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(This information can be downloaded from www.fortcampbellmwr.com/info)***

Information Exchange
01 February 2012
Talking Points

BACH

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www.facebook.com/BACH.Fort.Campbell

BACH's TRICARE Contractor changes from Health Net Federal Services (North Region) to Humana Military Healthcare Services (South Region), April 1

- Main customer service 1-800-444-5445
- Claims Customer Service 1-800-403-3950
- Behavioral Health (ValueOptions) 1-800-700-8646
- Humana Military's website www.humana-military.com (aspects of the TRICARE program, including secure features for status of claims, referrals and authorizations, eligibility, and more.)
- Check out BACH's Facebook page for more information, www.facebook.com/BACH.Fort.Campbell

Health and Wellness

BACH Provides Information and Support on Heart Health Awareness Month

- February is National Heart Health Awareness Month
- Join Population Health Nurses at the Town Center Pharmacy as they share Heart Healthy Living tips, Feb. 3 from 9 a.m. - 3 p.m.

Preventive Medicine Provides Tobacco Cessation Classes

Please call in advance to sign up for the class.

- **What:** Tobacco Cessation Classes (assistance to stop smoking)
- **When/Where:** Every Tuesday from 1:30 - 2:30 p.m., Preventive Medicine, Bldg 2576, 23rd and Indiana Ave.
- **Who:** Anyone who wants to quit smoking, please contact Preventive Medicine at (270) 956-0100 to reserve a seat.

Avoid a Heart Attack

Your heart beats approximately once per second and pumps nearly 2,000 gallons of blood throughout your body a day. But when the arteries carrying blood become blocked, the heart becomes damaged and a heart attack occurs. Blood flow to the heart should be restored as quickly as possible so damage to the heart is limited. Learn more about the signs and symptoms of a heart attack and what you can do to prevent one from happening to you.

Warning Signs of a Heart Attack

Although a heart attack has many warning signs, not everyone will experience the same ones. It is important for you to learn the signs of a heart attack so you can recognize what is happening and take action. Here are some warning signs to look for:

- Chest Pain
- Shortness of breath
- Weakness
- Palpitations (a sensation of rapid or very strong heartbeats in your chest)
- Chest discomfort with nausea, light headedness, fainting or shortness of breath)
- Jaw, back or arm pain, especially on left side
- Increased or irregular heart beat

Heat Attack Prevention

The type of lifestyle you lead has a huge impact on your risk for having a heart attack.

There are certain behaviors, such as smoking, that could increase your chances for having a heart attack, while others can help reduce your risk. Take a moment to look at some of the behaviors below to see what healthy changes you can make in your life:

- If you smoke, quit
- Eat a diet low in saturated fat and sodium
- Lower your cholesterol and blood pressure

- Control your blood sugar, especially if you have diabetes
- Exercise regularly
- Maintain a healthy weight
- Manage stress
- Get regular check ups
- Drink alcohol in moderation

Act Quickly

Having a heart attack is a life-threatening emergency. If you feel you are experiencing signs of a heart attack, get help quickly. Waiting too long to get help can increase the damage to your heart and reduce your chances of survival. Call 9-1-1 or, if you are unable to get to a phone, have someone drive you to the nearest hospital immediately. Never drive yourself since this can put you and others at risk if your condition should suddenly get worse. Knowing what to do when a heart attack happens can be the difference between life and death.

Heart Health – For more information:

American Heart Association: www.heart.org
 National Heart Lung and Blood Institute www.nhlbi.nih.gov

Reduce Your Risk of Heart Disease

Cardiovascular disease, or heart disease, is the leading cause of death for both men and women in the United States. There are many different types of heart disease, such as coronary artery disease, heart attack, congestive heart failure, and atherosclerosis. With lifestyle and behavior changes, you can help prevent heart disease from happening to you.

Exercise Regularly: Regular aerobic exercise three to five times a week for at least 30 minutes a day may help raise your HDL or “good” cholesterol levels, reduce blood sugar and blood pressure, control your weight, and reduce stress. Try these ideas to add exercise into your day:

- Take the stairs instead of the elevator or escalator.
- Park farther away from your destination.
- Go for a walk during your breaks at work.
- Walk or bike to the corner store instead of driving.

Maintain a Healthy Weight: If you are overweight, set a realistic goal and develop a plan that is right for you to help you lose weight. Losing just 10% of your current body weight may improve your health and decrease your risk of heart disease.

Practice Good Nutrition: High-fat, high-cholesterol diets can lead to clogged arteries, and too much sodium can raise blood pressure. You can reduce your risk for a heart attack by following the nutritional guidelines set by the American Heart Association:

- A healthy diet should contain a variety of whole-grains, fresh fruits and vegetables and small portions of lean meat, chicken or fish.
- Use low-fat or skim milk and other low or non-fat dairy products.
- Limit foods high in saturated fat, trans-fat and cholesterol. Your total fat intake should be no more than 30% of your total daily calories.

Stop Smoking: If you are a tobacco user, make a plan to quit. Smokers are two to six times more likely to have a heart attack than those who do not smoke. Your risk of developing heart disease is cut in half after a year of quitting.

Risk Factors for Heart Disease

- Age: Men > age 45 Women > age 55
- Family history
- Male
- Tobacco use
- High blood pressure
- High cholesterol
- Obesity
- Physical inactivity
- Diabetes
- Stress

Know Your Numbers: Have your health care provider check your blood pressure, cholesterol and blood glucose levels regularly. If you take medication to control any of these conditions, take as directed. While there are no guarantees that a heart-healthy lifestyle will keep heart disease away, you may have more control than you realize for keeping your risk low. Talk to your health care provider before beginning any diet or exercise program, and ask about what you can do to reduce your risk for heart disease.

Reduce Your Risk of Heart Disease-For more information:

Centers for Disease Control and Prevention: www.cdc.gov
 National Heart, Lung and Blood Institute: www.nhlbi.org

BACH GENERAL INFORMATION

How do I schedule/cancel appointments?

If you need to make or cancel an appointment at BACH, Soldier Health Services or the Screaming Eagle Medical Home, please call (270)798-4677/(931)431-4677 or if outside the calling area 1-866-524-4677.

- Appointments can be made from 6 a.m.–6:30 p.m., M-F.
- You can also schedule appointments online at www.tricareonline.com.
- Appointments can be cancelled 24/7 by leaving a voicemail message.
- Advice nurses may be reached by calling the appointment line.

Provided by Health Net Federal Services, Preventive Care Services (www.healthnetfederalservices.com)

MWR

Melissa Schaffner

270-798-6837

melissa.a.schaffner.naf@mail.mil

Guenette Arts & Crafts Center Crafting Classes

- February 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, and 25
- Times, cost and age limits vary by class
- Under age 12 must be accompanied by an adult
- (270) 798-6693

Sportsman's Lodge Kid's Night

- February 1, 8, 15, 22 and 29, 4:30 p.m. until 8 p.m.
- Every Wednesday evening
- 1st child eats free
- Up to 3 additional children half price with adult purchasing meal
- (931) 431-4140

R.F. Sink Library Family PJ Story Time

- February 1 at 6:30 p.m.
- First Wednesday of every month
- Children are invited to dress in their pajamas
- Library Educational Programs are sponsored by USAA, University of Phoenix and Fort Campbell Federal Credit Union
- (270) 798-5729

Sportsman's Lodge Texas Hold'em Tournament

- February 1, 2, 3, 8, 9, 10, 14, 15, 16, 17, 21, 22, 23, 24, 28, and 29
- Tuesdays through Fridays, at 6:30 and 9 p.m.
- Top point earners from all weekly games are eligible to play in Main Event
- Participants must be 18 years or older to play
- No one under 18 permitted in lounge during these events
- Full food and beverage services will be available for purchase
- (270) 798-7535

D.W Rec. Center Darts Tournament

- February 1, 8, 15, 22, and 29 at 7 p.m.
- Every Wednesday
- Open to any I.D. Card holder
- Under 18 must be accompanied by an adult
- (270) 798-7391

Soldier and Family Newcomers' Fair

R.F. Sink Library Children's Story & Craft Time

- February 2, 9, 16, and 23 at 10:30 a.m. and 1:30 p.m.
- Free event held every Thursday
- Open to preschool age children
- Library Educational Programs are sponsored by USAA, University of Phoenix and Fort Campbell Federal Credit Union
- (270) 798-7466

Estep Wellness Center Total Pump Class

- February 2, 7, 9, 14, 16, 21, 23, and 28 at 11:30 a.m.
- Every Tuesday and Thursday
- \$3.00 per class or membership fee
- (270) 798-4664

ACS English as a Second Language (Intermediate)

- February 2, 9, 16, and from 12 p.m. until 2 p.m.
- Thursdays
- 5661 Screaming Eagle Blvd
- (270) 956-2676

D.W. Rec. Post-wide Spades

- February 2, 9, 16, and 23 at 6:30 p.m.
- Every Thursday
- Top players compete in a quarterly tournament
- (270) 798-7391

ACS International Spouse Support Group

- February 3 at 10 a.m.
- First Friday of each month
- 5661 Screaming Eagle Blvd
- Multicultural, multi-ethnic group
- Information shared to make transition easier
- (270) 798-9322

ACS OCONUS PCS Orientation

- February 3, 10, 17, and 24 at 1 p.m.
- In/Out Processing Building 2577A
- Every Friday
- Information provided for OCONUS move
- (270) 956-2676

The Exchange Wine Tasting at Cole Park Commons

- February 3 from 6 p.m. until 8 p.m.

- February 2, 9, 16, and 23, 9 a.m. until 3 p.m.
- Family Resource Center
- This event has many sponsors which include: Luigi's Pizza, Culligans, and Keller Williams Realtors
- FREE child care will be provided by Kids On Site (KOS) in the FRC.
- (270) 798-2676

D.W Rec. Center Table Tennis Tournament

- February 3, 10, 17, and 24 at 6 p.m.
- Every Friday
- Open to any I.D. Card holder
- Under 18 must be accompanied by an adult
- (270) 798-7391 for more information

BUNCO at Joe Swing – 2012

- February 3 & 17, March 9 & 23, April 6 & 20, May 4 & 18, June 8 & 22, July 23 & 27, August 10 & 24, September 14 & 28
- Doors open at 6 p.m.
- Cost is \$10, must be age 18 or older
- (270) 798-7535

ODR King's Bluff Climbing

- February 4 from 9 a.m. until 2 p.m.
- Cost is \$35 per person
- Ages 12 and up
- Registration required by 4 p.m. on February 3
- (270) 412-7855

Guenette Arts and Crafts Framing Class

- February 4, 11, 18, and 25 at 12:30 p.m.
- February 7, 14, 21, and 28 at 10 a.m.
- Learn how to make unique frames for your own artwork
- Please bring artwork with you
- Choose from a variety of frames and mats
- (270) 798-6693

D.W. Rec. Post-wide 8-ball Tournament

- February 4, 11, 18, and 25 at 3 p.m.
- Every Saturday
- Open to any I.D. Card holder
- Top players compete in quarterly tournament
- (270) 798-7391

Hooper Bowling Center Dollar Bowling

- February 5, 12, 19 & 26, 12 p.m. until 5 p.m.
- Every Sunday
- \$1 games and \$1 shoe rentals
- 3 game limit in the event of a waiting list
- (270) 798-5887

The Zone – Purchasing Power Super Bowl Party

- February 5, starts at 2 p.m.
- Free –
- The Zone admits age 18 and up only
- Lots of prizes

- \$15 pre-purchase
- \$20 day of event
- (270) 798-4610x119
- (270) 798-7535

DW Rec – Super Bowl Party

- February 5, starts 30 minutes prior to kickoff
- Free
- (270) 798-7391

ACS English as a Second Language (Beginner)

- February 6, 13, 20, and 27 from 12 p.m. until 2 p.m.
- Every Monday
- 5661 Screaming Eagle Blvd
- (270) 956-2676

ACS CONUS PCS Brief

- February 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, and 29 from 12:45 p.m. until 1:30 p.m.
- Every Monday, Tuesday and Wednesday
- In/Out Processing Building 2577A
- Information provided for CONUS move
- (270) 956-2676

ACS Financial Readiness Training for 1st Termers

- February 6, 8, 13, 15, 20, 22, 27, and 29 from 1 p.m. until 3 p.m.
- Every Monday and Wednesday
- Kalsu Replacement Company
- Information on a variety of financial and consumer subjects
- (270) 798-5518

ACS Financial Readiness PCS Brief

- February 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, and 29 from 1:30 until 2 p.m.
- Every Monday, Tuesday and Wednesday
- Provides financial planning information relative to changing duty stations
- (270) 956-2676

Level 1 Swimming Classes at Gardner Indoor Swimming Pool

- February 6, 8, 10, 13, 15, 17, 20, 22 and 24 from 5 p.m. until 5:45 p.m.
- Monday, Wednesday, Friday
- (270) 798-6310

ACS Financial Readiness “Monthly Coupon Social”

- February 6, from 5 p.m. until 6 p.m.
- March 5, from 5 p.m. until 6 p.m.
- First Monday of each month (unless it falls on a Federal Holiday)
- ACS Bldg 5662
- Clip, share, exchange and obtain coupons
- Active duty military and Spouses
- (270) 798-5518

- Sponsored by: Purchasing Power, USAA, University of Phoenix, Budweiser of Clarksville, Fort Campbell Federal Credit Union

Level 2 Swimming Classes at Gardner Indoor Swimming Pool

- February 6, 8, 10, 13, 15, 17, 20, 22 and 24 from 6 p.m. until 6:45 p.m.
- Monday, Wednesday, Friday
- (270) 798-6310

D.W. Rec. World Wrestling Event Viewing

- February 6, 13, 20, and 27 at 7 p.m.
- Every Monday
- Free
- (270) 798-7391

D.W. Rec. 9 Ball Tournament

- February 6, 13, 20, and 27 at 7 p.m.
- Every Monday
- Open to all ID Card holders
- Free
- (270) 798-7391

ACS Family Advocacy Program “Scream Free Parenting”

- February 7, 14, 21, and 28 from 9 a.m. until 11:30 a.m.
- Additional date: March 6
- Family Resource Center
- Pre-registration is required
- (270) 956-3735 or (270) 798-6613

Hooper Bowling Virtual Red Pin Tuesday Special

- February 7, 14, 21, and 28 from 9 a.m. until 5 p.m.
- Every Tuesday
- Win a FREE game of bowling by completing a strike with a red head pin
- FREE games won to be used another time
- Limit 3 free games won per day
- (270) 798-5887

CYSS Arts in Motion

- February 7, 14, 21 and 28, at 9:30 a.m.
- Every Tuesday
- 3301 Indiana Ave
- Free activities for children 18 months to 4 yrs
- (270) 798-3171

CYSS “Come Play With Me”

- February 7 from 12 p.m. until 1 p.m.
- Every Tuesday
- Oak Grove Community Center
- Free
- Parent/Child participation group
- 18 months to 5 years
- (931) 216-8205

R.F. Sink Library Baby and Me Lapsit

ACS Anger Management 101

- February 7, starts at 2 p.m. at ACS, Bldg 5661 Screaming Eagle Blvd
- February 7, starts at 6 p.m. at Family Resource Center
- Every Tuesday
- First Come/First Served, space limited to 15
- (270) 205-1917

Estep Wellness Center Belly Dance Class

- February 7, 14, 21, 28, March 6, 13, 20, and 27, 7:30 p.m. until 8:30 p.m.
- \$45 for eight week session (Tuesday nights)
- (270) 798-4664

Hooper Bowling Pizza and a Lane

- February 7, 14, 21, and 28 from 5 p.m. until 10 p.m.
- Every Tuesday
- 1 lane/1 hour, 1 large-1 topping pizza, 1 pitcher of soda w/1 refill, and 4 pairs of shoes all for \$20. Additional time may be purchased.
- (270) 798-5887

ACS/FERP Federal Job Application Assistance Workshop

- February 8 from 9 a.m. until 10:30 a.m.
- First and third Wednesday of Month
- ACS Bldg, Rm 108
- (270) 798-4412

ACS Financial Readiness “Money Management” Class

- February 8 and 22, 9 a.m. until 11 a.m.
- March 14 and 28, 9 a.m. until 11 a.m.
- Second and fourth Wednesday of month
- ACS Building 5662
- Active duty military and Spouses
- (270) 798-5518

CYSS SKIES Unlimited Home School Enrichment Program

- February 8, 15, 22, and 29 from 9:30 a.m. until 1:30 p.m.
- Wednesdays
- Taylor Youth Center
- \$95 per 16 week semester
- Register at Taylor Youth Center or Bldg. 3301
- (270) 412-5455

ACS VMIS Organization Point of Contact (OPOC) Training – 2012

- February 10, March 9, April 13, May 11, June 26
- August 10, September 14, October 12, November 9
- 1 p.m. until 2 p.m.
- Family Resource Center

- February 8, 15, 22, and 29 at 10 a.m.
- March 7, 14, 21 and 28 at 10 a.m.
- Free event held every Wednesday
- Open to children up to 24 months
- Library Educational Programs are sponsored by USAA, University of Phoenix and Fort Campbell Federal Credit Union
- (270) 798-7466

ACS Citizenship Class

- February 8, 15, 22, and 29 from 10 a.m. until 11 a.m.
- Wednesdays
- 5661 Screaming Eagle Blvd
- (270) 956-2676

ACS English as a Second Language (Intermediate)

- February 8,15, 22, & 29, 10 a.m. until 12 p.m.
- Wednesdays
- ACS, Bldg 5661 Screaming Eagle Blvd
- (270) 956-2676

ACS/FERP Information Seminar

- February 8,15, 22, & 29, 1 p.m. to 2:30 p.m.
- Wednesdays
- ACS, Bldg 5661 Screaming Eagle Blvd
- Resources and information to assist with job search
- (270) 798-4412

R.F. Sink Library Family Night

- February 8 at 6 p.m.
- Second Wednesday of the month
- Get your whole Family into reading
- Library Educational Programs are sponsored by USAA, University of Phoenix and Fort Campbell Federal Credit Union
- (270) 798-5729

R.F. Sink Library Children’s Valentine’s Parties

- February 9 at 10:30 a.m. and 1:30 p.m.
- FREE
- (270) 798-5729

ACS VMIS Volunteer Training – 2012

- February 10, Mar 9, Apr 13, May 11, Jun 26
- Aug 10, Sep 14, Oct 12, Nov 9
- 11 a.m. until 12 p.m.
- Family Resource Center
- No childcare
- (270) 956-2934

ACS/FAP – 1,2,3,4 Parents! Workshop

- February 14, 24 & 28, 9 a.m. until 11 a.m.
- Must attend all three sessions
- Limited Childcare is available
- (270) 956-3736 or (270) 412-5500

ACS Financial Readiness “How to Buy a House”

- February 14, 1 p.m. until 3 p.m.

- No childcare
- (270) 956-2934

Estep Zumba Aerobic Challenge

- February 11, 9:30 a.m. until 2 p.m.
- Four hours of Zumba with your favorite Estep instructors
- \$10, Only 60 spaces available
- Pre-registrants will be entered into a door prize drawing
- (270) 798-4664

Sportsman’s Lodge Valentine’s Dinner

- February 11 and 14
- Dinner options for two available
- Salmon, Ribeye steak, schnitzel
- Includes beverage and dessert
- (931) 431-4140

ODR Ober Mountain Ski Trip

- February 11 – 12
- Cost is \$225 for skiing
- Cost is \$250 for snowboarding
- Includes: transportation, 1 night lodging, 2 full day lift tickets, ski or snowboard rental
- (270) 798-2175

FCRS Sweetheart’s Trail Ride

- February 11 & 12 from 11 a.m. until 2:30 p.m.
- \$100 per couple
- Reservation Only
- Limited to 5 couples per day
- (270) 798-2629

DW Rec – All Things Chocolate

- February 12 at 2 p.m.
- Free
- Sample a wide variety of chocolate items
- (270) 798-7391

ACS Connect with Campbell Spouses

- February 14 at 9 a.m.
- Second Tuesday of every month
- Family Resource Center
- Child care available – must register prior
- (270) 798-4800

EDGE! Garage Band

- February 17 from 5 p.m. until 7:30 p.m.
- Any teens with music experience and an instrument can jam at Taylor Youth Center
- (270) 412-3994

ODR Whitewater Kayak Pool Clinic

- February 18 from 9 a.m. until 11 a.m.
- Gardner Indoor Swimming Pool
- Cost is \$15
- Ages 12 and up

- ACS Building 5662
- Steps to buying a house, pre-qualifying, etc...
- Active duty military and Spouses
- (270) 798-5518

ACS/FERP Federal Job Application Assistance Workshop

- February 15 from 9 a.m. until 10:30 a.m.
- March 7 and 14 from 9 a.m. until 10:30 a.m.
- First and third Wednesday of Month
- ACS Bldg, Rm 108
- (270) 798-4412

ACS Financial Readiness “Bank Account & Debit Card Management” Class

- February 15, 9 a.m. until 11 a.m.
- March 7 and 14 from 9 a.m. until 10:30 a.m.
- First and third Wednesday of each month
- ACS Building 5662
- Active duty and Spouses
- (270) 798-5518

ACS “Bank Account & Debit Card Management” Class

- February 15 from 9 a.m. until 11 a.m.
- First and Third Wednesday of each month
- ACS Bldg 5662
- (270) 798-5518

CYSS Parent & Child Chess Class

- February 16 at 6 p.m.
- February 18 at 10 a.m.
- 3068 Reed St
- Ages 9 and up (each child must have a parent or teen partner)
- Free class and Free Chess/Checker Game given to participants
- (270) 412-0674

Operation Magic at Cole Park Commons

- February 17
- Family Show at 4 p.m. is Free
- Date Night Show at 7 p.m. for 18 yrs or older is \$15 per ticket
- Tickets sold in advance at The Zone
- (270) 798-7535

Leisure Travel – 2012 Mardi Gras Madness Travel Extravaganza

- February 21 from 10 a.m. until 2 p.m.
- Cole Park Commons
- Free
- (270) 798-7436

R.F. Sink Library Brunch and a Book

- February 21 at 12 p.m.
- Third Tuesday of the Month
- Enjoy a good book during lunch
- Call for monthly selection

- Preregistration required by 4 p.m. on February 15th
- (270) 412-7855

DW Rec – Movie and Popcorn

- February 19 at 2 p.m.
- Movie suitable for most ages
- Free popcorn
- (270) 798-7391

ACS Financial Readiness “Military Saves Week”

- February 19 - 25
- Annual campaign to encourage Soldiers and Family members to start saving
- (270) 798-5518

DW Rec – OPEN for President’s Day Holiday

- February 20 from 11 a.m. until 8 p.m.
- (270) 798-7391

ACS Military Saves Week Event - FCFCU Saving and Investing Class

- February 21 at 9 a.m.
- ACS Financial Readiness Bldg 5662
- (270) 798-5518

ACS Army Volunteer Corps – Volunteer to Career Resume Building

- February 21 and September 18, 9 a.m. until 10:30 a.m.
- Family Resource Center
- Registration deadline is one week prior
- (270) 956-2934

ACS Army Volunteer Corps – Volunteer Recruitment Fair

- February 21 and September 18, 10 a.m. until 1 p.m.
- Family Resource Center
- (270) 956-2934

ACS Military Saves Week Event – How to Be a Savvy Shopper

- February 24 at 1 p.m.
- ACS Financial Readiness Bldg 5662
- (270) 798-5518

TYC Buddy Lee Jump Into Fitness Program

- February 25th (times TBA)
- Free Community Event
- (270) 798-4210

FCRS Basic Horse Care Clinic

- February 25 from 9 a.m. until 12 p.m.
- \$15 per person
- (270) 798-2629

ODR Montgomery Bell Mountain Biking Trip

- February 25 from 9 a.m. until 3 p.m.

- Library Educational Programs are sponsored by USAA, University of Phoenix and Fort Campbell Federal Credit Union
- (270) 798-5729

ACS Post Deployment Spouse Seminar

- February 22, 9 a.m. until 3 p.m.
- Family Resource Center
- (270) 798-2158

ACS Military Saves Week Event - How to Buy a Car Class

- February 22 at 1 p.m.
- ACS Financial Readiness Bldg 5662
- (270) 798-5518

ACS Family Advocacy Program “Couples’ Communication Workshop”

- February 22, 6 p.m. until 8:30 p.m.
- Family Resource Center
- Free workshop
- Registration required
- (270) 412-5500

ACS Military Saves Week Event - How to Buy a House

- February 23 at 1 p.m.
- ACS Financial Readiness Bldg 5662
- (270) 798-5518

ACS Military Saves Week Event – Commissary Tour

- February 24 at 8 a.m.
- (270) 798-5518

ACS Military Saves Week Event – Couponing Class

- February 24 at 10 a.m.
- ACS Financial Readiness Bldg 5662
- (270) 798-5518

FIT at Gardner Indoor Swimming Pool

- March 2 from 4:30 p.m. until 8:30 p.m.
- Pre-requisite for Water Safety Instructor Course
- (270) 798-6310

ACS Army Emergency Relief 5K Fun Run/Walk

- March 3, 2012 at 8 a.m.
- Wohali Pavilion
- (270) 798-5518

National Consumer Protection Week

- March 4 – 10
- Visit ACS Financial Readiness
- (270) 798-3344

Water Safety Instructor (WSI) Course at Gardner Indoor Swimming Pool

- March 5, 7, 9, 12, 14, 16, 19, 21, 23 and 26 from 4 p.m. until 8 p.m.
- Monday, Wednesday, Friday
- Must have taken FIT and passed swim test

- Cost is \$19
- Ages 14 and up
- Registration required by 4 p.m. on Feb 22nd
- (270) 412-7855

ODR Honker Trail LBL Day Hike

- February 26 from 12 p.m. until 6 p.m.
- Cost is \$15
- Ages 10 and up
- Registration required by 4 p.m. on Feb 24th
- (270) 412-7855

DW Rec – Post Wide Spades Tournament

- February 26 at 2 p.m.
- Open to all eligible MWR patrons
- Top three finishers receive trophies
- (270) 798-7391

Anime’ Club Meeting at Taylor Youth Center

- February 28 from 3:30 p.m. until 4:30 p.m.
- Every fourth Tuesday of the month
- This is a Location and Time change for 2012
- Must be registered with CYSS to attend
- (270) 956-3346.

FCRS Trail Ride Season OPENS

- March 1
- (270) 798-2629

Guenette Arts & Crafts Center Crafting Classes

- March 2, 3, 6, 7, 9, 10, 13, 14, 16, 17, 20, 21, 23, 24, 27, and 28
- Times, cost and age limits vary by class
- Under age 12 must be accompanied by an adult
- (270) 798-6693

FCRS Pot O’ Gold Trail Ride

- March 17
- 9 a.m., 10:30 a.m., 1 p.m. and 2:30 p.m.
- \$20 per person
- Limited to 10 patrons per ride
- (270) 798-2629

March Family Event – Luck of the Irish

- March 17 from 12 p.m. until 4 p.m.
- Sportsman’s Lodge
- Free: Inflatables, Face Painting, Balloon Twisters
- Food available for purchase
- (270) 798-7535

ACS/FAP Couples’ Communication Workshop

- March 20 from 6 p.m. until 8:30 p.m.
- Family Resource Center
- (270) 412-5500

ACAP and ACS Job Fair

- March 21 & 22, 9 a.m. until 3 p.m.
- Cole Park Commons

- (270) 798-6310

Preschool Swimming Classes at Gardner Indoor Swimming Pool

- March 6, 8, 13, 15, 20, 22, 27 and 29 from 5 p.m. until 5:45 p.m.
- Tuesday and Thursday
- (270) 798-6310

Level 3 Swimming Classes at Gardner Indoor Swimming Pool

- March 6, 8, 13, 15, 20, 22, 27 and 29 from 6 p.m. until 6:45 p.m.
- Tuesday and Thursday
- (270) 798-6310

ACS English as a Second Language Advanced Class

- March 7, 10 a.m. until 12 p.m.
- First Wednesday of each month
- ACS, Bldg 5661 Screaming Eagle Blvd
- Registration is required
- (270) 956-2676

ODR Spring Turkey Seminar

- March 9 from 7 p.m. until 9 p.m.
- (270) 798-2175

FCRS Horse Show Clinic

- March 10 at 10 a.m.
- \$20 per person
- (270) 798-2629

CYSS SKIES – Spring Break Baseball Hitting Clinic

- March 26, 9 a.m. until 3 p.m.
- Presented by Doyle Academy
- South Sports Complex
- Groups divided by ages
- Cost is \$50
- Registration deadline is March 21
- (270) 412-5811

Army Volunteer Corps – Volunteer Awards & Recognition Training

- March 27, June 26, September 25, November 27
- 9 a.m. until 10:30 a.m.
- Family Resource Center
- Deadline to register is one week prior to class
- (270) 956-2934

CYSS SKIES – Spring Break Baseball 2-Day Skills Clinic

- March 27 & 28, 9 a.m. until 3 p.m.
- Presented by Doyle Academy
- South Sports Complex
- Groups divided by ages
- Cost is \$90
- Registration deadline is March 21
- (270) 412-5811

CYSS SKIES – Spring Break Baseball Pitching Clinic

- Free
- (270) 798-4412 or (270) 798-4289

FCRS “Turn & Burn” Speed Show Trophy Series

- March 23
- Additional Dates: April 13 & 27, May 25, June 22, July 27, August 24, September 7 & 21, October 5 & 26
- Registration starts at 5 p.m.
- (270) 798-2629

FCRS “Post & Coast” Open Show Trophy Series

- March 24
- Additional Dates: April 14 & 28, May 26, June 23, July 28, August 25, September 8 & 22, October 6 & 27
- Registration starts at 9 a.m. (March, April, May, September and October)
- Registration starts at 4 p.m. (June, July, August)
- (270) 798-2629

FCRS Spring Break Camp

- March 26 - 30 from 8:30 a.m. until 3:30 p.m.
- April 2 – 6 from 8:30 a.m. until 3:30 p.m.
- Cost is \$200 per child per camp
- Ages 8 and up
- Registration begins on March 5th
- (270) 798-2629

AFTB Post Wide Ball Etiquette Class

- May 22 from 9 a.m. until 11 a.m. or 6 p.m. until 8 p.m.
- Family Resource Center
- Free
- Open to everyone
- (270) 798-4800

ACS Army Volunteer Corps – Intro to Volunteer Management

- May 29, August 28 and Oct 30
- 9 a.m. until 10:30 a.m.
- Family Resource Center
- (270) 956-2934

FCRS Rodeo Camp

- Begins June 5th
- Camp dates, times, and cost vary by age group
- Registration begins May 5th
- (270) 798-2629

FCRS Father’s Day Trail Ride

- June 17 at 10 a.m.
- \$55 per person
- Two hour trail ride with brunch
- Minimum age 10
- Limited to first 12 riders
- Sign up begins June 1
- (270) 798-2629

- March 29, 9 a.m. until 12 p.m.
- Presented by Doyle Academy
- South Sports Complex
- Groups divided by ages
- Cost is \$25
- Registration deadline is March 21
- (270) 412-5811

FC Riding Stables Easter Sunrise Ride

- April 8 from 6 a.m. until 9 a.m.
- For ages 10 and up
- \$40 per person, limited to 15 riders
- Reservations can be made starting April 1st
- (270) 798-2629

FCRS – Mother’s Day Trail Ride

- May 13 at 10 a.m.
- \$55 per person
- Two hour trail ride with brunch
- Minimum age 10
- Limited to first 12 riders
- Sign up begins May 1
- (270) 798-2629

ACS Army Emergency Relief Smartphone Apps

- Available now
- iPhone app store and Android market
- (270) 798-5518

CYSS Strong Beginnings

- Prepares Pre-K aged children to become acclimated to the world of kindergarten.
- Full day program, Monday - Friday at Polk or Colwell CDC's
- The cost for the program is based on total Family gross income
- (270) 798-0674

CYSS Neighborhood Activity – Culinary

- On-going
- For youth ages 11 to 17
- Must be enrolled with CYSS
- (270) 798-0674

Challenge Course PT

- Achieve positive PT results and learn new skills on our 50' climbing structures.
- Outdoor Recreation will provide all climbing gear, hardware and instruction. All you need to bring is your group and \$5 per person.
- For a 2 hour reservation call William Vallee at (270)412-7854.

MWR E-news

- Online registration at www.fortcampbellmwr.com
- Keep up to date on all the MWR activities
- Information sent right to your mailbox
- MWR newsletter and ACS newsletter available

FCRS Freedom Ride

- July 1 from 11 a.m. until 2:30 p.m.
- Cost is \$40 per rider
- Includes lunch
- Ride is limited to 12 riders
- Registration begins on June 25th
- (270) 798-2629

FCRS Wild West Camp

- Begins July 3rd
- Camp dates, times, and cost vary by age group
- Registration begins May 5th
- (270) 798-2629

CYSS /Estep – Reservation Process for Childcare

- CYSS is responsible for childcare reservations at Estep
- Reservations may be made up to 4 weeks in advance
- Fees will be \$4 per hour per child
- (270) 412-0173

ODR Privately Owned Firearm Range

- Range will be open weekends, holidays and Division DONSA's, hours vary by season
- \$5 for rental guns, daily range fee of \$3 for Active duty, \$5 Retiree
- Seasonal passes also available
- Ages 10+ minors require adult supervision
- (270) 412-7854

Gear-to-Go Specials

- Ongoing
- Multiple-rental discounts available for inflatables
- Friends can receive discounts on inflatables as well
- (270) 798-3919/6806

Celebrate Birthdays at Paintball Field

- Birthday parties can be scheduled Saturdays from 8 a.m. until 6 p.m. and Sundays from 12 p.m. until 6 p.m.
- \$10 per person, includes paintball gun, mask, CO2 tank, and field fee
- Extra rounds are \$40 per case, \$25 for half case, \$15 for 500 rounds
- (270) 798-4620

MWR Text Club

- Text "MWR" to 68-68-3
- Receive MWR discounts and specials right to your phone
- Standard data and messaging rates apply
- (270) 798-7535

MWR Buddy Birthday Club

- Sign up your child for a special birthday party with Buddy and Peanut
- Online registration at www.fortcampbellmwr.com

<ul style="list-style-type: none"> • (270) 798-7535 <p>Sergeant's Time Training at Paintball Course</p> <ul style="list-style-type: none"> • Simulate the battlefield experience at Outdoor Recreation's Paintball Field • Sharpen warrior skills of moving under direct fire, quick decision making, forming field combat strategy • Sergeant's Time Training is available Thursdays and Fridays at unit's discretion • \$12 per person, includes paintball gun, mask, CO2 tank, and field fee • \$22 per person includes all equipment plus 500 paintball rounds • Extra rounds are \$40 per case, \$25 for half case, \$15 for 500 rounds • (270) 798-4620 <p>MWR Facebook Pages Fort Campbell MWR...and...</p> <ul style="list-style-type: none"> • Child, Youth & School Services (CYSS) • MWR Special Events • Army Family Action Plan (AFAP) • Family Employment Readiness Program (FERP) • Exceptional Family Member Program (EFMP) • Army Community Service (ACS) • Youth Sports & Fitness • Army Family Team Building (AFTB) • Keep up to date on all the MWR activities in the community • www.facebook.com 	<ul style="list-style-type: none"> • Free t-shirt for the birthday child • Parties held every other month at different locations • Cake, activities and fun • (270) 798-7535 <p>MWR Spouse Discount Cards</p> <ul style="list-style-type: none"> • Discounts and free services offered to Spouses of deployed Soldiers • Valid for duration of orders • NOT required for CYSS discounts • Obtain at MWR Public Relations Office, Building 2577-A. • (270) 798-7535 <p>ACS AFTB Concept Blocks Class</p> <ul style="list-style-type: none"> • Choose from the three levels to gear to your group's needs • Classes can be 1 – 4 hours in length • Excellent for FRG meeting, units, or any organization that would like to know what AFTB has to offer • (270) 798-4800 <p>ACS AFTB Program Overviews Class</p> <ul style="list-style-type: none"> • 10 – 30 minutes in length • Available to brief at the unit • Excellent for FRG meeting, units, or any organization that would like to know what AFTB has to offer • (270) 798-4800
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Installation Chaplain

CH (COL) Roger Heath

270-798-6124

roger.heath@us.army.mil

Religious Support Operations: Located at building 3101 Indiana Avenue and 39th Street, FTCKY. For emergency assistance, please contact the chaplain CARE line at 270-798-CARE(2273).

[Recurring Religious Studies and Meetings:](#)

Protestant:

Gospel Service Sunday School (K thru Adults) meets each Sunday at 0830 in Community Chapel. Call 270-798-3185.

Post Wide Protestant Sunday School (K thru Adults), supporting all 11 o'clock Services, meets at 0930 in Wassom Middle School. Contact 270-798-3185.

Family 101: has a variety of family oriented study programs at the Religious Ed Center. Marriage Enrichment, Financial Peace University (Dave Ramsey) POC is CH Tobin at 798-6124

Protestant Women of the Chapel (PWOC) meets each Tuesday 9:00AM - noon at Memorial Chapel 54th and Indiana. Child watch (on-site) and home school program (off-site) provided. For information contact Campbell@pwoc.org or Erica Boettcher (931) 503-8229.

Catholic:

Military Council of Catholic Women (MCCW) meets each Friday at Memorial Chapel 1000-1130. Child watch (on-site) provided. For information contact Melba Houart (931) 933-0576.

Catholic Religious Education program (K thru Adults) meets at 1100 hours in Wassom Middle School. Classes include preparation for Confession, Communion and Confirmation. POC Ms. Rita Payne, (270) 798-2352.

Other Programs:

Fort Campbell Grief, Loss and Life Transition Support Group meets every Wednesday, 9:00-1100 AM at Chaplain Family Life Center 2402 Indiana Ave. POC CH (MAJ) Stanley Arnold, 270-798-3316.

MARRIAGE 101: Premarital Class for Engaged Couples meets on the second Monday of each month, 10:00AM – 4:00PM. Location will be determined by number of participants. Family Life Secretary will call in advance to notify participants of location. Participants must make their own arrangements for child care. Contact your unit chaplain to schedule the class.

Mothers of Pre-Schoolers (MOPS): meets at Memorial Chapel on the 1st and 3rd Wednesdays of the month from 9:15am-12pm. Free childcare is provided. POC Ashley Whorley (703) 986-9705.

Chapel Religious Education Programs: Chapel religious education programs are vital elements in the growth and enrichment of our faith lives here at Fort Campbell. They are provided through the dedication of chapel members. Call the Religious Education Office for any questions, (270) 798-3185.

AWANA: meets on Wednesdays in Memorial Chapel at 1745 hours. Ages 4 thru 8th Grade. Childwatch is provided for Leaders' underage children. For more information contact Amanda Vineyard at vineyards629@yahoo.com.

Club Beyond provides Chapel sponsored **youth programs** for grades 9 thru 12. The main Club meeting is on Tuesday at 1900 in Fellowship Chapel. Contact Gil Carter: 270-798-6458 or 615-738-0822.

Jewish Studies:

TORA Studies: Conducted at the Rel. Ed Center: Meets 2nd and 4th Wed nights 1800-1900, POC is Mrs. Gracie Hefter, Email: graciehefter@live.com, Phone is 270-605-1523.

PROTESTANT WORSHIP OPPORTUNITIES:

Community Chapel Protestant – Traditional Gospel Service meets each Sunday at 10:00 at Community Chapel (15th and Ashau Valley Rd). POC CH Smith, 270-798-0356.

Memorial Chapel Protestant – blends traditional and contemporary. Meets each Sunday at 11:00 at Memorial Chapel (54th and Indiana Ave). POC CH Tobin, 270-798-6124

Soldiers Chapel Protestant – traditional service. Meets at 11:00 each Sunday at Soldiers Chapel (30th and Desert Storm). POC CH Coy, 270-798-2066

CATHOLIC WORSHIP OPPORTUNITIES:

Catholic Weekend Mass – Saturday, 5:00 PM and Sunday 9:30 AM and 12:30, at Soldiers Chapel (30th and Desert Storm). POC Ms. Rita Payne, 270-798-2352

Catholic Daily Mass – Monday, Tuesday, Thursday, Friday, 1200, at Soldiers Chapel (30th and Desert Storm). Wednesday, 1200, Hospital Chapel. POC Ms. Rita Payne, 270-798-2352

Officers Spouses Club (OSC)

Kensley McLellan

[**ftcampbellosc@yahoo.com**](mailto:ftcampbellosc@yahoo.com)

The Officers' Spouses' Club at Fort Campbell
P.O. Box 106
Fort Campbell, Kentucky 42223
President ~ Mrs. Laura Mercier
[**www.fortcampbellosc.com**](http://www.fortcampbellosc.com)

The OCS Fort Campbell Thrift Store
2902 Indiana Ave (next door to the PX)
Fort Campbell, Kentucky 42223
270-640-4769

Find us on Facebook "Fort Campbell Officers' Spouses' Club"

Join the Officers' Spouses' Club Today!

The Officers' Spouses' Club is a volunteer run, social and charitable organization, dedicated to the improvement and quality of life for Military families and the surrounding communities. We hold two main events yearly, "The Craft Fair" in the Fall, and "VICE Night" in the Spring. Proceeds from these events, the OSC Thrift Store, and our ways & means table,

benefit our Scholarship & Welfare program, which in turn benefits military family members as well as assists MANY local Fort Campbell organizations, schools, and programs. We are honored to be able to give back to the community & help make a difference.

Event Reminders & Special Save the Dates:

February 15- February Luncheon

- RSVP online at www.ftcampbellosc.com BEFORE February 8th.

2012 Scholarship Information

- Scholarships: You can get your applications on line at www.fortcampbellosc.com or at the post library, FRC. This is open to ALL RANKS: not just officer and spouses.
- Any ID card holder may apply for them.
- We have two different application continuing education, and high school.
- They must be post marked by MARCH 9th that's the deadline.
- If you have any questions the contact info is on our web site under scholarships.

OSC V.I.C.E. Night (Very Important Charitable Event): "Wild West Gold Rush"

- Friday, April 13, 2012 at Cole Park Commons, Fort Campbell, KY. Doors open at 6:00pm and cocktails and silent auction begin at 6:30pm
- Live and Silent Auctions with buffet dinner and entertainment
- Tickets: \$25/person - Can be purchased online at www.fortcampbellosc.com beginning February 1, 2012
- OPEN TO THE PUBLIC!!!!
- All proceeds benefit Ft. Campbell and the surrounding communities through the OSC scholarship and welfare grant programs. Applications for these can also be found on our website.
- For more information, or if you would like to make a donation or become a sponsor, please contact Jessi Mitchell at ftcampbellosc@yahoo.com

Enlisted Spouses Club (ESC)

www.101stESC.net or escftcky@yahoo.com

February 16: Mardi Gras Bunco and Jambalaya Cook off!!
630-830pm at "The Cottage" bldg. 2301 on Indiana & Air Assault
\$5.00 for members, \$10 for non-members

We are currently taking nomination and applications for the 2012-2013 Board. If you are interested please contact us at escftcky@yahoo.com

We are taking pre-orders for our Fort Campbell Polish Pottery Plates, estimated arrival will be June 2012, cost is \$35.00 you can email escftcky@yahoo.com for more info. We are offering this design.



Our current stock of Ways & Means is being sold at a reduced price, available online
COASTERS: 1 FOR \$3.00 OR 2 FOR \$4.00
CANDY JARS: \$2.50
ALL GLASSWARE: \$5.00 OR 2 FOR \$8.00

SSG Glenn H. English, Jr. Army Education Center
202 Bastogne
Fort Campbell, Kentucky
(270) 798-3201

MARCH 2012 ON-POST COLLEGE TERM DATES ANNOUNCED

School: *Contact the school for more information.

	<u>Start Date</u>	<u>End Date</u>	<u>Phone</u>
Austin Peay State University*	March 10	May 04	(270) 798-7417
Embry-Riddle Aeronautical University*	March 19	May 20	(270) 798-2775
Hopkinsville Community College*	March 12	May 05	(270) 707-3810

Green-to-Gold/ROTC On-site at Education Center

A representative is present at the Education Center, Room 140 on Tuesdays and Thursdays from 1100 – 1400 hours to provide information on the ROTC and Green-to-Gold programs. For more information call (931) 206-6908 or send email to apsurotc@apsu.edu

ESL and GED Classes at Education Center

Classes are offered by the Adult Education Division of the Clarksville-Montgomery School System. Call (931) 542-5045 for registration, enrollment, or other information regarding these classes which are taught at the Education Center at no cost to participants.

Education Opportunity Center (EOC)

EOC is a federally funded program that provides (by appointment) financial aid information, career counseling and information on area colleges, universities and other education options in the area. Services are available at the Education Center and are free. Call 1-800-351-3382 / (931) 221-7481 for an appointment.

School Liaison Officer **Tayranette Williams** **270-798-9219** tayranett.johnson-williams.naf@mail.mil

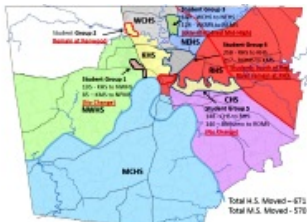
Clarksville Montgomery County Schools - The Open Enrollment period has begun for students who wish to attend a school outside the area for which they are zoned. Application will be accepted at CMCSS Central Office, 621 Gracey Ave., until **Feb. 10, 2012**. Applications and guidelines are available online at <http://www.cmcss.net/iso/masterdocs/STS-F023.pdf>, at the CMCSS Central Office, and at any district elementary school.

Limited spaces are available for the following elementary schools and grades:

- Barksdale (2nd, 3rd, 4th, 5th)
- Burt (5th)
- Cumberland Heights (K, 1st, 2nd)
- Kenwood (3rd, 5th)
- Moore Magnet* (3rd, 4th)
- Northeast (K, 1st, 2nd, 4th)

* Must meet entrance requirements which can be obtained at Moore Magnet School.

Clarksville Montgomery County Schools - Rezoning Plan Approved for 2012-13



Students impacted at the five high schools will have the option to remain at their current school but will have to provide their own transportation. Students at four middle schools and three elementary schools will be affected by the zoning

changes and will not have the option to remain. Students at West Creek Middle will have the option of remaining within their current school zone due to the number of previous rezonings they have experienced.

Due to the August 2012 opening of Carmel Elementary School, elementary students affected will be rezoned from Barksdale, East Montgomery and Sango.

To view the rezoning maps, click here: <http://www.cmcss.net/documents/operations/zoningupdate2011.pdf>

To view detailed maps for areas affected, please select areas below:

[Area One, Lafayette Road and Dover Road area](#)

[Area Two, Tiny Town Road and Needmore Road area](#)

[Area Three, 101st Parkway and Wilma Rudolph Blvd. area](#)

[Area Four, Memorial Drive area](#)

2011 state school report cards have been released Nov 2011

TN: <http://edu.reportcard.state.tn.us/pls/apex/f?p=200:1:303524188321323>

KY: <http://applications.education.ky.gov/schoolreportcardarchive/Default.aspx>

Scholarship Information 2011-2012



<http://www.militaryscholar.org/sfmc/index.html>

Army Scholarships

The Army Scholarship Foundation awards one-year financial scholarships (not grants or loans) on an annual basis to qualified and deserving students. The amount of each award ranges from \$500 to \$2000 for undergraduate studies at accredited educational/technical institutions. Scholarship recipients may apply to renew their scholarships annually for a total of four years of higher education. Renewal is not automatic, but depends on academic performance and continued academic eligibility. Scholarships are awarded on the basis of academic record and participation in school and community activities. Applicants must be sons or daughters of active duty, active duty Reserve, or active duty National Guard U.S. Army members in good standing, or be the spouse of an active duty enlisted soldier, or be sons or daughters of former U.S. Army members who have received an honorable discharge or medical discharge, or who were killed while serving in the U.S. Army. <http://www.armyscholarshipfoundation.org/index.html>

DePuy Scholarships, named for General William E. DePuy, the 1st Infantry Division Commanding General who started the program during the Vietnam War, are provided for children of soldiers killed in combat or training accidents while serving in a unit assigned or attached to the 1st Infantry Division and authorized to wear the 1st Infantry Division patch. More than 1,300 of these scholarships have been awarded.

Huebner Scholarships, named for Lieutenant General Clarence L. Huebner, who commanded the Big Red One during World War II, are competitive scholarships for children and grandchildren of former members of the Division as well as children of active-duty 1st Infantry Division soldiers. <http://www.1stid.org/foundation/scholarships.cfm>

Women's Army Corps Veteran's Association Scholarship

The Women's Army Corps Veterans Association Scholarship has been established to recognize relatives of Army Service Women. This scholarship is based upon academic achievement and leadership as expressed through co-curricular activities and community involvement. A \$1500.00 scholarship will be given annually. The recipient will be notified by mail. The check will be forwarded to the acceptance institution.

Eligibility and selection criteria:

1. Is a United States Citizen.
2. Is a high school Graduating Senior, showing academic promise, with a cumulative GPA of 3.5 on a 4.0 scale. Include a letter from the high school attending, with transcripts.
3. Submit a biographical sketch and letter stating goals and how the scholarship will be used.
4. Applicants must plan to enroll as a full-time student at an accredited college or university in the United States in pursuit of a degree course of study.
5. Applicants must be a child, grandchild, niece or nephew of an Army Service Woman, and must submit documentation of sponsor's military service.
6. The Scholarship Committee will use the following criteria for selection:
 - a. Academic achievement.
 - b. Leadership ability as expressed through co-curricular activities and community involvement.
 - c. Biographical sketch.
 - d. Recommendations.
7. Application material must be postmarked no later than midnight: **May 1**

Application Process:

The application process encompasses five steps.

1. Complete the Women's Army Corps Veteran's Association application form.
2. Attach an official 7-semester high school transcript.
3. Include three letters of recommendation, one of which must be written by a teacher, counselor or principal.
4. Attach the biographical sketch as directed on the application form.
5. Attach documentation of sponsor's military service.

Submit to: Women's Army Corps Veteran's Association

Women's Army Corps Veterans Scholarship

P.O. Box 5577

Fort McClellan, Alabama 36205-5577

Application must be submitted with all supportive material enclosed for consideration.

<http://www.armywomen.org/pdf/scholarship.pdf>

More scholarships and scholarship information can be found at the following websites:

https://www.nationalresourcedirectory.gov/education_and_training/additional_scholarships_tuition_assistance_and_financial_aid/scholarships_and_grants_for_spouses_and_dependents

<http://www.military.com/military-report/military-family-scholarships>

http://www.aerhq.org/education_dependentchildren_WithLinks-040111.asp

Campbell Crossing, LLC Karissa Poe Community Services Coordinator 931-431-2311, 931-436-5712
kpoe@campbellcrossingllc.com

Department of the Army's RCI Unsung Hero Award:

Pete Soccorso, a CLLC Maintenance Employee, has recently been awarded the Department of the Army's RCI Unsung Hero Award. This award recognizes those who truly go above and beyond to make a difference. Pete assisted in saving the life of a Resident who was having an allergic reaction to medication provided from a dental procedure. He contacted 911, the Residents husband, and stayed with her until emergency rescue teams arrived. Pete will be receiving his award at the 2012 PHMA Conference in San Diego.

Campbell Crossing New Website:

Campbell Crossing's website is currently undergoing a facelift which will include a new look, user friendly navigation and updated pictures. We are expecting to go live with the new website in late winter/ early spring.

Armed Services YMCA

Shirley West

Shirley.f.west1@us.army.mil

February 2012 Events

- Tuesday, 7 February 2012 – After-School Sundaes – 1:30pm – 3:30 pm
- Wednesday, 8 February 2012 – Coupon Swap – 11:30am-12:30pm
- Saturday, 11 February 2012 – Pancake Breakfast – 9-10am
- Monday, 13 February 2012 – Valentine's Day Party and Potluck – 10:30am

- Tuesday, 21 February 2012 – Spaghetti Dinner – 6pm
- For more information or to RSVP for our events please call 270-798-7422.

USO Fort Campbell

Kari Burgess Brown

931-542-3078

kbbrown@uso.org

February events at the USO: (Located at 2577B Kentucky Avenue)

Warrior Wednesday Lunches (Every Wednesday for Active Duty)

USO 71st Birthday Celebration

- Thursday, February 2
- USO Cupcakes served in the center all day

Story time

- Friday, February 10, 10:00 to 11:00 am
- Ages 2-5
- Book reading and associated craft

Date Night for Two

- Sunday, February 12, 4:00-8:00 pm
- For only 10 couples... stay tuned for more information!
- Meal & Movie in the theater
- Gift bag for the couple

Cartoon Workshop

- Saturday, February 18, 2:00-4:00 pm
- Basic cartoon techniques taught by cartoonist, Bruce Higdon
- Ages 9-17
- Limited enrollment of 20

No-Dough Dinner

- Saturday, February 25, 4:00 to 7:00 pm
- Menu to be determined