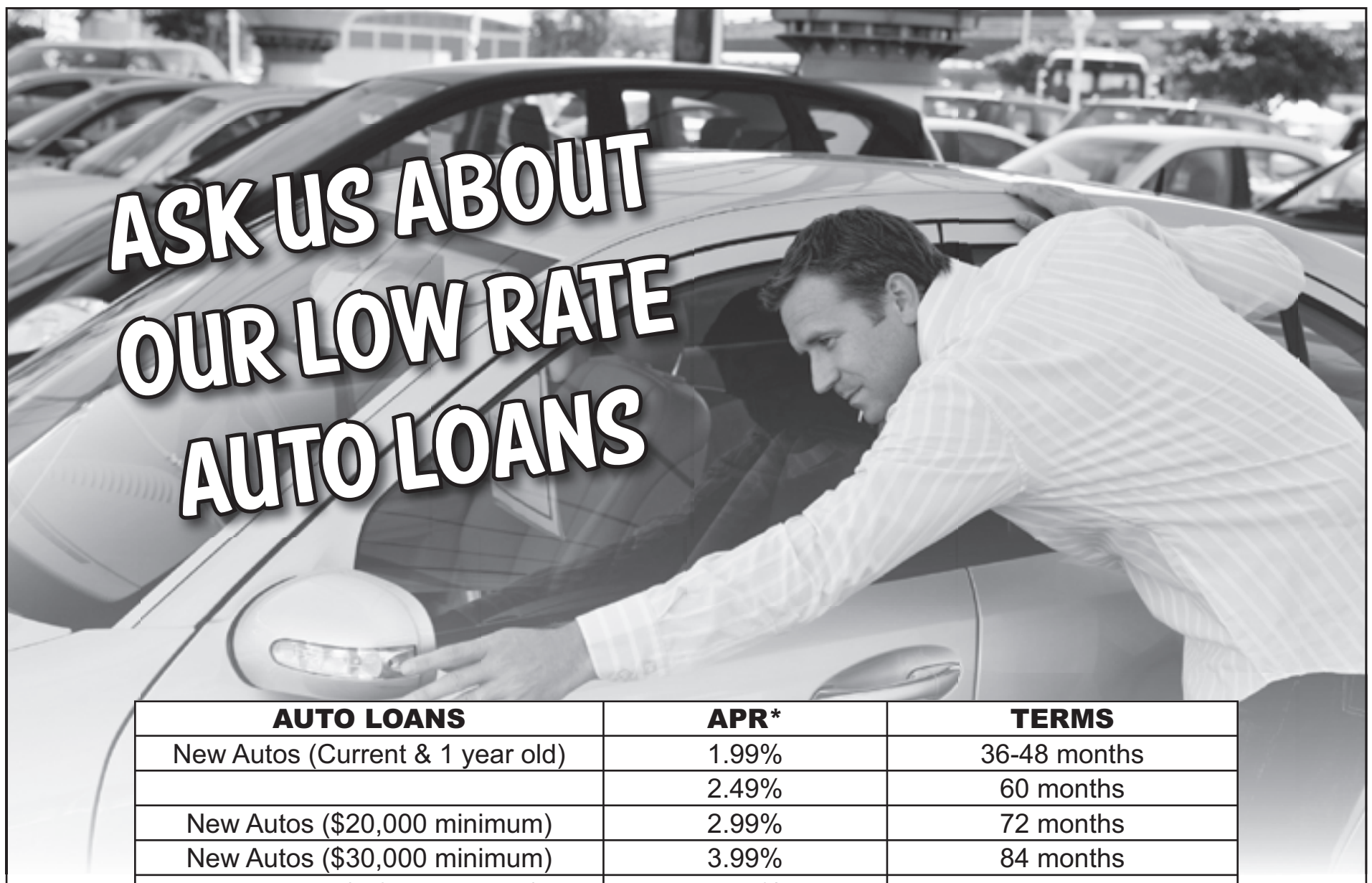

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NCUA

HEALTH
Avoiding fads key to losing weight

Story on Page C5

JANUARY 10, 2013

Roller Skating

Skate Night offers escape for Families, community

By Nathan Pfau
Army Flier Staff Writer

Friday nights are often spent in front of the television or playing video games for most children, but the school age center offers a way for them to get out of the house and into a more social, active environment.

Skate Night is held the first and third Friday of every month and Fort Rucker youth are invited to join each other for a night of skating, games and fun, according to Joanie Riggs, school age center supervisory program specialist.

"It's just a night for children to come out and learn to skate, or skate at their leisure," she said. "The staff gets involved with it and play games with the children or even dance with them. The experience is just a neat little thing for children to do."

Skate Night consists of two separate sessions throughout the night. The first session begins at 6:15 p.m. for children 12 and younger, and is meant to be a safety hour to teach younger skaters how to learn to skate. The cost to skate is $2 per skater for the first session, $5 per skater for the second session and free for parents.

"Most of the time, younger children come with their parents and learn to skate with them," said Riggs. "It's a slower pace, so the children have the whole floor to practice with their parents, and we'll even get out there and help guide them if they need it."

After the safety hour, open skating runs from 7:30-10:15 p.m. for all ages, according to the program specialist.

"During this phase of the Skate Night, children don't have to have their parents there to supervise them and they can just skate with their friends or whoever they want under our supervision," she said. "We will play music a little louder and we'll play music that relates more to the older children as well."

Throughout the night, the children can also participate in games like Four Square and Limbo for prizes, Riggs added.

If a child wishes to skate during the second session without a parent present, the child must be at least 6 years old, but before any child can skate, he or she must be enrolled in the youth program.

"When they enroll in the youth program at the school age center, it doesn't mean that they have to come out every day to the center," said Riggs. "It just means that we have them on file in our system and they can come enjoy any of the activities that we have here."

The school age center is open to all Families of military, non-appropriated fund employees, civilian employees and contract employees.

PHOTO BY NATHAN PFAU

Darlene Shannon, military spouse, helps her sons, Avery and Sammy, skate during Fort Rucker School Age Center's Skate Night Friday. Skate night is held the first and third Friday of every month from 6:15-10:15 p.m.

"We have a diverse population here at the center from civilian to military," she said. "This is just a great place for all children to come and enjoy their time on a Friday night. It keeps the children occupied and active rather than sitting at home in front of the TV – it gives them something to look forward to."

Darlene Shannon, military spouse, agrees.

"It's just awesome for the children to have something like this on Fort Rucker," she said. "The price can't be beat, the environment is good and we try to take advantage of most of the activities they have here."

Skating isn't the only activity offered at the school age center. The center offers many after-school programs for cooking, arts and games, as well as activities through organizations like Schools of Knowledge, Inspiration, Exploration and Skills, and youth sports.

"We just want to give the children something to do here on the installation, so they should just come on out and give it a try," said Riggs.

For more information, call 255-9108.

Mother Rucker's celebrates 2nd birthday

By Sara E. Martin
Army Flier Staff Writer

Mother Rucker's has been serving burgers and soda to Soldiers, Families and civilians for two years, so to mark the occasion a celebration will be held for its birthday.

Mother Rucker's will host its second birthday celebration Jan. 24 from 4-6 p.m. with lots of fun activities planned, according to Emily Lemmon, Directorate of Family Morale Welfare and Recreation marketing assistant.

"For those in attendance to celebrate its birthday, Mother Rucker's will be offering free burgers and birthday cake, while supplies last. They want everyone to come out and enjoy a night of fun birthday celebrations," she said.

Mother Rucker' Sports Bar is located near the Holiday Inn Express on 5th Avenue and offers a "roadhouse feel" with a full-service [drink selection] and 16 flat screen TVs. Mother Rucker's is open to the public (adults ages 18 and older) seven days a week.

"One visit and you'll know what they mean when they say, 'You'll always come back to Mother Rucker's!' The [drink selection] offers top [beverages of every taste]," said Lemmon.

Mother Rucker's offers menu choices for snacking and dinner.

COURTESY PHOTO

People eat and socialize at Mother Rucker's Sports Bar. The restaurant will celebrate its second birthday Jan. 24 from 4-6 p.m. Free burgers and cake will be given to patrons while supplies last.

"You can enjoy delicious, fresh, never-frozen hamburgers, chicken wings, flatbread pizzas, nachos and more," said Lemmon.

A menu can be found online at www.ftruckermwr.com and clicking on the dining guide tab.

Mother Rucker's has been a place for Soldiers, Families, retirees, civilians and the community as a whole to relax, watch sports games, and have a [great] experience, according to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

"DFMWR is excited to celebrate and thank the Fort Rucker community for its support in making Mother Rucker's such a success. Mother Rucker's offers the perfect place for Soldiers and the community to unwind after a hard day's work," she said. "We hope to see a lot of our patrons take advantage of Mother Rucker's birthday celebration."

The entire community is invited to socialize and celebrate, and the staff hopes to have a full house.

"I hope someone saves me a bite," said Erdlitz. "They have the best burgers around and their fried pickles are just absolutely delicious!"

The community is also invited to join in on one of Mother Rucker's favorite events, the Super Bowl.

"On Feb. 3, for the biggest football game of the year, the Super Bowl, patrons are encouraged to come out and support their team with a cold drink and as much nachos as they can eat," said Lemmon.

Attendees are encouraged to wear their favorite team gear and enjoy the game among friends.

"People can enjoy the game inside Mother Rucker's or outside on the back patio. Mother Rucker's offers a great atmosphere and a convenient location," said Lemmon.

For more information, call 503-0396 or visit Mother Rucker's in Bldg. 319 on 5th Avenue.

On Post

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

PHOTO BY NATHAN PFAU

Martin Luther King Jr. commemoration

Members of the Fort Rucker Primary School First Grade Choir sing at last year's Martin Luther King Jr. Commemorative Program. This year's event is scheduled for Jan. 17 at 10 a.m. in the post theater. The guest speaker is Dothan Mayor Mike Schmitz.

Steak Night

Every Monday starting at 5 p.m. is Steak Night at The Landing Zone. The special features an 8-oz. Flat Iron Steak with a baked potato or fries for $8, with the purchase of a beverage. Add a side salad for an additional $1. Other sides are also available for purchase. This special is limited to the first 100 guests per night, is available for dine in only and limited to one per guest. The offer is not valid with any other coupons or promotions.

For more, call 598-8025.

Wing Night

Every Wednesday in The Landing Zone is Traditional Wing Night starting at 4 p.m. The special features six wings for $3, 10 wings for $4.75 or 15 wings for $7 with the purchase of a beverage. The offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

EDGE! January activities

Child, youth and schools services host various activities as part of its EDGE! program in January. January activities include racquetball, jewelry making, baking and more. EDGE! events cost $5 per hour. Activities occur weekdays from 4-6 p.m.

For more, call 255-0666.

Mother Rucker's 2nd birthday

Mother Rucker's celebrates its second birthday Jan. 24 from 4–6 p.m. Free cake and burgers will be available while supplies last.

For more, call 503-0396.

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 in Rm. 284. This free training provides 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).

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

EFMP Information and Support Group

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Tuesday from 9–10 a.m. at The Commons in Bldg. 8950 on 7th Avenue. The topic for the meeting is available resources for individuals with special needs and disabilities. The EFMP Information and Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more, call 255-9277.

Newcomer's Welcome

Army Community Service hosts the next Newcomers Welcome Jan. 18 and afterwards every third Friday of the month from 8:30–10:30 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians, and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event. For more, call 255-3161 or 255-2887.

Comedy Live

The Landing hosts the next Comedy Live Jan. 18 from 8–10 p.m. The event will feature comedian Buzz Sutherland. Tickets are $10 before 2 p.m. Jan. 18 and $15 at the door. Doors will open at 7 p.m. and The Landing Zone will have a live DJ following the Comedy Live performance. This show is for individuals 18 and older.

For more, call 255-9810.

Kids Night at The Landing Zone

Every Tuesday is Kids Night Character Dining at The Landing Zone from 5–8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kiddie Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

Teen Book Club

The Center Library hosts its Teen Book Club Jan. 24 from 4-5 p.m. to allow teens to connect and share their passion for reading. A new title is featured every month, and teens meet to talk and share their thoughts on the book. Light refreshments will be served.

For more, call 255-3885.

Valentine's Day craft making

The Center Library hosts a Valentine's Day craft making activity Feb. 12 from 3:30–4:30 p.m. for children ages 3-11. Space is limited to the first 65 children to register.

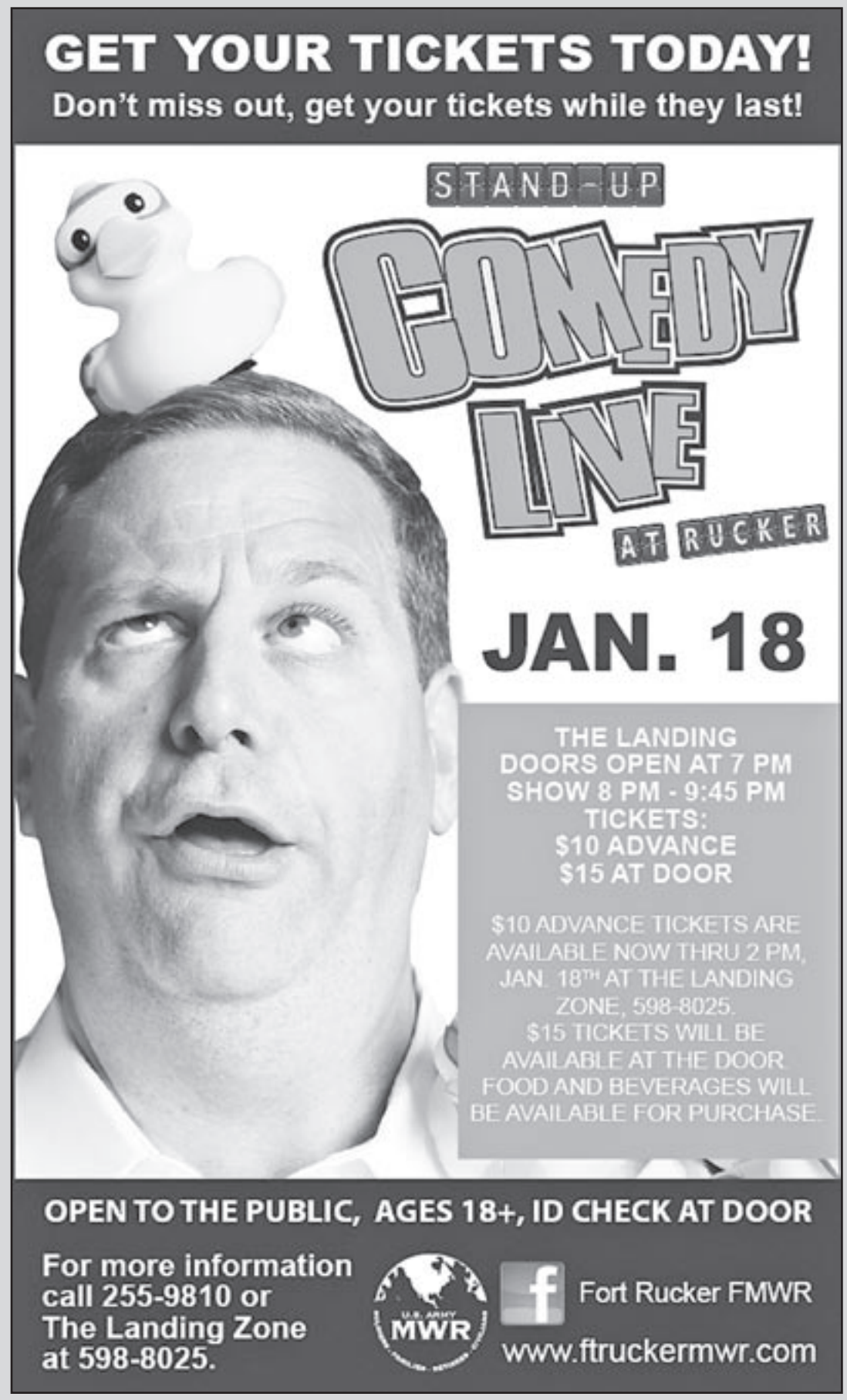
For more, call 255-3885.

Dueling Pianos

The Landing hosts Dueling Pianos Feb. 15 from 8 p.m. to midnight in its ballroom, Tickets for the show, described as a high-energy, all-request, dueling piano show, will be available in The Landing Zone for $10 before 2 p.m. Feb. 15 or $15 at the door. A dinner special will also be available before the show in The Landing Zone. The event is for individuals 18 and older.

For more, call 255-9810.

DFMWR Spotlight



New Year: Where does it find you?

By Chaplain (Col.) Dennis R. Newton
Fort Rucker Senior Chaplain

So yet another year has found us and the question is how has it found us?

The place we find ourselves is often of our own making, and so with either careful planning or absolute disregard for planning, we all find ourselves in this New Year.

Some of us have done well and have been careful to save some of our income and to spend as little of it as we can. Others don't really understand how you would do that. How do you save when you have too much month for your money or to little dollars for your bills?

I want to challenge you. It's never too late to start saving, but most of us need a system and some training. How do I get out from under the heavy credit card debt I owe? How do I keep from running out of money? What can I do to have a good credit rating? What is in my credit report and how do I fix it?

The good news is that the training you need is available at Wings Chapel on Tuesday evenings. Army Community Service and the Fort Rucker Religious Support Office have teamed up and are bringing Financial Peace University to the post for another semester.

Many of you may have heard Dave Ramsey's radio program where he tells people about how to use money wisely. He developed the material for FPU and, through video and a workbook, presents strategies that will transform your money and your life.

If you have problems with your money, you should call 255-9639 to sign up.

PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Rucker, a 7-month old male hound mix. He is outgoing, caring and loves to play. Rucker is free to adopt, and includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's *Facebook* page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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.

Mothers of Preschoolers (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare provided. For more information, call 255-9894.

Military Council of Catholic Women

MCCW meets every Tuesday from 5:30 p.m. - 7 p.m. at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

Catholic Adult Fellowship

CAF meets regularly throughout the year. For more information, call 255-9894.

Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday
1703 JV Club (Sixth - Eighth Grade), Thursday
For more information, call Eric Gillis at (850) 333-3039.

MEANS STOP!

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Church Directory

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

Center Point Community Church
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Pastor: Ed Corley
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† Service times
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Wednesday Evenings – 7 PM
Nursery – Children – Youth
† Office: 334 347 5044
www.centerpointag.org
centerpoint3351@yahoo.com

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Contemporary Worship - New Connection
8:45 am
The Gathering - Youth
5:45 pm
Sunday School
10:00 am
Nursery Care: During all services
217 S. Main St • Enterprise, AL
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efumc@adelphia.net
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334-774-2311
www.GraceBaptistChurch-Ozark.com

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Alabama Tourism Department names top events for 2013

Alabama Tourism Department
Press Release

MONTGOMERY — The Alabama Tourism Department today released its top 10 events for 2013. The list includes events in Mobile, the Shoals, Birmingham, Huntsville, Wetumpka, Gulf Shores and Tensaw.

The top 10 events are Mardi Gras in Mobile, the W.C. Handy Music Festival in the Shoals, the statewide Alabama Restaurant Week, the 200th anniversary of Fort Mims in Tensaw, the Magic City Classic Football weekend in Birmingham, the 50th Annual Bluff Park Art Show in Hoover, National Shrimp Festival in Gulf Shores, Barber Vintage Festival in Birmingham, Galaxy of Lights in Huntsville and Christmas on the Coosa in Wetumpka.

The tourism department comes up with the list each year and selects the top 10 based upon significant anniversaries, unique events and those with large attendance. Nearly 1,900 events are scheduled around the state for 2013.

Below are the Top 10 Events of 2013 that are listed in the tourism department's annual vacation guide/calendar of events:

Mardi Gras, Mobile, Jan. 26-Feb. 12

Mobile is known as home to "America's Family Mardi Gras." The celebration lasts for more than 2 1/2 weeks and culminates on Fat Tuesday, the day before Lent. The streets are filled with marching bands, floats and crowds of parade goers. Masked riders in costume toss "throws" of beads, moon pies, doubloons and candy into the crowd. For more information, visit www.mobilebay.org.

W.C. Handy Music Festival, the Shoals area, July 19-28

The Shoals (Florence, Sheffield, Tuscumbia and Muscle Shoals) is home to a weeklong celebration honoring Florence native, W.C. Handy, "Father of the Blues." More than 200 events take place including concerts, plays, art exhibits and picnics. For more information, visit www.wchandymusicfestival.org.

Alabama Restaurant Week, statewide, Aug. 16-25

For the second year, restaurants around the state, including many featured in the popular brochure "l00 Dishes to Eat in Alabama Before You Die," invite diners to experience the culinary scene of Sweet Home Alabama. Participating restaurants will offer special fixed-priced menus for lunch and/or dinner and other specials throughout the week. For more information, visit www.Alabama.travel.

Fort Mims Massacre 200th anniversary, Tensaw, Aug. 30-Sept. 1

The event begins on the actual anniversary date of the attack on Fort Mims with a memorial and dedication service on Friday when descendants of survivors, historians, and state and local

dignitaries gather to "Remember Fort Mims." Visitors will experience a living history encampment with settlers, militia and Redstick Creek Indian re-enactors, arrowhead and artifact displays, demonstrations of early crafts such as basket weaving and flint napping, period music, and Indian crafts from 9 a.m. to 3 p.m.

For more information, visit www.fortmims.org.

Magic City Classic Weekend, Birmingham, Oct. 25-26

The Alabama A&M University Bulldogs of Huntsville and the Alabama State University Hornets of Montgomery meet annually in Legion Field for this traditional football rivalry featuring exciting half-time band action. This is the largest black college football rivalry in the country. For more information, visit www.themagiccityclassic.com.

50th annual Bluff Park Art Show, Hoover, Oct. 5

The art show celebrates 50 years and is Oct. 5 from 9 a.m. to 5 p.m.

Meet the artists, and enjoy seeing and purchasing their works of art in a beautiful wooded park setting.

For more information, visit www.bluffparkartshow.com.

National Shrimp Festival, Gulf Shores, Oct. 10-13

This nationally recognized outdoor festival features more than 300 vendors that offer fine art, arts and crafts, a retail marketplace, children's activity village, 10k/5k run, live entertainment, and, of course, shrimp. The event is Oct. 10-12 from 10 a.m. to 10 p.m. and Oct .12 from 10 a.m. to 5 p.m.

For more information, visit www.nationalshrimpfestival.com.

Barber Vintage Festival, Birmingham, Oct. 11-13

The vintage motorcycle race takes place at Barber Motorsports Park just outside Birmingham. The event features road racing, motocross, cross country events, an air show, a swap meet with more than 250 vendors, a fan zone and more.

For more information, visit www.barbervintagefestival.org.

Galaxy of Lights, Huntsville, Nov. 28-Dec. 31

The month-long event is a magnificent 2 1/2-mile long holiday light extravaganza featuring larger-than-life animated light displays. Special exhibits include a holiday village, dinosaurs, wild animals, a magical twinkling icicle forest, garden scenes, animated snowmen and the 12 days of Christmas from 5:30–9 p.m.

For more information, visit www.hsvbg.org.

Christmas on the Coosa, Wetumpka, Dec. 14

This is a Christmas extravaganza with arts and crafts, parade, food, quilt show, classic car show, entertainment and activities on the Coosa River culminating with a spectacular fireworks exhibition at dusk. For more information, visit www.wetumpkachamber.com.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast served on Sundays and games and TV's available for entertainment. Open to all. Post can host parties, weddings, and hails and farewells.

For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

DOTHAN

SATURDAY — Dr. Gary Manfready will present a program on Bluebirds at Landmark Park at 10 a.m. at the Interpretive Center Auditorium in Landmark Park. His main focus will be on population numbers and successful fledgling numbers in diverse environmental habitats. Free with paid gate admission. Registration required. For more information, call 794-3452.

JAN. 19 — The Dothan Area Young Professionals presents Aces for the Arts at The Cultural Arts Center from 6:30-9:30 p.m. This annual fundraiser helps support The Cultural Art Center. Beverages, hors d'oeuvres, and more will be available. There will also be a raffle with prizes to be given away. Tickets for the event are $25 per person and $40 per couple. Tickets will be available at the door can be purchased prior to the event at the CAC. For more information, contact Brittan at sandebg@gmail.com.

ENTERPRISE

JAN. 10-APRIL 27 — Two beginner's classes in the Taoist Tai Chi Society™ Internal Arts and Methods are offered at the YMCA. Classes will be offered on Thursdays from 1-2:30 p.m. and Saturdays from 10-11:30 a.m. Suitable for all ages and physical conditions. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. The beginner class covers all 108 moves of the Tai Chi set. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or 347-4663.

JAN. 19 — The Ladies Guild of St. John the Evangelist Catholic Church will sponsor a Chili Cook Off from 4-7 p.m. in the new parish hall, located on Heath Street. The entry fee for each chili recipe is $20. Bring chili, toppings, but tasting containers and spoons will be provided by the guild. Entry forms are available on line at www.StJohnEnterprise.com, CatholicWeb.com, in the church office. Register by Jan. 16. The event costs $5 to attend. For more information, call 208-2011.

FEB. 15— Enterprise Performing Arts Center presents "The Depot," a story of the Wiregrass in the 1900s, at 10 a.m. and 7 p.m. Advance tickets are $6 for the 10 a.m. show, $20 for the 7 p.m. show with $5 off with military I.D. Tickets available at The Consignment CAT, Yancy Parker's and Healthy Woman Office or can be purchased online at www.southernbroadway.com. Professional audio and lighting as well as special effects are a part of the show. For more information, call 470-6568.

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 — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station.

The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs and other veteran services. All veteran services provided are free of charge.

For more information, call Chuck Lobdell at 718-5707.

OZARK

FEB. 14-16 — The Ann Rudd Art Center will have a stained glass class from 8 a.m. to 5 p.m. John Hogarth will instruct the class, which is $175 per person, all materials included. Ten students are allowed in each class. For more information, call 774-7322.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

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

Beyond Briefs

Dancing for Life

The Martin Theater in Panama City Beach hosts Dancing for Life Jan. 28 at 6:30 p.m. The event is a benefit showcase featuring professional dancers from Dancing with the Stars, local celebrities and students from Fred Astaire Dance Studio. All proceeds go to Relay for Life and the American Cancer Society. Tickets are available at the box office.

For more information, call (850) 763-8080 or (850) 873-6269.

Mardi Gras on The Island

Fort Walton Beach hosts a Family-friendly Mardi Gras Jan. 19 starting at 10 a.m. The Abita Mardi Gras Parade on Okaloosa Island is the 10th anniversary of this event and will be followed by a block party at Helen Back on Amberjack Drive. The event features a traditional parade down Santa Rosa Blvd., complete with beads, floats, music and more.

For more information, call (850) 244-8191.

Gulf Coast Bridal Faire

The 10th annual Gulf Coast Bridal Faire is Jan. 20 from 1-5 p.m. at the Emerald Coast Convention Center on Okaloosa Island, Fort Walton Beach. Brides can preregister at www.gulfcoastbridalfaire.com. Brides need to bring the completed form to be entered into a special prize drawing. It will be a one-stop shop for brides. Brides can met face to face with the premier wedding professionals on the Emerald Coast, view a bridal fashion show and win door prizes.

For more information, call (850) 609-3800.

Avoiding fads key to losing weight

By Amy Cowell
U.S. Army Public Health Command

It's the start of a new year and you are determined to make this the year you stick to your resolution to lose those extra pounds. But with so much information out there, where should you start?

If one does a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss.

So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results — not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams for a small fee.

Would you believe that the best thing you could do to achieve your goals is to avoid all of these fads? Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association, said, "Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets."

These diets limit your nutritional intake, can be unhealthy and tend to fail in the long run. Follow the ADA's advice and stay away from any diet, pills or products that claim or feature any of the below.

* Rapid weight loss. Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

* Quantities and limitations. Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over, and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

* Specific food combinations. There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

* Rigid menus. Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself, "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

* No need to exercise. Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then to aim for 30 to 60 minutes of activity on most days of the week.

Here's the bottom line. If a diet or product sounds too good to be true, it probably is. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.

For more information on ways to make realistic lifestyle changes go to American Dietetic Association at www.eatright.org.

Glaucoma: Sneak thief of sight

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

In 2012, more than 142 million adults ages 40 and above suffered from vision problems in the United States.

Of them, about 3 million were diagnosed with glaucoma, a slow-growing disease that can leave a person blind.

Of those findings broken down by state, Alabama recorded 46,778 people diagnosed with glaucoma, according to the Vision Problems in the U.S. Database compiled by Prevent Blindness America.

Lyster Army Health Clinic encourages all adults, especially those ages 40 and above, and those who have a Family history of glaucoma or are diabetic, to schedule a comprehensive eye exam every one to two years.

"Risk factors for glaucoma include age, Family history, hypertension, diabetes and race," said Maj. Eric Spotts, chief of optometry. "The risk of developing glaucoma is four to five times greater among African Americans."

The optometry clinic staff at Lyster can evaluate the health of your eyes, and detect chronic and suspect diseases such as glaucoma and other eye diseases related to diabetes and hypertension, he said.

"Although glaucoma cannot be prevented, it can be treated and controlled if diagnosed early," Spotts said. "Treatment usually begins with eye drops and follow-up eye exams to determine the severity of the disease."

TRICARE Prime patients enrolled to Lyster who are 64 years old and younger may make eye exam appointments by calling 255-7000.

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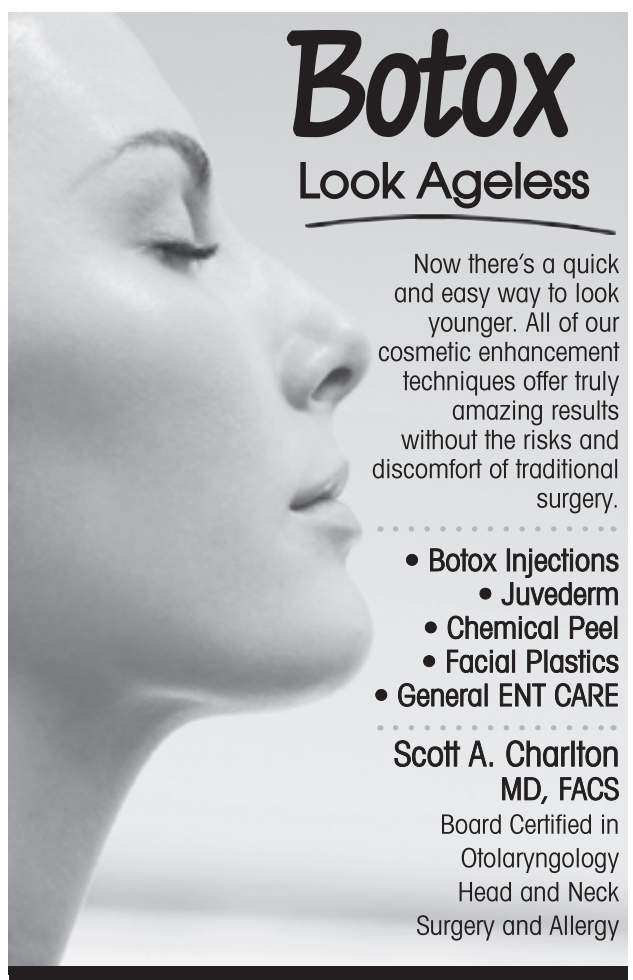

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IMCOM strives to better prepare Soldiers, Families

By Installation Management Command
Public Affairs

PHOTO BY BEN SHERMAN

Warrior Transition Unit Soldier Maj. Lonnie Britton listens to instructions on how to fill out the Individual Transition Plan that is part of the new Transition Assistance Program at Fort Sill, Okla. July 23. Soldiers participated in the six-day long pilot program that launched the newly revised TAP program, which covers finances, job searches, resume preparation and more.

SAN ANTONIO – The U.S. Army Installation Management Command is committed to assisting Soldiers and Families transition smoothly into civilian employment and America's communities.

In response to the president's and U.S. Army's emphasis on a career-ready military, IMCOM is highlighting job fairs, expanding its transition services and keenly focusing on identifying employment opportunities within the command, as well as business and industry.

"Our Soldiers deserve the best we can offer them, including the best opportunities for the future," said Lt. Gen. Mike Ferriter, commanding general, U.S. Army Installation Management Command.

"We're making sure Soldiers can't slip through the cracks," Ferriter said. "We will do everything we can to help prepare them for civilian life as thoroughly as we equip them for battle. We owe that to our veterans in exchange for their life of service and sacrifice to this nation."

All transitioning Soldiers, from those retiring to first-term enlistees, have a wealth of opportunity at their fingertips thanks in large part to the Veterans Opportunity to Work Act, which Congress approved in October 2011. The VOW Act is the driving force behind the completely revamped transition program, according to Kenric Echols, chief of military personnel, IMCOM G1.

"Changes went into effect Nov. 21," Echols said. "But we're already getting lots of phone calls and inquiries about the new transition program. The intent is to better prepare transitioning Soldiers and their Families and get them in touch with potential employers, hopefully resulting in job offers."

That's good news for Soldiers, the Army and the nation, according to Ferriter.

What does the new program look like? Soldiers transitioning this fiscal year will receive mandatory preseparation counseling that includes in-depth discussion of veterans benefits, financial planning, civilian employment readiness training, and a heavy emphasis on individualized transition plans over a longer time period.

Transitioning Soldiers can also expect more individual attention and counseling on resume writing and practice interviews. And depending on a Soldier's preference, the program will include a detailed workshop focusing on one of three areas – education, technical skills or small business ownership. Spouses are highly encouraged to participate in the five-day transition program as well, according to Echols.

"They can attend all sessions or some, and we have resources to help them in their search for employment as well," he said.

IMCOM has already found that engaged and educated spouses are a key enabler to a successful transition from military service.

Job fairs are also a critical part of the process. Echols emphasized that they provide a meeting place for military members and employers to connect, provide valuable networking opportunities, and give Soldiers better insight into the pay available within the private and public sectors. Garrisons around the globe are now required to host a minimum of two employment events, such as community job fairs, each fiscal year.

Many garrisons are exceeding that goal by partnering with other agencies such as the U.S. Chamber of Commerce, which has a proven track record for connecting business to our talented Soldiers.

"We are also expanding the use of job fairs, allowing Soldiers to engage potential employers remotely, even from overseas," he said.

Soldiers can sign up for a virtual career fair program at https://www.acap.army.mil/. A listing and details on all the IMCOM job fairs is available at http://www.imcom.army.mil/Organization/G1Personnel/ACAP/JobFairMap.aspx.

Federal employment is another great avenue available to Soldiers. It's estimated that as much as 60 percent of the federal civilian workforce will be retiring in the next decade. This opens a wide variety of federal jobs, and few people will be more qualified to fill those positions than today's Soldiers.

Those who have served in combat, have been decorated for valor, or have combat related injuries or disabilities, may find entry into federal service easier due to veterans' preferences and streamlined hiring practices.

The Army relies heavily on Army civilians every day. Army civilians write contracts, deliver goods, manage networks, and provide support functions that would otherwise present distractions to training and wartime operations.

Civilians man the training ranges, run the finance offices and in some cases cook the meals and manage the personnel actions. From the sound of reveille to when a Soldier turns out the lights in the barracks at the end of the day, Soldiers are supported by their civilian counterparts.

"There's not much difference in how you feel about your job and how you conduct business in and out of uniform," said retired Command Sgt. Maj. Willie Wilson, who today runs the Army's World Class Athlete Program for the Installation Management Command. "And in most Army civilian positions, you're still taking care of Soldiers and their Families.

"I'm glad that's still part of my job description," he added.

The skill sets and training Soldiers receive during active duty, whether they serve for four years or 20, directly translate to the Army civilian workforce. Making the switch from uniformed to civilian service is easier than ever before and IMCOM's Transition Services Programs are working to ensure Soldiers and their Families are educated on how to cross-walk the Military Occupational Specialties to requirements of civilian positions.

"I'm certain that in the coming decades our Soldiers will give this country as much as they have in the past 10 years of war," Ferriter said. "While it's important to do all we can to support them no matter what path they choose after separating or retiring, we're also positioning the Army of 2020 to retain their knowledge, skills, enthusiasm, patriotism and willingness to serve."

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~Albert Einstein

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FOOTBALL
East strikes quickly to win U.S. Army All-American Bowl
Story on Page D3

JANUARY 10, 2013

D Co., 1-13th wins 1st game of season

By Nathan Pfau
Army Flier Staff Writer

Along with the new year came the start of the Fort Rucker intramural basketball season, and the D Company, 1st Battalion, 13th Aviation Regiment Seven Guys and a Squirt started off with a victory in the season opener.

Seven Guys took on A Company, 1st Bn., 145th Avn. Regt.'s The Anvils at the Fort Rucker Physical Fitness Facility and showed that they came to play as they won the game 60-39.

"We feel very accomplished with this win," said Sgt. Maurice Watford, team captain for Seven Guys. "During our first practice game, we only had a few people show up, but tonight we had our full team and my guys came out to play."

Watford said his unit plays basketball as part of their physical training, so they are able to play to each other's strengths on the court.

"Every Thursday we play basketball together for PT, so we really know our positions well and it helps us come together as a team," he said.

The season-opening game started as A Co. took initial possession of the ball showing promise as they drove the ball down court and scored the first basket of the game with a layup.

Both teams were high in energy as they fought to take the lead, staying within a few points of each other for much of the first half and maintaining a strong defense. Possession changed hands again and again without either team scoring, but The Anvils broke the stagnation as a player sank a 3-pointer to pull out a small lead against their opponents.

Things were looking grim for Seven Guys early on as their defense seemed to fall behind and was unable to keep A Co. from scoring again, and their offense seemed to falter as players fumbled the ball repeatedly.

As D Co. was fell, the Anvils seemed to find their footing as they managed to pull their team together and extend their lead by 5 points to 13-7.

As the game progressed, however, Seven Guys seemed to learn their opponents' weaknesses and strengthen their own offense, and sank three goals in a row to take the lead 14-13.

It was still anybody's game in the first half, but A Co.'s defense seemed to fall behind D Co.'s aggressive play style.

Slowly, Seven Guys began to pull away from their opponents as their defense strengthened to prevent the Anvils from scoring and the first half ended with D Co. in the lead, 23-17.

A Co. attempted to regroup and get their strategy together during the half-time break, but their opponents came back more aggressive than they were in the first half.

Seven Guys continued to show their dominance and their offense began to shine in the second half as they sank basket after basket to extend their lead by more than 10 points.

The Anvils managed to score a few layups and 3-pointers throughout the second half, but they couldn't match the pace of their opponents and they fell further and further behind.

With four minutes left in the game, D Co. commanded a lead of more than 20 points, which sealed the fate of their opponents. They maintained their momentum throughout the remainder of the game to secure the victory.

Watford said that although it's early in the season, he feels confident of their chances of winning the championship.

"I believe that we have a fair chance this year," he said. "If we keep playing like we played today, then we'll definitely be able to make it to the championship, but we've got to see what the other teams are looking like and we'll go from there."

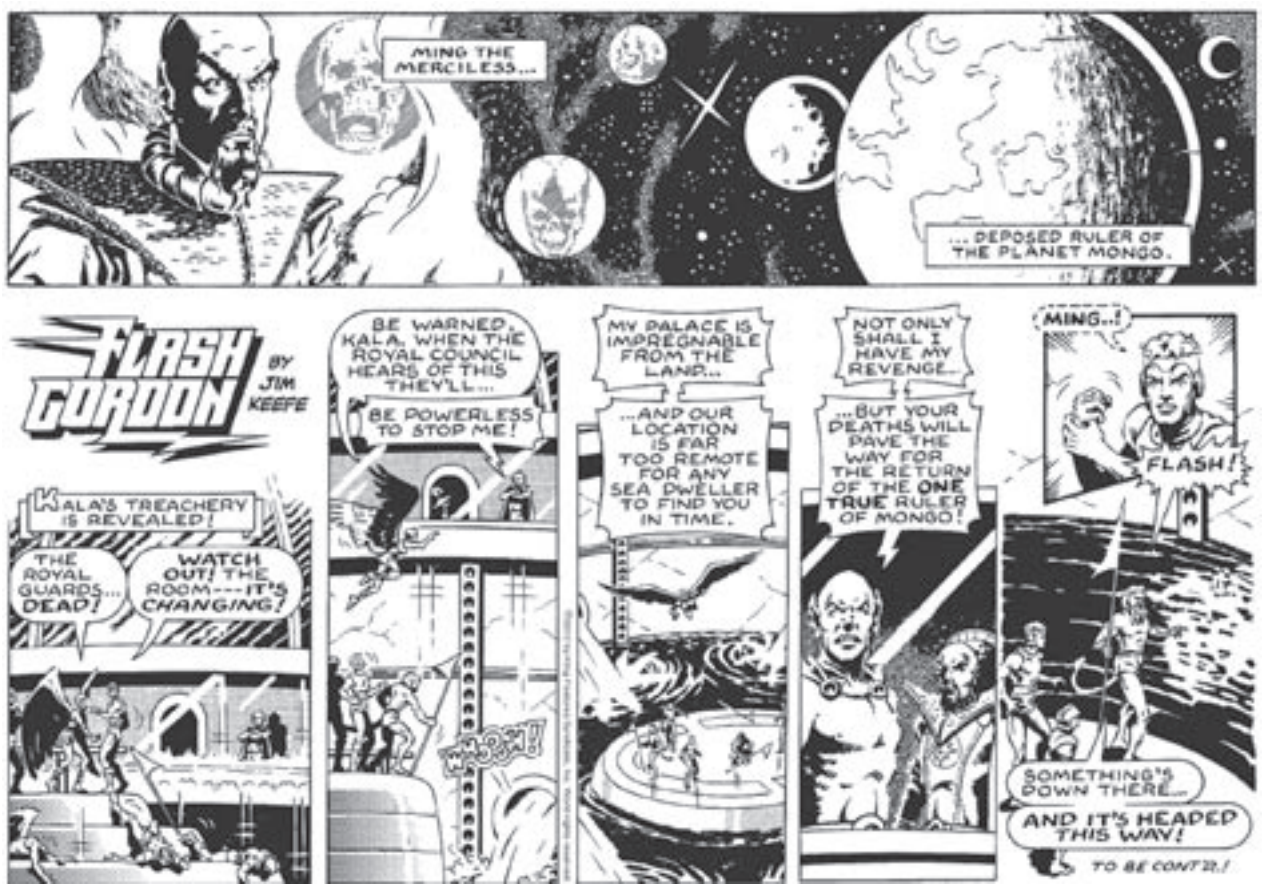
PHOTO BY NATHAN PFAU

Anthony Cimellaro, player for the Anvils, attempts to block a shot by Steven Kerrigan, player for Seven Guys, during the season-opening game of the intramural basketball season at the Fort Rucker Physical Fitness Facility Tuesday.

PIGSKIN PICKS

	Baltimore vs. Denver	Green Bay vs. San Francisco	Seattle vs. Atlanta	Houston vs. New England
Jim Hughes *Public Affairs* **(67-45)**	Denver	Green Bay	Atlanta	Houston
Brian Jackson *DFMWR* **(53-59)**	Denver	Green Bay	Atlanta	Houston
John McGee *CDID* **(68-44)**	Denver	San Francisco	Atlanta	New England
Capt. Mike Simmons *Directorate of Public Safety* **(64-48)**	Denver	Green Bay	Atlanta	New England
Sharon Storti *Network Enterprise Center* **(64-48)**	Denver	Green Bay	Seattle	New England

Down Time



Just Like Cats & Dogs

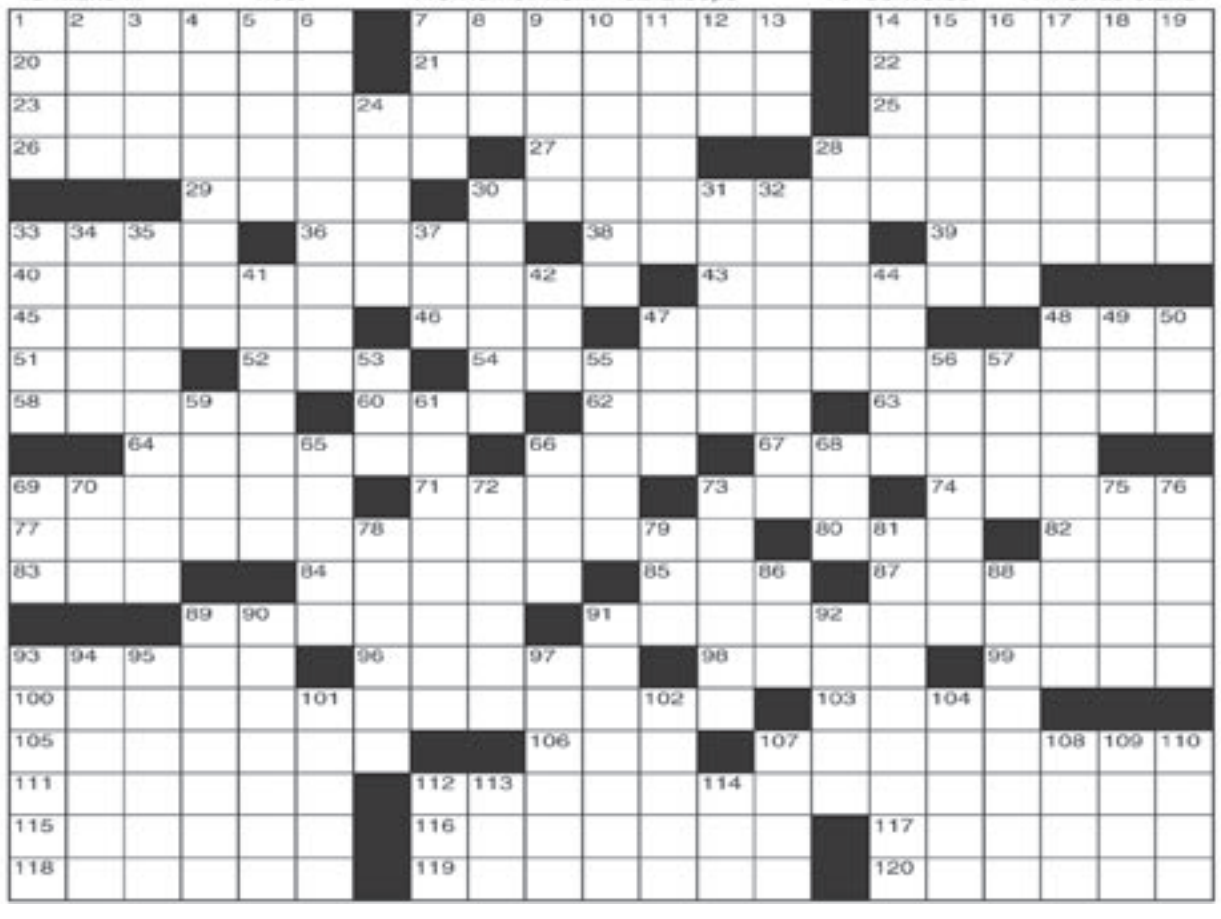
by Dave T. Phipps

Super Crossword

MAY DAY

ACROSS
1 Hammed it up onstage
7 "— Girls" (2000-07 TV series)
14 Mall parts
20 Ethiopian's neighbor
21 Virtual merchant
22 Tough trial
23 "You gave me no warning!"
25 Wasn't honest with
26 "Draw me" challenges
27 Seventh Greek letter
28 Place to buy dog food
29 Gen. Robert —
30 Product line owned by General Mills
33 Common papal name
36 Queenly role for Liz
38 Dandelion-infested, e.g.
39 Smartly dressed
40 Choice for a fill-up in Canada
43 Make ill
45 Charge for electronic banking
46 Taxpayer's ID
47 Bursting — seams
48 Strongman Ferrigno
51 Up — point
52 Jets' stats
54 Small-but-potent pick-me-ups
58 Old British ruling family
60 With 42-Down, extensions
62 Make anew
63 Attends, as an event
64 Come out of a daydream
66 Call hidden in this puzzle's eight longest answers that's apt for May Day?
67 Injury-free
69 Scarf material
71 Café au —
73 Summer, in Tours
74 Meet events
77 "CBS News Sunday Morning" host
80 Tic-toe link
82 Hi-fi part
83 USMC title
84 — Amboy, New Jersey
85 Champion's sign
87 Tempt
89 Pollux's twin
91 Region of calms in the northern Atlantic
93 Drinking aid
96 "— Mio"
98 Folk wisdom
99 Social misfit
100 What those "who only stand and wait" do, per Milton
103 Tenets
105 Umpire
106 Knot up
107 Like dark igneous rock
111 California city near Berkeley
112 Baseball's 2004 All-Star Game MVP
115 Gave a lousy review of
116 Watered down
117 Ransacked
118 Horses
119 Homer work
120 Allergic outburst

DOWN
1 This, in Lima
2 Actor Jay
3 Fail to name
4 Has a flavor like
5 The elder architect Saarinen
6 Took apart
7 Metro and Prizm, once
8 FWIW part
9 Morning TV host Matt
10 City's central section
11 Senior years
12 R&B singer Des'—
13 West end?
14 Parts of feet
15 Three-whole-step interval
16 Certain Ukrainian
17 Burning
18 Visit a diner
19 Careless
24 Inscribed stone pillar
28 Fires (up)
30 Self-assured
31 Kicked back
32 Bleeps
33 Like fuel-rich bogs
34 "How much — much?"
35 Fed. fugitive hunter
37 UFO's crew
41 Start cruising
42 See 60-Across
44 Retirement plan name
47 God of war
48 Goner
49 Famed Giant Mel
50 Mil. morale booster
53 Used a chair
55 Prefix with -plasm
56 Origins
57 Mother of 47-Down
59 Wood knot
61 Sorrowfully, in music
65 Readies for surgery
66 — of relief
68 After taxes
69 Livy's 1,200
70 "My, my!"
72 Houston ball team
73 Olympic swimmer Gertrude
75 Intro giver
76 Converse
78 Having bristles
79 Eggs in a lab
81 Pros at property appraisal
86 Immodesty
88 Miserable, unhappy existence
89 Hot pepper
90 Gave a trophy, e.g.
91 Not kidding
92 Dramatic solos
93 Sharpening bands
94 Year of — (Chinese zodiac cycle starter)
95 Make pure
97 Give free rein to, as anger
101 Is in charge
102 Air outlets
104 County north of San Francisco
107 Physique
108 Narrative
109 Don Juan's mother
110 Zip —
112 Hurly-burly
113 Kettle cover
114 Understand



See Page D3 for this week's answers.

Trivia

Trivia test

by Fifi Rodriguez

1. MOVIES: What was the name of the angel in the movie "It's a Wonderful Life"?
2. ANATOMY: What is another name for an erythrocyte?
3. GEOGRAPHY: In which country is the Po River located?
4. HISTORY: In what century was the Erie Canal constructed?
5. MUSIC: Which composer wrote more than 400 waltzes, including "The Blue Danube"?
6. ENTERTAINERS: Which female movie star was born with the name Margarita Carmen Cansino?
7. LITERATURE: Which sister is the oldest in the classic book "Little Women"?
8. TELEVISION: What was the name of the little girl in the animated TV show "Frosty the Snowman"?
9. GENERAL KNOWLEDGE: What is the common birthstone for May?
10. GAMES: What color is the No. 3 ball in billiards?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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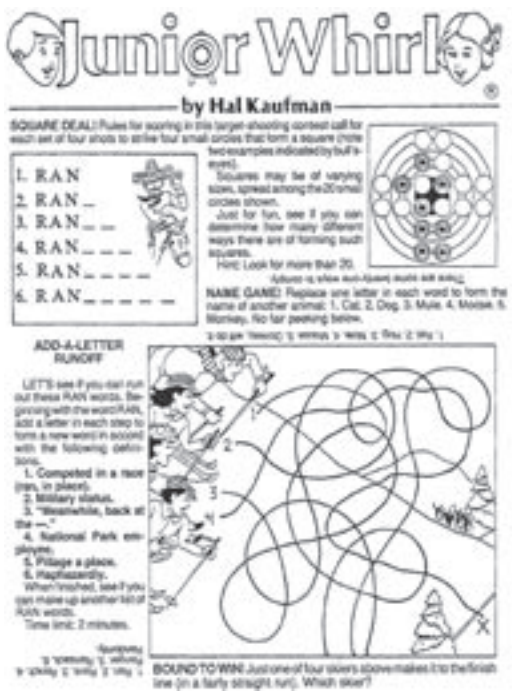
See Page D3 for this week's answers.

Kid's Corner



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

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

East strikes quickly to win U.S. Army All-American Bowl

By Tim Hipps
Installation Management Command Public Affairs

SAN ANTONIO — Wide receiver James Quick caught the game-winning 34-yard touchdown pass and received the Pete Dawkins Most Valuable Player trophy for helping the East to a 15-8 victory over the West in the 2013 U.S. Army All-American Bowl Saturday at the Alamodome.

Quick caught three passes for 71 yards and returned a punt 31 yards, giving him a game-high 102 all-purpose yards before an Army All-American Bowl record crowd of 40,133 and a national television audience on NBC.

"Since it was on a national stage and I got to do it with people I just met and actually got to bond with, it means a lot – it's probably going to be one of my greatest memories," said Quick, a senior at Trinity High School in Louisville, Ky., who announced during the game that he would stay home and play college football for Louisville.

Quick chose the Cardinals over Ohio State and Oregon, ending one of the most highly followed recruiting sagas in the history of Louisville football.

Quick's touchdown reception from Auburn-bound quarterback Jeremy Johnson of Montgomery (Ala.) High School gave the East a 13-8 lead with 3:59 remaining in the game.

"We were waiting until fourth down to make that call to James because we wanted to make sure they were in zero coverage," said East head coach Robert Bailey of Louisville Trinity High. "We didn't want to do it on first or second down because we knew they would be in zone, so we waited until fourth down when we had to. Jeremy Johnson, the quarterback, had to escape a little pressure and made a great, great throw.

"It kind of hung a little bit, but you teach receivers to go and get it at its highest point, and last time I looked he was a pretty good athlete. He went up there and got it."

Alabama-bound running back Derrick Henry, the No. 1 career rushing leader in high school football history with 11,610 yards for Yulee (Fla.) High School, capped the scoring with a 3-yard sweep around right end for the 2-point conversion.

"I said, 'Coach, give me the ball for the 2-point conversion,'" Henry said. "He gave it to me and we got it done."

Beatty figured the call was a no-brainer.

"We went to an unbalanced set and we felt like we could get it," Beatty said. "He's a horse, man. He's 240 pounds with a lot of speed. The kid in front of him, Derrick Green, did a great job of blocking with our unbalanced line. We felt like we could get to the edge. We told him to stretch, stretch, stretch until they couldn't take it away anymore, and consequently he got the edge and you saw what happened."

PHOTO BY J.D. LEIPOLD

Thirty-six distinguished and decorated Soldiers on the field at the All-American Bowl Saturday.

Henry, who rushed for a game-high 53 yards on 10 carries, also scored the East's first touchdown on a 2-yard run in the first quarter. Jim Cooper of Linwood (N.J.) Mainland High School kicked the point after touchdown for a 7-0 lead. Running back Derrick Green of Richmond (Va.) Hermitage High added 48 yards on eight carries.

Oregon-bound Thomas Tyner of Aloha (Ore.) High School led West running backs with 14 yards on four carries.

The West led briefly in the fourth quarter via Texas A&M-bound wide receiver Derrick Griffin's 16-yard touchdown reception from University of Southern California-bound Max Browne of Sammamish (Wash.) Skyline High School. Brown connected with Louisiana State University-bound tight end DeSean Smith for the 2-point conversion and an 8-7 lead with 6:49 remaining.

The West scoring drive was highlighted by Browne's completions of 19 yards to Ezekiel Elliott of St. Louis John Burroughs High School and 14 yards to USC-bound Steven Mitchell of Mission Hills (Calif.) Bishop Alemany High, along with a pass-interference penalty that gave the West a first down at the East 44-yard line.

The East quickly answered with Virginia Tech-bound Taquan Mizzell's 72-yard kickoff return to the West 28, followed by Quick's touchdown reception from Johnson in a climactic, fourth-and-16 situation.

"I just saw the corner and I went to the post and he bit on it, and the quarterback threw an outstanding ball and just gave me the opportunity to run to it," Quick said. "I really just let it drop into my hands and tried to keep it away from the defenders closing in on me."

Henry then outsprinted most of the West defense to the corner to cap the scoring.

Beatty praised the East defense for its effort all week.

"Gosh, we had to go against those guys all week and we just got so frustrated on offense that we said, 'We're going to try to get some timing down on air because we certainly aren't doing it in practice,'" Beatty said. "We hung in there and got it done. What a great way to finish."

Quick, too, was delighted to face someone other than East defensive backs who learned most of his moves during a week of two-a-day practices.

"It was fun getting out here to compete against someone different because we've been going all week against the same guys," Quick said. "Getting out here and competing with some of the best is a great experience."

East defensive line coach Dwayne Thomas of Eastern Christian Academy in Elkton, Md., said his group succeeded with speed and a winning attitude set by Beatty.

"We stunted, we slanted, we pinched," Thomas said. "We gave them a lot of trouble. If not for a third-and-nine where we missed a tackle on the perimeter, we would have shut them out. I expected us to do that. When you get guys up front that are hungry and relentless, the other team has got a problem. We controlled the game in the trenches."

The East limited the West to four first downs and 90 total yards.

Georgia-bound Tray Matthews of Newman (Ga.) High and Georgia-bound Johnny O'Neal of Dublin (Ga.) West Laurens High each had four tackles for the East, which got three apiece from Al-Quadin Muhammad of Ramsey (Tenn.) Don Bosco Preparatory School and Clemson-bound Dorian O'Daniel of Our Lady of Good Counsel High in Olney, Md.

Tahaan Goodman of Rancho Cucamonga (Calif.) High, University of California at Los Angeles-bound Myles Jack of Bellevue (Wash.) High and Indiana-bound Antonio Allen of Indianapolis Ben Davis High each had five tackles for the West.

Quick said the weeklong experience in "Military City USA," exceeded his expectations. Each of the 90 players in the game was paired with a "Soldier-Hero," who accompanied them to pre-game events and escorted them onto the field for pre-game introductions.

"When I met my Soldier, he told me his life story and I really wasn't expecting that, so I told him mine," Quick said. "Having someone to talk to, keeping that bond with your Soldier, is really what helped me out.

"He was a younger guy, and he didn't like me calling him 'Sir.' He told me: 'Just call me Justin.' We had a real heart-to-heart talk about things that happened in war and things that he's been going through with his back problem. They really do a lot more than what people think. With them telling you what they do that you don't know of, it really changes the way that you think about how good you have it because most people don't have it the way you do."

Most kids don't grow up to be U.S. Army All-American football players, a sure-fire step to an NCAA Division I football grant-in-aid. More than 175 alumni of the U.S. Army All-American Bowl are currently playing in the National Football League, including Minnesota Vikings running back Adrian Peterson and New York Jets quarterbacks Mark Sanchez and Tim Tebow.

"Kids need role models," Thomas said. "I've got my hand around their neck and they don't know if I'm choking them or hugging them, but they want discipline. They want somebody who has purpose, passion and commitment, and somebody who is going to teach them and push them towards discipline.

"We set a tone early in the week and those guys met the challenge. I'm proud for them that their last high-school game was a victory and it was amongst the best in the country. Now they can go to college with a real sense of confidence," he said.

BRIEFS

Black History 5K

Fort Rucker will host the annual Black History Month 5K and 1-Mile Fun Run from 9-11 a.m. Feb. 2. Registration on the day of the event will take place from7:30–8:30 a.m. at Fortenberry-Colton Physical Fitness Facility. Participants are encouraged to pre-register for the event. The 1-mile fun run is free and open to all children and will begin after the 5k is completed. Each fun run participant will receive a medal. Registration for the 5K is $12 without a shirt, $20 with a shirt before Jan. 26, $25 with a shirt after Jan. 26 and $100 for a team of eight. The event is open to the public.

For more, call 255-2296.

Mardi Gras Carnival at Rucker Lanes

Rucker Lanes hosts its Mardi Gras Carnival-themed bowling night Feb. 9 from 9 p.m. to midnight. Each lane of bowlers will receive one 16-inch pizza with one topping, a pitcher of fountain beverage, a bowl of tortillas and salsa, unlimited bowling and shoe rentals. There will also be giveaways throughout the night. Cost is $45 for a lane of up to six people. Reservations are required.

For more, call 255-9503.

Sweetheart Bowl

Rucker Lanes will host its Sweetheart Bowl Feb. 14 from 9 a.m. to 10 p.m. Specials include two-for-one bowling and snack bar.

For more, call 255-9503.

President's Weekend Skins Game

Silver Wings Golf Course will host its President's Weekend Skins Game Feb 16. Tee times will be from 7-9 a.m.

For more, call 598-2449.

ATV Trail Ride

Outdoor recreation will host its All-Terrain Vehicle Trail Ride Feb. 23 from 7 a.m. to 1 p.m. Cost is $20. Pre-registration is required. The event is open to ages 16 and older. Patrons must provide their own ATV and protective gear. Protective gear must be worn at all times.

For more, call 255-4305.

Riding Stables rules

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

PUZZLE ANSWERS

Super Crossword

Answers

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

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

TRIVIA

Answers

1. Clarence Odbody
2. Red blood cell
3. Italy
4. Early 19th century
5. Johann Strauss
6. Rita Hayworth
7. Meg
8. Karen
9. Emerald
10. Red

Weekly SUDOKU

Answer

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

Video Game Spotlight >>

SiNG Party not enough bang for buck

By Jim Van Slyke
Contributing Writer

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

If you took one look at the Wii U and thought it would be perfect for karaoke then "SiNG Party" was made for you.

It makes good use of the Wii U GamePad and offers some different screen setups for parties. On the flip side, the song list, while containing 50 tunes, needs help and the gameplay is, at best, out of tune.

There are two ways to play "SiNG Party." In one, the GamePad can be used to modify the playlist so the singer can continue and the instrument and vocal levels can be modified to best suit the singer. There is also a jam feature that tosses extra instruments like drums, guitars or bongos into the mix. In this mode, the GamePad is best used by someone who is not singing. The singer simply pays attention to the big screen.

The other mode switches things around. The singer uses the GamePad to see the lyrics and usually faces away from the TV. The crowd faces the TV and is given the option to join in on cue and even mimic the dancing that's on the TV. No scores are kept in this mode, making the first mode the one for those who want to compete against each other. Both modes feel rather shallow, however.

There are other issues in both modes, but the shortage of great songs in "SiNG Party" means that not many gamers will come back to this fiesta. There are a few big songs like "Call Me Maybe" and "Party Rock Anthem" that are included. There are also some classics like "Surfin' USA" and "Daydream Believer." But there's a drop off after that, including a couple of hits and a bunch of forgotten songs, which does not make for a great karaoke party. Nintendo has said that more songs will be available for download soon, however.

Gamers should get more for $60. True, a microphone is included in that price, but it's nothing more than a paperweight if the gamer has no urge to sing.

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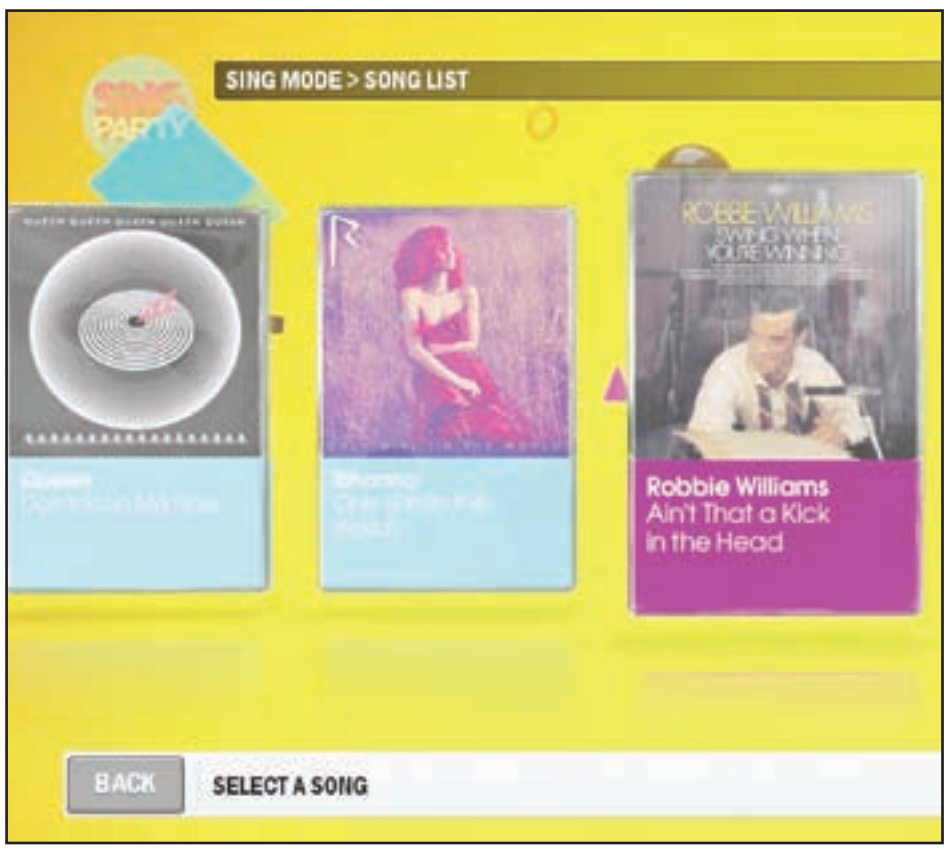
Publisher	Systems
Nintendo	Wii U
	Cost
Rated	$60
Everyone	**Overall**
	2.5 out of 4



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