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ARMY FLIER

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

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Fort Rucker honors veterans

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker wasn't shy about showing its pride for those who have served as hundreds came together at Veterans Park to look into the nation's past and honor those who came before them, as well those currently serving during the post Veterans Day ceremony Nov. 8.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch, were among those on hand to show their appreciation and they laid a wreath during the ceremony.

"As we draw down from Operation Enduring Freedom in Afghanistan, we bring to an end what has been the longest period of sustained combat in American history – more than 12 years to date," said Mangum during the ceremony. "Looking back just over the last century, you can see the number of times American Soldiers have been called to preserve democracy, liberty and freedom."

That number was represented in part on Fort Rucker by the men and women who were in attendance that have served in conflicts throughout the years, and were asked to stand as each conflict that the nation was involved in was read aloud.

People involved in conflicts from Operation Enduring Freedom to World War II proudly stood or raised their hands to be recognized.

SEE VETERANS, PAGE A7

PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson Jr. salute as they lay a wreath during a Veterans Day ceremony at Veterans Park Nov. 8.

New program connects female Soldiers

By Sara E. Martin
Army Flier Staff Writer

Roughly 5,000 Soldiers are stationed at Fort Rucker and around 600 of those Soldiers are females, and with such a small minority playing such a large role for the installation, a new program has been set up for them to connect, network and learn from each other.

Better Empowered Soldiers Today held its kickoff event Nov. 7, and the garrison-led initiative began its mission to develop a diverse network of female Soldiers with similar interests and backgrounds that they can turn to for help and advice when needed, said Ruth Gonzalez, Army Community Service relocation readiness program manager.

"It is a chance for mentorship, professional development and for Soldiers to share their experiences on how to deal with certain aspects of military life," she said.

The program, which seeks to strengthen all Soldiers through mentorship and social opportunities, is open to all military personnel, though the group focuses on female-Soldier-specific topics.

"I hope that men will continue to attend so they can see through the eyes of a female Soldier, realizing that they don't have to deal with and will never have to deal with some of the obstacles females face. More understanding and cohesiveness will flow through the unit and better that relationship between male and female Soldiers," she continued.

Col. Stuart J. McRae, Fort Rucker garrison commander, attended the kickoff and said that being able to speak with someone who has been there and done that and has more insight can be very beneficial to younger Soldiers.

"Women comprise 13.6 percent of the military's active force," he said. "Think how beneficial that would be for the Army if that entire percentage reached its full potential."

McRae told the story of his own daughter's isolation at her first assignment and how it led to her eventually leaving the military.

SEE BEST, PAGE A7

PHOTO BY SARA E. MARTIN

Soldiers visit veterans

James Pouncey, Army veteran, is pinned by Sgt. First Class Shane Cook, 1st Battalion, 223rd Aviation Regiment and combat veterans motorcycle association public relations officer, Monday at Enterprise Health and Rehabilitation in honor of Veteran's Day. See Page A4 for the full story.

Theater reopens to thunder from Thor

By Sara E. Martin
Army Flier Staff Writer

Friday night was calm on the installation for many residents, but others experienced skies filled with lightning, sorcery and fire as they attended the reopening of the post theater with the showing of "Thor: The Dark World" Nov. 8.

Fort Rucker Soldiers and Family members can now enjoy first-run movies at competitive pricing without even leaving post, as after nearly a year after closing its doors to moviegoers, the virtually new post theater is open again.

"Last January, the theater was closed because it was unable to accommodate the digital format of new movies," said Susie Antonello, Army and Air Force Exchange Service marketing manager. "Outdated equipment and the fact that movies could only be shown on the installation theater six to eight weeks after release to the commercial theater resulted in low customer attendance."

The exchange reevaluated the Fort Rucker Theater, and the decision was made to invest an estimated $160,000 to convert to the new digital system, and update the lobby and concession areas.

With the upgrades complete, it was show time, and one movie goer was ecstatic, saying the post just wasn't complete without the theater.

PHOTO BY SARA E. MARTIN

Soldiers dressed as Marvel superheroes entertain children during the grand reopening of the Fort Rucker Theater Nov. 8.

"It is great that it has reopened. I have really been looking forward to being here for the grand reopening and they picked the best movie for the event," said Ginger Cofer, military spouse. "My husband was in the military for 27 years and we have never been to an installation that didn't have a theater. Plus, it is a great place for Families to have a Family night out, or for teens to have a safe place to hang out."

She added that her favorite part about attending movies on a military installation is the singing of the "Star Spangled Banner" before the show begins because it is something unique to military communities.

A score of Marvel superhero characters were on hand to take photos with children and entertain patrons while they waited in line for tickets and concessions.

Wanting to ensure that the facility is financially stable, Fort

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PERSPECTIVE

Courage to seek help, laughter offer relief from depression

By Judith Woodward
U.S. Army Public Health Command

Depression is one of the most common medical conditions – it can affect anyone at any time.

This year, the Army is joining organizations and communities across the nation to raise awareness about the dangers of depression. The Army's theme, "The Courage to Seek Help," emphasizes that depression is one of the most treatable behavioral health conditions.

Getting an early diagnosis and treatment may help reduce the intensity and duration of depression symptoms.

According to the Centers for Disease Control and Prevention, an estimated one in 10 Americans report depression. This means that every year more than 31 million Americans say they suffer from depression. It can affect men, women, elderly people and even children.

When you hear about depression, you may think to yourself, "I don't know anyone who is depressed. I will never be depressed. No one around me will ever be depressed. No one I care about will be impacted by depression."

According to the figures above, though, your spouse, mother, sister, child, grandparent – or even you – could become depressed. In addition, depression affects not only the individual who is depressed, but can impact Families, friends and coworkers.

PHOTO BY SGT. ADRIENNE KILLINGSWORTH

Pfc. Maria Clasby, a military police Soldier with 2nd Platoon, 529th Military Police Company, 95th Military Police Battalion, lets a group of children get a closer look as she shares a laugh with them at the library on Benjamin Franklin Village in Mannheim, Germany, during the weekly after-school reading program sponsored by the platoon.

It may be hard to believe, but one of the most effective ways to help yourself or someone you love with depression is with laughter. Laughter is such a powerful, inexpensive and dependable tool that is always available. Did you know that laughter can ease stress, pain and sadness?

There are many other ways laughter is good for your health.

- Laughter helps make you happy. Laughter increases the release of endorphins, which are the body's feel-good chemicals that make you feel well and can even relieve pain.
- Laughter helps you relax. The harder you laugh the more muscles you use in your face, arms, legs and stomach. Using these large muscle groups increases oxygen flow, so that your muscles relax more efficiently.
- Laughter helps you stay healthy. Laughter decreases stress hormones, helps protect you against infections like a cold or the flu, and increases your ability to fight off infections.
- Laughter makes you smarter. OK, laughter cannot really make you smarter, but it can boost your memory and learning ability by increasing important brain activity in your cerebral cortex, which controls your higher functioning (now you are smarter, right?!).

Consider some ways you can incorporate laughter into your life. The simplest way is to start with a smile – a smile is the beginning of laughter and it is contagious. Another easy way to start on your path to laughter is to simply make a list of things you are happy about in your life. Another simple idea is to surround yourself with people who laugh and are playful. If you hear laughter, move towards it – most often, people are happy to share what they are laughing about because it gives them the opportunity to laugh again.

Some events are clearly not occasions for laughter, but most life events do not push you towards either laughter or sadness. Most events fall into the in-between place of simple, ordinary life – this gives you the choice to be sad, or the choice to laugh. Although studies do not show that laughter adds years to your life, there is evidence that laughter will add life to your years.

For those who feel they need more than laughter to deal with depression, primary care or behavioral healthcare providers can provide screening and care. The Department of Defense also offers anonymous behavioral health assessments for Soldiers, Family members and civilians 24 hours a day, seven days a week, online at www.militarymentalhealth.org.

This month in Army Aviation history

This month we're spotlighting the November 1987 issue of the *U.S. Army Aviation Digest.* This issue features:

Aggressor Helicopter Training Unit

The intermittent snow and fog that blew across the steppes was a well-known forerunner of the Russian winter. A cold predawn darkness offered nothing new to end the monotonous routine of the soldiers of the Third Rumanian Army.

AH-64: A Total System for Battle

This sixth article in the series on the AH-64A Apache aircraft address the caution/warning, fault detection/location and multiplex system.

Automated Does Not Equal Robotics

The term automated flight service station seems to conjure up vision of robots or endless banks of cold unfeeling machinery. Once can imagine some machine dispensing and receiving data without regard to the sensitivities of a human at the other end of the communications link.

Human Frailty

This is the second article in a four-part series on the problems Aviators experience detecting and avoiding wire hazards. In this article, the author addresses issues on what the human eye is capable of seeing, how what we see can be deceiving, and what impact these limitations have on the aviator's ability to detect and avoid wire strikes.

… and more.

Download this issue of the *U.S. Army Aviation Digest* at http://bit.ly/av8-nov87\

Rotor Wash

"Children will be treated to a reading of "Click, Clack, Moo-Cows That Type" by Doreen Cronin during Camping Under the Stars, held from 4-10 p.m., Saturday at Lake Tholocco. Why do you feel it is important for children to be taught the value and joy of literature?"

2nd Lt. Matt Bochenek, D Co., 1st Bn., 145th Avn. Regt.

"It can only enhance their future knowledge."

2nd Lt. Margaret Budke, D Co., 1st Bn., 145th Avn. Regt.

"That is really the foundation of everything that is in our school system. Reading is something that will follow them their entire life and is the No. 1 thing that impacts learning abilities at every level of education."

John Clifford, retired Army

"A person who reads will never be lonely, you will always have some way to occupy your time. If your health is good, you can go out and play and then come home to read. If you health is poor, you can stay at home and read. If you can read, you can go anywhere in the world."

Anthony Kage, retired Air Force

"It broadens their horizons and opens their eyes up to more than just video games and cartoons on television."

Tom Missildine, retired Army

"If you can read, you can do anything."

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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NAF maintenance crew shapes Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY SARA E. MARTIN

John McClamma, maintenance engineer and team leader, and Barry DeFleron, maintenance mechanic, test out the newly constructed doors at The Landing during construction in June. The four-man maintenance team is responsible for general maintenance on 23 different properties on post, as well as providing DFMWR with its construction needs.

Fort Rucker is a place where heroes fly and proudly wear their wings on their chest, but there are also unsung heroes who help shape the installation into a place that many people love to call home.

The Directorate of Family, Morale, Welfare and Recreation's four-man maintenance crew is made up of a group of guys that love nothing more than to fix, fiddle and build things – while focusing on teamwork and creativity.

John McClamma, maintenance engineer and team leader, and maintenance mechanics Steve Waltz, Barry DeFleron and Patrick McKay make up the team that takes care of things on the installation from everyday maintenance to large construction projects.

"We basically take care of all of DFMWR's activities from the bowling alley to the golf course, and any new construction at these facilities," said McClamma. "We get jobs from little bitty things that they want us to build to major construction projects, and the things we build you can't get from (a store). Most of the things we build are handcrafted and made out of our shop."

One of the biggest projects the team has had to take on was the reconstruction of The Landing, which is also among their favorite and most challenging projects.

The challenges of most projects don't usually come from the physical labor, but from interpreting what people are trying to convey into a physical manifestation, according to DeFleron.

"The idea for (the new) Landing came out of someone else's head. We had to try and interpret what that idea is, and if we don't get it right the first time, then we have to start again and do it until we get it the way they want.

"We're fortunate in that we have a really talented crew here," he continued. "Some of us have different strengths that we play to and we just keep working at it until we get it right."

Waltz's strength is with sheet metal, which helped construct the now signature hangar doors featured in The Landing. The doors were completely constructed by hand from scratch, said Waltz, and all they had to go on was an idea, added McClamma.

"All they told us was that they would like for us to use galvanized tin and for us to make it look old, and we went from there," he said.

From there, the team cut out the sheet metal, constructed the frame for the doors and molded scraps of material into what is now a standout piece in one of Fort Rucker's more frequented restaurants. The team aged the doors to give them a weathered look by using toilet cleaner, according to DeFleron.

Some other project that the team has had to use their creativity on was for the Children's Festival where they had to construct a children's full-sized castle with a working drawbridge.

"One of the ladies for the festival came to us and asked us to build this castle, and all they brought us was a plastic toy castle from their kid's toy box and asked us to replicate it," said McClamma. "We just went from there and we built it for them from the ground up."

Other projects include building stage flats for theater groups, rebuilding stables at the riding stables, building props for festivals and even setting up the stages at Freedom Fest.

Ingenuity is another one of the team's strengths, and something that has earned McClamma the nickname McGyver, who is a TV character from the popular show of the same name. The character was well known for being able fix or make anything with very little materials.

"They call me that because I can pretty much fix just about anything that comes down to me," he said. "I'll find what I need, go off to the side and figure out how to make it work."

McClamma has earned his wealth of knowledge and experience from 36 years of maintenance work in various locations, and said there is nothing else he or his team would rather be doing.

Team members said they work best when they work together and another one of their team-strong characteristics is resourcefulness.

When there is a project on the installation, they try to use every piece of material that they can, and if there are left over materials or materials that can be salvaged, the team recycles those materials.

One example is when Fortenberry-Colton Physical Fitness Center was built, some areas were constructed with the wrong type of wood. Instead of discarding the wood, the maintenance team used that wood to construct cabinets and display cases for the Silver Wings Golf Course pro shop.

Also, during the reconstruction of Rucker Lanes, there was leftover wood that the team is using to build countertops for the bowling center.

"We love what we do and that's a big part of it," he said. "It makes it so that you're proud about the work you do, and if you're proud about the work you do then the stuff you put out is (a better quality product)"

Waltz agreed, adding that having something to show for the work they put in is an added bonus.

"When you finish a project, you have a finished product that you can see and look at," he said. "When you see other people respond to your work and see what you've done, it's something that you can be proud of."

"Unless they don't respond positively," DeFloren said, laughing. "If that's the case, then we didn't' do it."

PHOTO BY NATHAN PFAU

Memorial monument dedication

Retired Soldiers of the 240th Assault Helicopter Company Greyhounds, Bobby Taylor and Joe Tarnovski, unveil the new monument at Veterans Park Nov. 8. A ceremony was held to honor those of the 240th AHC who lost their lives during the Vietnam War, and consisted of words from Col. Stuart J. McRae, Fort Rucker garrison commander, as well as a reading of the names of the fallen.

News Briefs

ACOE ceremony

The Fort Rucker Army Community of Excellence awards ceremony will take place from 2-3:30 p.m. today at the post theater. Patrons who shop at the post exchange, commissary and thrift store may experience some challenges with parking due to the large turnout of personnel expected to attend the event. While the installation will provide overflow parking in support of this event, patrons may want to consider avoiding the anticipated traffic congestion from 1:30-3:3- p.m. when planning their shopping. People planning to attend the ACOE ceremony are asked to carpool to the event as much as possible to help reduce the traffic and parking issue. Fort Rucker appreciates the patronage of its facilities and apologizes for any delays or impacts people might experience that day.

Hollyday Bazaar

The Fort Rucker Community Spouses Club will hold its Hollyday Bazaar Saturday from 9 a.m. to 4 p.m. at Yano Hall. The pre-holiday shopping event has been a Wiregrass tradition for more than 30 years, according to FRSC officials. This year's event features more than 75 vendors, holiday goods, music, entertainment, prizes, a visit from Santa and more. Proceeds will benefit FRCSC scholarship and community welfare programs. Admission will be $5, while those ages 12 and younger are admitted for free.

Thanksgiving service

The Fort Rucker Chapel hosts an ecumenical post-wide Thanksgiving service Nov. 27 from 11:30 a.m. to 12:30 p.m. at the Headquarters Chapel in Bldg. 109. Chaplain (Col.) Dennis R. Newton, will convey the Thanksgiving message. Immediately following the service, a light lunch will be served in the Fellowship Hall.

For more information, call 255-2989 or 255-2012.

DHR closure

The Fort Rucker Directorate of Human Resources will close for its annual Thanksgiving luncheon Wednesday from 11 a.m. to 1 p.m. The closure affects the Army Career and Alumni Program, Army Continuing Education Center, Army Substance Abuse Program and Military Personnel Division (Defense Eligibility Enrollment System, ID cards, in and out processing, reassignments, transition and retirement services, and casualty assistance).

For emergencies, people can call 332-9672 or 432-2070.

Opportunity knocks

The following internal positions are available on Fort Rucker: Budget Analyst, 13758200979948

GS-0560-05/09, closing date Nov. 21; Dental X-Ray Technician, SCEG13651710989275, GS-0640-05, closing date Nov. 20; Quality Assurance Specialist, SCEG13746729816805, GS-1910-09, closing date Nov. 22; Career Proponency Manager, SCEG13744740991068, GS-0301-14, closing **date Nov. 2**1; CP-64 Career Program Manager, SCEG13744725991307, GS-0301-15, closing date Nov. 21; Victim Advocate (SHARP), SCEG13357943984803, GS-0101-09, closing date Friday; Program Support Assistant (OA), SCEG13751717986432, GS-0303-05, closing date Friday; Training Technician (Office Automation), SCEG13750151983227, GS-1702-05, closing date Monday; Budget Analyst, SCEG13418527979601, GS-0560-07/09, closing date Friday; Management and Program Analyst (Support Agreements), SCEG137469335424160, GS-0343-12, closing date Tuesday; and Supervisor Attorney-Advisor (General), SCEG13716011973987, GS-0905-14, closing date Friday.

For more, check out www.usajobs.gov.

PHOTOS BY SARA E. MARTIN

Jesse Stanford, army veteran, sits and talks with Sgt. Major Mohammad Bouhloui, Fort Rucker German army liaison staff, about his tour in Germany after WWII Monday at the Henry Country Health and Rehabilitation Center in honor of Veteran's Day.

Soldiers visit Wiregrass veterans

By Sara E. Martin
Army Flier Staff Writer

For 95 years, America has been celebrating veterans' service and sacrifice, and though Fort Rucker Soldiers had Monday off to spend time with friends and Family, several decided that their time was better spent with the Soldiers who came before them.

In conjunction with Covenant Hospice of Dothan and the Wiregrass Sergeants Major Association, Soldiers attending the NCO Academy visited local assisted-living facilities in Henry and Coffee Counties to show their respect to veterans and Family members.

For the past five years, Soldiers have visited Twin Magnolias Assisted Living Home, Henry Country Health and Rehabilitation Center, Dogwood Manor Assisted Living Home, and Enterprise Health and Rehabilitation. They speak with veterans about their experiences in WWII, and the Vietnam and Korean conflicts.

Erin Stevens, access representative with Covenant Hospice, said that the experience is always very emotional for many of the residents.

"I think it unites us and makes us remember the common cause of what our Soldiers do and what they have done for our freedom and our country," she said. "It is very important that we recognize our current military and our veterans. We want to make sure we honor those who fought over the years."

The Soldiers said they were honored to be among the older veterans, and both young Soldiers and older veterans became emotional as stories were shared throughout the day.

"It was really wonderful and uplifting to know that they are serving and they are willing to take the time to come and recognize those who have come before," said Elizabeth Bedsole, veteran spouse. "It really warms my heart. Veteran's Day makes me both happy and sad because (remembering) my husband, Hershel, so vibrant when he served for 23 years and to now be so feeble makes me so sad. But I am happy knowing that he was willing to serve and give his all."

Mac Oates, Navy veteran, is pinned by Staff Sgt. Michael Mayo III, NCOA, Monday at the Henry Country Health and Rehabilitation Center in honor of Veteran's Day.

Stories of their varying treatment in public were shared among the Soldiers, but they all united under the hope for a better future for all service members.

"I hope after hearing some of these vets' stories it gives the younger Soldiers a shot of reality to never take for granted the appreciation that our nation has now for service members," said retired Command Sgt. Maj. Marlin Smith, president of the Wiregrass Sergeants Major Association.

Many veterans liked to see how diverse the Army and military has become since they served, while others did not wish to speak at all.

"Veterans usually don't like to talk a lot about their experiences, and that's why we need others to help us during difficult moments because we were taught to never complain and to deal with our own problems," said Smith.

Though several did not wish to speak about their time as Soldiers, most of them seemed to like the company of having other Soldiers nearby.

"I like to see the veterans' eyes light up when they see the Soldiers come in in uniform, and it inspires a little bit of life into (them)," said Smith. "Even if it is just for a little bit, it allows them to relive that time they spent in the military. For many, military service is the highlight of our lives, and no matter what we do after that time, that experience is always going to be there, and that service resonates for us the rest of our lives."

"Vietnam was one heck of a place," said Billy Brubaker. "I am proud of my service, but its hard to think of the ones who never came back. But when you guys come around you are my Family, and some people don't understand that."

Smith added that spending the day with the veterans really humbles Soldiers because they can see the deep-rooted pain some of them bear.

"They have suffered so much and sacrificed so much for our nation, you can't help but let it touch you in some way," he said.

Its wasn't all sadness, though. The group accidentally played matchmaker by encouraging talk between the residents. When WWII veteran Bob Bolin revealed that he still loved to dance, another resident said she would love to join him next time he went out to hear a local band and he promised to take her.

It is that type of behavior that Staff Sgt. César Castro, NCOA, said he was hoping to see.

"I love talking to the veterans and hearing all of their crazy stories from their time in the service, and spending time with them was reason enough to give up a day off," he said. "You get to hear a lot of wisdom from them. Honoring the older generations gave me another chance to do my own duty, and hearing some of their stories can really make a person choke up as well as laugh so hard."

Though the day was long as the Soldiers went from center to center, they never let their smiles or positive attitude diminish. One Soldier even said that the day truly made him feel like an American.

"This is really fulfilling for me because I do enjoy talking to the Soldiers, and I especially enjoy talking to the spouses because they are trying to take care of the Family on their own and handle their service member's business while they are away," said Sgt. Maj. Eric Wainwright, Directorate of Training and Doctrine sergeant major. "They don't get any type of training on how to handle all that, and they sacrifice just as much."

"If we forget those who came before, it is only a matter of time before we are forgotten ourselves, and a nation that forgets its heroes is a nation that will not succeed," he added.

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Call Brenda at 393-9715

Overseas holiday mailing dates approach

By David Vergun
Army News Service

WASHINGTON — With the holidays coming up fast, now is the time to consider mailing early, especially to loved ones overseas, said Peter Graeve, a retired Soldier who is now with the Military Postal Service Agency.

Despite the popularity of sending cards via the Internet and chatting on social media, Soldiers really like to receive something they can put in their hands, he said.

"It's one of those traditions that's still with us. They still appreciate getting letters and packages," he added.

Graeve said the volume of letters and packages increases this time of year due to gifts being sent by spouses, girlfriends, boyfriends, Family and friends. But he said in addition to that, care packages seem to be especially popular.

Care packages include things like chocolates, soap and toothbrushes. "Even though they have it over there, the Soldiers really seem to appreciate receiving the items anyway," he said.

Although there are fewer Soldiers in remote areas of Afghanistan and other countries, there are still some in outposts that don't have Internet access, he said. These Soldiers especially look forward to mail call.

To get mail to a Soldier by Christmas at APO/FPO/DPO AE 090-092, 094-098, 340, or 962-966, the latest a package can be sent to arrive on time is Dec. 17 – that means senders have to pay for Express mail. To send them earlier – and pay less – senders can put them in the mail by Dec. 10, and pay for either first class or priority mail.

Priority mail to APO/FPO/DPO AE 093 must be sent by Dec. 3.

The deadline for parcel post to all locations mentioned is Nov. 12.

The deadline for SAM parcels for all locations mentioned is Nov. 26. SAM parcels are paid at the parcel post postage rate with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

The deadline for PAL for all locations mentioned is Dec. 3. PAL is a service that provides air transportation for parcels on a space-available basis. It is available for parcel post items not exceeding 30 pounds or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage.

All classes of mail addressed to FPO/APO addresses must use the nine-digit ZIP code to ensure delivery. Mail not addressed correctly will be returned to the sender as undeliverable.

It is recommended that customers check with their local civilian or military post office for information on size restrictions and the possible need for customs declaration forms.

Customers are advised that certain mail restrictions apply and some items cannot be mailed. Examples include switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact the local civilian or military post office.

Some other tips include choosing a box with enough room for cushioning material around the contents, and ensuring that old labels and markings on used boxes are covered.

Senders should also be sure to use adequate tape to seal their packages and reinforce the seams with two-inch-wide tape. Use clear or brown packaging tape, reinforced packing tape or paper tape.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

PHOTO BY STAFF SGT. JEFF VANWEY

Soldiers at Forward Operating Base Gamberi, Afghanistan, process holiday mail in December.

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U.S. SENATE COURTESY PHOTO

Chief of Staff of the Army Gen. Ray Odierno testified Nov. 7 before the Senate Armed Services Committee on Capitol Hill.

Odierno: Sequestration will put mission at risk

By C. Todd Lopez
Army News Service

WASHINGTON — Unless Congress acts to counter the effects of sequestration, the Army will be hard-pressed to complete its mission, said the service's senior officer.

"If Congress does not act to mitigate the magnitude, method and speed of the reductions under the Budget Control Act with sequestration, the Army will be forced to make significant reductions in force structure and end strength," said Chief of Staff of the Army Gen. Ray Odierno. "Such reductions will not allow us to execute the 2012 Defense Strategic Guidance, and will make it very difficult to conduct even one sustained major combat operation."

Odierno testified Nov. 7 before the Senate Armed Services Committee on Capitol Hill. Also testifying on the effects of sequestration were Chief of Naval Operations Adm. Jonathan W. Greenert, Commandant of the Marine Corps Gen. James F. Amos, and Chief of Staff of the Air Force Gen. Mark A. Welsh III.

From fiscal year 2014 through fiscal year 2017, Odierno said, the Army will reduce its end strength to meet new budget requirements. A reduction in end strength also means the Army will restructure itself into a smaller force – a reduced number of units. The general said the Army will experience "degraded readiness and extensive modernization program shortfalls" during that time.

Army programs during this time will also be restructured or delayed, he said.

"We'll be required to end, restructure or delay over 100 acquisition programs, putting at risk programs such as the Ground Combat Vehicle, Armed Aerial Scout, the production and modernization of our other Aviation programs, system upgrades, unmanned aerial vehicles and the modernization of our air defense command and control systems, just to name a few," he said.

Around fiscal year 2018, he said, the Army will begin to "rebalance" readiness and modernization, but at the cost of end strength and force structure.

Odierno said he expects that end-strength reductions will reduce active-duty forces from a wartime high of 570,000 Soldiers down to 420,000 Soldiers. The Army National Guard will reduce from 358,000 Soldiers to about 315,000. The Army Reserve will reduce from 205,000 to 185,000 Soldiers. Altogether, that's a more than 18 percent reduction across the total force over seven years.

That reduction in Soldiers will also mean a reduction in units. He said the Army can expect to reduce its brigade combat teams by 45 percent.

"In the end, our decisions today and in the near future will impact our nation's security posture for the next 10 years," Odierno said. "We've already accepted nearly $700 billion in cuts to the Department of Defense. Today, we have the premier Army in the world. It is our shared responsibility to ensure we remain the premier Army and the premier joint force in the world."

He said it is the decisions of Congress that will determine the future size of the Army.

Readiness lost

Before the Army sends Soldiers to war, they need to be ready to go. One aspect of readiness is combat training, such as at one of the Army's combat training centers. Another aspect is equipment readiness – equipment that has been in Afghanistan will need to be properly repaired and upgraded.

Odierno said Soldiers may not be ready for combat.

"So we have a huge readiness issue between 2014 to 2017 that ... frankly, will significantly impact our ability to respond in the way we expect to respond," he said.

Not being trained, he said, means more Soldiers might not come home from combat.

"We will not be able to train them for the mission they're going to have to do. We will have to send them without the proper training and ... actually, maybe [the] proper equipment that they need in order to do this. So that always relates to potentially higher casualties if we have to respond," Odierno said.

In training, the general said that the Army is up to speed on counter-insurgency – something it's been doing for more than 10 years now in Afghanistan. But to prepare for future conflicts, he said, the Army must provide training beyond counter-insurgency operations.

"It's about having the capability to do a multiphase, combined arms, joint campaign that operates in a very complex environment that includes a conventional opponent, irregular warfare, counterinsurgency, because that's where future warfare is going and so, we have to train our forces to do that," he said.

Implementation of sequestration earlier this year has had an effect on how many Soldiers can receive relevant training, and how many units are actually ready to go into the next conflict, he said.

"We were supposed to begin training for that in 2013. We were not able to because of the cuts we had to make in our training dollars. So we are now behind," he said. "That's the problem we have. Right now, we have a limited number (of) brigades that are [capable of going into the next conflict] right now, and we're falling further behind as we move forward."

In fiscal year 2013, the general said, the Army had to cancel seven rotations at combat training centers.

"Usually it's a force of about 5,000 to 8,000 men and women who go there, who get a chance to train and really get certified in the kind of operations that we think they might have to deploy and do, so we weren't able to do that," he said.

If, due to sequestration, the Army continues to not be able to send Soldiers to training, it will further erode readiness, he said. In 2014, the Army will focus all training dollars on getting seven brigade combat teams ready for combat.

"That's the only money I have to do that," he said. "Everyone else is going to go untrained. They will not be able to do the training necessary."

He said that means only 20 to 25 percent of the force will be trained in its core competency.

Paying for Soldiers

Within the Army's budget, the percentage of funds paying for Soldier compensation is now beyond what Odierno calls the "best case" for that Army – which he says is somewhere between 42 and 45 percent of the total budget.

Soldier compensation includes such things as a Soldier's pay, TRICARE for the Soldier's Family and basic allowance for housing.

"On compensation, we have to grapple with compensation within the military. The Joint Chiefs are working very hard with this issue. The cost of a Soldier has doubled since 2001. It's going to almost double again by 2025," Odierno said. "We can't go on like this. So we have to come up with compensation packages, not taking money away, but reducing the rate of increase of pay increases, of basic housing allowance you brought up, look at the commissaries, look at health care. We have to have a total package that allows us to reduce this cost."

Despite budget reductions, and reductions in training readiness and equipment readiness, Odierno said morale is high among Soldiers, though "tenuous."

"There's a lot of angst ... you know, people talking about benefits. People are talking about, obviously in the Army, we're significantly reducing the size of the force, so they're worried about their future," Odierno said.

"What makes me feel so damned good about it is ... that they are – their morale is high," he said. "They're doing exactly what we ask them to do. They're training as hard as they can with the money we give them. When they deploy, they are there trying to accomplish the mission to the best of their ability."

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Veterans: Ceremony honors Soldiers, Families

Continued from Page A1

As the nation approaches another intra-war period, Mangum answered those who would question the continued need for a standing Army.

"Technology and society have indeed changed, but those who question the need for strategic land power lose sight of history and, indeed, our very human nature," he said. "The world is changing rapidly, but the need for a ready and capable Army, teamed with capable joint partners, is and will continue to be constant."

In that history, since 3600 B.C., the world has known less than 300 years of peace and more than 14,000 wars in which more than 3.6 billion people have lost their lives, said Mangum, adding that our country was born out of one of those wars.

Although wars are started for many reasons, it takes the nation's greatest treasure to impose the will of the nation and end a war, said the general.

"It's the men and women who serve, on the ground and in the dirt, to impose that will," he said. "It's the spirit and will of those willing to serve … to defeat our foes."

Mangum enforced his thought by a quote from President Ronald Reagan that highlights the advantage that our nation's Army has over others.

"We must realize that no arsenal or no weapon in the arsenals of the world is so formidable as the will and moral courage of free men and women," Mangum quoted. "It is a weapon our adversaries in today's world do not have. Peace is the highest aspiration of the American people."

Michael Smith, an Enterprise native, was among those in attendance and said that for him, Veterans Day means just that — freedom.

"We have to remember those that have fought for what we have today, and those that continue to fight for us to this day," he said. "Without our nation's veterans and the sacrifices that they've made, we wouldn't have the freedoms to even have this ceremony here today, and for that I'm grateful."

Smith, whose father served in the Vietnam War, said it's important to recognize that although people may not agree with putting our Soldiers in harms way, it's something that is necessary to preserve the freedoms that we enjoy.

"Nobody wants to see a Family member or friend go away to fight in a war overseas, but if we're not here to do it, who will be?" he asked. "If we're fighting for anything, I'm glad that we have our men and women here to fight for what matters, and that's our freedom."

Mangum also recognized the Family members of those who have lost a loved one throughout any of the conflicts.

"We can never repay you for your loss, but we can express our sincerest thoughts and prayers as you bear the burden of your loss and your warrior's sacrifice for our nation and world," he said. "During their service they are called Soldiers, Sailors, Marines, Airmen, Coastguardsmen and so forth, but once that service ends, they are, forevermore, known as veterans.

BEST: Program seeks to launch mentorship

Continued from Page A1

"She was spending her lunch break in her car knitting because she felt like she was completely isolated," he said. "The pressure she was feeling, and not having an outlet to relate to other females, got to the point where she had a breakdown."

BEST intends to begin a mentorship program between older and younger female Soldiers, and Gail Dwyer, guest speaker at the kickoff, and a graduate of the U.S. Military Academy and author of "Tough as Nails: One Woman's Journey Through West Point," said that mentoring can add meaning to Soldier's lives.

"I did not have a mentor at West Point. We were all concerned with our own survival," she began. "But fortunately, female Soldiers now have great opportunities to pick up a mentor and learn from each other."

Dwyer was in the second graduating class from West Point that had females in 1981, and she retired from the Army Reserve in 2004 as a lieutenant colonel. She shared wisdom with attendees, who were laughing and nodding to much of what she said.

"The three components of flourishing and wellbeing are relationships, meaning and accomplishment," she said. "It is a good thing for women to realize they can go far in the Army, and any program that enhances relationships among Soldiers and helps Soldiers share perspectives, making them stronger overall, will make the team ultimately stronger as well."

PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae, Fort Rucker garrison commander, speaks at the BEST kickoff event Nov. 7 at The Commons about the isolation of female Soldiers and what is being done to connect Soldiers.

Master Sgt. Brooke Houppert, B Company, 1st Battalion, 145th Aviation Regiment, said that she enjoyed the kickoff and that she wishes she had someone to mentor her when she was coming up in the Army.

"I think this can really help younger women. I think both men and women should have mentor groups because young men need help just as much as women," she said.

McRae said that if it is known that there is a need and a desire for other groups to form, then that need will be developed further.

"This is not about singling out one group based on one demographic. We all have a singular experience, and as we draw from other experiences we are able to adjust our worldview," said the garrison commander.

For more information, or to learn how to get involved, call 255-3735.

Thunder: Post theater selected to pre-screen movies

Continued from Page A1

Rucker is considering opening shows to non-DOD civilians, according to Col. Stuart J. McRae, Fort Rucker garrison commander.

"The more people we are able to bring to the theater the more sustainable it will be for the long term, and the money that the theater brings in goes back into Soldier programs," he said before he cut the ribbon Nov. 8.

Not only is the theater equipped to handle all new releases, without the previous long delays, but with the new set-up and an agreement with Disney, Fort Rucker moviegoers will enjoy first-run 3-D motion pictures as well, said Antonello.

"The quality of the digital viewing is something that our patrons need to come out and experience for themselves, along with updated snack bar and tasty menu items. There is nothing like fresh 'theater' popcorn. Everything in the snack bar is being updated – even the popcorn machine," said Chris Ward AAFES public relations specialist.

Fort Rucker has also been selected to pre-screen movies. The first prescreening will be the R-rated movie "Home Front" Saturday at 7 p.m.

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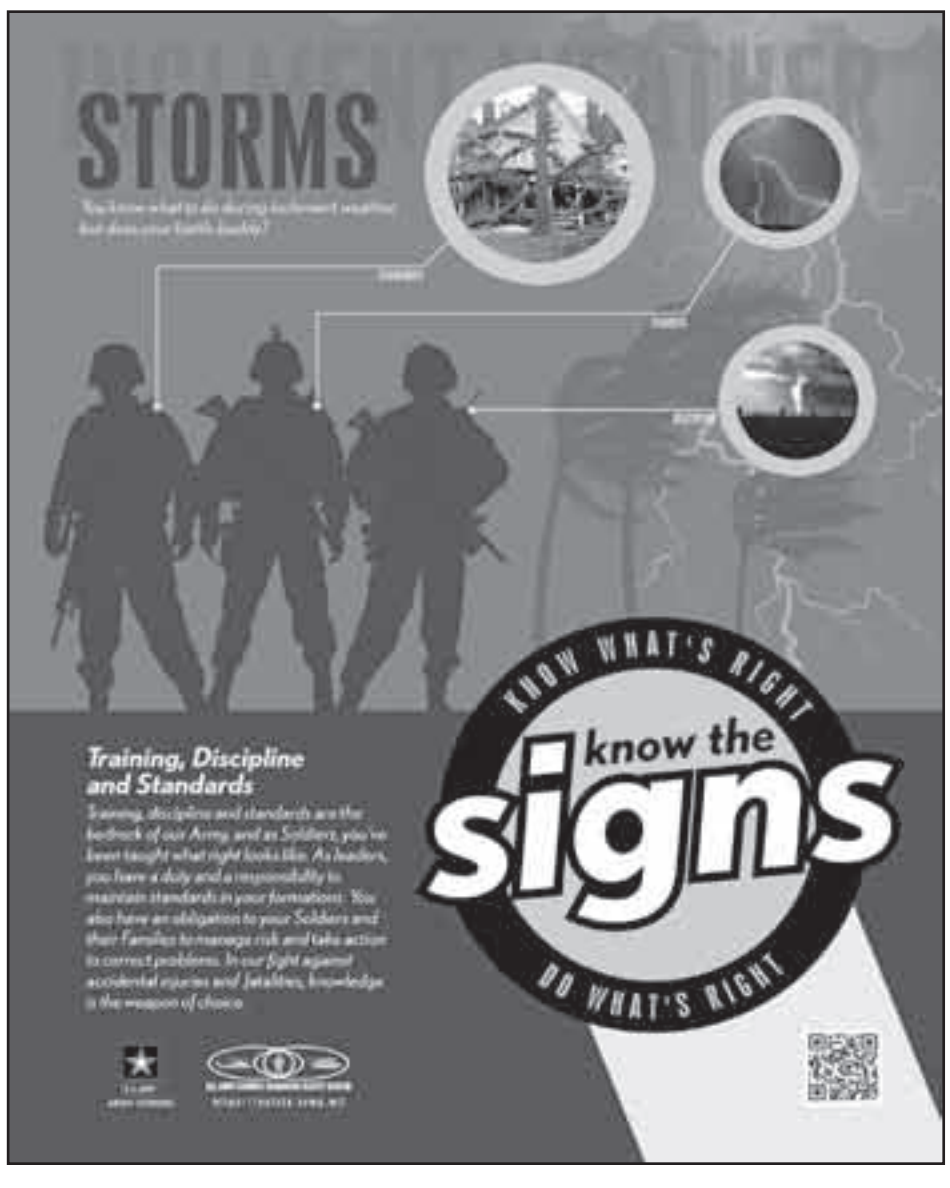

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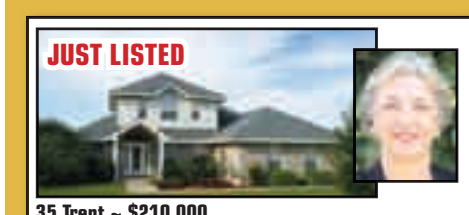

35 Trent ~ $210,000
Come see the new updates including gorgeous granite in the custom kitchen. Custom kitchen cabinetry including pantry, built in plate rack, display book nook as well as gas top stove, new refrigerator and under cabinet lighting. Large home office/den located downstairs with new wood flooring, wired for sound. New carpet and paint throughout. Formal dining room, large master suite with whirlpool tub and walk in closet. Huge floored, walk-in attic /storage. Two HVAC Units with UV filters.
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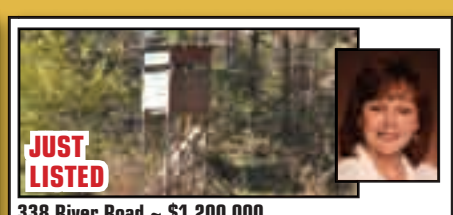

338 River Road ~ $1,200,000
400+/- ACRES! A wildlife lover's dream. 400+/- acres in Barbour County set up with the hunter/fisherman in mind. Permanent tree stands, nine feed lots, 1 mile of Pea River frontage, a pond, four-wheeler trails, 30- and 15-year-old pines, hardwoods that have never been cut, a cozy 2 bedroom/1 bath house with gas log fireplace, a 2 bedroom/1 bath bunk house, huge barn with equipment ... and deer, deer, deer. Turkeys, too! Owner even has mineral feeders set up to help grow the deer racks! The work has been done! Come enjoy!
JAN SAWYER 406-2393 *MLS# 20132335*

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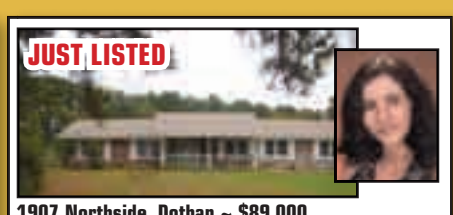

1907 Northside, Dothan ~ $89,000
Lots of room on this ranch. Very desirable area in Dothan, convenient to shopping areas, hospitals and schools. You can even take a walk to enjoy nature and a picnic at Emerald Lake, inside the subdivision. Excellent opportunity for an investor.
NANCY CAFIERO 389-1758
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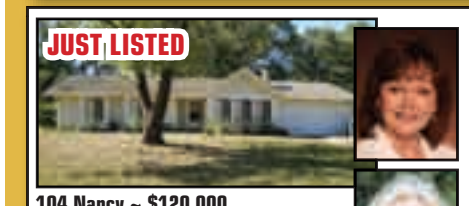

104 Nancy ~ $120,000
Great starter home or investment property. Cozy living room with fireplace, 3 roomy bedrooms, 2 baths, updated kitchen with stainless appliances, inside laundry room, large two car garage with a storage room with lots of shelves. Established neighborhood convenient to Fort Rucker/Enterprise gate, schools, churches and shopping.
JAN SAWYER 406-2393 & JUDY DUNN 301-5656
MLS# 20132341

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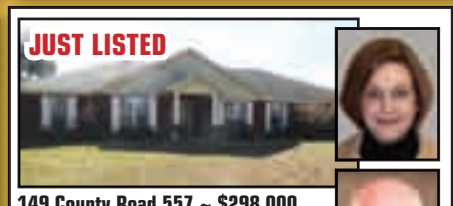

149 County Road 557 ~ $298,000
BRING THE HORSES!! This 4 bedroom, 2 bathroom house is located in relaxing Bridlewood on cul-de-sac just minutes from downtown. Large kitchen has a brushed nickel appliances & kitchen bar. Extra-large grandroom has corner fireplace & overlooks enclosed patio and sparkling pool. The pasture is fenced and ready for horses with access to barn and stalls.
MARY JONES 790-2933 & BOB KUYKENDALL 369-8534
MLS# 20132373

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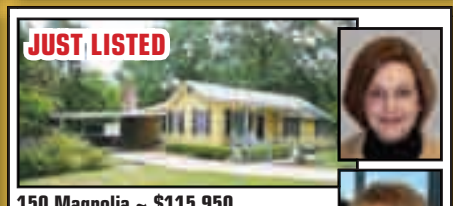

150 Magnolia ~ $115,950
This 4 bedroom, 2 bathroom house was recently updated and features a large kitchen that will be the perfect gathering place, spacious bedrooms and gleaming hardwood floors. Relax or have a perfect place to BBQ on the covered patio & deck that overlook the quiet backyard. Workshop is located in basement and has access from the inside and also walks out to covered patio area.
MARY JONES 790-2933 & FRAN CLAYTOR 790-5973
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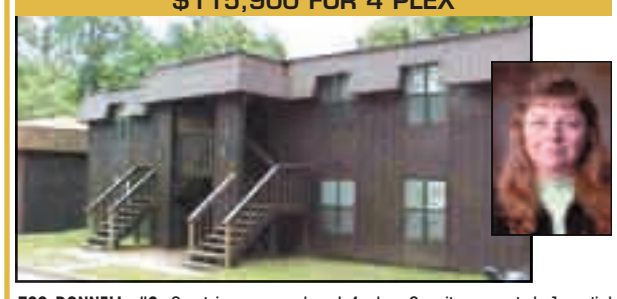
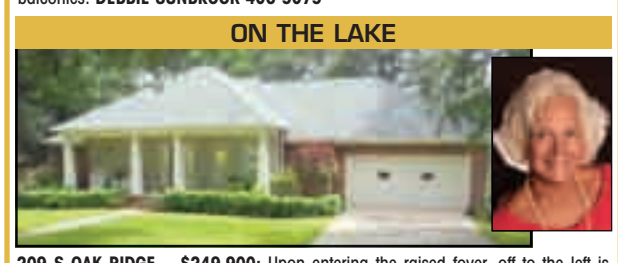


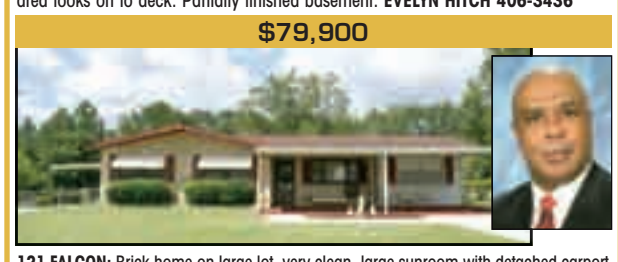
799 DONNELL, #6: Great income producer! 4 plex, 2 units renovated, 1 partial renovation, 1 new frig only. New flooring in 3 units, washer/dryer all units. Stays rented, 11-year lease, 2-year lease and 12-month lease. Two units have stainless appliances, two have white appliances, 2009 metal roof with 40-year written warranty. Very convenient to Fort Rucker, small town feel. Convenient to shopping or to Enterprise, about 10 miles. Exterior update in 2011 with new stairs, decks and balconies. **DEBBIE SUNBROCK 406-9079**

ON THE LAKE



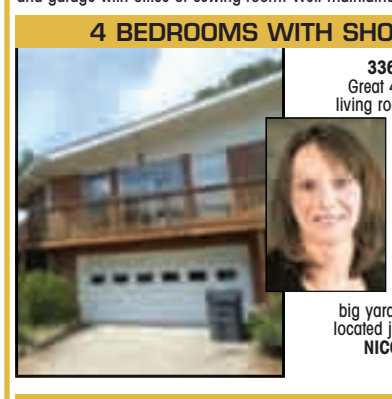
209 S OAK RIDGE ~ $249,900: Upon entering the raised foyer, off to the left is a formal living room, to the right a formal dining room, and straight ahead the grandroom with cathedral ceiling, gas log fireplace, crown molding and French doors leading to the deck which overlooks the pier and dock for fishing. Split bedrooms give you the ability to have your own private area and guest quarters for the visitors. Entertaining is easy here as you can walk from room to room. Breakfast area looks on to deck. Partially finished basement. **EVELYN HITCH 406-3436**

$79,900



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

4 BEDROOMS WITH SHOP BUILDING



3363 AUGUSTA ~ $175,000
Great 4 bedroom, very unique. Two living rooms, great entryway. 25' x 25' building outside with window air conditioning and electricity that makes a great workshop. Pavilion with a Jacuzzi to enjoy your evenings. Great wraparound covered porch and an oversized two-car garage with two garage doors and plenty space with built-in shelves. This property offers a big yard and plenty opportunity and is located just 3 minutes from Fort Rucker.
NICOLE ANNICELLI 464-0782

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303 PLAZA DRIVE: Centrally located for access to town & bypass. 2550 +/- sq. ft., over 25 parking spaces. **ANGIE GOODMAN 464-7869**

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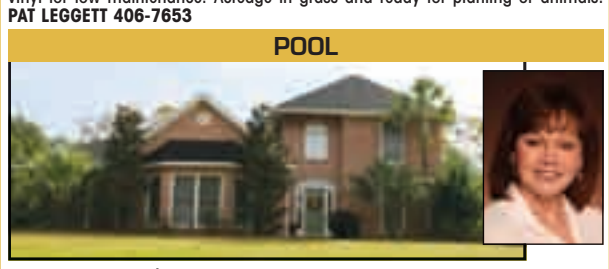
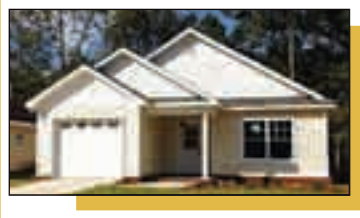


106 LAKE RIDGE: $284,000: Come take a second look! Impressive entry with marble foyer and spiral staircase, family room, dining room, den and large kitchen with breakfast area that now opens to den. Extra-large master bedroom with sitting area and two fabulous walk-in closets. Laundry room on first and second floor, central vacuum, heated & cooled hobby room off garage and storage room outside to left of garage. Freshly stained deck is perfect place to relax & enjoy the sparkling pool. Also has a parking pad for RV or boat parking with hookup in back yard. Just a golf cart ride to greens. **JAN SAWYER 406-2393**

THE COTTAGES AT WOODLAND PARK: 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, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom.
Directions: Boll Weevil Circle West. After you pass the Enterprise High School on your left, the next left is Jasmine Circle, The Cottages at Woodland Park signage.



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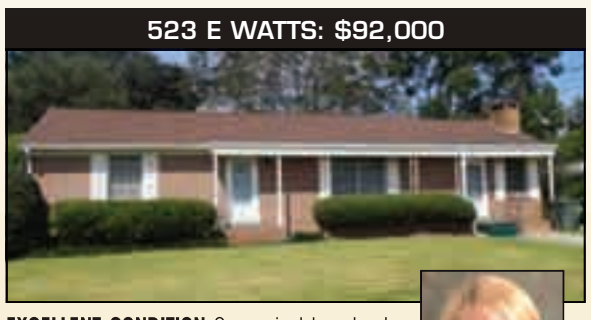

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OER, NCOER – Soldiers evaluated on commitment to ending sexual harassment

By David Vergun
Army News Service

WASHINGTON — A Soldier's performance in regard to fostering a climate free of sexual assault and sexual harassment will now be recorded on their officer evaluation report or non-commissioned officer evaluation report.

"Officers and noncommissioned officers must commit themselves to eliminating sexual harassment and assault and to fostering climates of dignity and respect in their units," said Secretary of the Army John M. McHugh.

McHugh spelled out the details in a Sept. 27 Army Directive titled "Assessing Officers and Noncommissioned Officers on Fostering Climates of Dignity and Respect and on Adhering to the Sexual Harassment/Assault Response and Prevention Program."

Follow-on guidance to that directive is provided in an Oct. 22 Military Personnel Message titled "Changes to the Evaluation Reporting System in Response to Army Directive 2013-20."

The MILPER directs that all officers and NCOs be assessed – within their OER or NCOER – on their commitment to the Army's SHARP.

Previously, leaders had the option of counseling or not counseling on their Soldiers' commitment or lack of commitment to preventing sexual harassment and assault. Now, that kind of counseling is a requirement, said David Griffee, chief of the Evaluations Branch within the Army Human Resources Command.

"The changes to the OERs and NCOERs are in line with the Army senior leaders' intent to ensure accountability from a top-down, bottom-up perspective," said Dr. Christine T. Altendorf, director of the Army SHARP Program Office.

"The enhancements to the evaluation system also instill confidence that the Army cares about the climate it is setting for its Soldiers, civilians and Family members," she continued. "It says we don't tolerate sexual harassment and sexual assault – nor leaders who do."

"This is no longer just a commanders' program. It's

SEE COMMITMENT, PAGE B4

PHOTO ILLUSTRATION BY DAVID VERGUN

Soldiers' performance in regard to fostering a climate free of sexual assault and sexual harassment will now be recorded on their officer evaluation report or NCO evaluation report.

PHOTO BY CW2 MICHAEL BERTHA

Flare up

An AH-64 Apache helicopter from 1st Attack/Reconnaissance Battalion, 10th Combat Aviation Brigade, Task Force Knighthawk, fires flares while conducting a security and reconnaissance mission Oct. 20 over Wardak Province, Afghanistan. 10th Combat Aviation Brigade's Apaches are frequently tasked with providing ground commanders close combat attack capabilities while conducting aerial over watch.

1st Air Cav crew chiefs: Turning wrenches to keep aircraft flying

By Sgt. Christopher Calvert
1st Air Calvary Brigade Public Affairs

FORT HOOD, Texas — He thought his buddy had just slipped and fallen, but when he got up, the blood began to flow. That's when he knew this wouldn't be an ordinary flight.

For Sgt. Matthew Arambula, a routine equipment drop in 2010 to Forward Operating Base Able Main, Afghanistan, will be forever etched in his memory.

This was one of his very first flights. As a crew chief, it's a hazard that comes with the territory, he said.

"Upon unloading the equipment, we started taking fire," said Arambula, a Belton, Texas, native. "One of the crew members on the other side of the aircraft was hit. Our routine mission that day ended up turning into a casualty evacuation to save our wounded battle buddy."

Arambula, a UH-60 helicopter repairer with Company B, 3rd Attack Helicopter Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, is a crew chief who keeps aircraft fit to fly – before, during and after flight.

Crew chiefs are charged with ensuring the aircraft they fly on is structurally sound, properly inspected and at all times maintained, as they are the first line of defense for detecting a user-level maintenance failure.

During flight, crew chiefs are responsible for face-to-face contact with passengers and cargo to ensure safe arrival at their destination.

Their workday begins well before the aircraft is unchained, said the soft-spoken Arambula.

"If I'm on a flight that day, I come in and immediately scrub the log book to ensure there's nothing preventing it from flying," said Arambula. "If it has deficiencies, I immediately make sure the bird gets the proper maintenance it needs before anyone steps foot on it."

After the log book is reviewed, crew chiefs perform a pre-flight check to validate the aircraft as fully mission capable, followed by a thorough preventative maintenance daily inspection after flight to ensure the helicopter is safe for future crewmembers.

Arambula initially only performed maintenance on aircraft for the first three years of his career, but during his deployment to Afghanistan, he was moved to a flight company and given his first chance to perform his duties at more than 4,000 feet in the air.

However, this was not without hesitation, he said.

SEE AIRCRAFT, PAGE B4

PHOTO BY SGT. CHRISTOPHER CALVERT

Staff Sgt. Joel Redman (inside helicopter), a Page, Ariz., native, UH-60 helicopter repairer, and battalion standardization instructor with Headquarters and Headquarters Company, 3rd Attack Helicopter Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, gives guidance to a crew chief who peers out of a UH-60 Black Hawk ensuring the safety of an air assault trainee as he rappels down from a live aircraft for the first time during training at Fort Hood, Texas.

Quick response keeps Black Hawk fleet airborne

By Jacqueline Boucher
Army Communications-Electronics Command

TOBYHANNA ARMY DEPOT, Pa. — The Army turned to Tobyhanna Army Depot for help when a piece of faulty equipment grounded a number of UH-60 Black Hawk helicopters.

To keep the fleet airborne, 20 depot technicians were tasked with rebuilding and overhauling hundreds of legacy CN-1314 Vertical Displacement Gyroscopes to replace the modern Fiber Optic Gyroscopes that weren't functioning properly. The Army Communications-Electronics Command's Enterprise Soldier Aviation Directorate, at Aberdeen Proving Ground, Md., funded the short-notice, high-priority project in June.

Less than 100 gyros remain of the 426 increase the depot received just a few months ago, according to Sam Capizzi, Airborne Communications/Instrument Branch chief. The team is scheduled to finish the job by the end of November.

A Black Hawk Safety of Flight memo was issued by the Aviation and Missile Command, headquartered at Redstone Arsenal, restricting all instrument meteorological conditions flights for the helicopters with the Fiber Optic Gyroscopes system installed.

"By acting quickly and being proactive, Tobyhanna Army Depot has helped reduce the safety of flight impact not only for CECOM, but most importantly the Soldiers who need to fly in IMC conditions," said John Watson, inventory management specialist, Enterprise Soldier Aviation. "The success of this project is a true testament to teamwork."

Watson is the item manager for the CN-1314 gyroscope.

What makes this situation unique is that the CN-1314 is an older asset that is being phased out (but still in the inventory) and replaced by the fiber optic gyroscopes, Capizzi explained.

SEE AIRBORNE, PAGE B4

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STARTING PAY: $10.18/HOUR

STARTING DATE: November 5th, 2013
CLOSING DATE: November 19th, 2013

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Minimum Qualifications:
Must possess a high school diploma or equivalent and a minimum of seven years of experience in general construction and/or engineering.

STARTING SALARY: $42,577.60/Annually

STARTING DATE: November 7th, 2013
CLOSING DATE: November 21st, 2013

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THE CITY OF ENTERPRISE IS ACCEPTING APPLICATIONS FOR THE POSITION OF:

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STARTING PAY: $10.18/HOUR

STARTING DATE: November 5th, 2013
CLOSING DATE: November 19th, 2013

To apply, Return Completed Application to:
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Primary Requirements: Possess and maintain ADEM Grade III Wastewater certification; possess high school diploma or equivalent; possess and maintain valid Alabama drivers license; possess ability to work nonstandard hours, holidays, and weekends as scheduled; must meet City physical standards including drug and alcohol testing.

Starting Salary: $26,582.40

OPENING DATE: OCTOBER 30, 2013
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THE CITY OF ENTERPRISE IS ACCEPTING APPLICATIONS FOR THE POSITION OF:

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Commitment: Leaders encourage communication

Continued from Page B1

now an all-leaders' program," Griffee said. Leaders at every level will be assessed on how they're meeting goals and objectives to further improve the command climate.

Those goals and objectives will be left up to the discretion of each leader, since they are in the best position to observe and affect the direction of their commands, he said. Subordinates as well should be setting their own goals in the interactive counseling process.

If ideas or resources pertaining to goals and objectives are needed, Griffee suggested that Soldiers seek out their unit SHARP or victim advocates.

Leaders are being given a lot of latitude and responsibility in working with their subordinates to set the climate.

Some leaders have asked for examples of what to write in the OER and NCOER, said Lt. Col. Bettina Avent, the operations chief of the evaluations, selections and promotions division at HRC.

"We're choosing not to give specific examples, because history has proven to us that when we do that, people copy and paste those and it becomes an exercise in futility," she said.

"The point we're making is that leaders at every level need to take the time to think, consider, communicate, coach, teach and mentor those that they lead in what 'right' looks like and what performance objectives and behaviors should be," she continued. "We specifically don't provide example comments because we want each leader to embrace communicating with people they're rating."

The new policy affects Soldiers no matter where they are, including those in Army and other service schools, as well as Soldiers in civilian institutions such as those attending degree completion programs, Avent said.

Although the changes to the evaluations are designed to reinforce the requirement for leaders to set the correct command climate so victims feel free to report without fear of reprisal, Soldiers who believe they've experienced professional retaliation for reporting sexual assault and sexual harassment may seek recourse through the Army Board for Correction of Military Records, part of the Army Review Boards Agency, Altendorf said.

Griffee concluded that "the Army has always held Soldiers accountable when they fail. This is holding them accountable for doing the right thing, ensuring they're fostering a climate of dignity and respect.

"It's sending a signal to the field that the Army is recognizing Soldiers for the positive things they are doing to better the Army," he said.

Airborne: Volunteers help tackle increased workload

Continued from Page B1

Tobyhanna works on both models of the legacy gyroscope.

To meet customer requirements, the branch needed to overcome a few obstacles. CECOM worked with Tobyhanna controllers and promptly came up with solutions to handle the increased workload with additional manpower and by starting a new production line, according to Watson.

"These employees have surpassed all expectations," said George Bellas, director of the command, control, computers and avionics directorate. "I'm extremely proud of the quality and quantity of work they've accomplished in such a short period of time."

On average, nine employees complete about 60 vertical displacement gyros a month for CECOM. This short-term increase in fiscal year 2013 operations necessitated a third shift and required training new employees to support the workload.

"Volunteers from other avionics shops stepped up to help with this project," Capizzi said. "It took about a month to get everyone trained and up to speed. Steadily and surely, they started to produce gyros."

Employees are sorted into four areas — builders, calibrators, rotor buildup, and banders and debanders.

Bellas mentioned that the gyro work is "micro-mechanical" and requires highly skilled technicians with a steady hand, patience and good eyesight. The two shifts have a mix of experienced and inexperienced employees working together, he said.

It takes nearly 30 hours to disemble, overhaul, rebuild and then test the asset, according to Pam Eisenhauer, electronics mechanic who has worked on gyros for about seven years.

"Different people have different responsibilities," Eisenhauer noted. "It's been a lot of hard work and we're getting the job done — as a team."

Aircraft: Transition into flight provides new maintenance insight

Continued from Page B1

"I'm afraid of heights," said Arambula. "When my first flight company took me in the air, I knew right then that I'd be good. When I'm flying in an aircraft, I'm not scared at all."

The transition from solely maintaining aircraft to also flying was a major change for him. One that gave him a much keener eye when performing maintenance, he said.

"It was a pretty big transition from turning wrenches all day at the FOB [Forward Operating Base]," said Arambula. "I still enjoy flying more than strictly maintaining. When you're flying four times a week and working more than 12 hours a day during a deployment, it makes you focus a lot more on the ground while working on the aircraft."

Now a veteran crew chief, Arambula hopes to progress by being trained as a company flight instructor, much like fellow Spearhead crew chief Staff Sgt. Joel Redman did before him.

Redman, the 3rd AHB standardization instructor with Headquarters and Headquarter Company, began his career as a UH-60 helicopter repairer in 2003 and was sent to C Company when it stood up in August 2006.

Between deploying twice to Iraq and once to Afghanistan within six years with the battalion, Redman was sent to Fort Rucker to attend the UH-60 aircraft crewmember standardization instructor course.

Since August, he has served as the battalion SI and has managed the battalion's air crew training program; a task about which Redman said he has his work cut out for him.

"I manage the crew chief flight aspect for the commander," said the Page, Ariz., native. "I ensure crew chiefs receive the proper training and annual evaluations required of them, and I help facilitate the flight schedule. I train a lot of new crew chiefs and give them their check ride."

With these duties and inherent responsibilities, there come many challenges, he said.

"Time management becomes paramount," Redman said. "You have to fit in time for physical training and studying on your own to ensure you maintain a certain academic knowledge of maintaining, regulations, flight rules, tactical aircraft systems, aeromedical knowledge and how to utilize the M-240H machine gun as a door gunner."

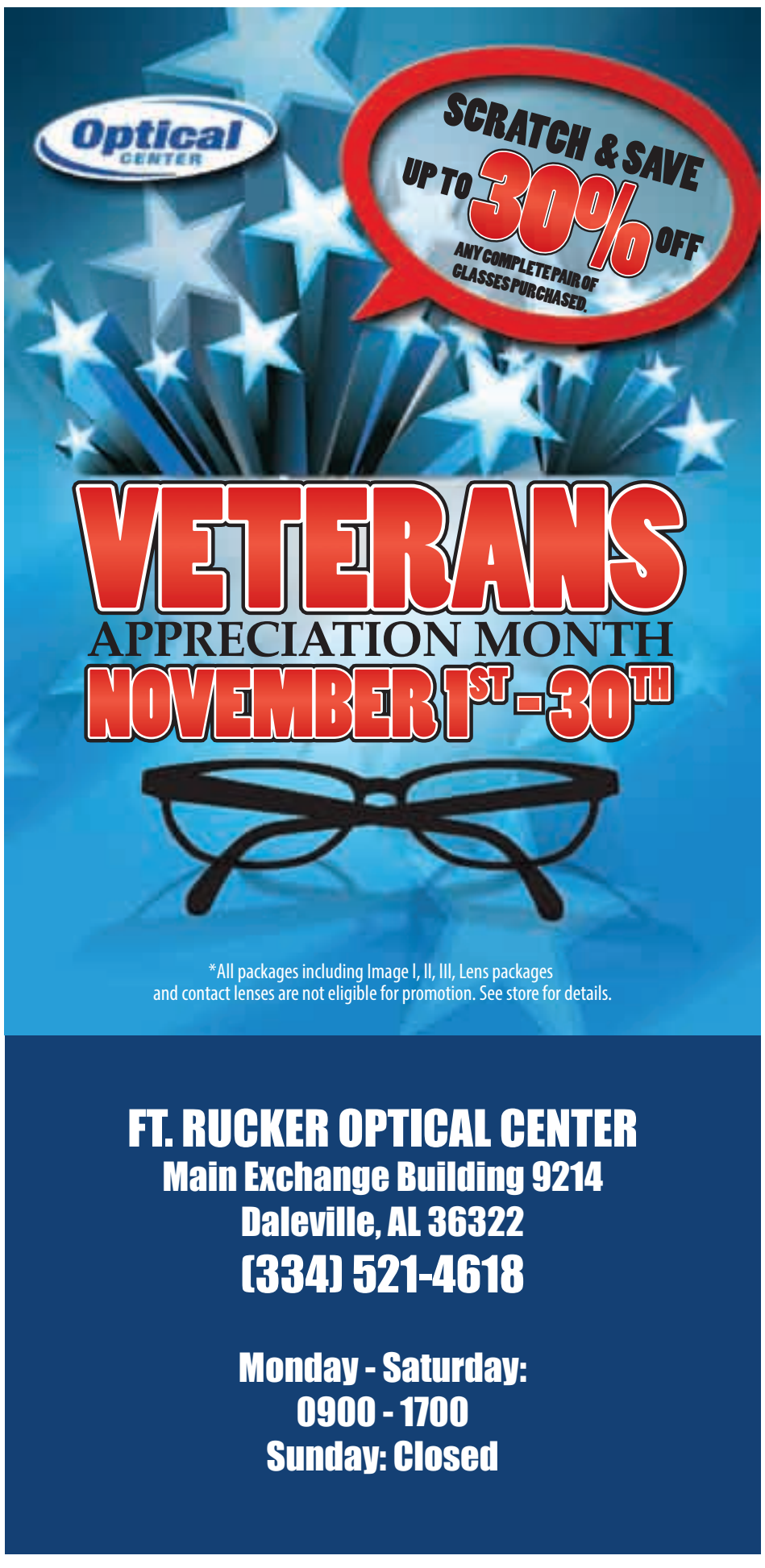
Faced with these daily challenges, Redman no longer turns wrenches on a day-to-day basis like he did in the beginning of his military career.

Despite this, he keeps with him the sense of pride he's had all along as a crew chief, he said.

"I remember the first phase I did for 30 days in Korea as a crew chief," Redman recalled. "I had such a strong sense of accomplishment when I sat on a grassy field and watched the bird I had been taking apart for the past month take off. That's something I'll never forget."

Now often away from his toolbox, he feels a completely different, yet equally fulfilling, sense of pride when training newcomers to the "Spearhead" battalion.

"There's a feeling I love, and you can see it in every crew chief's' eyes, when everything comes together and clicks," said Redman. "There's a fire hose blast of information crew chiefs have to remember when they start flying. It's a great feeling when I just trained someone, and I hear back from the pilot saying he's a good crew chief."



EMPLOYMENT
Hero 2 Hired resource for Soldiers, veterans, spouses
Story on Page C4

NOVEMBER 14, 2013

DFMWR offers specials to Families

By Sara E. Martin
Army Flier Staff Writer

To say "Thanks!," to military Families, the Fort Rucker Directorate of Family, Morale, Welfare and Recreation will be offering specials throughout the month of November to recognize the contributions they have made to the nation.

"We hope our military Families accept these tokens of appreciation for their service to our nation. We welcome the opportunity to provide the best customer service to show our support of our Families," said Janice Erdlitz, DFMWR marketing director. "We invite all military Families to accept our gratitude for their service, and also accept the offers from our Family and MWR facilities all month long."

DFMWR strives to enrich the lives of Soldiers, Families, retirees and civilians, Erdlitz said, adding that DFMWR's goal is to provide a strong sense of community, and show pride for the service of Soldiers and Families alike.

PHOTO BY EMILY LEMMON

Soldiers and civilians stop and eat lunch at The Landing Zone during its grand opening. As a token of appreciation to military Families, two children 12 and younger eat for free Tuesdays–Saturdays at The Landing Zone. Children must order off the children's menu and adults must purchase an adult dinner entrée and beverage. For more information, call 598-8025.

- Army Community Service will host a Family Game Night Nov. 22 from 5-7 p.m. at the Fort Rucker-Corvias Partner Building in Bldg. 2908. For more information, call 255-3735.
- The Automotive Skills Center is offering free oil changes for the Family car on Wednesdays, but participants must bring their own oil and filter. For more information, call 255-9725.
- Center Library will give one extra DVD check-out during November. For more information, call 255-3885.
- The Coffee Zone in The Landing Zone will allow patrons to purchase a specialty drink for half price when they buy one specialty drink. For more information, call 598-8025.
- Leisure Travel Services is giving a 10 percent discount off regular Disney World tickets. For more information, call 255-9517.
- Families can receive a $10 discount on a weekend getaway at Lake Tholocco Lodging as well as receive a $10 discount for any Family pony party during the month of November at the Fort Rucker Riding Stables. For more information, call 255-4305.
- The Rucker Lanes Bowling Center is offering a buy-one-game, get-one-50-percent-off for Xtreme Bowling for members of the same household or immediate Family members. Families can also get a free drink upgrade to 32oz for all Lunch n' Bowl purchases. For more information, call 255-9503.
- Silver Wings Golf Course is offering discounts, as well. A two-for-one golf games with cart special after noon is available to members of the same household or immediate Family members. For more information, call 598-2449.
- At The Landing Zone, all through November, two children 12 and younger eat for free Tuesdays–Saturdays. Children must order off the children's menu, and adults must purchase an adult dinner entrée and beverage. For more information, call 598-8025.
- Along with these discounts, the installation is also hosting special events, including Camping Under the Stars Saturday in conjunction with the "Tell Me a Story" program. Camping and other activities will be held throughout the evening. For more information, call 255-9810.
- The annual Thanksgiving feast at The Landing will be a "true Family affair," and a special military-Family rate is available, said Erdlitz. The Family rate is $39.50 for two adults and up to two children, ages 12 and younger. Regular price $16.95 for adults, $6.95 for children ages 6-12 and $3.95 for children ages 3-5. For more information, call 598-2426.

Mini CDC offers care at all hours

By Nathan Pfau
Army Flier Staff Writer

It's no secret on Fort Rucker that Soldiers and Family members work through all hours of the day, and the installation wants to make sure that those Families are taken care of when it comes to child care.

The new 24/7 Mini Child Development Center will have its grand opening Friday at 3 p.m. to showcase what it has to offer to Soldiers and Families that work non-traditional hours, according to Pam Williams, Fort Rucker Child, Youth and School Services coordinator.

"The Mini CDC is designed for Families that need child care outside of traditional work hours that can't be accommodated at the CDC," said Williams. "It's for people like air traffic controllers, flight instructors, flight students or any number of those that have to work through the night.

"They have non-traditional or shifting schedules, so this will be a huge advantage for the unique population that we have here on Fort Rucker," she added.

The new facility features a living room, a den, a reading area, an open area, a full kitchen, a crib room for infants, an outdoor playground and separate sleeping rooms for boys and girls.

Each of the sleeping rooms are fitted with eight beds, storage compartments and full bathrooms that can be utilized for overnight care if needed, said Williams.

The concept came about around 2007 when the idea was thrown around for a facility like the Mini CDC, she said. The CDC was having issues meeting the needs of those that worked throughout the night, and some childcare providers were even electing to stay throughout the night to care for these children.

PHOTO BY NATHAN PFAU

Sasha LaForge, supervising program specialist for the CDC, showcases the sitting and reading area in the Mini CDC Tuesday. The Mini CDC will have its grand opening ceremony Friday at 3 p.m.

"They were working these late nights and early mornings, and they were getting really burned out because it was just too much to handle," said Williams. "We did a survey and found that we had the right population for something like this, and when the window of opportunity opened up, we seized it and submitted the paperwork to get started. Now it's a reality."

The Mini CDC also meets all the same standards as its bigger sister for fire, health and safety, but can only accommodate up to 20 children at a time.

"Although the capacity is much smaller, it should be able to meet the need," said the CYSS coordinator. "The building is primarily for full-day care, part-day care and even hourly care on a space-available basis."

The same people with the same experience that provide care for the children at the CDC will be providing care for those at the Mini CDC – child and youth program assistants. The assistants go through the same training program as the other childcare providers, and a manager will always be on duty at the new facility, said Williams.

Although the facility is not the first of its kind, Williams believes it's the first of its kind being used specifically for the purpose it was designed for.

"A lot of other installations are doing hourly care only, but for our population of flight students and instructors that work during so many of those non-traditional hours may have a greater need, and I think we can really meet that need," she said.

The Mini CDC will utilize the same lesson plans and curriculum that is used in its sister building, but will be more of a multi-age grouping depending on the children that are there, said Williams, adding that it depends on the number of full-time care versus part-time care and hourly children who are in the facility.

"We really try to meet the needs of the individual child, as well as the development of the group," she said. "We try to provide a print-rich environment so that they're interested in reading, and we give them that individual attention with one-on-one correspondence.

"That's how you learn those abstract concepts later in life, by having those concrete experiences as a child," said Williams. "You learn by doing. You learn by putting your hands on it, so we just provide lots of that, and our caregivers are very interactive with the children so that it's very developmental."

For more information, call 255-2375.

On Post

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

Newcomer's Welcome

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

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

Camping Under the Stars

Fort Rucker Families are invited to Camping Under the Stars Saturday at outdoor recreation. The event features Tell me a Story, where children will hear the story, "Click, Clack, Moo-Cows That Type" by Doreen Cronin from 7:30–8 p.m. The Military Child Education Coalition's Tell me a Story is an initiative created to empower military children by using literature and their own stories, geared toward children ages 4-12. Col. Stuart J. McRae, Fort Rucker garrison commander, will return as the guest reader. Each Family will receive a copy of the featured book. Admission is free, but space is limited! People can reserve books by emailing Kimberly.kozel@us.army.mil or calling 255-9812. Other activities will be held from 4–10 p.m., and include games, s'mores, story reading and a movie on the big screen from 8–10 p.m. People are welcomed to bring tents, blankets and chairs for the camping experience. There will be a limited number of tents that hold up to six people available for rent. For more information and to reserve a tent, call 255-9810.

Military Family Appreciation Month

November is Military Family Appreciation Month and the Fort Rucker Directorate of Family, Morale, Welfare and Recreation offers activities and specials throughout the month as a way for it to say "Thank you!" to military Families. For a list of specials being offered, visit www.ftruckermwr.com.

Mini CDC Grand Opening

Fort Rucker's 24/7 Mini Child Development Center will have its grand opening Friday at 3:30 p.m. at Bldg. 8946 on Seventh Avenue behind the main CDC. The 24/7 Mini CDC will offer a house-like setting, with sleeping rooms for boys and girls, an infant room with cribs, a living room, den, fully operational kitchen and isolation rooms for children who become ill during their stay. The building also has a fenced-in playground. The facility has a capacity for 20 children between the ages of 6 weeks to 12 years old. Hourly care will be available on a space available basis.

For more information, call 255-9638.

Christmas tree ornament contest

Fort Rucker Directorate of Family, Morale, Welfare and Recreation holds its Christmas tree ornament contest now through Nov. 27 for children ages 3-11. Ornaments may be turned into the youth center, child development center or parent central services located in the Soldier Service Center, Bldg. 5700. Participants should label their entry with the child's name and age, and the guardian's name and contact information. All entries will be displayed on the post Christmas tree and awards will be presented during the Christmas Tree Lighting Ceremony Dec. 5. Prizes will be awarded to first-place entries in the following categories: 3-4 years old, 6-8 years old and 9-11 years old.

PHOTO BY SARA E. MARTIN

Hollyday Bazaar

The Fort Rucker Community Spouses Club will hold its Hollyday Bazaar Saturday from 9 a.m. to 4 p.m. at Yano Hall. The pre-holiday shopping event has been a Wiregrass tradition for more than 30 years, according to FRSC officials. This year's event features more than 75 vendors, holiday goods, music, entertainment, prizes, a visit from Santa and more. Proceeds will benefit FRCSC scholarship and community welfare programs. Admission will be $5, while those ages 12 and younger are admitted for free.

For more information, call 255-1749.

Thanksgiving craft making

Center Library hosts a Thanksgiving craft making activity Tuesday from 3:30–4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children, ages 3-11, to register.

For more information or to register, call 255-3885.

EFMP Lunch and Learn

The Fort Rucker Exceptional Family Member Program hosts its Lunch and Learn session Wednesday from 11:30 a.m. to 12:30 p.m. at The Commons. Keeping your cool with children with autism spectrum disorders will be the topic. The presenter will be Nicole Slay, a board-certified behavior analyst. Registration is required by Monday. The event is open to the Fort Rucker and military communities. There is no cost to participate.

For more information or to register, call 255-9277.

EFMP Information and Support Group

The Exceptional Family Member Program invites all active-duty military Families with an exceptional or special-needs Family member to attend its information and support group Nov. 21 from 9–10 a.m. at The Commons, Bldg. 8950 on Seventh Avenue. The topic for the meeting is EFMP respite care, and the rligibility and enrollment process will also be discussed. The free group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information or to register, call 255-9277.

Hired! winter term

Fort Rucker Child, Youth and School Services offers its Hired! winter term prerequisite training Nov. 23 from 8 a.m. to 1 p.m. at the youth center in Bldg. 2800. CYSS-registered teens will have the opportunity to complete the six required trainings needed in order to begin the process to become a Hired! apprentice. A brown bag lunch will be provided. Attendees should bring a copy of their birth certificate, photo identification, Social Security card and a current report card.

For more information, call 255-2260.

DFMWR Spotlight

Army designates Army Resiliency Directorate

By Army G-1
Public Affairs

WASHINGTON — Lt. Gen. Howard B. Bromberg, the chief of Army personnel, directed the re-designation of the Headquarters, Department of the Army G-1 Human Resources Policy Directorate as the Army Resiliency Directorate Nov. 4.

As the proponent for the Department's Ready and Resilient Campaign, ARD focuses Army resources and programs prioritized to enhance unit readiness and resilience of among Soldiers, Family members and civilians. ARD's re-designation better describes the key roles this staff agency performs in support of this critical Department mission.

"We are changing how we do business. The Army is maximizing our personnel's readiness by enhancing their resilience," Bromberg said.

Beyond the last decade, the Army has established a number of programs to enhance the comprehensive physical, mental, emotional and spiritual resiliency of the total force amidst challenges brought on by 12 years of war.

"The Ready and Resilient Campaign plan is about being positive. It's about synchronizing all the programs and resources to support our valuable resources; Soldiers, Family members and civilians," he added.

Ultimately, the Army endeavors to maintain its capability to rapidly deploy and sustain ready and resilient forces to prevent conflict, shape the security environment and win the Nation's wars. According to Bromberg, there is a lifecycle component to the R2C plan, which means the Army expects to achieve enhanced readiness and resilience over time.

Army promotes healthy lifestyle for Soldiers, Families

By Lisa Ferdinando
Army News Service

WASHINGTON — The Army is promoting healthy lifestyle choices to improve the readiness and resilience of Soldiers, and the health and wellbeing of Army Families, said the Army's surgeon general.

Lt. Gen. Patricia D. Horoho, commanding general, U.S. Army Medical Command, said simple lifestyle changes in three key areas – nutrition, activity and sleep – can vastly improve the health of the force and the nation.

"By focusing on these three elements, we can improve health beyond our healthcare clinics and our military treatment facilities," she said.

Horoho spoke at the 2013 Association of the U.S. Army Annual Meeting and Exposition Oct. 22 in Washington.

The general highlighted the Army's pilot Performance Triad program that focuses on Soldiers making healthier choices to improve health and readiness.

The Performance Triad, she said, is about helping Soldiers be better Soldiers, better spouses and better people.

"For the first time, we're going to look at these interventions – activity, nutrition and sleep – through the unique lens of your brain, both the conscious and subconscious," she said.

The triad, part of the Army's Ready and Resilient Campaign, advocates a culture shift by encouraging every Soldier to develop a mindset that drives them to optimize their health in order to improve their performance and resilience.

"If we collectively decide that we can embrace these changes, then we can move our Army from being focused on disease and illness in our Families, in our units and our military treatment facilities," Horoho said.

The pilot program launched at Joint Base Lewis-McChord, Wash., in September, with other pilots are taking place at Fort Bliss, Texas, and Fort Bragg, N.C.

The nation is facing a health crisis, Horoho said, because Americans make poor health decisions. Many are skipping exercise, eating poorly or failing to get enough sleep.

"This could be the first generation of children in the United States that lives less than their parents," she said. "Nine out of 10 Americans – nine out of 10 of us in the room – will die of some preventable illness, whether its heart disease, diabetes, stroke or cancer."

PHOTO BY LISA FERDINANDO

Lt. Gen. Patricia Horoho, commanding general, U.S. Army Medical Command, speaks about healthy lifestyle choices at a forum at the Association of the United States Army Annual Meeting and Exposition Oct. 22 in Washington, D.C.

The general said the average American sits or lies down for 21 hours each day. Only one in four Americans is eligible for military service because of health or legal issues.

Changes need to be embraced, as the health of the nation and the Army is at stake, she said.

"If we don't make those changes, we will not be able to respond to the nation's call, and preserve the freedoms that we enjoy each and every day," she said.

Horoho said sleep is the "single most important thing, because it has such a huge impact on our ability to make decisions and our overall health."

She recommends: staying active throughout the day, including 30 minutes of activity in the morning and 30 minutes in the afternoon; eating calories, instead of consuming them in sugary drinks; having caffeine only in the morning; and getting seven uninterrupted hours of sleep.

"I believe that we can do this, and I believe we have to do this as a nation," she said.

COURTESY PHOTO

Pick-of-the-litter

Meet Sabrina, a 1-year-old female calico that is available for adoption at the Fort Rucker stray facility. She has a very friendly attitude. She is extremely social and vocal with unique markings and a batman look. It costs $80 to adopt Sabrina and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and Spaying/Neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, 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, BLDG. 109

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

MAIN POST CHAPEL, BLDG. 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, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 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 p.m./6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/ Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.

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II LAST VEGAS - PG13
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III 12 YEARS A SLAVE - R
Mon - Fri: 7:00 & 9:30
Sat & Sun: 2:00, 4:30, 7:00 & 9:30

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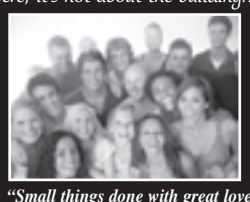
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Hero 2 Hired resource for Soldiers, veterans, spouses

By Lisa Ferdinando
Army News Service

PHOTO BY LISA FERDINANDO

Sgt. Maj. Wayne Bowser Sr., the senior enlisted adviser for Family and Employer Programs and Policy in the Pentagon's Office of Reserve Affairs, discusses resources available on H2H.jobs, during a visit by an officer to the Hero 2 Hired Mobile Job Store in Washington, D.C., Oct. 23.

WASHINGTON – With millions of job listings and advice for job seekers, the "Hero 2 Hired" website is a tremendous resource for Guardsmen, Reservists, veterans and spouses, said a top enlisted adviser.

Sgt. Maj. Wayne Bowser Sr. wants to make sure the military community is familiar with the site, H2H.jobs.

"H2H.JOBS," he enthusiastically tells audiences, encouraging them to repeat, with gusto, the name several times.

Bowser, the senior enlisted adviser for Family and Employer Programs and Policy in the Pentagon's Office of Reserve Affairs, said he wants veterans and their spouses to be familiar with the site and use the tools and resources available, with good reason.

"Right now, so many folks are either underemployed or unemployed," he said. "This is a very unique time. There couldn't be a better time for Hero 2 Hired."

Bowser and his team crisscross the country with a unique tool – the Hero 2 Hired Mobile Job Store – a truck that rolls into career fairs and other events to bring the resources straight to the fingertips of the military community.

"We take the mobile job store across the nation better than 200 days a year," he said. "We take it around east coast, west coast, anywhere where we can find service members and spouses looking for jobs."

The mobile job store contains computer terminals where users can access the H2H.jobs website. H2H staff members are on hand to answer an assortment of questions, and to give advice on navigating the site, how to apply for jobs and where to find career tips, Bowser said.

Access to the site is open to current active-duty or Reserve members from any branch, members of the National Guard, veterans, and spouses. Registered users can apply directly to any of the more than 3.7 million jobs on H2H.jobs, Bowser said.

The initiative is part of the Department of Defense Yellow Ribbon Reintegration Program.

More than 19,000 individual employers are on the site, Bowser said, and those employers made the commitment to help service members and spouses find jobs.

People are often surprised to learn about H2H.jobs, Bowser said. They will say they had no idea so many resources were available for free, with just a click of a mouse.

Hero 2 Hired also has a mobile app and a static display, as well as small kiosks that are rotated between Reserve units in every state and the U.S. territories, Bowser said.

Even if a person has a job, it is beneficial to know the site, said Bowser, in case his or her employment situation changes.

The website contains a wealth of information, including tips for a successful job interview, resume templates, and helpful links to external employment resources, Bowser said

Hero 2 Hired, which is less than two years old, has been a huge success, he said.

"It's growing every single week," Bowser said.

Sgt. Maj. Wayne Bowser, Sr., the senior enlisted adviser for Family and Employer Programs and Policy in the Pentagon's Office of Reserve Affairs, stands next to the Hero 2 Hired Mobile Job Store at the Association of the United States Army Annual Meeting and Exposition in Washington, D.C., Oct. 23.

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Thousands pause at memorial to honor Vietnam veterans

By Lisa Ferdinando
Army News Service

PHOTO BY LISA FERDINANDO

The reflection of a Vietnam veteran is seen at the Vietnam Veterans Memorial Wall in Washington, D.C., Nov. 11.

WASHINGTON — Under blue skies on a sunny fall day, thousands of Vietnam War veterans, Family members and other supporters gathered at the Vietnam Veterans Memorial in Washington to pause in quiet reflection and remember the those who died in the war, and to honor all who have served.

"This is a wall that recognizes those who love their country and made the supreme sacrifice," retired Gen. Colin Powell said at the Veterans Day event at the Vietnam Veterans Memorial Wall Monday.

"I have visited this wall many times and have often said that there is magic on this wall," said the Vietnam veteran, former secretary of state and ex-chairman of the joint chiefs of staff. "I have brought visitors from other nations here to show them how we respect those who served and died for our nation."

Powell, noting the day is the 20th anniversary of the Vietnam Women's Memorial, recognized the women who served in Vietnam.

"On this Veterans Day, let's give thanks to all the veterans who served and especially to the women who served silently and who are now only in recent years getting the recognition they deserve," he said.

"Let us ask God to bless our troops still in combat, to bless our veterans and bless this wonderful country of ours," he said.

Veterans and their loved ones paused in solemn tribute to the fallen; they touched the black granite wall in emotional remembrance of those who did not make it home, and made rubbings of the names of service members. More than 58,000 names are etched in the wall.

Veterans and Family members, the young and the old, made their way past the names, passing roses, pictures, notes, and other mementos left at the wall in a silent memorial to the fallen service members.

Army veterans James Levine and Tom Brown drove from Orlando, Fla., to visit the memorial on Veterans Day. They plan to travel on to Ground Zero in New York City to pay their respects to those killed in the terrorist attacks of Sept. 11, 2001.

Levine, who was in Vietnam from 1973 to 1975, said Veterans Day means a tremendous amount to him.

"This is our way of gathering and showing our respect for the brothers that have not returned," he said. "As an American, I'm proud."

Brown, who was in Vietnam from 1968 to 1969, said he shares camaraderie with the other veterans at the memorial.

He struggled for decades after Vietnam, Brown said, adding it took 40 years before he could cry or feel emotions again. He acknowledged the times are different now, and service members are now going to get help for post-traumatic stress.

"There's a light at the end of the tunnel," he said. "It's a traumatic experience, just like a bad automobile accident, you never forget it."

He said he and Levine do group facilitating for veterans and that he helped start a veterans connection group in Orlando.

"It's just vets helping vets cope," Brown said.

Hank Llewellyn just met Levine and Brown, but said he felt a kinship and was able to share stories about the Army, Vietnam and life in general. The trip to Washington brings more healing, he said.

Llewellyn said he was drafted for the war and was in Vietnam from 1967 to 1968.

"When I got back from Vietnam, it wasn't a very popular thing to be a veteran, so I more or less put Vietnam behind me, or I tried to," he said.

He said he came to the wall for the dedication in 1982, and has been back every year, with the exception of just one time.

In stark contrast to the Vietnam era, he said, the country now appreciates those who have served in the military. He said that support makes him feel great.

"You have children coming up to you thanking you for your service," he said. "It just makes it all that much better to come here, and go home with a good feeling for another year."

Bill Boyce, Bob Matulac and Bob Hansen each traveled from a different location: Illinois, California and New Jersey, respectively, to meet up with each other in Washington.

Gold Star wives and veterans with the 1st Cavalry Division attend the Veterans Day activities at the Vietnam Veterans Memorial Wall Nov. 11.

They placed a wreath in honor of their fellow service members with a company of the 5th Battalion, 7th Cavalry. They come each year to honor those who served in Vietnam.

"It reflects back to all the fellows we had with us that didn't make it back, and the ones that were wounded," said Hansen. "It's a very important day to us."

Women who served in Vietnam told their stories of service at the Vietnam Women's Memorial, as they marked two decades since the statue's dedication.

Wreaths encircled the memorial, and Bibles and photographs of nurses who died in Vietnam were at its base. Visitors gently placed red roses, one by one, at the memorial.

The speeches of the female Vietnam veterans were recorded for archiving in the Library of Congress where they can be viewed for generations to come, said Diane Carlson Evans, who was an Army nurse in Vietnam and who led the years-long effort to have a memorial established for the women who served in that conflict.

"We have to come now to share those stories because someday we won't be able to," she said. "If it wasn't for this Vietnam Women's Memorial that we dedicated 20 years ago, we wouldn't be here sharing these stories. We wouldn't be here connecting."

The women's memorial is a place of healing, sharing stories, connecting, and educating others about the role of women in Vietnam, she said.

An Army nurse, Anne Koch Voigt, and a Soldier, Larry Sudweeks, shared their story about how they reunited, for the first time since the war, at the memorial this Veterans Day.

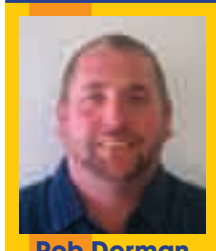
"We're thankful to you and you will always be in our hearts; you will never be erased," said Koch Voigt about the Soldiers whom the nurses treated. Koch Voigt was in Vietnam for one year, beginning in December 1968, with the 93rd Evacuation Hospital.

Sudweeks said he was shot, had shrapnel wounds and almost died on the operating table. He said he was in intensive care for 45 days, and his Family was told to plan a funeral.

Koch Voigt said she never forgot about that young man. Years later, he received a letter in the mail from her.

"It was at Christmastime," he said. "I opened the letter, and I saw this picture and I teared up. That was me," he said, noting he was thankful he was finally able to fill the void in the process of healing, by thanking a nurse who helped save his life.

C & H AUTO SALES



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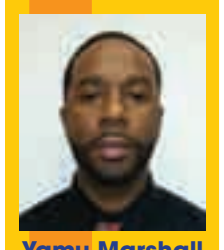

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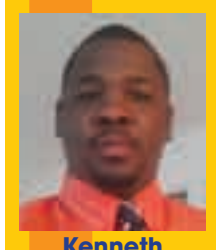

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ShrimpFest comes to Oak Mountain

Alabama Department of Conversation and Natural Resources Press Release

Oak Mountain State Park will host Baumhower's ShrimpFest and Barbecue Nov. 22, the first event in a six-part series being held at five different state parks across Alabama over the next year.

The event begins at 3 p.m. and takes place at the beach area behind the park's main office. The price to attend ShrimpFest is paid admission to the park: $3 for adults, $1 for children ages 6 to 11 and seniors 62 and up.

For more information about the event, call the park office at (205) 620-2520.

The inaugural ShrimpFest at Oak Mountain will feature fresh Alabama Gulf Coast shrimp, barbecue, former Alabama and Auburn football players, live music and inflatables for the kids. Event partners include Alabama State Parks, Baumhower's Restaurant, Alabama Gulf Seafood and Good People Brewing Company.

"Our partners are not only the visitors, but community organizations and local businesses that invest their time and efforts into providing recreational opportunities for all Alabamians to enjoy such as the ShrimpFest at Oak Mountain," said Greg Lein, Parks Director. "In the coming months and new year, we encourage everyone to join us in celebrating Alabama State Parks' 75 years of service."

Baumhower's ShrimpFest and Barbecue is a first in a series of events scheduled to celebrate the 75th anniversary of Alabama State Parks in 2014. More information about the 2014 Alabama State Parks 75th Anniversary Celebration will be posted at www.alapark.com during the coming months. Visit the website often for lodging, camping and dining specials and event announcements.

"This is an exciting time for the Alabama State Parks system and I'm honored to partner with them to highlight this monumental occasion," said Bob Baumhower, former NFL and University of Alabama football player and CEO of Aloha Hospitality. "I moved to Alabama with my Family as a senior in high school and I've always been amazed by the beauty of our natural landscape in this state. The parks provide all Alabamians an opportunity to enjoy these lands no matter interest or income. I see this as a way for me to highlight all the good they do for our state."

For interviews or additional media inquiries, contact Collier Craft at (205) 757-6927. For a video of the ShrimpFest press conference and a PSA featuring Bob Baumhower announcing the ShrimpFest series, visit http://files.raycommedia.com/bview/ShrimpFestVNR/.

The Alabama State Parks Division operates and maintains 22 state parks encompassing approximately 48,000 acres of land and water. These Parks rely on visitor fees and the support of other Partners like local communities to fund the majority of their operations. Partners Pay the Way. To learn more about Alabama State Parks, visit www.alapark.com.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

ONGOING — 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 Rd 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays and games and TV's available for entertainment. Open to all. Post can host parties/weddings/hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

DOTHAN

FRIDAY — Foster Fest will be held for the last time this year from 6-9:30 p.m. A free downtown evening celebration, there will be street vendors, shops, drinks, festivities, live music and antique cars. For more information, call 793-3097 or visit www.thedowntowngroup.com.

TODAY, NOV. 19-21 — People can experience living and working on a Wiregrass farmstead in the early 1900s with hearth cooking, gardening and sewing, wood splitting, fire building and animal care at Landmark Park's Farm Living program. People will be divided into small groups in order to participate in the different workstations. This half-day program will conclude with lunch in the Waddell House. The fee is $12 per person. For more information, visit www.landmarkpark.com.

NOVEMBER — November is retired military appreciation month at Landmark Park. Retired military who join Landmark Park during the month of November will receive $10 off any membership level.

They will also receive a free ice cream cone Saturday and have a free digitarium planetarium program experience on Nov. 23. For more information, visit www.landmarkpark.com.

WEDNESDAY-FRIDAY – Flagship Performing Arts Program presents "Seussical the Musical" at 7 p.m., and a special 2 p.m. matinee Nov. 23 at The Flagship Theatre. Tickets are $11 for adults and $9 for students, seniors and active-duty military. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

DEC. 1 – Landmark Park will host its Christmas decorating workshop at 1 p.m. A snack will be provided and volunteers will have a chance to create their own old-fashioned ornament to take home. Free with paid gate admission. Registration required. For more information, call 794-3452 or visit www.landmarkpark.com.

DEC. 8 – Experience Christmas past with mulled cider, hot chocolate, a circuit riding preacher, old fashioned decorations, turn of the century desserts and music at Landmark Park's Victorian Christmas at 1 p.m. Free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

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

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call Post Commander Jerry Goodson at 347-5961 or 447-8507.

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

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

GENEVA

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

For more information, call 248-4495.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free.

For more information, call 718-5707.

NOW THROUGH DEC. 15 — The New Brockton DAV Chapter No. 99 offers a college scholarship of $500 to applicants who are the children of a U.S. military veteran who has fallen or been wounded, medically discharged honorably wounded veterans, or spouses of fallen Soldiers in the Global War on Terrorism. Applicants may be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the DAV counselor office at the New Brockton Police Department at 202 South John Street, Tuesdays and Wednesdays 10 a.m. to noon. Deadline for applications is Dec. 15.

For more information, call 718-5707.

OZARK

NOW THROUGH DEC. 20 — The Rudd Art Center is sponsoring the second annual Artisan Holiday Show and Sale. Area craftsmen are invited to rent booths to sell their arts and crafts. All items must be handmade or created by the craftsman. No kits or store bought items are allowed. Booths are limited and will be filled on a first come, first served basis. Booths are approximately 8 feet by 8 feet. The fee is $50. An opening reception will be Nov. 14 from 6-8 p.m. Call 733-9748 for more information.

FRIDAY — D.A. Smith Middle Alumni and Friends host a 5K Run Walk. Race begins at 8 a.m. There will be a bake sale as well. Early registration ends tomorrow. For more information, or to register, visit www.das.ozarkcityschools.net.

SATURDAY — D.A. Smith Middle Alumni and Friends host a 5K Run Walk at 8 a.m. There will be a bake sale as well.

For more information, or to register, visit www.das.ozarkcityschools.net.

THURSDAY — Dale County Farm City's "Celebration" will be held at the Ozark Civic Center from 6-8 p.m. A hamburger and hotdog supper will be served along with entertainment and door prizes. Tickets are $8 and are on sale now. Tickets will not be available at the door. For tickets, call 774-3300 or 774-9321.

PINCKARD

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

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments. For more information, call Janet Motes at 808-8500.

Beyond Briefs

Emerald Coast Cruizin

Emerald Coast Cruizin, a Family-fun event, will be held at Aaron Bessant Park today through Saturday. Gates open at 8 a.m. for spectators; live music starts each day at noon. There will be more than 125 top name automotive vendors on hand, as well as a swap meet and car corral. Crafts, jewelry and more will be for sell as well. Admission is $10 for adults and children 12 and under are free. For more information, call (662) 587-9572.

Color Vibe 5K

The Bay County Chamber of Commerce will be partnering with The Color Vibe Race Series to bring a Color Vibe 5K Race to Panama City, Fla., on Saturday at 9 a.m. The race will take place on Jackson Way. Runners will start the race in a clean white shirt to pass through four color stations along the course to end up with a bright and vibrant tie-dye shirt at the finish.

The colored powder thrown at the color stations is colored cornstarch. To register for the event, visit www.thecolorvibe.com. For more information, call (850) 215-3761.

Nurse Corps veteran honors women who served

By Lisa Ferdinando
Army News Service

WASHINGTON — Veterans Day is a time to honor those who served and remember the sacrifice and courage of those who gave so much for the nation.

Diane Carlson Evans, who served in the Army Nurse Corps in Vietnam, honored her fellow veterans in the nation's capital Monday.

She also marked 20 years since the dedication of the Vietnam Women's Memorial, a seven-foot bronze statue on the National Mall that depicts three women and an injured service member.

The statue, which is part of the Vietnam Veterans Memorial, stands near the Vietnam Veterans Memorial Wall, where the names of more than 58,000 who died in the conflict are etched.

Carlson Evans said she led the effort for the establishment of the women's memorial to honor the 265,000 women who served in the military during the Vietnam War. Thousands of those women were in Vietnam or elsewhere in Southeast Asia, she said.

"For me, it's 20 years of helping to heal the wounds of my sister veterans," she said.

COURTESY OF DIANE CARLSON EVANS

Diane Carlson, when she was an Army lieutenant at the 36th Evacuation Hospital in Vung Tau, Vietnam.

A young nurse in Vietnam

In August 1968, just 21 years old, Carlson Evans was in Vietnam beginning a year-long tour.

She volunteered for the Army Nurse Corps, she said, because her brothers and other young men from her rural hometown in Minnesota were volunteering or being drafted for the war.

"I just felt a real compulsion that I needed to go there with so many people in my community, this farming community, having to go to Vietnam," she said.

In Vietnam, she worked in the burn unit of the 36th Evacuation Hospital in Vung Tau and at Pleiku in the 71st Evacuation Hospital.

The nurses were young and didn't know what to expect in the combat zones, said Carlson Evans. Servicemen suffered massive battlefield injuries, were sick with malaria or other tropical diseases, and were dying all around her, she said.

"It was a very intense year of working hard and learning quickly because we weren't prepared for these kinds of wounds or medical diseases that we were seeing for the first time," she said.

She was intensely proud of the women she worked with, who displayed such strength and endurance as members of the Army Nurse Corps, she said.

"It was just a time when we really hung in there together," she said. "We cared about each other. We cared for each other. We had to get each other home alive."

Adrenaline, she said, was how she did it.

"Saving someone's life depended on how quick we were and how brave we were and how much we paid attention to what was going on around us," she said.

The 71st Evacuation Hospital was near the Cambodian border in the central highlands. It was in the jungle and the fighting was fierce, she said.

"Our casualities were coming right to us from the field," she said. "Sometimes our patients, they hadn't even gone into shock yet. They had lost limbs – battlefield amputations – and so the wounds were horrific."

The shifts were long and the pace was continuous, a seemingly never-ending cycle of the wounded, ill and dying.

A hostile home nation

With her military obligation completed, Carlson Evans was discharged in August 1969. Back in the civilian world, she worked in the nursing field, and tried to put the memories behind her and move on with her life.

But the war still haunted her.

"I used to question why," she said. "What did we gain from it?

"There was this overwhelming sense of sadness. The sadness about the whole experience – that so many of these young men suffered and died," she said.

The country she returned to was anti-war and hostile to veterans. She felt anger at how the veterans were viewed, especially since she saw firsthand the sacrifices of the Soldiers, and how they suffered and died.

"They were just as brave and just as courageous and wonderful I was certain as any Soldier in any war, and yet they weren't being treated like Soldiers of World War II," she said.

Not feeling like she fit in with civilian nursing, she returned to the Army Nurse Corps.

Treating and caring for wounded Soldiers, she said she again found purpose and fulfillment. She was back in a familiar world. She would go on to meet her husband there, who was a medical student in his internship. She was the head nurse.

Now focused on being a wife, a mother and a military nurse, Carlson Evans suppressed her memories of Vietnam. But the thoughts and recollections wouldn't stay bottled away forever.

Together with her time in Vietnam, she ended up serving six years in uniform and left the Army as a captain.

Vietnam Veterans Memorial

In 1982, Carlson Evans attended the dedication of the Vietnam Wall.

She found the names of two people she knew who were killed in Vietnam: Eddie Lee Evenson, who died from combat wounds; and Army nurse 1st Lt. Sharon Lane, who was killed in an enemy rocket attack on the 312th Evacuation Hospital.

Touching the names etched forever in the black granite, Carlson Evans said scenes from Vietnam began to replay in her head.

"Now I can no longer put these memories to rest. They're starting to haunt me. I'm having dreams and nightmares," she said. "All of the memories that I tried so hard to put away started coming back one by one and then I had to start dealing with them."

Two years later, in 1984, a statue depicting Vietnam-era men was dedicated at the Vietnam Veterans Memorial.

"In that instant when I saw that statue, I thought, 'but they've forgotten the women,'" she said. "When people go to the memorial, they'll think only men were there."

That year, she founded the Vietnam Women's Memorial Project (now the Vietnam Women's Memorial Foundation) and began the push for a memorial for the women who served.

After years of work that included lobbying, congressional hearings and fundraising, the statue by Glenna Goodacre was dedicated Nov. 11, 1993.

The Vietnam Women's Memorial honors all the women who served during the Vietnam era in that country and throughout the world, she said.

"It validates who we are and what we did. It validates that those achievements and contributions that these women made were worthwhile," she said.

An unexpected result of the women's memorial, Carlson Evans said, is that it is a place of peace and healing for the men who were treated by the nurses.

"We don't heal alone. We have to share our stories. We have to talk to each other. We have to listen to each other," she said.

The statue depicts an injured Soldier being cradled by a female nurse, a standing woman looking to the sky as if for a medical evacuation helicopter or even perhaps divine help from God, and an anguished kneeling woman who is holding an empty helmet, Carlson Evans said.

Women's service today

"I love the Army Nurse Corps. I am very proud to have served. I would do it all over again," Carlson Evans said.

Women in today's military serve side-by-side with men and have expanded their roles because of the women of the Vietnam era, she said.

The women of her generation, she said, expanded their roles because of the work of the women in the Korean War and World War II.

"We stand on the shoulders of each generation and benefit from that," she said.

"For my sister veterans serving today, I hope for their healing and someday there will be a memorial for them. I hope they don't have to wait as long as we did," she said.

"We need to heal when we return from war. We need to help each other do it. We don't do it alone," she said.

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VICTORY
Soldier wins Marine Corps Marathon

Story on Page D3

NOVEMBER 14, 2013

Fitness centers shake it up with new classes

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY NATHAN PFAU

Women participate in a morning pilates class at the Fortenberry-Colton Physical Fitness Center Tuesday. New classes are being offered to accommodate the needs of those looking to shake things up.

Workouts can become stale and routine, and many people often find it hard to stay on track, but the Fort Rucker fitness centers are shaking things up by offering new classes to keep people in shape.

These new classes are being offered at both Fortenberry-Colton Physical Fitness Center and the Fort Rucker Physical Fitness Center, to put a twist on standard fitness classes and cater to those that might not have been able to work out before, according to Lynn Avila, fitness program coordinator.

"We're trying to accommodate more (parents) with young children who don't want to put their children in child care or can't pay for child care," said Avila. "We want to provide a little more help in that area, so that they can work out with their children at the same time."

The new classes that will be available include, Power Yoga, Outdoor Fitness, Outdoor Cycling, OH Baby, Stroller Derby and H2O Strength & Conditioning.

Power Yoga still utilizes the technique of stretching, as in traditional yoga, but integrates a muscle-strength technique to add a bit of strength training, said the fitness coordinator, adding that it's a good workout for people who are looking for something different.

Another workout that is being offered that caters to those seeking a change is H2O Strength & Conditioning. This class is a mixture of cardio intervals with strength training done in the pool for a low-impact workout.

"It's a really amazing workout for people with joint pain or injuries," said Avila. "If you have joint problems or issues like that, this is something that you can try that is a little different from other traditional workouts."

The Oh Baby class came about specifically out of need and requests from patrons to cater to women either going through pregnancy or up to six months after giving birth.

"We weren't offering any pregnancy classes and we've had a lot of interest in them, so we're trying to accommodate those women, as well as help them get in shape (during and) after their pregnancy," said Avila. "This is a good class because as long as women can stay somewhat active and in shape during the pregnancy, it makes it easier after they have the baby.

"The classes are a lot of the same things that we do in regular cardio activity classes, just modified for women going through pregnancy," she continued. "It helps keep them conditioned while they're pregnant and it helps get them back to their former fitness level safely."

Exercising can also help female Soldiers that must stay in shape, so that transitioning back to work after the pregnancy is made easier.

"They only have a certain amount of time after a pregnancy to get back to their normal (physical training routine), so this is just a way for some of them to stay in good shape, and do so safely," said the fitness coordinator.

Starting in January, several outdoor fitness options will be offered to accommodate those that want to do some of their workouts closer to nature.

Outdoor Fitness is a class for outdoor enthusiasts that will be held by the park at Beaver Lake that will encompass interval and strength training. It's also a good place for people to bring their children, so that they can spend time at the park while their parents are getting a workout, said Avila.

Outdoor Cycling will also be available for those who don't mind a little wind in their hair during their workouts. People can bring their own bikes or borrow one from the gym and meet with other riders for different workouts that focus on endurance with long rides, or strength with sprints and hills.

The Stroller Derby class is one class that actually incorporates the children into the workout by bringing them along for the ride.

Parents will meet on the PT track and do interval walks and runs, and perform other exercises utilizing weights and bands.

Avila said that although a lot of these exercises are meant to integrate the child into the parents' workouts, people shouldn't forget to take care of themselves in the process.

"People have to remember that it's not just about the baby, there is a (parent) there too," she said.

To sign up for classes, people can visit either fitness center, and classes are $3.50 per class, $15 for two weeks of unlimited classes or $30 a month for unlimited classes.

For more information, call 255-3794.

Fortenberry-Colton Physical Fitness Center Bldg. 5900 Skychief St, Fort Rucker, AL 36362 334-255-3794

Group Fitness Schedule
FORTENBERRY-COLTON PFC
November 2013

—Schedule is subject to change—

TO REGISTER FOR CLASSES, CALL 255-3794.
Please leave contact number.

 # New Class/Change in Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-930 Spinning Aimee	5:30-6:30 Spinning Chelsea	8:30-9:45 Spin & Core Aimee	6:00-7:00 Yoga Chelsea	8:30-9:30 Spinning Aimee	Nov 2 9:00-10:00 Spinning—Chelsea
8:30-9:30 Zumba Tina (gym)	8:30-9:30 Pilates Hannah	10:00-11:00 H20 Shred & Tread Kris FC PFC	8:30-9:30 # OH Baby!! Hannah	8:30-9:30 Zumba Tina (Gym)	Nov 9 closed Veteran's Day observance
9:45-10:45 Strong Bodies Aimee	9:45-10:45 Chelsea Yoga	10:00-11:00 Yoga Chelsea	9:45-10:45 Pilates Hannah	9:45-10:45 Strongbodies Aimee	Nov 16 9:00-10:00 Power Yoga—Robyn
10:00-11:00 H2O Shred & Tread Kris (FR PFC)	10:00-11:00 Zumba Amanda (Gym)	11:00-12:00 Zumba Tina (Gym)	11:15-12:15 Spin Shaun	11:15-12:15 Spin, Pump & Shape Shaun	Nov 23 Turkey Trot NO CLASSES
11:15-12:30 Spin, Pump & Shape Shaun	11:15-12:15 Spin Shaun	11:15-12:30 Spin, Pump & Shape Shaun	12:30-1:30 TNT Lynn	12:15-12:45 Tabata Rachel (Gym)	Nov 30 –closed— Thanksgiving weekend
12:45-1:45 Power Yoga Robyn #	12:30-1:30 TNT Lynn	4:00-5:00 Power Yoga Robyn #	4:30-4:50 Ab Lab Kris	1:15-2:15 Yoga Chelsea	
5:15-6:15 Strong Bodies Jill	4:00-5:00 Prenatal Yoga Robyn #	5:15-6:15 Strong Bodies Jill	5:00-6:00 H2O Cardio and Strength Shaun FR PFC	5:00-6:00 Spinning Shaun	
5:00-5:20 Ab Lab 5:30-6:00 Tabata Rachel (Gym) #	5:00-6:00 H2O Cardio and Strength Shaun FR PFC	6:30-7:30 Yoga Megan	5:15-6:15 Spin Jill		
6:15-7:15 Zumba Rachel	5:15-6:15 Spinning Jill		5:30-6:00 Tabata Rachel (Gym)		
6:30-7:30 Yoga Megan			6:15-7:15 Zumba Rachel		

Thanksgiving Holiday Hours
FBC PFC closed from
Nov 28—Dec 1

- **FBC PFC Closed in observance of Veterans Day Nov 9-11**

TURKEY BURN DEC 2! RESERVE YOUR SPOT NOW

PFF Hours
M-F 0500-2100
Sat 0800-1800
Sun 1000-1800

Fitness Programs Coordinator
Lynn Avila
334-255-3794

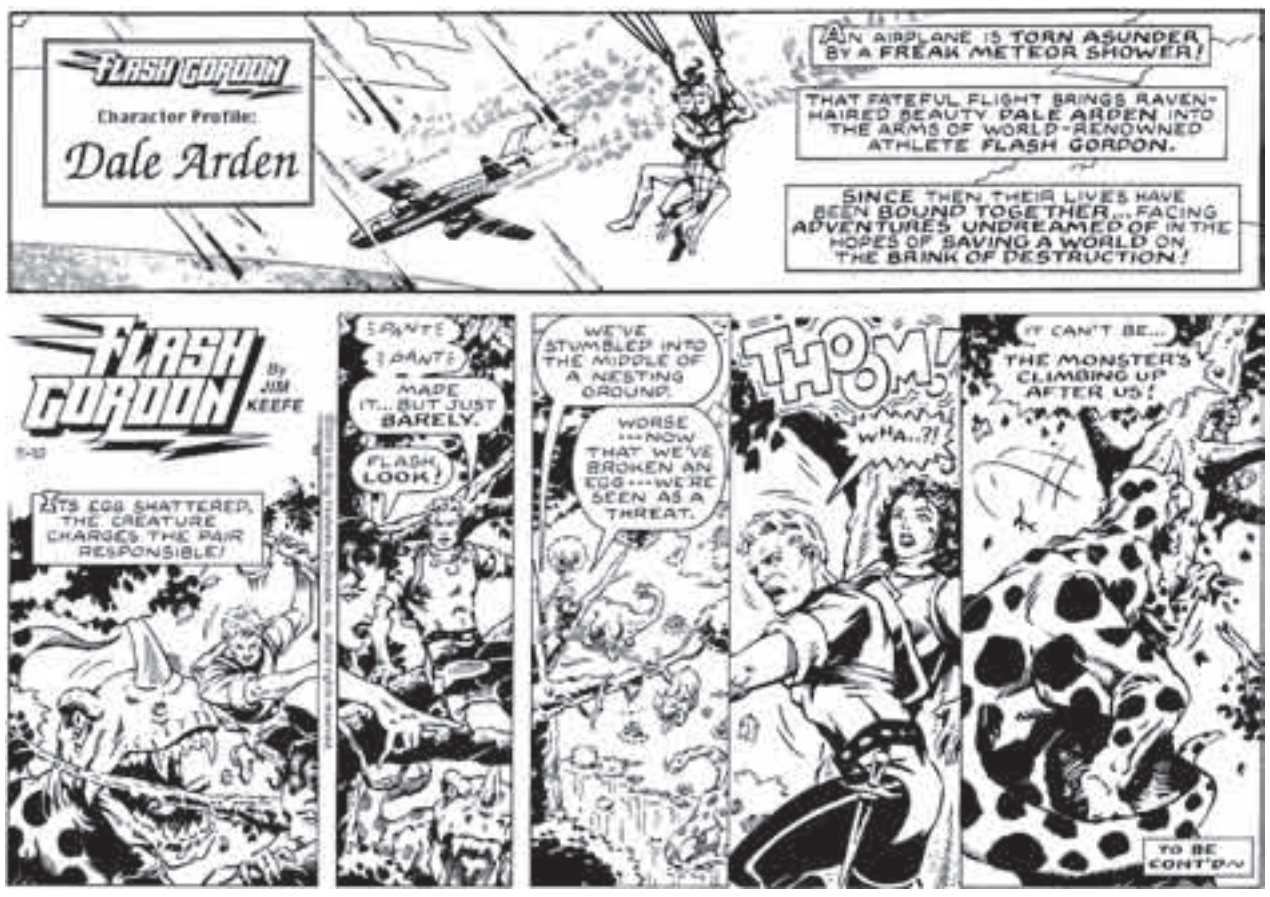
UPCOMING EVENTS IN November

TURKEY TROT
5K/10K
NOV 23

PIGSKIN PICKS

	New York Jets vs. Buffalo	Washington vs. Philadelphia	Baltimore vs. Chicago	Cleveland vs. Cincinnati	San Francisco vs. New Orleans	Kansas City vs. Denver	New England vs. Carolina
Jim Hughes *Public Affairs* **(42-28)**	Buffalo	Philadelphia	Chicago	Cincinnati	New Orleans	Denver	Carolina
Brian Jackson *DFMWR* **(41-29)**	Jets	Washington	Chicago	Cincinnati	New Orleans	Denver	New England
John McGee *CDID* **(48-22)**	Jets	Philadelphia	Chicago	Cincinnati	New Orleans	Denver	New England
Capt. Mike Simmons *Directorate of Public Safety* **(42-28)**	Jets	Philadelphia	Chicago	Cincinnati	New Orleans	Denver	New England
Sharon Storti *Network Enterprise Center* **(41-29)**	Buffalo	Philadelphia	Baltimore	Cleveland	New Orleans	Denver	New England

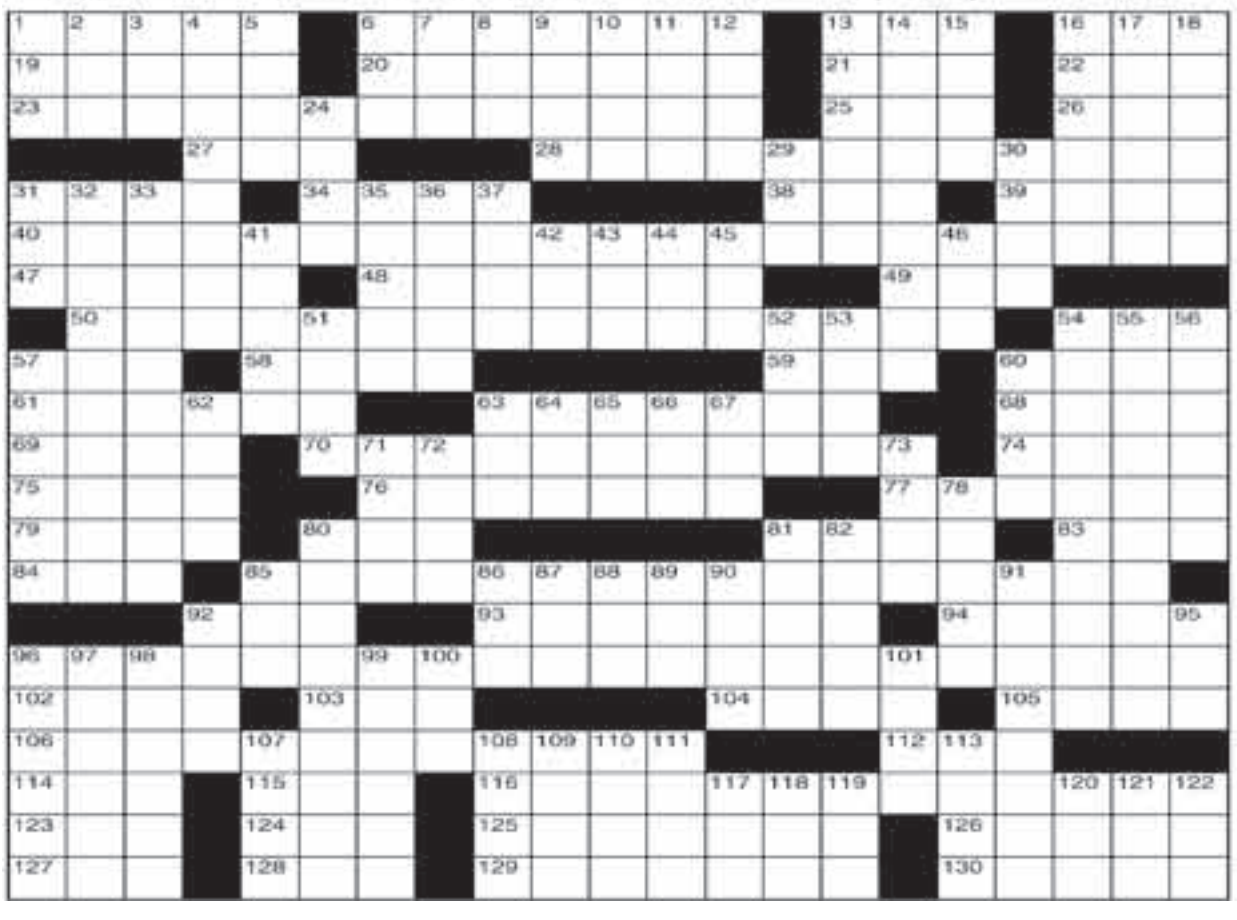
Down Time



Super Crossword — BODY HITS

ACROSS
1 Ill-chosen
6 See 126-Across
13 Grand — (sporty Pontiacs)
16 Tattoo fluid
19 Port south of Milan
20 Milan opera house
21 "Citizen X" star Stephen
22 "Oh, give — home ..."
23 1988 hit for Breathe
25 LAX letters
26 Poor review
27 Co. kingpin
28 1972 hit for the O'Jays
31 Water color
34 Answer an invite
38 Dot- —
39 Invention's origin
40 1974 hit for John Denver
47 "Evita" star LuPone
48 "Sugar, Sugar" group, with "the"
49 Parts of dols.
50 1975 hit for America
54 Machines near mice
57 Provide relief
58 See 59-Across
59 With 58-Across, guys-only
60 Kansas town
61 Moves on ice
63 Cordial
68 Take a dip
69 Jazzy Horne
70 1982 hit for the Alan Parsons Project
74 Funny Jay
75 Eons
76 Absorption process
77 Mafia's code of silence
79 Overly quick
80 "Spring forward" hrs.
81 — Beach (Atlantic coast city in Florida)
83 "— Dieu!"
84 Raised trains
85 2000 hit for Creed
92 Sue Grafton's "— for Undertow"
93 Statistic in a used-car ad
94 Mentions
96 1976 hit for Elton John and Kiki Dee
102 Gulf country
103 Lago feeder
104 "— I say!"
105 Assassinate
106 1994 hit for Boyz II Men
112 Biblical suffix
114 Cotillion girl
115 Always, in a sonnet
116 1985 hit for Tears for Fears
123 Before, in a sonnet
124 Brow's curve
125 Goddess of the hunt
126 With 6-Across, "All Shook Up" singer
127 Barrett of rock
128 Mao follower?
129 One who's hardly saintly
130 Tickle a ton

DOWN
1 "Disgusting!"
2 Museum-funding org.
3 Raggedy —
4 Web feeds
5 Stun with a charge
6 Fatah's gp.
7 Cheering cry
8 Jargon suffix
9 Antiunionist
10 Volcano flow
11 Certain util.
12 Pull sharply
13 Retort to "Am not!"
14 Brand of fiber powder
15 Swedish car
16 Hamper
17 Not so far
18 Olathe locale
24 "Crucify" singer Amos
29 Learning inst.
30 Offers
31 Cleo's doom
32 Somewhat within the law
33 Messy state
35 Copy a cur
36 Border (on)
37 A little, in music
41 Blackjack request
42 Bruins' gp.
43 Prefix with life or wife
44 "— -haw!" (rodeo yell)
45 IRS form info
46 Piece of mail: Abbr.
51 Tranquility
52 Linden and Prince
53 Supermodel Wek
54 Hard rock subgenre
55 Most of the 1990s, politically
56 Person from Pago Pago
57 Harshly bright
60 Dot in a lake
62 Bit, as of salt
63 Point a rifle
64 Trio before P
65 "TGIF" part
66 Yellowfin tuna, on some menus
67 Wanna- — (imitators)
71 Baseballer Eddie or Footballer Fielding
72 Book before Job: Abbr.
73 Long ago
78 Be a sponge
80 Ailments
81 Actor Mortensen
82 Abnormal plant swelling
85 Freak (out)
86 "Botch- —" (1952 hit)
87 Narrow estuary
88 Jan. b'day honoree
89 Six, in Italy
90 Mage's stick
91 Lower pastry crust
92 — Reader (bimonthly magazine)
95 Hog's place
96 Some electron tubes
97 Really testy
98 Hauled in
99 Satirical dictionary writer Ambrose
100 Diviner's tool
101 Belgian river
107 Not messy
108 Genghis —
109 Stout's Wolfe
110 "... could — horse!"
111 Blissful plot
113 Fare-well link
117 Texter's "Wow!"
118 "C'est la —!"
119 Class for aliens: Abbr.
120 Longoria of the screen
121 Kindled
122 Vane abbr.



See Page D4 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the region of Ulster located?
2. MOVIES: Where was King Kong found?
3. MEDICAL: What does the drug Minoxidil do?
4. GENERAL KNOWLEDGE: What are the RITA awards?
5. HISTORY: The Peloponnesian war was fought primarily between which two forces?
6. U.S. PRESIDENTS: Who was Gerald Ford's running mate in 1976?
7. LITERATURE: The 18th-century writer Francois-Marie Arouet was better known by what pseudonym?
8. MUSIC: Who recorded the hit "The Banana Boat Song"?
9. ADVERTISING: The slogan "Is it in you?" was used to promote what product?
10. GAMES: How many pawns are used in a game of chess?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

Kid's Corner

Soldier wins Marine Corps Marathon

By Lisa Ferdinando
Army News Service

WASHINGTON — Capt. Kelly Calway, who won the female division at the Marine Corps Marathon Oct. 27, said she ran the race for all deployed service members.

Calway said she was proud to run with "Army on my chest," and for the members of her unit who are already deployed, and for all Soldiers and service members who are deployed.

"It just means the world to me," said Calway, who is based out of Fort Carson, Colo., and is preparing to deploy soon.

She said she was "ecstatic" to be the first female to cross the finish line at the marathon.

"It was just amazing," she said.

Her time, 2:42:16, qualified her for the Olympic trials in 2016, she said. She plans to continue to train and do a marathon or two before that time.

There was friendly ribbing at the race, she said, since it was a Marine Corps race. But her victory, she said, is for all the armed forces.

"We were all out there," she said.

Marine Corps Commandant Gen. James F. Amos, who greeted her at the finish line, said the Marine Corps could definitely use her, she said.

"He said 'we need to get you over to the Marines,'" Calway said.

"I thought, 'My dad would be pretty upset if that happened,'" she said, referring to her father, Lt. Gen. Robert B. Brown, commanding general of I Corps, at Joint Base Lewis-McChord, Wash.

While she doesn't plan to follow-up on the commandant's suggestion that she join his force, Calway said the Marine Corps has "always had a special place in my heart." Her grandfather was a Marine who fought in the Korean War, and his service encouraged her father to join the Army, she said.

The race was "definitely a tougher marathon" for her, she said, since she didn't get in as much training as she wanted. But she said that after she passed a teammate early in the race, the only woman in front of her, she knew she would clinch the top spot for the women.

A great source of strength for her came from the wounded warriors who were participating, she said. They cheered her on and she encouraged them throughout the 26.2 mile race.

"They have been through so much and they just have this positive, awesome outlook that is so inspiring," she said.

During the last stretch of the race, which is uphill, she was side-by-side with a wheelchair athlete, she said.

"It's brutal to run up a hill at 26 miles," she said.

PHOTO BY SGT. 1ST CLASS CHRISTOPHER FINCHAM

Capt. Kelly Calway, first place finisher for the female category, celebrates as she crosses the finish line at the Marine Corps Marathon Oct. 27.

Watching him work hard to conquer the hill motivated her, she said.

"I just used his strength to get up that hill and get to the finish line," she said. "It was just really inspiring, especially at that moment, it was really tough."

Calway, who was the 2008 Army Athlete of the Year, and a member of the Army's World Class Athlete Program from 2010 to 2012, said one of her favorite races is the Army 10-Miler.

She placed first in the female military category at this year's run, Oct. 20.

"I'll definitely be out there for the next 10-Miler. I love that race," she said.

Calway said she began running at eight years old. Joining running teams wherever she lived was a great way for her to have a group of friends as she moved around as a military child, she said.

She has received tremendous support from her Family and friends throughout the years, she said, and they attend her races and cheer her on along the route.

The 29-year old said flexibility is the key as she balances the multiple roles of being an athlete, a mother, a Soldier and a wife to a fellow Army officer.

Every time she runs a race, she is thinking about her 6-year-old daughter, "the coolest kid ever," she said.

Hard work also pays off, she said.

"It's a lot to juggle, but I don't think I'd be the runner I am today without all of those things," she said. "I'm so blessed to have an awesome Family too that really supports me."

PIGSKIN PICKS

	Troy vs. Ole Miss	Kentucky vs. Vanderbilt	Georgia vs. Auburn	Michigan State vs. Nebraska	Oklahoma State vs. Texas	TCU vs. Kansas State	Michigan vs. Northwestern
David C. Agan Jr. *PAO* (54-23)	Ole Miss	Vanderbilt	Auburn	State	Texas	Kansas State	Michigan
Kent Anger, *DPTMS* (57-20)	Ole Miss	Vanderbilt	Auburn	State	Oklahoma State	Kansas State	Northwestern
Wes Hamilton, *NEC* (55-22)	Ole Miss	Vanderbilt	Auburn	State	Oklahoma State	Kansas State	Michigan
Alex Tressler, *1-11th AVN* (45-31)	Ole Miss	Vanderbilt	Auburn	State	Oklahoma State	Kansas State	Michigan
Jim Hughes *Public Affairs* (48-29)	Ole Miss	Vanderbilt	Auburn	Huskers	Texas	TCU	Michigan

BRIEFS

Youth Deer Hunt

Outdoor recreation will host a youth deer hunt Saturday from 4 a.m. to 6:30 p.m. at outdoor recreation, Bldg. 24236, on Johnston Road. The hunt is open to youth ages 7-15. Cost to participate is $15, which includes lunch. Trophies will be awarded to first-, second- and third-place winners, and door prizes will also be given away. Parents and escorts of youth must have an Alabama State Hunting License and a Hunter Education Course Completion Card. The event is open to the public.

For more information, call 255-4305.

Turkey Shootout

Silver Wings Golf Course will host its annual Turkey Shootout Nov. 23 with tee times from 7–9 a.m. The format will be individual stroke play, and U.S. Golf Association handicap or weekend dogfight points will be used. Cost is $20 per player, plus cart and greens fee (if applicable). Turkeys and gift certificates will be awarded to the gross and net winners. The deadline to register is by 9 a.m. Nov. 23.

For more information, call 598-2449.

Turkey Burn

The Fort Rucker Physical Fitness Center hosts a Turkey Burn session Dec. 2 from 10 a.m. to 2 p.m. and again from 4–8 p.m. The event will feature door prizes, fruit and water for all participants as participants workout in a variety of classes with a mixture of instructors every thirty minutes. Classes will include bodyweight strength and cardio, spin, Yoga, Tabata, Zumba and more. Cost is $3.50 per session for patrons, unless they have a monthly class card. The event is open to all authorized fitness center patrons.

For more information, call 255-2296 or 255-3794.

Zombie Bowl

Rucker Lanes host its Black Friday Zombie Bowl Nov. 29 from 10 a.m. to 1 p.m. Cost is $50 per lane (up to six people per lane) for unlimited bowling, shoe rental, one large one-topping pizza, and a pitcher of soda or tea. The event is open to the public.

For more information, call 255-9503.

The Real Iron Bowl

Silver Wings Golf Course hosts its annual Real Iron Bowl Golf Tournament Nov. 30 from 7 a.m. to 1 p.m. The 36-hole match play will feature two teams – Auburn fans vs. Alabama fans. Entry fee is $20 per player, plus cart and green fees. Sign up and team assignments will take place the day of the event. The format is four-person team, best two balls of the four.

For more information, call 598-2449.

Turkey Trot

The Fort Rucker Physical Fitness Center will host the annual Turkey Trot 5k, 10k and 1-Mile Fun Run Nov. 23 from 9–11 a.m. Race day registration will be 7:30–8:45 a.m. The 5k and 10k will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. Forms are available at either PFC or printable at www.ftruckermwr.com/recreation/physical-fitness-centers/events/. Costs are $20-25 individual and $120-160 for teams. The fun run – open to all children and free of charge – will begin after the 5k and 10k. Each Fun Run participant will receive a medal.

For more information, call 255-2296.

Golf shop holiday sale

The Silver Wings Golf Course Pro Shop hosts its holiday sale Dec. 1-24, where patrons get to choose a stocking from its Christmas tree that gives them a discount that can be applied to their purchase.

For more information, call 598-2449.

Basketball coaches meeting

There will be a men's and women's intramural basketball coaches meeting Dec. 3 for people interested in coaching a basketball team. Meetings will be held at 9:30 a.m. and again at 5:30 p.m. in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

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Video Game Spotlight >>

Multiplayer makes 'Ghosts' worthwhile

By Jim Van Slyke
Contributing Writer

COURTESY SCREENSHOT

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

A good sequel should keep all the stuff we liked in the previous game(s), throw out the stuff we didn't like and showcase some new things that should be very, very cool. "Call of Duty: Ghosts" does all that and more.

It doesn't change the formula of a fast military-based shooter that puts the gamer behind a huge variety of weapons, and new stuff in the game will keep gamers busy for months. The story mode could still use plenty of polish, but at least it's interesting. Plus, most gamers are grabbing "Call of Duty: Ghosts" for the online multiplayer anyway.

"Call of Duty: Ghosts" takes place in the near future and the threat comes from South America. A few of the oil-rich countries there have banded together to push north. That led to battles with the U.S. and that's where the game begins. The story centers around two brothers, their father and their dog. They join what's left of the U.S. military and eventually the elite Ghosts squad.

While there is plenty of painful dialog, the Family relationship does give the story mode some girth. It quickly moves from the U.S. to South America and gamers do much more than get in the standard gunfight. They will also rappel down skyscrapers, battle in space, drive tanks, scuba dive and more.

But none of that matters once the gamer decides to take the battle to the masses. The look and feel of the "Call of Duty: Ghosts" multiplayer modes remains the same, but it's more diverse, personalized and better balanced. The new Create a Soldier system allows gamer to create 10 characters, each with six loadouts. There are an impressive 39 weapons, 12 pieces of equipment, 35 new perks and plenty of weapons attachments to use. It's complex, but allows for a lot of experimentation.

The multiplayer maps are much larger than before, something that will add emphasis to ranged weapons. There are always plenty of alternate routes to objectives, something that will play a role in strategizing. It also means that success means working in teams and not going it alone. There are 13 modes, including the expected like Domination. One of the new modes requires gamers who get one kill to make another in 30 seconds or less or else they will explode. There is also an alien invasion mode that's a lot of fun.

While the story mode is fun but forgettable, the various options and modes for the "Call of Duty: Ghosts" multiplayer will make a lot of gamers happy. Heed this call.

Publisher
Activision
Rated
Mature
Systems
Multiple
Cost
$60
Overall
3.5 out of 4

Reviewed on the Xbox 360

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

Super Crossword

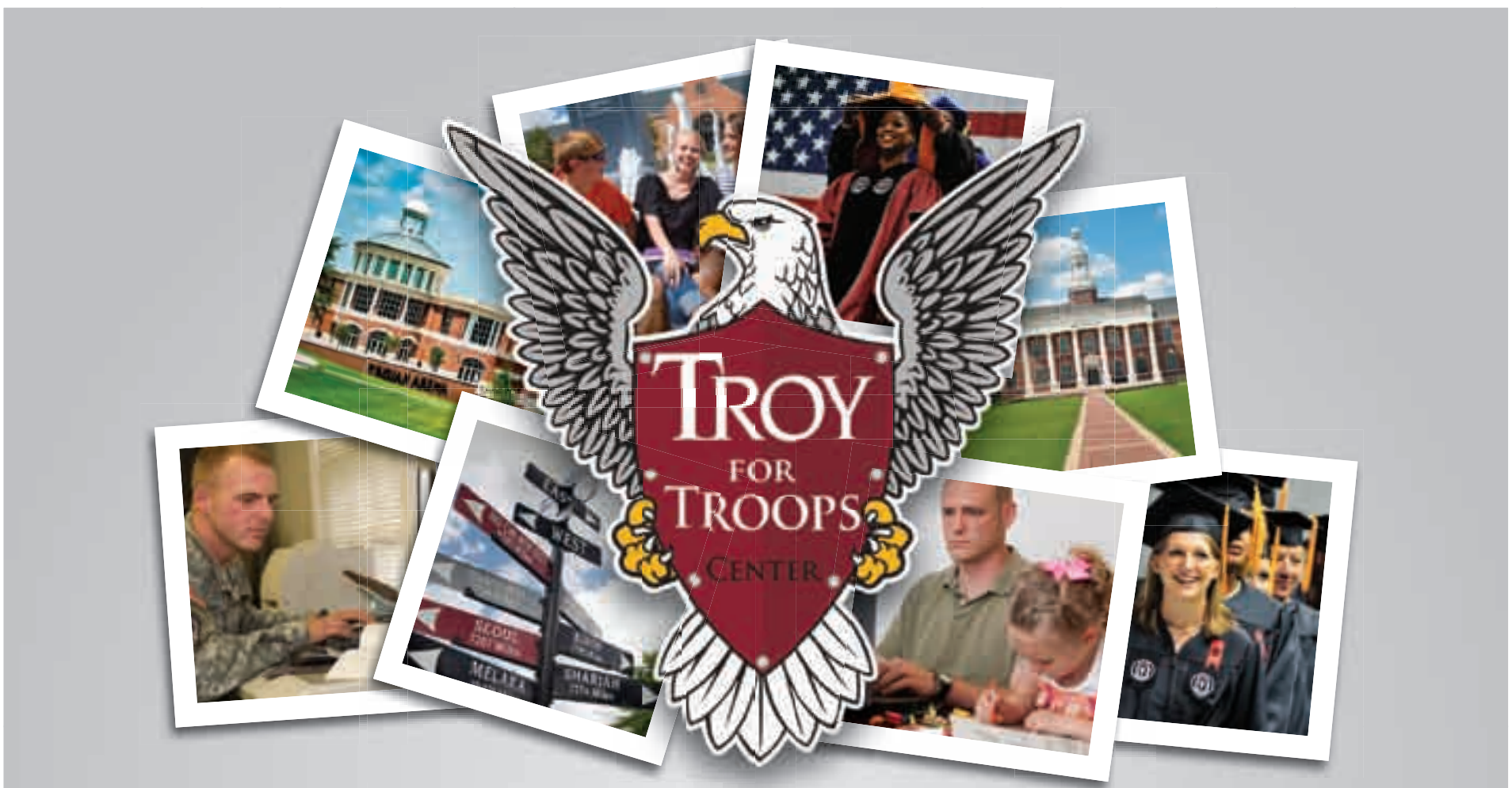
Answers

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

TRIVIA

Answers

1. Northern Ireland
2. Skull Island
3. Increase hair growth
4. Given for the best published romance novels
5. Athens and Sparta
6. Robert Dole
7. Voltaire
8. Harry Belafonte
9. Gatorade
10. Sixteen — eight per player



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