

**RESOURCES**  
Free legal assistance beneficial to Soldiers  
**Story on Page A3**



**ARTS & CRAFTS**  
Center offers artistic outlet  
**Story on Page C1**



**FIT FEST**  
Event to promote readiness, safety  
**Story on Page D1**



# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MARCH 31, 2016

## USAACE welcomes new Aviation Branch CSM

By Kelly P. Morris  
USAACE Public Affairs

The U.S. Army Aviation Center of Excellence conducted a formal change of responsibility for its senior enlisted leader in a ceremony at the U.S. Army Aviation Museum on Fort Rucker March 24.

Soldiers, Department of the Army civilians, community members, family and friends gathered to bid farewell to outgoing command sergeant major, Command Sgt. Maj. Eric C. Thom, and to welcome Command Sgt. Maj. Gregory M. Chambers as the new Branch CSM.

Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, hosted the ceremony, and in his opening remarks he acknowledged the mixed emotions in the room.

"It's always a somber occasion when we change responsibility ... because we're saying goodbye to a great Army leader and great Army family, but it's also a joyous occasion because we're welcoming a new team," Lundy said.

The Aviation Branch CSM is responsible for the welfare and standards of Army Aviation Soldiers, and serves as the primary adviser to the commanding general on all matters pertaining to Aviation Soldiers and NCOs, including training and leader development, that impact readiness across the Branch and the Army.

As the audience looked on, the Army Aviation Branch Colors were passed from Thom to Lundy to Chambers, symbolizing the transfer of responsibility and authority from the outgoing to the incom-



Command Sgt. Maj. Gregory M. Chambers accepts the Army Aviation Branch Colors from Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, as he assumes responsibility as Branch CSM from Command Sgt. Maj. Eric C. Thom at a ceremony March 24.

ing command sergeant major. Lundy welcomed Chambers, along with his family, who arrived at Fort Rucker from his previous assignment as CSM of the U. S. Army Special Operations Aviation Command at Fort Bragg, North Carolina.

Lundy said he felt confident Chambers will take the Branch to new heights.

Chambers acknowledged the support of his wife, Rebecca, and sons Dylan, 14, and Ryan, 8, who were in the audience, and thanked Lundy for the opportunity to serve as the branch CSM.

Chambers served in various leadership positions in the 160th Special Operations Aviation Regiment (Airborne), including as CSM, 4-160th Special Operations Aviation Regiment (Airborne), Fort Lewis, Washington; as CSM for Task Force 1-160th SOAR (Abn.) and regimental CSM, Fort Campbell, Kentucky.

His previous assignments include 3-123rd Aviation Regiment, Fort Ord, California; 2-2nd Aviation Regiment in South Korea; and 765th Transportation Battalion at Fort Eustis, Virginia.

Lundy praised Thom for two years of leading by example during a time when the Army and the Branch faced challenges, and for leaving the Branch in a better place. He commended Thom's wife, Sam, for her volunteerism and support to families.

"Eric Thom never forgets about Soldiers and never lets any other leader around him forget about Soldiers, and that's what sergeants majors do," Lundy said. "Thanks for being my right-hand man, thanks for being that confidante that could always be there and most importantly thanks for taking care of our Soldiers. We're going to miss both of you."

Thom lauded his comrades as a "great team" of sergeants major who serve as the "backbone of the enterprise."

"Anything good for Aviation that happened during my tenure here had their fingerprints all over it," Thom said.

Thom's next assignment is the Chief of the Sergeant Major/ Command Sergeant Major Branch, Human Resources Command at Fort Knox, Kentucky.

## GET READY

Site helps prepare for upcoming severe weather season

By Nathan Pfau  
Army Flier Staff Writer

As the familiar assault of pollen and allergies returns to engulf the South, Fort Rucker officials want to remind people to be ready for the year's first severe weather season.

The southeast typically experiences two severe weather seasons throughout the year, not including hurricane season, so being prepared is key to making it through safely, according to Willie Worsham, Fort Rucker emergency management officer.

"We are currently in our first severe weather season, which typically runs through April," he said, adding that the second season will run from August through September.

"After winter, cold fronts come down from the north as the subtropical ridge in the south begins to warm and move northward into the southeast," said Worsham. "As these two systems collide, violent weather patterns can erupt due to the drastic differences in temperatures in the two air masses."

Since the subtropical ridge doesn't allow the cold front to move through, it causes a lot of instability in the atmosphere, he said, which can lead to severe thunderstorms and even tornadoes.

During the season, people can expect strong storms with high winds, large downpours, lightning, possible tornadoes and even flooding in low-lying areas, said

SEE SITE, PAGE A5



Riders exit out of the motorcycle safety course training area during a SHARP motorcycle ride to promote awareness against sexual assault and harassment last year.

## Biker Blessing promotes fellowship

By Nathan Pfau  
Army Flier Staff Writer

With weather warming up, more motorcyclists are taking to the road for both transportation and leisure, so post officials want to make sure all motorists are playing it safe when it comes to their two-wheeled brethren.

One way Fort Rucker and the religious support office is helping to keep people aware of motorcycle safety is through the Biker Blessing and Breakfast, which will be held on the lawn and parking lot at Wings Chapel April 9 from 8-11 a.m.

"We just want to give Soldiers, retirees, veterans and civilians a place to get together for some fellowship with other motorcycle enthusiasts," said Chaplain (Capt.) Jim Mitchem, 1st Battalion, 145th Aviation Brigade, adding that the congregation is an opportunity for people to combine their motorcycle safety habits with their spiritual resiliency.

The event will begin in the parking lot where units and individuals will conduct safety checks on their bikes, followed by breakfast and fellowship with music and the group blessing by a guest speaker. After the blessing, riders who wish to have individual blessings or anointing will be directed to ride their bikes through the drive in front of the chapel, said Mitchem.

If enough riders participate, the gathering may be an opportunity for riders to participate in a check ride if they so wish, which isn't organized by the RSO, but those in attendance, added the chaplain.

People are encouraged to RSVP for

the event. For more information on the event or to RSVP, call 255-2723.

Before embarking on a ride, riders must remember to take all necessary precautions, make sure they know how to operate the vehicles safely and wear the right gear, said Rebecca Ghostley, garrison safety director, adding that it begins with protective gear.

"If riders are cycling at night, they should wear reflective gear, and they should always wear long-sleeved shirts, long pants, eye protection, gloves and over-the-ankle footwear. An armored jacket will offer additional protection," she said, adding that shoe strings on boots should be tucked in.

Another factor for motorcyclists to be concerned with is driving defensively.

"The four deadly words are, 'I didn't see him,'" said the safety director. "Always assume that other drivers are not going to see you."

Those operating motorcycles aren't the only ones who need to be knowledgeable on motorcycle safety, said Ghostley, stressing that those who ride as passengers need to be just as knowledgeable as the drivers.

"Passengers should be dressed in the same protective gear as the driver and they need to understand the handling characteristics of a motorcycle, such as

leaning," she said.

Riders should always make sure their motorcycle is in proper working condition, and now with summer in full swing, people should also be aware of strong storms throughout the season.

"Always check that tires are not over or under inflated and avoid riding in rough, stormy weather," said Ghostley. "If you plan on a long ride, always

check the weather and try to always carry a rain suit in case you encounter an unexpected storm. Be particularly careful when it begins to rain because the rain hasn't had time to clear the oily film off the road."

"Almost half of all fatal motorcycle accidents involved riders who had consumed alcohol. Even one drink can degrade your riding skills," she added.

Storms aren't the only things that summer brings. Many cyclists are heading to the beaches of Florida to take advantage of the beach weather. And although the state does not require cyclists to wear helmets, Army regulation does, added Ghostley.

"People are made famous for thinking, 'It's not going to happen to me.' You can be the safest rider and still be in an accident; however, you can reduce

SEE FELLOWSHIP, PAGE A5

# PERSPECTIVE

## SHELTER FROM THE STORM

*Army Safety provides tips for severe weather survival*

Compiled by the  
'Knowledge' Magazine Staff

Soldiers must be prepared for any threat they might encounter in the field. With the spring and summer months just around the corner, they can soon expect to see a variety of weather-related risks in their training and operational environments.

One of the most common weather events encountered in the field is thunderstorms, which can include hazards such as lightning, tornadoes and flash floods.

Let's take a quick look at each one of these hazards individually.



COURTESY PHOTO

### Lightning

Since fiscal year 2005, at least 41 Soldiers have been injured by lightning strikes – three Soldiers died from their injuries and another suffered a permanent total disability.

More than half of these lightning strike injuries occurred during two events just a week apart in August. In the first, Soldiers were injured when a nearby tree was struck as the platoon was executing lightning lockdown procedures. In the second incident, lightning struck a tree in the troop tactical operations center, injuring several Soldiers.

If you're caught outside in a thunderstorm with lightning, seek shelter in a sturdy structure or hardtop vehicle. If you find yourself in a vehicle, sit with your hands in your lap. If possible, shut off electronic communications equipment when lightning is in the area and don't use it unless absolutely necessary.

If you're inside a building equipped with a telephone, don't use it either. Avoid large pieces of metal equipment, and make risk decisions concerning vehicles loaded with various types of explosives or ammunition. Explosive

items and ammunition have varying fragmentation distances, which should be considered in mission planning. Keep this in mind when making the decision on how far to clear away.

When caught in the open with no place to go, ensure you're not close to tall trees or structures that are the highest points in the area. In wooded areas, seek shelter under a thick growth of small trees. Avoid tall objects, isolated trees, bodies of water, sheds and fences. If you are part of a group, spread out and squat down in an attempt to keep as low a profile as possible while keeping both feet planted firmly on the ground. You want to minimize your body's surface area contact with the ground, so never sit or lie down.

The tactical situation dictates other types of mitigation – for instance, radio operators should take down long whip antennas to help create a low profile.

Fighting positions create a unique point of interest. During lightning storms, make sure you're not leaning or resting your body on the inside of the hole. Center yourself and remain alert

until the storm passes. A properly constructed fighting position will provide you with overhead cover from hail and high winds, and you'll have the lowest profile possible.

Keep in mind lightning can strike even after a thunderstorm has passed. It's best to wait about 30 minutes after the weather passes to resume activities. A general rule of thumb in estimating the hazard area for lightning strikes is flash-to-bang time. If you see lightning, begin counting seconds. If you hear thunder within 30 seconds, you're in a hazard area. If your hair begins to stand on end, squat down immediately and place your hands on your knees with your head between your legs.

### Tornadoes

Tornadoes are violent atmospheric storms with rotating winds ranging from 200 to 300 mph in the most severe cases. If you or your unit is caught in the field when a tornado hits, follow these guidelines:

- Seek shelter in a substantial structure and go to the basement or an interior room;

- Avoid trailers or vehicles; and
- Never attempt to outrun a tornado in a vehicle – instead, abandon it immediately.

If no shelter is available and you're caught in a convoy, dismount your vehicle and lie flat in the nearest ditch or depression. Be sure to secure your Kevlar helmet and other protective items to prevent injury from flying debris. In a defensive position or base camp, a properly constructed fighting position will place you below the ground with overhead cover if suitable structures aren't available.

### Flash floods

Flash floods are another hazard associated with storms and you don't even have to be in the area receiving the rain for this particular hazard to strike. When selecting operational sites, stay clear of low-lying areas, dry riverbeds, flood plains and canyons. If you're caught outside in a flash flood, move to higher ground immediately.

Avoid rivers, streams and low spots. Don't try to walk through flowing water higher than ankle

deep and never attempt to drive through flooded areas. Underwater hazards aren't visible and water more than 1 foot deep can easily displace 1,500 pounds. Just 2 feet of water will move or carry most automobiles.

### What else can you do?

Whether you're in the field or in garrison, the best method for maintaining environmental situational awareness is to monitor weather reports. This usually is accomplished in the field via the chain of command and tactical operations centers receiving routine weather data as part of operations.

However, if the National Weather Service has deemed weather severe enough to put out a watch or warning, then your chain of command usually will provide more guidance on unit actions. If you don't have access to immediate weather data, you can rely on your own judgment, and still take appropriate measures to prevent or limit the risk to you and your Soldiers.

These are just a few general tips. Depending on your particular circumstances, you might want to conduct further research into what you can do as a leader when faced with changing weather that might affect mission outcome.

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## Rotor Wash

“Weather can often become unpredictable as the South transitions from cold to warm weather. What are some ways people can prepare for severe weather?”



**Spc. Deandre Lewis, 1st Bn., 58th Avn. Regt. (Airfield Operations)**

“Make sure you have an emergency plan that your family knows to follow.”



**Spc. Shekia Griggs, 787th Combat Support Unit**

“Take weather alerts seriously, and if you hear sirens, get to a safest place in your home or wherever you are.”



**Tony White, civilian**

“Get a weather app on your phone that alerts you to when bad weather is on the way.”



**WO1 Andrew Owen, B Co., 1st Bn., 145th Avn. Regt.**

“Try to stay informed and check weather forecasts. Even though they might not always be right, it's better to be safe than sorry.”



**CW3 Thomas Barnes, 45th Sustainment Brigade, Hawaii**

“You should stock up on flashlights and batteries, and make sure to have plenty of bottled water and food that won't spoil in case the power goes out for a long time.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

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# Free legal assistance beneficial to Soldiers

By **Jeremy Henderson**  
Army Flier Staff Writer

Free legal assistance services can be one of the most valuable benefits available to Soldiers on post, but it can also be one of the most underutilized.

Capt. Rob Juge, Fort Rucker Office Staff Judge Advocate Legal Assistance Office client services chief, said Soldiers are often unaware of the different types of legal services available.

"I believe there are quite a few Soldiers, retirees and dependents who do not realize that we can provide them with legal assistance at all," Juge said. "It seems that when people hear 'JAG,' they shudder and think of prosecutors or the people who give Article 15s. While there are judge advocates who do those things, there is a large section of our office that exists exclusively to help Soldiers, retirees, and their family members with personal legal issues."

According to Juge, Soldiers should view the legal assistance office as a source of support and always seek assistance in their legal matters.

"I think the biggest point is that if a person has a legal issue- whatever it is- they need to come see us," he said. "If we cannot help to resolve the issue, we will at least point the client in the right direction to get a resolution."

What services are offered by the Legal Assistance Office?

"We assist clients with wills, powers of attorney, notarizations, bills of sale, income tax preparation, landlord and tenant issues, Servicemember's Civil Relief Act issues, uncontested divorce, family support, assistance with rebuttals for military administrative actions (General Officer Memorandum of Reprimand, evaluations, financial li-

ability investigations of property loss, flight evaluation boards), debt collection, claims assistance (household goods shipments, etc.), and much more," Juge said. "These are just examples of some of the services we offer. If your issue has any relation to a legal issue – or if you have nowhere else to turn – come and see us."

For a good example of some of the services offered, visit the office's Facebook page at <http://www.facebook.com/Rucker-LAO>. Frequent local area legal issues and preventative law materials are posted on the page. Additionally, clients can send a message to the page, where it will be received by an attorney and usually responded to within an hour. This may be the quickest way to get in touch with an attorney if you have an emergency, or even if to find out if you have a legal issue and where to turn, Juge said.

The office's attorneys are a free legal counseling resource Soldiers should utilize, Juge said.

"This is a good place to mention attorney-client privilege," he added. "Legal assistance attorneys are one of the few positions in the Army in which our loyalty and professional responsibilities to our clients outweigh our professional obligation to the Army. When it comes to a conflict between our client and the Army, our client wins. Anything a client shares with a legal assistance attorney during their representation is private, except in a few limited circumstances, such as if the client threatened to injure themselves or another person. Clients can take comfort in the fact that whatever they share will not make it back to their commanders or anyone else for that matter."

According to Juge, the free legal services offered on post can



PHOTO BY JEREMY HENDERSON

**Capt. Rob Juge, chief of client services, left, and then-Sgt. John Smith, 1st Bn., 13th Avn. Regt., client services NCO in charge, speak in the legal assistance office last year.**

help Soldiers, retirees and family members save money up front and down the road.

"Civilian attorneys off-post are often very expensive – some charging hundreds of dollars per hour of work," he said. "In addition to helping our clients save money up front, many of our actions often help return money to a client's pocket. In one recent instance, our office saved a client over \$5,000 by helping them get out of an employment contract when their spouse joined the Army."

People can rest assured that military attorneys are some of the very best available, and they are experts in areas that frequently concern servicemembers and their families, Juge said.

"Army judge advocates are picked competitively from the best and brightest attorneys," he added. "The JAG Corps typically selects less than 10 percent of

applicants each year. The competitive nature of the program ensures that we only hire the most skilled, competent and professional attorneys our nation has to offer. Additionally, Army judge advocates receive several months of Army-specific legal training to make them subject matter experts in military law and service-connected issues. Many civilian attorneys off post will not have the military-specific expertise that comes with being an Army judge advocate."

Increased service use will provide additional funding for more robust programs in the future, Juge said.

"A perfect example is our tax center," he said. "If we prepare taxes for more people one year than the year prior, we can secure additional resources to provide a more robust tax center. This equates to more appointments and less wait time the following

year."

The SJA office also houses the Special Victim Counsel Program. The purpose of the SVC Program is to provide zealous advocacy for the victims of sexual assaults throughout the military justice process. Victims of sexual assault are entitled to certain services and protections, and the SVC is the attorney that represents a victim through the entire process, from reporting to court-martial and beyond.

People who need SVC assistance should call Capt. Quan Vu at 332-9673.

For more information about legal services offered on post, call 255-3482 to make an appointment. Soldiers, retirees and family members may also visit Bldg. 5700, Suite 320, Mondays, Tuesdays, Wednesdays and Fridays from 8:30 a.m. until 4:30 p.m., and Thursdays from noon until 4:30 p.m.

## SecArmy: Sexual assault, harassment detrimental to combat readiness

By **Stephen P. Kretsinger Sr.**  
U.S. Army Combined Arms Center

FORT LEAVENWORTH, Kan. – Acting Secretary of the Army Patrick J. Murphy visited the Sexual Harassment/Assault Response and Prevention Academy at Fort Leavenworth March 24.

Murphy was briefed by senior leaders and spoke with a class of future victim advocates and sexual assault response coordinators.

While speaking to the students at the SHARP Academy, Murphy reemphasized Chief of Staff of the Army Gen. Mark A. Milley's No. 1 priority and explained how the SHARP mission related to it.

"Our focus is readiness," Murphy said. "But how can we be ready to face challenges the world presents if there is not trust within our ranks? We remain personally committed to eliminating sexual assault and harassment from our Army. Such behavior has no place in a disciplined military force. Every Soldier, Army civilian and family member deserves to be – and will be – treated with dignity and respect."

In the early part of the new millennium, Murphy was a prosecutor who prosecuted sex crimes, and said he understands how tough sexual assault and harassment cases



PHOTO BY JOHN MARTINEZ

**Acting Secretary of the Army Patrick J. Murphy visited the Sexual Harassment/Assault Response and Prevention Academy at Fort Leavenworth, Kan., March 24.**

are.

"I want to thank you from the bottom of my heart," Murphy said. "Because as you know (sexual assault and harassment) is not just a cancer for the Army, but also with our society. We've had positive results – reports are going up and incidents are going down – but, still, one is too many. The

fact that you guys are on the front lines in the Army means a lot to me and it means a lot to our nation, because you guys are really where the rubber meets the road."

Murphy also met with senior leaders to receive a briefing about the current state of SHARP Academy and its near-term plans. The briefing was presented by Col. Geoff

Catlett, director of the SHARP Academy, and also attended by Lt. Gen. Robert Brown, commanding general of the U.S. Army Combined Arms Center, as well as other top leaders.

"When the SHARP program first started, the training was a lot of 'death by PowerPoint,'" Brown said. "Geoff and his team have done an outstanding job of improving the training Soldiers and civilians receive on this tough subject."

The same week, the Fort Leavenworth SHARP Program Office and the U.S. Army SHARP Academy presented a training event to Command and General Staff College where survivors of sexual assault in the armed services shared their stories.

"We didn't want to present what people say is the typical SHARP training, where we show some slides, and go over definitions and rules of conduct," Catlett said. "We wanted to bring the humanity of the SHARP program – and the faces of those who were victims – to these students. We wanted them to hear firsthand what sexual harassment and assault does to our formations."

As part of the trip to Fort Leavenworth, Murphy engaged with students in the Command and General Staff Officer Course, the School of Advanced Military Studies and the Army Management Staff College.

## News Briefs

### USAACE command changes

- USAACE will host its change of command ceremony Wednesday at 9 a.m. on Howze Field. Maj. Gen. William Gayler will assume command from Maj. Gen. Michael D. Lundy.
- USAACE will host its change of charter ceremony for chief warrant officer of the Branch April 18 at 9 a.m. in the U.S. Army Aviation Museum.

### ACS survey

The Army Community Service is conducting a needs assessment. People taking part in the survey will assist ACS in developing programs that meet the needs of the Fort Rucker community. The survey is available online at <https://www.surveymonkey.com/r/6YMW8QP>, or paper copies are available through ACS.

For more information, call 255-9641.

### Army Aviation 33rd Anniversary Ball

The Landing will host the Army Aviation 33rd Anniversary Ball April 9 at 6 p.m. The ball is open to Soldiers, civilians and retirees. For more information, call 255-6237.

### Biker blessing, breakfast

The religious support office will hold its first Fort Rucker Biker Blessing and Breakfast April 9 from 8-11 a.m. at Wings Chapel, Bldg. 6036. The blessing is an outreach ministry that gives an opportunity for all active-duty military, veteran and

Army civilian motorcycle riders to come together in fellowship, hear inspirational words and receive a blessing for a safe riding season. Units will also have the opportunity to perform safety inspections.

For more information, call 255-2723 or 255-2989.

### SHARP bike ride

The 1st Aviation Brigade, in partnership with the Fort Rucker Family Advocacy Program, will sponsor a bike ride to highlight Sexual Assault Awareness Month April 15 at the brigade – Bldg. 8453. Riders will form up at 11:30 a.m. and the ride will begin at noon. The ride will be just less than 3 miles and refreshments will be available at the brigade afterwards.

Ernestine Doby, 1st Avn. Bde. sexual assault victim advocate, said the physical fitness center and outdoor recreation have agreed to loan military personnel their bikes, free of charge, on a first come, first served basis. For more information on the event, call 255-2951.

### IG staff assistance visit

The U.S. Army Training and Doctrine Command Inspector General will conduct a staff assistance visit at Fort Rucker April 18-26. The objectives of the assistance visit are to: assess the installation IG functions and operations; assess the perceptions about the installation command climate from Soldiers and Department of the Army civilians via sensing sessions; and conduct IG Action Request.

TRADOC IG will conduct a personal conference for Soldiers and DA civilians April 19 at Bldg. 5205, Kelly Hall, and April 20 at Bldg. 8950, The Commons, on Seventh Avenue. For more information, call 255-2118 or 255-1896.

### Prescription Take Back Day

Installation Management Command will host another National Prescription Take Back Day at Fort Rucker April 30 at the Fort Rucker Post Exchange in front of the barber shop from 10 a.m. to 2 p.m. For more information, call 255-7509.

### Military pay briefing change

The Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement) has changed from a walk-in basis to a weekly group briefing. The new ETS briefing will be held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

# SecDef: Complex challenges likely for tomorrow's Army officers

By Lisa Ferdinando  
Department of Defense News

WASHINGTON — The Army officers of tomorrow likely will face complex challenges in protecting the nation and staying one step ahead of adversaries, Defense Secretary Ash Carter said March 23 at the United States Military Academy.

Carter spoke to the corps of cadets at West Point, New York, telling the about 4,400 men and women they soon will be responsible for defending the United States and helping to secure the world.

"It's hard work, but it's the most important and noble thing you can be doing with your lives," Carter said.

Terrorism is among the five biggest evolving security challenges the United States is facing now, he said. In the wake of the terrorist attacks in Brussels, the resolve of the United States is only strengthened to defeat terrorism.

"We're accelerating our campaign against (the Islamic State of Iraq and the Levant), most immediately in Iraq and Syria. That's where the parent tumor is," he said. "Make no mistake — we will defeat ISIL. I'm completely confident in it. We want to get it done as soon as we can, but we will destroy ISIL."

The other global security chal-

lenges of concern are Russian aggression in eastern Europe, a China that is acting aggressively, North Korea and Iran.

The United States does not have the luxury of choosing which threat it will have to address, Carter said. "We have to deal with them all — and you're part of our plan to do so."

## Current global challenges

The Asia-Pacific region is the "single most consequential region to America's future," the defense chief said, noting that half of the world's population lives there and half of the world's economic activity takes place there.

A rising China is fine in the region, he said, but China acting aggressively is not.

On the Korean Peninsula, North Korea poses a challenge to regional security, the secretary said, and American forces on the peninsula stand ready to "fight tonight."

On the threat of Iran, the accord reached last year on nuclear weapons is a "good deal in preventing Iran from acquiring a nuclear weapon," Carter said. "We must still deter Iranian aggression, counter its malign influence in the region, and continue standing by and standing up for our friends and allies in the region," he added.

## Leaders of tomorrow

The cadets at West Point



PHOTO BY NAVY PETTY OFFICER 1ST CLASS TIM D. GODBEE  
Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, answer questions about efforts against the Islamic State of Iraq and the Levant during a news conference at the Pentagon Friday.

likely will face a whole host of new challenges when they are in the force over the next 10 or 20 years, Carter said. In the audience could be a future chairman of the Joint Chiefs of Staff or the person who will be the chief of staff of the Army, he noted, adding that Army officers are strategic thinkers who are able to re-evaluate situations and come up with new approaches and ideas.

"This should be a lesson for

our enemies: never underestimate the ingenuity of the American soldier," he said. "We need to maintain that advantage forever."

The nation's defense rests in being able to find solutions to seemingly intractable problems, Carter told the cadets. "In any situation, you will encounter unexpected challenges that have to be solved at a moment's notice."

The Army officers of tomor-

row will be responsible for the lives of their Soldiers and the execution of the mission, the secretary said. "This is the burden of command."

The constants to great leadership and military service, Carter said, include being a person of strong character. The mission of the military will always be the protection of the United States and the people will always be why the military is great.

## Innovative training enhances readiness, strengthens regional partnerships

By Tim Oberle  
Eighth Army Public Affairs

YONGSAN GARRISON, Republic of Korea — With over 3.5 billion people, 36 countries, seven of the world's largest Armies and five of the world's declared nuclear nations in the Asia-Pacific region alone, maintaining peace can be challenging. That task is only amplified as the U.S. Army postures itself for reduced budgets and increasingly complex operating environments in the future.

In response to this daunting challenge, U.S. Army Pacific Commander Gen. Vincent K. Brooks developed an "innovation" in 2014 that enables the Army to maintain a heightened level of readiness while making efficient use of existing resources.

"Pacific Pathways is not a new initiative or program start, but an innovation that links a series of U.S. Pacific Command-directed Security Cooperation exercises with allied and partner militaries into a single operation," explained Brooks. "The 'pathway' is the link between these previously independent bilateral and multilateral exercises, and the unit is mission-tailored and task-organized for the entire series of exercises."

The U.S. Army hosts a series of multilateral exercises throughout the Pacific Theater with countries including the Philippines, Malaysia, Singapore, Indonesia, Cambodia, India and the Republic of Korea. Under the program, a small expeditionary "nucleus" deploys to the region and moves from one exercise to the next, morphing at each stop to adapt to the particular needs of each partner nation and corresponding exercise.

As part of this year's rotation, elements of the 1-2nd Stryker Brigade Combat Team, 7th Infantry Division, also known as the "Ghost Brigade," deployed to the Pacific with stops in Thailand for the annual exercise Cobra Gold, in South Korea for Foe Eagle and the Philippines for Balikatan.

While in South Korea, the brigade conducted a combined urban assault exercise March 15 with the Republic of Korea 16th Mechanized Infantry Brigade at the Rodriguez Live Fire Complex near Pocheon. After only few months into their deployment, Soldiers from the 1-2nd SBCT could already see some of the positive benefits of the training and also the inherent difficulty that comes with integrating in a bilateral exercise.

"In Thailand, we focused more on partnership," said Elijah Dixon, a combat medic from the 1-2nd SBCT. "Here in Korea we can get a little more in-depth with mount attacks and complex maneuvers because the language barrier is easier to overcome."

When Brooks first started the program he wanted to "develop expeditionary readiness and adaptive leaders in a way not possible during home station training or at the Combat Training Centers." From the reactions of Soldiers participating in this year's training it seems his plan is having its intended effect.

In addition to the benefits experienced by U.S. Soldiers, each partner nation also gains experience and improved interoperability with American forces.

"This training provides South Korea an opportunity to acquire knowhow from the



PHOTO BY TIM OBERLE  
Soldiers from the Republic of Korea 16th Mechanized Infantry Brigade, conduct urban assault operations with the 1-2nd Stryker Brigade Combat Team, 7th Infantry Division, March 15 at the Rodriguez Live Fire Complex near Pocheon, South Korea.

U.S.' warfare experiences while giving the U.S. (Soldiers) a chance to learn the geographical features of the Korean Peninsula for real-war applications," said Lt. Col. Kim Seung-Kon, commander of the 16th Mechanized Infantry Brigade. "It is important that U.S. Soldiers participate in this exercise because (we) will have to conduct combined operations in a real-world situation and by working together it also strengthens our alliance."

Pacific Pathways could play a pivotal role in the future as expeditionary-sized forces greatly enhance the Army's ability to deliver humanitarian supplies, restore critical infrastructure and provide emergency medical support rapidly. As the Army moves towards its goal of becoming "globally responsive and regionally engaged" Brooks has set the stage for cost-effective success in the Pacific Theater and strengthened the ROK-U.S. alliance at the same time.

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## Frogz Restaurant



### STARTERS

**Sautéed Gator** • Alligator tail dusted in flour then pan sautéed with mushrooms, onions, peppers, tomatoes and Cajun spices. **11.49**

**Sushi Grade Tuna** • Yellow fin tuna grilled, blackened, or blackened coconut glazed. **(market price)** (we recommend this one cooked medium rare or less)

**Bang-Bang Shrimp** • (these are Tangy) Fried popcorn shrimp tossed with a spicy & sweet pepper sauce. **9.99**

**Fresh Mozzarella and Tomatoes** • Drizzled with balsamic vinegar & olive oil then sprinkled with herbs. **9.99**

**Coastal Crab Cake** • Lump Blue crab mixed with peppers, onion & spices then pan braised. **(market price)**

**Mussels** • Sautéed with marinara or white wine & garlic sauce. **9.99**

**Frogz Legz** • Farm raised frog legs, lightly dusted with seasoned flour then deep fried. Served on a bed of chopped romaine with a roasted red pepper aioli and fresh lemon. **8.99**

**Artichoke Dip** • Artichoke hearts, oven roasted in our special blends of cheese and spices. Served with fresh fried tortilla chips. **8.99**

**Fried Oysters** • Breaded oysters fried and served with cocktail sauce. **7.99**

**Cheese Curds** • Fried Wisconsin cheese curds served with remoulade sauce. **7.99**

*Please note that you are always welcome to request substitutions on any menu item... simply ask your server.*

*Green salads are available upon request*

### SALADS

**House Salad** • Romaine blend with mango, pineapple, red onion and ... strawberry or tomato, depending on seasonal availability, topped with honey and crushed macadamia nuts and our house citrus vinaigrette dressing. **3.99 with entrée 2.99**

*Green salads are available upon request*

### HOUSE SALAD TOPPED WITH:

**Salmon** ..... **15.99**

**Tuna** ..... **(market price)**

**Crab Cake** ..... **(market price)**

**Red Fish** ..... **15.99**

**Popcorn Shrimp** ..... **11.99**

**Scallops** ..... **15.99**

**Grilled Chicken** ..... **10.99**

**Fried Chicken** ..... **10.99**

**Caesar Salad** • Romaine lettuce and croutons dressed with parmesan cheese and Caesar dressing. **3.99**

**GIFT CARDS AVAILABLE**

**ask your server for details**

**20% gratuity added to groups of 8 or more**

### PASTAS

**Shrimp Penne** • Tender tiger shrimp sautéed in olive oil, garlic, peppers, onions, mushrooms & tomatoes tossed with penne pasta. **15.99**

**Spicy Shrimp & Sausage** • Cajun sausage, tiger shrimp, peppers, onions, garlic & spices with marinara & penne pasta (this dish is very spicy, however, we can make it less so upon request). **16.99**

**Chicken Parmesan** • Southern Italian dish made with a deep-fried sliced chicken, layered with mozzarella and marinara sauce, then baked. **15.99**

**Eggplant Parmesan** • **11.99**

**Penne** • Tossed in pesto and basil... with shrimp **15.99** with Cajun chicken. **14.99**

**Mussels** • Served over linguini with choice of marinara or white wine & garlic sauce. **12.99**

**Veggie** • Sautéed assorted veggies & garlic tossed with pasta in choice of olive oil or marinara. **11.99**

**SEAFOOD**

**Sushi Grade Tuna** • Grilled, blackened, or blackened coconut glazed. Served with veggie & wasabi mashed. **(market price)**

**Mahi Mahi** • Grilled then topped with Frogz special pepper and mango salsa. Served over rice pilaf with fire roasted corn and peppers. **18.99 - Crawfish Julie sauce. 21.99** Served over rice pilaf with fire roasted corn and peppers.

**Coastal Catch** • Seasoned and grilled then topped with Lump Blue Crab and a champagne lemon cream sauce. Served with veggie & wasabi mashed. **20.99**

**Blackened Catch** • Dredged in black spices then seared & topped with cilantro lime butter. Served with veggie & wasabi mashed. **18.99**

**Norwegian Salmon** • Grilled then topped with choice of mandarin orange rum sauce, teriyaki sauce, bourbon glaze or blackened. Served with veggie & wasabi mashed. **18.99**

**Beurre Blanc Scallops** • Pan Sautéed with a champagne lemon cream sauce then topped with scallions. Served with veggie & wasabi mashed. **21.99**

**Blackened Coconut Scallops** • Sea scallops lightly blackened and glazed with coconut nectar. Served with veggie & wasabi mashed. **21.99**

**Coastal Crab Cakes** • Lump Blue Crab blended with peppers, onions & spices, then pan braised. Served with veggie & wasabi mashed. **(market price)**

**Fried Shrimp** • Tiger shrimp dusted in flour then deep fried. Served with sweet potato fries (regular fries available upon request). **15.99**

**Popcorn Shrimp** • Dusted in flour then deep fried. Served with sweet potato fries (regular fries available upon request). **12.99**

**Shrimp & Grits** • Tiger shrimp served on spicy seasoned & cheesy grits, topped with bourbon red-eye gravy. **15.99**

**Fried Oysters** • Breaded oysters fried and served with sweet potato fries (regular fries available on request).

**ADD TO ANY ENTRÉE**  
a side of shrimp 5.99, a side of scallops 7.99 or substitute twice baked potato 2.99

### STEAKS

**Sterling Silver Filet** • Fresh 8-10oz center cut beef tenderloin, seasoned & grilled to perfection. Served with veggie and your choice of potatoes. **35.99**

**Sterling Silver Rib-Eye** • Fresh 14-16oz cut that has the highest degree of marbling, seasoned & grilled to perfection. Served with veggie and your choice of potatoes. **26.99**

*Top your steak with a black & bleu cheese reduction or sautéed mushrooms & onions for 2.99 or Gournay Cheese for 3.99*

### CHICKEN

**Kyle's Kickin Chicken** • Pan Sautéed with mushrooms, artichokes & onions topped with a light cream sauce. Served with veggie & wasabi mashed. **16.99**

**Teriyaki or Bourbon Glazed** • Grilled breast served with veggie & wasabi mashed. **14.99**

**Citrus Grilled** • Marinated breast grilled & served with veggie & wasabi mashed. **13.99**

### GATOR

**Sautéed Gator** • Alligator tail dusted in flour then pan sautéed with mushrooms, onions, peppers, tomatoes & Cajun spices. Served with veggie & wasabi mashed. **21.99**

### TADPOLES (Kids Menu)

**Popcorn shrimp** with fries..... **7.99**

**Chicken tenders** with fries..... **6.99**

**Penne pasta** with cheese..... **4.99**

**Chicken Waffle Bites** with fries..... **6.99**

### DESSERTS

**Chocolate hazelnut Crème Brûlée**..... **7.99**

**Chocolate Key Lime Pie** with orange whipped cream..... **7.99**

**Special Desserts** offered seasonally (ask your server)..... **7.99**

*Our bar liquors are Jim Beam or Jack Daniels Bourbon, Grey Goose Vodka, Bombay Sapphire Gin, Chivas Scotch, Bacardi Gold Rum and Jose Cuervo 1800.*

*All drinks contain at least 1.5 ounces of liquor.*

### SPIRITS

**Chocolate Martini** • Grey Goose and Godiva Chocolate **7.25**

**Frogz Breath** • Grey Goose, Midori and Sweet & Sour **7.75**

**Hurricane** • Grey Goose, Bombay Sapphire, Bacardi 151, Amaretto, Triple Sec, Grapefruit and Pineapple juice **7.25**

**Key West Screwdriver** • Grey Goose, Lime juice and Orange juice **6.75**

**Martini** • Grey Goose or Bombay Sapphire with a hint of Vermouth **7.75**

**Melon Ball** • Midori, Grey Goose and Pineapple **6.75**

**Wasabi Bloody Mary** • Grey Goose, Five Pepper & Tomato mix with Wasabi **7.25**

**White Russian** • Grey Goose, Kahlua & Crème **6.75**

**Top Shelf Margarita** • Patron, Grand Marnier, Cointreau, Lime juice and Orange juice **9.00**

**Margarita** • Cuervo, Triple Sec and Lime juice **7.00**

**Mudslide** • Grey Goose, Kahlua and Bailey's **7.25**

**Long Island Iced Tea** • Grey Goose, Bacardi, Bombay Sapphire, Jose Cuervo, Triple Sec, sour mix and a splash of Coke **7.25**

**LA Water** • Bacardi, Blue Curacao, Melon Liqueur, Grand Marnier, Sour mix and Sprite **7.75**

**Piña Colada** • Bacardi, Pineapple juice and Coco Lopez **7.25**

**Strawberry Daiquiri** • Bacardi and fresh strawberries **7.25**

**Tequila Sunrise** • Jose Cuervo, Orange juice and Grenadine **7.25**

**Southern Kiss** • Southern Comfort, Amaretto and Pineapple juice **6.75**

**Southern Hospitality** • Southern Comfort, Peach Schnapps and Lime juice **6.75**

**Tickle Me Blue** • Midori, Blue Curacao, Seven Up, Orange juice and Sweet & Sour **7.25**

**Steve's Sunset** • Midori, Malibu, Blue Curacao, Sweet & Sour, Orange juice and Sprite **7.25**

**Wahoo** • Bacardi 151, Amaretto and Pineapple juice **7.25**

**Malibu Surfer** • Malibu, Pineapple juice and a splash of Coke **6.75**

**Bushwacker** • Kahlua, Crème de Cacao, Bacardi and Coco Lopez **7.25**

**Cosmopolitan** • Grey Goose, Cointreau, Lime juice and Cranberry Juice **7.25**

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DRESSINGS: CAESAR • ITALIAN • RANCH  
GREEK • TANGY ORIENTAL • BALSAMIC

	S (10oz)	L (16oz)
CHOPPED CAESAR	3.50	6.75
Romaine, croutons, Parmesan (anchovies available), house caesar dressing		
With chicken or anchovies	4.25	7.99
CHOPPED GARDEN	4.25	7.99
Romaine, tomatoes, cucumbers, red onions, carrots, croutons, mozzarella, house ranch dressing		
CHOPPED CHINESE CHICKEN	4.25	7.99
Chinese greens, chicken, green & red bell peppers, sesame seeds, mandarin oranges, crispy wonton strips, tangy oriental dressing		
CHOPPED GREEK	4.25	7.99
HAM romaine, cucumbers, tomatoes, artichoke hearts, kalamata olives, red onions, feta cheese, croutons, greek dressing		
CHOPPED ITALIAN	4.25	7.99
SALAMI romaine, red bell peppers, mozzarella, kalamata olives, tomatoes, artichoke hearts, pepperoncinis, Parmesan, croutons, Italian dressing		

### Sides

	S	L
FIRE ROASTED ITALIAN BREADSTICKS	2.99	4.49
Heart healthy virgin olive oil, roasted garlic, Parmesan, Italian herbs		
MOZZARELLA CHEESE BREADSTICKS	3.99	5.99
Heart healthy olive oil, mozzarella, roasted garlic, Italian herbs		
FIRE-ROAST TOAST™ thin & crisp	3.65	4.65
Heart healthy olive oil, roasted garlic, spicy chipotle sauce, Parmesan, Italian herbs		
PIZZETTA CON AGLIO thin & crisp	3.65	4.65
Flatbread with olive oil, roasted garlic and mozzarella cheese		
KIDS PIZZA cheese or pepperoni	3.95	
Add additional toppings	.50 ea	
KIDS MEAL cheese or pepperoni, small beverage and 1 scoop of gelato	6.25	
Add additional toppings	.50 ea	

### FRESH FIRE-ROASTED Gourmet Pizza

CRUST STYLES: ORIGINAL THIN & CRISPY  
 CHEESES: MOZZARELLA • CHEDDAR BLEND (MOZZARELLA, PROVOLONE & WHITE CHEDDAR)  
 DAIRY FREE • FETA • RICOTTA

	S (9" (10-11))	M (11" (11-12))	L (14" (14-15))
DAIRY-FREE CHEESE	1.00	1.50	2.00
1 FOUR CHEESE	6.89	10.25	15.25
Red sauce, mozzarella, provolone, white cheddar, Parmesan, basil			
2 MARGHERITA	7.10	10.55	15.50
Red sauce, mozzarella, provolone, white cheddar, Parmesan, basil, garlic, fresh tomatoes			
3 PEPPERONI	7.10	10.55	15.50
Red sauce, mozzarella			
4 PEPPERONI, MUSHROOMS & ITALIAN SAUSAGE	8.25	12.35	18.55
Red sauce, mozzarella			
5 ITALIAN SAUSAGE & PEPPERS	8.25	12.35	18.55
Olive oil and garlic sauce, mozzarella, mushrooms, red onions, green bell peppers			
6 BBQ CHICKEN	8.25	12.35	18.55
BBQ sauce, mozzarella, provolone, white cheddar, mushrooms, red onions, Parmesan, cilantro			
7 ROASTED GARLIC CHICKEN	8.25	12.35	18.55
Creamy white garlic sauce, mozzarella, mushrooms, red onions, red bell peppers, bacon, garlic, tomatoes, Parmesan			
8 THAI CHICKEN	8.25	12.35	18.55
Thai sauce, mozzarella, red onions, carrots, finely chopped cashews, mozzarella, cilantro			
9 HAWAIIAN	8.25	12.35	18.55
Red sauce, mozzarella, ham, pineapple, finely chopped cashews			
10 BACON CHEESEBURGER	8.25	12.35	18.55
Red sauce, mozzarella, provolone, white cheddar, bacon, ground beef, red onions, Parmesan			
11 VEGGIE GOURMET WORKS™	8.25	12.35	18.55
Red or creamy white sauce, mozzarella, mushrooms, red onions, red bell peppers, black olives, artichoke hearts, garlic, tomatoes, Italian herbs, Parmesan			
12 GREEK	8.25	12.35	18.55
Olive oil and garlic sauce, mozzarella, ham, red onions, kalamata olives, pepperoncinis, feta			
13 PROSCIUTTO, MUSHROOMS, ARUGULA	8.25	12.35	18.55
Olive oil and garlic sauce, mozzarella, Parmesan			
14 REDBRICK GOURMET WORKS™	8.25	12.35	18.55
Red sauce, mozzarella, pepperoni, ham, bacon, Italian-style sausage, mushrooms, black olives, red onions, green bell peppers			
15 MEAT WORKS	8.25	12.35	18.55
Red sauce, mozzarella, pepperoni, ham, Italian-style sausage, ground beef, bacon			
16 PIZZA BIANCA™	8.25	12.35	18.55
Olive oil and garlic sauce, mozzarella, Italian-style sausage (or fire-roasted chicken), mushrooms, roasted pine nuts, ricotta cheese			
17 PIZZA RUSTICA™	8.25	12.35	18.55
Perfectly thin & crisp Olive oil and garlic sauce, mozzarella, ham, pepperoni, mushrooms, mozzarella, Parmesan, fresh basil, spices			
18 PIZZA BUFALO™	8.25	12.35	18.55
"Red hot" sauce, mozzarella, buffalo chicken, red onions, carrots, "red hot" Parmesan crust, ranch drizzle (after bake)			

### OR Create Your Own Pizza

Original Style Crust or Thin & Crispy	S	M	L
Red sauce, mozzarella cheese	6.15	9.15	13.25
Gourmet Toppings per topping	.80	1.35	1.90
Gourmet Crusts	.50	.75	1.00

GOURMET CRUSTS:	Pesto Parmesan	Roasted Red Pepper	Chipotle (spicy)	Sun Dried Tomato	Parmesan Garlic
SAUCES:	Pesto	Red	Chipotle (Spicy)	Creamy White	Garlic
	Olive Oil and Garlic				

VEGGIES:	Jalapenos	Kalamata Olives	Mushrooms	Red Onions	Pepperoncinis	Pine Nuts
MEATS:	Fire-Roasted Chicken	Ground Beef	Ham	Italian Sausage	Pepperoni	Prosciutto

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Our signature flat bread sandwich is fire-baked fresh to order topped with romaine lettuce, tomatoes, cucumbers, & trans fat free dressing

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Select any pizza Fhazani Style

PROSCIUTTO MILANO .....7.45

Olive oil & garlic, mozzarella, salami, pepperoncinis, red onions, arugula, romaine lettuce, tomatoes, cucumbers, Italian dressing

CHICKEN PESTO .....7.45

Pesto sauce, ricotta, red & green peppers, red onions, romaine, tomatoes, house ranch dressing

CLUB .....7.45

Red sauce, mozzarella, ham, chicken, bacon, red onions, romaine lettuce, tomatoes, cucumbers, house ranch dressing

HAM & CHEESE.....7.45

Red sauce, mozzarella, provolone, white cheddar, romaine lettuce, tomatoes, cucumbers, house ranch dressing

BBQ CHICKEN .....7.45

BBQ sauce, mozzarella, red onions, romaine lettuce, tomatoes, cucumbers

ITALIAN.....7.45

Red sauce, mozzarella, ham, salami, Italian-style sausage, red onions, romaine lettuce, tomatoes, cucumbers

CHEESEBURGER .....7.45

Olive & garlic, mozzarella, provolone, white cheddar, finely ground beef, romaine lettuce, tomatoes, ketchup & mustard

### FIRE-ROASTED Calzones

ADDITIONAL TOPPINGS ..... .80

DAIRY-FREE CHEESE ..... 1.00

CLASSIC .....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend + a jumbo portion of a topping of your choice. Served with marinara.

PEPPERONI, MUSHROOM & ITALIAN SAUSAGE .....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend. Served with marinara.

SAUSAGE & PEPPERS .....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, Italian sausage, green bell peppers, mushrooms. Served with marinara.

SOUTHWESTERN BBQ CHICKEN .....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, red onions, red bell peppers, chipotle sauce. Served with ranch.

MEAT WORKS .....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, bacon, pepperoni, ham, sausage, beef. Served with marinara.

VEGGIE.....7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, mushrooms, red onions, red bell peppers, artichoke hearts, black olives, tomatoes. Served with marinara.

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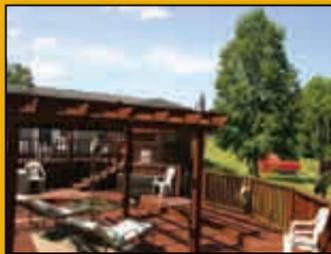
**302 East Kingswood ~ \$189,000:**  
Priced to Sell! This home has a classic feel that's like paradise in beautiful Valley Stream. A beautiful sparkling pool is just the beginning of this over 2,400 SF masterpiece. Gas fireplace, laundry room & great entertaining space around the pool. Outdoor bar, privacy fence & beautiful landscape.



### HOUSE & 12± ACRES



**6678 County Road 306 - Elba ~ \$140,000:**  
Bring the family, dogs, 4-wheelers & horses, there is room for all! This 4BR/2BA home sits on 12± acres of rolling hills & fields. The large deck in back makes a great gathering & entertaining area. This home has lots of storage space with 4 outbuildings around the property. This country comfort will make a great place to call home!



### NEW CONSTRUCTION - AT THE COTTAGES



**224 Jasmine Circle  
\$154,000  
Winterberry Plan**



**210 Winterberry Way  
\$154,000  
Poplar Place Plan**



**212 Winterberry Way  
\$154,000  
Maple Leaf Plan**

Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. One level, 3BR/2BA, security system, wood floors, 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 & fence across back property line.

...here's to Your New Beginning

### 203 SCOTTY



**\$120,000:**  
Your first home is waiting!! This stunning 3BR/2BA contemporary may be less than paying rent! Ideal for a family, it's got lots of living space, a huge fenced yard, a workshop & best of all it's minutes from town.

### LOT 537 BRIDLEWOOD



**\$65,000:**  
THE BEST LOT IN BRIDLEWOOD MANOR IS NOW AVAILABLE! This is your opportunity to live in one of Enterprises most desirable communities. This 2.39 acres has the potential to be the premiere home site in the community. Listing agent is a relative of the seller. Owner will have land cleared upon an accepted offer.

### LOT AT 115 RADIO



**\$9,000:**  
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### NEW LISTING ~ \$169,000



**240 COUNTY ROAD 744:** LIKE NEW! New hardwood floors, new carpet, new stainless appliances, new granite countertops, new water heater, freshly painted throughout & several new doors. Great neighborhood... convenient to schools, shopping & Ft Rucker. **BOB KUYKENDALL 369-8534**

### 4 BEDROOM ~ \$239,500



**118 COUNTY ROAD 748:** Great brick home with 4BR/2.5BA, open floor plan & convenient to Enterprise & Ft Rucker. **JACKIE THOMPSON 406-1231**

### START YOUR BUSINESS ~ \$104,000



**117 COLLEGE:** Great location in historic downtown. Convenient to courthouse, downtown shops. Ready to move in. Reception area, 3 offices, fourth room could be another office or tech room. Seller will replace canvas on awning with purchasers choice. **PAT LEGGETT 406-7653**

### NEW PRICE & A POOL!



**115 HOMESTEAD ~ \$225,000:** After a hard day, relax in comfort under the covered patio overlooking the salt water pool. Split floor plan includes 4 spacious bedrooms. Extra-large lot extends behind the privacy fence. **JAN SAWYER 406-2393**

**Just Listed**

- LAND, AUSTIN RD ..... \$11,000 ..... JACKIE 406-1231
- 110 VICTORIA ..... \$104,900 ..... FRAN 790-5973
- 235 WEEKS ..... \$42,000 ..... THERESA 379-5937
- 805 W COLLEGE ..... \$187,950 ..... SHAWN 475-6405
- LAND, WESTVILLE ..... \$12,500 ..... SHAWN 475-6405

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### \$139,900



**108 LIVEOAK:** This 3BR/2.5BA modern home with a large outdoor deck is located on a peaceful wooded lot. Must see features include; the many windows letting in lots of natural light, an open style floor plan, window seats in 2 bedrooms, access to the outdoor deck from the master bedroom, even a front door entry coat closet. This beautiful home has lots to offer, come see today! **SOMMER RAKES 406-1286**

### \$144,900



**100 HIGHLAND:** Great family home with so many possibilities. Main level has formal living & dining rooms, master suite with bath, laundry room, family room, kitchen with bar area & a sun room. Upstairs has 2BR/1BA with an extra office area off the 1 bedroom. Large corner lot with partial privacy fence & there is an extra covered area for your RV or extra car off the driveway. Partial basement with walk-out & area for workshop. A DIAMOND IN THE ROUGH!! Call for your personal showing. **EVELYN HITCH 406-3436**

### \$325,000 EACH



**102 & 104 WEEKS:** Attention Investors...call today to take a look. Both with eight 2BR townhouse units with living/dining area, kitchen & laundry room downstairs. Brick building on level, landscaped lot. Conveniently located near retail, restaurants, hospital, business & schools. Off street parking with sidewalks & walkways. Monthly rents range from \$475 to \$550. **JUDY DUNN 301-5656**

### \$42,900



**864 COUNTY ROAD 401 ~ ELBA:** In need of a little TLC, 2BR/1BA in Elba. **FRAN & DON KALTENBAUGH 790-5973**

### \$244,800 ~ LAKE NICHOLS



**181 COUNTY ROAD 680:** Beautiful home on 2.3 acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owner will install a closet in the 4th bedroom which has been used as a den. **ROBIN FOY 389-4410**

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# OPEN HOUSE

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### 307 SOUTH ACADEMY ~ GENEVA

**\$219,900:** Great price for this much house, buy now for built-in equity!!! House updated while retaining as much character as possible along with a new addition of approximately 775 SF. Game room (635 SF large enough for pool table, bar, game table, etc) & 139 SF office. A new 12'x24' porch added off game room. 5 bedrooms with their own bathroom, master down with bath & large walk-in closet. Lot of storage throughout house, too many features to list. **JUDY DUNN@c21regencyrealty.com**

**DIRECTIONS:** From State Hwy 52 turn in front of Court House (N. Commerce St.) take right on East Water Avenue, house on right, corner of East Water & South Academy



MARCH 31, 2016

## NEW TECH

### AH-64 Apache E model to include new turret, sensor systems

By Kari Hawkins  
U.S. Army Aviation and Missile  
Lifecycle Management Command

HUNTSVILLE — The AH-64 Apache attack helicopter is flying into the future with enhanced sensors and a more reliable turret that improves the aircraft's 40-year-old technology.

During the Association of the U.S. Army's Institute of Land Warfare Global Force Symposium and Exposition at the Von Braun Center in Huntsville March 17, Apache project manager Col. Jeff Hager, Program Executive Office for Aviation, and Lockheed Martin officials explained the need for modernizing the sensor and turret technology on one of the Army's most successful mission-focused aircraft.

The Modernized Day Sensor Assembly and the High Reliability Turret will be available to Apache pilots in the aircraft's E-model, which is scheduled to go into manufacturing in fiscal year 2019. They will then be installed in earlier models as funding and schedules allow.

"Both items are legacy components from 1984. They have not been upgraded since the Alpha models of Apache," Hager said. "We will see the new components on all Echo models. They are real important for reliability and maintainability."

Forty years ago, the Apache sensors that allowed advanced visibility both in daytime and nighttime conditions, and the turret that communicates sensor data to the pilots were state-of-the-art, giving Apache the technological edge over any other aircraft of its day.

"New technology has evolved. Obsolescence issues have crept in with existing technology. So, it's time to address the issue," said David Belvin, Apache Programs director for Lockheed Martin Missiles and Fire Control, which is developing the new technologies for the Army.

The M-DSA enhancements will:

- Add near infrared and color capability to the cockpit, so that pilots have high-resolution video of targets;

- Match the medium and narrow field-of-view video of the nighttime FLIR sensors, which will allow for easy transition between daytime and nighttime video and also allow blending of video feeds from both sensor sources;
- Provide better stability for longer range viewing;
- Provide picture-in-picture capability so that pilots can simultaneously view a target from a bird's-eye view and close up;
- Provide a laser pointer mounted on the aircraft's gimbal for better air-to-air and air-to-ground coordination;
- Add eye-safe lasing capability needed in urban environments; and
- Support two-level maintenance so that most repairs can be made directly on the flight line.

"The sensor's laser pointer will move to the gimbal to make it more accurate," Belvin said.

With the new technology, "it

SEE TECH, PAGE B4



PHOTO BY KARI HAWKINS

Gregory Walker, Lockheed Martin, explains the two new technologies that will be introduced with the E model of the AH-64 Apache during the Association of the U.S. Army's Institute of Land Warfare Global Force Symposium and Exposition at the Von Braun Center in Huntsville March 17.



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Soldiers from C Company, "All-American DUSTOFF," 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, partnered with the 50th Expeditionary Signal Battalion, 35th Signal Brigade, for some aerial medical evacuation training at Fort Bragg, N.C., March 18. The training gave the signal Soldiers a firsthand look at the mission of DUSTOFF, as well as the procedures for evacuating a casualty from the battlefield.

## Spartan Co. tests air assault skills

By Sgt. Neysa Canfield  
101st Sustainment Brigade Public  
Affairs

FORT CAMPBELL, Ky. — Soldiers from 58th Signal Company, 101st Special Troops Battalion, 101st Sustainment Brigade, 101st Airborne Division (Air Assault), put their skills to the test during an air assault movement operation March 14.

The air assault operation commenced "Spartan" company's field training exercise where Soldiers will put both their tactical and technical skills to the test in preparation for the battalion's upcoming perimeter defensive live-fire exercise.

Spartan Company is capable of providing digital communication to battalion level and above. With that type of capability, the equipment Soldiers use to accomplish the mission is not easy to transport and, when time is of the essence, there's no better way than to air assault, said Capt. Patrick Franks, 58th Sig. Company commander.

"It is exciting to be able to do something like this," said Spc. Iveren Wilson, a nodal network systems operator-maintainer with Spartan Company. "Being able to actually conduct this type of training and see it succeed outside of a school environment is an amazing feeling."

Franks stated that one of the goals he has for the company is for them to be able to air lift their equipment from one location to another internally in an efficient way.

"We are currently about 80 percent air assault qualified," he said. "We have a couple pathfinder Soldiers, as well, and being able to have these different skills in our formation make it possible to reach this goal."



PHOTOS BY SGT. NEYSA CANFIELD

Soldiers from 58th Signal Company, 101st Special Troops Battalion, 101st Airborne Division (Air Assault) watch as a UH-60 Black Hawk drops off a generator at Fort Campbell, Ky., March 14.



A UH-60 Black Hawk flies a generator to 58th Signal Co. Soldiers during a one-week field training exercise.

As a signal company in a sustainment brigade, the Spartan team can be called upon by any battalion or brigade that needs communications support.

"Being able to sling and rig ourselves will allow mission commanders greater flexibility conducting unified land operations in a decisive action environment," Franks said.

Although those Soldiers who are air assault qualified play an important role in these types of operations, those few pathfinder Soldiers are what help make the mission a success, he added.

"The company is completing

SEE SKILLS, PAGE B4

## EYES IN THE SKY

### UAS make USARCENT units more effective

Sgt. David Nathaniel Beckstrom  
U.S. Army Central Public Affairs

CAMP TAJI, Iraq — Soldiers with 3rd Squadron, 6th Cavalry Regiment provide a set of eyes in the sky in the fight against Daesh through the use of tactical unmanned aircraft systems.

Under the Army's Aviation Restructure Initiative, UAS can be used for attack missions, and to supplement manned missions against the enemies of the U.S. and its allies.

"We are deployed in direct support of the fight against Daesh," said Capt. Jeff Gray, the commander of A Troop, 3-6th Cav. "We escort UH-60 Black Hawks, and fixed-wing aircraft during both reconnaissance and attack missions."

ARI uses more unmanned Aviation assets to ensure the safety of Soldiers while multiplying the capabilities of units.

"These assets are controlled remotely, so, using the UAS, it mitigates the risk incurred by our Soldiers, because the operators are still in the safety of the base," said Gray.

Soldiers of 3-6th Cav. use UAS on a daily basis for their various missions, which affords them a large amount of hands-on training with these systems.

"Our Soldiers go through vigorous training to maintain their skills with this equipment," said 1st Sgt. Lindsey Franklin, the senior NCO for A Troop, 3-6th Cav. "Most units have around 600 hours of flight time — our unit has flown more than 2,500 this year alone as we help in the fight."

One U.S. Army Central mission is to partner with host-nation forces to help secure the region from current and future threats, and to deter aggression.

"We are here to protect our homeland from future

SEE UAS, PAGE B4



PHOTOS BY SPC. HILDA CLAYTON

Spc. Kevin McGee, a UAS maintainer with 4th Brigade Special Troops Battalion, 4th Brigade Combat Team, 1st Cavalry Division, conducts a functions check on a UAS on Combat Outpost Xia Haq, Afghanistan, May 31, 2013.



A UAS sits prepared to take off from Combat Outpost Xia Haq, Afghanistan, May 31, 2013.

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components, parts, equipment, and  
systems. While in the field, job duties  
include providing electrical installation/ service  
of weather radar systems, conducting  
operational testing, and training the customer  
on proper use and care of the system.  
Requires 50-75% international travel and  
working at height. Qualified applicants will  
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the field, job duties include providing  
mechanical installation/service of weather  
radar systems, working with crane services,  
conducting operational testing, and training  
the customer on proper use and care of the  
system. Requires 30-40% international travel  
and working at height. Qualified applicants  
will have a high school diploma or GED plus 1  
year of related experience; or an equivalent  
combination of education and experience.  
The selected candidate will also have  
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All applications or resumes must be  
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**For additional information please contact  
Chief Gary Weeks, at 334-898-7118, or you  
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# Tech

Continued from Page B1

is easier for the guy under combat, under stress, to have a smoother transition between the day side or FLIR (Forward Looking Infrared nighttime vision) change over with zoom out or zoom in. Right now, there is too much transition between the day side and night side," Hager said, referring to the day and night sensors not transitioning at the same view position.

For example, he said a pilot looking with zoom in with the day sensor must readjust to zoom in when moving to the night sensor, and during that transition runs a great possibility of losing the zoomed in target.

The new blending capability between the day and night sensors, the addition of color to the video, the picture-in-a-picture capability and other new features "offer better situational awareness that allows them to lock on and track targets much faster," Belvin said. Those new features have been tested by the PEO-Aviation at Redstone Arsenal.

One of those tests showed the new sensor's long-range view, picture-in-a-picture and laser pointer capabilities as they were used to take video inside a darkened hangar from 6 miles away. With the existing sensor, shadows inside a hangar keep pilots from getting a good view. But with the new sensor, the pilots can see through the shadows to view people, and even the kinds of weapons or other equipment those people may be carrying, Hager said.

"This is going to be a great asset to the user," the colonel said.

Although the sensor modification offers plenty of new capability for the Apache pilot, it also hits on a big must-have for the Army: saving money.

"The key is helping with operating and support costs long term. Two-level maintenance really brings down operation and support costs over time," Belvin said.

Two-level maintenance refers to the level of maintenance that can be accomplished in the field and the type of maintenance that must be performed at the Army depots. With

two-level maintenance, more maintenance is done in the field, with costs lowered and readiness increased.

The same is true with the High Reliability Turret, which exactly aligns sensor data with the movement of the pilot's head. The technology improves on both capability and two-level maintenance, Belvin.

With the existing turret, there is a slight lag between head movement and pilot data, he said. And, most maintenance to the turret requires that the entire nose of the helicopter be removed to gain access.

"The huge improvement on maintenance will save \$500 million in operation and support cost over the life time of the systems because of two-level maintenance," Belvin said. It will also minimize the need for spares, he said, because repairs can be made to the turret itself.

"The new turret replaces obsolete, legacy components," Hager said. "These are legacy gimbal assemblies" that are being replaced.

Belvin and Hager also talked about the effect performance based logistics has had

on savings costs and improving readiness.

"The whole objective of the team – industry and government – is to keep parts on the aircraft. We are doing everything we can for maintenance to make the system work and keep parts on the aircraft," Belvin said. "We are designing to make the aircraft as reliable as possible and to keep the burden off the maintainer in the field."

The Apache Performance Based Logistics program received recognition in 2011 and 2013 as one of the best in the Army.

"Apache PBL is leading the way relative to support concepts and providing lessons learned for other aircraft," Belvin said.

Operational readiness for Apache in theater is in excess of 80 percent because of Performance Based Logistics, Hager said.

During a briefing with the 101st Airborne Division three weeks ago, the colonel said, leadership reported "the highest operation rates in combat training and combat environment and that's all thanks to PBL. It really is helping us in keeping the aircraft flying" and keeping down costs per fly hour.

# UAS

Continued from Page B1

attacks and to help the Iraqi people secure their own country," said Lt. Gen. Michael X. Garrett, USARCENT commanding general. "As we prioritize our engagements and efforts, and master the basics of our craft, the region and the world will become a place free from hostilities."

Leaders of the 3-6th Cav. leadership ensure that each

of their Soldiers understand how they contribute to the fight and how their actions affect the overall mission.

"Our Soldiers are very resilient and know their role on the battlefield," said Franklin. "With that knowledge, we are able to accomplish our missions with a high level of understanding and drive."

Garret stated USARCENT and subordinate units will be able to accomplish many great things as they continue

to strive to be the best in their trade. From deterring enemy actions to training their partners, the mission they do will have lasting impact.

"What we do is vital to the security of our nation and its international interests," said Garrett. "Our discipline and attention to detail ensure that we accomplish our mission and make the region a more secure and stable place."

# Skills

Continued from Page B1

collective-level training as it moves into the battalion PDLFX. In addition to capitalizing on increased training opportunities, the air assault operation showcased the battalion's commitment to attaining decisive action readiness," said Lt. Col. Alex Gallegos, battalion commander for the 101st Special Troops Battalion, 101st Sustainment Bde., 101st Abn. Div.

"Our Soldiers and leaders understand the importance of maintaining an expeditionary mindset," Gallegos added.

"The Spartan's performance during this air assault operation and the training that led to its success, reflects the professionalism of our Soldiers and all that is great about serving as a member of the Screaming Eagles."

The Spartan command team hopes that for those Soldiers who are currently not air assault qualified seeing this type of training will motivate them to attend school and earn the coveted badge, Gallegos said.

"Don't be intimidated," said Wilson. "Air assault school is like any other training in the Army: a crawl,

walk and run phase."

Wilson, who graduated air Assault school over a year ago, added that maybe seeing their own peers conducting this operation on their own will make other Soldiers realize that it is not impossible to pass air assault school.

"The 101st is the standard bearer for air assault operations. Therefore, as a signal company in this division, we have to ensure we are the standard bearer for air assault capable assets that can accomplish any mission," said Franks.



PHOTO BY SGT. NEYSA CANFIED

A UH-60 Black Hawk flies 58th Signal Co. Soldiers to a training area.

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3 Half Marathons  
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## Center offers artistic outlet

By Nathan Pfau  
Army Flier Staff Writer

People often search for outlets to help get them through stressful times or find an escape, and the Fort Rucker Arts and Craft center offers just that by helping people channel their creative sides.

One way the center, located in Bldg. 9205 on Ruf Avenue, will offer that escape is through the new Resiliency through Art program, which will have with its own designated area and should be ready for Soldiers beginning in May, said Joan Varner, arts and crafts center program manager.

The program is designed for the well-being of Soldiers, said Varner, who oftentimes return from deployments and require an outlet to release the stresses from their time away.

"Right now, we're working on getting Soldiers in here to get a spot for them to come in and work on things to help them work through any issues they have," said the program manager. "Soldiers will be able to do just about any type of craft in here that the space allows."

Currently the program will be for Soldiers only, but Varner said she hopes to be able to expand it to family members, as well, once the program is up and running.

Varner said she's received a lot of feedback from Soldiers on how therapeutic working at the art center can be for them.

"We have one volunteer who helps in the framing department, and he cannot wait for this and thinks it will be great," she said. "He said (that working with crafts) helps to calm him and allows him to focus."

Soldiers won't be limited to the medium of art they wish to use in the designated space, and can participate if they are just starting out in art or if they are seasoned professionals, said the program manager.

The arts and crafts center does have many other programs and activities that are open to family members and Soldiers alike. The center not only provides a great opportunity for stress relief, but also gives people the opportunity to learn a new craft that they can take with them as they move throughout the military, said Varner.

"Our Soldiers who come (to Fort Rucker) are usually here for about 18 months to two years, and oftentimes they'll bring their spouses with them," said the program manager. "Usually, the length of time they're here isn't enough time for (spouses) to find a job, so this gives them an outlet where they can work on things or learn a new craft in the time that they're here."

Varner said the arts and crafts center is a great place for people to get in touch with their creative side, even if they've never had any experience with arts and crafts before.



PHOTO BY NATHAN PFAU

Chris Montgomery, veteran, uses the screen printing system to press logos onto a shirt at the Fort Rucker Arts and Crafts center Friday.



PHOTO BY JAY MANN

Mini Sgt. Ted E. Bears, fresh out of the molds, await their fate on the painting table at the Fort Rucker Arts and Crafts Center.

"People who don't know what their medium is can start small with something easy like scrapbooking, and then take other classes to explore their creative side," she said. "We offer classes from stained glass and pottery, to wood burning and framing."

There are also classes for sewing, quilting, mosaics, drawing and painting, as well as some classes for children 4 and older. The center also offers a fully equipped wood shop with an experienced staff to help people build anything from a jewelry box to custom furniture, added the program manager.

To use the woodshop or take classes in the woodshop, participants must first complete a one-hour safety course, which will help people become familiar with the equipment and how they work. Safety classes are available Saturdays from 9-10 a.m.

Most classes have age requirements and are by appointment only, so Varner asks that patrons sign up for all classes at least 24 hours before class time, with the exception of the regular woodshop safety class.

If people would rather have someone do the work for them, the center also offers a host of services, including framing, gifts, engraving, custom embroidery, screen printing and sublimation, which allows people to customize just about anything from clothes, bags, mugs and more.

There is plenty of merchandise that people can purchase and engrave, including the miniature sculptures of Sgt. Ted E. Bear; silver, bronze and copper award eagles; various plaques and trophies; as well as personalized name plates and office gifts.

"There are literally hundreds of things people can buy and customize here," she said.

The center is open Tuesdays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 4 p.m. All classes have a cost associated with them, depending on the class, and the center is open to Soldiers, family members, retirees, Department of Defense civilians and contractors.

For more information on classes or pricing, call 255-9020.

## VOLUNTEER OPPORTUNITIES

### Family Readiness Group Leader

FRG leaders are needed for these units: C Co., 1-11th Avn. Regt.; A Co., 1-13th Avn. Regt.; A Co. 1-145th Avn. Regt.; and A Co. 1-223rd Avn. Regt.

**Duties:** Support the commander's family readiness goals. Provides overall leadership of the FRG in accordance with Army Regulation 608-1, Appendix J. Schedules, plans and conducts company FRG meetings. Delegates FRG responsibilities to select volunteers in order to promote participation in activities and accomplishment of objectives. Acts as a liaison between the battalion- and company-level FRGs. Identifies needs or unique problems of unit families. Tracks FRG appropriated-fund budget. Serves as a member of the battalion-level steering committee. Acts as a company FRG spokesperson for communicating family member concerns and ideas to the company commander and battalion-level FRG. For more information, call 255-1429.

# GET A JOB

## ACS hosts federal employment workshop

By Jeremy Henderson  
Army Flier Staff Writer

Job seekers interested in federal government employment have the opportunity to gain an edge in the hiring process by attending an upcoming Army Community Service workshop.

How can a workshop better equip job seekers?

"The answer lies in the 'Ten Step' method popularized by Kathryn Troutman, renowned expert on the federal hiring process," Mike Kozlowski, ACS employment readiness manager, said. "Troutman and her team teach this method to staff representing a wide variety of federal agencies, and her tips and techniques have the support of (Civilian Personnel Advisory Center) staffing specialists worldwide."

According to Kozlowski, by following her method job seekers will:

1. Be better able to understand the process by which hiring officials and staffing specialists go through to list and fill federal positions;
2. Be able to hunt jobs based on their specific experiences and qualifications;



COURTESY GRAPHIC

3. Know the importance of including accomplishment statements on their federal résumés ... and why doing so is critically important;
4. Be able to craft impactful USAJOBS.gov outline-based federal résumés, which bring out their KSAs - Knowledge, Skills and Abilities - in a more effective way than before; and
5. Understand the importance of the follow-up when tracking the progress of their application packets.

The workshop, open to active-duty Soldiers, their spouses and family members, retirees, and current civil service and non-appropriated fund employees, takes place Tuesday from 8:30-11:30 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 371A.

Kozlowski said attendees need only bring a thirst for knowledge.

"There is nothing that workshop attendees need to bring to this work-

shop," he said. "All materials will be provided to them at the start of the workshop including pad folios, pens and a free copy of Kathryn Troutman's book 'Ten Steps to a Federal Job.'"

"As a matter of fact, I encourage all participants not to bring their résumés," he added. "The information I'll be presenting will possibly be a 'paradigm shift' for them, i.e., the way they thought a federal résumé should look will, in many instances not be in a winning federal résumé format."

The workshop will help job seekers understand how the federal process compares to seeking employment in the private sector.

"The federal hiring process has several similarities to those found in the private sector," he said. "For example, one still must be able to conduct targeted job hunts in fields

# ON POST

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

## International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available. For more information, call 255-3735.

## Outdoor yard sale

The annual Fort Rucker Outdoor Yard Sale, Flea Market and Non-appropriated Fund Property Sale will be Saturday from 7-11 a.m. on the festival fields. The event is open to the public, but no commercial vendors are allowed. Booth space fees apply to sellers. To register, visit MWR Central or call 255-2997. For more information, call 255-1749.

## Autism Awareness Month

In observance of Autism Awareness Month, Army Community Service will "Light it up Blue" during in April. This time each year, people from around the world join together in support of Autism Awareness Month to lighten it up blue throughout their communities. According to organizers, Light it up Blue helps spread awareness and understanding of autism; bring attention to the needs of all people with autism; and celebrate and honor the unique talents and skills of people with autism. For more information, call 255-9277.

## Federal job workshop

Army Community Service Employment Readiness will host its federal job workshop Tuesday from 8:30-11:30 a.m. in Bldg. 5700, Rm. 371A. The workshop seeks to demystify the federal hiring process and lessen people's frustrations at putting together effective and impactful USAJOBS.gov résumés. All workshop participants will receive a complimentary copy of Kathryn Troutman's "Jobseeker's Guide" (7th Edition). Space is limited to the first 40 people to register. For more information, call 255-2594.

## Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30-11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old. For more information, call 255-9647 or 255-3359.

## Wear Blue Day

Army Community Service officials welcome people to join them in supporting Child Abuse Prevention Month by wearing blue on Fridays in April. For details on Blue Day and Child Abuse Prevention Month activities, call 255-2647.

## Teal Day Campaign

April is Sexual Assault Awareness Prevention Month and this year's theme is "Sexual Assault. Sexual Harassment. Not in Our Army." The Teal Day Campaign will begin Tuesday as a Fort Rucker community-wide effort to recognize people's collective responsibility to prevent all forms of sexual assault and sexual harassment by wearing something teal Tuesdays in April. For more information, call 255-2382.

## Child Abuse Prevention Month proclamation

The Fort Rucker New Parent Support Program and garrison command will host a proclamation signing in support of Child Abuse Prevention Month April 7 at 10 a.m. in the atrium of the Soldiers Service Center, Bldg. 5700. For more information, call 255-9647.

## Family member resilience training

Army Community Service will host family member resilience training at The Commons April 7 from 9-11:30 a.m. The training is designed to give people the tools they need to become more resilient in all the challenges that life may throw at them. For more information, call 255-3161.

## National Library Week

The Center Library will celebrate National Library Week April 11-15 to highlight the changing role of libraries, librarians and library workers. The library will run a contest for adults ages 18 and older to write in three sentences or less how the



PHOTO BY NATHAN PFAU

## Right Arm Night

The Landing Zone will host Right Arm Night today from 4-6 p.m., hosted by the 1st Battalion, 145th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

library has transformed their lives? A winner will be chosen each day to win a prize and a grand prize winner will be chosen for a \$20 gift certificate to The Landing Zone. Teens ages 13-17 will have a chance to win a daily prize by correctly answering Trivia Madness and can compete for a grand prize of one free game of bowling at Rucker Lanes by creating a poster demonstrating how libraries transform lives. Children ages 12 and under can tell in writing or in pictures what they love most about the Center Library to be entered for a daily drawing. One grand prize winner will receive a sweet treat, according library officials. For more information, visit the library or call 255-3885.

## Credit Reporting 101

Army Community Service will host its Credit Reporting 101 class April 12 from 6:30-7:30 p.m. at The Commons. Topics will include how credit history impacts people's financial futures, credit reports versus credit scores, how credit scores are determined and more. Pre-registration is required by 4 p.m. April 11. For more information, call 255-9631.

## ACS instructor training

Army Community Service will offer its four-day standardized instructor training course April 12-13 and 19-20 at the Spiritual Life Center from 8:30 a.m. to 2:30 p.m. The course equips instructors with knowledge and tools for communicating information to the military community. Those who successfully complete the course receive a certificate of completion and become qualified instructors under ACS. For more information and to register, call 255-9578 or 255-3735. Childcare can be provided, but people need to call 255-3564 two weeks in advance.

## ACS Lunch and Learn Workshop

In observance of April being Child Abuse Prevention Month and Autism Awareness Month, Army Community Service's Exceptional Family Member Program and Family Advocacy Program invite people to the "Meltdowns: What to Do? Lunch and Learn Workshop." The workshop is April 12 from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950, on Seventh Avenue. The workshop will discuss what a meltdown is, meltdown behaviors and their consequences, and behavior techniques to reduce meltdowns. Presenter will be Cynthia Boyd, a board-certified behavioral analyst. The workshop is free and open to the public. People need to register by April 8. Continuing education units will be available for social workers. For child care information and to register, call 255-9277.

## Center Library spring craft

The Center Library will host a spring craft session for children ages 3-11 April

# DFMWR Spotlight

**For details call Special Events, (334)255-1749. rucker.armymwr.com OPEN TO THE PUBLIC**

12 from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register. The event is Exceptional Family Member Program friendly. The event is open to authorized patrons. For information or to register, call 255-3885.

## Infant massage class

The Army Community Service New

Parent Support Program will help celebrate Child Abuse Prevention Month with a free infant massage class April 14 from 9-11 a.m. at the Commons. Expectant parents are also welcome to attend. The class will be open to the first 20 people to register – registration deadline is April 11. For more information or to register, call 255-9647 or 255-3359.

## FORT RUCKER MOVIE SCHEDULE FOR MARCH 31-APRIL 3

### Thursday, March 31

Fifty Shades of Black (R) .....7 p.m.

### Friday, April 1

Deadpool (R) .....7 p.m.

### Saturday, April 2

Race (PG-13) .....4 p.m.  
Zoolander 2 (PG-13) .....7 p.m.

### Sunday, April 3

Race (PG-13) .....1 p.m.  
Risen (PG-13) .....4 p.m.

# ARMY 101

## Online program gives families glimpse into Soldier's life

By Cindy McIntyre  
Fort Sill Public Affairs

FORT SILL, Okla. — Basic combat training might be an enormous challenge to a young Soldier, but it's also stressful for family members.

An online program helps families learn about their Soldier's new lifestyle, and their participation can provide the Soldier-in-training a few extra benefits, said Lt. Col. Mark Anders, 1st Battalion, 79th Field Artillery commander.

"It can give their son or daughter an extra 10 minutes on the phone," Anders said, "or we'll post their picture on Facebook, or do a shoutout video."

He calls it "Army 101."

Because cell phones of basic trainees are confiscated during their nine-week cycle, and they aren't even allowed communication via Facebook or other social media, families often jump at the chance for more connection with their loved ones.

Anders worked with Merilee Nevins, Army Family Team Building and Army Family Action Plan program manager, to publicize the program with Army OneSource training. If families follow the program all the way, they get a certificate. "Since we started last year I've signed over 2,500 certificates for family and friends who completed this training," said Anders.

Nevins laughed when she recalled the 900 certificates from E Battery several months ago. "Col. Anders signed every one by hand."

He sent her a photo of a cramped, claw-shaped hand af-



Drill Sgt. Andrea Webb inspects new trainees at B Battery, 1st Battalion, 79th Field Artillery, Fort Sill, Okla., March 9.

terward. She gives high praise to Anders for making family outreach a priority and helping to set up the program. "When family members are informed it makes life easier for everybody," she said.

There are 10 lessons in the 1st Level AFTB course, which include military acronyms, chain of command, customs and courtesies, family readiness groups, and expectations and impact of the mission on family.

A standard letter about the training is sent out by the battery commanders to the families in the first few weeks of their Soldier's training, and is also on the battery's Web page. Each battery offers its own incentives, said Nevins, and there's even been some friendly competition be-

tween commanders to see who could enroll the most family members.

She said as a parent whose son was in basic training last year, she knows how important it is for family members to know how their loved ones are doing in what is a notoriously difficult nine weeks.

She said a father had contacted her because he had trouble accessing the Army OneSource site. "He said his wife wanted to see her son, hear from him, see his picture." The incentives for finishing the course would have allowed more of that.

There are three levels to the training. The first is learning about Army culture. The second is personal growth and resiliency. "Self-awareness, handling stress,

time management, improving personal relationships, how to take care of yourself when the spouse deploys," she said. The third is leadership. "How you learn a leadership style, coach and mentor, and team dynamics."

Nevins also brings Army 101 training onsite to groups, tailoring it to fit a particular need. "I've taught leadership development classes to drill sergeants," she said. "I've gone out to (Department of the Army) civilian groups to do team building classes."

She said she's even done training on etiquette at military balls.

"They are interactive, fun classes. Online is great, but we offer a more updated curriculum than what is available online."

She said it will take 18 months for new information to be incorporated into the online training, which will eventually transition to something more interactive and video-based.

"To date, we've touched over 3,000 family members with knowledge of Army culture," she said. That's just in the first year of the program here. "These families have a better understanding of the journey their Soldier started."

AFTB hasn't yet celebrated its 25th anniversary, and it continues to be an example of how the Army has changed to be more inclusive to families of Soldiers. "They learned from Desert Storm that we didn't support the families in ways that they needed. If Soldiers are worried about their families, they can't concentrate on the mission. Families need to gain skills to be resilient."

Civilians new to the Army can also benefit from the wealth of information available in the Army OneSource training.

Nevins said AFTB was developed by Army spouses to help others answer questions such as "who do I talk to, where do I get information I need?" instead of asking their deployed Soldiers to handle minor crises from afar. "Your Soldier will be more productive when he's not worrying what's happening on the home-front."

Nevins said even drill sergeant families need to develop resiliency since their Soldiers are gone from "oh-dark-thirty to oh-dark-thirty" every day. Drill sergeants typically have extremely long days during a training cycle. "It's almost like they are deployed."

## Huntsville engineers manage WWII building demolitions

By Amy Newcomb  
U.S. Engineering and Support Center  
Public Affairs

HUNTSVILLE — The U.S. Army Engineering and Support Center, Huntsville is managing the Soldiers Plaza demolition project at Fort Benning, Georgia, as part of an existing Mid-East Region U.S. Facilities Reduction Program multiple-award task order contract.

Huntsville Center manages regional demolition contracts to support removal of excess facilities under FRP.

Under this task order, the contractor will perform a range of demolition services on the installation. Demolition will include, but is not limited to, the abatement and removal of asbestos-containing materials and other regulated materials, disconnection and capping of utilities, disposal of all debris materials, and restoration of the site to a specified condition. The contractor will restore all work sites with respect to grading and proper drainage.

Huntsville Center has worked with Alan Bugg, Savannah District area engineer, U.S. Army Corps of Engineers, to execute the project's quality assurance that ensures safety and proper disposal of all materials.

The \$1.4 million contract kicked off Feb. 15. It will ultimately remove 45 facilities totaling nearly 407,000 square feet of excess infrastructure from Fort Benning's real property inventory.

The excess facilities being moved by All Phase Services, Inc., of Delray Beach, Florida, will reduce Fort Benning's footprint.

Of the 45 facilities, 43 are located within Soldiers Plaza and 31 of them, or almost 120,000 square feet, are World War II-era wood structures. As of Monday, 14 have been demolished, reducing Fort Benning's infrastructure by more than 40,000 square feet.

The Soldiers Plaza project is scheduled to be completed in April, with the other two buildings scheduled to be completed in September.

This demolition will remove the installation's last World War II buildings on main post, which served most recently as administrative buildings but have been used as barracks, medical facilities and for other Soldier-related services.

The wood structures were built for temporary use in the early 1940s and removing them marks the end of an era, said Dave Shockley, Huntsville Center Facilities Division branch chief.

"They were supposed to be gone within 25 years of when they were built — they are coming up on almost a century," he said.

Frank Hanner, National Infantry Museum and Soldier Center director, said when the structures were built, there was a demand for buildings because the nation was mobilizing for World War II, and the Army couldn't house Soldiers in tents.

"They came up with building the World War II buildings out of local material, or at least that was what they were supposed to use," he said. "Here in Georgia, that would be the great pine."

More than 600,000 World War II Soldiers were trained in the buildings, but instead of coming down after the war, the buildings housed even more Soldiers as the Cold War began, said Hanner.

"These buildings meant a great deal to the armed forces," he said. "They symbolized a great effort by the nation to take care of its Soldiers as it trained them

for war. It was almost like a rite of passage."

Through each future conflict, the Army would expand, and each time the World War II wood buildings answered the nation's call.

Over time the buildings became costly, and in the 1990s Fort Benning was told all World War II structures would be demolished.

However, Dick Grube, former National Infantry Museum and Soldier Center director, asked that some buildings be saved.

The National Infantry Foundation was able to rescue a barracks, mess hall, orderly room, supply room, chapel, and sleeping quarters and headquarters used by Gen. George S. Patton prior to his deployment to North Africa, Hanner said.

The buildings, located at the World War II Company Street exhibit at the National Infantry Museum and Soldier Center, are the only fully preserved set of Series 700 buildings in existence.

## Workshop

Continued from Page C1

in which they have career suitability, based on work experiences, qualifications and credentialing.

"Both processes require the creation of résumés which effectively capture an individual's work experiences, qualifications and credentialing," he added. "Both processes require follow-up with their targeted employers."

However, Kozlowski continued, the federal job hunt has several distinctions from the traditional. "For example, you should not limit your search to positions found in the (Department of Defense)," he said. "There are several federal agencies and programs whose missions may be a better fit for your qualifica-

tions and credentials, many of which are not located at Fort Rucker.

The workshop will also give attendees tips on building a résumé for federal employment applications, which Kozlowski said differs from résumés for the private sector.

"The federal résumé is a different kind of cat," he said. "The format is more along the lines of a hybrid style, combining the traditional reverse chronological style with a functional format. It's also quite a bit longer than its private sector counterpart."

"Some federal résumés can be as long as 19 pages, although the optimum length should be limited to five to six pages," he added. "There are a host of other key differences I could cite

and I plan to bring them out during the course of the workshop proper."

At the conclusion of the workshop, according to Kozlowski, participants should be able to better understand the federal hiring process.

"Following the 'Ten Step' method provides a framework for this understanding," he said. "Attendees at the last workshop have commented to me that they now understand the process as being more than routinely applying for a job on USAJOBS.gov; that there are so many items they have previously overlooked that they now incorporate into their federal job hunts."

The workshop is limited to the first 40 registrants.

For more information or to register, call 255-2594.

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Contemporary C-3 - in the Fellowship Hall..... 8:45AM  
The Gathering (Youth)..... 6:00PM  
Sunday School..... 9:55AM  
Nursery Care..... Every Service

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# RELIGIOUS SERVICES

## WORSHIP SERVICES

Except as noted, all services are on Sunday.

**Headquarters Chapel, Building 109**  
8 a.m. Traditional Protestant Service

**Main Post Chapel, Building 8940**  
9 a.m. Catholic Mass Sunday  
11 a.m. Collective Protestant Service  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4 p.m. Catholic Confessions  
Saturday  
5 p.m. Catholic Mass Saturday

**Wings Chapel, Building 6036**  
8 a.m. Latter-Day Saints Worship Service  
9:30 a.m. Protestant Sunday School  
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)  
12 p.m. Eckankar Worship Study (4th Sunday)

**Spiritual Life Center, Building 8939**  
10:15 a.m. CCD (except during summer months)

## BIBLE STUDIES

**Tuesdays**  
**Crossroads Discipleship Study (Meal/Bible Study)**  
Wings Chapel, 6:30 p.m.

**Protestant Women of the Chapel**  
Wings Chapel, 9 a.m. and 6 p.m.

**Adult Bible Study**  
Spiritual Life Center, 7 p.m.

**Wednesdays**  
**Catholic Women of the Chapel**  
Wings Chapel, 8:30 a.m.

**Above the Best Bible Study**  
Yano Hall, 11 a.m.

**1-14th Avn. Regt. Bible Study**  
Hanchey AAF, Bldg 50102N,

Rm 101,  
11:30 a.m.

**164th TAOG Bible Study**  
Bldg 30501, 11:30 a.m.

**Adult Bible Study**  
Soldier Service Center,  
12 p.m.

**Youth Group Bible Study**  
Spiritual Life Center,  
5:30 p.m.

**Adult Bible Study**  
Spiritual Life Center, 6 p.m.

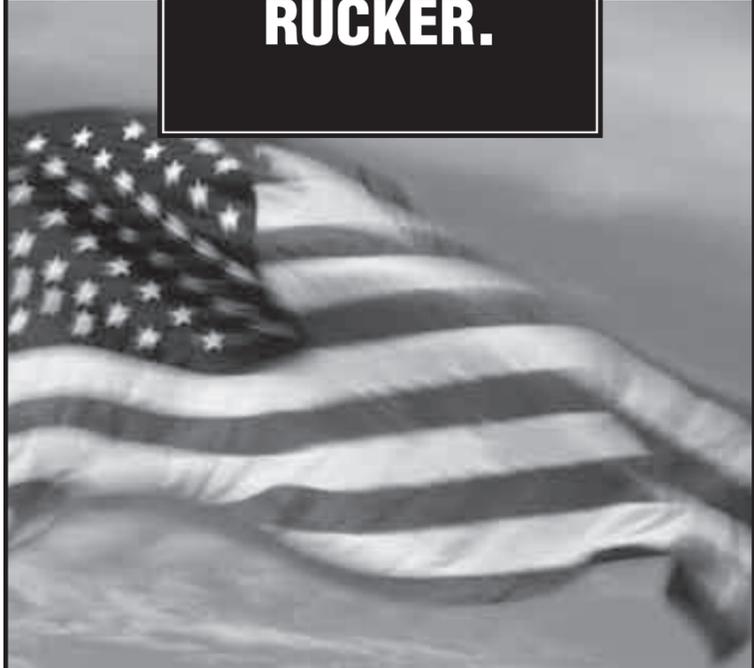
**Thursdays**  
**Adult Bible Study**  
Spiritual Life Center, 9 a.m.

**Latter-Day Saints Bible Study**  
Wings Chapel, 6:30 p.m.

**Saturdays**  
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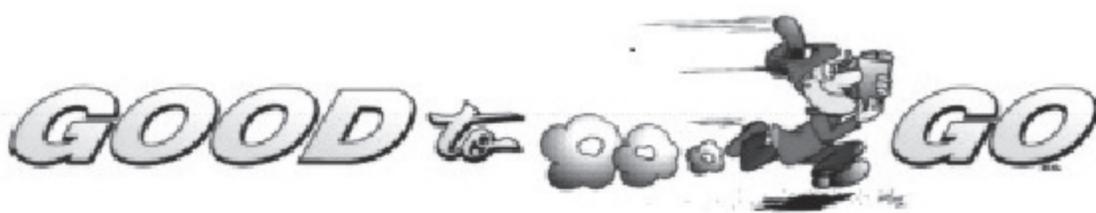
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# Army transitions to DOD request for childcare website

**By Robert Dozier**  
Installation Management  
Command Public Affairs

FORT SAM HOUSTON, TEXAS — The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need.

This month, select Army garrison families will begin using [www.MilitaryChildCare.com](http://www.MilitaryChildCare.com) as their website to search for and request child care services where they are or where they are planning to move – Fort Rucker is scheduled to make the move in June.

“The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs,” said Theresa Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program manager. “The DOD has worked hard to develop a system which allows patrons to create their own account, search and



DOD GRAPHIC

request care, manage requests and update their profile from the convenience of their home.”

Using [MilitaryChildCare.com](http://MilitaryChildCare.com), parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need and submit a request for care at any time from any location, Sanders said.

Web services were first tested

in pilot programs throughout the military branches, including U.S. Army Garrison Hawaii.

Soldiers and families at Aberdeen Proving Ground, Maryland; Fort Belvoir, Virginia; Fort Campbell, Kentucky; Fort Detrick, Maryland; Fort Drum, New York; Fort Knox, Kentucky; Fort Lee, Virginia; Fort Meade, Maryland; Watervliet Arsenal, New York; and Joint

Base Myer-Henderson Hall, Virginia, gained access to the site in March.

Each garrison is working directly to notify the families affected and assist in the implementation of the DOD website rollout.

“We expect the implementation of this new website to be seamless,” said Sanders. “Those families already receiving child care services will continue to receive those services without interruption. Those whose name is already on a waiting list will be entered on the new website.”

More details will be available at parent central services at each garrison – Fort Rucker’s office can be reached by calling 255-9638.

According to IMCOM officials, the Army will continue its rollout in June with 28 new garrisons, including Fort Rucker, and: Fort Benning, Georgia; Fort Bliss, Texas; Fort Buchanan, Puerto Rico; Fort Bragg, North Carolina; Fort Carson, Colorado; Fort Gordon, Georgia; Fort Hamilton, New York; Fort Hood, Texas; Fort Jackson, South

Carolina; Fort Leavenworth, Kansas; Fort Leonard Wood, Missouri; McAlester Army Ammunition Plant, Oklahoma; Fort McCoy, Wisconsin; Fort Polk, Louisiana; Fort Riley, Kansas; Fort Sill, Oklahoma; Fort Stewart, Georgia; U.S. Army Garrison Detroit Arsenal, Michigan; Picatinny Arsenal, New Jersey; Pine Bluff Arsenal, Arkansas; Redstone Arsenal; Rock Island Arsenal, Illinois; Anniston Army Depot; Tobyhanna Army Depot, Pennsylvania; Carlisle Barracks, Pennsylvania; U.S. Military Academy West Point, New York; and USAG Miami, Florida.

Specific dates of access will be announced locally so that all Soldiers and care-givers will be aware of the timing of the change and how it will impact their family.

Garrisons in Europe are scheduled to follow in September, including: Ansbach, Baumholder, Brussels, Garmisch, Grafenwoehr, Hohenfels, Stuttgart, Wiesbaden and Kaiserslautern, Germany; Livorno and Vicenza, Italy; Schinnen, Netherlands; and Benelux, Belgium.

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CHICKEN TENDER SALAD.....	\$7.49
fried tenders that can be tossed in your favorite sauce	
*BIG MOM™ SALAD homemade smoked chicken salad.....	\$7.49

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## KIDS MEALS

Served with a side & kids drink

CHICKEN TENDERS.....	\$4.49
BONELESS WINGS (4 piece).....	\$4.49
GRILLED CHEESE.....	\$4.49
MAC & CHEESE.....	\$4.49
RIBS (2 Baby Back Ribs).....	\$5.49

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## DRINKS

FRESH BREWED TEA.....	20 oz \$1.69	32 oz \$1.99
SOFT DRINKS.....	\$1.69	\$1.99
DASANI® BOTTLED WATER.....	\$1.49	\$1.49
GALLON TEA.....	\$3.99	

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## DESSERTS

HOMEMADE PEACH COBBLER.....	\$1.99
BROWNIE.....	\$1.29



COURTESY PHOTO

# 5K welcomes pets, people

Army Flier  
Staff Reports

Panama City Beach will host the Furry Friends 5k April 2 with registration running from 7-7:45 a.m. and the race starting at 8 a.m. at Gayle's Trails, 16200 Panama City Beach Parkway. Cost before the race will be \$25 per person or \$100 for a team of five, but will cost \$10 more on race day. The pet-friendly run helps support the Humane Society's ongoing mission of finding forever homes for homeless animals. Pets are welcome to take part. All proceeds go directly to the shelter.

## WIREFLASS COMMUNITY CALENDAR

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

### ANDALUSIA

**ONGOING** — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit [www.andalusialegionpost80.org](http://www.andalusialegionpost80.org).

**ONGOING** — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

### DALEVILLE

**ONGOING** — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

**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.

### DOTHAN

**APRIL 1** — The Wiregrass Museum of Art will host a Screen on the Green showing of Alfred Hitchcock's "The Birds," at 7 p.m. at Green Space on North Foster Street. Food trucks will be on hand, and attendees are encouraged to bring their own chairs and blanket. For more information, call 794-3871 or visit [www.wiregrassmuseum.org](http://www.wiregrassmuseum.org).

**APRIL 6** — The Alzheimer's Resource Center and Wallace Community College

will hold the 27th annual Alzheimer's Educational Conference at the Dothan Civic Center. One of the presenters will be Dr. Walter T. Geary Jr., bureau director and medical director of the Bureau of Health Provider Standards of the Alabama Department of Public Health. Geary will be speaking on "Alzheimer's Disease and other Dementias" and "Person-Centered Care in a Nursing Home or Residential Care Facility." For more information, such as times and costs to attend, call 556-2205.

### ENTERPRISE

**APRIL 2-3** — The 42nd annual Piney Woods Arts Festival takes place April 2 from 9 a.m. to 5 p.m. and April 3, from noon to 4 p.m. on the running track of Enterprise State Community College. One of the oldest juried arts and crafts show in the area, Piney Woods features original art and crafts by around 100 artists, a children's fun center, food and entertainment. Special events include a Civil War living display and the Weevil City Cruisers Car and Truck Show. Admission is free. For information, call 406-2787 or visit [www.CoffeeCountyArtsAlliance.com](http://www.CoffeeCountyArtsAlliance.com).

**APRIL 8** — Gates will open at 5:30 p.m. for the free Movie Under Moonlight featuring a showing of "The Peanuts Movie" that will begin once it turns dark at Bates Memorial Stadium. There will also be bounce houses and concessions. People are welcomed to bring lawn chairs and blanket, but no coolers. For more information, call 34802693.

**MAY 10** — A Disabled American Veterans Mobile Service Officer Van will be at the Enterprise Farmers Market from 9 a.m. to 2 p.m. The van travels across the country to counsel and assist veterans to educate them and their families on benefits and service available to them in thanks for their service. For more information, call the Disabled American Veterans Chapter 9 Enterprise-Coffee County at 308-2480.

### 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 on 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** — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

**ONGOING** — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

### OZARK

**ONGOING** — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

**ONGOING** — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

**ONGOING** — Every Thursday at 5:30 p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

### 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** — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

**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 with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

### WIREFLASS AREA

**APRIL 1-2** — The 56th annual Opp Rattlesnake Rodeo features arts and crafts, unique cuisine, children's activities and live entertainment, all while people get up close and personal with rattlesnakes. Saturday's festivities will include snake races, plus, throughout the weekend, snake handlers will educate the public on snake safety. Entertainment will include country singers Sammy Kershaw, Aaron Tippin and John Anderson April 1. April 2 will include Christian singer Chris Tomlin, featuring special guests Ellie Holcomb, Tim Timmons and 3 for 3. Military discount with valid military I.D. for advance tickets at Opp City Hall and both days at the gates. Tickets are \$20 with a valid I.D. Children 12 and under are admitted for free when with a paid adult.

## Beyond Briefs

### Montgomery Chorale: Mozart Requiem

The Montgomery Chorale will present the River Region with the opportunity to experience a Mozart Requiem April 10 at 3 p.m. at First United Methodist Church in Cloverdale. Tickets are \$25 for adults, \$20 for military and seniors, and \$10 for students. Tickets may be purchased from Chorale members or online.

For more information, call 334-265-3737, or visit [www.montgomerychorale.org/Montgomery\\_Chorale/2015\\_-\\_2016\\_Season\\_Tickets.html](http://www.montgomerychorale.org/Montgomery_Chorale/2015_-_2016_Season_Tickets.html).

### Glow Run 5k

The Glow Run Fun Run and 5k event is scheduled for April 16 at Gayle's Trails in Panama City Beach, Florida. The run and walk event is less about how fast participants run and more about people enjoying the glowing course with their friends and family, according to organizers. Pack pick up is at 6 p.m. and the race starts at 7:30 p.m. Cost is \$30 per person and proceeds benefit Second Chance of Northwest Florida.

### Earth Day Safari at zoo

Montgomery Zoo officials said its Earth Day Safari April 19 from 9 a.m. to 2 p.m. is a fun and educational field trip for students. People can participate in an endangered species scavenger hunt, play Earth Day trivia games, see live animal presentations and enjoy specialized keeper talks at various animal exhibits.

For more information, visit [www.montgomeryzoo.com/announcements/earth-day-safari](http://www.montgomeryzoo.com/announcements/earth-day-safari).

### Seabreeze Jazz Festival

The Seabreeze Jazz Festival is scheduled for April 20-24 at Aaron Bessant Park in Panama City Beach, Florida. The Seabreeze Jazz Festival was named a Top 10 Jazz Festival in the U.S. by "JazzIZ Magazine" and recently nominated

as Best Jazz Festival at the Oasis Smooth Jazz Awards.

For more information, including times and acts that will perform, visit <http://www.seabreezejazzfestival.com/>.

### Alabama book festival

The annual Alabama Book Festival will be in historic downtown Montgomery at Old Alabama Town April 23 from 9 a.m. to 5 p.m. The festival will feature about 50 authors, and more than 40 vendors and exhibitors. The free public event is the state's premier book festival, with some 5,000 people from around the state and the southeast converging to meet with and hear from their favorite authors and scholars. There will also be a children's activity area.

For more information, call 334-240-4500, or visit [www.alabamabookfestival.org/welcome.html](http://www.alabamabookfestival.org/welcome.html).

### Civil rights walking tour

People are welcome to explore Montgomery's history through walking tours to different historical sites from profound moments from the slavery era, the Civil War, and the Civil Rights Movement. The tour highlights pioneers and unsung heroes who contributed to a new era. Walking tours are held every Saturday and Sunday at 1:30 and 2:30 p.m. Tours start from The Village Gallery. Cost is \$10 for adults, \$5 for children 12 and under and children 4 and younger are admitted for free. Book a tour by calling 334-595-9243.

### Amazing Castle children's exhibit

Gadsden's Mary G. Hardin Center for Cultural Arts offers the Amazing Castle children's exhibit now through May 8. As visitors explore the Amazing Castle and its eight themed areas, they are introduced to seven storybook characters who are part of the castle community. From the carpenter to the seamstress, each character has a special role. As they move through the castle, village visitors playfully explore the interconnectedness of community members in a setting inspired by fantasy and history, according to organizers. Admission is \$8 per person, and

free for Hardin Center members and children under 2.

For more information, visit <http://www.culturalarts.org>.

### Free walking tours

People can experience the culture and history of Alabama with April Walking Tours throughout the state. Twenty-two towns across the state are offering free guided walking tours each Saturday morning in April. Tours begin at 10 a.m. and are about an hour long. Community leaders will escort people through the historic districts or courthouse square areas of their hometowns, sharing their personal remembrances and some tall tales from the old days.

For more information, visit [alabama.travel/trails/april-walking-tours](http://alabama.travel/trails/april-walking-tours).

### Spring bird migration

Dauphin Island's Audubon Bird Sanctuary features the largest segment of protected forest on the island and the first landfall for neo-tropical migrant birds after their flight across the Gulf from Central and South America each spring, according to sanctuary officials. These birds, often exhausted and weakened from severe weather during the long flight, find their first food and shelter on the island now through April 30. There have been 347 species reported on the island. It is also the birds' final stop before their return flight each fall. The Bird Sanctuary has allowed Dauphin Island to be recognized by the American Bird Conservancy and the National Audubon Society as being globally important for bird migrations.

The main interstate nearest to the Audubon Bird Sanctuary is I-10. From I-10, take Exit 17A to Dauphin Island. This will take you onto Route 193 South, also known as "Rangeline Road." Follow Rt. 193 South all the way down to Dauphin Island. Once you're on the island, take a left at the Water Tower on to Bienville Boulevard. The Sanctuary is located 1 mile from there on the right.

For more information, visit: <http://dauphinisland.org/audubon-bird-sanctuary/>

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INDIAN | GREEK FOOD

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[www.tajdothan.com](http://www.tajdothan.com)

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654 BOLL WEEVIL CIRCLE,  
ENTERPRISE, AL  
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**CHICKEN TIKKI MASALA \$13<sup>99</sup>**



**LAMB GYRO \$7<sup>99</sup>**



**LAMB CHOP (RACK OF LAMB) \$24<sup>99</sup>**

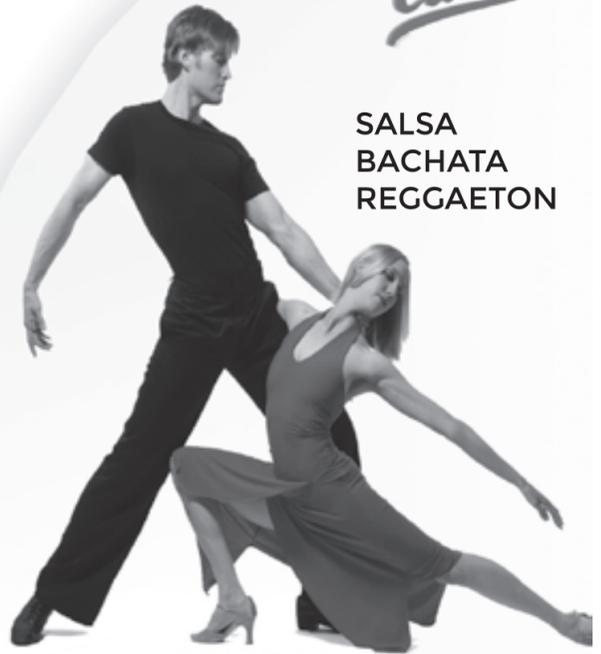


**CHICKEN BIRYANI \$14<sup>99</sup>**

**\$7<sup>99</sup> Only LUNCH SPECIAL**  
MONDAY THRU FRIDAY 11AM-3PM

- 1 DAILY SPECIAL (With Rice and Naan)**  
MONDAY Chicken Tikka Masala  
TUESDAY Chicken Korma  
WEDNESDAY Chicken Mushroom  
THURSDAY Chicken Mango  
FRIDAY Chicken Jolferzi
- 2 GREEK SALAD (With Lamb Gyro Meat)**
- 3 GREEN SALAD (With Lamb OR Chicken Gyro)**
- 4 BLACK BEAN BURGER (With Fries or Rice)**
- 5 ANGUS BEEF BURGER (With Fries or Rice)**
- 6 CHICKEN SANDWICH (With Fries or Rice)**
- 7 TURKEY BURGER (With Fries or Rice)**
- 8 LAMB GYROS (With Fries or Rice)**

**SUNDAY BUFFET**



**SALSA BACHATA REGGAETON**

**FULL BAR**

**LATIN CLUB**  
FRIDAY-SATURDAY

**TAJ ENTERPRISE LOCATION ONLY**

**GETTIN' STARTED**

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

**Fried Pickles**  
A big ol' basket of dill pickle chips coated with our special batter an' fried to perfection. Served with Homer's Favorite Buttermilk Dressin' fer dip'n. Crunchy an' dee-lishus fer only: **4.89**

**Onion Rings**  
A big ol' basket of battered and fried fun. Try 'n toss 'em onto a straw afore ya eat 'em if ya can hold out that long. A real deal at: **4.89**

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

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

**Breadsticks**  
Freshly baked melt in yore mouth goodness! When ya know ya just can't eat one an fer only: **2.99**

**GARDEN FRESH**

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

**Yore Choice Salad**  
Ya gotta pick'n choose with this one: well top a big bed of lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges, a breadstick and yore choice of Kuntry-Fried Steak, Calabash Shrimp, Fried or Grilled Chicken Breast fer: **7.69**

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

**EATIN' HIGH ON TH' HAWG!**

**Smoked Sausage Dinner**  
Our famous smoked grilled sausage is shore ta whet yore appetite. We mix this in with a big ol' bowl of tast-ee beans 'n' rice, center cut slice of onion, special bean relish an' add a fresh-ee baked side of cornbread. Down-home goodness fer only: **6.99**

**Our Famous Kuntry-Fried Steak Dinner**  
Nuthin's more "kuntry" than our kuntry-fried steak! Folks what knows good cookin' keeps comin' back fer this 'n: two slabs of tender beefsteak rolled 'round in our special breading' and fried up golden. Served with plenty of rich creamy gravy. Yore goodness at: **8.69**

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

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

**OneChop Dinner: 7.49**

**Ground Chuck Steak**  
A half-pound of USDA chuck steak, carefully seasoned, smothered with grilled onions and creamy brown gravy, only: **8.49**

**Grilled Beef Liver an' Onions**  
Enjoy a tender half-pound of this Southern specialty fer: **7.99**

**Kuntry Cookin' Combo**  
Choose yore own two favorites fer: **9.49**

- Kuntry-Fried Steak • Fried Chicken Livers or Gizzards
- 2-Piece Fried Chicken (If ya wanna be sure ta get a breast, add 1.00, or 2.00 fer two of 'em)
- Fried or Grilled Pork Chop

**FROM THE OL' FISHING HOLE**

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

**Krab Cake Dinner**  
Sweet krab meat seasoned & pattied into 2 cakes: **7.49**

**PoFolks**

*Hearty, Homestyle Cooking*  
**650 BOLL WEEVIL CIRCLE • ENTERPRISE 393-8889**

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

**30 Piece Tail-On Shrimp**  
Thirty golden morsels of tender shrimp jest beggin' to be et! You don't disapp'int them and they sho' won't disapp'int you. Git 'em at the golden price of: **9.49**

**Seafood Combo**  
Make yore own combo with yore pick of any two fer only: **9.99**

- Fried or Grilled Whitefish • Calabash-Style Shrimp • Fried Catfish
- Clams • Crabcake

**Catfish Platter**  
Kiss my grits if this ain't the purtiest platter of whole, bone-in catfish you ever laid a fork to!

**3 Piece Dinner 10.99 • 2 Piece Dinner 8.99**

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

**PoFolks Clam Fry**  
A heap o' hot and crispy clams, three-quarters of a pound in all priced at: **7.99** Half-pound: **6.99**

**GRANDMA'S CHICKEN DINNERS**

**Nekked Chicken Breast (Boneless)**  
If yer thinkin' healthy well simply grill this tender chicken breast and serve it nekked or dressed up with barbee-que sauce. If yer cravin' down-home, we can give it a coat of breading' and throw it in the fryer. Grab it at the choice price of: **8.79**

**Blue Ribbon Fried Chicken**  
One bite of this crispy, moist chicken and you'll be shoutin' hallelujah! We're fillin' up yore plate with a breast, thigh, leg and wang. Served at the great price of: **8.49**

**Two-Piece Chicken Dinner priced at: 6.99 (Add 1.00 per specified breast)**

**Chicken Tender Dinner**  
We heard company's comin' so we rolled these fresh chicken tenders in our special seasoned breading' and fried 'em up special fer ya! Served with honey mustard or barbee-que sauce fer darn good dippin'. Six tenders at the golden price of: **4.49**

**Chicken Livers or Gizzards**  
Sometimes ya just get a hankerin' fer these crispy critters. We dust 'em up with seasoned breading' and serve 'em hot from the fryer. Perfectly priced at: **6.99**

**Chicken 'n' Dumplins**  
We saved the best fer last! Take yore fork to a big ol' bowl of satisfyin' dumplins laddled up with chunks of slow cooked chicken. Comfort priced cheap at: **6.99**

**HOMESTYLE VEGGIES**  
Dinners come with two veggies, an' ya can git an extree one fer just 1.49! If y'druther, ya can trade a side choice fer a salad or fried green t'maters fer only **1.99** extree

**French Fries • Baked Po-Tater • Rice 'n' Gravy • Mashed Po-Taters**

**Macaroni 'n' Cheese • Red Beans 'n' Rice • Corn on the Cob**

**Black-Eyed Peas • Sliced T'maters • Turnip Greens • Baked Beans**

**Green Beans • Fried Okra • Cabbage • Colelaw • Applesauce**

**Baked Apples • Po-Tater Salad • Cottage Cheese**

**PO FOLKS**

**Po Plate**  
Choose four of yore favorite veggies and we'll serve 'em up with yore choice of breadstick, cornbread, hushpuppies or a fresh-baked basket fer: **5.99**

**Red Beans 'n Rice**  
Have a big ol' bowl of this made-from-scratch Southern specialty. If ya find a bit of ham, just hush up 'bout it, else yer server might charge ya more 'n the goin' price of: **3.99**

**Turnip Greens**  
A bowl of greens seasoned and cooked up fer genuine kuntry flavor. Served with cornbread: **3.99**

**Chicken 'n' Dumplins**  
Tender chunks of chicken plum full of flavor cooked up with some of the best strip dumplins ya ever stunk in yore mouth. Served with homemade cornbread fer: **4.49**

**SAMWICHES**

**Grilled Sausage Samwich**  
Big 'ol smoked sausage (split in half fer extra flavor) grilled an' stuffed into a toasted bun with some tast-ee samwich sauce, lettuce an' t'maters fer only: **6.49**

**Our Famous Kuntry-Fried Steak Samwich**  
It's a doozey! Kuntry-fried steak with lettuce, t'maters and our dressin' on a fresh bun. Best samwich in town, and only: **5.99**

**Add cheese fer 30 more pennies**

**Doc McCoy's Chicken Samwich**  
Doc's pick of the litter! Double boneless chicken breast breaded and fried or grilled plain and simple, laid out onna bun with lettuce, t'maters and mayo. Git the real thang fer: **6.99**

**Add melted cheese fer six more nickles**

**Whitefish Fee-Lay Samwich**  
Hit's a gon' make ya as wild as a junebug on a string! Mild flaky whitefish fee-lay topped with cheese, lettuce 'n' tartar sauce, caught on a fresh bun. Have it yore way—grilled or fried fer: **6.49**

**Half-Pound PoChuck Samwich**  
Ya git yo'self some downrite good eatin' when ya order this half-pound of USDA chuck steak, specially seasoned and stacked with lettuce, t'maters and mayo on a big big bun fer: **7.49**

**To git it with cheese, add three thin dimes**

**Cheeseburger**  
With lettuce, t'maters and mayo fer: **6.49**

**LUNCH SPECIALS**

Served 11 am-3 pm, Monday thru Saturday

**Grandma's Fried Chicken**  
Honey, this here fried chicken is finer than frog's hair on Friday. Hit's tender and moist and juicy as all git out. Set yoreself down to two pieces of our outstandin' chicken fer the equally outstandin' price of **5.99 (Add 1.00 per specified breast)**

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

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

**Kuntry-Fried Steak**  
Gooder 'n' grits and just as tasty at lunch as at suppertime. Topped with our rich creamy gravy fer: **5.99**

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

**Whitefish**  
Let yore server know as to how ya like it: fried or grilled. A super catch: **6.99**

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

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

**Liver 'n' Onions**  
Our tender grilled beef Southern Specialty fer only: **6.49**

**Chicken 'n' Dumplins**  
So purty they could make a hound dog smile, and only: **5.99**

**HAPPY ENDINGS**

**Cobbler of the Day**  
Chock-full of fruit with a top an' bottom crust so flaky it makes Grandma proud and Mom jealous. Served with 'niller ice cream fer: **3.29**

**Mississippi Mud Pie**  
More excitin' than snuff and not nearly so dusty! Rich fudge chocolate pie over a flaky crust topped with 'niller ice cream fer: **3.69**

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

**Hot Fudgè Ice Cream Cake**  
Naughty an' nice! Two slices of devil's food chocolate cake with an angelic slab of 'niller ice cream 'tween. Topped with hot fudge, whipped cream and a cherry fer: **3.99**

**ALWAYS SUPPORT YOUR FELLOW SOLDIER.  
REMEMBER ACE - ASK, CARE AND ESCORT.**



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# Milky Moo's



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The area's only  
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Specialty Coffees

	12 oz.	16 oz.
<b>Cowpuccino</b> Espresso, steamed milk and foamed milk	279	299
<b>Milky Moocha</b> A Cowpuccino with chocolate	299	324
<b>Latte</b> Espresso and steamed milk	279	299
<b>Flavored Latte</b> Espresso, steamed milk and choice of flavor	299	324
<b>Moocha Vanilla</b> A Cowpuccino with chocolate and vanilla	329	349
<b>Caramel Macchiato</b> A Cowpuccino with caramel and vanilla	299	324
<b>Espresso</b> Extra shot Espresso	139 65¢	175
Extra flavor or whip cream	25¢	

Iced Drinks 323  
Smoothie · Iced Latte · Mocha Frappe  
Caramel Frappe · Caramel Mocha Frappe

## Milky Moo's Too

Candy & Gift Baskets

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Candy Bouquets  
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Hand Dipped Chocolates  
Themed Gift Baskets

Prices and Menu Vary By Location.

Soup  
· Bowl of Soup 376 · Double Bowl 642  
Bread Bowl of Soup 596  
Soup and Sandwich Combo 734

MWF & Sun: Chili, Broccoli & Cheese, Crab & Sweet Corn Chowder  
Tues, Thurs, & Sat: Chicken N' Dumplings · Tomato Bisque · Loaded Potato

Wraps

<b>Southwest Chicken Wrap</b> Chicken Breast, lettuce, tomato, and jalapeno ranch dressing on a flour tortilla	395
<b>Fajita Chicken Wrap</b> Fajita grilled chicken on a flour tortilla with lettuce, tomato, shredded cheddar cheese, onions and salsa	408
<b>Chicken Bacon Ranch Wrap</b> Chicken breast, bacon, lettuce, tomato and ranch on a flour tortilla	440
<b>Chicken Caesar Wrap</b> Grilled chicken, lettuce, shredded parmesan cheese & caesar dressing on a flour tortilla	395
<b>Beef Burrito Wrap</b> Seasoned Ground Beef, lettuce, tomato, onion, shredded cheddar cheese on a flour tortilla with sour cream on the side	408

Salads

<b>Garden Salad</b> Romaine & Iceberg Lettuce, tomato, carrots, onions, broccoli, salad peppers & croutons	450	1/2 Size 275
<b>Grilled Chicken Salad</b> Romaine & Iceberg lettuce, tomato, carrots, onions, salad peppers, grilled chicken, shredded cheddar cheese & croutons	596	1/2 Size 367
<b>Caesar Salad</b> Green leaf lettuce, shredded parmesan cheese, homestyle croutons & caesar dressing	450	1/2 Size 275
<b>Chicken Caesar Salad</b> Green leaf lettuce, grilled chicken shredded parmesan cheese, homestyle croutons & caesar dressing	573	1/2 Size 321
<b>Chef Salad</b> Romaine & Iceberg lettuce, tomato, carrots, onions, broccoli, salad peppers, turkey, ham, hard boiled eggs, shredded cheddar cheese & croutons	625	1/2 Size 390
<b>Taco Salad</b> Romaine & Iceberg lettuce, tomato, onions, shredded cheddar cheese, seasoned ground beef, sour cream and salsa	596	1/2 Size 367
<b>Grilled Chicken Pecan Salad</b> Romaine & Iceberg lettuce, grilled chicken, mandarin oranges, dried cranberries, blue cheese crumbles, praline pecans and Balsamic Vinaigrette dressing	596	1/2 Size 367

Sandwiches & Melts

The following are served on Ciabatta bread or in a wrap with your choice of Cheddar or Swiss cheese, lettuce, tomato and your choice of mayo, mustard, honey mustard, ranch or horseradish sauce  
Sandwich 376 · Melt 408  
**Ham & Cheese · Roast Beef & Cheese  
Turkey & Cheese**

<b>BLT</b> Bacon with lettuce, tomato and mayo on Ciabatta Bread	376
<b>Chicken Salad Sandwich</b>	376
<b>Egg Salad Sandwich</b>	376
<b>Club Sandwich</b> Ham, Turkey, bacon, cheddar cheese, lettuce, tomato, and honey mustard on Ciabatta bread	440
<b>Reuben</b> Corn beef, swiss cheese, sauerkraut, 1000 Island on Rye bread	395
<b>French Dip</b> Roast Beef, melted swiss cheese with aujus for dipping	376

Hot Dogs

<b>Hot Dog</b> w/ your choice of ketchup, mustard, relish & onions	139
<b>Chili Dog</b> w/ mustard and onions	189
<b>Chili Cheese Dog</b> w/ mustard and onions	199
<b>Polish Sausage Dog</b>	189

Kids Menu

<b>Hot Dog</b> w/ your choice: ketchup, mustard, mayo	139
<b>Cheese Melt</b>	249
<b>Cheese Quesadilla</b>	259
<b>Chicken &amp; Cheese Quesadilla</b>	339
<b>Peanut Butter &amp; Jelly</b> (Strawberry or Grape)	298

Hand Dipped Homemade Ice Cream

<b>Child's Scoop</b>	161
<b>Single Scoop</b>	275
<b>Double Scoop</b>	413
<b>Fresh Baked Waffle Cones</b>	69¢
<b>Waffle Cone Dipped in Chocolate</b> Available in Pint and Quart Sizes	89¢

Sundaes

**Hot Fudge, Hot Caramel, Chocolate, Strawberry, Pineapple, Peanut Butter, Marshmallow**

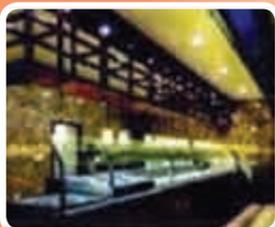
Small	229	Med.	344	Large	413
<b>Hot Fudge or Hot Caramel Brownie</b> .....413					
<b>Banana Split</b> .....505					

Smoothies

Several flavors to choose	344
---------------------------	-----

Shakes/Malts

Small	229	Med.	344	Large	413
<b>Root Beer Float</b> .....298					



# CHOW KING GRILL & BUFFET

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JUMBO SHRIMP • SUSHI BAR  
HIBACHI GRILL • SALAD BAR  
DESSERT BAR • HOT BAR-B-Q GRILL  
OPEN KITCHEN • 10 FOOD BARS**  
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Friday - Saturday 10:30 am - 10:00 pm

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Sat - Sun	\$8.99	DRINKS \$1.79
		HOT TEA 95¢

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MARCH 31, 2016

# FIT FEST

*Event to promote readiness, safety*



PHOTO BY JENNY STRIPLING

Soldiers at the Fort Rucker and Lyster Army Health Clinic Fit Fest 2015 participate in an oversized puzzle game. This year's Fit Fest is scheduled for April 8 from 9 a.m. to 4 p.m. at the festival fields.

**By Jenny Stripling**  
Lyster Army Health Clinic  
Public Affairs Officer

Soldiers, families and civilians are invited to attend Fort Rucker's 2016 Fit Fest at the Fort Rucker Festival Fields April 8 from 9 a.m. to 4 p.m.

The Fort Rucker Fit Fest is designed to promote the comprehensive health and wellbeing of Soldiers, families and civilians, focusing on the five dimensions of strength within the Army Resilience Program: Physical, Emotional, Social, Family and Spiritual, as well as injury prevention and risk reduction.

Throughout the health fair will be designated areas and activities pertaining to each of the dimensions of strength, as well as injury prevention.

"There will be fitness exhibitions, on-site health information, games, prizes, food and much more," said Maj. JoAnn Ward, chief of preventive medicine at Lyster Army Health Clinic. "External health vendors from around the community, as well as entities from Lyster and the Fort Rucker installation, will be offering information and activities designed to enhance your wellbeing."

Admission to the health fair is free.

## Personal trainers help patrons reach goals

**By Jeremy Henderson**  
Army Flier Staff Writer

No matter the fitness goal, Fort Rucker Directorate of Family, Morale, Welfare and Recreation Sports, Fitness and Aquatics Branch fitness specialists can help anyone achieve it.

Combining hands-on fitness instruction with a wealth of fitness equipment, both the Fort Rucker and Fortenberry-Colton Physical Fitness Centers provide a solid foundation for any fitness goal, according to Lynn Avila, fitness programs coordinator

Individuals can receive individualized training through the PFC personal trainer program after completing a personal training packet, which is available at the front desk of both facilities, she said.

Each fitness specialist brings a bit of their personality to each session and finding the best fit can be crucial to personal training sessions, Avila said.

"We have a terrific staff," she said. "They are all highly knowledgeable and professional, but no two trainers are the same. Each instructor brings their own personality and fitness philosophy into the session. Finding the right instructor can make each session more relaxed and help you achieve your fitness goal."

Training sessions last about one hour and are \$25 per person or \$40 for two people.

"Our personal trainers are certified by nationally accredited organizations," Avila said. "A routine is built to accommodate each person individually to fit the requirements and outcome desires of each person. Clients can be seen three to five times a week, or further out slots are available such as once a week or even once a month."

"Our available trainers are Shauna Attaway, Aimee McDonough, Shaun McElderry, Megan Oldorf, Kris Rach, Micah Topham, Rachael Scroggin and Angel Riggs," she added.

Before personal training sessions begin, participants must complete paperwork and measurements to determine their starting point and overall goals.

"We collect information to help us determine where

SEE GOALS, PAGE D4



PHOTO BY NATHAN PFAU

Shauna Attaway leads a previous kickboxing group fitness class. Attaway is one of many fitness specialists available for personal training sessions.

## HEALTH OF FORCE

*Report a wakeup call for improving readiness*

**By David Vergun**  
Army News Service

WASHINGTON — Obesity and overweight metrics, along with health indicators like tobacco use, injuries, substance abuse and the Performance Triad were among the topics at a conference in mid-March discussing the inaugural "Health of the Force" report.

The HOF report, released at the end of 2015, provides Army leaders, including installation commanders, a starting point regarding where best to invest resources to help Soldiers lead healthier lives and, consequently, improve combat readiness, said Col. Deydre Teyhen, assistant deputy chief of staff, Army Public Health Center.

That report, she said during a media roundtable conducted from the Office of the Army Surgeon General in Falls Church, Virginia, March 16, is similar to, but much more comprehensive than "The State of Obesity: Better Policies for a Healthier America" report, issued by the non-profit Robert Wood Johnson Foundation in 2014.

Besides obesity and overweight metrics, the HOF report measures Soldiers' three Performance Triad elements: sleep, activity and nutrition, per the Army Global Assessment Tool 2.0. It also takes into account other health indicators like hospital admissions, chronic diseases and medical readiness.

Taking all measurements into account, the report then provides a detailed breakdown, installation by installation, of those factors, with an overall health rating broken down by categories.

With that valuable data in hand, Teyhen said, it's now up to the installations and commands to see what they're doing well and what needs improving. For example, she said if one installation is doing really well on a health factor, like say, fewer smokers, but is doing poorly on sleep, then she said she encourages those installations or commands to share what they think the factors are that are making the metrics go up or down.

The vehicle for this exchange of information, she said, could be the Community Health Promotion Council, chaired by the senior mission commander on each installation. The councils normally meet quarterly to discuss readiness issues.

The medical treatment facilities



PHOTO ILLUSTRATION BY PEGGY FRIERSON

would not be in the best position to utilize the HOF report, since they on average see one Soldier just 100 minutes a year. That's not really enough time to address health factors that could impact them since most of that time would be spent simply diagnosing and treating a problem. That's why utilizing the HOF should start with leadership, she said.

Barbara Agen Ryan, a retired Army officer, health strategist and lead for Communications, Education and Training System for the Health and Performance Triad, OTSG, said the goal of the HOF report is to "provide commanders with data-driven information that can help prioritize efforts and influence resources to produce culture change — the HOF report is intended to facilitate personal health readiness and create environments where the healthy is the easy choice."

People don't get up in the morning wanting to be unhealthy, she said. However, their environment often influences the choices they make.

### Nutrition

For example, if vending machines with junk food in them are readily available, that's what they'll choose, Teyhen said. Or, if food in the dining facility is fatty or sugary, that's what they'll eat.

Teyhen provided some examples of what some installations have done to alter this environment.

Some installations have invited local farmers to bring their fresh produce on-post and set up farmers markets, she said.

Fort Campbell, Kentucky, moved its dining facility salad bar closer to

the entrance and that alone increased consumption of salads by 24 percent, she said. They also moved the dessert bar farther away and consumption for that went down 17 percent.

The dining facility personnel basically copied what stores do with product placement for greater sales of higher-priced goods, Teyhen added.

Another thing that Fort Campbell did was move the smoking shack farther away, she said. That alone dramatically decreased smoking — just because it made it less convenient for smokers to get there.

Besides altering the environment, another approach to help people make healthier choices, Teyhen said, is to provide them helpful information. For instance, keep healthy food in a clear bowl or wrapped in cellophane. People, kids especially, are more apt to use what they can see right away. Keep the unhealthy food wrapped in something opaque like aluminum foil.

The goal for fruits and vegetables, she added, should be eight servings per day, or about at least half of all food consumed.

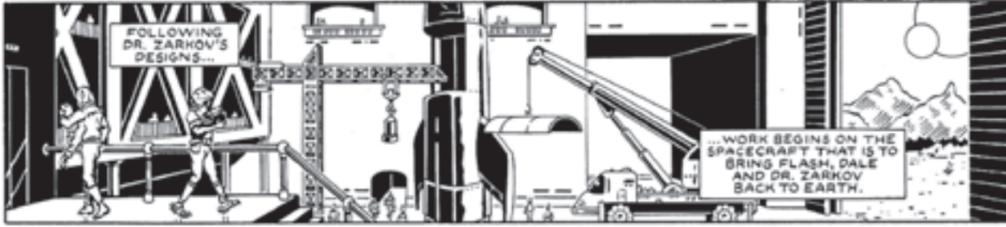
She advises people to eat their fruits and vegetables first, so they're already to some degree satiated before consuming other things like meats or dairy.

A trick to getting children to eat healthy foods, she said, would be to ask them what Popeye would eat, before the waitress comes. Children tend to pick healthier choices.

For a group of adults, a similar trick would be to mention in passing that "this place has the best salmon

SEE REPORT, PAGE D3

# DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

## TRIVIA

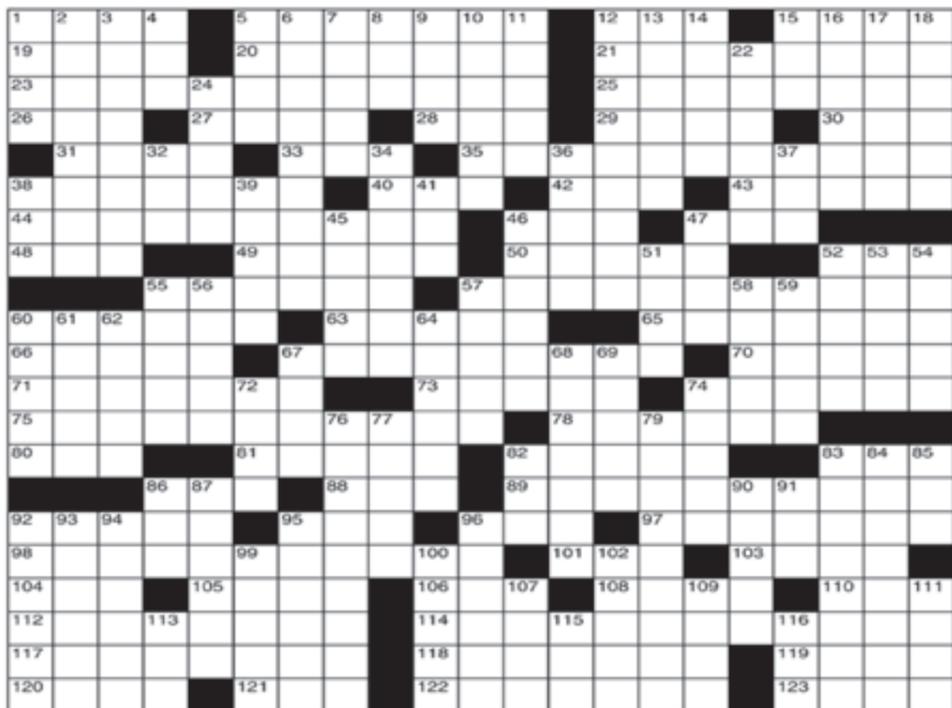
- MOVIES: Who starred in the martial-arts movie "Enter the Dragon"?
- MEASUREMENTS: What unit of measurement contains 4,840 square yards?
- HISTORY: In which war did the military offensive "Operation Desert Storm" take place?
- U.S. PRESIDENTS: Who was the last president to visit Cuba before 2016?
- GENERAL KNOWLEDGE: What process involves heating an ore to extract a metal?
- FOOD & DRINK: What is the top-selling spice in the world?
- INVENTIONS: In what year was the first commercial television sold?
- SCIENCE: What does the pH scale measure?
- GEOGRAPHY: In what country is the Basque language spoken?
- ENTERTAINERS: Which entertainer's biography was titled "Neither Shaken nor Stirred"?

See Page D3 for this week's answers.

## Super Crossword

### DISCARD PILE

- ACROSS**
- 1 Merchandise taken back, briefly
  - 5 London or Manhattan area
  - 12 Divs. of dollars
  - 15 Leaf support
  - 19 Mimicry pro
  - 20 Angle units
  - 21 Girls' night out, perhaps
  - 23 Small-scale golf variety
  - 25 Massive
  - 26 Fr. holy woman
  - 27 Pop artist
  - 28 Utter fibs
  - 29 To be, in Québec
  - 30 Wedding chapel vow
  - 31 Like — of sunshine
  - 33 Draft lottery org.
  - 35 Insult-hurling sort
  - 38 Conversed with
  - 40 Settle a debt
  - 42 The, in Québec
  - 43 Stop
  - 44 Food cart's counterpart on a ranch
  - 46 Bummed out
  - 47 "I get it!"
  - 48 FDR's follower
  - 49 Grill master's cover-up
  - 50 Opera parts
  - 52 Actor Jack of "Barney Miller"
  - 55 Wichita resident
  - 57 Execute a long slap shot, maybe
  - 60 Snooping (about)
  - 63 Juan or Eva of Argentina
  - 65 Exact copy
  - 66 Backed — corner
  - 67 Phrase with synonyms starting this puzzle's eight longest Across
  - 70 Indonesian skewered meat dish
  - 71 Less quiet
  - 73 Analyze the makeup of
  - 74 Clan emblems
  - 75 Expert witnesses' unproven theories, say
  - 78 Kia minivan
  - 80 Noah's craft
  - 81 "L'shanah —" (Hebrew "Happy holidays!")
  - 82 Shoulder lift
  - 83 Bee chaser?
  - 86 Bygone Olds
  - 88 Eden woman
  - 89 Bearbag tic-tac-toe game
  - 92 Stand by for
  - 95 Medical scan, briefly
  - 96 — Puf (body sponge)
  - 97 "Billy Budd" star Stamp
  - 98 Worker in the trenches?
  - 101 Antitrust org.
  - 103 Old Cuzco native
  - 104 Portuguese for "year"
  - 105 Tony winner Carter
  - 106 Plant pouch
  - 108 "Woe is me!"
  - 110 Pollution-fighting org.
  - 112 Ally of Rodan
  - 114 Bit from a shredder
  - 117 Charged
  - 118 Trip for nature lovers
  - 119 — Alt-Dei
  - 120 Kiln used for drying hops
  - 121 Modern art?
  - 122 "Ain't gonna happen"
  - 123 Former U.S. gas brand
  - DOWN**
  - 1 Smart blows
  - 2 Tombstone inscriptions
  - 3 Dwindle
  - 4 Tolkien monster
  - 5 Ocean Spray prefix
  - 6 Dial, Zest and Coast
  - 7 Arnold, Duchin and Merckx
  - 8 Rim
  - 9 Writer Bellow
  - 10 Actual thing
  - 11 Daisy's kin
  - 12 Common crudites go-with
  - 13 Fractions for many agents
  - 14 Bull's sound
  - 15 Sleuth
  - 16 Russian carriage
  - 17 Chopin's 27
  - 18 Southern Indian city
  - 22 Moralize from a pulpit
  - 24 Actress Salma —
  - 32 Dog show gp.
  - 34 Sound-swapping reverend
  - 36 Eye-opener?
  - 37 Grazing area
  - 38 Educ. inst.
  - 39 Nashville nasality
  - 41 The Atlantic's Cape —
  - 45 Pictorial plot
  - 46 Swealboxes
  - 47 Tennis pro Arthur
  - 51 Give it —
  - 52 Set of rooms
  - 53 William of — ("razor" philosopher)
  - 54 Green-lights
  - 55 Newsstand
  - 56 Novelist Nin
  - 57 Seek water with a diving rod
  - 58 Printer brand
  - 59 "Oro y —"
  - 60 Martial-arts mercenary
  - 61 "God is — side"
  - 62 Small nasty
  - 64 "Law & Order" actor Linus
  - 67 Common jazz combo
  - 68 Finse
  - 69 Australia's — Rock
  - 72 Prefix for "outer"
  - 74 Old Roman wraps
  - 76 Marshy tract of land
  - 77 What GPS aids in: Abbr.
  - 79 Nebula, in part
  - 82 Bassist Sutcliffe
  - 83 Notions
  - 84 Performers like Houdini
  - 85 Suffix with journal
  - 86 Rock's Ocasek
  - 87 Cultural
  - 90 Brittle
  - 91 Stimp's cartoon bud
  - 92 Slow, to Soli
  - 93 Ryder of film
  - 94 In conflict
  - 95 "Lite" beer
  - 96 Lorraine of "The Sopranos"
  - 99 D. in Greece
  - 100 Ruhr hub
  - 102 Knock at gently
  - 107 Nile critter
  - 109 Retro hairdo
  - 111 Guthrie with a guitar
  - 113 Facial flaw
  - 115 — distance
  - 116 Star pitcher



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

### DIFFICULTY THIS WEEK: ★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID'S CORNER



CONNECT THE DOTS and find out what is the least dangerous kind of robbery.

**HIDDEN ANIMALS!** Can you find the three animals hidden in these three sentences?  
 1. Her gift was a bronze bracelet.  
 2. The wall was covered with graffiti geniurms.  
 3. We must abolish or set aside these unjst laws.

**BECOME A "GIANT" BY SOLVING THIS IN ONE MINUTE!**  
 See if you can find the four five-letter words needed to fill in the word square at the right. All words must read the same across and down. A few hints are:  
 1. A large person (given). 2. Dome-shaped dwelling.  
 3. Type of clock. 4. Relating to Scandinavia.  
 5. Very large books.

## Junior Whirl

by Charles Barry Townsend



**PYRAMID OF WORD POWER!**  
 Are you "sharp" enough to solve this one in less than five minutes? Starting with the given word LATHERING at the bottom of our pyramid, by dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order:  
 1. Soaping up.  
 2. A small musical instrument.  
 3. A spirally curled look of hair.  
 4. A prickly, stinging sensation.  
 5. A small amount of.  
 6. Found on a pitchfork.  
 7. A type of container.  
 8. A type of crowd.  
 9. The symbol for nitrogen.

## Wishing Well

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

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

## HOCUS-FOCUS

BY HENRY BOLTROFF



Find at least six differences in details between panels.

# Report

Continued from Page D1

salad I've ever eaten," Teyhen offered. That really influences others.

Once people start altering their behaviors, she said, it quickly becomes engrained into their thinking and habits. For example, they start craving fruits and vegetables over cupcakes.

One thing "we never do," she added, "is to tell people they can't eat cupcakes. It's about positive reinforcement, not telling people what they can't do."

The Army is currently working to put healthier foods in vending machines and dining facilities on post, Teyhen said.

## Activity

Teyhen found an interesting data comparison in the report regarding physical activity.

At Fort Riley, Kansas, Soldiers do better at strength exercises than they do at aerobic

ones. The opposite is true for Fort Campbell, however. Commanders, she said, might want to tweak the mixture of physical training to provide better balance.

The Army would ideally like physical education reinstated in public schools nationwide, as that impacts the quality of health recruits have coming in, she said, adding that she hopes the HOF report helps influence decision makers at the national level.

Lt. Col. Robert C. Oh, physician lead for Performance Triad, OTSG, said musculoskeletal injuries are a huge problem for the Army, accounting for 76 percent of all Soldiers deemed non-deployable.

In any given year, about 55 percent of Soldiers receive such an injury, accounting for some 10 million limited duty days per year, he said.

By comparison, the rates for those types of injuries for college athletes is just 25 percent, he said, noting that lower overall

fitness of Soldiers and overweight issues are likely to be the biggest contributing factors for that discrepancy.

## Tobacco

Tobacco products are also hurting Soldier readiness, Oh said.

Use of tobacco and the smokeless variety for Soldiers is high and impacts readiness, he said.

The Army Medical Command is now in the process of trying to create smoke-free campuses across the medical facilities Army-wide, he said.

A good news story, he said, is that Soldiers at Fort Bliss, Texas, have lower tobacco usage than in the surrounding community. Perhaps they have solutions that installations could implement.

## Sleep

Dr. Amy M. Millikan Bell, medical adviser, Army Public Health Center, said an-

other big health issue for Soldiers is sleep. Soldiers are getting much less sleep than the average American, Bell said. Only about 15 percent are getting the recommended seven or eight hours.

Lack of sleep contributes to accidents, poor decision-making and other types of errors that degrade readiness, she said. While there are times during an operation when Soldiers cannot get adequate sleep, they should be afforded the extra sleep time during non-critical periods.

Fort Riley set up sleep day rooms where Soldiers can go to nap in the middle of the day. Even a short nap improved their overall situational awareness, she said.

Meanwhile, at Fort Carson, Colorado, the unit changed its physical training sessions to the afternoon instead of early morning so Soldiers could get their sleep. This had a secondary benefit of giving parents the opportunity to have breakfast with their children. It was a huge success, she added.

## SPORTS BRIEFS

### April Fool's Day Bowl

Rucker Lanes will host its April Fool's Day Bowl special Friday from 10 a.m. to 8 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

### Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation hosts its Gobbler Classic Turkey Hunt now through April 30. The entry fee is \$25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card. Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at ODR or MWR Central.

For more information, call 255-4305 or 255-2997.

### Spring Boot Camp

Fort Rucker Physical Fitness Center will host its Spring Boot Camp Monday-May 13. Spring Boot Camp features

a variety of workouts using plyometrics, agility drills, running and more. Cost is \$100 per participant. Registration forms are available at either physical fitness center.

For information, call 255-1951.

### Adult swimming lessons

The Fort Rucker Physical Fitness Center will offer spring adult swimming lessons at the indoor swimming pool Tuesdays and Thursdays in April. The beginners class will be 5:15-6 p.m. and the intermediate class from 6:15-7 p.m. Cost is \$40 per student. People need to register at least three days prior to the start of each session at the Fort Rucker PFC.

For more information, call 255-9162.

### SHARP 5K

The Fort Rucker Physical Fitness Center will hold a SHARP 5K race April 9 in honor of Sexual Assault Awareness and Prevention Month. The race will start at Fortenberry-Colton PFC at 9 a.m. Participants are encour-

aged to pre-register at either PFC or at MWR Central. Refreshments will be provided. The race is open to the public.

For more information, call 255-2296.

### Army Aviation birthday golf tourney

Silver Wings Golf Course will host the Army Aviation 33rd Birthday Golf Tournament April 15. The format is four-person team scramble, with a minimum of 18 teams and a limit of 36 teams. Registration, a continental breakfast and range open at 7 a.m. Announcements will be at 7:45 a.m. and there will be an 8 a.m. shotgun start. Lunch and awards will be immediately following play. Entry fee is \$45 per player for non-members and \$35 per player for members. Entry fee includes tournament course fees, range balls, tee gifts, tournament meals and prizes. Mulligan's sold for \$5 each or \$20 for a team. Registration deadline is April 11. The tourney will be open to the public.

For more information, call 598-2449.

# PUZZLE ANSWERS

## Super Crossword

### Answers



## Weekly SUDOKU

### Answer

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

## Trivia

### Answers

1. Bruce Lee
2. An acre
3. Gulf War
4. Calvin Coolidge in 1928
5. Smelting
6. Pepper
7. 1928
8. Acidity or alkalinity
9. Spain
10. Actor Sean Connery, who played James Bond

# Fort Rucker Family & MWR

Join us at The Landing Zone for Lunch and Dinner Offered Weekdays and Brunch on Sundays!

**Brunch** Sunday 9 am-2 pm  
**Lunch** Monday-Friday 11 am-2 pm  
**Dinner** Tuesday-Thursday 4 pm-8 pm, Friday 4 pm-9 pm  
**CLOSED** Saturday  
\*hours of operation subject to change



## SUNDAY BRUNCH MENU

Available during regular brunch hours Sunday, 9 am to 2 pm. (334)598-8025, Open to the Public

### Breakfast Plates

**The Smokehouse \$7.99**  
Two eggs, smoked sausage links, breakfast potatoes and two pancakes.

**One x One x One \$4.29**  
One egg, one pancake, and one piece of meat.

**Two x Four \$6.29**  
Two fresh eggs with four buttermilk pancakes.

**O' Standby \$7.29**  
Two eggs, two strips of bacon or sausage links, breakfast potatoes and toast.



**Steak and Eggs \$12.99**  
Six-ounce flat iron steak with two eggs, breakfast potatoes and toast.

**Skillet Breakfasts**  
Everything for breakfast in one skillet: egg, potatoes, onions, peppers, cheese and meat.

**Smoked Turkey \$8.99**  
Smoked turkey breast with BBQ sauce.

**Chopped Brisket \$8.99**  
Texas-style smoked brisket chopped and served with BBQ sauce.

**Alabama Pulled Pork \$7.99**  
Apple-wood-smoked pork with BBQ sauce.

**Open Faced Omelets**  
Three-egg omelets served open faced with two pancakes.

**Vegetarian \$6.99**  
Broccoli, mushrooms, onions, peppers and melted cheese.

**Greek Omelet \$6.99**  
Feta cheese, red onions, olives, green pepper and tomato.

**Philly Cheese-steak \$8.99**  
Steak, peppers, onions and provolone cheese.

**Hearty Ham and Cheese \$8.99**  
This omelet has plenty of diced ham, Jack and Cheddar cheese, and a cheese sauce.

**Meat-lover's Omelet \$9.49**  
This omelet has plenty of diced ham, sausage, bacon with Jack and Cheddar cheese.

**Burgers, Sandwiches and Entrees**

**BEGG Burger \$8.79**  
Apple-wood-smoked bacon, fried egg and choice of cheese.

### Smoked Chicken Platter \$11.99

A half-chicken, with house seasoning, slowly smoked with Apple-wood chips. Served with or without BBQ sauce. Served with two sides.

**Bacon & Swiss Smothered Chicken Breast \$8.79**  
A crispy or grilled chicken breast with Apple-wood-smoked bacon and Swiss cheese.

**Alabama Pulled Pork \$6.49**  
Apple-wood-smoked pork piled high on your choice of Texas Toast or corn-dusted Kaiser roll.

**Brisket Dip \$7.99**  
Texas-style sliced brisket with melted cheese on Cuban bread with au jus.

**Cheeseburger \$7.49**  
Our basic hamburger with your choice of American, Swiss or Pepper Jack cheese-dusted Kaiser roll.

All prices and menu items are subject to change.

## WEEKLY SPECIALS

### TACO TUESDAY

Join us for Taco Tuesday starting at 4 pm which features the following specials: pick 2 tacos for \$6, a chips and dip trio for \$5, macho nachos for \$8.79, and more! Specials are available with the purchase of a beverage.

### WING NIGHT

Our Wings Are Smokin'! Join us at The LZ Wednesdays from 4 pm to 8:30 pm for Wing Night! Try our Jumbo Smoked Wings with a new variety of flavors to choose from. Boneless wings are not available during wing night. Bar will be open until 9 pm.

**6 wings (1 flavor choice) for \$4.75**  
**10 wings (2 flavor choices) for \$7.50**  
**15 wings (3 flavor choices) for \$10.75**

### BURGER AND FRIES NIGHT

Join The Landing Zone on Thursdays starting at 4 pm for \$5 Burger and Fries night! Special includes burger (lettuce, tomato, pickles and onion) and side of fries. Additional add on toppings available for purchase include: cheese, pulled pork, chili, bacon, jalapeños, onion rings, an extra patty and much more! Specials available with purchase of a beverage.

### DINNER NIGHT

Friday night is Dinner Night at The Landing Zone! If you join The LZ for dinner (4 pm to 9 pm) on a Friday night, you will have the opportunity to purchase a \$2 movie pass to be used at Fort Rucker's Post Theater! Limit one movie pass purchase per dinner entree purchase.

### DAILY LUNCH SPECIALS

Open for lunch Monday-Friday, 11 am-2 pm. Enjoy a rapid fire lunch special featured daily that includes: entree and a choice of one side for \$6.99.

Specials cannot be combined with any other discount or promotion, and are available for dine in only. Prices are subject to change.

February 2016

# Goals

Continued from Page D1

your fitness journey should begin," Avila said. "No matter your starting point, our fitness specialists can help you get where you ultimately want to be.

"Some people already have a trainer in mind and we try to accommodate such requests, schedule permitting," she added. "Others might not know who the best fit is for them. After establishing your goals and desires, we can work to pair with a fitness specialist suited to guide your journey."

Training sessions go beyond establishing an exercise routine, according to Avila.

"If patrons are interested, personal training sessions also include advice on proper nutrition," she said. "The proper meal plan can help fuel your body to maximize the impact of your time in the gym. Poor nutrition can lead to reduced energy and can negatively impact your progress toward achieving fitness goals."

Hydration is another essential element to achieving fitness goals and to overall health, Avila said.

"Proper hydration has many health and performance benefits," she said. "Our muscles and organs depend on water for proper function. Water helps flush out toxins and reduces excess sodium in the body. Maintaining proper hydration can also aid in weight loss because it frees fat stores so they can be burned as an energy source."

According to Avila, recommended water intake varies based on weight and length of physical activity.

"Many people remember the old rule of drinking eight glasses of water a day," Avila said. "However, the amount of water an individual should consume varies from person

to person. A good starting point is to take your overall body weight and divide it by two. The number you get from that calculation is your recommended daily water intake in ounces. For example, a person who weighs 150 pounds should consume at least 75 ounces of water a day.

"If you engage in physical activity throughout the day, then you should drink

even more water to compensate," she added. "The exact amount required to compensate for the activity will depend on the intensity of the activity and our fitness specialists can help you determine just how much water you need to replenish what you've lost."

For more information on personal training sessions, call 255-2296 or 255-3794 or visit either



## Thai Buffet

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11AM to 2PM

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FREE COMMUNITY FUN DAY

SATURDAY APRIL 16

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~Saturday April 16 @ 11 am - 5 pm~  
Free BBQ, Jump A Roos, Volleyball, Video Games, Inflatables, Entertainment and much more!

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# Pop's Oyster

## BAR & GRILL

Appetizers:

(choice at \$5.99 each)

- Fried Pickle spears
- Cheese Sticks or Curds
- Catfish Nuggets
- Popcorn shrimp or Clam strips
- Chicken Tenders
- Small Crab Claws \$10.99
- Large Crab Claws \$19.99

Oysters:

Raw on Half Shell:\*

- ½ Doz. Raw \$5.99
- 1 Doz. Raw \$9.99
- ½ Pint, Pint, Half Bag and Whole Bags (market Price)

Steamed/ Baked: Dozen

- Plain or Butter \$10.99
- Butter, Parm.or Cajun...\$11.99
- ADD CHEESE \$12.99
- LOADED (Crab,Cheese, Parm, Spinach, Bacon, ETC \$14.99

Chicken WINGS:

(Cannot Mix Flavors per order)

Flavors: XXX, Hot, Mild, Honey BBQ, Breaded, Plain

- 5 pc \$5.99
- 10 pc \$10.99
- 15 pc \$15.99
- 20 pc \$20.99

Salads:

- Shrimp Salad \$8.99
- Chicken (Grilled or Fried) \$8.99

Steaks (w/2 sides):



- 14 oz. Ribeye \$23.99
- 10 oz. NY Strip \$16.99

Add to any Steak 4 Large Shrimp (fried or grilled) for \$5 Extra

Sandwiches:

Includes fries (Served with lettuce, tomatoes and purple onions)



- Burger (1/3 lb) \$8.50 (Add Cheese \$.25 extra)
- Shrimp or Oyster Po Boy \$11.99
- Steak & Cheese \$10.99
- Chili Dogs... \$4.99
- Hot Dog... \$3.99

Pasta:

(Served With Toasted French Bread)

- Fettuccini Alfredo
- Chicken \$12.99
- Shrimp \$12.99

Beverages:

Fountain Drinks: Coke, Diet Coke, Sprite, Dr. Pepper, Lemonade, Root Beer, Sweet Tea and Unsweet Tea \$2.00

- Bottled Water \$2.00
- Glass Bottle:
- 8oz. Sprite, Coke, Diet Coke \$2.00
- 12oz. Coke \$2.50
- Energy Drink \$4.00

Seafood:

(Fish Fried unless requested Grilled) Baskets served with one side; Meals with two sides)

- Catfish Fillet
- Basket (2 pc) \$ 9.99
- Meal (3 pc) \$14.99
- Flounder
- Basket \$10.99
- Meal \$15.99
- Grouper
- Basket \$12.99
- Meal \$18.99
- Mahi Mahi (Grilled only)
- Basket \$14.99
- Meal \$19.99
- Mullet (3pcs)
- Basket \$9.99
- Meal \$14.99
- Red Snapper
- Basket \$12.99
- Meal \$18.99
- Whitefish
- Basket \$9.99
- Meal \$14.99



Seafood Platter:

4 Shrimp, 6 Fried Oysters, Fish and 2 Sides \$23.99

Combination Plate:

Any 2 Seafood Baskets, 2 Sides and Hushpuppies..... \$23.99

Seafood Boil (Beef Sausage, Shrimp, Crab Legs, Corn, Potatoes)

- ½ Boil \$21.99
- Whole Boil \$41.99

Other Seafood:

Steamed Shrimp (shell on)

- ½ lb. \$ 9.99
- 1 lb. \$19.99

Crawfish Etouffe \$8.99

- King Crab Legs
- ½ lb. Market Price
- 1 lb. Market Price

Snow Crab Legs

- ½ lb. \$9.99
- 1lb. \$20.99

House Gumbo (Chicken, Shrimp, Crab & Sausage) \$9.99



Crawfish Boat (Just Crawfish) \$8.99

Sides:

Corn on the Cob, Potato Salad, French Fries, Onion Rings, Cole Slaw, Steamed Potatoes, Steamed Veggies, Fried Okra, Baked Potato, Tossed Green Salad \$2.99

CASH VISA M.C. AMEX

HOURS:

Mon - Thur: 11am - 10pm  
Fri - Sat: 11am - 2am  
Sun: Sometimes

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\*Disclaimer: There is a risk associated with consuming raw or under cooked Seafood, Pork, Beef, and Poultry or any raw animal protein. If you have chronic illness of the liver, stomach, or blood or have immune disorders, you are at a greater risk of serious illness and should eat these foods fully cooked. If unsure, consult a physician.

ATTENTION: Patrons must be 19 years of age or older to enter premises.