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ARMY FLIER

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

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Gate change relieves congestion

PHOTO BY NATHAN PFAU

Cars coming onto the installation during peak hours normally experience long lines at the Daleville Gate, but the new inbound lane helps alleviate some of the wait. The new lane is open from 7-8 a.m., and noon to 1 p.m. Mondays-Fridays.

By Nathan Pfau
Army Flier Staff Writer

Long lines of traffic at the Daleville Gate during peak hours may be a thing of the past as Directorate of Public Safety officials added an additional inbound lane to alleviate some of the wait.

From 7-8 a.m. and noon to 1 p.m., Mondays through Fridays, the Daleville Gate will have three inbound lanes coming onto the installation to help with traffic congestion, according to Marvin Brandon, chief of guards.

"Based off of feedback that we've gotten from people who use the gate most often, most were saying that during peak hours there were long lines to get onto [the installation]," said Brandon. "Based off that, we were asked to look into possible solutions, and the third inbound lane is what we decided would be the best way to speed things up."

There are two main things that people should keep in mind when coming onto the installation when the extra lane is available, according to John Tkac, chief of physical security.

"People should know that those that use [the new inbound] lane will have to make a left turn onto Novosel Street," he said. "We also ask that all visitors to the installation continue to use the right two lanes as well."

Although the new lane is meant to alleviate traffic coming onto the installation during peak hours, the process still requires some getting used to for both drivers and officials, according to Lt. Col. Madeline Bondy, provost marshal and director of public safety.

"Initially there was a learning curve [for everyone]," she said. "We were out there on the first day and it was probably confusing for some people, and they were hesitant to use the lane. They were wondering what it was and wondering if perhaps it was a compliance check, but after a while people learned to just flow into the lane."

The process to get the new lane in place has been ongoing and DPS did some testing with the lane Jan. 7-11.

"We initially tested this process for just the [noon to 1 p.m.] timeframe," said Bondy, "and when we back-briefed [Col. Stuart J.

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Program celebrates life of Dr. MLK Jr.

By Nathan Pfau
Army Flier Staff Writer

Soldiers and Family members came together to remember the life and legacy of Dr. Martin Luther King Jr. during a commemorative program at the post theater Jan. 17.

The theme of this year's ceremony was "Peace, Passion and Purpose: Everybody can be great because everybody can serve," a theme that Col. Stuart J. McRae, Fort Rucker garrison commander, said Dr. King lived up to in every aspect.

"We're celebrating today the life of a servant leader who had the personal courage to stand by his convictions, despite being subjugated to the faces of treatment, whether it was beatings or jail," said McRae. "He paid the ultimate sacrifice so that the ground could be level for every American, no matter what your background, skin tone or where you come from – that's his legacy."

McRae said that Dr. King's legacy lives on at Fort Rucker through the men and women that serve on the installation.

"This, right here at Fort Rucker, is [Dr.] Martin Luther King [Jr.'s] vision," he said. "No matter who you are or what your background is, everybody is equal and everybody has the same opportunities."

The program began on a literal high as Sheila Jackson, musician, sang a stunning rendition of the "Star Spangled Banner" that garnered praise from audience members and speakers alike.

"When [Jackson] sang the 'Star Spangled Banner,' it gave me chills," said Shandra Owens, civilian. "It was truly a performance that was worthy of a day like today – a day that we remember such an amazing individual and the work that he's done."

Mike Schmitz, mayor of Dothan, was invited to speak at the event and

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PHOTO BY NATHAN PFAU

Peter Jackson, musician, performs a rendition of "What a Wonderful World" accompanied by his mother, Sheila, during the Dr. Martin Luther King Jr. Commemorative Program at the post theater Jan. 17.

Fort Rucker celebrates diversity during Black History Month

By Sara E. Martin
Army Flier Staff Writer

Many men and women from various ethnic groups and cultures answer the call of Army service, and Fort Rucker celebrates its diversity during Black History Month in February.

Celebrating the Army's diverse culture is important, according to Sgt. 1st Class Gerald Emery, HHC 1st Aviation Brigade, because understanding each other is an important piece of the puzzle to how the Army moves forward.

"It is important to understand the cultural differences to help us come together. Celebrating Black History Month is just one way to help bridge that gap," he said.

Several events will be held to bring the community together to celebrate the achievements of African-Americans, to celebrate cultural diversity and to educate the public on historical events.

The main exchange, in conjunction with the Fort Rucker Equal Opportunity Office, will host the post-wide African-American History Month kick-off event Feb. 1 from 11:30 a.m. to 1:30 p.m. at the main exchange mall area.

"The kickoff event will consist of exciting performances, art vendors and complimentary food tastings. The New Jerusalem Church of Christ of Enterprise will provide engaging performances including chorale singing, praise dancing and several soloist performances. Their choir will perform an array of selections ranging in style from spirituals to contemporary gospel," said Susie Antonello, visual merchandiser at Fort Rucker Army and Air Force Exchange Service.

In addition, retired Air Force Col. William Saunders, an inspirational speaker and author, will be present at the event to speak about his book, "Are You Stuck in Traffic?"

"The [kickoff] event will have crowd-pleasing prizes ranging from exchange gift cards to beautiful artwork for customers to enter to win. Like all commemorative occasions, it's also a great excuse to have fun –and maybe learn some things you never knew before," she said. "These spirited, enriched events create awareness and appreciation for diversity in our country while promoting culture, racial harmony and continued remembrance of African-Americans' contributions."

The EO and Directorate of Family, Morale, Welfare and Recreation will have other events throughout the month for the community to enjoy.

Feb. 2 is the DFMWR 5k/1-mile fun run at the Fortenberry-Colton PFF starting at 9 a.m. On Feb. 21 there will be a luncheon at The Landing with guest speaker Georgette Norman, the director of the Rosa Parks Museum in Montgomery, from 11:30 a.m. to 1 p.m. And Feb. 22 there

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PERSPECTIVE

Experts develop strategies for combating tobacco use in military

By Chanel S. Weaver
U.S. Army Public Health Command Public Affairs Office

ABERDEEN PROVING GROUND, Md. — A team of more than 40 medical and military experts from the Department of Defense, supplemented by subject-matter experts from the Centers for Disease Control and Prevention, the American Lung Association, non-profit and private sector organizations, and educational institutions gathered in December at Aberdeen Proving Ground united by their motivation and drive to reduce tobacco use in the military.

Sponsored by the assistant secretary of defense for health affairs, the "Tobacco Deep-Dive" focused on developing programs that support individual and group behavior change, and a supporting social environment. Reducing tobacco use is a strategic objective of the Military Health System.

The U.S. Army Public Health Command served as the host for the event, and Maj. Gen. Jimmie O. Keenan, USAPHC commander, offered remarks to inspire the group to succeed.

"Smoking has a devastating effect on the health of individuals and on military readiness," said Keenan. "What you are doing here will help to change the culture of the military."

The process of changing this culture will not be easy. Research indicates that tobacco is a formidable foe in the military. The 2008 DOD Survey of Health-Related Behaviors indicates that nearly 30 percent of active-duty smokers initiated smoking after joining the military and 40 percent of deployed service members have smoked.

"Reforming tobacco policy is something that cannot be accomplished overnight," said USAPHC Command Sgt. Maj. Gerald C. Ecker. "Troops often look to smoking as a way to relieve stress."

But Keenan and Ecker encouraged the attendees to work hard, and be persistent in their efforts.

After hearing preliminary briefings on the state of tobacco use in popular culture, the attendees brainstormed 13 ideas to combat tobacco use in the military. These ideas were later refined to five innovations that addressed tobacco cessation and prevention from multiple angles.

On the final day of the workshop, the attendees briefed their recommendations to senior military medical advisers. Some of the innovations that workshop attendees thought would help reduce tobacco prevalence in the military included the following.

- An initiative aimed at going beyond brochures and traditional "push" communications by using holographic, three dimensional, life-sized projections that create the effect of a live person to communicate an engaging tobacco cessation message.
- A stronger warrior initiative that will target and seek to reduce the rate of tobacco use during deployment. The initiative will identify and pair service members who want to quit, or who do not want to use tobacco, and provide tools and support necessary to become, or stay, tobacco-free during deployment.
- An initiative to create a tobacco counter-marketing video competition. This video competition would target and empower military members and members of the community to submit entries, and vote on the most popular video. The winning tobacco prevention video would be broadcast at military communities across the nation.
- An initiative to motivate and inspire individuals to achieve tobacco-free living through competition and incentives.
- An initiative to create a patient registry to facilitate a more comprehensive follow-up for people who want to quit using tobacco.

PHOTO BY GRAHAM SNODGRASS

A mock package of cigarettes was used to stimulate discussion during the "Tobacco Deep-Dive," held in December at Aberdeen Proving Ground, Md.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs and the director of the TRICARE Management Activity, was one of the key leaders who was briefed on the group's recommendations. In his role, Woodson administers the more-than $50 billion budget of the Military Health System and serves as the principal adviser to the secretary of defense for health issues.

Woodson endorsed each idea, encouraged the team to develop the ideas even further and urged them to begin the path of implementing those ideas.

"We know that tobacco use can be deadly, so we have a moral imperative to save the lives of our service members," said Woodson. "We must do all we can to preserve the health of the force."

After three intense days of meeting of the minds, the participants appreciated Woodson's endorsement.

"We are excited to have senior leaders on board," said Col. John Oh, chief of health promotion at the Air Force Medical Support Agency. "This endorsement will re-energize our efforts."

The participants also enjoyed the cooperation that occurred throughout the workshop.

"This experience was a phenomenal opportunity to engage like-minded individuals who were all united in their commitment to develop innovative strategies for combating tobacco use in service members," said Maj. Lakisha Flagg, an Army public health nurse at the USAPHC.

They are looking forward to implementing the innovative ideas and seeing positive outcomes from the "Tobacco Deep-Dive."

"Participation in this deep-dive was so rewarding because it represents all of our true commitment to helping the military become a tobacco-free force," said Paul Fitzpatrick, program manager for the UCANQUIT2 Tobacco Cessation Program. "We are realizing that tobacco use is not about personal choice, but about readiness. We have an opportunity to lead the way to cultural change across America."

Army launches 'Ready and Resilient' survey

U.S. Army
Office of the Chief of Public Affairs

WASHINGTON — How can the Army become more Ready and Resilient?

If you are an AKO user, log on now to take this survey to provide valuable feedback to the Office of the Chief of Public Affairs on how the Army communicates about Readiness and Resiliency.

For AKO users, the survey is available at https://www.us.army.mil/suite/page/667030.

Rotor Wash

"Mother Rucker's celebrates its second birthday today from 4-6 p.m. What is your best, Family-friendly birthday experience?"

Tuwanna Dawkins, Army spouse

"When I gave birth to my second daughter. Her birthday is three days before mine."

Janiyah Dawkins , military Family member

"When I got to go to Disney World."

Toni Hunter, military Family member

"When I was seven we had just moved to Sicily and our stuff had not arrived yet. So we just ate cake on the stairs."

Samantha Hunter, military Family member

"Every birthday we get our favorite dinner made for us. So every birthday I just look forward to relaxing and having my mom make my favorite dinner, which is spaghetti."

Cpl. Dominique Brown, 3rd Battalion, 7th Marines

"Going to Miami for my 16th birthday."

COMMAND

Maj. Gen. Kevin W. Mangum
FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

Fort Rucker honors 12 retirees

By Sara E. Martin
Army Flier Staff Writer

Dozens of friends, Families and coworkers showed their support during a retirement ceremony Friday at the U. S. Army Aviation Museum when Fort Rucker honored 12 retiring Soldiers and civilians.

The 12 retirees represented 317 years of collective service to the country according to officials who thanked not only the retirees for their service, but their Families who sacrificed "so much" as well.

"You supported your Family member through the good and the bad. The self sacrifice that you as Family members endured … makes you truly special people," said Col. Douglas M. Gabram, U.S. Army Aviation Center of Excellence deputy commander.

Gabram recognized each individual for their dedication to duty and said that the civilian retirees are just as much a part of the Army as those who wear the uniform.

"These distinguished civilians and Soldiers represent the very best of America's Army. They are all professionals. It is quality people, like these, who without we could not accomplish all that we have. We owe them a debt of gratitude that can never be repaid. They have served our nation with pride and with a keen sense of values that sets them apart from other Americans.

"Be confident that the military you leave has improved every day and will continue to improve because those you have mentored will take your place. The Army is better because of your service," he said.

PHOTO BY SARA E. MARTIN

Retirees Col. Timothy J. Starke Jr., CW4 Korry E. Brown, CW4 William A. Haaren, Sgt. 1st Class Darren S. Bartoe, CW4 James Barrett II and CW4 Jamie Lee Ludholtz before the post quarterly retirement ceremony Friday at the U.S. Army Aviation Museum.

Retirees CW4 James Stockton, Mary Ann Thompson, Master Sgt. Sara Carter, Irene J. King, Sgt. 1st Class Steve Leeper and Robert Vanelsberg before the post quarterly retirement ceremony Friday at the U.S. Army Aviation Museum.

Col. Timothy J. Starke Jr.

Starke entered military service in April of 1986. He served in the Pentagon and overseas in support of operations Enduring Freedom, Desert Shield/Storm, Southern Watch and Desert Fox in Korea, Belgium, Qatar, Afghanistan, Iraq and Saudi Arabia. He said the highlight of his career was having the opportunity and privilege to lead Soldiers in the service of our great nation. He and his wife, Deletta, plan to reside in Tallahassee, Fla.

CW4 James Stockton

Stockton entered military service in March of 1989. He has served multiple tours in support of operations Iraqi Freedom and Enduring Freedom, and has served in Pakistan, Afghanistan, Iraq, Hawaii and Korea. He said the highlight of his career was having the love and support of his Family during four deployments and throughout his entire career. He and his wife, Nicole, plan to reside in Enterprise.

CW4 James Barrett II

Barrett entered military service in May of 1989 as a Marine. He has served overseas in Korea, Germany, England, Kosovo, Afghanistan, Qatar and Iraq, and served multiple tours in support of operations Iraqi and Enduring Freedom. He said the highlight of his career was being able to travel and experience the world and to befriend a number of America's truest heroes that have given the ultimate sacrifice. He and his wife, Marianna, plan to reside in Dothan.

CW4 William A. Haaren

Haaren entered military service in January 1981. During his career he served on active duty, Reserve duty and as a National Guardsman. He has served overseas in Germany and Korea, and has been deployed in support of operations to Belize, Honduras, Guatemala, Kuwait and Kosovo. He said the highlight of his career was being the UH-60 instructor pilot course track chief entrusted with a platoon of the very best active duty and civilian instructor pilots responsible for training young Aviators to be instructor pilots. He and his wife, Deena, plan to reside in Enterprise.

CW4 Korry E. Brown

Brown entered military service in May 1993. He has served overseas in Germany, Bosnia, Afghanistan, Iraq and Kuwait. He served multiple tours in support of operations Iraqi and Enduring Freedom. He said the highlight of his career was managing simultaneous sustainment operations in Iraq and Afghanistan. He and his wife, Nickie, plan to reside in Atlanta.

CW4 Jamie Lee Ludholtz

Ludholtz entered military service in February 1993. He has served overseas in Kosovo and Germany. He also served multiple tours in support of operations Iraqi and Enduring Freedom. He said the highlight of his career was marrying his beautiful wife and being accepted and completing flight school. He and his wife, Angelica, plan to reside in Clarksville, Tenn.

Master Sgt. Sara Carter

Carter entered military service in August 1991. She has served overseas in Turkey, Germany, Honduras and Afghanistan. She also served in multiple combat tours in support of Operation Enduring Freedom, Somalia for Operation Continue Hope and Haiti for Operation Uphold Democracy. She said the highlight of her career was providing support for Task Force Normandy in support of the 60th anniversary of the Normandy invasion, where she met many of the great men who participated in the invasion. Also, being a part of a team that provided medical evacuation during her deployment to Afghanistan. She plans to reside in Enterprise with her son, Robert.

Sgt. 1st Class Steve Leeper

Leeper entered military service in November 1990. He served overseas in Korea, Honduras, Iraq and Afghanistan. He served multiple tours in support of operations Iraqi and Enduring Freedom. He said the highlight of his career was fielding the CH-47 Foxtrot to the first four regular Army units. He and his wife, Leslie, plan to reside in the local area.

Sgt. 1st Class Darren S. Bartoe

Bartoe entered military service in October 1991. He served multiple combat tours in support of Operation Iraqi Freedom in Iraq. He has served as a man-portable air-defense system crewmember and vehicle driver, medical specialist, ambulance NCO, flight medic, air ambulance NCO and air ambulance platoon sergeant. He said the highlight of his career was marrying his beautiful wife and becoming a flight medic. He and his wife, Ila, plan to reside in Enterprise.

Irene J. King

King is retiring after nearly 39 years of distinguished military and civilian service. She served on active duty from 1974 to 1980 when she then entered civil federal service. She has served overseas in Germany. She said the highlight of her career was receiving the Honorable Order of Saint Michael and working with many wonderful people throughout the years. She plans to reside in Daleville.

Robert Vanelsberg

Vanelsberg is retiring after 37 years of distinguished military and civilian service. He entered active duty in the coast guard in November in 1970 but also served as an Air Force Reservist. He has been a civil servant since 1987. He served in Hawaii, Germany and Fort Rucker. He said the highlight of his career was creating IMPAX Magazine, which focused on off-duty Soldier safety regarding driving, motorcycling and participation in sports and recreation. He and his wife, Karen, plan to reside in Enterprise.

Mary Ann Thompson

Thompson entered civil service in February of 1980. She served as a research team lead during Operation Desert Shield on a project that led to an Aviation night vision goggle desert training and operation guide, as well as a member of a team that developed the Army's first risk management field manual. She said the highlight of her career was working to save Soldiers' lives and keeping them free from injury. She plans to reside in Dothan.

News Briefs

Free blood pressure checks

Lyster Army Health Clinic's community health nurses will be at the post exchange Friday from 9 a.m. to 1 p.m. conducting blood pressure checks and giving out information to those looking to stop smoking.

National Prayer Breakfast

The Fort Rucker National Prayer Breakfast will take place Feb. 13 at 6:30 a.m. at The Landing in the main dining room. Attendees will gather to pray for the good of the nation, the Army and Army Aviation. The featured speaker will be retired Chaplain (Col.) Sonny Moore. Tickets are available through unit representatives or chaplains. The suggested donation for the event is $4 for E-6/GS-6 and below, and $7 for E-7/GS-7 and above.

For more, call 255-2012.

AER scholarships

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at www.aerhq.org and are due to be turned in by May 1. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

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

SSA closure

The Logistics Readiness Center Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory Feb. 11-15. Normal operations will discontinue Feb. 8 at 4:15 p.m. and resume Feb. 19. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more, call Sandra Edwards, accountable officer, at 255-9504.

Team Red, White & Blue meets

People interested in supporting wounded veterans are invited to participate in the newly formed Wiregrass Chapter of Team Red, White & Blue. Everyone is invited to join the group that consists of veterans, wounded veterans, Family members, active-duty, Reserve and Guard members, and civilians.

The first meeting of the new local chapter will be held after the St. Patrick's Day 5K and 10K run March 16 on post. Team Red, White & Blue is a national non-profit organization with a mission to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Jonathan Tullos, a 2002 West Point graduate and Army veteran, shares in the vision of Team Red, White & Blue and wants to transform the way America supports its wounded veterans when they return from active duty.

"We're looking at weekly running groups, bike rides, river outings and post-race gatherings. Our goal is to create a positive environment for veterans to meet each other as well as members of their local community," he said.

Team Red, White & Blue was initiated by a 2002 West Point graduate, Mike Erwin, in 2010. His goal was simple: Support exercise among vets. In recent studies, exercise has proven to be effective therapy for depression and anxiety, according to the organization.

For more on Team Red, White & Blue, visit http://teamrwb.org/.

Troops to Teachers seminar

The education center hosts a Troops to Teachers seminar Feb. 14 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.tttga.net or call (404) 413-8199.

AAFES seeks local vendors

The Army and Air Force Exchange Service seeks the assistance of local businesses to increase the product selection troops and their Families find at the Fort Rucker Exchange.

"Some shoppers drive up to 40 miles or more to come to the exchange," said Bennie Taylor, AAFES service and business manager. "The addition of local, small, minority, women- and veteran-owned businesses can help provide the diversity, value and innovation to further enhance their shopping experience."

Partner businesses, called concessions, operate in exchange-provided space, primarily in the retail mall area. Benefits include contracts based on a percentage of revenue, a variety of space and merchandising setups, and the convenience of being located with the anchor retail store and food outlets. The Fort Rucker Exchange will also assist in marketing and promoting partner businesses to help maximize awareness on and around the installation.

"Despite the economic conditions we've experienced recently, exchange shoppers have continued to demonstrate a strong demand for new and unique merchandise," said Taylor. "Partnering with the exchange provides local businesses exposure to a great deal of foot traffic as well as the opportunity to serve military Families."

For more, log on to http://www.shopmyexchange.com/DoingBusiness/index.htm or contact Taylor at taylorbennie@aafers.com

SHARP helps victims, aids in prevention

By Nathan Pfau
Army Flier Staff Writer

Victims of sexual assaults sometimes find it difficult to find their voice and seek help, but the Army's Sexual Harassment/Assault Response and Prevention program offers those who have been victims of sex crimes a way to find that voice.

SHARP is designed to educate Soldiers on how to prevent sexual harassment and assault, as well as report it when it does happen, according to Sgt. 1st Class Lashonda Prince, installation sexual assault response coordinator.

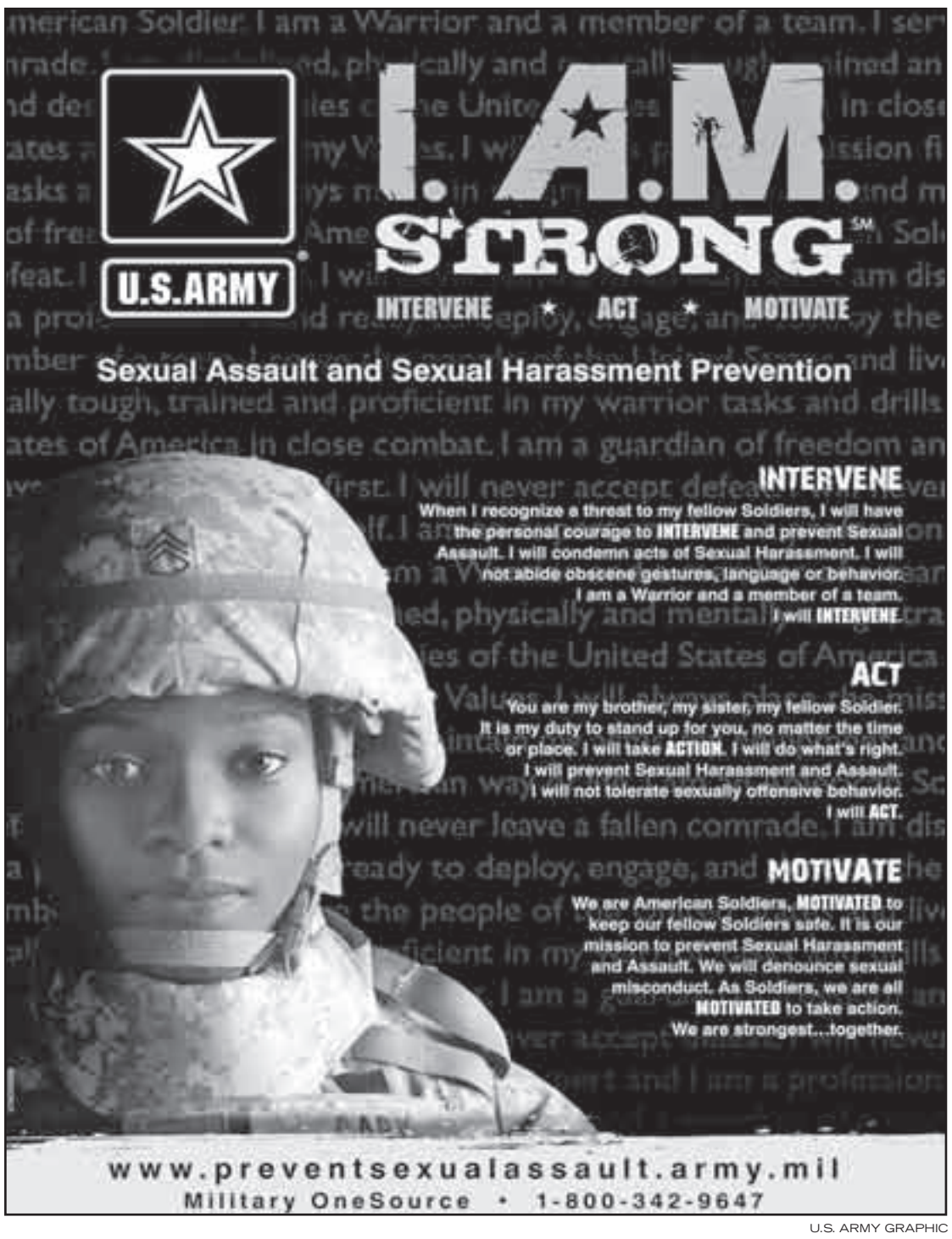
"If a Soldier feels that he or she is being sexually harassed or assaulted, they should immediately report it," she said. "It's a criminal act and sexual harassment can have serious effects on Soldiers."

Sexual harassment is defined as a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of sexual nature, according to the Army's policy on harassment.

The policy also states that any Soldier or civilian who encounters this type of harassment should report the incident through appropriate channels, and every leader must ensure that every incident is investigated immediately and thoroughly.

"As Army leaders, it is our duty to provide and maintain an environment of trust and respect for human dignity where workplace harassment, including sexual harassment, will not be tolerated," said the policy. "We must reaffirm a commitment to an environment of mutual respect, dignity and fair treatment."

Prince said that oftentimes these incidents go unreported because Soldiers are desensitized by these actions because they occur so often.



U.S. ARMY GRAPHIC

"There are a lot of times when Soldiers are unsure whether the behavior they are encountering is sexual harassment, but if they are unsure, they should contact me or their unit's SHARP officer right away and simply ask," she said.

Prince can be contacted at 255-3750, and there is also the SHARP hotline that Soldiers can call at 470-6629, which is available 24 hours a day, seven days a week.

"The SHARP hotline offers support for victims in terms of making sure that their rights are protected," said Prince. "We will ensure that they have proper care as far as medical attention, counseling or protection against the offender. We will be with them every step of the way during the reporting procedure as an advocate."

Sexual harassment comes in different forms, according to Army Regulation 600-20, which include: verbal harassment, which includes telling of sexual jokes and using sexually explicit profanity; nonverbal, which includes staring at someone, blowing kisses, winking or displaying sexually charged photos or pictures; and physical contact, which includes inappropriate touching, patting, pinching and kissing.

The regulation states that all Soldiers and civilians have a responsibility to resolve acts of sexual harassment, and Prince agrees.

"A fellow Soldier should intervene to stop the incident without endangering themselves," she said. "They should report it to a supervisor, SARC, SHARP or victim advocate, staff judge advocate or call 911."

When reporting an incident, there are two ways that people can report sexual assault, said Prince – restricted and unrestricted.

Restricted reporting allows for sexual assault victims to confidentially report an incident without disclosing the perpetrator. Those who decide to report an incident as restricted may still seek medical attention, but the assailant will remain unpunished and the victim cannot receive a military protective order, according to Prince.

Unrestricted reporting allows for the victim to receive medical treatment, counseling and an official investigation of the crime.

"The Army's policy on sexual harassment and assault is a zero-tolerance policy," said Prince. "Those types of actions foster a hostile environment and interferes with the workplace, and victims should know that we encourage them to do unrestricted reporting because it is the only means to hold the offender liable for their actions."

Army upgrades security, collaboration, home use with joint enterprise license

By Margaret McBride
Army G6

WASHINGTON — The Army, along with the Air Force and Defense Information Systems Agency, have access to the newest versions of Microsoft products, including Microsoft Office 2013, SharePoint 2013 and Windows 8, under a $617 million joint enterprise license agreed to in December.

The deal, led by the Army Contracting Command in collaboration with the Army, Air Force and DISA, is the best pricing DOD has received to date for Microsoft desktop and server software licenses, according to David DeVries, the DOD deputy chief information officer.

Savings could run into tens of millions over the course of several years through lower license and software assurance costs, officials said. Microsoft software assurance benefits also support e-Learning, planning services, TechNet subscription services, training vouchers and the home use program.

"SharePoint Enterprise Client Access Licenses are a key upgrade to the suite of Microsoft products," said Mike Krieger, Army deputy CIO/G-6. The Enterprise Client Access License, or CAL, includes the already in-use Standard CAL (providing a platform to share work, collaborate, and organize projects) plus more capabilities such as dashboards, chart web parts and advanced sorting.

"SharePoint Enterprise enriches business intelligence opportunities, and through Enterprise Collaboration Services, it will break down information silos to improve sharing and access to information across the Enterprise," said Krieger.

Office 2013 could be available for Army network use by September, according to Col. Daniel Matchette, the G-5 at the Army Network Enterprise Technology Command. The Army must complete information assurance certification and accreditation, and Office 2013 must go through the standard Army Gold Master build process for use on Army networks.

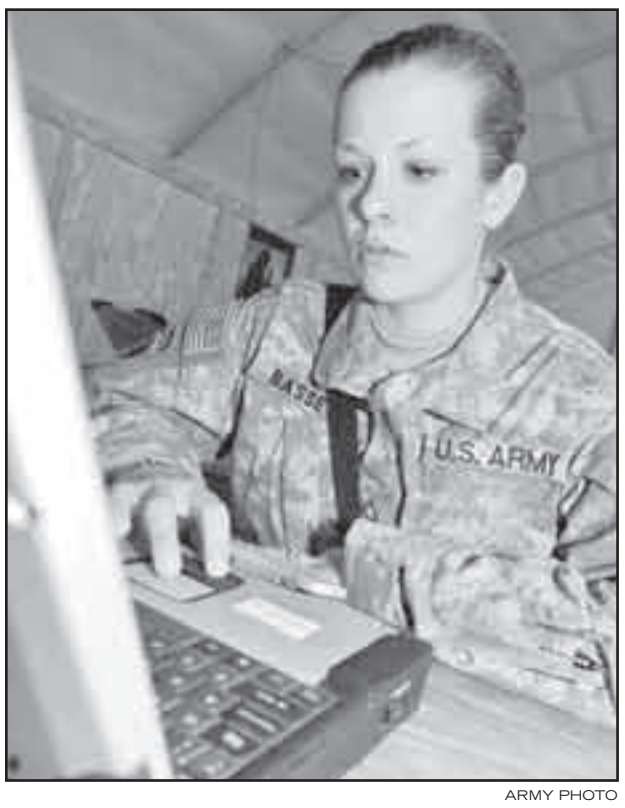
Windows 8 is being evaluated for future Army enterprise use. Security implications, hardware costs, and functionality must be fully evaluated before an implementation decision and deployment schedule. Upgrades continue for all Army desktops to Windows 7; the Army Gold Master for Windows 7 was released in July 2012.

The new agreement re-instates the Army Microsoft Home Use Program. This allows Army military, civilian and contractor personnel to purchase a licensed copy of most Office desktop applications to download on a home computer.

Army users can acquire Office for about $10 via the HUP website at http://hup.microsoft.com/. Access is controlled by official Army email extensions, e.g., mail.mil, us.army.mil, etc. The Army HUP program code is C4FAA257E3.

When Microsoft launches Office 2013, any employee who has purchased earlier versions of Office or Mac through HUP is eligible to upgrade to Office 2013. The HUP system is able to recognize employees eligible for an upgrade. During an upgrade, employees will be allowed to switch platforms.

For information on HUP software, visit http://www.microsoft.com/government/en-us/How_to_buy/Pages/home_use.aspx.


ARMY PHOTO
Soldiers and other Army personnel get upgrades in security and collaboration through a new joint enterprise license agreement, along with access to Microsoft Office applications for home use.

Opportunity Knocks

>>Employment Forum<<

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

INTERNAL

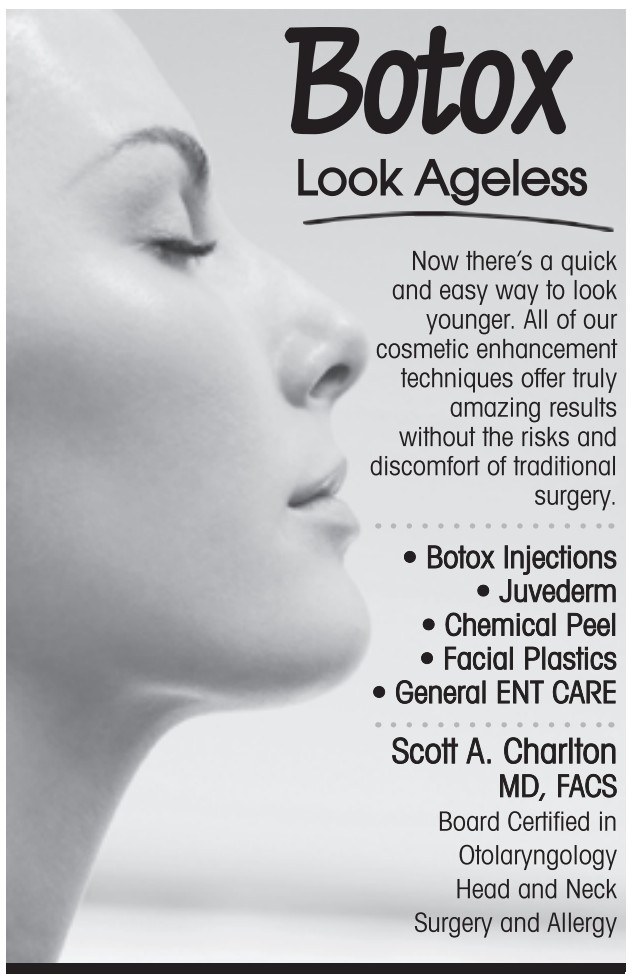
Purchasing Agent
SCEG13269166825399
GS-1105-09
Closing Date: Jan. 30

Quality Assurance Specialist
SCEG13269396826165
GS-1910-12
Closing Date: Jan. 30

Supply Technician
SCEG13370074826156
GS-2005-05
Closing Date: Jan. 31

Social Services Assistant
SCEG13362673821450
GS-0186-07
Closing Date: Jan. 28

Pharmacist
SCEG13389701817832
GS-0660-12
Closing Date: Jan. 28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Enterprise ~ 101 E. Brunson Street, Suite 102
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Call 393-4471
Your donation of clothing, furniture, house-hold items, autos, etc. helps to provide the following services for the homeless and hungry...shelter, food, hot meals, for home-bound, emergency utility assistance and residential substance abuse program.
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Your ad could be here for only $96 per month. Call Mable Ruttlen for more information at 334-393-9713

Gate: Speed limit remains 20 mph each way

Continued from Page A1

McRae, Fort Rucker garrison commander], he gave us the thumbs up to go permanent and to add the morning [timeframe as well]."

The additional lane will not be available during federal holidays and days of no scheduled activity, she added.

Currently there are water barriers that mark the third inbound lane, but Tkac said there are plans to make the change a more permanent one.

"The [Directorate of Public Works] is coming up with a more permanent [solution], which will include widening the entire entrance area to push the outbound lane over a bit," he said. "It would allow us to put an island with a guard booth and extend the overhang."

The addition of the new lane also came with some unintended but welcome benefits, according to Bondy.

"One of the things that we've noticed with the addition of the third lane is that it's forcing people to slow their speed down in the outbound lane," she said. "[One big problem we're having is] we are still seeing cars exceed the speed limit through the gates."

The speed limit when exiting the gates on either the Daleville or Enterprise side is 20 mph. Bondy said that many people are exiting the gates in excess of 30 mph, which puts the gate guards' as well as drivers' safety at risk.

There are also plans to install speed tables at both gates to help slow traffic and the main focus, like always, is safety, said Bondy.

"People should take into consideration that the guard in the third inbound lane is standing out there pretty vulnerable," she said. "All we ask is that people be cautious and considerate of others, and watch out for the guys at the gates."

MLK: Dothan mayor speaks of peace, purpose in life

Continued from Page A1

share the story of his life and the purpose he found in it.

"Today's theme is peace, passion and purpose — that's something I can talk about," said Schmitz. "Dr. King was one of the rare Americans who fully lived and embodied this theme. Despite living a life involving passionate protest against violence, he himself met a violent end.

"And despite knowing there were threats and talks of threats against his life, when he spoke publicly on April 3, 1968, he said he was at peace," he continued. "He had an inner peace despite the world around him."

Schmitz shared his personal story of how he came to find inner peace in his life. It was a teacher who ultimately helped him find peace and purpose in life.

He said throughout his life he was abandoned by his mother and father, and although he was adopted by a godly Family, it took a teacher who believed in him for him to believe in himself.

"Her name was Mrs. Howell," he said. "Mrs. Howell took her time to get to know me … and [she] saw me as who I could be and not who I was at the time — she gave me the tools to succeed."

Schmitz said he found his purpose later in life when he helped start the Wiregrass Children's Home in Wicksburg.

"That's my purpose," he said. "Dr. King lived a life of purpose and passion. He died in service for peace. There comes a time when one must take a position that is neither political nor popular, but you must do it because your conscious tells you it's right."

Schmitz went on to thank service members for the sacrifices they make and the purpose they provide.

Those in attendance were also treated to musical selections by the Fort Rucker Primary School first grade choir, as well as a rendition of "What A Wonderful World" by Peter Jackson, soprano saxophone player, and his mother, Sheila.

"The entire program was just wonderful," said Owens. "Everything from [Schmitz's] testimonials to the music was just an amazing way to pay tribute to Dr. King. It's really hard to visualize everything that [Dr. King] has done for this country, but it's only proper that we take this time to remember what he sacrificed for us."

History: Events honor African-American contributions

Continued from Page A1

will be an observance field trip to the Rosa Parks Museum and Civil Rights Memorial Center in Montgomery.

"These events often get misconstrued as trying to bring together African-Americans, but a lot of the goal is to bring together people who are not black so they can learn about the African-American culture. We want everyone involved so everyone can learn," said Emery.

Black History Month is a time to honor the contributions African-Americans have made to every area of the country's life, said Antonello, adding that the exchange is proud to join the nation in honoring the achievements of African-Americans through its events.

"We are honored to be a part of bringing the learning experience to our patrons. It also gives us an opportunity to salute African-American men and women who served in the military. They played a vital role in the African-American struggle for freedom and equality in our American culture," she said.

Celebrating the achievements of black Aviators helps spread diversity, acceptance and knowledge throughout the Army, according to Emery.

"We all know about the Tuskegee Airmen, but there are so many others who have helped not only the Army but the country move forward," he said. "Bessie Coleman was the first black woman pilot. She had to go train in France because no one would accept her here in the 1920s. There is also Dr. Louis Jackson who was the first director of the training fort over the Tuskegee Airmen. He opened Harlem Field in Chicago before he was asked to be the director of the Army Air Force 66th Flight Training Detachment."

The United States has a unique challenge because of its diversity, but Emery said that is what makes its military so strong.

"When you look across the rest of the world, look at the challenges they don't face because everyone looks the same, everyone speaks the same language, they all do the same things and they all have the same cultural backgrounds.

"We have the most diverse culture within any fighting force in the world. So understanding our cultural differences and learning to work together is a critical part of doing our job and perform at our maximum potential," he said.

When it comes to being a melting pot of culture, Emery said America should strive to be more like a fruit salad.

"I don't want to change people's cultures to where we all acculturate. We don't need that. What we need is an understanding of our differences and working better together," he said.

One way of accomplishing that, according to Emery, is through the military child.

"The military child gets a wonderful look at cultures around the world. It is healthy for them to see those types of things, because when they come to an area like we are in, in the South, it is important to get out into the communities and spread cultural diversity and one way that happens is through our children mingling," he said.

Spreading new ideas and beliefs can inspire people in many ways, he added.

"It can help children dream more and dream bigger, and seeing new things and other cultures helps inspire that," he said.

For more information about Black History Month events, email gerald.e.emery.mil@mail.mil.

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[1] Based on 2011 Member Communications Trend Survey.

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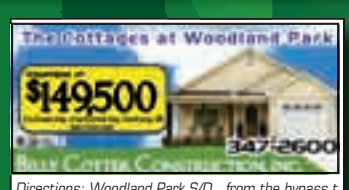
REAL ESTATE SHOWCASE

GAME DAY FOOD

Schnitzel & Potato Salad

POTATO SALAD: Cook 2.5 lbs of potatoes. While potatoes are cooking, chop parsley, chives and a half middle size onion. Peel & slice potatoes, add onions, chives, parsley and 1C hot vegetable broth. Add pepper, salt, vinegar and oil. Mix all and cool in refrigerator for 30 minutes.

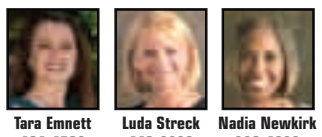
SCHNITZEL: 5 pc of thin cut pork. Add salt & pepper on both sides and then turn in flour, then turn in beaten eggs and then turn in bread crumbs. Heat oil in frying pan, then reduce heat to medium and add the schnitzel. Fry on both sides until golden brown for about 3 minutes on each side. Enjoy your meal. *Nicole Annicelli*



Directions: Woodland Park S/D...from the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine Circle to Winterberry Way

OPEN FRIDAYS, SATURDAYS AND SUNDAYS 1-4

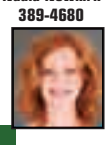
On Fridays & Saturdays register for a
$150 GIFT CARD
to be drawn at the end of the month



Tara Emnett 494-4592 | Luda Streck 449-2826 | Nadia Newkirk 389-4680

OR SHOP AT LUNCH!!

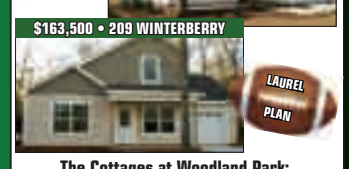
Open January 28 & 31 from 11:00 – 1:00
Maggie Haas 389-0011



$149,500 • 203 WINTERBERRY

$149,500 • 205 WINTERBERRY

$163,500 • 209 WINTERBERRY



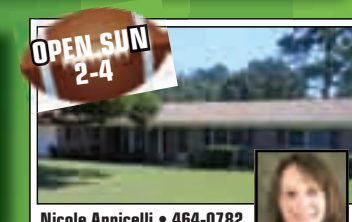
The Cottages at Woodland Park: These cottages are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. Security system, stainless appliances, lowe E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom.

Maggie Haas • 389-0011

THE LEGENDS

*DIRECTIONS: **Info Booth at "The Legends"** ~ 27 N pass Cotton Creek & The Legends will be on your left, turn onto Possum Circle on your left.*

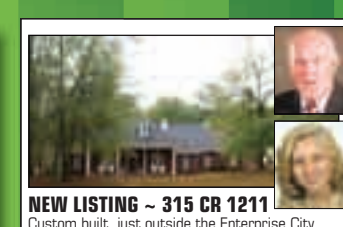
GET A $5 ZACK'S GIFT CARD JUST FOR COMING BY



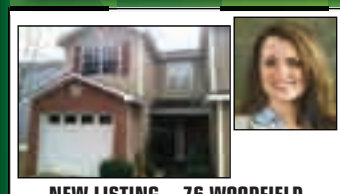
Nicole Annicelli • 464-0782

106 REGAL ~ $132,000

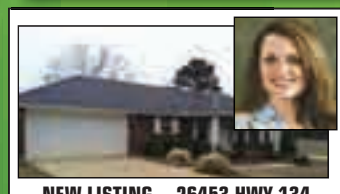
DIRECTIONS: Take Rucker Blvd, towards the Enterprise Gate, turn left in to Scottsdale Heights subdivision, onto Victoria drive, turn right onto Regalhouse on the right



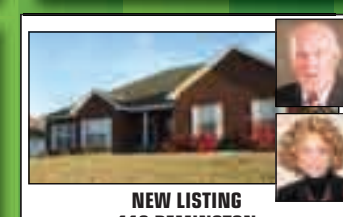
NEW LISTING ~ 315 CR 1211
Custom built, just outside the Enterprise City limits. Beautifully situated on 3±, expansive covered deck style back porch that overlooks a beautiful backyard & catfish pond. 3-car attached garage plus 4-car detached garage. Beautiful pine hardwood floors throughout & many built-ins & extras. Huge Master suite with expansive master bath & huge his & her walk-in closets. Bonus rooms over the garage and house. Huge pantry. $739,000. **Bob 369-8534 & Robin 389-4410**



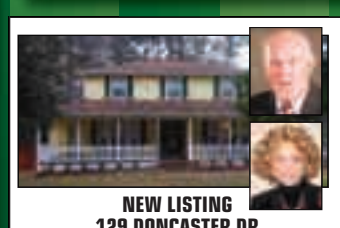
NEW LISTING ~ 76 WOODFIELD
Great end unit townhouse with 2BR/2.5BA just minutes from Ft Rucker. Enjoy low maintenance lifestyle in this townhouse community complete with a pool & clubhouse. After a day at the pool, retreat to your wooded backyard & enjoy relaxing on your deck. Perfect for starter home. $85,000. **Tara Emnett 494-4592**



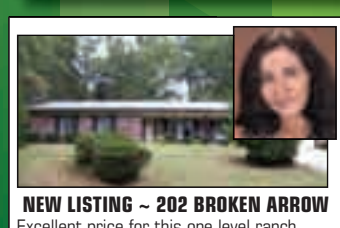
NEW LISTING ~ 26453 HWY 134
Beautiful country home convenient to town perfect for the buyer who loves the outdoors. Approx. 1 acre lot with fruit trees, vinel fence, arboretum, additional wood fence & bonus 30x35 garage with plus, ready to go for your RV, boat or recreational vehicles. Interior with open floor plan & custom built-ins. $199,000. **Tara Emnett 494-4592**



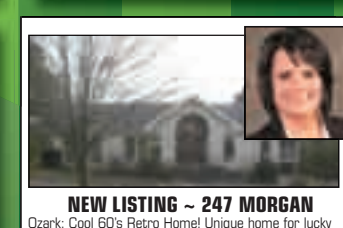
NEW LISTING
110 REMINGTON
Looking for a nice house with pool convenient to Ft Rucker? Here it is! Salt system pool, screened porch, wood floors in dining room & foyer. 9 foot ceilings & recessed lighting. $226,000. **Bob 369-8534 & Fran 790-5973**



NEW LISTING
129 DONCASTER DR
Fall in love today with this beautiful well-kept home with large front porch, large private back yard with many interior features. 3BR/2.5BA, over 2,000 SF, fireplace, privacy fence & corner lot. $167,900. **Fran 790-5973 & Bob 369-8534**



NEW LISTING ~ 202 BROKEN ARROW
Excellent price for this one level ranch. Private fenced yard. Big & spacious home with 2 living areas. Very convenient to schools & shopping areas. A few miles from Ft Rucker. Very well established neighborhood. $129,900. **Nancy Cafiero 389-1758** *Hablo Español*



NEW LISTING ~ 247 MORGAN
Ozark: Cool 60's Retro Home! Unique home for lucky family! 3BR/2BA w/full unfinished basement w/ several rooms & partial BA. Full 2-car garage plus additional single garage. Get from basement to upstairs in working elevator! Huge foyer, large living/dining area. Kitchen w/cooktop, built in oven, trash chute. Laundry upstairs/additional laundry area & hookups in basement. Screen porch, deck, more. Fannie Mae Homepath property. Purchase for as little as 3% down. Approved for Homepath or Homepath Renovation Mortgage financing. $76,500. **Gina Swan 447-9451**

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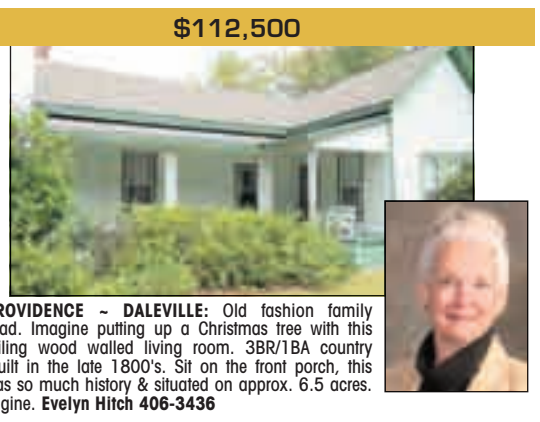
4 BEDROOM ~ LAKE NICHOLS

89 COUNTY ROAD 679 ~ $229,000: Enjoy the comfort of country living! Beautiful country setting, convenient to town & Ft Rucker. Enterprise school system. This home offers 4 large BD, 2 full BA with 24 x 36 shop with roll up garage door all situated on 1± acre. **Bob Kuykendall 369-8534**

$112,500



501 PROVIDENCE ~ DALEVILLE: Old fashion family homestead. Imagine putting up a Christmas tree with this high ceiling wood walled living room. 3BR/1BA country home built in the late 1800's. Sit on the front porch, this home has so much history & situated on approx. 6.5 acres. Just imagine. **Evelyn Hitch 406-3436**

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ESTABLISHED AUTO REPAIR BUSINESS ON RUCKER BLVD. (THUNDER ALLEY): Established in 1993 & additional retail building currently rented at $500 per month. Mobile home space currently rented for $50. Purchase price includes property & buildings only. Business may be purchased separately for $50,000. Business includes: tools, lifts (2), welders & diagnostic tool. Client list. 26± feet of road frontage & 4 additional metal buildings. **Pat Leggett 406-7653**

NEW CONSTRUCTION ~ $124,500

128 JASMINE: Minutes from Rucker Blvd. A great location as many home buyers are discovering the conveniences & beauty of living within the neighborhood. All appliances, washer & dryer, carpet, tile, 2" faux wood blinds, lowe E windows, sprinkler system, rear fence & 1-car garage. **Century 21 347-0048**

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201 DIXIE DRIVE ~ CHATEAU VILLAGE
FOR RENT! • $495 - $575
- Several units available • 2BR/1.5BA
- Some include washer/dryer hook-up
- Some are pets negotiable

DIRECTIONS: Turn right or left off Rucker Blvd. on Dixie Drive at Enterprise Chevrolet. First complex on the left (with privacy fence) is Chateau Village.

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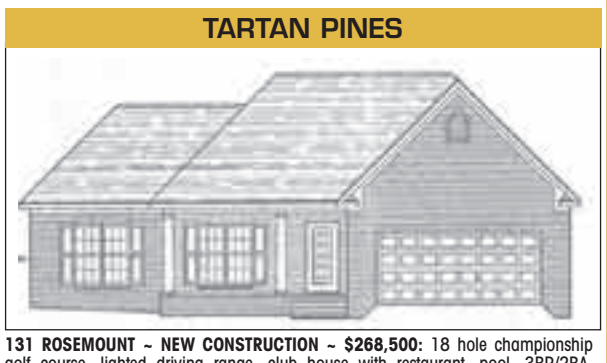
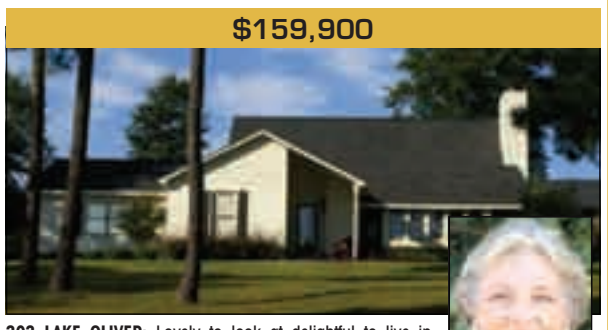
TARTAN PINES



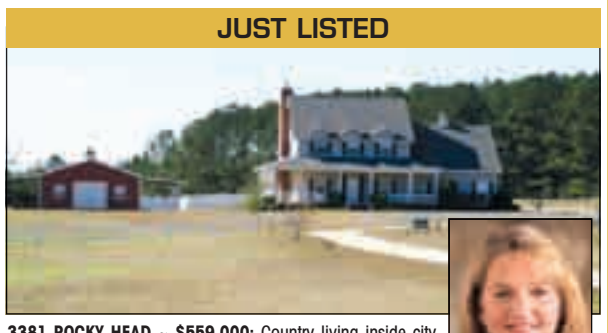
131 ROSEMOUNT ~ NEW CONSTRUCTION ~ $268,500: 18 hole championship golf course, lighted driving range, club house with restaurant, pool. 3BR/2BA. **Century 21 347-0048**

$159,900



303 LAKE OLIVER: Lovely to look at delightful to live in. 3BR/2BA, 2-car side entry garage contemporary home in mint condition. Beautiful landscaped lot with trees, reflects quality updates...from floors to ceilings, from appliances to bath fixtures, to heating & cooling system...upgrades & more upgrades have been made. **JUDY DUNN 301-5656**

JUST LISTED



3381 ROCKY HEAD ~ $559,000: Country living inside city limits. 12+ acres. Salt water pool. 4 bedrooms! 40x20 barn with 3 roll up doosr & full bath. **TEXT Terri, be the first to see!**

$92,500

121 FALCON: Brick home on large lot, very clean, large sunroom with detached carport & garage with office or sewing room. Well maintained. **Jimmy Jones 406-1752**

TEAMWORK
Joint effort delivers 3 helicopters to Iraq

Story on Page B4

JANUARY 24, 2013

Team Apache announces nickname for AH-64E

PHOTO BY SOFIA BLEDSOE

Col. Jeff Hager, Apache project manager, congratulates Gina Gill, logistics management specialist from the Aviation and Missile Command Logistics Center, whose nickname was selected through an internal contest with Team Apache. The AH-64E Apache "Guardian" distinguishes the aircraft from the AH-64D Apache "Longbow."

By Sofia Bledsoe
ASA (ALT)

ARLINGTON, Va. — The world's most advanced and lethal attack helicopter received a nickname by Team Apache at the annual government-industry Team Apache meeting at the Boeing facility in Arlington, Va., Jan. 8.

The Apache Project Office selected "Guardian" as the winning entry for the AH-64E Apache.

The "AH-64E Apache Guardian" will be a distinction from the AH-64D Apache Longbow that has been in service with the U.S. Army and with allied defense forces since the 1990s.

The winning nickname was submitted by Gina Gill, logistics management specialist from the Aviation and Missile Command Logistics Center, who wrote the following justification.

"Although the Apache is known as the deadliest helicopter, it is much more. The Apache functions as a safeguard for our Soldiers on the ground. It seeks and eliminates threats that would otherwise be undetectable and/or indestructible allowing our troops to complete their missions. The Apache is our Soldiers' guardian in the sky."

Gill was recognized by Team Apache at the meeting. The announcement, she said, came as a complete surprise.

"Once Col. (Jeffrey) Hager (project manager for Apache Attack Helicopter) started reading the explanation, I immediately knew. It was a little overwhelming, and I'm very humbled."

"First I started with what was different about this model, and it had to be one word," Gill explained. "With all the technology upgrades that have been incorporated into the aircraft, one word did not seem to encapsulate the technological advances that the AH-64E brings to the battlefield."

After much brainstorming on what the new aircraft means to the Soldiers that it protects, Gill decided that "Guardian" was

SEE APACHE, PAGE B4

PHOTO BY SGT. LUKE ROLLINS

Flight medics from Task Force Knighthawk, 2nd Bn., 3rd Avn. Regt., and the Kandahar Air Wing, lift a simulated casualty into a UH-60 Black Hawk helicopter during the culminating exercise of a four-week tactical combat casualty care and basic life support training course Jan. 4 at Kandahar Airfield, Afghanistan.

Afghans gain new medevac trainers

By David Vergun
Army News Service

KANDAHAR AIRFIELD, Afghanistan — The Kandahar Air Wing added two trainers to its team of flight medics after a culminating exercise and graduation ceremony Jan. 16 at Kandahar Airfield, marking the completion of a four-week course administered by its partners in Task Force Knighthawk, 2nd Battalion, 3rd Aviation Regiment.

Afghan National Army Sgt. 1st Class Abdul Majid Watandoost, a senior medical instructor at the Kandahar Air Wing and ANA Soldier Raza Hosainy, a KAW flight medic, both earned certifications in Basic Life Support Training and Tactical Combat Casualty Care Training, allowing them to train their fellow flight medics in the KAW.

During the culminating exercise, Watandoost and Hosainy performed in-flight patient evaluation and basic life support procedures, and demonstrated aircraft familiarization in a simulated medevac scenario.

Capt. Clint Lowe, the area support medical team platoon leader of C Company, 2nd Bn., 3rd Avn. Regt., said he was impressed with the professionalism the trainees displayed during the exercise.

"They performed flawlessly when it came to following the basic life support steps to sustain a patient in flight," said Lowe.

After a UH-60 Black Hawk transported the simulated patient from the point of injury to a site for further medical evaluation, the Knighthawk trainers presented the graduates with their training certifications in a flight line ceremony.

Watandoost, who has trained with International Security Assistance Force counterparts for more than four years, said he was grateful for the valuable training he received during the course.

"We've learned a lot from this training: how to operate and use the medevac methods and machinery, patient treatment, the whole combat medic philosophy — these life saving techniques are very important to us," said Watandoost.

Capt. Rich Davis, an enroute critical care nurse with Task Force MED-Afghanistan, said he enjoyed seeing four weeks of training come together during the exercise, and was excited about the graduates' future prospects.

"They have a solid knowledge base, so we wanted to do everything we could to expand their knowledge boundaries," said Davis. "They're all about transitioning, and they've been good about asking for reference books and training guides so they can train their guys in the future."

For now, Lowe said they'll stand at the KAW medics' side, both as mentors and fellows-in-arms.

"We'll continue to train flight medics, make our medical trainers available to them, and dedicate any resources we can so that they can stand on their own two feet and sustain the fight on their own," said Lowe.

Watandoost said his ultimate goal of helping his fellow ANA soldiers was his motivation during the past four weeks.

"Much of what I've learned from our mentors here I plan to share with the KAW medics under me, so that they can share it with other Afghan medics, so that in the future, we can take care of ourselves."

Army helicopters aid oil rig stranded on Alaskan island

By Air Force Staff Sgt. Robert Barnett
Army News Service

KODIAK, Alaska — A storm New Year's Eve ran an arctic drilling rig aground on an Alaskan island and two new Chinook helicopters from Fort Wainwright, Alaska, came to the rescue.

The Royal Dutch Shell Arctic rig Kulluk Salvage is a circular drill barge that does not have propulsion and needed heavy equipment to restore operational power. The U.S. Army 1st Battalion, 52nd Aviation Regiment out of Fort Wainwright was able to support the recovery operation.

"We came out to assist however possible," said CW3 Tommi Webber, maintenance test pilot for the "Sugar Bears," 1st Bn., 52nd Avn. Regt. "That turned out to be moving some pretty heavy loads onto the Kulluk Salvage so they could get power restored."

Fort Wainwright gained 12 new CH-47F model Chinook helicopters in October, when the helicopters were flown to Alaska from Hunter Army Airfield in Savannah, Ga. The Soldiers had trained with them for several months before they were asked to help the oil rig.

The Chinooks have a sling load capacity of 26,000 pounds center hook, 17,000 pounds forward and

SEE STRANDED, PAGE B4

PHOTO BY U.S. AIR FORCE STAFF SGT. AARON M. JOHNSON

A CH-47F Chinook helicopter piloted by CW3 Tommi Weber and CW3 Chris Hastings carries a 16,000-pound load to the stranded oil rig Kulluk, Jan. 7. Two CH-47F Chinook helicopters from B Co., 1st Bn., 52nd Avn. Regt., flew to Kodiak, Alaska, on a mission to help the Kulluk by hauling equipment to and from the rig.

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Joint effort delivers 3 helicopters to Iraq

By Ann Jensis-Dale
AMCOM Public Affairs

HUNTSVILLE — The U.S. Army Security Assistance Command with U.S. Army Aviation and Missile Command and Program Executive Office Aviation facilitated and delivered three Bell 407 Scout helicopters to Iraqi Army Aviation Jan. 14.

This marks the sixth completed delivery of Iraqi Armed 407 Scout helicopter through Foreign Military Sales that began in 2010.

"Many of the organizations that support Foreign Military Sales cases and the Security Assistance Enterprise are located on Redstone Arsenal (Ala.), and that means work and funding comes to this community," Kevin Richardson, U.S. Army Security Assistance Command Central Command Region Operations deputy director said.

The helicopters and crew were loaded on an Air National Guard C-17 aircraft on route to Iraq.

Hal Ridley, chief logistician for the Iraqi Armed 407 Program in PEO Aviation, is one of the team members who will fly with the aircraft in the C-17 to Iraq.

"We'll fly to Germany, then to Iraq, offload and reassemble the aircraft, test fly them and conduct a complete inventory of all the items before signing them over to the Iraqis," said Ridley. "It is truly a joint collaboration with many organizations on and outside of Redstone."

"The Joint Munitions Command provided the various types of ammunition that the Iraqis have ordered," Ridley continued. "The Prototype Integration Facility and Yulista also played a big part in the design of the aircraft and building the first prototypes. This program also benefits the Huntsville community because it brings the skill sets into the community such as aircraft and avionics mechanics and technicians."

"The Iraqi Ministry of Defense also has internal requirements beyond the border security mission for the Bell 407 Scout helicopter. For example, these helicopters are also used for patrol and security operations," said Kenneth Morgan, U.S. Army Aviation and Missile Command.

"We are building partner capacity, which means the Iraqi's are building their own capability that allows them to perform operations that the U.S. is no longer there to provide," Richardson added. "This Foreign Military Sales case is a 'total package.' It also includes training for the pilots, some of which was conducted here at Redstone this summer, and other support that will sustain the systems and our partnership with the government of Iraq well into the future."

This delivery included spare parts, ground support equipment and tools, and logistical aircraft maintenance support.

PHOTO BY LAUREN SMITH

The U.S. Army Security Assistance Command with U.S. Army Aviation and Missile Command and Program Executive Office Aviation facilitated and delivered three Bell 407 Scout helicopters to Iraqi Army Aviation Jan. 14.

Apache: Guardian selected from hundreds of entries

Continued from Page B1

the best fit.

"The Apache is not just deadly," she said. "It brings fear to our enemies, and security to the Soldiers it protects. I work avionics and radar, and that helps with guarding and seeing where the threats are. That's how I came up with Guardian."

Several hundred entries were submitted into the contest and judging was difficult.

"Reflecting on this process, you sometimes don't realize the amount of passion that people put into these names," said Hager. "For many, this is their livelihood, and you've just given them an opportunity to nickname the new Apache helicopter."

Organizations that participated in the contest included Team Apache military organizations such as the Apache Project Office, AMCOM, and industry team members such as Boeing, Lockheed Martin and Northrop Grumman.

Leaders from each organization chose their top three to be judged by the Integrated Strategy Group comprised of leaders representing each organization.

There were many good names and many excellent justifications, said Hager. "Some were good, some were great and some were simply outstanding."

Stranded: Sugar Bears one of 1st real-world missions with CH-47F

Continued from Page B1

aft hook, and 25,000 pound tandem; more than most civilian helicopters and any other Army helicopter. Even with that capacity, enough power is needed to sustain the flight. It was during the preflight checks when a weight problem was discovered.

"One of our biggest setbacks was the weight of the loads that we were taking out," the maintenance test pilot said. "The mighty CH-47F can carry quite a bit, but when that load is 16,000 pounds, we just have to do some mitigation to make sure we have enough power to get it on. I know that the Aviation portion to help the Kulluk is contracted out, they just didn't have a helicopter with enough lift capacity to take that equipment out and that's where we came in. We were glad we could help."

The decision was made after they tested it; they had to lose some weight. The external fuel tank was one of the items they had to leave behind.

"We actually had to plan fuel down to the last 10 pounds that we had just enough to pick up that load, get out there and drop it off, and have enough to get back," said Webber, who is from Dansville, N.Y. "When you pick up loads like that, you want to power-margin; we didn't have anything extra to spare."

By dropping off the extra weight and stripping down the aircraft of unnecessary equipment, they found a comfortable power margin that would get it done.

The weight wasn't the only metaphorical speed bump they encountered.

"As most people in Kodiak know, the weather is totally unpredictable here," said Capt. Matt Mraz, platoon leader with 1st Bn., 52nd Avn. Regt., and native of Clarion, Iowa. "It is constantly snowing, and then raining."

"The weather played the biggest part, and then distance was also a huge contributing factor to the complications that we saw," Mraz continued. "Due to the size of the loads and the distance we were carrying them, we just didn't have enough fuel to get the loads to the Kulluk, so we had to come up with some pretty interesting ways to fix that problem. We were definitely thinking outside of the box on this one."

"It worked out very well," he said. "I'd just like to thank the Coast Guard and especially the guys out at the Kodiak Rocket Test facility that loaned their help when we asked if we could use their facility. Everyone that we asked for support throughout this entire operation was more than happy to bend over backward for us, especially the Coast Guard in providing our birds a hangar for four days; that was crucial."

Performing the real-world mission gave the team a feeling that training falls short on.

"This is one of our first real-world missions with these new aircraft," said Sgt. Michael Cummings, C-47 flight engineer with 1st Bn., 52 Avn. Regt.

Webber said the Army unit was proud to help.

"In the end, we got both the generator and the compressor onto the Kulluk, with no one hurt, and both aircraft back here, so I'm very happy with that," she said. "I'm really glad our Sugar Bears were given the chance to help out our home state of Alaska."

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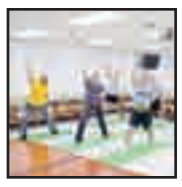


HEALTH
Yoga gives sense of balance to patients

Story on Page C3

JANUARY 24, 2013

Shopping, volunteering go together at shop

By Sara E. Martin
Army Flier Staff Writer

PHOTO BY SARA E. MARTIN

Rhonda Lunsford, Michaela Ford and Marsha Edhegard shop for ladies merchandise and apparel at the Fort Rucker Thrift shop Jan. 17.

Shopping and volunteering are two activities that usually don't go together, but at the Fort Rucker Thrift Shop people have a place to donate, shop, volunteer and consign.

The Fort Rucker Thrift Shop is a non-profit 501(c)-3 organization established to generate funds, which are disbursed as grants to charitable organizations on Fort Rucker and in the local communities, to benefit Soldiers and their Families, according to Donna Woodham, manager.

"We sell merchandise to generate profit in order to give those monies back to the community through grants and scholarships," she said.

Over the years many organizations have benefited from the thrift shop's financial support.

"We contribute to the Boy and Girl Scouts, Army Community Service, wounded warriors, the Relay for Life and to local schools and libraries," she said, adding that they help more than 15 programs.

Anyone can donate something to the thrift shop by bringing it inside or by placing it in the shed in the parking lot, which is open 24 hours a day, seven days a week. The store accepts everything but mattresses, including china, clothes, books, shoes, jewelry, yard tools and toys.

"We also accept consignments on Wednesdays and Thursdays. Interested consignors are welcome to visit the shop during business hours for more information," she said, adding that consignment hours are 10 a.m. to 1 p.m.

The store is open for people to shop, volunteer and donate Wednesdays through Fridays from 10 a.m. to 2 p.m., and the first Saturday of the month 8 a.m. to noon unless it is a holiday, in which case the store will be open the following Saturday.

The shop has been in operation for more than 40 years and officials there say it is a great opportunity to contribute to the community by donating items or by volunteering time to help sort, tag and move the merchandise.

"Even if people can't volunteer their time, by donating or shopping they are helping their community because the funds are funneled back to it," said Woodham.

For people wishing to receive tax receipts for donations, Woodham said they must come inside during business hours, but they are happy to give them out. People do not need a military ID to shop or donate at the thrift shop but do in order to consign merchandise.

The thrift shop is responsible for many scholarships and grants that are awarded each year in the community.

"Over the last few years the Fort Rucker Thrift Shop has donated [more than] $150,000 to the community, and we plan to give out more than $30,000 in scholarships this year," said Woodham.

Applications for a thrift shop scholarship can be picked up from the shop or downloaded from www.ftruckercsc.com/scholarship.htm.

The store already has unbeatable prices, but it still offers sales to Soldiers and their Families. Soldiers in uniform get half off a white ticketed item each time they come in, she said.

Brown bag sales are also a popular trend at the store, though the store is now letting local organizations arrange and take control of those events, according to Woodham.

"We are doing bag sales in a new way. We will donate items to an organization for them to have their own brown bag sale. They can have it in our parking lot or take it where they want to hold it, but they will now organize the sale and take the entire profit of the sale that they have," she said.

The shop is located on the corner of Red Cloud and Fifth Avenue in the old bank building, next door to the Fort Rucker Bowling Center, and its location to some patrons, like Army veteran Steven Durham, can't be beat.

"I like shopping here when I come to the PX [post exchange] or the commissary. It has a great location, being just down the road. You can't beat the location and you sure can't beat the prices," he said.

The shop sold 74,485 items in 2012 and plans to do even better in 2013 with the help of volunteers, consigners and donators.

"There is good value here to shop and it is for a good cause. The profits go back into the community, so everyone wins," said the manager.

The thrift shop is a private organization that is independent of Directorate of Family, Morale, Welfare and Recreation and spouse clubs. It accepts credit cards, cash and debit cards.

Post offers numerous options for various tastes

By Sara E. Martin
Army Flier Staff Writer

For those short on time or are not wanting to travel very far, Fort Rucker offers a host of dining options for various palates.

Directorate of Family, Morale, Welfare and Recreation and Army and Air Force Exchange Service offers top notch service and some of the best food around, according to Janice Erdlitz, DFMWR marketing director.

"We are very proud of our ability to provide top quality food and beverage facilities to our Fort Rucker community. Our chefs do an outstanding job to provide the best culinary delights to suit any taste bud," she said.

Whether grabbing a burger while bowling a game with friends, eating out on a date or stopping in at Divots after playing 18 holes of golf, DFMWR has several options for affordable and casual dining.

The Landing Zone is in Bldg. 113 and is open Mondays–Fridays, from 10:30 a.m. to 8 p.m. It offers soups, sandwiches, salads, desserts, burgers, barbeque, tacos, wings, wraps and quesadillas among several other options.

"The Landing Zone offers a casual dining experience that is sure to meet the needs of all its customers. It has an extensive menu to satisfy the most discriminating taste buds. It has a great atmosphere for either Family meals or date night," said Erdlitz.

Divot's Restaurant and Grille in Bldg. 20067 is open Mondays–Thursdays from 10 a.m. to 2 p.m.,

Fridays 10 a.m. to 4 p.m. and weekends from 6 a.m. to 4 p.m. It offers sandwiches, burgers, salads, wraps and wings.

"You don't have to be a golfer to

SEE TASTES, PAGE C6

PHOTO BY SARA E. MARTIN

Phylicia Thomas, waitress at The Landing Zone, serves 2nd Lt. Michael Karolchik, 2nd Lt. Thomas Chandler and W01 Christopher Scott, B. Co., 1st Bn., 145th Avn. Regt., at lunchtime.

On Post

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

EDGE! February activities

Child, youth and schools services hosts various activities as part of its EDGE! program in February. February activities include cooking, woodburning, sewing techniques and Steampunk lamps. EDGE! activities cost $5 per hour and occur weekdays from 4-6 p.m.

For more, call 255-0666.

Financial Readiness Training

Army Community Service offers its Financial Readiness Training Feb. 1 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The 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.

Super Bowl party

Mother Rucker's hosts a Super Bowl party Feb. 3. Game kick-off begins at 5:30 p.m. The party is open to the public for ages 18 and older.

For more, call 503-0396.

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 Feb. 12 from 9–10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is EFMP respite care. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more, call 255-9277.

Sweetheart Dinner

The Landing Zone hosts its Sweetheart Dinner Feb. 14 and 15 from 5-8 p.m. Cost of the dinner will be $30 per couple, and includes a shared appetizer, two entrees, a shared dessert, and one beverage per person. Reservations are required. People who make their reservations before Feb. 13 can also purchase two tickets to Dueling Pianos (Feb. 15) for $5 a person.

For more, call 598-8025.

Newcomer's Welcome

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

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

Resilience training

Army Community Service hosts Family member resilience training Feb. 19-20 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The Army recognizes the increased sacrifices that Family members make on a daily basis. Resilience classes are designed to provide Families with the thinking skills and coping strategies needed to meet and overcome life's challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general well being.

COURTESY PHOTO

Happy birthday!

Mother Rucker's celebrates its second birthday today from 4–6 p.m. with free cake and burgers while supplies last. For more, call 503-0396.

For more, call 255-2392.

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 Feb. 7 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.

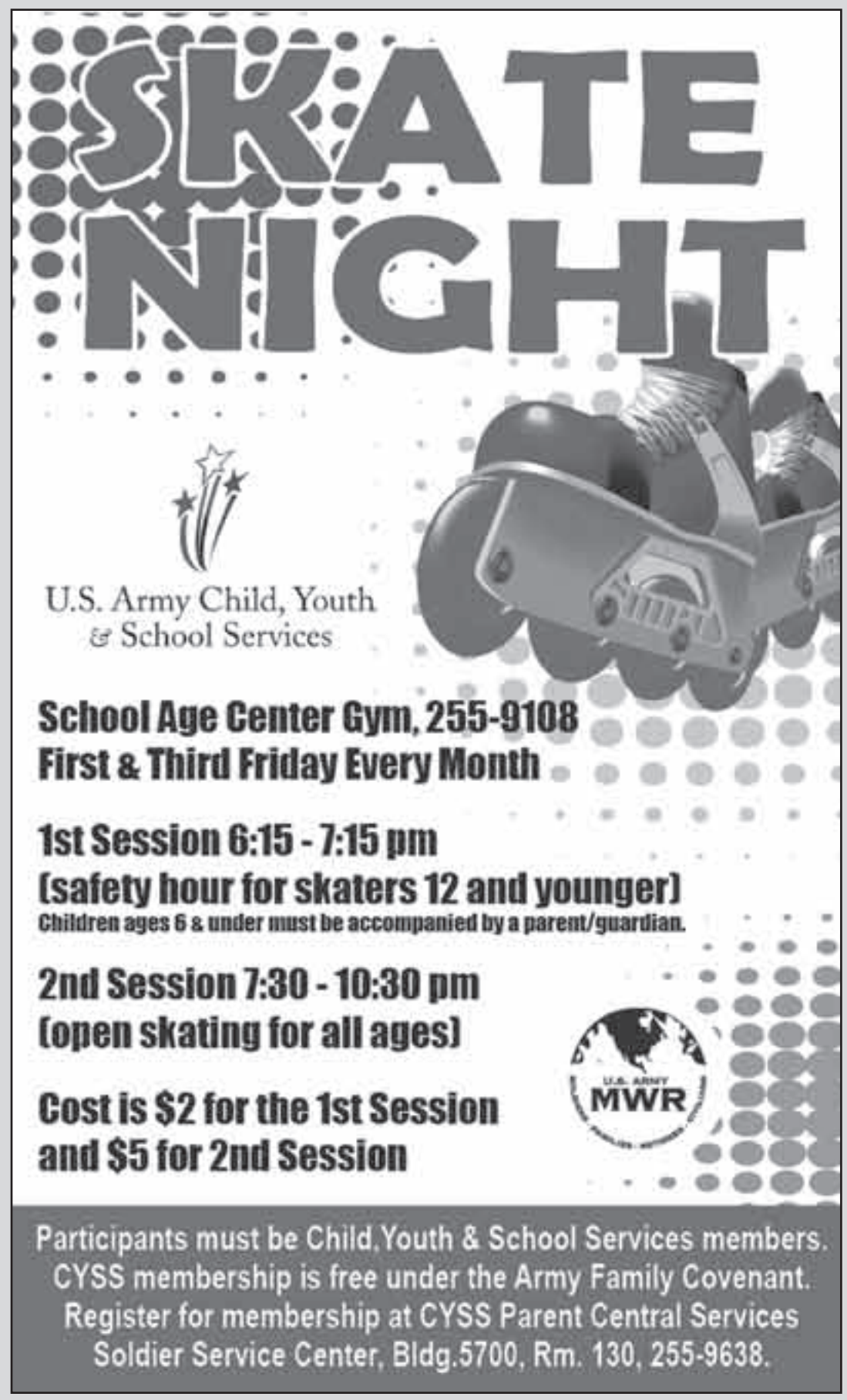
For more, call 255-9810.

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.

DFMWR Spotlight



Yoga gives sense of balance to patients

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Twice a week in a quiet, dimly lit room at Lyster Army Health Clinic, Soldiers and retirees gracefully transition from eagle pose to warrior pose during their hour yoga session.

Yoga was recently added as a new treatment for patients seen in the Lyster Behavioral Health Clinic to give them another way to relax. The one-hour sessions, Mondays and Thursdays, hold up to 12 people and are led by a certified yoga instructor.

"Yoga is a great way to bring about mind and body awareness, and when dealing with behavioral health issues is such a key ingredient," said Belinda Jellison, licensed professional counselor at Lyster.

Yoga aims to teach veterans to take control of their fight-or-flight response and teaches them about body alignment and breathing to aid in calming anxiety. Yoga can help patients with post-deployment stress issues by helping them calm their mind and focus on balance and breathing.

Experts believe about 11-20 percent of veterans of the Iraq and Afghanistan wars experience post-traumatic stress disorder, according to the U.S. Department of Veterans Affairs.

Yoga instructor Christin James takes into consideration modifications for each pose to make Soldiers feel comfortable and to help those healing from an injury.

"I wanted to help people with traumatic brain injuries and PTSD and felt that I could influence people with yoga and the calming effects that go along with it," James said. "I wanted to help them find a calm and serene way to deal with their injuries."

The yoga practiced at Lyster is not considered strict and there is no meditation, breathing or chanting involved, she said.

"You don't need to be a yoga guru to attend this class. It's a safe environment that can help relax you and put you on the right path for the rest of day or week," James said.

Karen Vanloon, a veteran, takes the class each week as a stress reliever.

"The instructor explains all the moves and can help modify them for you," she said. "It's very relaxing. I wish I'd done this while on active duty."

Patients interested in joining the yoga class can speak with their behavioral health provider or call the clinic for more information.

PHOTO BY KATHERINE ROSARIO

Soldiers and retirees practice reverse warrior pose during a lunch-time yoga class Jan. 10 at Lyster Army Health Clinic. The newly created yoga classes are offered to patients seen at Lyster's Behavioral Health Clinic.

COURTESY PHOTO

Pick-of-the-litter

Meet General, a 6-month-old male lab-hound mix. He is very loving and likes to be petted everywhere. He loves people. General is $81 to adopt, which 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.

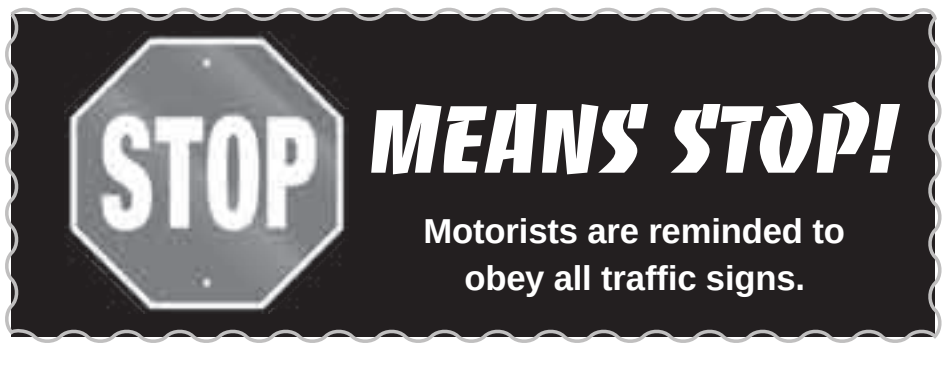
Fort Rucker Protestant Men of the Chapel
Fort Rucker Protestant Men of the Chapel meet the first Saturday of each month in the Fort Rucker Spiritual Life Center, from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion.
Free breakfast is provided.

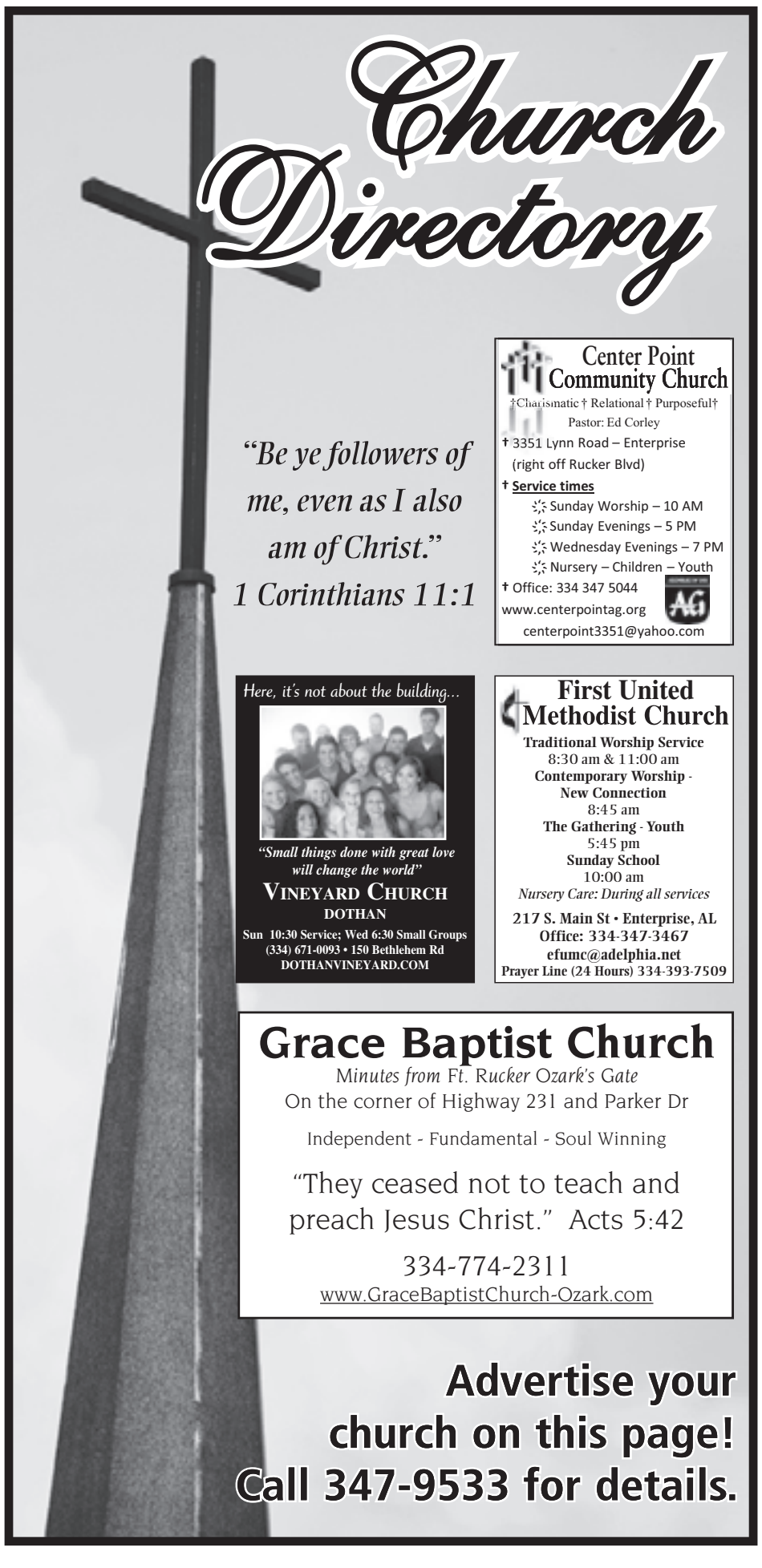
Protestant Women of the Chapel
PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare provided. For more information, call 255-9894.

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.





Fort Payne: The view from Lookout Mountain

By Brian S. Jones
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne.

For more information, call (887) 805-4740.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange. Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year.

History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built in the 1830s by the U.S. Army and used to house American Indians, whose Cherokee ancestors had lived in the area for thousands of years, before removal to the West. As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of "Sock Capital of the World."

Fort Payne is credited with developing athletic socks.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot located at 105 Fifth St. N.E. For more information, call (256) 845–5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Fort Payne Opera House

The Fort Payne Opera House located at 510 Gault Ave. North. For more information, call (256) 845–3137. It was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The Fort Payne Opera House has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

Mountain Music

"My home's in Alabama," so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze statues of group members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

A must-see for any fan or country music lover is the Alabama Fan Club and Museum located at 101 Glenn Blvd. S.W. For more information, call (256) 845–1646. It is located at the intersection of Alabama Highway 35 and U.S. Highway 11 less than a mile off I–59 at Exit 218. This museum houses the group's many awards, collections from their touring days and a great gift shop.

Little River Canyon National Preserve

Little River Canyon was carved out by the river after thousands of years and is one of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I–59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed in 2012 leads you directly to the 45-foot waterfall. Next is DeSoto Falls, which is located on the West Fork of the river and is 104 feet high. Grace's High Falls is the last of the major three and is Alabama's highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

DeSoto State Park

DeSoto State Park, located at 7104 DeSoto Parkway N.E., is eight miles northeast of Fort Payne. For more information, call (256) 845–0051. One visit and it's easy to see why DeSoto was voted as one of America's Top 10 State Parks by Camping Life magazine. The park spreads over 3,500 acres along the outer ridge of Lookout Mountain and embraces some of the state's most dazzling natural wonders.

The best way to enjoy this wonderful state park is to get out and experience it.

DeSoto State Park has 12 miles of hiking trails. The Azalea Cascade Boardwalk Trail offers a 360-yard walk designed for hikers of all experience levels. There is a 20-foot octagon deck at the end of the trail that overlooks a natural pool created by the Azalea Cascade. The area was named for the beautiful wild azaleas that bloom here in mid-April. During the summer and fall seasons, weekend interpretive programs and guided hikes are offered.

The Lodge at DeSoto State Park, located at 1299 Blalock Drive N.E., was built during the 1930s. At the time, it was used as a group lodge and a dance hall. During the late 1970s, additions were made around the main part of the lodge and a motel constructed next to it. Inside the lobby you can still see the front center stone with the word "Lodge" carved into it. The original part of the structure was turned into the Mountain Inn Restaurant, which is in operation today. Right outside the restaurant is a large deck that's great for relaxing and enjoying the mountainous view. Lodging options available at the state park include chalets, log cabins, motel rooms and plenty of campsites. There is also a picnic area with a playground, an Olympic-size swimming pool and a nature center. For more information, call (800) 568–8840.

WIREGRASS COMMUNITY CALENDAR

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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

FRIDAY — The annual Party for the Park fundraiser at Landmark Park featuring whole hogs roasted over an open pit outside the Stokes Activity Barn will begin at 5:30 p.m. Live music and Landmark Park's annual meeting will also be held during the event.

The meeting will take place from 5:30 p.m. to 6:30 p.m. During the annual meeting, winners of the Heritage Award and Volunteer Service Award will be announced. Dinner will be served at 6:30 p.m. Tables of eight are $240 and individual tickets are $30. Take out racks of ribs ($25) and Boston butts ($20) may be preordered and picked up between 1 p.m. and 5 p.m. on the day of the event. Advance tickets required. For more information, call 794-3452.

FEB. 2 — Club Yesepoch, Inc. presents the Hon. Rose Evans-Gordon, Municipal Judge as guest speaker for the 15th annual community-wide Black History Banquet at the Enterprise Civic Center at 6 p.m. Tickets can be purchased by calling 406-5268, 347-4926, 389-2315 or 347-2723.

FEB. 9 — The SACF's Half-Marathon begins at 8 a.m. at Flowers Hospital. Packet pick-up will be Feb. 8 at the Dothan Civic Center from noon to 6 p.m. No packet pick up on race day. Military receive $10 off the registration fee. For more information, call 264-6223 or 446-0247 or visit www.sacfhalfmarathon.org.

FEB. 9 — The Wiregrass Area United Way Food Bank and The Cultural Arts Center partner for the "Emply Bowls Dothan." Bowls are sold to the public. For $10 donors will choose their bowl and receive a basic meal. The proceeds will benefit the Wiregrass Area United Way Food Bank. Bowls created and donated by the community will be sold from 11 a.m. to 2 p.m. at The CAC. For more information, visit www.facebook.com/EmptyBowlsDothan or call 794-9775 or 699-2787.

NOW-FEB 28 — Every Thursday at The Cultural Art Center ballroom dance lessons are held from 7-8:30 p.m. Cost is $2 per person per night or $16 for eight-week session. For more information, call 792-9192 or 714-5701.

FEB. 8 AND 15 — Landmark Park hosts Astronomy Nights from 6-9 p.m. View stars and constellations through telescopes and binoculars, and experience a "starry" hayride, refreshments, planetarium shows and stories by the campfire.

Cost is $2 for members, $3 for Scouts and their leaders in uniform, $5 for non-members, and free for children 5 and under.

Registration is required. For more information, call 794-3452

ENTERPRISE

NOW THROUGH APRIL 27 — Two beginners 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.

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 are 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 will host Dancing for Life Monday at 6:30 p.m. 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.

Corvette Show

Old Town in Kissimmee, Fla., will host the 35th annual National Corvette Restorers Society Winter Regional Corvette Show Friday. Show is free and open to the public. The Classic Corvette Club of Orlando will also have a free Wash and Shine Corvette show at Old Town on the 27. The show will feature restored Corvettes from 1953-1995.

For more information on attractions, shops, dining and pricing visit www.myoldtownusa.com or call (407) 396-4888.

New guidelines outlined for cervical cancer screening

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic celebrates Cervical Cancer Awareness Month this month by encouraging women to stay educated on the new recommendations for cervical screening.

Cervical cancer is the second most common cancer in women worldwide. Therefore, it is imperative that routine Pap test screening be done based on individual risk factors and the most up-to-date evidence-based recommendations, said Deborah Delk, certified women's health nurse practitioner at Lyster.

Women used to be screened for cervical cancer at age 18 or when they became sexually active, whichever occurred first. This early screening led to aggressive treatment that often caused infertility problems or preterm labor for women, she said.

"Recent clinical trials have shown that cervical cancer typically occurs in women 21 years old and older, not in these very young women," Delk said. "Based on this clinical evidence, the decision to postpone cervical cancer screening until age 21 was made."

However, testing for sexually transmitted infections is encouraged once sexual activity begins. Pelvic exams are done if needed for problems.

Recent changes to annual Pap exams include extending the length of time women are seen between tests. In women between the ages of 21 and 30, if they have had two consecutive negative pap tests, they may extend the time between Pap screenings to every three years.

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

"Cervical cancer is most strongly associated with infection with HPV types 16 and 18," Delk said, adding there are 13 high-risk types of HPV and incorporating an HPV test during a Pap smear screening makes the results for cervical cancer more accurate.

At Lyster, an HPV test can be administered at the time of pap collection, and if both are negative, women can go five years before needing another HPV test with their Pap test, she said.

Annual well-woman exams should continue even without Pap smear screening. There are a number of other gynecologic problems that are screened for during this annual appointment. Screening for uterine, ovarian and breast disorders should continue on a regular basis depending on the age of the woman.

Screening for sexually transmitted infections should continue annually from the onset of sexual activity through age 25 regardless of risk factors, according to the Centers for Disease Control.

To schedule an annual well-woman appointment, call 255-7000 or book online at www.tricareonline.com.

Folic acid — essential for a healthy baby

By Lt. Col. Sandra Keelin
U. S. Army Public Health Command Registered Dietitian

One of the most important things you can do to help prevent serious birth defects in your baby is to get enough folic acid every day.

The U.S. Public Health Service and the Centers for Disease Control and Prevention recommend that all women of child-bearing age consume 400 micrograms of folic acid daily to prevent birth defects.

Folate (folic acid) is a B-vitamin needed for cell division and blood cells. It is also known to help prevent neural tube birth defects that affect 3,000 pregnancies a year in the United States. Folic acid is essential for the development of the neural tube that encloses the spinal cord. When the neural tube fails to close properly, infants suffer disabilities such as paralysis of the lower body and learning disabilities or are still-born.

The baby's neural tube is formed in the first month of pregnancy — before a woman knows she is pregnant. Taking folic acid before and during pregnancy reduces the risk of common and serious NTDs by 50-70 percent.

In fact, since 50 percent of pregnancies are unplanned, all women of child-bearing age, even if not planning to become pregnant, should consume folic acid every day, even between pregnancies.

Unfortunately, only one-third of U.S. women between the ages of 15 and 45 consume the recommended amount from their diet.

There are three ways that women can get enough folic acid.

- **Take a vitamin supplement.** The easiest way a woman can get the recommended daily amount of folic acid is to take a multivitamin daily. Most multivitamins sold in the United States have the recommended 400 mcg of folic acid.
- **Eat a fortified breakfast cereal daily.** Read the nutrition facts panel on the cereal box to ensure it is fortified with 100 percent of the daily value of folic acid. In addition, consume grains, pastas and breads that are enriched with folic acid. Since the introduction of fortification of breads, cereals and flour in 1998, the CDC reported a 36 percent reduction in neural tube defects.
- **Eat foods super-rich in folate every day.** Plant foods such as beans, legumes, dark leafy vegetables (spinach, romaine lettuce, asparagus, kale, broccoli, mustard greens) and citrus fruits are naturally rich in folate. Keep in mind that folic acid is water soluble and can be destroyed in cooking. Cook vegetables in as little water and as quickly as possible. In addition, read the labels on citrus juices to ensure they are fortified with extra folic acid.

For more information on folic acid, visit the U.S. Department of Health and Human Services Office on Women's Health at www. womenshealth. gov/publications/our-publications/fact-sheet/folic-acid.cfm.

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President promises continued support at inaugural ball

By Donna Miles
American Forces Press Service

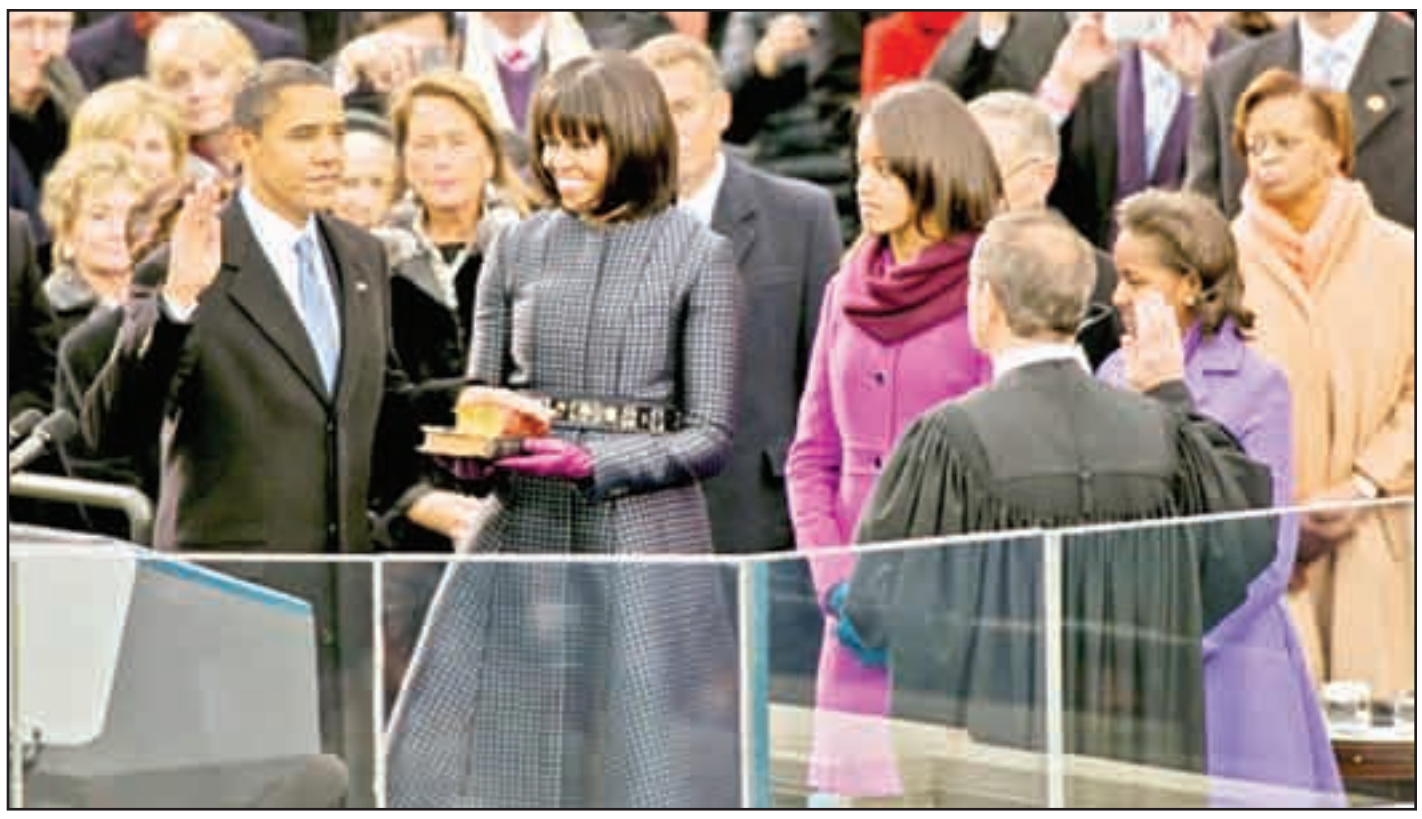

PHOTO BY SONYA N. HEBERT

President Barack Obama takes the oath of office from Supreme Court Chief Justice John G. Roberts Jr., right, in a public ceremony at the U.S. Capitol before thousands of people in Washington Monday.

WASHINGTON — President Barack Obama opened the first inaugural ball Monday night extending "extraordinary gratitude" to the men and women in uniform and promised to ensure they have everything they need as they defend Americans' freedoms every day.

Speaking to hundreds of service members, including wounded warriors and Medal of Honor recipients, Gold Star Families and veterans gathered at the Commander in Chief's Ball, and via a televised webcast with troops deployed to Afghanistan, the president said it's impossible to say "thank you" enough to those who serve.

"Thank you for volunteering. Thank you for stepping up. Thank you for keeping us strong. Thank you for always making us proud," he told the gathering.

"I have no greater honor than being your commander in chief," he said, drawing enthusiastic applause.

Obama ticked off some of the accomplishments made possible during the past four years, and vowed to ensure the military has what it needs for continued success.

"It's because of you that with honor we were able to end the war in Iraq. Because of you that we delivered justice to Osama bin Laden. Because of you that it's even possible to give Afghans a chance to determine their own destiny," he said. "We are going forward, and we'll keep our military the finest fighting force the world has ever known."

The president offered special recognition to members of the 3rd Infantry Division and Regional Command South, who are deployed to Kandahar, Afghanistan. He spoke via teleconference with Army Sgt. 1st Class Orlando Jackson and Army Sgt. 1st Class David Wood from the 3rd Infantry Division's Falcon Brigade, Task Force Light Horse; and Air Force Master Sgt. Robert Skowronski and Air Force Master Sgt. James Godlewski of the 807th Expeditionary Air Support Operations Squadron.

"We know it's tough being away from your Families. We know the incredible sacrifices and challenges that you make every day," Obama said. "But I can tell you that you've got a room full of patriots here.

"And although I've got to admit that they're a little spiffied up right now," he continued, drawing laughter and applause, "their heart and soul, their dedication, their sense of duty is at one with every single one of the folks who are in Kandahar right now."

Reflecting on his swearing-in on the steps of the U.S. Capitol earlier in the day, Obama said the biggest cheer he received was as he spoke about "the extraordinary men and women in uniform that preserve our freedom and keep our country strong."

He offered assurance that the nation will continue to stand by them, and give them the tools and support they and their Families require.

"We're going to make sure that you've got the equipment, the strategy [and] the mission that allows you to succeed and keep our country safe," he said. "Know that we are going to be looking after and thinking about your Families every single day — and that when you get back home, you're going to be greeted by a grateful nation."

Four service members were selected for honorary dances during the ball. Air Force Staff Sgt. Bria D. Nelson of the 579th Medical Operations Squadron, Joint Base Anacostia-Bolling in Washington, D.C., danced with the president.

PHOTO BY E.J. HERSOM

The Army's 3rd U.S. Infantry Regiment, known as The Old Guard, marches as part of the president's escort in the inauguration parade for the 57th Inaugural Day events in Washington Monday. More than 2,100 service members from each of the five branches marched in the parade, with about 5,000 additional troops supporting inaugural festivities.

Marine Corps Gunnery Sgt. Timothy D. Easterling, assigned to Marine Barracks, Washington, D.C., as a distance learning instructor, danced with First Lady Michelle Obama.

Army Staff Sgt. Keesha N. Dentino, assigned to the 947th Military Police Detachment, Fort Myer, Va., as a patrol explosives detection dog handler, danced with Vice President Joe Biden.

Navy Petty Officer 3rd Class Patrick R. Figueroa, assigned to Walter Reed National Military Medical Center, Bethesda, Md., as a manpower transfer clerk, danced with Dr. Jill Biden.

The star-studded lineup of performers at the ball included Dan Moose, Alicia Keys, Brad Paisley, Chris Cornell, Jamie Foxx, Jennifer Hudson and Marc Anthony.

Tastes: Post exchange's new addition opens Friday

Continued from Page C1

appreciate the beautiful views and delicious food that Divot's has to offer. Patrons can experience an impressive lunch and drink menu, while enjoying a lovely, panoramic view of the blue course," said Erdlitz.

Rucker Lanes Bowling Center in Bldg. 9227 offers a café inside, which is open Mondays–Thursdays from 10 a.m. to 10 p.m., and Fridays and Saturdays from 10 a.m. to midnight. The menu offers burgers, sandwiches and pizza.

"Unwinding at the bowling alley for the Lunch and Bowl lunchtime special is fun. All Lunch and Bowl options include two games of bowling and a shoe rental," she said.

There are Coffee Zones located in Lyster Army Health Clinic, Bldg. 5700 and The Landing Zone to help diminish the crave for caffeine and espresso that some people can't live without.

The Landing Zone Coffee Zone is open Mondays–Fridays from 7 a.m. to 4 p.m. and Saturday and Sunday from 8 a.m. to 6 p.m. The Lyster location is open Mondays-Fridays from 7 a.m. to 4 p.m. And the Bldg. 5700 location is open Mondays–Fridays from 7 a.m. to 3 p.m.

"You can find Starbucks coffees and teas, parfaits, bagels, muffins, wraps and paninis there. Their selected food and drink items are a great choice," Erdlitz said.

Another choice for people to enjoy is Mother Rucker's, which celebrates its second birthday today.

Mother Rucker's is located in Bldg. 319 and is open seven days a week from 4-11 p.m. It is open to the public ages 18 and over.

"Mother Rucker's has a roadhouse-type of feel and has burgers, sandwiches, wings, pizza, nachos, soups and salads, fried pickles, crab bites, chicken tenders, onion rings and more. It is a local favorite," said the marketing director.

For a complete menu listing on any DFMWR restaurant, visit www.ftruckermwr.com/dining-entertainment/dining-menus.

DFMWR offers dining coupons and discounts each month in the "At Ease" magazine that patrons can pick up on post.

"Coupons change every month, so check and see what's new and save a few bucks, too. We offer so many options; you'll always be able to find some delicious offering to hit the spot," said Erdlitz.

Patrons can also check out the magazine for specials including Steak Night, Kid's Night and Wing Night at The Landing Zone.

There are other options on post provided by Army and Air Force Exchange Service. Its options are located inside the post exchange and Burger King.

Understanding that a large part of the military's focus is on a fit mind and body to ensure top performance, the post exchange decided to provide a restaurant that expands healthy eating options.

Subway is the new addition that opens Friday. Its hours will be Mondays–Fridays from 7 a.m. to 7 p.m., Saturdays 8 a.m. to 7 p.m. and Sundays 11 a.m. to 6 p.m.

"The exchange is active in promoting the health and well-being of the Fort Rucker community with its 'Operation Be Fit' programs and sustainability. Subways play active roles in communities and help outreach organizations promote healthy eating, so that was a reason for the choice," said Susie Antonello, visual merchandiser at Fort Rucker AAFES.

The new partnership with the exchange and Subway reflects the commitment of both organizations to lead and promote culture of excellence standards — by eating healthy and living healthy.

Other food court options are Popeye's, Anthony's Pizza and Charley's Grilled Subs.

Hearts N Motion

Get Active, Stay Active and Eat Healthier. Join us at Wiregrass Commons Mall for this free cardiac wellness event that will feature screenings, high energy fitness and a healthy cooking demonstration.

Some of the health screenings will include cholesterol (non-fasting), glucose and thyroid. Don't forget your workout shoes as we offer fitness demonstrations in cycling, spinning, running, yoga, Zumba, extreme fitness and more.

There will be plenty of information on women and heart disease, a sampling of heart healthy dishes and access to physicians and clinical personnel to answer your healthcare questions.

Free community event | Saturday, February 9 | 10 a.m. – 2 p.m. | Wiregrass Commons Mall

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HOCKEY
Cadet skates into history at West Point

Story on Page D3

JANUARY 24, 2013

Bulldogs take a bite out of 158th AOB

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY NATHAN PFAU

Mariio Kirk, player for the Bulldogs, goes for a layup as he charges through two opposing players during an intramural basketball game at the Fort Rucker Physical Fitness Facility Tuesday. The Bulldogs beat the Guardians 40-38.

The 6th Military Police Detachment Bulldogs started their intramural basketball season off right as they brought their strong defense to pull out a win in their first game.

The Bulldogs took on the 158th Airfield Operations Battalion Guardians, who proved to be a formidable opponent, at the Fort Rucker Physical Fitness Facility Tuesday and won 40-38.

"It was a good win for us," said Shelton Gure, coach for the Bulldogs. "Everybody played well as a team. This is our first game of the season and we're off to a good start.

"We won our last preseason game, which helped motivate us for this week's game," he continued. "We knew we had to play defense strong and that's how we won this game — we played strong defense."

The game started as the Guardians took possession of the ball during the toss-up and ran the ball down court in an effort to get an early start on their opponents. The Bulldog's defense went to work, however, and prevented them from getting the early lead.

The 6th MP Detachment managed the first score of the game after the ball changed hands multiple times, but they wouldn't hold the lead for long as a foul allowed the Guardians to score two free throws to get them on the scoreboard.

Both teams seemed evenly matched early on and each team threw shot after shot but were unable to sink any baskets, and the score remained 2-2 well into the first half.

The Guardians broke the stagnation, however, and began to quickly sink baskets and pull away from their opponents. The Bulldogs tried to match the pace, but the opposing offense seemed too much for the team at this point.

The Guardians started to showcase their superior offense and continued to extend their lead by more than 10 points with eight minutes remaining in the first half.

The Bulldogs, determined not to be left too far behind, stepped up their game and brought a stronger defense to keep their opponents from pulling too far ahead. As their defense went to work, their offense was able to sink baskets to slowly close the scoring gap as the half wound down.

As the game progressed, both teams seemed to be able to find their groove, but the Bulldogs started to shine as they ended the half only 3 points behind their opponents.

It seemed anybody's game at the half, but the Bulldogs were going to have to step up their game to beat the Guardians.

The second half started and the 6th MP detachment took possession and wasted no time sinking a 3-point shot to catch up to their opponents.

Another quick turnover by the Bulldogs and they took the lead just minutes into the second half.

They wouldn't hold the lead for long, however, as the Guardians came back with a strong offense and managed to overtake their opponents once again.

As they seemed to find their momentum again and barely stay in the lead, their opponents followed suit to stay on their heels, and with another 3-point shot by the Bulldogs, they retook the lead, 32-31, with 10 minutes left in the game.

The lead bounced back and forth as neither team seemed able to get the edge on the other, and with less than two minutes remaining, the Bulldogs led by 1 point.

The 6th MP detachment barely managed to maintain their lead as the clock wound down, but were able to hold onto the ball and win the game.

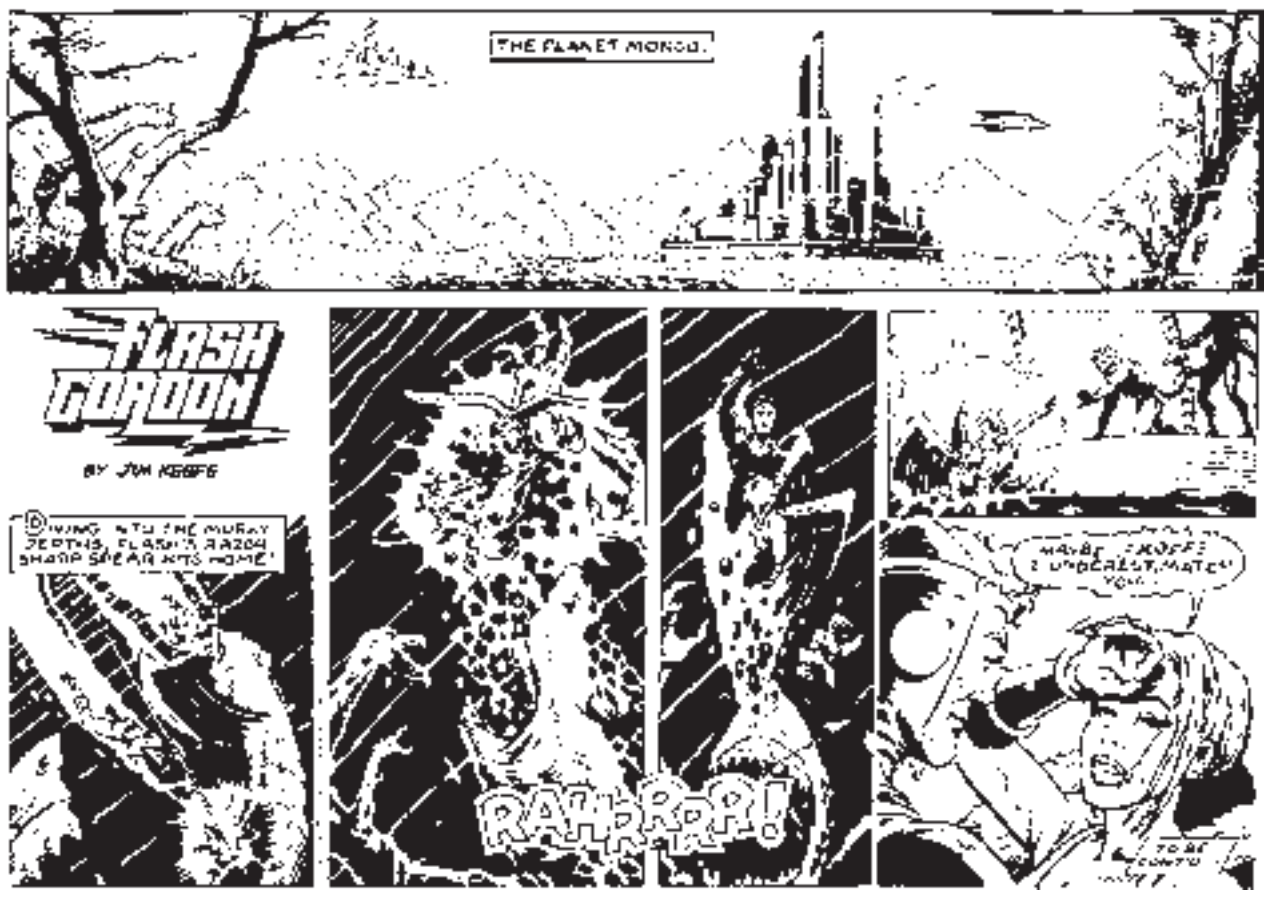
Gure said he was confident in his team's ability and believes they have what it takes to make it all the way.

"I feel that we play together very well, and with this team, I think we can make it to the playoffs and even through the championship," he said.

PIGSKIN PICKS

	Jim Hughes *Public Affairs*	Brian Jackson *DFMWR*	John McGee *CDID*	Capt. Mike Simmons *Directorate of Public Safety*	Sharon Storti *Network Enterprise Center*
Ravens vs. 49ers @ New Orleans	Ravens	Ravens	49ers	Ravens	Ravens
Record	68-50	55-63	71-47	66-52	67-51

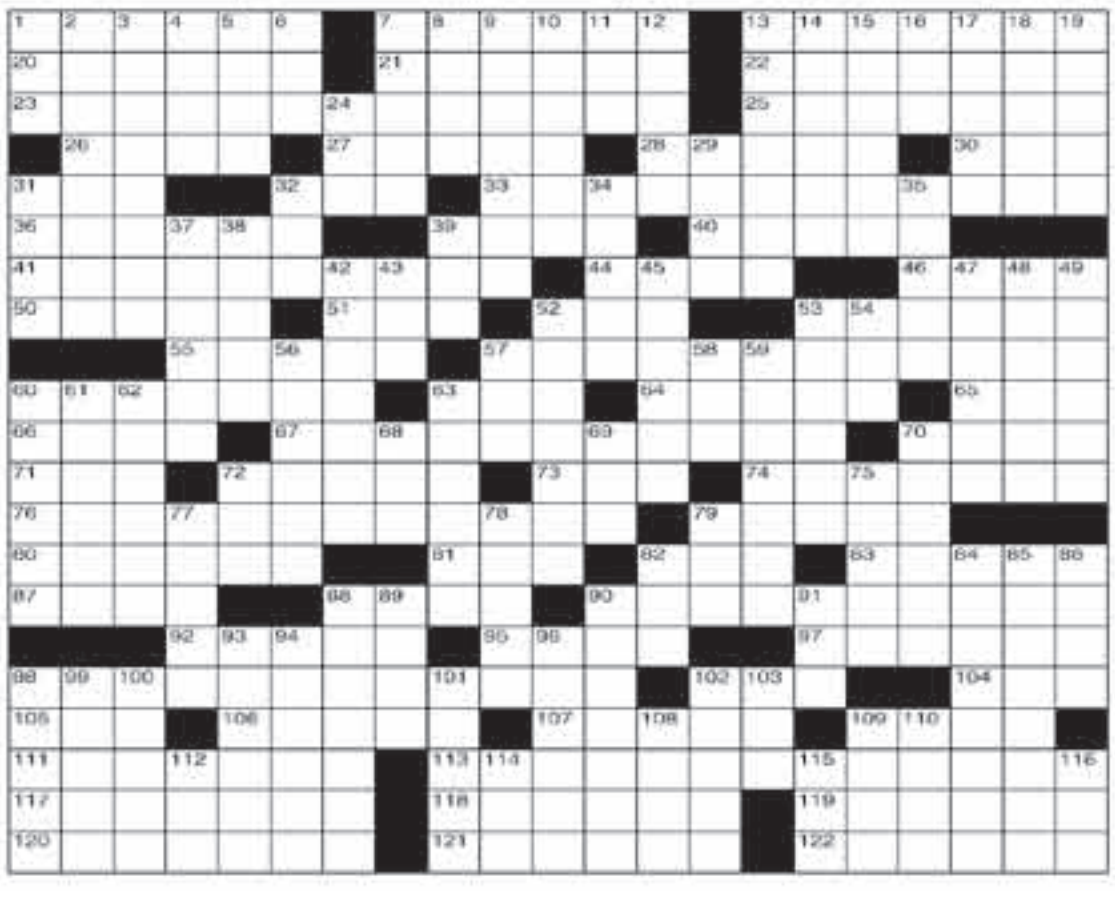
Down Time



Super Crossword — JOHN WHO?

ACROSS
1 Soda brand since 1905
7 Tree yielding gum arabic
13 Sun visors and parasols
20 Light particle
21 Gondolas' "roads"
22 Amount that fits in a list
23 Hasbro is its parent
25 African country
26 Meal maker
27 1983 Barbra Streisand musical
28 Baseballer Combs
30 Toronto and Ottawa's loc.
31 Opposite of near
32 "Indubitably!"
33 What insults may result in
36 Stored, as a résumé
39 "For — jolly good fellow"
40 Spring flower
41 Courteney Cox sitcom
44 — Mawr College
46 Egyptian snakes
50 Bit of land in the sea
51 Suffix with direct
52 "Alice in Wonderland" star Wasikowska
53 "Enough!"
55 "The Birds" star Hedren
57 Hammy brunch dish
60 Feminist Gloria
63 "— pro nobis"
64 Les — -Unis (America, in Paris)
65 Quantity: Abbr.
66 Holy Week's period
67 Alternative to Armani
70 Palm smartphone
71 Accrued qty.
72 Jazz "Count"
73 Grafton's "— for Innocent"
74 Fee-free mutual funds
76 Insect living in deadwood
79 Big name in direct selling
80 Works, as dough
81 Knee's place
82 Genetic cell stuff
83 Like icecaps
87 Goulash, e.g.
88 Partner of wherefores
90 University in Detroit
92 Cosmetician Lauder
95 Forget to include
97 Rough shed
98 Teen going volunteer work in a hospital
102 Thai guy
104 "— Boot"
105 Amin of infamy
106 Mexicali Mr.
107 Sour fruit
109 — -a-m (Seuss character)
111 Minuet-like dance
113 Barriers with pickets, often
117 Undying
118 Harmonious
119 Confessional user
120 Gives a new label to
121 Take-home salary
122 Big name in swimwear

DOWN
1 Tach abbr.
2 Mexican-Americans
3 Not drab
4 Preminger of film
5 Appearance
6 Actress Blyth
7 Lot units
8 "Misery" star
9 "What happened next ...?"
10 Hard, thickened skin area
11 Suffix with duct
12 Until now
13 Be a part of, as an experience
14 Passover chant of praise
15 Lansbury of "Gaslight"
16 Post-WWII pres.
17 Zac of "High School Musical"
18 Regretting greatly
19 Shutter pieces
24 "Sayonara!"
29 "Waiter, there's — in my soup!"
31 Points of convergence
32 "— out" (ballpark cry)
34 Yitzhak of Israel
35 "Veni," in English
37 "No need to clarify"
38 Livy's tongue
39 Tnpk., e.g.
42 Fore-and-aft rig part
43 "Either she goes — go"
45 Untwists
47 Midsize 70-Down model
48 Aspiring doc
49 Scuffles
52 Denotation
53 "Ask later"
54 Mantra sounds
56 Nut trees
57 Soft & — deodorant
58 Summer, in Bordeaux
59 Dustin Hoffman's film
60 Oily patches
61 Renter
62 Main order
63 Too
68 Prevarication
69 "Assembly required" buy
70 Prius maker
72 B&B part
75 Slight error
77 Manhandled
78 Famed fabulist
79 — which way
82 Wharf pest
84 Weight-triggered danger
85 Roached
86 Classic cars
88 Moisture
89 Male lead
90 Connected electrically
91 Tree with samaras
93 Part of DOS
94 Feared African insect
96 Hall-of-Fame Giant
98 Stogie
99 Wise truism
100 David who played Bond
101 Writer Shaw
102 Natural sweetener
103 George Gershwin's "Concerto —"
108 Actress Suvari
109 Prune a little
110 Oxy 5 target
112 Rock- — jukebox
114 A certain
115 19th letter
116 Miracle- — (plant food)



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See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. GENERAL KNOWLEDGE: What does it mean to be polydactyl?
2. TELEVISION: What TV series produced a spin-off series called "Gomer Pyle, U.S.M.C"?
3. U.S. STATES: Which state has only one syllable in its name?
4. MUSIC: What did singer Art Garfunkel do for a living earlier in his career?
5. GEOGRAPHY: What U.S. city is nicknamed "Beantown"?
6. LITERATURE: In Greek tragedy, what does the tragic hero need to possess in order for the story to unfold properly?
7. GEOLOGY: What kind of rock can float?
8. ENGINEERING: What is a girder?
9. MEASUREMENTS: How long is a fortnight?
10. RELIGION: Who founded the Church of England?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

Wishing Well®

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

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Cadet skates into history

By Class of 2014 Cadet Jeff Lesmeister,
Army Inline Hockey Club

WEST POINT, N.Y. — As she took to the ice in the opening minutes of West Point Inline Hockey Club's recent win against the Merchant Marine Academy, Class of 2014 Cadet Jenna Vercollone became the first female to represent the U.S. Military Academy in any capacity in the sport of hockey.

Vercollone is a member of the West Point Inline Hockey Club, a hobby club within the Directorate of Cadet Activities. Although the club was originally founded in 2000, it took off in earnest under the leadership of Pat Toffler, who is currently an infantry captain from the Class of 2009.

The team is an affiliate member of the Eastern Collegiate Roller Hockey Association within the National Collegiate Roller Hockey Association. The team gained momentum each year culminating in a Division I Central Conference championship in 2011-12.

This year, due to scheduling and availability changes, the club branched out to include a few ice hockey games as an affiliate member of the American Collegiate Hockey Association, and Vercollone jumped at the opportunity to return to the sport she loved growing up.

"Hockey has always been my favorite thing in the world," Vercollone said. "(This team) has made my time here at West Point a lot better."

Vercollone, who is also a member of Women's Army Rugby, had not even considered that she was the first female to represent West Point in this manner.

"I hadn't thought about it," Vercollone said. "I was a little worried, being the only girl on the team, but (the other players) have been great about helping me out and making me feel at home."

Although she may not be the biggest player on the team, she is no slacker on the ice.

"She goes into the corners just like anyone else, and she's one of the most committed and driven players on the team," senior defenseman and captain Brett Kroll said.

Her dedication paid off against Merchant Marine Academy, as Vercollone helped the team to a 6-1 victory by adding an assist of her own.

"I feel pretty comfortable out there," she said. "It's a faster game and I have to move the puck a bit quicker, but we have a group of really skilled players who have been helpful in getting me used to the higher speed and intensity."

She hopes that other cadets, both male and female, will follow her example in the future.

"I love this sport, and any chance to play is awesome," Vercollone said. "I think there is a large pool of people here (at the academy), male and female, who have a lot of experience playing hockey and would love to have a club hockey program as a viable opportunity."

She hopes to see the club gain momentum during her time here and wants to show other female cadets that they can come out and play for this team.

"Our club is really something great, and I am very excited to see where it goes from here," she said.

PHOTO BY WEST POINT INLINE HOCKEY CLUB

Class of 2014 Cadet Jenna Vercollone became the first female to represent the U.S. Military Academy in any capacity in the sport of hockey recently as she took to the ice in the opening minutes of West Point Inline Hockey Club's recent win against the Merchant Marine Academy.

Soldiers, former NFL players discuss life after violence

By Mike Molinaro
U.S. Army Marksmanship Unit

JOINT BASE LEWIS-MCCHORD, Wash. — Former professional football players met "real warriors" Jan. 12, and discovered they had a lot in common.

With a central theme of psychological health and wellness, more than 100 Joint Base Lewis McChord Soldiers, Airmen and their Families sat around tables in front of a big screen at Nelson Recreation Center on Lewis Main for the National Football League Game Day event to hear from retired NFL players Orlando Huff, Chris Sanders and Joe Tafoya.

The NFL Players Association partnered with the Defense Centers of Excellence Real Warriors Campaign to show appreciation for the military. As they spoke, the correlations and similarities became apparent between Soldiers and professional athletes playing a violent sport.

JBLM Commander Col. H. Charles Hodges Jr. told audience members they were present to watch the Denver Broncos vs. Baltimore Ravens playoff game, as well as talk about the partnership with the NFLPA.

"The things you find with our service members — hard work, sacrifice, loyalty, physical and mental strength — are the same attributes you find in our NFL players," Hodges said. "We're teammates in many respects."

PHOTO BY SCOTT HANSEN

Former Seattle Seahawks defensive end Joe Tafoya (left), and Shane Fale examine a football Fale brought with him, pointing out several autographs of other NFL players. Tafoya, and former NFL players Chris Sanders and Orlando Huff were on hand for The Real Warriors Campaign event at Joint Base Lewis-McChord, Jan. 12.

The Real Warriors Campaign was founded three years ago as a multimedia public awareness campaign that encourages help-seeking behavior among service members and veterans. Hodges said the Game Day event was to help break down the stigma sometimes associated with reaching out and seeking help for traumatic brain injuries or psychological health issues.

"There is no weakness in asking for the assistance you may need," Hodges said.

The retired NFL players shared their own personal testimonies of losing fame and glory and transitioning out of the league into corporate jobs, similar to service members' transition into the civilian sector.

"A lot of times the Soldiers look at us as heroes," Sanders said. "I want to come in here and show that athletes and people in the military go through the exact same thing. We go through struggles. We go through pains."

Sanders played at Ohio State University and was drafted by the Houston Oilers in the third round of the 1995 NFL Draft. He played eight seasons in the NFL with the Houston Oilers and the Tennessee Titans.

"I have never been to war, but when I retired my war started," Sanders said.

The former player said after retirement he lost his money and his wife. Sanders said he had it all, including a 4,500-square-foot house, in which he sat contemplating suicide.

"All we have to do is reach up and get the help we need," Sanders said. "Until I reached out and got help, that was when my life changed."

Tafoya and Huff shared similar stories about transitioning out of the NFL, an ongoing process for them. They said the adjustment period averages five years for most players.

Huff was drafted out of Fresno State by the Seattle Seahawks in the fourth round of the 2001 NFL Draft. He played six seasons with the Seahawks and Cardinals. He became a father during his post-NFL transition, when phone calls from agents and teams stopped coming. He encouraged the audience to get their "teams" of Family and friends together to help.

Tafoya played seven seasons in the NFL with the Chicago Bears, Seattle Seahawks and Arizona Cardinals. He appeared in the 2005 Super Bowl as a Seahawk against the Pittsburgh Steelers.

During the 2008 training camp with the Cardinals, Tafoya suffered a career-ending injury — the year the Cardinals went on to the Super Bowl.

"Some people can smoothly transition and other people need help," Tafoya said. "And I was one of those who needed help."

Tafoya said he used skills learned in professional sports during his transition. He is now the CEO of a media company in Seattle.

Spc. Preston Grove, with B Company, 1st Battalion, 17th Infantry Division, said he related to the stress the former athletes experienced. Grove was on his second deployment to Afghanistan when he was shot in his right shoulder in October. When he returned to JBLM he found it difficult to to be around other people, especially off base.

But Grove was excited for the opportunity to meet and talk with the NFL stars in person.

PUZZLE ANSWERS

Super Crossword
Answers

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

Weekly SUDOKU
Answer

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

TRIVIA

Answers
1. To be born with extra toes or fingers
2. "The Andy Griffith Show"
3. Maine
4. He was a math teacher.
5. Boston
6. Hamartia, or a fatal flaw
7. Pumice
8. A beam, usually made of steel
9. Two weeks
10. King Henry VIII

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III GANGSTER SQUAD - R
Mon - Fri 7:00 & 9:20
S&S 2:00, 7:00 & 9:20
OZARK
I TEXAS CHAINSAW - R
Fri 7:00 & 9:00 • Sat 2:00, 7:00 & 9:00
Sun 2:00 & 7:00 • Mon - Thur 7:00
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Video Game Spotlight >>

COURTESY SCREENSHOT

Ni No Kuni provides unique experience

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.)

For gamers that are used to blowing enemies away in "Halo 4" or the latest "Call of Duty," "Ni No Kuni: Wrath of the White Witch" is going to feel like a strange — but wonderful — change of pace. There is plenty of combat in "Ni No Kuni: Wrath of the White Witch," as well as distinct enemies, but this game also places just as much importance on kindness and repairing broken hearts along with bashing plenty of monsters.

But even if you have an itchy trigger finger you shouldn't feel like you need to run away from "Ni No Kuni." This is an extremely well done game that uses the best elements of traditional Japanese role-playing games, and also makes a few additions that give a fresh feel to the genre.

Gamers become Oliver, a nice young boy who gets caught up in events beyond his control and eventually sets out on a quest to bring his mother back from the dead. Though Oliver is a nice boy, he's capable of combat, especially since he can obtain and train creatures called familiars (much like Pokemon) to fight alongside him.

The graphics and audio, except for some of the English voice work, is excellent. Plus, with the lengthy main quest and plenty of side quests to keep Oliver busy, gameplay for "Ni No Kuni" can last well past 40 hours and easily reach 80. The game has plenty of meat to it and personality to match, so role-playing game fans that got burned out by too many over-the-top Japanese RPGs should come back to the fold.

"Ni No Kuni: Wrath of the White Witch" is a game that turns into an experience that gamers won't quickly forget. Nearly perfect for what it is, this game deserves your attention.

Publisher
Namco Bandai Games America
Rated
Everyone
Systems
PS3
Cost
$60
Overall
3.5 out of 4