

TAKE BACK
Event aids disposal
of unused, unwanted
prescription drugs
Story on Page A3



**READING FOR
FUTURE**
School challenges students'
minds during STEM FEST
Story on Page C1



ADOPT-A-TRAIL
Volunteers sought to
prep trails for warmer
weather traffic
Story on Page D1



ARMY FLYER

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

VOL. 66 ■ NO. 16

FORT RUCKER ★ ALABAMA

APRIL 21, 2016

Army Aviation welcomes new CWOB

By Kelly P. Morris
USAAACE Public Affairs Specialist

A crowd of Soldiers, friends and family, and members of the Wiregrass community gathered to welcome a new chief warrant officer of the Branch at the U.S. Army Aviation Museum Monday.

CW5 Joe Roland, chief warrant officer of the Aviation Branch, assumed responsibility from CW5 Randy Godfrey in a formal ceremony hosted by Maj. Gen. William K. Gayler, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker.

Gayler, in his opening remarks, thanked the chaplain for the invocation and commended members of the band for the touch of class they add. He thanked attendees and highlighted the importance of family.

"These events are all about families, and it's the opportunity for family to see and be very proud of their Soldiers," Gayler said.

"We mark a bittersweet day today as we bid farewell to an outstanding chief warrant officer of the Branch, Randy Godfrey and his family, and we welcome the Roland family," he said.

During the ceremony, a charter passed from the hands of Godfrey to Gayler to Roland, signifying the change of responsibility from outgoing to incoming CWOB.

"We're blessed to have Joe Roland and his wife, Kathy, and their children Joe, Nicole and Sean join the team today," Gayler said.

Roland thanked his wife and family, special guests and friends for attending.

"I can think of no greater honor and privilege than to serve this Aviation Branch in this capacity," Roland said.



PHOTO BY KELLY MORRIS

CW5 Joe Roland, incoming chief warrant officer of the Aviation Branch, receives the certificate of charter that was passed to him by Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, from CW5 Randy Godfrey, outgoing CWOB, during a change of responsibility ceremony at the U.S. Army Aviation Museum Monday.

Roland, who completed his UH-60 pilot qualification and was appointed a warrant officer 1 in 1993, comes to Fort Rucker from the National Capital Region where he served as Army Aviation standardization officer, deputy chief of staff G-3/5/7 (Department of the Army Military Operations-Aviation), at the Pentagon.

Roland held multiple leadership positions within the 25th Combat Aviation Brigade, Wheeler Army Airfield, Hawaii, to include serving as the command chief warrant officer of the brigade, and standardization instructor pilot at the brigade, battalion and company levels. He also served as company instructor pilot for 3rd Battalion, 158th Aviation Regiment, 12th

Aviation Brigade, Giebelstadt, Germany; and as UH-60 pilot in command and flight lead for 2nd Battalion, 3rd CAB at Hunter Army Airfield, Georgia.

His deployments include Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn, as well as counter drug and narcotics operations in support of the Drug Enforcement Agency and the Bahamian Drug Enforcement Unit.

Roland thanked Godfrey for his mentorship and friendship throughout his career.

"Your leadership, professionalism and dedication to this Branch shows no boundaries," Roland said.

The Branch exists to support the Soldier on the ground, which requires realistic,

rigorous training, Roland said.

"As Aviation's quiet professionals, our worth is based on our deeds, not our creeds," he said.

Godfrey in his remarks thanked God, the leaders and Soldiers in the audience, and family members for their support as "true patriots," and he focused on Soldiers in harm's way.

"Our most important weapons systems are our Soldiers, noncommissioned officers, warrant officers, officers and civilians. The helicopters we have and the systems we operate are just the tools to do portions of our combat mission," Godfrey said.

While change is a given in the Army, including the various airframes over time, Godfrey said the Army must always have an advantage over its adversaries.

"Our world is becoming more complex every single day. We must be agile and adaptive because our enemies always will be," Godfrey said.

Godfrey urged the audience to always start their day by asking themselves a question.

"What are we doing for the warfighter? At the end of the day, the answer always is, we provided no fail support to the warfighter on the ground and in the air," Godfrey said.

The chief warrant officer of the Aviation Branch serves as senior warrant officer for the Branch, the branch chief's principal assistant and adviser on all matters concerning warrant officers and their families. The CWOB advises the branch chief on all matters pertinent to Aviation warrant officer training, professional development, morale, accessions, retention and other areas impacting readiness.

CONNECTING WITH FAMILIES

Spouses get taste of Aviation training, earn wings

By Nathan Pfau
Army Flier Staff Writer

Training is key to the success of the U.S. armed forces, and giving a taste of that training to spouses is a way to help build a cohesive Army family.

That's why 34 spouses of Soldiers on Fort Rucker got the chance to participate in Spouses Aviation Day April 14, where they experienced a bit of the training Soldiers go through by trying their hand at shooting, flying simulators and learning water survival techniques.

The spouses were split into four teams in which they were set to experience four different types of training that every Army Aviator must endure: flight simulation, firing range simulation, team building skills and Helicopter Overwater Safety Training.

Throughout the day, the groups visited the Engagement Skills Trainer 2000 shooting range simulator where they got to try their hands at shooting M-4 and M-16 rifles, as well as Mark 19 and 50-caliber machine guns.

Spouses also got more than their feet wet at the HOST training facility, where they learned about how Aviators escape a situation if their aircraft goes down over water. They suited up in full flight gear and hit the water, where they had to swim underwater along a designated area to open a hatch, simulating being



PHOTOS BY NATHAN PFAU

Madeleine Dickson, military spouse, surfaces after tackling a simulated underwater helicopter crash during Spouses Aviation Day April 14 at the Helicopter Overwater Safety Training facility.

trapped in a submerged aircraft.

"I felt like the hardest part of today was the dunker training," said Marjolein Lootens, military spouse whose husband flies for the Netherlands air force. "I feel like we got a better understanding of what it is our guys go through."

Although the water had some spouses, like Lootens, feeling a bit anxious, the flight simulators at Warrior Hall had

others flying high to gain a deeper appreciation for what their Soldiers do.

Wendy Zwart, whose husband also flies for the Netherlands air force, said the flight simulator training was among the toughest parts of her day.

"The flying part was really hard," she said. "You have to do so many things at

SEE SPOUSES, PAGE A5



Spouses try their hand at the Engagement Skills Training 2000 firing range.



PHOTO BY NATHAN PFAU

Volunteers with the Fort Rucker and U.S. Army Aviation Center of Excellence SHARP Team provide free car washes during the SHARP car wash last year. This year's car wash will be held Saturday from 8:30 a.m. to 3 p.m. on Shamrock Street.

SHARP, WOCC team to battle sexual assault

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's Sexual Harassment and Abuse Response and Prevention team and the U.S. Army Warrant Officer Career College officials hope that a partnership to battle sexual harassment and assault will bolster efforts to empower the community through information and education.

As part of an awareness campaign, SHARP officials are partnering with the USAWOCC to hold a car wash Saturday on Shamrock Street from 8:30 a.m. to 3 p.m. where people are encouraged to meet the SHARP team, receive information on prevention, and increase their awareness of sexual harassment and assault while having their car washed for free, according to Twanna Johnson, garrison sexual assault response coordinator.

"This is one way for us to give back to our community, and this is a service that many people welcome and a friendly way to connect with the Fort Rucker community," she said.

"The SHARP Car Wash is something that USAACE and the garrison conduct annually in recognition of Sexual Assault Awareness and Prevention Month during the month of April," added CW3 Christopher Sanders, 1st Warrant Officer Company training, advising and counseling officer, adding that

SEE SHARP, PAGE A5

PERSPECTIVE

LOOKING UP: Phones down, family 1st

By Dani
Military One-Source Blog Brigade

(Editor's note: This article originally appeared on the Military One Source Blog Brigade. For more like articles, check out <http://blog-brigade.militaryonesource.mil/>. Last names are not used by authors.)



COURTESY PHOTO ILLUSTRATION

Ever since my husband's first deployment, I've been attached to my cell phone. The thought of missing a call from him, however brief that call might be, was unbearable to me.

Because of that, I kept my phone on me at all times. It was on my pillow at night, in my hand while I was shopping and by my keyboard while I was at work. I'll admit to even setting it on the soap shelf in my shower a time or two – or three or four.

After more than one deployment, it just became natural never to be without my phone, even when my husband was home. It became a routine for me. I had moved away from my family and friends, and as social media became more and more popular, I never wanted to miss an update, text or phone call.

Fast forward six years later to the birth of our son. My phone was with me in the delivery room, at home while I nursed and on my nightstand when I finally got a few minutes of sleep. I used it as my alarm clock, my camera and my outlet to the rest of the world.

No matter how anyone gets there, I was there. I was addicted to my phone. It wasn't until one day when I had a real eye opener that things finally started to change. My baby was lying on his mat doing tummy time and I was taking photos and posting them to social media, then taking videos and emailing them to family. After about 15 minutes, I realized I had been looking down at my phone more than I was looking up at my son. I felt guilty and ashamed, and I knew it had finally gotten to the point where enough

was enough.

It's a hard habit to break, let me tell you! I first started by consciously setting my phone aside during any time with my son and during family time. I continue to use it as my camera, but I stopped posting or texting things immediately. It could all wait. What mattered most was that precious time with my beautiful baby boy.

Next, I started removing my phone from the table at family meals. This was huge, and my husband noticed and starting doing the same. After that, I began removing my phone from my nightstand and placing it in the bathroom at night. I still use it as my alarm, but now the temptation to mindlessly scroll social media in bed at night or first thing in the morning is taken away.

I'd say this has been the hardest step, and I still forget at times and find myself lying in bed, scrolling through my social news feeds. It's a process, and like any addiction, it's taking time to break free.

Finally, beginning in November, I began taking social media-free weekends. I turned off all social media notifications on my phone to avoid the constant desire to scroll through the updates that used to flash across my screen.

To this day, I have not turned the notifications back on. At first, I had to completely delete the apps from my phone, but now I simply keep them all in a folder on my phone labeled "Distractions." Any app or social media platform that distracts me from my family, real life or my work goes in this folder. Any time I want to open those apps, I am reminded that it is a big, fat distraction.

Now I love my social media-free weekends. I look forward to them each month, especially the break and release I feel from not being plugged in 24/7. I usually start these weekends on a Friday evening and stay off until Sunday evening. I find that taking this time once a month is just the break I need to not want to jump right back into it the next day. I look down less and up more.

The most important thing to me is this – I will not be a parent who looks down at her phone more than she looks up at her child.

I keep this phrase with me, repeating it to myself when I find that I'm slipping back in to that mindless thumb scroll on my phone. What matters most is my time with my husband and my son and making those moments count.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the April 1976 issue of the *U.S. Army Aviation Digest*. This issue features the following.

A new approach to flight simulator acceptance

To achieve credibility in its flight simulator program, the Army has tried a new approach in establishing performance standards for its CH-47 Chinook cargo helicopter simulator. To fully appreciate the new system, it first is necessary to review the previous program, specifically that which was used to develop the UH-1 Huey UH1FS simulator.

SFTS: The shape of things to come

In June 1973, I was a fresh graduate of the instrument instructor pilots course at the U.S. Army Aviation Center. I was to report to Pratt hall on Fort Rucker for a 1-week instructor transition into the Synthetic Flight Training System. Immediately I conjured up a vision of a blue canoe. When I arrived at Pratt Hall, I was pleasantly surprised.

The case of mistaken identity

People tend to identify persons and objects using visual cues that are learned by association. As an Army Aviator, you must be able to identify enemy equipment or terrain features, especially at

night during terrain flights.

We'll make a weather check

While nourishment is necessary to maintaining health, overeating may eventually result in a host of physical ailments – and although prescribed doses of medication can effect a cure, large or more frequent ones may kill. Excess of even good things generally proves harmful.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://go.usa.gov/czur4>.



Rotor Wash

“The SHARP car wash is Saturday from 8:30 a.m. to 3 p.m. Why is it important to bring awareness to sexual assault and harassment?”



Nikki Young,
military spouse

"It's important for people to understand that it's still a problem that people face daily. Just because you don't see it happening doesn't mean it doesn't exist."



Nicholas Solero,
retired

"People need to know that there are those out there who will listen to their story and get them the help they need."



Sonja Jordan,
military family member

"If people aren't talking about it, it's easy to put it out of sight and out of mind, but people need to be talking about these issues."



Charlie Bowen,
military family member

"There might be someone out there who is afraid to get help, so if we keep people talking about the issue, they might get the help they need."



W01 Kerry Julian,
B Co., 1st Bn.,
145th Avn. Regt.

"Some might not know how to handle a situation if it comes up, and by letting people know what to do, you're empowering them to not become victims."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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The Dothan Eagle is responsible for all printing matters and commercial advertising.

Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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

CLEAN THE CABINET

Event provides safe, convenient disposal of unwanted, unused prescription drugs

By **Jeremy Henderson**
Army Flier Staff Writer

Prescription medication can be lethal in the wrong hands, but Soldiers, family members, civilian employees and retirees can soon clear their cabinets of unused or unwanted medications.

U.S. Army Installation Management Command will host National Prescription Drug Take Back Day April 30 that will allow Fort Rucker Army Substance Abuse Program officials to provide a safe and convenient drop-off point at the post exchange in front of the barbershop from 10 a.m. to 2 p.m.

“Proper disposal of expired and unused medication is important to prevent medications from falling into the wrong hands, especially young children who are unaware of the danger,” Sandra K. Poole, ASAP Risk Reduction Program Coordinator, said.

At past National Prescription Take Back Day events, IMCOM garrisons have col-

lected over 702,000 pounds of unwanted, unused prescription drugs, according to Poole.

“There are several benefits to disposing of expired and unused medication – first is safety,” she said. “Proper disposal can also prevent accidental use, keep the medication out of the hands of children and, most of all, prevent accidental overdose.”

According to the U.S. Drug Enforcement Administration, more than 3,800 federal, state and local counterparts took in more than 702,365 pounds of unused, expired or unwanted drugs at more than 5,000 collection sites across the United States during the 2015 national initiative. This was the tenth NTBI event since September 2010. Cumulatively, these events have collected 5,525,021 pounds of drugs.

The event has been an initiative of the DEA since 2010. It encourages American citizens to turn in unused or expired prescribed medications at designated locations for proper disposal.

Poole said individuals need only bring the medications they wish to discard, but no syringes or illegal substance will be accepted.

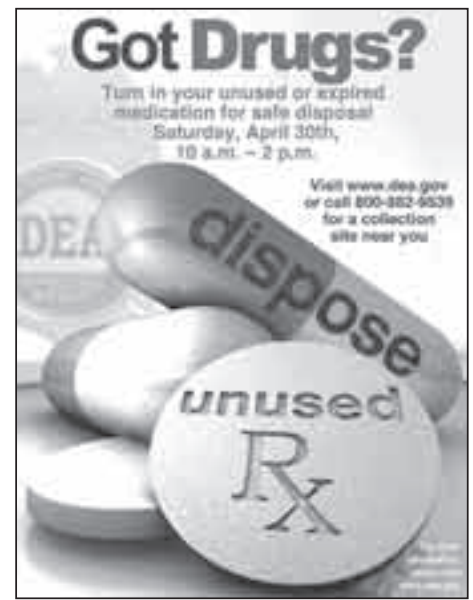
“We are only there to collect prescription and over-the-counter medication that are no longer needed or have expired,” she said. “There will be no questions asked of those participating. This event is not to try to catch anyone. We only wish to provide an opportunity for those who want to dispose of their unwanted or expired drugs.”

According to Poole, some precautions should be taken before disposing of prescription medications at home.

“It is important that labels are removed from the medication bottles prior to disposal to protect each person’s identification and personal identifying information,” she said.

If community members miss the opportunity to visit the drop-off event April 30, Poole said disposal is available daily.

“There is a daily drop-off box located



COURTESY PHOTO ILLUSTRATION

in the Lyster Army Health Clinic Pharmacy area, for those who have medication to dispose of after the Drug Take Back event,” she said.

For more information, call 255-7509.

SecDef: DOD takes next step in sustaining Asia-Pacific rebalance

By **Cheryl Pellerin**
Department of Defense News

WASHINGTON — As part of its role in the ongoing rebalance to the Asia-Pacific, the Defense Department is making new investments in the region and linking its bilateral relationships there to bilateral and trilateral arrangements, Defense Secretary Ash Carter said Friday.

The secretary is on a two-week trip to visit with leaders in India, the Philippines, the United Arab Emirates and Saudi Arabia.

Speaking to the sailors and Marines aboard the aircraft carrier USS John C. Stennis as it sailed in the South China Sea, Carter said America’s rebalance to the Asia-Pacific region, which President Barack Obama announced five years ago, now aims to sustain the progress already made.

Carter was joined aboard the Stennis by Philippines Defense Secretary Voltaire Gazmin.

Next phase of the rebalance

“Militarily,” Carter said, “the Department of Defense is operationalizing the next phase of the rebalance and rebalancing it for the

long term. We’re bringing our best people, people like you, and our best platforms, like the Stennis, forward to the Asia Pacific.”

The department is making new investments in key capabilities and platforms, deepening bilateral relationships, strengthening long-time alliances like the one that exists with Philippines and deepening ties with newer partners like India, the secretary noted.

“But in a large and interconnected region, we’re taking an additional step,” Carter said.

As the region changes, the United States is linking its bilateral relationships with bilateral and trilateral arrangements, weaving the partnerships together to more effectively bolster American and regional security, he added.

“This is the network – peaceful, principled and inclusive – that America continues to stand for and stand with,” Carter said.

Close friends and allies

In his brief remarks, Gazmin said his nation relies on the strong bond of sympathy and mutual ideals shared with the United States – “close friends and allies to fight side by side against the threats of



PHOTO BY AIR FORCE SENIOR MASTER SGT. ADRIAN CADIZ

Defense Secretary Ash Carter and Philippine Defense Secretary Voltaire Gazmin, second from left, tour the aircraft carrier USS John C. Stennis as it sails the South China Sea Friday.

external aggression as we (have) in the past.”

Carter told the crew that, with many partners and allies, like the Philippines, the United States has for decades stood tall for enduring rules and principles, including the peaceful resolution of disputes, freedom of navigation and the ability of countries to make their own security and economic choices free from coercion and intimidation.

“Americans like you have helped provide the necessary secu-

ity and stability for this ... region to thrive with our strong defense engagements here. The United States has long provided the necessary reassurance, an attractive and appealing reassurance, and worked to keep the peace here in the Asia Pacific,” he said.

Since World War II, hundreds of millions have been lifted from poverty in the region, Carter added, and though there’s room for improvement, democracy and freedom have spread across the re-

gion and economic miracles have occurred in Japan, Taiwan, South Korea and Southeast Asia.

Answering the call

Today, China and India also are prospering, he said.

“That progress creates opportunities for the region and for America to continue to grow,” Carter said, “but those changes also can produce some negatives, and recently not all the news out of the Asia-Pacific has been positive. Indeed, in the South China Sea, China’s actions in particular are causing anxiety and raising regional tensions.”

In response, he added, countries across the Asia-Pacific region – longstanding allies and new partners – are reaching out to the United States to uphold the rules and principles that have allowed the region to thrive.

“And we’re answering that call,” the secretary said. “We’re standing with those countries and standing up for those rules and principles, making important new investments in defense technology, and we’re continuing to fly, sail and operate wherever international law allows.”

Instructors of the quarter

Fort Rucker honored its instructors of the quarter during a ceremony at the U.S. Army Aviation Museum April 13. Those instructors were Alexander Tejada, B Company, 1st Battalion, 210th Aviation Regiment, 128th Aviation Brigade, Civilian Academic Instructor of the Quarter; Sgt. Gustavo Miranda, F Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., Flight Instructor of the Quarter; Staff Sgt. Edwin Willner, U.S. Army Aviation Center of Excellence NCO Academy, Fort Eustis, Virginia, Academic Instructor of the Quarter; CW2 Thomas Henderson, E Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., Officer Flight Instructor of the Quarter; and Richard Heath (not pictured), Headquarters Headquarters Company, 1st Bn., 223rd Avn. Regt., 110th Avn. Bde., Civilian Flight Instructor of the Quarter.



PHOTO BY NATHAN PFAU

News Briefs

Commissary employment program

The Pathways Summer Employment Program is under way. Announcements for the Pathways Program at the Fort Rucker Commissary are listed on the USAJOBS website at www.usajobs.gov. Students who will be in the Fort Rucker area between May 16 and Sept. who are interested should submit an application before April 30.

This summer employment program is for students of all ages – they do not have to attend college in the Fort Rucker area, but rather can be visiting the area during the summer timeframe, according to commissary officials.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony April 29 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the post’s latest retirees for their service.

ACS survey

The Army Community Service is conducting a needs assessment survey throughout April. 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.

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.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice.

No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

ID card appointment system

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

The only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issue, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment.

To make an appointment, people just need to go online and visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

People with questions on using the appointment system or who need to verify the documents required to get an ID, should call 255-2182.

READINESS

End-of-year 'use it or lose it' budget mindset to get tossed

By David Vergun
Army news Service

WASHINGTON — The Army is seeking to change the “use it or lose it mentality” as it relates to unit budgets, said the director of the Army Business Transformation Office.

Lt. Gen. Tom Spoehr defined that mentality as “the perception throughout the Army that if you don’t spend all of your money, it will be decremented from future budgets because someone thought you must not have needed all of that money — even though it’s not happening that often.”

Spoehr is the proponent for this and other key business transformation efforts, known collectively as “Changing Management Behavior: Every Dollar Counts.”

This new policy will be executed Army-wide July 1 per the memorandum “Every Dollar Counts.” The memorandum was signed by acting Secretary of the Army Patrick J. Murphy Friday. Spoehr said more guidance will follow the memo.

“A unit’s budget will not be decremented for the sole reason that they failed to expend their money,” Spoehr said. There must be some due process for investigating the causes.

The example of due process he gave was this: Why didn’t an infantry unit spend its entire budget? Did it, in fact, not need the money, or was there something unique occurring that precluded the spending? Maybe they had to go on a two-month deployment to put out forest fires, so they weren’t able to execute their training budget. Over what period of time in years will this change of activity occur or be forecast to occur?

In sum, he said, “if there’s no pressing requirement for the money, the unit should be able to turn it over without penalty.”

Soldiers typically say — particularly in the latter part of the fiscal year — “we are 85 percent obligated on our funds, or 72 percent expended on our funds,” he said. That’s not an informative metric. This new policy would require better metrics, for example: “I’ve spent 75 percent of my money, but I’ve achieved 80 percent of my training plan.”

Spoehr called this change “an outcomes-based spending approach, where dollars are tied directly to readiness” — the chief of staff and acting under secretary of the Army’s primary focus.

While that change in policy is significant, given that decades-old mentality, there are other big changes in Every Dollar Counts. The following are some of the other business transformation initiatives that will also execute July 1.

Costs tied to readiness

Commanders need an understanding of process costs for which they’re responsible, Spoehr said.

Many in the Army do this very well, especially on the medical and industrial sides, he said. They understand this “because they have to live with those costs every day.”

That understanding, however, is not as common in other parts of the Army, such as those running a training program or an administration system. They’ve never paid any attention to those costs, he said, providing an example of the Department of the Army Form 31 leave procedure.

No one really knows the true cost of processing leave in a unit, he said. It actually involves 12 or 13 manual steps, from printing out paper and emailing supervisors to annotating it in a logbook, which is then driven over to finance — perhaps six hours of a Soldier’s time per month. “Is that good

use of that Soldier’s time? I think not.

“If you look at the private sector, people don’t do that,” he continued. No Soldier should want that, “especially today’s youth. They know intuitively better.”

The policy will incentivize Soldiers to improve these and many other processes that occur throughout the Army every day, Spoehr said, adding that the leave taking process will become automated.

Commanders are being directed to encourage both stewardship and innovation in their units, he said. Every Soldier can contribute to this effort to find ways to save money or do things differently.

Performance tied to readiness

Also on July 1, headquarters commanders will establish performance measures of their staff at the two-star level and above for their commands, Spoehr said.

For instance, at U.S. Army Recruiting Command, the commander might want to improve the command’s methods for identifying qualified and motivated talent, he said. The commander at Tank Automotive Research, Development and Engineering Center, for instance, might set some level of performance standards at their depots.

Many commands are setting these performance levels already “but that’s not universal behavior in the Army,” he said. This directs commanders to put in place a number of performance measures for their particular command and track and improve performance. “We aim to make this Army wide.”

Leaders and organizations that demonstrate exemplary stewardship and innovative ideas “will be rewarded,” he added.

Software tied to readiness

The Army is acquiring powerful business software that will help power Army business transformation and Every Dollar Counts, Spoehr said.

“We don’t talk much about that. We have one of the best and most comprehensive suites of business software that’s ever been fielded in the federal government, and the best in the Department of Defense,” he offered. This software will help to “modernize all our back-office functions like payroll, human resources, logistics and the Army’s industrial base.”

The software, called the “Integrated Army Business Suite,” will be fully operating by fiscal year 2018. That is when its final component, the “Integrated Personnel and Pay System,” goes online, he said.

Some of the things that software can help uncover might relate to both cost and readiness. Medical data could be used to find where Soldiers get injured most frequently in their first three years in the Army, for instance. Or logistics data could be parsed to discover which parts are needed most frequently for different types of vehicles, and at what point in their lifecycle.

“We’ll have an ocean of data,” he said. The next step would be training Army personnel in pulling what’s needed from that data.

In some places, the Army is still using software acquired in the 1980s, he said. “In FY14, we retired 45 of these legacy systems, and in FY15 we retired 92. So we’re pushing these old systems out.”

Spoehr said his office is the enterprise advocate for new software capability. While the software will be customized for its users — for instance for logistics, there’s the Global Combat Support System - Army — it will all be subsets of one giant system.

Other cost-avoidance methods

The Army’s Every Dollar Counts program is fairly new, but the Army has other

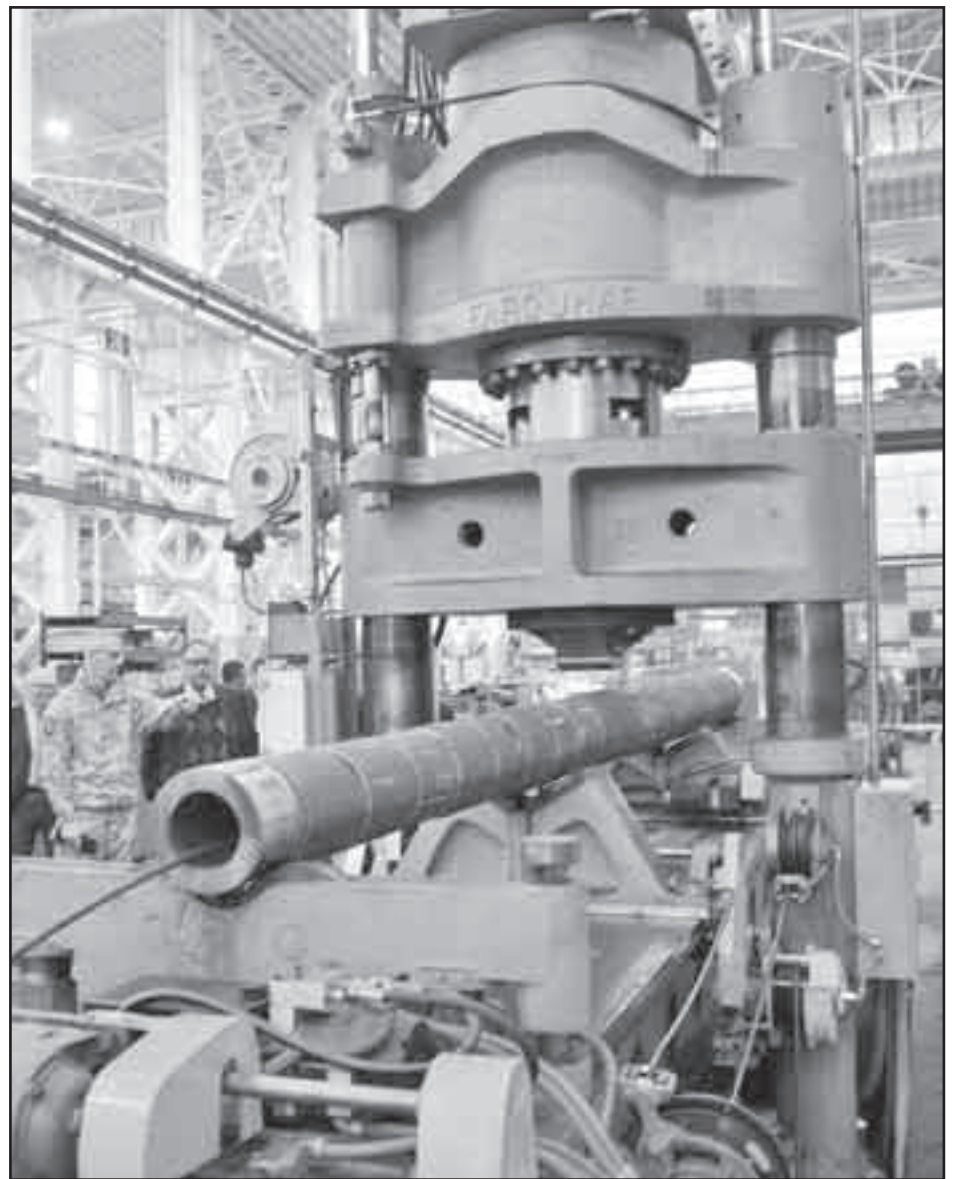


PHOTO BY JOHN B. SNYDER

A howitzer tube got straightened by being pressed with tons of pressure at the Watervliet Arsenal, N.Y., Feb. 10. ‘Every Dollar Counts: Changing Management’s Behavior,’ aims to improve business practices throughout the Army, including at the arsenals and depots.

programs that have been on-going for years now, which tie in with that effort. Lean Six Sigma, for instance, contributes to process improvement and the re-engineering of business approaches and methods, Spoehr said. Over 14,000 people in the Army have been trained in Lean Six Sigma.

These personnel “are empowered to go out and find problems for commanders and then diagnose how to fix them,” he said. “In FY15 we validated \$800 million in savings and cost-avoidance in a number of areas.”

U.S. Army Materiel Command came up with a new way to recycle armor-grade metals for upgrades to Abrams tanks for instance, he said. “We didn’t have to buy it and that alone saved \$72 million in FY15.

Another area where cost savings are being realized is looking at common contracts, he said. So if they have three or four overseas bases and they all need security support or trash removal, there are ways to lower costs by putting as many services as possible on the fewest number of contracts.

Reducing the size of division, corps and Department of the Army headquarters has also been a priority over the last several years, Spoehr said. The original goal was a 20 percent reduction, then the target shot up to 25 percent. Spaces saved there are then plowed back into the operating force.

Spoehr said the spaces weren’t just arbitrarily cut.

“Our typical behavior when we cut spaces is to cut the lowest paid workers. We did some analysis to find out that our Army headquarters had become middle heavy,” he said. “We had 10 echelons in

our headquarters and had 50 percent of colonels and GS-15s who were reporting to another colonel or another GS-15. We deliberately went through DA headquarters reducing that judiciously.”

Now, he said, supervisors manage about eight people, which also happens to be a typical industry standard for supervisor responsibilities.

Another example of headquarters size reduction involved looking for which responsibilities were more meaningful than others to mission. It was “an eye-opening experience” to find that one of the sole functions for many people was attending meetings as representatives for their boss, he said. This happened on multiple occasions.

Making a difference

If the Army were ranked alongside private sector companies, Spoehr said, it would land at 10 on the “Fortune 500” list of companies. The Army has “revenue” from Congress totaling about \$126 billion a year. Just one percent of waste on that kind of money comes to \$1.26 billion.

“So there (are) opportunities in an endeavor this scale to make a huge difference,” Spoehr said. “I have a license to go around the Army and try to bring in better business practices to make the Army better, where it’s appropriate. Better business practices might not be appropriate in a platoon taking an objective, but most everywhere else there’s opportunity to make our Army more businesslike and more effective. Every dollar we save by making the Army more efficient can be put back into maximizing readiness.”

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TRADOC CG: 'Future is now' for Army training environment

By Sgt. 1st Class Crista Mary Mack
U.S. Army Europe Public Affairs

WIESBADEN, Germany — The Army's future training environment is already the present in today's European theater, said the U.S. Army Training and Doctrine Command commanding general.

"We don't have to wait 10, 15 years for the future to develop — the future is now here in U.S. Army Europe," Gen. David Perkins said during a recent visit to Germany.

"It's an environment that is very unpredictable," he said. "Constant change and the threat of the constant change of the operating environment here is exactly what the Army operating concept was written for. So, U.S. Army Europe ... has actually helped us visualize what the future (training environment) is going to be like by looking at (Eu-

rope's) current operating environment."

According to Perkins, Army Europe integrates allies and partners in everything it does, not only during training.

"At U.S. Army Europe, you live amongst the partners (who) you integrate in training, so it helps us describe the future, but also shows us how to operate in that future," he said.

The Army integrates partners because of the complexity of the environment and empowers junior leaders in the process, he said, especially how quickly one can change languages, terrain, tactics and more.

"From the Baltics to the Balkans and everywhere in between, U.S. Soldiers have to operate with many different cultures, many different languages, many different coalition forces and, generally speaking, in a very dispersed manner," Perkins said.

"We put a lot of responsibility on our very young noncommissioned officers, our very young officers, (who) many times are the senior American military person in that allied country or coalition country, so we really get to put these young leaders out in the front."

It's equally developmental for the rotational forces, Perkins said, referring to the U.S. Army forces in the European theater conducting continuous multinational training and security cooperation activities with allies and partners.

"We get to take young forces out here, put them in a new environment that they are not familiar with, a new language and geography, so I think U.S. Army Europe is a great leadership laboratory for the forces that are stationed here and equally a great leader development opportunity for the forces we

rotate in here," he said.

TRADOC Command Sgt. Maj. David Davenport accompanied Perkins on the visit.

"When you think about the Army operating concept, USAREUR is living it every day, with a complex environment, and unknown and constant changes that they deal with," Davenport said.

The U.S. Army's future concept of a complex environment, Perkins pointed out, is already manifested in the European theater.

"When we look at U.S. Army Europe, it really is a definition of a complex environment," Perkins said. "What USAREUR is doing very well is operating (in) this complex environment, integrating multiple partners and providing multiple dilemmas to the enemy while providing multiple options to the commander."

Spouses

Continued from Page A1

the same time and that's not easy to do. We wanted to get an idea of what it is our guys go through all day and we did — it was great to see that."

Unlike previous Aviation Spouse Days, the spouses in this iteration weren't able to take part in the Leaders Reaction Course because of inclement weather, but they weren't afforded time off. Instead, they got a taste of Army physical training as they took part in exercises that tested their core strength and stamina.

After all was said and done, the spouses were able to graduate during a ceremony at the U.S. Army Aviation Museum and earn their wings.

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presided over the graduation, and offered his thanks and gratitude for the support that the spouses provide their Soldiers.

"I think it's pretty amazing when you look at what you got to do today. You can see the level of detail and the hard work that your Soldier goes through — and that's just

a small taste," said the commanding general. "It's phenomenal that you did it and I'm glad you got to see that piece of what your Soldier does. I think it's very important because that connection that we have with Soldiers and their families is critical to our security.

"People don't often grow that connection, but we say so often that we recruit a Soldier but you retain a family," continued Gayler. "If we can't keep families totally in with their Soldiers, then we lose great Soldiers and our Army hurts, our nation hurts and the security of all of us in the United States hurts."

SHARP

Continued from Page A1

the current warrant officer candidates have adopted teal as the official color of their class. "The class has adopted the color and focus of the Army SHARP program, as well as its intent to reduce and prevent sexual harassment and assault. The involvement of the Teal Class illustrates that SHARP is an important program that we, as leaders, need to utilize at any and every opportunity to prevent any occurrence."

Johnson said the main goal of the event is to build trust within the community, strengthen awareness, and provide tools to aid in prevention of sexual assault and sexual harassment.

"The more awareness the community has of the SHARP program and of our team, the more confidence they have in us and the Army's commitment," she said. "Increased confidence means people are more likely to report incidents of sexual harassment and assault."

As one of the SHARP advisers for 1st WOC, Sanders said he's charged with elevating awareness on sexual assault and harassment, and any way he's able to bring that awareness to the forefront is a priority.

"We are charged with creating the next generation of warrant officers," he said. "What better way to bridge the gap between what the Army wants for the program and

how they want their leaders to get involved? This idea paved the way for the first-ever Teal Class."

The car wash is also a learning experience for both the SHARP team and the USAWOCC on how to better educate community members on the importance of the program, said the sexual response coordinator.

"The SHARP program reinforces the Army's commitment to eliminate incidents of sexual assault and sexual harassment through a comprehensive policy on awareness and prevention, and to create a cultural change," she said. "Every Soldier, family member and civilian has a right to work and live in an environment free from sexual assault and sexual ha-

arrassment."

Johnson said there are ways community members can be involved, as well, by becoming active bystanders and being aware of their surroundings.

"Ask yourself, 'Does someone need help?'" she said. "Be part of the solution. Take action, but be sure to keep yourself safe. Call military police, local law enforcement, tell a co-worker or supervisor. Educate yourself on what to do."

People are welcome to stop by the garrison SHARP office located at The Commons, Bldg. 8950, to ask questions or provide feedback, which Johnson said is highly valued by the team.

The Fort Rucker SHARP team

members are Sgt. 1st Class Joseph Blackman, U.S. Army Aviation Center of Excellence lead SARC; Johnson; Kimberly Price, garrison SHARP victim advocate; Sgt. 1st Class Robin Williams, 110th Aviation Brigade SARC; Hollie Miller, 110th Avn. Bde. SHARP victim advocate; Sgt. 1st Class Margaret Antonio, 1st Avn. Bde. SARC; Ernestine Doby, 1st Avn. Bde. victim advocate; Master Sgt. Anthony Lewis, Air Traffic Services Command and 164th Theater Airfield Operations Group SARC; and Staff Sgt. Adam Trypuc, ATSCOM and 164th TAOG SHARP victim advocate.

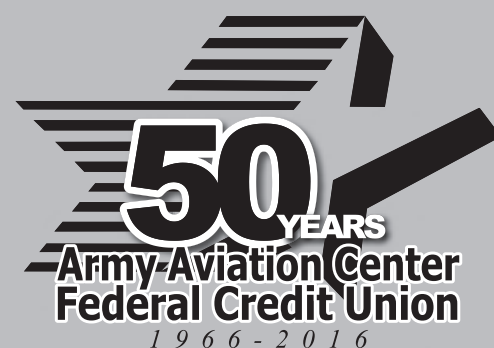
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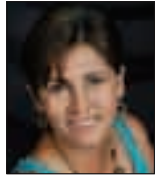
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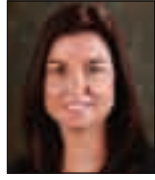
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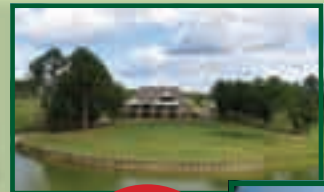
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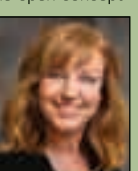
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FAREWELL, FRIENDS

PHOTO BY SPC. RACHEL DIEHM

An OH-58D Kiowa Warrior waits on the tarmac at Simmons Army Airfield on Fort Bragg, N.C., April 5. The 1st Squadron, 17th Cavalry Regiment was rehearsing a salute to the aircraft to serve as a final 'thank you' and farewell to the residents of Fort Bragg and the nearby Fayetteville community.

INTEROPERABILITY

Regionally-allocated Aviation a key part of Saber Junction 16



PHOTO BY SGT. ELIZABETH PENA

A Soldier with the 3-227th Helicopter Assault Battalion, currently assigned to the 12th Combat Aviation Brigade out of Katterbach, Germany, performs a final check before a mission during Saber Junction 16.

By Sgt. Elizabeth Pena
100th Mobile Public Affairs Detachment

HOHENFELS, Germany — The 3-227th Helicopter Assault Battalion, Task Force Spearhead, out of Fort Hood, Texas, currently assigned to the 12th Combat Aviation Brigade out of Katterbach, is conducting Aviation combat operations in support of Saber Junction 16 through Sunday.

"We are here as part of the Rotational Aviation Force," said Maj. Steve Comrad, executive officer of the 3-227th. "We are on a mission here at Saber Junction 16 in support of the 173rd Airborne Brigade. We are here to practice and synchronize some of our skills that we haven't had an opportunity to exercise in the past."

Saber Junction 16, a multinational exercise that promotes interoperability between U.S. allied and partner nations, is designed to evaluate and assess the readiness of the U.S. Army's 173rd Airborne Brigade to execute Unified Land Operations in a joint, combined environment.

"For the initial portion, the 3-227th is the Avi-

ation Task Force Spearhead, who are working for 12th Combat Aviation Brigade," said Maj. Beau Rollie, an observer coach trainer for Falcon Team at the Joint Multinational Readiness Center, in Hohenfels. "Once the 173rd Airborne Brigade gets established on the ground, they will then work directly under the 173rd Airborne."

In 2015, the Army restructured the 12th CAB as a part of the Army's sweeping Aviation Restructuring Initiative, a five-year plan put in place as part of a series of reductions Army wide.

"The 12th CAB was reduced from a full combat Aviation brigade into what amounts to a provisional general support Aviation battalion," said Rollie. "It took the entire Aviation brigade strength of about 140 aircraft and reduced it to 40 or 50 aircraft total."

To help combat the loss, a headquarters element was placed in Katterbach to provide command and control to all U.S. Army Europe Aviation. Units that rotate in as part of the U.S.

SEE SABER, PAGE B4

RESILIENCE: Powerful antidote to adversity

By Gloria Montgomery
Army Medicine Public Affairs

FORT HOOD, Texas — A retired brigadier general and prisoner of war during Desert Storm shared her story of resilience in the midst of adversity at Fort Hood Intrepid Spirit's Open House held in conjunction with March's Brain Injury Awareness Month March 24.

Retired Brig. Gen. Rhonda Cornum's message was that resilience can help anyone get through something, especially catastrophic events.

After fading in and out of consciousness, the 36-year-old Army flight surgeon woke up to a jolt of reality. Next to her was the mangled frame of the Black Hawk helicopter she had been riding in just hours before. Above her were five Iraqi soldiers with guns pointing at her head.

"Well, at least I'm not dead," then-Maj. Cornum told herself.

She was now a prisoner of war, captured by Iraqi soldiers when her helicopter was shot down in Iraq Feb. 27, 1991, during a failed mission to rescue a downed Air Force jet pilot.

"By anybody's definition, it was an adverse experience," said Cornum. "But in the relative scheme of things, there were only two choices: you either die or you're a prisoner. That made being prisoner look

SEE RESILIENCE, PAGE B4



PHOTO BY GLORIA MONTGOMERY

Lt. Col. Alicia Surrey talks to retired Brig. Gen. Rhonda Cornum following the former prisoner of war's speech about resilience.

HAPPY HOMECOMING

Aviator reunites boy with favorite stuffed animal

By Army Spc. Scott Lindblom
3rd Combat Aviation Brigade
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — A battalion senior warrant officer with the 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade, led a team to recover an aircraft at Fort Polk, Louisiana, recently, but gained a new mission after the Soldiers checked into their hotel and started setting up a roll-away bed.

"Normally, a roll-away bed is just white sheets and a tan blanket," said CW4 Michael Campbell. "So, when I opened it up and saw red, I thought, 'This does not look very promising. Wait! It's a stuffed animal.'"

New companion

The red-haired dog with green ears had one promising thing on its chest: a label with a name and number on it. The next morning, Campbell headed to Texas for recovery equipment with a new companion by his side.

"I called the number, and his mother answered. I told her we had in our possession one Clifford the Big Red Dog with green paws," Campbell said. "She flipped out and said that her son, Bryan, would be crazy about having it back."

On the other end of the line was Elaine Palmer, mother to Bryan, who lives in Hanover, New Hampshire.

"We talked about Bryan — that he is 10 and he likes to have Dawg when he sleeps," Elaine said.

Bryan named his stuffed animal Dawg after his family gave it to him when he was 3 years old, Palmer said.

The boy's mother explained that her family had used the hotel during Christmas while visiting her father-in-law. Bryan slept on the roll-away bed that night, but in the chaos of pack-



COURTESY PHOTO CW4 MICHAEL CAMPBELL

CW4 Michael Campbell, battalion senior warrant officer with the 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade, with 1st Lt. Devin Lynch, executive officer, B Company, 603rd ASB, holds Dawg, a lost stuffed animal before a flight in an AH-64D Apache.

ing on Christmas morning, Dawg was lost inside the bed.

Campbell decided that because Bryan is 10 years old and a Cub Scout that he should do a little more than just mail Dawg back.

Dawg takes flight

"I told her that he was going to be in our possession for a while. I told her that when we got back I (would) mail him back," Campbell said. "So, we started taking pictures with Dawg on our cross-country trip. I put Dawg on the aircraft, then we took group pictures with him. Finally, I decided that I would take him on the aircraft for a flight with me."

Campbell thought there was more that he could do for Bryan. He met with Lt. Col. Daryl von Hagel, commander of the 603rd ASB, who also has a 10-year-old son. After the meeting, Campbell prepared Dawg for his journey home accompanied by a commander's coin from von Hagel, a certificate of appreciation for Bryan

and a medal for Dawg.

"It was kind of silly, but was fun. We gave the dog an Army Achievement Medal for his meritorious service as our mascot," Campbell said. "I enlisted him in the Army as Private Dawg, and that is what we are — the Bulldawgs of Bravo Company."

While Dawg was on his journey, Palmer said, she would receive pictures from Campbell, but he never told her about the medals or certificate. Meanwhile, she never told Bryan that Dawg had been found or that he was on his way home.

Three months had passed since Bryan had seen his stuffed friend of eight years. All hope of seeing him again was gone, or so he thought.

Surprise homecoming

"Lo and behold, on Saturday, before Easter, a package arrived addressed to Bryan," Palmer said. "Bryan was completely overwhelmed. He

SEE HOMECOMING, PAGE B4

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Saber

Continued from Page B1

Army's Regionally Allocated Forces for Europe continuously augment 12th CAB.

"The importance is that the Army brings over the 3-227th," said Rollie, "and it really turns what ended up being a third of a brigade into a half of an Aviation brigade, so it's important because the U.S. Army's Europe now has a relatively robust Aviation brigade."

Large-scale multinational exercises like Saber Junction are designed to allow U.S. allies and partners to connect – personally, professionally, technically and tactically – to build stronger, more capable forces. For Rollie, the RAF enables the 12th CAB to complete its mission to standard here in Hohenfels.

"It's good to have the RAF, it takes the 12th CAB from a very limited unit as it currently is built, and it gives them back some capabilities," said Rollie. "(The 3-227th) brings approximately 30 aircraft – MedEvac, assault helicopters, Black Hawks and Apaches – to pretty much double USAREUR's helicopter mobility Aviation capabilities."

Saber Junction 16 hosts nearly 5,000 participants from 16 NATO and European partner nations between March 31 and Sunday.

"We are interested in the interoperability and the concept of building shared understanding between allied forces and the U.S. organizations," said Comrad. "We are excited about being here and we look forward to the training opportunity to build our organizations to make us a better force."



PHOTO BY SGT. ELIZABETH PENA

Soldiers conduct preventative maintenance checks and services before a MedEvac training mission.

Homecoming

Continued from Page B1

was speechless. He was just totally taken by surprise that Dawg had gone on such adventures."

"I am surprised by how he got home," Bryan said. "I like that he was in the military – I never thought he would be. It just surprised me."

Finally, Palmer could show her son the pictures of Dawg's journey with Campbell and the flight he took in an AH-64D Apache over Savannah.

"My favorite picture was with him on the night flight," Bryan said.

Palmer called Campbell because Bryan wanted to thank him for returning Dawg. He had no idea what his mother and the Apache pilot were up to.

After Dawg's medal was pinned onto his chest, it was Bryan's turn to take a photo with Dawg and send it to Campbell. Bryan could not wait to share the experience with his friends, his mother said. He gathered Dawg's medals and his awards so he could show his class.

"He was just so excited and had to show his classmates. I hope he doesn't leave anything," Palmer said jokingly.

Campbell has small children of his own, and he ex-

plained that he wanted to give back a little and have fun with it.

"We are just trying to show this young man that we care," Campbell said. "For everything that everyone else does for the military, we just want to show that the Army appreciates it. We just thought we would do something nice for him. Now he has something to remember us by."

Palmer expressed her gratitude about Campbell and everything that he did to return Dawg.

"He went above and beyond. I am so touched by the compassion and the professionalism of Campbell. He is such a wonderful guy," she said.

Resilience

Continued from Page B1

a lot better.

"For me, it was just another problem in life," said Cornum, who retired to her Kentucky horse farm in 2012.

From the moment she realized her helicopter was about to crash to the mock execution she endured as a prisoner, Cornum credits her resilience with preparing her to "grow in the face of adversity and the ability to get back up if you get knocked down."

"I was constantly asked how I made it. To me, it didn't seem that difficult. You just do what you have to do that day," said Cornum, who was the commanding officer at Landstuhl Medical Center during the early stages of the war in Iraq.

Cornum's peppy optimism centers on her philosophy in life and viewing every problem as a challenge to overcome.

"It's not the event that causes the reaction – it's what you think or believe about that event. You always have to find something positive in any crummy situation because the crummy event has occurred anyway," the urology specialist said. "If you have great confidence in yourself, saying that I will get through this, you're more likely to take advantage of opportunities."

Ever since her release 25 years ago, Cornum's message of survival has resonated with Army leadership.

In 2008, she was selected to head the Army's Comprehensive Soldier Fitness program to teach Soldiers resilience skills that could help them better cope during adverse situations, especially when the event's aftermath results in post-traumatic stress disorder or a traumatic brain injury – both of which escalated during the wars in Iraq and Afghanistan.

A traumatic brain injury, according to

Intrepid Spirit's director, Dr. Scott Engel, is the signature wound of the Global War on Terrorism with more than 324,000 service members diagnosed since 2000.

"It's an abysmal injury that can impact the whole person, and those who love and care for the warrior," he said. "It disrupts memory, concentration, attention, and the emotional and behavior regulation, sleep, physical and social occupational health, and family relationships."

Cornum and Engel both said they believe programs like Intrepid Spirit and Comprehensive Soldier Fitness can and do help, and train Soldiers to become physical fit, mentally tough and emotionally strong.


"I'm not telling you how you can make Minnie Mouse into Rambo, but everyone can get better," she said, adding that these programs help Soldiers become more adaptive, self-confident and optimistic, and better able to make realistic decisions.

According to Cornum, being physically fit helps one withstand blood loss and shock, while being emotionally fit builds character, stamina and self-control. A healthy social and family life contributes to relationship building, and spiritual fitness helps one find purpose and meaning in life.

"I'm proof that it works," she said, stressing that everyone can increase their coping skills with training and effort.

"Just like physical fitness, psychological fitness can be improved with training," she said, adding that the time to learn these skills is not during a crisis. "This is the time you need to apply what you should have already learned because resilient thinking is going to make you able to get through bad things better. Psychological fitness really matters, so it would behoove people to become more psychologically fit."

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READYING FOR FUTURE

School challenges students' minds during STEM FEST

By Nathan Pfau
Army Flier Staff Writer

For students at Fort Rucker Elementary School, learning is a hands-on experience, and when learning about Science, Technology, Engineering and Mathematics, they aren't afraid to get their feet wet.

Students participated in the school's week-long STEM FEST, where their minds were challenged to come up with creative solutions through the engineering process, meet actual researchers and even get the chance to literally sink or swim during a culminating event where they had to build a boat.

"It was an exciting week, filled with collaboration, problem solving, mathematical calculations, science, research, team work and engineering," said Dr. Vicki Gilmer, FRES principal. "This process is so important for students because these are the type of skills our students will need in the future."

The week kicked off with a visit from Dr. Angus Rupert and Dr. Loraine St. Onge, researchers from the U.S. Army Aeromedical Research Laboratory, as they shared various prototypes and inventions that were developed here on Fort Rucker for the benefit of Aviation and the Army.

After the presentation, Gilmer said the students in each grade level were issued specific design challenges. Second graders had the chance to design and build parachutes, while third graders were given the task of building catapults that could project various items to certain distances.

"I liked learning about parachutes," said Ava Spence, second grader. "And learning about the materials that work best and making improvements was fun."

Fourth grade students were challenged to build wind-up drag race cars out of recyclable

materials and fifth graders were charged with building working cars made of pasta.

But the biggest challenge was given to the sixth grade students, said Gilmer, as they were challenged to build a boat that would actually float and have the integrity to carry at least two people. The students were divided into three teams and each team was tasked with creating the boat using specific criteria.

"Throughout the week, each grade level got the chance to experience the actual engineering process as they investigated characteristics of different factors of the process, including materials, length, weight, force, speed, distribution, and more," said Gilmer, and during the culminating event, that challenge was tested.

Friday, the sixth grade students got the chance to take their creations to the water at the Fort Rucker Physical Fitness Center's indoor pool, and to complete their challenge, they had to be able to carry two students across the length of the pool in the presence of all FRES students and faculty.

Although not all boats made it across the pool, the challenge was less about making sure the end result was a success, but more about the process and how to improve.

Ben Baguley, sixth grade student and captain of one of the boats said he enjoyed the learning process and getting the chance to apply what he'd been learning throughout the year.

"We have been learning about this all year, so I really liked that we were able to make a real creation using everything we have learned about," he said.

"These students have a higher set of thinking skills, and that's what we're dedicated to doing – making them prepared for success in the future," said the FRES principal. "This was a terrific way to celebrate STEM FEST Week."



PHOTOS BY NATHAN PFAU

Andrew Stephens and Cody Gentry, FRES sixth graders, paddle their way across the indoor pool of the Fort Rucker Physical Fitness Center during the culminating event of STEM FEST week Friday.



Harley Chovan and Crystal Maghoney, FRES sixth graders, make their way across the indoor pool.

DARE TO BE DIFFERENT

Program sets students on own path

By Nathan Pfau
Army Flier Staff Writer

Children are faced with countless choices throughout their childhood, but there are some choices that can impact their life more than others.

That's why the Fort Rucker Elementary School Drug Abuse Resistance Education Program is looking to make sure its students are prepared when it comes to saying no to not only drugs, but alcohol, smoking and peer pressure, as well.

Each year, FRES fifth grade students get the chance to go through the eight-week long DARE program where they learn about drugs, alcohol, smoking and the way they affect their body, according to Sgt. Zeyna Jimenez, 6th Military Police Detachment and DARE officer.

Throughout the program, the children are given scenarios by Jimenez during which they must work together in groups to come up with answers and solutions to the scenario.

"It's what we call the decision-making model," she said. "They pretty much have to define the problem and come up with a response. Then they give an expla-

nation as to how and why they came up with that response."

One of the best ways for children to learn is to come up with their own solutions, said the DARE officer, and having them work in groups to come up with a response is also a great way to combat peer pressure, which is one main way children find themselves in situations to try drugs or alcohol.

"One of the ways we combat that is by giving the children facts about what alcohol, drugs and smoking does to their body and how it can impact their growth (and development)," said Jimenez. "If they know what it will do to them, then they might be less likely to try it."

The content of the lessons is just as important as who the lessons come from, she added.

"These students see their parents and teachers every day, but us (DARE officers and law enforcement) they don't see all the time," said the DARE officer. "I'm here to specifically teach them about DARE, so that's the kind of relationship we build."

Jimenez said her main focus is to educate the children, and a key to getting that education to stick is by building a lasting relationship with them.

She went through the DARE program herself, and said she loves working with children, which led her to get involved in the DARE program at FRES.

"I remember taking DARE in elementary school back in the day and I got along with my DARE officer pretty well," she said. "He was a really nice person and he gave us a lot of information, so it's something that I really enjoy getting to do – going to the school and getting the chance to interact with them."

That connection and interaction is crucial to the learning process, she said, and it's important for the students to understand that law enforcement is there to help them.

"I just try to connect with them," she said. "Some of the children don't like talking much, so I try to interact with them to get them to talk a little or read just to get them to open up. They need to know that they can come up to a police officer or anybody if they need help. I want them to be able to ask for help if they need it."

"I want the children to know that they have options and that they don't have to give into peer pressure," she said. "I want to make sure they know what drugs and alcohol can do to their bodies, so they know all of the information before they make a decision. I don't want these children to go down the wrong path just because their friends are doing it. Just because their friends are doing it doesn't mean that they have to be doing it, too."

The students will graduate the DARE program at the end of May, during which there will be a ceremony held at the school and each child will receive a certificate of completion, she said. Students will also get the chance to participate in an essay contest about what they learned throughout the program, with the winning essay to be announced during the graduation.



PHOTO BY NATHAN PFAU

Sgt. Zeyna Jimenez, 6th MP Detachment and DARE officer, poses with DARE graduates after a ceremony in 2012.

VOLUNTEER OPPORTUNITIES

Training File Clerk

Duties: File correspondence, cards, invoices, receipts and other records. Add new material to file records and create new records. Answer questions about records and files. Eliminate outdated or unnecessary materials. Find and retrieve information from files in response to requests from authorized users. Keep records of materials filed or removed, using logbooks or computers. Perform periodic inspections of materials or files in order to ensure correct placement, legibility and proper condition. Place materials into storage receptacles. Read incoming materials in order to determine how and where they should be classified or filed. Perform general office duties, such as copying and operating office machines. If interested, call 255-1898 for more information.

EFMP Administrative Support Assistant

Duties: Filing, sorting, copying, scanning and e-mailing documents; assisting with updating respite care rosters; answering the telephone; taking messages; providing general information to clients about Army Community Service and the Exceptional Family Member Program; making training packets; proofreading documents; and making phone calls, etc. If interested, call 255-9277 for more information.

AFAP Adviser

Duties: Promote and interpret Army Family Action Plan activities to the military command, and serve as the liaison between AFAP and the command group. Assist the AFAP coordinator in developing and coordinating the implementation of the AFAP program initiative, goals and objectives. Provide counsel and assistance in identifying and recruiting volunteers. Serve as a member of the advisory council. Attend advisory council meetings. Adhere to the guidelines as outlined in Army Regulation 600-1, AFAP program handbook and the installation AFAP program standard operating procedures. Report safety issues to the ACS volunteer coordinator.

ON POST

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

SHARP car wash

Fort Rucker Sexual Harassment Assault Response and Prevention will partner with the U.S. Army Warrant Officer Career College's Warrant Officer Candidate School Class 16-11 to host a car wash in recognition and observance of Sexual Assault Awareness and Prevention Month Saturday from 8:30 a.m. to 3:30 p.m. on Shamrock Street. This year's theme is, "Sexual assault. Sexual harassment. Not in our Army."

For more information, call 255-2382.

Job Fair Prep Workshop

The Army Community Service Employment Readiness Program will host a Job Fair Prep Workshop May 3 from 8:30 a.m. to 12:45 p.m. at Corvias Headquarters, Bldg. 2908, on Andrews Avenue. This workshop will include a lineup of guest presenters who will provide job fair-specific information. The workshop will be capped off by a "Dress For Success" Fashion Show, sponsored by the Army and Air Force Exchange Service and the Fort Rucker Thrift Shop. The workshop topics will include: the how-to of job fairs – strategies for success; the job fair cover letter and resume – getting the Wow! factor; and professional branding – how to establish a positive presence using social media and the Internet. Registration is required by 4:15 p.m. Monday.

To register or get more information, call 255-2594.

Stroller Parade and Decorating Contest

The Fort Rucker New Parent Support Program will host the third annual Stroller Parade and Decorating Contest Monday from 9:30-11 a.m. at the Fort Rucker Elementary School track. The event is designed to bring awareness to the community's effort to prevent and confront all forms of child abuse and neglect. The event will also feature a performance by the school band and choir. Strollers should be decorated prior to the event. Prizes will be awarded to first-third place winners.

For more information, call 255-9647 or 255-3359.

Annual volunteer recognition luncheon

The Fort Rucker Annual Volunteer Recognition Luncheon will be held Monday from 11 a.m. to 1 p.m. at The Landing Ballroom to recognize volunteers that contributed 100 or more hours of volunteer service last year. Reservations are required.

For more information, call 255-2341 or 255-1429.

Today's Mom Workshop

The Army Community Service New Parent Support Program along with the Food and Nutrition Education Program - Alabama Cooperative Extension System will present a free five-class workshop entitled Today's Mom Workshop May 3, 10, 17, 24 and 31 from 9-11 a.m. at the Munson Heights Community Center. Attendance at the May 3 class is required in order to participate in the complete series. The workshop will include free take-home items at each class, games and recipe tastings. Topics will include: food safety, healthy eating, dealing with pregnancy discomforts and feeding baby. The workshop is open to active-duty and retired military, Department of Defense civilian employees and their family members. People need to register for the workshop by Wednesday.

For registration, childcare and more information, call 255-9647 or 255-3359.

Thrift Savings Plan class

Army Community Service will host a Thrift Savings Plan class May 3 at The Commons, Bldg. 8950, from 6:30-7:30 p.m. Topics will include: why invest with Thrift Savings Plan, how to start a contribution, discussion of risk tolerance, traditional or Roth account, discussion of the five core funds and lifecycle funds, and diversification. Pre-registration is required by April 29. Free childcare will be available to those who register.

For more information or to register, call 255-9631.

Right Arm Night

The Landing Zone will host Right Arm Night April 28 from 4-6 p.m., hosted by the 1st Battalion, 223rd Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and



PHOTO BY NATHAN PFAU

Youth sports health fair

A scene from last year's youth sports and health fair. Child, youth and school services will host this year's youth sports health fair April 27 from 2-5 p.m. at the youth center, Bldg. 2800. The fair will feature representatives from preventive medicine, 4-H Club, nutrition, family advocacy program, community police, Fort Rucker Fire and Emergency Services, physical therapy and the dental clinic. There will also be eye and hearing screenings, blood pressure checks, and height and weight measurements. The event is open to all CYSS members and is Exceptional Family Member Program friendly. For more information, call 255-0950 or 255-2257.

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.

Relocation readiness

Army Community Service will host its relocation readiness workshop April 29 where Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more. Workshops are held the last Friday of each month.

For more information, such as time and location, or to register, call 255-3161 or 255-3735.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session April 28. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Youth worldwide lock-in

In recognition of the Month of the Military Child, the Fort Rucker Youth Center will host Operation Megaphone Worldwide Lock-In: Military Teens Globally Connected: Familiar Faces in Different Places April 29 at 6 p.m. through April 30 at 6 a.m. There will be door prizes, games, movies, bowling, glow-in-the-dark roller skating and more. The free event is open to all CYSS-registered members ages 11-18 in grades six-12. Youth must have an active pass. Members may bring a non-member guest for \$10 – guest must have photo ID for age verification.

For more information, call 255-2260.

Comedy Live

Comedy Live returns to The Landing April 29 from 8-9:30 p.m., featuring comedians Shawn Felipe and Terry Tee. The event is open to the public, ages 18 and up. Tickets are \$12 through April 28. Tickets on the day of the show will be \$16. VIP tables that seat 10 are available for \$150. Tickets may be purchased at The Landing, MWR Central or Coffee Zone at Lyster – VIP tickets are only available at The Landing.

For more information, call 598-2426.

Children's Book Week

The Center Library will celebrate Children's Book Week May 2-8. The library

DFMWR Spotlight

8-9:30 pm | The Landing | Open to the Public, Ages 18+

COMEDY LINE

Friday,
April 29

Sponsored by

Fort Rucker's Comedy Line will present comedians, Shawn Felipe and Terry Tee.

Ticket options:
\$150 VIP Table
(seats up to a group of friends for a VIP table. Seating 12 people)
\$12 by April 28
\$16 after April 28

Tickets may be purchased at The Landing, MWR Central or Coffee Zone at Lyster and Building 8700 (MWR tables only available at The Landing).

For more information call The Landing, (334)598-2426 or Family & MWR, (334)255-9810.
rucker.armymwr.com

will hold three contests for authorized library patrons, ages 3-12. The contests are the Giving Tree – each child will get a leaf when he or she checks out a book. One leaf will be randomly chosen each day and the winner will receive a prize. Best Poem – children compose an original poem. Poems will be chosen at the end of the week. Poems must be submitted with the child's name and contact information no later than

close of business May 7. Winner will receive a prize. Favorite Book Character Picture Contest: children will have a chance to draw their favorite book character. Drawings must be original, not traced and must be related to a book. Drawings need to be turned in by close of business May 7. One prize winner will be chosen from each age group: 3-6, 7-9 and 10-12.

For more information, call 255-3885.

FORT RUCKER MOVIE SCHEDULE FOR APRIL 21-24

Thursday, April 21

The Jungle Book (PG)7 p.m.

Friday, April 22

The Jungle Book (PG)7 p.m.

Saturday, April 23

Zootopia (PG)4 p.m.
Whiskey Tango Foxtrot (R)7 p.m.

Sunday, April 24

Zootopia (PG)1 p.m.
The Choice (PG-13)4 p.m.

RETURNING HOME

SecDef attends repatriation ceremony for WWII Aviators lost in India

Department of Defense News
Staff Report

WASHINGTON — Defense Secretary Ash Carter participated in a repatriation ceremony in New Delhi, India, April 12, Pentagon Press Secretary Peter Cook said in a statement.

The ceremony marked the return of possible remains of U.S. service members lost in World War II, Cook said.

One set of remains was recovered in the Arunachal Pradesh state between Sept. 12 and Nov. 17 by the Defense POW/MIA Accounting Agency, he said.

"A second set of remains was unilaterally turned over to DPAA by a third party from the same region," Cook added.

The remains recovered late last year are possibly associated with a B-24 Liberator bomber that crashed Jan. 25, 1944, while on a routine mission from Kunming, China, to Chabua, India. The eight crew members, assigned to the 308th Bomb Group, 14th Air Force, were all lost.

The remains that were turned over to DPAA are possibly related to a C-109 Liberator Express cargo aircraft that crashed on July 17, 1945, while travelling from Jorhat, India, to Hsinching, China, with a four-man Army Air Forces crew.

Today's ceremony, sponsored by the Defense Department, U.S. Embassy New Delhi and India's government, highlights the secretary's strong commitment to bringing the nation's fallen personnel home and providing their families the fullest possible accounting, Cook said.

"It's also a testament to the deepening U.S.-India defense partnership and a reflection of our shared commitment to universal values," the press secretary said. "(The defense secretary) is grateful for the Indian government's support for this important humanitarian mission and looks forward to cooperating on future personnel accounting operations."

After the ceremony, the remains were flown by U.S. military aircraft to the DPAA laboratory in Honolulu, Hawaii, for further identification.



PHOTO BY AIR FORCE SENIOR MASTER SGT. ADRIAN CADIZ

The crew of an Air Force C-17 Globemaster III salutes April 12 in New Delhi, India, as Soldiers from the Defense POW/MIA Accounting Agency escort a transfer case containing the possible remains of American service members lost during World War II.

Nation committed to bringing home missing heroes

By Adriane Elliott
U.S. Army Security Assistance Command
Public Affairs

HUNTSVILLE — Larry Thorne would have been 97 next month.

And as his May 28 birthday approaches, one U.S. Army Security Assistance Command employee reflects on the life and legacy of one of the first and most renowned Green Berets in American history.

Andy Hollingsworth, an operations specialist with U.S. Africa Command/European Command Regional Operations, was a young Army captain on a joint task force recovery team that discovered Thorne's remains at a crash site deep in the mountains of Vietnam in the summer of 1999.

Born Lauri Allan Torne in Finland in 1919, Thorne would distinguish himself, leading an elite detachment of Finnish ski troops — think James Bond — on raids behind Soviet lines, commanding a Waffen-SS sabotage squad and unleashing such crippling guerrilla attacks against the Soviets that they put an unheard of 3 million Finnish mark bounty on his head.

These and other feats made Thorne a military legend long before he became a political refugee, jumping overboard from a cargo ship in the Gulf of Mexico near Mobile and eventually joining the Army. Thorne enlisted in 1954 as a private, although he'd spent six years fighting World War II as an officer in two different military commands.

Hollingsworth said Thorne can only be described as a quiet professional.

"Men like Larry are called to serve others," said Hollingsworth, "but not all volunteer for the types of training and assignments Larry did. He left his home-country to fight for one that was not his native home, but for the men to the left and right of him."

Thorne fought for the Finnish and German armies against the Soviets, earning the U.S. equivalent of the Medal of Honor, before joining a fledgling U.S. Special Forces, where he shared years of hardcore experience in survival, mountaineering, ski warfare, guerilla tactics and other unconventional warfare.

During his first decade



COURTESY PHOTO

Capt. Larry Thorne, missing in action for decades, was given full honors and laid to rest at Arlington National Cemetery June 26, 2003.

of service in the Army, he trained NATO forces in West Germany, and ran a sabotage and reconnaissance school for the 10th Special Warfare Group. Today, the Army Special Forces gives the Larry Thorne Award annually to its toughest Green Beret detachment.

One of Thorne's crowning achievements was during the 1950s when he led a covert mission into the Iran to recover bodies and classified data from a C-130 transport plane that had gone down in the country's largest mountain range. Three missions had attempted to get to the crash site and failed, so Thorne parachuted in, made his way up 14,000-foot deep in enemy territory, recover the data and snuck out undetected.

Repeatedly proving his worth, Thorne advanced in rank and was commissioned a first lieutenant in the U.S. Signal Corps in 1957. He later received a regular commission and

was promoted to captain in 1960.

By the time the U.S. entered Vietnam, Thorne had annihilated enemy forces in waist-deep sub-zero snowdrifts, in mud-covered rainforests and commanded black ops in the Middle East. He was a natural for the highly classified Military Assistance Command, Vietnam-Studies and Observations Group.

During two tours in Vietnam with the MACV-SOG, Thorne ran deep cover into Cambodia and Laos to track down the North Vietnamese supply network that became known as the Ho Chi Minh Trail. Wounded on several occasions and earning two Purple Hearts, his last mission took place in 1965 when his helicopter went down behind enemy lines across the Laotian border.

Although his chopper crashed and he was listed MIA for over three decades, the mission was a success: his men called in

51 air strikes to disrupt the Ho Chi Minh Trail supply stations and made it out alive.

Today, Thorne is interred at Arlington National Cemetery. He was posthumously promoted to major and is the only American POW/MIA to fight communism under

three flags — Finland, Germany and America. The Larry Thorne Headquarters Building for the 10th Special Forces Group at Fort Carson, Colorado, is named in his honor; several books and movie characters proclaim his feats.

Hollingsworth called Thorne a true patriot and said it was one of his deepest honors to serve on Joint Task Force Full Accounting — congressionally mandated to achieve the fullest possible accounting of U.S. troops who didn't from the war in Southwest Asia.

"Being assigned to JTF-FA was an opportunity to serve my country and bring our guys home," said Hollingsworth, who spent 23 years on active duty.

Hollingsworth was assigned to the Central Identification Lab, Hickam Air Force Base, Hawaii. He traveled the globe 280 days out of the year on recovery missions.

"I had no idea the organization even existed, but it appealed to me because of the travel and negotia-

tions with communist officials as the sole U.S. military presence in the country outside the embassy," Hollingsworth said. "To negotiate with senior Vietnamese colonels about sites, cost to the U.S. government, and to brief U.S. Embassy officials on my teams' presence, as a captain, was pretty exciting."

"Whenever I think of a country, it brings back memories," he said. "I'm fortunate the Army sent me, or I have traveled as a tourist, to over 56 countries."

But the recovery missions were, hands-down, his favorite assignment.

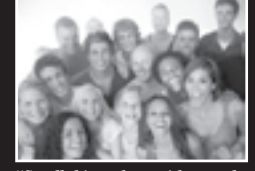
"Anytime you can bring a service member home and give families closure, there's nothing better," said Hollingsworth, who recalled the look on families' faces when they get the news. "The message to our troops is we will bring you home. There is comfort in that knowledge that no matter where you go to perform your duties, that commitment is still there."

Bringing People Together Thru Faith

ARMY FLIER Church Directory

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

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
Sunday School9:55AM
Nursery CareEvery Service

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VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

735 East Lee St Enterprise, AL 36330 334-347-9530 www.GreenHillPC.org

Green Hill Presbyterian Church
Traditional Worship: 11:00AM
Sunday School: 9:30AM
Coffee & Fellowship: 10:30AM

Grace Baptist Church
Minutes from Ft. Rucker Ozark's Gate
On the corner of Highway 231 & Parker Drive
Independent - Fundamental - Soul Winning
LISTEN TO A LIFE CHANGING MESSAGE OF HOPE
"God So Loved the World"
www.1john316.net
334-774-2311
www.GraceBaptistChurch-Ozark.com

307 NORTH MAIN ST ENTERPRISE 347-GIVE(4483) www.christmissions.org

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Georgia parks host 'treasure hunt'

Army Flier
Staff Reports

ATLANTA — Treasure-hunt fans will soon have a new quest that takes them from Georgia's mountains to marshes.

To celebrate its 85th anniversary this year, Georgia's State Park system kicks off a new game called Birthday Bash Geocache.

Using a hand-held GPS, players find hidden caches while exploring some of Georgia's most scenic locations.

Park officials teamed up with Georgia Geo-Camper volunteers to create the quest that includes trackable "geocoin" prizes.

Only 1,000 of the limited-edition coins were ordered, so once they're all claimed, the Birthday Bash Geocache ends.

Participants can download a free game board from <http://www.Georgia-StateParks.org/85>.

Participants must find caches at a minimum of eight participating parks, stamping their game board at each one. Participants must also spend at least one night in a Georgia State Park campsite, yurt or cabin — or attend a Georgia Geo-Camper event during 2016.

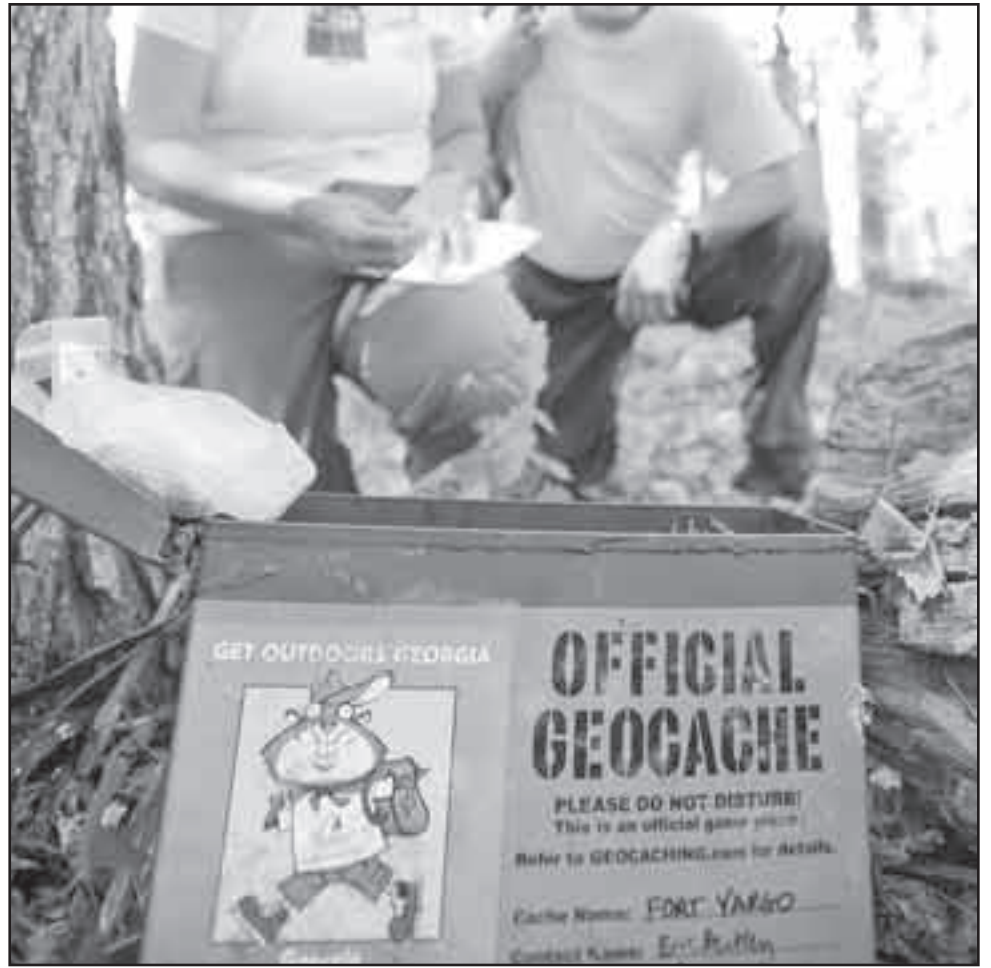
Participating parks include Cloudland Canyon in northwest Georgia, Don Carter on Lake Lanier, Elijah Clark north of Augusta, F.D. Roosevelt in Pine Mountain, Fort McAllister south of Savannah, Fort Yargo in Winder, General Coffee in Douglas, High Falls north of Macon, Magnolia Springs in Millen, Providence Canyon in southwest Georgia, Red Top Mountain on Lake Allatoona and Seminole on Lake Seminole.

Geocaching is a popular, world-wide sport that can be played by nearly any age. Geocachers are known for their enthusiasm, and many of them enjoy friendly competition to be the first to find new caches.

Georgia's State Parks and State Historic Sites have offered the game since 2010, with more than 35,000 documented "finds" by players.

Inside each hidden box — or cache — are trinkets for players to trade, as well as log books. Caches at historic sites require players to answer questions about Georgia history before they can unlock the box, making them a fun and educational tool.

For more information, visit GeorgiaStateParks.org/Geocaching/ or [Facebook.com/GeorgiaGeoCampers](https://www.facebook.com/GeorgiaGeoCampers).



COURTESY PHOTO

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.

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 26-30 — The Southeast Alabama Community Theatre will perform its production of "All My Sons," at 7 p.m. at the Cultural Arts Center. Tickets are on sale now at www.SEACT.com or by calling the SEACT Office at 794-0400. The lobby opens at 6 p.m. with tickets on sale if the performance is not sold out. Reserved seating begins at 6:30 p.m.

NOW-JUNE 25 — The Wiregrass Museum of Art presents its spring exhibition, "Made in Alabama." The exhibition features eight Alabama artists and makers working in mediums including printmaking, glasswork, mosaic, mixed media and textiles. It coincides with the Alabama Department of Tourism's Year of Alabama Makers, which honors the state's craftspeople, musicians, writers, designers, brewers, distillers and food producers.

ENTERPRISE

APRIL 23 — The Friends of the Enterprise Public Library will hold its Booklovers Spring Sale from 9 a.m. to 2 p.m. at the library. Members of the Friends of the Enterprise Library organization are eligible to attend the friends-only pre-sale April 21 from 3-6:30 p.m. New memberships will be accepted prior to the sale and at the door. The sale will feature popular fiction and nonfiction for all ages, DVDs, CDs, books on CD, as well as vintage, signed and classic items. Money raised by the book sales funds library projects, as well as the purchase of books and materials for use by patrons.

APRIL 22-23 AND 30 — Coffee County will host its Community Emergency Response Team training from 6-9 p.m. April 22, 8 a.m. to 5 p.m. April 23 and a hands-on exercise 8-11 a.m. at the Enterprise Rescue Training Facility at 519 East Lee Street. The training is designed to teach people how to protect family, friends and neighbors during times of crisis and disaster. Pre-registration is required. To register or get more information, call 894-5375 or 806-1994.

APRIL 28 — The Wiregrass-Enterprise Chapter, National Active and Retired Federal Employees will meet for its monthly lunch program at 11 a.m. at Po Folks Restaurant in Enterprise. The guest speaker will be Sally Thornton, fitness center director for the Enterprise YMCA. The program will include the best types of exercises for seniors, exercise routines to help seniors lose weight, fitness center exercise classes

and the benefits of membership for seniors. All federal employees, active or retired, are invited to attend the luncheon programs scheduled every fourth Thursday at 11 a.m. at Po Folks Restaurant in Enterprise. For more information, call 393-0492.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of each 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

APRIL 29 — St. Michael's Episcopal Church will host its final spring classical guitar concert at 7 p.m. The classical guitarist will be Isaac Bustos. The concert is free, but donations are accepted. There will be a meet the musician reception following the concert in the parish hall. St. Michael's is located at 427 Camilla Avenue.

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

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

PINCKARD

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

SAMSON

ONGOING — 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.

Beyond Briefs

Southern Makers

Southern Makers will celebrate the Year of Alabama Makers with a festival in Montgomery April 30-May 1 and a festival in Birmingham Sept. 10-11. These two-day events celebrate Southern creativity and innovation by bringing together highly curated, handpicked top talent that makes buildings, farms, art, food, clothing, soap, coffee and tea — essentially the top makers in their respective trades, according to organizers. Ranging from experts in architecture to art to fashion to repurposing and everything in between, the event explores southern-based creativity.

For more information, including a schedule of events and exact locations, visit <http://southernmakers.com/#southernmakers>.

Zoo Dino Dig

The Montgomery Zoo will host its Dino Dig April 30 from 10 a.m. to noon. The event, designed for children ages 4-12, will allow children to go on an archaeological dig and discover bones from the past. Cost is \$25 per child, ages 4-12 years old — \$18 for Montgomery Zoo members. Accompanying adults can take part for \$15 — free to Montgomery Zoo members. Advanced reservation is required — last day to

make reservations is April 28.

For more information and to register, call 334-240-4909 or visit www.montgomeryzoo.com/announcements/dino-dig.

Chunnenuggee Fair

Union Springs will host the 37th annual Chunnenuggee Fair May 7 in the downtown area. The event will feature arts and crafts, a fair with live entertainment, food vendors, children's games and rides, door prizes and more.

For more information, call 334-738-4060 or visit www.chunnenuggeefair.com.

The Urban Slide

The Urban Slide is bringing 1,000 feet of slippery sliding to Montgomery May 7-8. The family-friendly event is scheduled for 10 a.m. to 11 p.m. and features a glow-in-the-dark night slide. The slide will be set up downtown on Montgomery Street. A constant stream of water flowing down both channels helps make the slide slippery. The nighttime slide is equipped with LED lights and black lights that will light up the city streets. For more on the Urban Slide, visit www.theurbanslide.com.

The event will also include food trucks, vendors, music playing along the entire slide, a bag check area to secure footwear and other belongings, water-themed games, photo booth and more. Registration ranges from \$10-\$30.

To register or get more information, visit www.theurbanslide.com/events/montgomery-al/.

Hot air balloon festival

Decatur's Point Mallard Park will host the Alabama Jubilee Hot Air Balloon Festival May 28-29.

This festival is one of the largest free hot air balloon gatherings in the southeast, according to organizers. The event will feature more than 60 balloons with races, key grab, tether rides and a balloon glow. There will also be arts and crafts, food vendors, an antique car and tractor show, musical entertainment and children's activities.

For more information, visit <http://www.alabamajubilee.net>.

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.

DOD recognizes sacrifices, contributions of military children

By Jim Garamone
Department of Defense News

WASHINGTON – The Defense Department knows that the whole family serves when a military member serves.

April is the Month of the Military Child, a time to highlight the contributions and sacrifices made by military children.

It's also a chance to catch up on what the department does for military families.

As a group, military children are a resilient bunch, said Barbara A. Thompson, the director of the DOD Office of Family Readiness Policy.

Military children need to be resilient, Thompson said. Active-duty military personnel move an average of once every two to three years, according to DOD statistics. And they don't just move to the next town. Military families are more likely to move long distances and to foreign countries.

Roughly 70 percent of military families do not live on a base, a figure that is somewhat lower overseas, according to a Princeton University study entitled, "The Demographics of Military Children and Families."

Moves disrupt family life, Thompson said. For children, frequent moves disrupt education, friendships, sports and more.

But there are many that thrive in this environment, Thompson said.

"(Military children) are a very resilient group of people," she said. "I'm not underestimating what it takes for a military child to move every two or three years – it means a new home, new neighborhood, new friends (and a) new school. Those are challenges. So it takes a supportive environment that begins with the parents and then the whole community to support the military children to help them get through those difficult times of reaching out and becoming a part of that community as a



Air Force Capt. Michael K. Kan, center right, a bioenvironmental engineer, talks with robotics club students at the Camp Foster Community Center at Okinawa, Japan, Feb. 20, 2014.

PHOTO BY MARINE CORPS CPL. JOEY HOLEMAN

new military child."

Thompson stresses that everyone is a part of the family readiness system. Chaplains, teachers, child care givers, family advocacy specialists are all part of the support system for children and their parents, she said.

This can be relatively easy on the close confines of an installation, but for families who reside away from a military base – especially for children of those in the Reserve and National Guard – this may be more of a challenge, Thompson said. School administrators, teachers, clergy and social services personnel must understand the special circumstances that military children may find themselves in and know where to go for resources.

About 42 percent of the children of active-duty service members are under the age of 5, Thompson said.

"Our force is young. They marry earlier – they have their first child earlier than their civilian counterparts and we want to make



Lt. Gen. Timothy M. Ray, 3rd Air Force commander, welcomes the first group of Air Force families to Ramstein Air Base, Germany, after the ordered departure of dependents of service members and Defense Department civilian personnel stationed in Turkey March 30.

PHOTO BY AIR FORCE STAFF SGT. SARA KELLER

sure the programs we provide meet the needs of those young families," she said. "We have to be cognizant about the needs of very young children."

More than 700 child develop-

ment program facilities worldwide provide about 155,000 child-care spaces, according to officials. In addition, about 3,000 Family Child Care homes offer in-home care. The military child develop-

ment centers serve about 200,000 children daily.

But babies and toddlers aren't the only focus, officials said. There are about 300 youth and teen centers worldwide serving more than 645,000 youth through a variety of educational and recreational programs. In the past year, about 2,700 military youth participated in camp programs at little or no out-of-pocket expense.

In all of these areas, people inside and outside the department are studying ways to make these services better, and this indicates the importance leaders place on the military family, Thompson said.

"We have an office of family readiness recognizing the sacrifices and support that the military family provides to the service member," she said. "When you look at retention, those decisions are made around the kitchen table. It's the entire family that contributes to the support of that military member so that he or she is successful in the mission, but it is an entire family that signs up, if you will, and sacrifices on behalf of this nation."

There are many different resources, Thompson said.

- MilitaryOneSource is what it sounds like – the one place to go to for information. A Military Youth on the Move section offers information for children who are preparing to move to a new home or dealing with the aftereffects of a recent move.
- Militarykidsconnect.org is a site where military children can connect with other children who are facing similar challenges. There are also tips for parents and teachers.
- The Military Child Education Coalition is a non-profit organization focused on the academic and emotional needs of military children in public schools. They offer a variety of programs and resources for students and parents.



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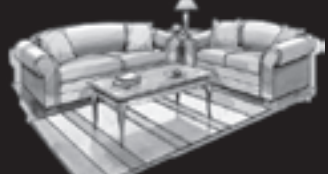
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PREPAREATHON!

DOD embraces America's planning campaign with military readiness

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Preparedness and military readiness go hand in hand in the Defense Department's role to protect national security, the deputy assistant secretary of defense for homeland defense integration and defense support of civil authorities said.

In a DOD News interview focusing on the 2016 "America's PrepareAthon!" campaign, Robert G. Salesses said DOD depends on the strength and readiness of its military and civilian workforce — nearly 3 million strong — at home and overseas.

"One of the top priorities of (DOD) is focusing on the wellbeing and safety of each member of our workforce and their families, so that we can continue to safeguard U.S. security," Salesses said.

And that's why national preparedness and military readiness are synonymous, he added.

At the direction of President Barack Obama, the Federal Emergency Management Agency manages the national America's PrepareAthon! campaign to build and sustain national preparedness by identifying and learning about the hazards people face, he said.

Salesses called the April 30 observance of National PrepareAthon! Day "a great day to think about preparedness."

Raising awareness

By raising preparedness awareness twice a year — in spring and fall — DOD considers the campaign a professional and personal educational opportunity, Salesses said, which is "a very small investment" when putting plans in place before events occur.

Being prepared at work and at home "strengthens our collective security and resilience," he emphasized.

This year's spring campaign will focus on weather emergencies such as tornadoes, floods, wildfires, hurricanes and extreme heat hazards, but everyone should consider potential hazards in their region and how to prepare for them, he noted.

From top leadership to installation level, DOD fully supports preparedness, Salesses said, noting that long-standing installation emergency management infrastructures extend into surrounding communities and that both work together as partners to plan for potential emergencies.

The broader the participation from people and DOD organizations, the more employees, family members, their communities and the department will benefit, Salesses said.



PHOTO BY SGT. JECCA GEFFRE

Practicing evacuation drills in regions of the country where wildfires are common is one example of how preparedness aids the Defense Department's readiness mission.

Salesses encouraged people making preparedness plans to look at the many resources available on DOD's Special Report on National Preparedness at <http://www.defense.gov/News/Special-Reports/National-Preparedness> and the Department of Homeland Security's Ready website at <https://www.ready.gov/>.

"We use military readiness as the measure of our effectiveness," he said. "And the term 'preparedness' is an emergency management term, so recognizing national preparedness is synonymous with our readiness responsibilities is an important step."

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)
11 p.m. Eckankar 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
Spiritual Life Center, 9 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.

Precepts Bible Study
Soldier Service Center, noon

Kingdom Kidz and Youth Group Bible Study
Spiritual Life Center, 6 p.m.

Adult Bible Study
Soldier Service Center, noon

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

Thursdays
LDS Bible Study (except 3rd Thursday)
Wings Chapel, 9 a.m.

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APRIL 21, 2016

Adopt-a-Trail

Volunteers sought to prep post trails for warmer weather traffic



PHOTOS BY JEREMY HENDERSON



Trails behind Parcoures Youth Lake, once bustling with Soldiers training, rest somewhat forgotten and partially overgrown. Adopt-a-Trail asks volunteers to help breathe new life into this old trail system, filled with various paths and more than a dozen exercise stations.



By Jeremy Henderson
Army Flier Staff Writer

Fort Rucker's trails begin to bustle with activity as temperatures warm up, and the Fort Rucker Directorate of Family, and Morale, Welfare and Recreation hopes to keep those trails clean and safe in 2016 with the aid of volunteers and the Adopt-a-Trail program.

"Volunteers can earn recognition by helping MWR maintain the running and biking trails on Fort Rucker," Lori Ciranni, sports, fitness and aquatics manager, said. "The volunteers visit their trails and do minor clean up, document maintenance needs, report acts of vandalism, interact with trail users, promote trail safety and encourage an overall positive use of public trails."

Commuters along Farrell Road may notice the scenic expanse of Parcoures Youth Lake, but few realize an adventurous expanse of trails exists within the wooded area surrounding the water. Those trails are one of two locations volunteers can help maintain.

"Adopting one of our trails is a great way to give back to your community," Ciranni said. "In doing so, you not only gain that sense of pride of giving back, but it is a program that promotes healthy living. It is a way for a couple or family to be with each other without the hustle and bustle of modern technology."

"While walking and working on the trails, you get the added benefit of beginning or maintaining a healthy lifestyle, and could possibly spark an interest in biking, hiking or running," she added. "Maintain-

ing the trails can also be used to learn the plant life and wildlife in our area. The society we live in, unfortunately, is a lot about taking. This is a great chance to learn or teach someone the rewards received from giving."

Volunteers are asked to commit three months of maintenance to their assigned trail. Volunteers are asked to visit their trail each month to document maintenance needs, report acts of vandalism, interact with trail users, promote safety and encourage positive use of the trails.

"As a result of concerns brought up as part of the installation's Army Family Action Plan, Fort Rucker's DFMWR community recreation division developed the program to gain assistance from the concerned individuals and organizations," Ciranni said.

Volunteers will be required to attend a short orientation before they begin maintaining the trails.

"The program is open to anyone wishing to volunteer," she said. "It can be an individual, a family, an organization wishing to use this as their community project, or anyone with an interest in giving back to their community. Participation in this program not only promotes community stewardship, it helps maintain our highly used, difficult-to-maintain trails."

Applications are accepted on a continuing basis. DFMWR will follow up with applicants soon after their applications are received.

For more information or to register for the program, call 255-9567 or visit <http://www.ftrucker.mwr.com/fort-rucker-adopt-a-trail-program/>.



FILE PHOTOS

THUNDER ON THOLOCCO

Above and to the right are scenes from the 2014 Thunder on Tholocco. The Thunder returns to Lake Tholocco as Fort Rucker will host the 10th annual Thunder on Tholocco Saturday. Gates open at 9 a.m. and races begin at 11 a.m. The event is open to the public, with ticket prices \$5 in advance or \$7 at the door. Children ages 12 and under are free. Tickets may be purchased at outdoor recreation or MWR Central. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing at its best, according to DFMWR officials. These high-performance machines reach speeds in excess of 100 mph. For more information, call 255-1749.



DOD: Everyone has a part in preventing sexual assault

By Lisa Ferdinando
Department of Defense News

WASHINGTON — From the most junior service member to the highest-ranking official, everyone in the Defense Department has a role in eliminating sexual assault, the director of the DOD Sexual Assault Prevention and Response Office said.

April is Sexual Assault Awareness and Prevention month and the theme for this year's observance is, "Eliminate Sexual Assault: Know Your Part. Do Your Part," said Maj. Gen. Camille M. Nichols.

Year-round effort

"We absolutely want to ensure that the types of men and women that serve are, in fact, reflective of the values and the honor that we must have in our military," Nichols said.

The efforts throughout the observance month and the entire year are focusing on renewing the prevention strategy, she said, including knowing the risk and protective factors and highlighting each person's role at all echelons of the organization — every member of the DOD community has a role in eliminating sexual assault.

There will be various events this month throughout the worldwide DOD community to highlight awareness and promote



DOD GRAPHIC

a strong culture where everyone is treated with dignity and respect, Nichols said.

"You must not stand on the sidelines and be a bystander — you must be an intervenor," she added. "We don't want anybody in our formation to ever suffer through experiencing something as egregious as a sexual assault. We also want to prevent anyone in our formation exercising behaviors that have the potential to lead to criminal conduct."

Help available 24/7

"The Department wants its military and civilian community to know there are resources out there for them — 24 hours a day, seven days a week," Nichols said. "We want to eliminate any perception of retaliation."

SEE HELPLINE, PAGE D3

DIALED-IN

TRICARE Nurse Advice Line helps find right care, right time

By J.D. Leipold
Army News Service

More than half of all adults ages 65 and older have three or more chronic medical problems, such as heart disease, diabetes, cancer, or arthritis.

Older adults can have multiple health problems, and may not know whether they need to see a doctor or can administer self-care. People such as these should consider TRICARE's Nurse Advice Line.

People suffering from a rash, a sinus infection or perhaps the common cold can call the advice line and a registered nurse will help them assess if they can handle their health concern with self-care or if they need to see a medical professional.

Since its launch, the NAL has been able to increase patient safety and further ensure a positive patient experience. Military Health System Patient Centered Medical Home team members can access live NAL information, so they are aware of their patients' situations and can provide follow-up, if needed.

The NAL is a medical assessment tool



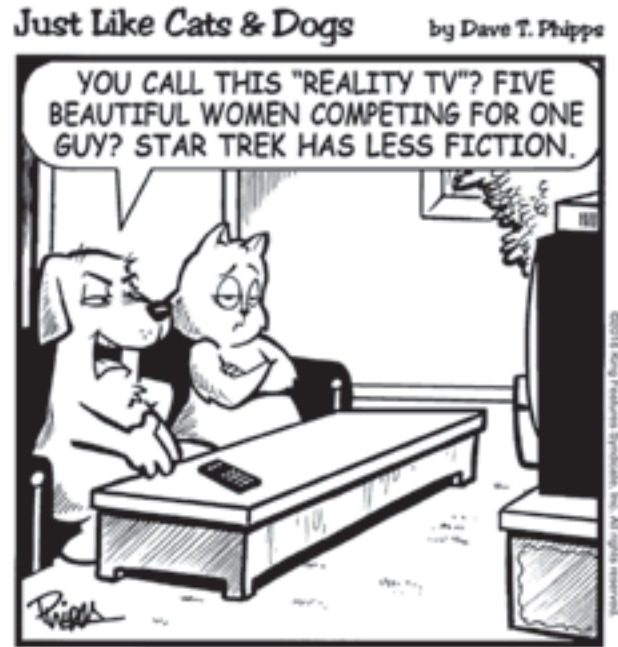
TRICARE GRAPHIC

that provides access to care, especially after hours and when traveling. The NAL helps people access the right type of care at the right time, and can also help them find a doctor and schedule next-day appointments at military hospitals and clinics, when available.

To access the advice line, call 1-800-TRICARE (874-2273) and select Option 1.

For more information about the Nurse Advice Line, visit <http://www.tricare.mil/NAL>.

DOWN TIME



TRIVIA

- GEOGRAPHY:** On what continent is the nation of Sierra Leone located?
- TELEVISION:** Which TV character was known for the saying, "Live long and prosper"?
- GENERAL KNOWLEDGE:** Which of Santa's reindeer comes first, alphabetically speaking?
- MEASUREMENTS:** What is the time frame indicated in "circadian rhythm"?
- MATH:** How many sides does a heptagon have?
- MUSIC:** What was the Oscar-winning theme song of "The Poseidon Adventure"?
- COMICS:** What company created "Avengers," "Spider-Man" and "Hulk"?
- HIGHER ED:** What private university's main campus is in South Bend, Indiana?
- ASTRONOMY:** What was the first planet to be discovered using the telescope?
- MEDICAL:** What is the focus of oncology?

See Page D4 for this week's answers.

Super Crossword — BIG MIX-UPS

- | | | | | | | |
|--|--|--|---|---|--|--|
| <p>ACROSS</p> <p>1 Place a call incorrectly</p> <p>8 "Alley —!"</p> <p>11 — toe in the water</p> <p>15 Spat</p> <p>19 1979 Michael Caine film</p> <p>20 Sergeant's inferior</p> <p>22 Arab leader</p> <p>23 Had a different opinion</p> <p>25 Court plea, for short</p> <p>26 — the Greek (1964 film)</p> <p>27 Average mark</p> <p>28 French department</p> <p>29 Ax parts</p> <p>30 Mel of the old Giants</p> <p>31 1954 hit song with a biblical title</p> <p>35 Cyberspace letters</p> <p>37 Sigh of satisfaction</p> <p>38 Lott of football</p> <p>39 Valued highly</p> <p>42 "The Thing" star Russell</p> <p>43 Lose vigor</p> <p>45 Ship out</p> | <p>46 Career-completion celebrations</p> <p>51 Canadian station name</p> <p>52 Spanish arena cry</p> <p>53 A — (slightly) haughtiness</p> <p>58 "So it's you!"</p> <p>59 Bank offering for creditworthy customers</p> <p>66 Focuses in college</p> <p>68 Kochi sash</p> <p>69 Quarterback Troy</p> <p>70 Like some high-quality models</p> <p>77 "I'm cold!"</p> <p>78 Bidding site</p> <p>79 180 degrees from SSE</p> <p>80 — Lingus</p> <p>81 Film director Kazan</p> <p>82 Formation of new areas of oceanic crust</p> <p>89 Mane locale</p> <p>93 In the past</p> <p>94 Minimal tide type</p> <p>95 Sudden pain</p> <p>96 Oblong pastry</p> <p>98 Bards' dusks</p> <p>99 Weight revealer</p> | <p>101 Trainers looking for pins</p> <p>105 Clumsy ship</p> <p>108 Ticket details</p> <p>109 Regular pay</p> <p>110 Stable scrap</p> <p>111 "Along — spider ..."</p> <p>113 With 11-Down, settled for</p> <p>114 Takes a defensive position</p> <p>118 New — (Enya type)</p> <p>119 Kiss</p> <p>120 Divert</p> <p>121 Actors Beatty and Sparks</p> <p>122 Bodega, e.g.</p> <p>123 Profs' helpers</p> <p>124 Any of four long pairs featured in this puzzle</p> | <p>DOWN</p> <p>1 Seder bread</p> <p>2 — the Sheriff</p> <p>3 Terse</p> <p>4 Paint crudely</p> <p>5 Sitcom actress Swenson</p> <p>6 NCAA part: Abbr.</p> <p>7 Nutlike Chinese fruit</p> | <p>8 Band of eight</p> <p>9 Sound of awe</p> <p>10 Med lead-in</p> <p>11 See 113-Across</p> <p>12 Dubliners, e.g.</p> <p>13 1990s Toyota</p> <p>14 Bar brew</p> <p>15 Bone attachments</p> <p>16 Coca of comedy</p> <p>17 Enters one following another</p> <p>18 Iced</p> <p>21 Like some even distributions</p> <p>24 Eye, to Yves</p> <p>29 Inflated self</p> <p>31 Walk in shallow water</p> <p>32 — monde (high society)</p> <p>33 Old West's Wyatt</p> <p>34 Hankering</p> <p>35 Italian opera singer Pinza</p> <p>36 Debussy's "La —"</p> <p>39 Piece of audiophile equipment, briefly</p> <p>40 Divvy up again</p> | <p>41 "This pays the rent, at least"</p> <p>42 Leg part</p> <p>43 Sirius, say</p> <p>44 Adjutant</p> <p>47 "Li'l ol' me?"</p> <p>48 Shade tree</p> <p>49 Artery: Abbr.</p> <p>50 Composer Erik</p> <p>55 Nettle</p> <p>56 "— Rose" (Nat King Cole hit)</p> <p>57 Eyeballing</p> <p>59 Victimizes, with "on"</p> <p>60 Blog feed inits.</p> <p>61 Electrojet bit</p> <p>62 Heat's org.</p> <p>63 Up to, informally</p> <p>64 Downcast</p> <p>65 Anger greatly</p> <p>67 One — kind</p> <p>71 Hose hitch</p> <p>72 Lowdown</p> <p>73 Barn hooter</p> <p>74 Shocked reaction</p> <p>75 Sales staffer</p> <p>76 Opp. of departure</p> <p>81 Falco of "Oz"</p> <p>83 English peer</p> <p>84 Amoeba composition</p> <p>85 Wine: Prefix</p> | <p>86 Tabula —</p> <p>87 Greek vowels</p> <p>88 Pointed tool</p> <p>89 Ted Koppel, for one</p> <p>90 Area of a plot of land</p> <p>91 Petitioned</p> <p>92 Events after Lent</p> <p>97 Cheez- — (crackers)</p> <p>98 Breakfast china item</p> <p>99 Old Iranian VIP</p> <p>100 Et — (and so forth)</p> <p>102 "In my dreams!"</p> <p>103 Stupor: Prefix</p> <p>104 Fowl sheds</p> <p>105 "My Cherie —"</p> <p>106 Oscar de la —</p> <p>107 Casey of countdowns</p> <p>111 Irene of "Fame"</p> <p>112 Awestruck</p> <p>114 Trig function</p> <p>115 Have chow</p> <p>116 RR depot</p> <p>117 — Ho Lee (scientist in 2000 headlines)</p> |
|--|--|--|---|---|--|--|

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

S U T R A W
O A Y O H T C N T O I

WHY IS THAT ACUTE-FALLING THAT CART?

WHY INDEED? Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around the frame clockwise. The trick is finding the right first letter.

"AGE" WORDS! Find the following words that end with "age."

1. What is a forester's age?
2. What age does a car have?
3. What age is a bull in a china shop?
4. What age is an unplugged refrigerator?

IT'S MAGIC! Use the numbers 8 through 17 to fill in this Magic Number Square. The numbers in each horizontal row, and vertical column, and even the four corner squares, must total 65. We've fill in six of the squares. The rest is up to you. Use the trial-and-error method — and a good eraser!

	18	24	
25			19
	26		
			25

Junior Whirl
by Charles Barry Townsend

A WORD BRIDGE

	O	P	R	U	W	
N			S	T		Y

The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. To scold constantly.
2. Long lyric poems.
3. Worn in winter.
4. A scraping tool.
5. A pair of foot warmers.
6. A male turkey.
7. To exhort or impel to action.
8. Courage and boldness in battle.
9. To join together.
10. A strong desire.

Wishing Well

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2	4	7	4	7	3	7	4	8	3	4	3	4
S	G	Y	I	O	A	U	V	D	M	E	E	N

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 BOLTNOFF

Find at least six differences in details between panels.

SOLDIER STORY:

'I'm a survivor, not a victim'

By Sgt. 1st Class
John D. Brown
18th Medical Command
(DS) Public Affairs

JOINT BASE PEARL HARBOR HICKAM, Hawaii — In an auditorium full of Soldiers — no one making a sound, no one playing on their cell phones — everyone's attention was focused on the young female Soldier standing in the front of the room telling her story.

"I was attacked, but I'm not a victim — I'm a survivor," said Spc. Brittany Leitner, a patient administration specialist with 18th Medical Command (Deployment Support).

For nearly an hour, the audience sat in silence as Leitner shared her story. For many, the story was hard to hear — for others, it was an opportunity to put a name and a face to the Army's campaign to end sexual assault and sexual harassment in the military.

Leitner is like most young Soldiers. A self-proclaimed military brat, Leitner bounced around from base to base following her mother, a Navy veteran, and her stepfather, a career Army officer, before graduating from Lewis and Clark High School in Spokane, Washington.

Roughly a year after graduating high school, Leitner decided to follow her parents' example and joined the military.

After attending Army basic training at Fort Sill, Oklahoma, and Advanced Individual Training at Fort Sam Houston, Texas, Leitner was sent to Fort Hood, Texas, where she immediately started preparing for deployment.

Her unit deployed to Kandahar, Afghanistan, in June 2011 and returned in May 2012.

Like most of her fellow Soldiers, Leitner worked hard to fit in with her unit, but within three months following the deployment, her life changed forever.

"After it happened, I really didn't believe that it had happened. My NCO had to tell me like a million times before it finally registered," she said.

"I was more upset about being a statistic. It was knowing that I was one of a ton of people that this had happened to in a place where you're supposed to be the strongest — where you are supposed to be able to take care of yourself," said Leitner.

This is where her next

struggle began. Leitner was afraid that she would be treated differently if people knew she was sexually assaulted, and she said that was exactly what happened when other members of her unit found out about the assault.

It wasn't until Leitner transferred to her current unit in Hawaii that she was able to get away from the glances and stares, the well meaning friends asking her if she was OK and the daily reminders of that moment in time — but the move wasn't a cure.

Leitner said that she felt like she was walking around with a giant bubble inside that was waiting to burst when the Soldiers in her new unit found out her secret.

"I struggled really hard trying to hide it and then I met someone who was talking about her experience," she said.

For Leitner, talking about her experience wasn't easy. "I would come in extremely afraid — I didn't know what their reaction would be. I didn't know if they would be able to look me in the eyes, but I started getting standing ovations and it was shocking to me at first that people actually cared enough."

Leitner said she began to realize the importance of what she was doing when senior NCOs and officers began taking her aside after her talks and telling her their own stories of being sexually assaulted as young Soldiers.

"They couldn't imagine how I, at 20 something years old, could stand before a battalion full of people and talk about something that happened to me like that. I started this to help myself, but I realized that continuing to do it was helping a lot more people than myself,"

“There are a million ‘what if’s’ that go through your mind, but having people accepting me and thanking me for speaking to them has made it better for me.”

— SPC. BRITTANY LEITNER,
PATIENT ADMINISTRATION SPECIALIST
18TH MEDICAL COMMAND (DEPLOYMENT SUPPORT)

At this point in her life, Leitner was willing to do anything to help cope with the swarm of emotions that were swelling inside, even if that meant telling a room full of strangers about the worst day of her life.

"I so wasn't ready for it and it went horribly wrong, but I needed it — speaking to people became my therapy," she said.

said Leitner.

Master Sgt. Joseph Collins, 94th Army Air and Missile Defense Command, said that he first met Leitner when she spoke to the students at a Sexual Assault Response Coordinator course.

"It kind of made everything feel real — nothing drove it home until you have a survivor stand in front of you, and tell you what hap-



PHOTO BY SGT. 1ST CLASS JOHN D. BROWN

Spc. Brittany Leitner, a patient administration specialist with 18th Medical Command (Deployment Support), answers questions from Soldiers of the 94th Army Air and Missile Defense Command after her discussion about surviving sexual assault.

pened to them and how it affected them and affected their life," said Collins.

When Collins became the SARC for the 94th AAMDC, he knew that he wanted to share the same lesson with the rest of his unit.

Collins said that when Leitner spoke to the unit, "I felt like it was very effective — you can judge it by the way people ask questions, no one was falling asleep, they were paying attention, they were focused on Specialist Leitner and her story."

"Afterwards, there were leaders that came forward and said, 'that is what we needed to wake our formations up, because we've never had anyone come out and do that,'" said Collins.

Col. Ken Revell, the command chaplain for the 94th AAMDC, said, "I think Leitner brings to light a very volatile challenge, but brings life to it just by her standing in front of the audience and giving us her thought process, but you get to feel how she got where she was

because you're right inside her story and that story plays out — it forces us to ask ourselves the hard questions as leaders.

"It just made it very real for us. I remember the sergeant major said, 'thank you for getting that guy out of our formation,' and that's a leadership thing that he was saying and, at that moment, I think, he was having a big brother moment," said Revell.

"It's hard to measure, but it (Leitner's talk) has a potentially transformative effect because she's through the barbed wire, she's right there, and she's looking right at us," said Revell.

After Leitner talks to a unit, a line usually forms to talk to her. Most simply want to shake her hand and thank her for her bravery, while others want to share their personal stories and ask for her contact information.

"There are people who want me to speak again to other groups and a few that want my contact information

so I can talk to them offline — I usually have at least one survivor come forward who wants to know how they can talk to me at a later time," said Leitner.

"It's really hard not to feel like this was something that I could have prevented — there are a million 'what if's' that go through your mind, but having people accepting me and thanking me for speaking to them has made it better for me," she said.

Leitner established an anonymous email address that allows fellow survivors to contact her. The email address is survivors4survivors38@yahoo.com.

Revell summed it up when he said that Leitner and the other survivors who come forward to share their stories are "some of the most courageous Soldiers I've ever seen in my life."

For more information about the Army's Sexual Harassment/Assault Response and Prevention program, go to www.sexualassault.army.mil.

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Helpline

Continued from Page D1

tion that might keep victims — men and women — from coming forward in reporting sexual assaults."

Victims of sexual assault or even people just wanting information — including colleagues or family members of victims — can go through their respective military service for help, or visit the DOD's Sexual Assault Prevention and Response website at <http://www.sapr.mil/>.

The DOD Safe Helpline website is available at <https://www.safehelpline.org/>, or call toll free at 877-995-5247. The Safe Helpline is secure, confidential and available 24/7 worldwide.

Nichols urges anyone who is a victim of sexual assault to seek out the resources that can aid them.

"No one should suffer in silence. Please come forward and get help," she said.

ANOTHER DIMENSION

Research Institute of Environmental Medicine creating 3-D Soldier avatars

By Kelly Field
U.S. Army Research Institute of Environmental Medicine Public Affairs

NATICK, Mass – Since 2010, researchers at the U.S. Army Research Institute of Environmental Medicine have taken on the mission to develop a computer program to create the full-body, complete-anatomy avatar of individual warfighters.

Their goal is to create a 3-D full-anatomy avatar for any Soldier regardless of gender, shape or size.

Dr. Gary Zientara, a mathematical modeler, and Dr. Reed Hoyt, chief of the Biophysics and Biomedical Modeling division at USARIEM, designed a project to morph human internal anatomy to fit into a 3-D body scan of Soldiers.

When Zientara and Hoyt looked at the range of research and activities occurring at Natick Soldier Systems Center, it was apparent to them that avatars could make an impact on the design of military gear, protective equipment and vehicles, and other applications across military medicine.

“This strategy has the possibility to create a large library of avatars, indeed, an online avatar ‘Army’ available for research use, and, as importantly, can provide individualized avatars representing uniquely specialized members of special units,” Zientara said. “Creating avatar models



PHOTO ILLUSTRATION BY MALLORY ROUSSEL
Researchers at the U.S. Army Research Institute of Environmental Medicine are working to develop a computer program to create the full-body, complete-anatomy avatar of individual warfighters.

with this software enables individualized physiological modeling where an individual Soldier’s avatar can be clothed and moved through different postures and positions in order to be able to test angles of vulnerability and eventually even exercise and test physiological responses in any climatic environment.”

In 2015, as part of their first-generation avatar effort, Zientara and Hoyt formed a partnership with Natick Soldier Research, Development and Engineering Center’s Anthropometry Team, which provided 500 3-D body scans to USARIEM researchers. Currently, 250 male avatars have been successfully created as a means of testing,

demonstrating and constantly improving the USARIEM computer program.

According to Zientara, the one key initial ingredient in the creation of the USARIEM avatars is the 3-D body surface scanning technology provided by NSRDEC. This technology can acquire a representation of the Soldier’s external surface.

“Human-like computer graphics figures shown in Hollywood movies or in online games are hollow, lacking internal anatomy,” Zientara said. “These movie or game avatars do not differ much from the body scan input used in our computation of full-anatomy avatars. Hollywood graphics figures or gaming avatars are simplified, compared to the full-anatomy USARIEM avatars, and are usually decorated to model superficial physical characteristics and clothing textiles. The simplicity of the Hollywood representation makes those cartoon avatars much easier to animate than the USARIEM avatars.”

Dr. Zientara explained that the software USARIEM uses analyzes the structure of the Soldier’s 3-D body scan to identify external appendages, surface anatomical landmarks, and a simple skeleton that the computer uses to understand body positioning. The software can then bend and size the standard anatomy figure into the posture representing the Soldier’s body scan, and finally expand or contract indi-

vidual body components to best fit the Soldier’s scan.

“We consider our avatar products as ‘first generation’ due to the approximations made, but highly useful, nonetheless,” said Zientara. “The project takes advantage of computer technology now available on off-the-shelf, moderately priced commercial workstations. A great feature is that the computation is a black-box operation, that is, it does not require any expert input. Easy scanning and easy computing make our avatars a widely deployable tool for the Army.”

This technology could lessen the costs of physical testing and reduce the man-hours of the subject devoted to actual testing. Since simulation and testing software can be operated as desired, new applications can be tried, high-risk simulations can be easily and safely performed, and results can be compiled from as many avatars as one has available.

“These future applications, coupling avatars with other technologies, present the most sophisticated case of simulation tools to the 21st century Army,” Zientara said. “Advanced training tools developed from this technology and coupled with USARIEM avatars can significantly increase Soldiers’ knowledge and experience, concretely benefiting effectiveness, efficiency and safety.”

FORT RUCKER SPORTS BRIEFS

Deep-sea fishing trip

Outdoor recreation will host a deep-sea fishing trip aboard the Vera Marie in Destin, Florida, April 30. All participants have to do is sit back, relax and enjoy a day of fishing – everything else is taken care of, according to ODR officials. The bus will depart Fort Rucker at 4 a.m. from Bldg. 5700, Soldier Service Center, and return at 8 p.m. Officials recommend people bring a small cooler with drinks and snacks, but no glass. The cost is \$75 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people’s fish cut and cleaned at the end of the trip. The trip is limited to 42 participants.

To sign up or get more information, call 255-4305 or 255-2997.

Mother’s Day Bowl

People who bring their moms to Rucker Lanes May 8 can enjoy the Mother’s Day Bowl special from 10 a.m. to 8 p.m. The special includes bowling for 25 cents per game and 50-cent shoe rentals. For

more information, call 255-9503.

Disc golf tournament

The Fort Rucker Physical Fitness Center will host a disc golf tournament May 14 at 9 a.m. at the disc golf course. The tournament will be 18 holes with participants paired randomly, followed by another 18 holes with participants paired by age and score. Trophies will be awarded in various categories. The cost is \$20 for people who sign up on or before May 7 and \$25 May 7. All pre-registered competitors will receive a T-shirt. Competitors registering after May 7 will receive T-shirts while supplies last.

For more information or to sign up, call 255-2296 or 255-2997.

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.

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.

Army 10-mile run off, team relay

The Fort Rucker Physical Fitness Center will host the Army 10-mile run off and team relay April 30. Race day registration begins at 6 a.m. and the

race begins at 7 a.m. Pre-registration is \$20 per individual by Tuesday and includes a T-shirt, \$25 per individual after Tuesday and includes a T-shirt while supplies last. A run only with no shirt option is \$12 per individual. For a five-person team, the cost is \$12 per person and includes a T-shirt. Top active duty finishers will be considered for the team to represent Fort Rucker at the Army 10-Miler in Washington, D.C. Awards will be given in various individual and team categories.

For more information, call 255-2296 or 255-2997.

Golf lunch and a lesson

Silver Wings Golf Course will host its lunch and a lesson special on Wednesdays in April and May from noon to 1 p.m. The special includes lunch, golf balls and a golf lesson for \$20. There needs to be a minimum of three participants to conduct a lesson. Registration, payment and lunch selection are due a day prior to the event.

For more information, call 598-2449.

PUZZLE ANSWERS

Super Crossword

Answers

M	I	S	D	I	A	L	O	O	P	D	I	P	A	T	I	F	F		
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N	E	D	S	S	H	O	P	T	A	S	A	N	A	G	R	A	M		

TRIVIA

Answers

1. Africa
2. Mr. Spock, “Star Trek”
3. Blitzen
4. 24 hours
5. Seven
6. “The Morning After”
7. Marvel
8. Notre Dame
9. Uranus
10. Cancer

Weekly SUDOKU

Answer

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