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'POKEMON GO!' Officials urge playing

safely, responsibly on post

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COLORFULLY FIT

Color Run returns after record-setting 2015 debut

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FORT RUCKER ★ ALABAMA

AUGUST 4, 2016

ACHIEVING EXCELLENCE

Installation celebrates ACOE Silver Award

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker recently garnered Armywide recognition as a community of excellence and the installation took time to recognize its own during a ceremony Tuesday at the U.S. Army Aviation Museum.

Fort Rucker earned silver in the 2016 Army Communities of Excellence Award May 24 at the Pentagon, and Davis D. Tindoll Jr., Installation Management Command Atlantic Region director, attended Tuesday's ceremony to congratulate the garrison locally and express his pride in Fort Rucker for the job it's done to achieve such a feat.

"We are here today to recognize this team for achieving excellence," he said during the ceremony. "This award is a direct reflection of the workforce here and the dedication that it takes to run Fort Rucker from a base-ops perspective on a day-to-day basis.

"The Army Communities of Excellence program is based on the principle of continuous improvement ... and this is not something that's won (lightly)," said Tindoll. "It is built on sustainable years. Year after year of continuous improvement, and the fact that you won the Gold Award just a couple years ago, now followed by the Silver Award, (shows that) we're starting to see the trend."

During the ceremony, Tindoll presented the silver award streamer to be added to the garrison colors, which Col. Shannon T. Miller, Fort Rucker garrison commander, accepted and attached on behalf of the garrison

Certificates were also presented to different directorates and garrison organizations for their contributions in creating the atmosphere that made Fort Rucker worthy of recognition as a community of excellence.

"Today, we have the opportunity to recognize the garrison team for the many contributions of hard work that they have provided, which culminated in us receiving (this award)," said the garrison commander. "I'm extremely proud of each and every one of you, and while I know that the few of you who were represented up here today receiving certificates, I'd like to also recognize those behind-the-scenes professionals striving for that excellence every day.

"We won the silver award because it's a true team effort," said Miller. "What truly matters is the excellence that we provide day in and day out to our Soldiers, the families and to our civilians."

The ACOE award honors the top Army, National Guard and Reserve installations that have achieved high levels of excellence in building a quality environment, outstanding facilities and superior services, and throughout the year-long process, ACOE applicants are assessed and evaluated against the Army priorities and Malcolm Baldrige Criteria, according to Deena Jones, plans, analysis and integration office director.

One of the areas where the installation excelled was customer focus. Fort Rucker



PHOTO BY NATHAN PFAU

Davis D. Tindoll Jr., Installation Management Command Atlantic Region director, and Col. Shannon T. Miller, Fort Rucker garrison commander, add the ACOE Silver streamer to the garrison colors during a ceremony at the U.S. Army Aviation Museum Tuesday.

typically sustains a greater-than 90 percent of customer satisfaction rating, said Jones, exceeding the IMCOM standard for customer satisfaction.

That level of satisfaction wouldn't be possible without the efforts of the entire garrison team and its ability to perform with the resources it is provided, according to Col. Thomas R. Drew, U.S. Army Aviation Center of Excellence and Fort Rucker deputy commander.

"We're in a resource-constrained environment right now, so these awards that you get really come down to innovation,

and how to make the most out of every day and every dollar that you're getting," he said. "I can tell you that this staff and the community is really why we're getting this award."

"Fort Rucker has overcome their obstacles they have identified and improved processes where they needed to," said Tindoll. "They've rolled up their sleeves and did the hard work. I'm extremely proud of your accomplishments. I know you work hard each and every day to provide extraordinary services for Soldiers, family members, civilians and retirees."

Fort Rucker welcomes new CSM

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker welcomed a new garrison command sergeant major while it bid farewell to the outgoing senior NCO during a ceremony at the U.S. Army Aviation Museum Tuesday.

Command Sgt. Maj. Christopher D. Spivey assumed responsibility from Command Sgt. Maj. William D. Lohmeyer.

Col. Shannon T. Miller, Fort Rucker garrison commander, presided over the ceremony to welcome the new command sergeant major while she bid farewell to her friend and confidant.

"Command Sergeant Major Lohmeyer, you have been a phenomenal battle buddy to me, a phenomenal adviser, confidant and friend, and I sincerely appreciate everything you've done for me and the garrison," said the garrison commander. "I feel blessed that God and the Army saw it fit to pair me up with Sergeant Major Lohmeyer because I know that we would not have been successful without your leadership.

have been successful without your leadership.

"At the same time, we are welcoming another great team – Command Sergeant Major Spivey and his wife (CW3 Gina Spivey), who serves at the Warrant Officer Career College," she continued. "Command Sergeant Major Spivey, I have the utmost confidence in you. I know that you have exactly what it takes to lead our organization to higher levels of excellence and I look



PHOTO BY NATHAN PFAU

Command Sgt. Maj. Christopher D. Spivey, Fort Rucker garrison command sergeant major, accepts the unit colors from Col. Shannon T. Miller, Fort Rucker garrison commander, as he assumes command from Command Sgt. Maj. William D. Lohmeyer, outgoing garrison commander, during a ceremony at the U.S. Army Aviation Museum Tuesday.

forward to serving with you."

Spivey comes to Fort Rucker with a wealth of experience. He enlisted in the Army in 1988 as a tube-launched, optically tracked, wire-guided missile crewman and has held multiple positions throughout

the Army.

He's served across multiple continents and held

SEE CSM, PAGE A5

DEADLY CONSEQUENCES

High temperatures, distractions pose risk to children



PHOTO BY NATHAN PFAU

Katrina Blaylock, child passenger safety technician, gives a course on car seat safety at The

By Nathan PfauArmy Flier Staff Writer

Although summer vacation is winding down, soaring temperatures are still as present as ever, and those high temperatures can be deadly when combined with inattentive eyes.

Every year people hear stories of children and pets left unattended in cars during the hot summer months, and although it may not be the intention of parents to leave their chil-

SEE CHILDREN, PAGE A5



PHOTO BY NATHAN PF

Emergency responders arrive on the scene to render aid to simulated victims during last year's all-hazards force protection exercise. This year's exercise is scheduled for Wednesday.

Post puts emergency response to test

By Nathan Pfau Army Flier Staff Writer

Fort Rucker makes sure its first responders and emergency personnel know exactly what to do in an emergency situation, and it will put those skills to the test when the installation holds its annual all-hazards exercise Wednesday.

The exercise will be in the form of an active shooter scenario designed to test Fort Rucker's and the surrounding communities' response to a threat on post, according to Willie Worsham, Fort Rucker emergency manager.

"This scenario will involve an active shooter and explosive threat to the installation from a homegrown violent extremist," Worsham said. "We need to be able to teach first responders and emergency personnel what is required when there is an active shooter on the installation. We will go through the same processes as we would if I got a phone call right now saying there was

SEE RESPONSE, PAGE A5

Commons earlier this year as a part of the new parent support program.

Rules DOD employees should know this political season

By Katie Lange

Department of Defense News

I'm sure you've all seen political posts in full effect on Facebook, Twitter and Snapchat recently.

The opinions are just going to get louder, too, before the election this November.

As members of the Department of Defense, we have a responsibility to be smart about what we post, as well as how we participate in political activity and how we support political campaigns. DOD employees are limited to certain political activities under the Hatch Act, which is meant to protect employees from political coercion at work, as well as make sure employees move up in their careers based on their merit, not political affiliation.

So, for those who are politically active, here's a refresher of what limitations they need to be aware of.

Service members

Political Activity — Activeduty service members (in and out of uniform) aren't allowed to engage in partisan political activities, meaning no campaigning for candidates, joining in on fundraising activities, serving as an officer in a partisan club or speaking at a partisan gathering. All military personnel are also supposed to avoid implying or appearing to imply that any of their political activities are endorsed or sponsored by the DOD.

However, when out of uniform, service members are allowed to express their personal political opinions, donate mon-



ey to campaigns or organizations and attend political events as a spectator. But again, that's out of uniform – not in it. More specifics on the rules are available at http://www.dtic.mil/whs/ directives/corres/pdf/134410p.

Social media — You are allowed to express your personal views and politics via your own social media platforms, but when you're doing that, and you've been identified as a DOD employee on that platform, make sure it's clear that the views you're expressing are your own, not the DOD's.

While you're allowed to follow, friend and like a party or candidate, you're not allowed to share or retweet information posted to that corresponding social media page. You're not supposed to post links to that page's content, either. It's considered participating in political activi-

Always remember – don't violate the Uniform Code of Military Justice or service regulations. That means don't show contempt for public officials, post unprofessional material or release sensitive information.

More guidance for service members is available at http:// www.dod.mil/dodgc/defense_ ethics/resource_library/faqs_ political_activities_armed_forces.pdf.

DOD civilians

Political activity — While on duty or in a federal building, DOD civilian employees are not allowed to engage in political activities, such as sending or forwarding political emails or posting political messages to social media accounts, even from your own devices. Don't ever use government equipment for those activities, either.

what you can do politically, there are basically two groups of civilians: further restricted employees and less restricted employees.

Further restricted employees

- Those appointed by the president and confirmed by the Senate;
- Those serving in non-career senior executive service po-
- Career members of the SES;
- Contract appeals board members; and
- Employees of the National Security Agency, Defense Intelligence Agency and National Geo-Spatial Intelligence Agency.

The above people are prohibited from participating in political activity, especially any that's sponsored or supported by a party, political group or candidate up for election. You also However, when it comes to can't solicit or receive political

contributions. However, further restricted employees can make monetary contributions, express personal opinions and attend campaign events or fundraisers sponsored by a candidate - they just can't actively participate.

Less restricted employees include all DOD civilians who aren't listed above, including Schedule C political appointees.

These people can volunteer with a political campaign or organization on their personal time. That includes organizing rallies or meetings, making calls on behalf of a candidate, serving as a delegate to a party convention and working for a party to get out the vote on Election Day. Less restricted employees still cannot solicit or receive political contributions, though.

Social media — Like the social media rules for service members, DOD civilians are allowed to express personal views and politics via their own social media platforms, but they have to make it clear that the views they're expressing are personal and not the DOD's.

Since further restricted employees (as listed above) aren't allowed to be part of partisan political activity, they also can't share or retweet information posted to the social media page of a party or candidate. They can't post links from a party or candidate's account, either, but they can follow, friend or like

To get more specifics on how to avoid violating the rules on social media, visit http://www. dod.mil/dodgc/defense_ethics/ resource_library/hatch_act_ and_social_media.pdf.



The Fort Rucker Physical Fitness Center is hosting its Color Run Aug. 20 at 8 a.m. in front of the festival fields. What are some ways you maintain some fun in your workouts?



David Harper, military family member

"I try to work out with friends. It's a lot more fun when you have them there with you."



2nd Lt. Joseph Magden, 1st Battalion, 145th Avn. Regt.

"In addition to workouts, I get together with buddies to play some basketball at the gym. It's like killing two birds with one



Larissa Moore, military spouse

"I like to listen to music as I workout. Maybe get a little dancing in.'



Hannah Denton, military spouse

"I enjoy working out, so it's already fun to me. It keeps me healthy and makes me feel



Trenton Barber, civilian

"It's always good to have some competition going when working out. It's good motivation and especially fun when you win."

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ALLY SUPPORT

JCS chairman visit to Turkey 1st by senior U.S. official since coup attempt

By Jim Garamone

Department of Defense News

ANKARA. Turkey — Though they are both national leaders, the trip here to visit Gen. Hulusi Akar of the Turkish army by Marine Corps Gen. Joe Dunford was one friend making sure another was well after a traumatic experience.

The chairman of the Joint Chiefs of Staff visited Turkey's chief of defense Monday, just a little over two weeks after Akar was kidnapped, drugged and threatened as part of the unsuccessful coup.

The plotters were trying to topple the government led by President Recep Tayyip Erdogan. It failed, but more than 250 people were killed and more than 2,100 were wounded, according to Turkish figures.

Dunford is the first international leader to visit Turkey since the coup was defeated. "I've known General Akar - my counterpart - for a long time," Dunford said, adding that he wanted to be sure his friend was all right.

Dunford said Akar told him that one of his aides had turned on him and sided with the coup plotters. They kidnapped him and held a pistol to his head to get him to sign a proclamation in support of the coup. He refused. Akar was held until the coup fell apart after Erdogan rallied the Turkish people to reject the attack on democracy in the country and take on the coup plotters.



Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, meets with Ismail Kahraman, speaker of Turkey's Grand National Assembly, in Ankara, Turkey, Monday.

Dunford said Akar was pleased with the visit, and confirmed that Turkey desires to keep a broad partnership with the United States across a broad range of issues, but especially in NATO and in countering the Islamic State of Iraq and the Levant.

The chairman said Akar assured him that Turkey will continue to provide access to Turkish bases in Incirlik and Diyabakir. These bases are key to the fight against ISIL.

Akar also took Dunford to the Turkish parliament. He showed the chairman the results of the four bombs coup F-16s dropped on the building and the effects that attack helicopters had on it. Following the tour, Dunford met some Turkish lawmakers.

Then Dunford, Akar and U.S. Ambassador to Turkey John Bass met with Turkish Prime Minister Binali Yildirim. In all of the meetings, he heard that "to deal with the challenges of the region is going to require the United States and Turkey to cooperate," Dunford said. "The consistent theme throughout the day was a reaffirmation of the importance of the U.S.-Turkey relationship - the need for us to cooperate," he added. "We will have all the access we need to Incirlik, Diyabakir and other facilities as necessary to prosecute the counter-ISIL fight."

Dunford said the tone in all the meetings was positive and "not accusatory at all."

In all of the meetings, Dunford said, he also heard about the need for the United States to send Fethullah Gulen – a former imam who is self-exiled in Pennsylvania – back to Turkey. Turkish leaders believe he is behind the

"I told them that I will be sure the Turkish perspective is conveyed to my leadership," Dunford said.

The chairman said he is encouraged not only about the militaryto-military relationship between the two countries, but also about the broader relationship.

"We have some differences on how to deal with (ISIL)," Dunford said. "But I think an express willingness to work through these issues and share perspectives will mean stability in the region."

Akar already was scheduled for a counterpart visit to Washington this month. Dunford said he told the Turkish general that he hopes he will still come, noting that they have a lot to talk about: ISIL, bases, tactics and so on that they did not talk about during this visit.

"I wanted to practice a little bit of patience, recognizing that my friend had been through a traumatic experience," the chairman said. "Me going in there with a laundry list of 'asks' is not appropriate for a friendship – that's a transactional relationship – and that is not what this is. I was just glad to hear my friend's voice again."

SecDef urges troops to build on momentum in Iraq, Syria

By Jim Garamone

Department of Defense News

WASHINGTON — Defense Secretary Ash Carter July 27 told troops readying to deploy to Iraq that they must build on the momentum to defeat the Islamic State of Iraq and the Levant.

The secretary addressed service members set to deploy with the XVIII Airborne Corps at Fort Bragg, North Carolina. The unit will replace the III Corps as the American portion of Operation Inherent Resolve with Lt. Gen. Sean MacFarland passing command to Lt. Gen. Stephen Townsend.

Carter called on the troops to help accelerate the defeat of ISIL.

"Last fall we introduced an initial series of accelerants to help us gather momentum," the secretary said. The United States, he said, deployed additional strike aircraft and aimed them at new targets and new categories of targets illuminated by refined intelligence.

Strategy

"We deployed an initial contingent of special operations forces to Syria, and expanded equipping of Syrian Arab forces engaged in the fight against ISIL, as well as training and equipping of the Iraqi security forces, including the Kurdish peshmerga," Carter said. "We introduced an expeditionary targeting force. And we started to expand our military campaign to every domain, including cyber."

The secretary continued, "We also asked all our coalition countries to make additional contributions to the campaign, which they did - contributing strike aircraft, special operations forces, trainers,

engineers, logisticians, lift capabilities and other critical enablers."

Carter said these efforts have worked, as Iraqi and Syrian forces have retaken territory from ISIL.

"As a result, play by play, town after town, from every direction and in every domain, our campaign has accelerated further squeezing ISIL and rolling it back towards Raqqa and Mosul," the secretary said." By isolating those two cities, we're effectively setting the stage to collapse ISIL's control over them."

More needs to be done, the secretary told the Soldiers.

"We've seized opportunities, reinforced success and taken the fight to the enemy." Carter said. "But we are not going to rest - and that's why you're going to build on those results, continue to take the fight to the enemy, gather more momentum and help deliver ISIL a lasting defeat. I have every confidence that you will."

Stopping ISIL's movements

In Syria, indigenous and coalition forces will work to shut down the last remaining paths for ISIL fighters to move in and out of the country along the border with Turkey, the secretary said.

"In Iraq, we will continue enabling the dedicated Iraqi security forces and Peshmerga led by Prime Minister Haidar al-Abadi and supported by Kurdish Regional President Masoud Barzani - working by, with and through the Iraqi government, as we always have," he said.

U.S. service members will focus on helping Iraqi forces pursue mopping-up operations along the Euphrates River Valley, Carter said.



Defense Secretary Ash Carter, center, meets with Lt. Gen. Stephen Townsend, left, XVIII Airborne Corps commanding general, and Gen. Robert Abrams, right, U.S. Army Forces Command commander, upon arriving at Fort Bragg, N.C.,

"In the north, we will continue to help the Iraqi security forces clear the remaining pockets of ISIL control along the Tigris River Valley," he said. "Simultaneously, we will help the Iraqi security forces - including the Kurdish peshmerga - to refit and generate the forces and logistical footprint necessary to isolate and pressure Mosul."

This strategy will culminate in the collapse of ISIL's control over the cities of Mosul in Iraq and Raqqa in Syria, Carter said.

The coalition is doing more in the region with President Barack Obama ordering an additional 560 troops to support Iraqi forces in their offensive to retake Mosul,

'Other nations are following our lead, and making commitments, as well," he added. "France is sending back the aircraft carrier Charles de Gaulle to carry out airstrikes against ISIL. Australia will be expanding their training of Iraqi police and border guards, which will be vital for security in Iraq after ISIL's defeat. And the United Kingdom recently announced it would deploy more trainers and engineers to Iraq, as well."

Rebuilding

Taking the territory is the first move, holding it will be crucial, the secretary said.

"There will be towns to rebuild, services to reestablish and communities to restore," Carter said. "Such progress is critical to ensuring that ISIL, once defeated, stays defeated, so that our partners' gains are made irreversible."

The international coalition's stabilization and governance efforts must keep pace with security gains, he said.

"Destroying the fact and the idea of an Islamic state based on ISIL's barbaric ideology will not be easy," Carter said. "The more ground ISIL loses in Iraq and Syria, the more they'll do whatever it takes to cling to their perverse veil of legitimacy."

The coalition must stop ISIL wherever it rears its head, the secretary said.

"We must keep systematically eliminating every key leader we find," he said. "And we must deny them every safe haven, wherever they may seek it - from physical terrain to cyberspace, because that is what's necessary to keep our country safe."

Carter said he knows there will be tough days ahead.

"But we have the right campaign plan, the most capable commanders, motivated partners who are growing in strength, and - most importantly - we have you," he

LND THE UNIVERSITY OF

CW4 Dave Stock, chief of Aviation warrant officers at the Organization and Personnel Force Development office here, was on hand at the Experimental Aircraft Association's AirVenture Oshkosh event July 25-31, as an Aviation subject matter expert to talk with attendees who visited a U.S. Army Recruiting Command booth focused on warrant officers at a career center. The goal was to provide information about accession paths into Army Aviation, including the Warrant Officer Flight Training program. The booth offered informative materials on Army Aviation and showcased technology including the preflight and startup apps for interactive study used at Fort Rucker. According to Stock, 75 percent of warrant officer aviators come from the Army's enlisted population, and the other 25 percent is set aside for the street-toseat program.

The Army and Air Force Exchange Service will offer military shoppers a special that will effectively double the Fort Rucker Exchange's everyday tax-free benefit. As Alabama rolls out its sales tax holidays on back-to-school items, the Fort Rucker Exchange will match tax discounts to offer an additional 10 percent off select items. Alabama's tax holiday runs Friday-Sunday. Eligible items include clothing, back backs, notebooks and other qualifying back to school merchandise.

School physical appointments

To ensure the highest continuity of care possible while providing timely access for patients requiring a school physical, Lyster Army Health Clinic will offer school physical appointments during the dates and times below. These slots will fill quickly, so people should book as soon as possible. The appointments serve to provide additional times and dates for dual-working parents and those who cannot schedule an appointment during normal business hours.

Parents should make sure to bring any required documentation to the appointment, with

the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with the primary care clinician.

Appointments are available: Wednesday, 4-6 p.m.; Aug. 24, 1-3 p.m.; Aug. 31, 4-6 p.m.; Sept. 7, 1-3 p.m.; Sept. 14, 4-6 p.m.; Sept. 21, 1-3 p.m.; and Sept. 28, 4-6 p.m.

Pay office closure

The Defense Military Pay Office will close Aug. 26 at 12:30 p.m. The office will reopen Aug. 29 at 7:30 a.m. All DMPO customers are asked to visit the DMPO with their pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency during this time should call 317-319-7604 for assis-

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100 in the clinic, Lyster officials encourage participants to bring their

404 YEARS OF SERVICE

Post honors 15 retirees at ceremony

By Jim Hughes

Command Information Officer

With a combined 404 years of service, 13 Soldiers and two civilians retired Friday at the Fort Rucker Quarterly Retirement Ceremony in the U.S. Army Aviation Museum.

Col. Mark A. Moser, Training and Doctrine Command Capabilities Manager -Aviation Brigades director, hosted the ceremony, while Sgt. Maj. James E. Johnson, TRADOC Capabilities Manager - Aviation Brigades sergeant major, assisted with presenting the awards.

This quarter's retirees are listed below.

Lt. Col. William H. Taylor

Taylor, mobilization readiness officer for the Alabama Army National Guard in Montgomery, entered military service in 1986 as an infantry officer. He served in a variety of staff and command assignment on active duty and in the Guard. He said the highlight of his career was his selection as an embedded training team leader during Operation Enduring Freedom where he led a team of combat advisers mentoring Afghanistan national army and police units in various combat operations across southern and eastern Afghanistan. He and his wife, Michelle, have three children and plan to reside in Prattville.

Maj. Edward D. Miller

Miller, Training Aids, Devices, Simulators and Simulations chief, entered military service in 1992 as a combat medic. He served multiple combat tours in support of Operations Iraqi and Enduring Freedom. He said the highlight of his career was serving with, among and for Soldiers and civilians of every rank, and starting his officer career at Fort Rucker and ending it here at Mother Rucker. He and his wife, Angela, have three children and plan to reside in Enterprise.

CW5 Paul Druse

Druse, senior warrant officer adviser, Office of Program Management, Saudi Arabia National Guard, Army Materiel Command, in Riyadh, Saudi Arabia, entered military service in 1987 as an air traffic controller. He was selected for Army warrant officer flight training in 1989. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was beof evaluations and standardization at Fort Rucker. He and his wife, Angel, have two children and plan to reside in Enterprise.

CW4 Kevin D. Huggins

Huggins, standardization instructor pilot with the directorate of evaluation and standardization, entered military service in 1990 with the Navy. In 1997, he was selected for Army warrant officer flight training. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was being a standardization officer and instructor pilot teaching and conducting combat operations with the country's Afghanistan partners. He and his wife, Monica, have one child and plan to reside in Jacksonville, Florida.

CW4 John Weyrauch

Weyrauch, instructor pilot with F Company, 1st Battalion, 212th Aviation Regiment, entered military service in 1992 as a UH-60 Black Hawk mechanic. He was selected for Army warrant officer flight training in 2000. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was supporting the Australian Special Air Service Regiment while deployed to Afghanistan. He and his wife, Crystal, have four children and three grandchildren. They plan to reside in Montgomery.

CW3 Daris A. Orr

Orr, Graduate Branch academics instructor with the 110th Aviation Brigade, entered military service in 1994 as a combat medic. He was selected for Army warrant officer flight training in 2006. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was being an instructor pilot teaching



Back row: Sgt. 1st Class Christopher A. McFarland, CW5 Paul Druse, CW3 Daris A. Orr and Staff Sgt. Matrell J. Powell. Front row: CW4 Kevin D. Huggins, Sgt. Maj. David Morris, CW4 John Weyrauch and Maj. Edward D. Miller.



Back row: Sgt. Maj. Thomas V. Snura, Lt. Col. William H. Taylor and Elbert Williams. Front row: Staff Sgt. Mike L. Gomez, Sgt. 1st Class Keith E. Brittin, Sgt. 1st Class Vicki L. Wood, Carol Ann Boylston-Lee.

the next generation of Army Aviators at Fort Rucker. He and his wife, Silofa, have three children and plan to reside in Enterprise.

Sgt. Maj. Thomas V. Snura

Snura, training center liaison sergeant major, Army Training Center, Fort Jackson, South Carolina, entered military service in 1983 as a motor transport operator. He served multiple combat tours in suping the chief of standards for the directorate port of Operation Desert Storm, OIF and Staff Sgt. Matrell J. Powell OEF. He said the highlight of his career was attending both airborne and air assault schools after the age of 40 – and surviving. He and his wife, Michelle, plan to reside in Washington County, Florida.

Sgt. Maj. David Morris

Morris, sergeant major for the U.S. Army Aviation Center of Excellence Directorate of Training and Doctrine, entered military service in 1987 as an air traffic controller. He and his wife, Patricia, plan to reside at whatever lake their recreational vehicle is parked by.

Sgt. 1st Class Christopher A. McFar-

land McFarland, trainer with the 2-384th Combat Service Support Regiment, Fort Buchanan, Puerto Rico, entered military service in 1989 as a water treatment specialist. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his beautiful wife, Yong Sue, and having two wonderful children. They plan to reside in Crestview, Florida.

Sgt. 1st Class Vicki L. Wood

Wood, brigade surgeon cell NCO in charge, Wheeler Army Airfield, Hawaii, entered military service in 1997 as a healthcare specialist. She served multiple combat tours in support of OIF and OEF. She said the highlight of her career was knowing Soldiers were able to return home to their families due to her crew's actions in combat. She has two grown children, and she and her husband, Daryl, plan to reside in Mililani, Hawaii.

Sgt. 1st Class Keith E. Brittin

Brittin, Aviation enlisted career man-

VISIT US ONLINE AT ARMYFLIER.COM agement NCO, organization and personnel force development directorate, entered military service in 1995 as a military policeman. He served multiple combat tours in support of OIF, OEF and Operation New Dawn. He said the highlight of his career was marrying his beautiful wife, Mhayrene, and having three wonderful children. They plan to reside in Enterprise.

Powell, brigade fuel NCO in charge and Sexual Harassment/Assault Response and Prevention victim advocate at Fort Drum, New York, entered military service in 1996 as a petroleum supply specialist. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his beautiful wife, Travasie, and having four wonderful children. They plan to reside in Huntsville.

Staff Sgt. Mike L. Gomez

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Gomez, Aviation Center Logistics Command technical inspector and quality assurance evaluator, entered military service in 1996 as an infantryman. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his beautiful wife, Leticia, and having five wonderful children. They plan to reside in Ozark.

Elbert Williams

Williams, an engineering technician, is retiring after 50 years of service to the nation. He served on active duty, including a tour in Vietnam, from 1963 to 1988 and entered civil service immediately afterwards. He said the highlight of his career was working with so many wonderful people throughout the years. He and his wife, Adeline, have five children, eight grandchildren and two great grandchildren. They plan to reside in Enterprise.

Carol Ann Boylston-Lee

Boylston-Lee, information management officer and acting chief information officer for the Fort Rucker garrison, is retiring after 34 years of service to the nation. She served on active duty as an Air Force security policeman from 1976 to 1980. She said the highlights of her career were working with so many dedicated Soldiers and civilians whose greatest desire was to serve their country, and earning the Fort Rucker Woman of the Year Award three times. Boylston-Lee has two children and two grandchildren. She and her husband, Mickey, plan to reside in Enterprise.



Continued from Page A1

many leadership positions, including team and squad leader, platoon sergeant and operations sergeant major.

Spivey has also served in multiple deployments, including Operation Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom, as well as deployments to Bosnia and Djibouti.

With his wealth of experience, Spivey said he hopes to be able to follow in the footsteps of the path set forth by his predecessor.

"I've heard it once and I've heard it many times -I have big shoes to fill," said Spivey. "After the past couple of weeks, I see what they mean. I really don't think anyone could come in here and have as large of an impact as you have had. You have done an amazing job, and it shows how much by the amount of respect you get from the people around you and how much they genuinely care for you.

"I may not be able to fill your shoes, but I can certainly walk in the path that you've created," he said. "I will continue where you left off. Fort Rucker has a very distinct history, and as each day passes, I look forward to adding to that history.

Lohmeyer thanked his family, friends and leaders for their support throughout his assignment on Fort Rucker and expressed his vote of confidence in Spivey, as well as a bit of advice.

"Command Sergeant Major Spivey, I envy you," said the outgoing command sergeant major. "You and Gina are about to embark on a job where you don't have to wake the workforce up in the morning and you don't have to tell them (how to do their job) - they just do it all on their own, and all you have to do is walk around and tell them thanks every now and then."

Children

Continued from Page A1

dren and pets in harm's way, that bit of negligence can prove to be a deadly mistake, according to Joy McCormick, social worker with the Fort Rucker New Parent Support Program.

"Most children who are left in a vehicle were not left intentionally," she said. "It is usually a person who is not in the routine of taking a child with them who accidently forgets about a child in the back seat."

Oftentimes children may fall asleep or not make any noise, causing a person to possibly forget the child is back there, said McCormick, adding that negligence can have deadly consequences.

Since 1990, at least 775 children have died of vehicular heat stroke with 24 deaths having occurred in 2016 alone, according to www.kidsandcars.org.

According to the website, the inside of a vehicle can heat up very quickly on a hot day, even with the windows cracked, reaching temperatures of up to 125 degrees in just minutes.

Many times children are left in cars either because a parent or caregiver may be sleep deprived or exhausted, or decided he or she was going to run into a store for "just a minute," but those minutes can be the difference between life and death for a child or pet left in a car, Mc-Cormick said.

"The inside of a car can heat up within seconds of the ignition being turned off, especially in the heat we experience in the South," she said. "A child's body overheats three to five times faster than an adult body, so it doesn't take long for the situation to be life threatening

for a child left in a vehicle. Even with the outside temperature in the 60s, the inside of the car can heat up to well over 110 degrees in a matter of minutes."

Death can occur in a matter of minutes if a child is left in a non-running vehicle, said the social worker. The child first becomes dehydrated and then possibly experience heat cramps, which is soon followed by heat exhaustion, which, when untreated, leads to heat stroke. The situation becomes critical if heat exhaustion is reached and not reversed quickly, and can lead to permanent disability such as brain damage and death.

Sometimes people can get distracted or even forgetful of the child being in the car, and McCormick suggests, to help prevent that level of distraction, to leave reminders that the child

is in the vehicle.

"It is easy to get distracted," she said. "One thing that is suggested to assist with the situation is to put something that you normally carry with you, such as a name tag, purse, or brief case, in the back seat so you have to open the back door to get it out. This will help remind you of the child in the back seat.

"Or put the diaper bag or a stuffed animal in the front seat beside you so it reminds you of the child in the back seat," said the NPSP social worker. "This is a serious situation. Not only can a child lose its life, but legal charges can be made against the person leaving the child unattended in the car."

McCormick said that it's not always a parent leaving a child in a locked car that leads to vehicular heat stroke, but increas-

ingly it's children who have found themselves entering an unlocked vehicle and not able to get out.

"The child safety locks may be in place and will not allow the door to be re-opened, or the child may not know how to get the shut door open," she said. "It is recommended that you lock your car doors when you get out of it, even in the garage or driveway, and put the keys where children cannot get to them. Never leave a child alone in or around a vehicle, even for a minute."

If a person finds a child in a car unattended and they seem to be at risk, they shouldn't hesitate to get involved, said McCormick. They should get the child out of the car as quickly as possibly and call 911 or the local emergency number to get immediate assistance.

Response

Continued from Page A1

an actual shooter on post."

People should expect some short delays at the gates and near Andrews Avenue on Wednesday, but things will be as normal as possible outside the exercise area, he said. Aside from completely shutting down the installation, the exercise will be as real-world as it gets for law enforcement and emergency personnel.

The need for exercises like the active shooter scenario stems from homegrown and foreign terrorist threats, and Worsham said no matter how unlikely a scenario may seem, it's always best to be prepared.

"Terrorists are getting smarter every day and we just want to make sure that we are up on the latest techniques for handling situations like this," he said. "It seems like we learn something new every time.

"Every time we do this, we learn more capabilities from the partners of our mutual aide agreements and what they can do to help us," Worsham said. "With us continuing to do exercises together, it makes us a lot more proficient at what we do."

He added that this is the "perfect time for people to exercise their plans in the event an incident occurs on the installation - remember to make a plan, build a kit and be informed."

For more on preparing for emergencies, visit http://www.acsim.army.mil/ readyarmy/.





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2157 CR 533: New Brockton: Home situated on approx. 5.6 acres. Pasture, Horse Barn, Pole Barn, Shop. Lots of outdoor living space. 80'x12' bock porch lines bock of home. New vinyl, double pane windows - 2015. Roof - 2007. Gorgeous new front door. Extra insulation in aflic. Two living areas. Currently rents pasture area & barn. Current owners kids go to Enterprise schools w/waiver. Minutes from Boll Weevil Circle. Buyer to satisfy self on accuracy of all information. Out buildings sold "as is". 36"doors throughout. Roll in shower. SHAWN FEVES 4275.AGB.



545 CR 147: New Brockton: Approximately 4.8 acres of rolling land. Trees line the front of property for privacy Current owners put in water & electric. Small shed on property conveys. Back of property is approx. 873 fee in length and neighbors have tence lining back of property. Property is 311 feet deep. Trees have been thinned out some. Perfect location to tuck away or home. "Privacy" is what this location is all about. You will want to walk this property. Mailbox is in front of property. SHAWN REEVES 475-6405



301 ARROWHEAD: Gateway: Absolute must see in Gateway. Main level offers a stunning study with cherry neling, formal living room with fireplace opens onto a large raised patio overlooking beautifully manicure grounds, a formal dining room, relaxing family room opening onto covered porch, wet bar and a spectacula citchen with dining area and informal sitting area with fireplace. Upstairs are three spacious bedrooms and aundry room. Fantastic master suite with fireplace and private balcony. JUDY DUNN 301-5656

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603 N JOHN: New Brockton: Have you been searching for a 4 bedroom 2 bath home? This is it! umerous updates over the past few months to include -- new flooring, kitchen with new appliances cabinets and countertops, 2" faux wood blinds, light fixtures, ceiling fans, large capacity hot wate heater, new bothroom fixtures & cabinetry, and neutral paint colors throughout the home. Great covered front porch and covered back deck overlooking shady back yard for relaxing. Make an appointment today to view this ready to move in home. JUDY DUNN 301-5656



105 PINEVIEW: Ozark: Wonderful home on cul-de-sac. Large, fenced, oversized tree shaded lot waiting for that pool or garden. Lot is just over a 1/2 acre. Has a Formal living room and den, plus eat-in kitchen. Perfect for family or retirees. Convenient to Fort Rucker, and Dothan. PAT LEGGETT 406-7653

AUGUST 4, 2016



Paratroopers assigned to the 82nd Airborne Division Artillery brace each other from the propeller blast in preparation to hook up a cargo net to the under belly of a CH-47 Chinook from the 82nd Combat Aviation Brigade during a two-gun-raid air assault as part of a Division Artillery Readiness Test at Fort Bragg, N.C., July 19.

SPREADING THE WORD

12th CAB on display at Farnborough Air Show

By Capt. Jaymon Bell

12th Combat Aviation Brigade Public Affairs

FARNBOROUGH, England — Soldiers from the 1st Armored Division provided one UH-60M Black Hawk helicopter for the Farnborough Air and Trade show July 11-17 at TAG Farnborough

Events like the air show at Farnborough provide an excellent opportunity for Soldiers to explain how the 12th Combat Aviation Brigade and the Regionally Allocated Aviation forces operate throughout Europe with America's NATO allies and partner nations.

The 3rd Battalion, 501st Aviation Regiment, 1st Armored Division Combat Aviation Brigade is the current Regionally Allocated Aviation force deployed to Europe in support of the 12th CAB.

Static helicopter displays demonstrate USAREUR's ability to project rotary wing com-

bat power around Europe in an expedient manner. They also serve as a guarantee of the Article 5 obligation to support the Collective Defense of the alliance.

The first five days consisted of a trade show where members of the media and the aviation industry took an up close look at the new UH-60M Black Hawk.

This event then transitioned into a public show where 1st AD Soldiers interacted with the public by explaining how the helicopters, pilots and crew chiefs conduct operations.

"It's nice to see young kids taking an interest in our Black Hawk," said Pvt. Kris Paranteau, a Black Hawk repairer from C Company, 3rd Bn., 501st Avn. Regt., 1st AD CAB. "They were shocked that they actually got to sit in the pilot's

The display also included two Air Force F-16 Fighting Falcon's, a Navy F-18 Super Hornet and a C-27J from the Coast Guard.



Sgt. Jason Hook, a Black Hawk repairer from C Co., 3rd Bn., 501st Avn. Regt., 1st AD CAB, explains the UH-60M Black Hawk digitized cockpit to children from the British Air Scouts July 15 during the Farnborough Air and Trade TAG Farnborough Airport, England.

Army engineers receive dose of flight-line reality

By Carlotta Maneice

U.S. Army Aviation and Missile Research, Development and Engineering Center Public Affairs

TUPELO, Miss. — Two U.S. Army Aviation and Missile Research, Development and Engineering Center civilian engineers traveled to Tupelo recently to gain Aviation flight-line experience.

The two-week on-the-job training program allowed Aviation Engineering Directorate employees the opportunity to observe and participate in handson maintenance for the AH-64D Apache.

Systems engineer Ashley Erickson and aerospace engineer Gabe Coby completed the Engineer on the Flight Line training program at the Army Aviation Support Facility July 1.

The training program allows engineers to obtain a better understanding of the helicopter system and experience the inspections and services provided to the aircraft on a daily basis, Erickson said.

"I sit behind a desk and write documentation that directly affects Soldiers. I was able to witness firsthand how what I write impacts the maintainers," Erickson said. "It was a great opportunity to follow the maintainers around and help them with everything from daily inspections to unique tear downs."

Participants in the training program actively turn wrenches and perform inspections. The engineers are given a unique perspective on how their

SEE ENGINEERS, PAGE B4



Sgt. Casey Hopkins and Gabe Cody replace the utility hydraulic manifold filter and impending bypass button.

Soldiers, Airmen load HH-60Ms onto C-5s bound for Afghanistan

By Season Osterfeld Fort Riley Public Affairs

SALINA, Kan. — Soldiers of the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division at Fort Riley worked together with Airmen of the 9th Airlift Wing out of McGuire Air Force Base, New Jersey, to load HH-60M Black Hawk MedEvac helicopters onto an Air Force C-5 Galaxy July 13 at Salina Regional Airport.

Nine HH-60Ms from the 2nd General Support Aviation Battalion, 1st Aviation Regiment, 1st CAB were transported from Salina to Afghanistan using two C-5s and one C-17 Globemaster III in several phases. The

SEE RIDE, PAGE B4



A Soldier from the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, 1st Infantry Division, sits on top of a HH-60M Black Hawk as it is loaded into an Air Force C-5 Galaxy for transportation to Afghanistan July 13 at Salina Regional Airport, Kansas.

Cavalry scouts incorporate Ravens



PHOTO BY CPL. DANIELLE RODRIGUES

Spc. Steven Vawter, cavalry scout, Headquarters and Headquarters Troop, 1st Squadron, 7th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, launches a Raven UAS to conduct reconnaissance during gunnery tables for the regiment at the Rodriguez Live Fire Complex, near Pochang, South Korea.

By Staff Sgt. Matthew J. Bryant 1st Squadron, 7th Cavalry Regiment, 1st Armored Brigade Combat Team

FORT CAMPBELL, Ky. — For nearly 30 years, Chinook pilots at Fort Campbell have honed their skills at the Flight Simulations Branch on 58th Street, using the CH-47D flight simulator, Model 2B31.

Many have logged hours on the large, motion-based machine, refining capabilities, such as flying qualities, flight paths and radio communication. The machine is wellmaintained and fully-operational.

However, as the Army moves along the path of technological advances, mobility and cost effectiveness have become bigger parts of the equation in simulation-based training, said Steve Zuercher, chief of the training support

The CH-47D simulator, one of only three still remaining Armywide, was officially retired at the end of December. To commemorate the occasion, instructors, maintenance crews and aviators, past and present, gathered Dec. 16 for a

SEE RAVENS, PAGE B4

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Ride

Continued from Page B1

C-5s are capable of transporting four helicopters at a time.

Staff Sgt. Aaron Westscott, 601st ASB, said the HH-60Ms were flown out to Salina from Fort Riley where the Soldiers prepared them for transportation by securing parts and folding in the blades prior to loading them onto the aircraft. The preparation at Salina varied some from the Soldiers' previous training, but still went according to plan.

"It's a little different because we didn't do it at the location where the aircraft initially were, but the movement is going really smoothly in my opinion," Westscott said.

To prepare, Soldiers began training months ago and perform-

ing a number of different exercises to avoid mishaps, Lt. Col. Aaron McPeake, 601st ASB commander, said.

"We've done a couple training exercises over the past couple months to prepared for this," Mc-Peake said. "It's a very tough mission. It's a lot of precision, making sure you get all the parts and pieces into the proper position."

Through continued training, the Soldiers have also decreased the time required and perfected their technique in preparing and loading the aircraft for transport, McPeake said.

"The first one took about an hour and a half," McPeake said. "Now they are done anywhere between 40 and 50 minutes. It's like a NASCAR pit crew -- they keep getting faster and faster."

Once the helicopters were prepared, Soldiers and Airmen worked together to load them onto the C-5 using a tether, pulley system and manual labor to carefully guide each aircraft into place. Two Soldiers were perched on top of the helicopter to mind the blades as they were moving through the plane.

Capt. Andrew Petefish, 601st ASB, said the teamwork between the Soldiers and Airmen – not just while loading the aircraft, but at all times – is vital to the success of the mission.

"We need them to deploy," Petefish said. "We're a joint environment right now, so anytime we can build relations with our partners (it) is a good idea."

McPeake echoed Petefish's opinion, and added the load out

provided valuable experience for future operations for the Soldiers and Airmen involved.

"We're all one team – we have to work together," McPeake said. "We all wear the uniform. And it's a good opportunity for us to get some loading experience and we'll probably continue to do this over the next year."

While a majority of the preparation work was done at Fort Riley, the aircraft needed to be loaded at Salina due to the larger runway available there, McPeake said.

Fort Riley makes use of many of the neighboring airports in Kansas, Scot Bird, Fort Riley installation transportation officer, said. Salina and Topeka are able to accommodate larger body aircraft and Manhattan can handle smaller body aircraft, putting Fort

Riley in an advantageous position for operations.

"We can go any way we need to go for deployments," Bird said.

Bird said the use of Topeka, Manhattan and Salina airports comes from an initiative by the Kansas Governor's Military Council to provide support to military installations across Kansas

McPeake said he appreciated the support of the Salina Regional Airport and emphasized the value of continued relations between Fort Riley and the neighboring airports.

"The Salina airport has been nothing but accommodating," McPeake said. "For us to be able to occupy a hangar, use this office, use the facilities – it's been absolutely fantastic."

Engineers

Continued from Page B1

decisions affect the personnel on the flight-line and in the maintenance hangar.

"When field issues come up, we as engineers are trying to solve those problems for the Soldiers, but we don't have the hands-on understanding of what it takes to complete a task," Cody said.

Cody said they can look at a part or a drawing and give recommendations on a solution, but without hands-

on experience, they won't have a complete grasp of the problem or the time it requires to complete the inspection or task.

Direct involvement with inspections and maintenance actions provide the engineers with an opportunity to make better decisions when analyzing maintenance data and providing feedback to the Apache Project Office.

"Working hand in hand with the National Guard has been an eye-opening experience for me," Erickson said. "We had great communication and we received recommendations on how we can improve our documenta-

Cody concurred with Erickson and said, "It's amazing how something on paper can be a major burden to the Soldier if you don't have an understanding of all the extra labor that goes into a task. I learned even if the document says, 'change the oil filter,' that simple task may not be so simple to complete."

AED leaders hope to continue the program as funding allows.

Ravens

Continued from Page B1

small ceremony to bid farewell to the machine.

"It's been here almost 30 years and it's trained a lot of people," Zuercher said. "When this is gone, there will be only two left. And they'll all be gone by (the end of this year)."

Zuercher said that Fort Campbell already has the simulator that will take its place – a mobile unit that was moved to Joint Base Lewis-McChord, Washington, but will make its way back to the installation this month.

Mobility, according to Zuercher, is the name of the game in today's simulation program.

"This one here is a permanently-installed simulator – you can't move it," he said. "You would have to dismantle the entire thing to move it. The other simulators they have now are mobile and they can be kept outside. There's a big difference."

Marking the importance of the Chinook helicopter and the subsequent training afforded by the flight simulator, training instructor Matt Page shared a bit of history with the gathering at the Flight Simulations Branch. Most notably, he cited the evolution of the Chinook from 1962 to 1979, with models ranging from A to D. The D model became the Army standard in 1979, and stayed the standard until the first F model was issued in 2007 - an impressive feat in the constantly evolving world of military machinery.

"Anybody that knows the future of Army helicopters knows that the future vertical lift program is set to start removing all of the helicopters we're familiar with in the year 2030," Page said. "It's estimated that the Chinook will probably stay in service and could actually make 100 years of service to the United States Army with the way it's going now."

As flight technology evolved, so did the technology with which to train the Aviators. It began in 1968, when the Army determined that it was technologically feasible to build a Synthetic Flight Training System. With this technology, new pilots could practice difficult maneuvers safely and effectively.

"In 1972, the UH-1 sim-

ulators were put in here at Fort Campbell," Page said.

Following the success of flight simulation training, plans were drawn up for the Flight Simulations Branch building in 1979, assisted by Richard Houde, who would become the first branch chief. In 1982, the first simulator was installed with a CH-47 C cockpit, which paid for itself in saved Army spending within two years' time. In 1987, the C Model was retired after 11,434 hours of flight time and the simulator was converted to a CH-47 D.

"The total compilation of the flight hours of the cockpit, with the C and D model time together, is 55,234 hours," Page said. "It would take six aircraft to actually make that number because they only fly about 10,000 miles on each airframe. Everybody that's here has a little part in that."

Houde, who played a big part in the upstart of the Flight Simulations Branch, commemorated his visit by heading into the simulator with Page for a final virtual flight over the installation. Although he has been retired for 20 years, his 28 years of flying experience proved to be like second nature as he manned the controls.

"I'm getting old," Houde said with a laugh. "Everything I can fly is either in the boneyard or at the museum. I've been retired for 20 years, so I'm definitely out of that picture now. But I'm glad they invited me."

Houde acknowledged that times are changing, but that the evolution of simulation training is a positive step for the Army of today and tomorrow.

"They're modernizing, and going to different devices that are less expensive to build and to run," he said. "But you can practice things that you cannot practice in the aircraft because it's too dangerous. There's a tremendous amount of benefits and you have a better-trained pilot when you're done."

"Aviation has owned much of the simulation training history in the Army," Zuercher explained. "But things are changing. Now we're going to see these buildings used for dif-

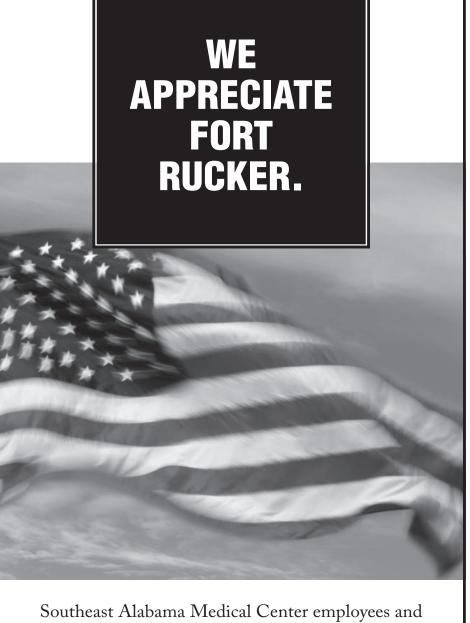
ferent things – engagement skills trainers and a universal mission simulator."

As the Army changes the technology to become mobile and, most importantly, interoperable, Zuercher said that it is important to remember the origins of the lifesaving and cost-effective training provided by simulators.

"I hope everybody can appreciate what this simulator had meant to the Army and where simulation training is going, and how things are evolving month-by-month," he said.







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TASTEMAKERS
Army seeks NCOs for out-of-the-ordinary assignments

Story on Page C3

AUGUST 4, 2016

POLEMON GOV

Playing safely, responsibly key to avoiding trouble on post

By Nathan PfauArmy Flier Staff Writer

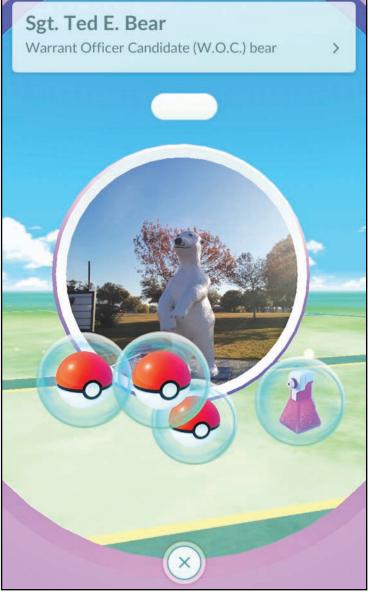
With "Pokémon Go!" sweeping the nation and causing people to rush to "catch 'em all," missing out on capturing a rare Pokémon may be the least of some of players' worries – some may end up caught themselves for security or distracted driving violations.

Installation officials and law enforcement have seen in influx in calls due to suspicious persons and activity around post, only to respond and find that it's an individual on the hunt for their favorite Pokémon, which can be a huge waste of time and resources for law enforcement, according to Marcel Dumais, Fort Rucker chief of police.

"We've observed on post that Soldiers and family members are out in areas and facilities that are closed during hours of darkness, and they're out in the roadways and parking lots trying to catch these Pokémon," he said. "That, in and of itself, poses some serious problems, not in just that they can be struck by a vehicle, but passersby who see them out there could mistake them for a suspicious person or suspicious activity, then they call us and we respond to the call and when we get there we find that it's someone playing the game."

Pokémon Go! is an interactive, location-based, augmented-reality game that people play on their smartphones that require them to venture to different locations in their area in order to capture different Pokémon characters. There are hundreds of characters to be captured, so in order to "catch 'em all," as the game's catchphrase goes, people must venture all over.

But some may find themselves



SCREENSHOT BY NATHAN PFAU

in areas they shouldn't be in.

Dumais said so far there have been upwards of 15 people that law enforcement have encountered in areas where facilities are closed.

In addition to capturing the different Pokémon, there are also "gyms" that people can visit where they can battle their Pokémon with other people, as well as "Poké Stops" that people can visit to get in-game items, all of which could have players venturing into locations at the wrong time.

"When we receive these calls it puts us on a high state of alert," said Dumais, adding that it's not just a problem on Fort Rucker, but across all installations.

In addition to people being in places they shouldn't be, Dumais said there is also an issue with people playing the game while driving, which can pose serious risks to themselves, other drivers and pedestrians.

Fort Rucker is a hands-free installation, meaning that people are not allowed to utilize their phones unless they are able to through a Bluetooth connection or other hands-free method, said the police chief.

"When people are playing the game, they have to employ the smartphone when they're trying to capture these characters," said Dumais. "You have to hold your phone in such a manner that you're attempting to capture this character, so there really is no way for you to operate your vehicle (and play the game) because you have to be able to manipulate your phone in order to play the game."

People caught using their phones while driving will be hit with a \$60 fine, or worse, they could end up injuring themselves or someone else due to distracted driving, said the police chief. Additionally, people playing the game while on foot should also pay attention to where they are walking.

Another issue that Pokémon Go! poses for people playing on the installation is that since they must interact with the phone and their environment, oftentimes it can look like they are taking photos with their phone, which in many areas is prohibited, said Dumais.

"We have restricted areas where people aren't supposed to be taking photos around the installation, and that becomes and issue for force protection," he said. "Whether they are taking a picture or not, it appears as though they are (when playing the game). When we see that, we're going to stop and encounter the person and let them know that they can't be taking photos around those areas, and the potential exists that if I'm not able to delete the photos off of their phone then I'll have to seize

their phone until those photos are deleted."

In addition to the risks of being stopped by law enforcement, some players could possibly find themselves stopped by some other unsavory characters.

Dumais said there can be criminals who are using the game to target unsuspecting players, and there have been instances where people have been robbed while visiting different gyms or Poké Stops. Since these locations require people to visit them in the actual physical world, it's easy for people to be targeted when visiting these locations during afterhours or alone.

"There are some bad people out there also playing these games who know where these gyms and things are, and when most people go there for the express purpose of playing the game they're probably not focusing on their surroundings," said the police chief. "There have been cases we've heard about where people have been robbed in those areas because not everyone out there playing the game might be friendly towards you.

"We caution people to be very careful when they're playing the game and remain focused on their surroundings," he said. "Don't go to places that aren't well lit and don't go alone. People's own selfpreservation is important when playing the game."

People should be having fun when playing the game, but they should also be playing the game safely, said Dumais.

"Commanders and directors should discuss the issue with their Soldiers, civilian employees and family members, and ask them to make sure that if they're playing the game to do so safely and responsibly, especially if they're on Fort Rucker," he said.

GIVING BACK

DFMWR, commissary partner to belp 'Feds Feed Families'

By Jeremy Henderson

Army Flier Staff Writer

Federal employees donated more than 17 million pounds of food to feed families in need last year – a more than 3-million-pound increase over the previous year – and the Fort Rucker Directorate of Family, Morale, Welfare and Recreation hopes to help make this year's effort even more successful

Once again, the commissary will provide donation drop-off locations where potential contributors purchase their own food.

Additional donation drop-off locations include the Fort Rucker Physical Fitness Center on Andrews Avenue, Fortenberry-Colton PFC on Skychief Street and the Soldier Service Center, Bldg. 5700.

"It's a one-stop shop," said Aida Stallings, DFMWR community recreation division business manager. "Patrons can buy groceries for their home and donate to a home that is in need at the same time."

Food items needed for the campaign include:

- Canned vegetables low sodium, no salt:
- Canned fruits in light syrup or its own juices;
- Canned proteins tuna, salmon,
- chicken, peanut butter and beans;
 Soups beef stew, chili, chicken
- noodle, turkey or rice;
 Condiments tomato-based sauces, light soy sauce, ketchup, mustard, sal-
- ad dressing or oils;
 Snacks individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich
- crackers;Multigrain cereal;

- 100-percent juice all sizes, including juice boxes; and
- Grains brown and white rice, oatmeal, bulgur, quinoa, couscous, pasta, and macaroni and cheese.

The campaign runs through Aug. 31, according to Stallings.

"The purpose is to provide assistance all year long," she said. "This specific drive is only during the summer months. It is the norm for communities to donate during the holiday seasons, but sometimes we forget that the need is year round. This drive helps to keep those food lockers supplied during the summer months."

Patrons may also purchase pre-filled bags at the commissary for \$5 and \$10. Each bag purchased directly benefits local families in need.

According to Stallings, all donations are delivered to local food banks and will benefit families throughout the Wiregrass.

"We contact Wiregrass United Way when we have a load for them," she said. "They will come to Fort Rucker and pick up as many times as needed. The food is taken to the food lockers and distributed as needed."

Since the campaign began in 2009, federal workers have donated and collected nearly 57.2 million pounds of food and other non-perishable items to support families across America, according to a Feds Feed Families press release. More than 85 percent of federal workers live and work outside the Washington, D.C., area, so communities are being helped in every state. In 2013, employees collected nearly 9 million pounds of food and more than 14 million in 2014.

For more information, call 255-9631 or visit http://www.usda.gov/fedsfeedfamilies.



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

International Spouses Get Together

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

For more information, call 255-3735.

Feds Feed Families

The Feds Feed Families campaign is under way at Fort Rucker. The campaign is designed to help food banks and pantries stay stocked during summer months. Employees can participate now through Aug. 31 by bringing non-perishable food items to designated collection boxes at the Bldg. 5700 lobby, the physical fitness centers and the commissary. Pre-filled Feds Feed Families bags are also available at the commissary for \$5 and \$10.

For more information, call 255-9810 or visit rucker.armymwr.com.

River float tube trip

MWR Central will offer a river float tube trip to Milton, Florida, at Adventures Unlimited Aug. 20. The trip will include four hours of tubing along Coldwater Creek, past secluded sugar white sandbars and through Blackwater River State Forest. Cost is \$35 per person for regular tubes and \$40 per person for deluxe tubes. Trip includes transportation and a tube to ride the river. Registration deadline is Friday.

People can sign up at MWR Central. For more information, call 255-2997 or 255-9517.

Back to School Craft

The Center Library will host a back-toschool craft session Tuesday from 3:30-4:30 p.m. for children ages 3-11. The event is open to authorized patrons and limited to the first 65 children to register. Light refreshments will be served.

For more information or to register, stop by the library or call 255-3885.

Thrift Savings Plan 101

Army Community Service will host its Thrift Savings Plan 101 class Wednesday from 9-10 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 282. Topics will include: why invest with the Thrift Savings Plan, how to start a contribution, discussion of risk tolerance, traditional or Roth Newcomers welcome account, discussion of the five core funds and lifecycle funds, and diversification. Pre-registration is required by Tuesday. Free childcare is available with registra-

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

Family resilience training

Army Community Service will host family member resilience training Aug. 11 from 9-11:30 a.m. at The Commons. The course is designed to give Army family members the tools they need to become more resilient in all the challenges that life may throw at them.

For more information, call 255-3161 or 255-3735.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB's app. http://www.ftruckermwr.com/acs/ army-family-team-building/ to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Baby sign language class

The new parent support program and the Alabama Institute for the Deaf and Blind will host a baby sign language class Aug. 16 from 9-11 a.m. at the Munson Heights Community Center. The free class teaches expectant parents and those with young children how to communicate with their child and avoid frustrations associated with language development. Registration deadline is Wednesday.

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700,



Youth center open house, ice box party

Pictured is a scene from last year's youth center open house. The Fort Rucker Youth Center will host an open house and ice box party Aug. 12 from 5-7 p.m. The event will feature frozen yogurt, popsicles, ice cream, sundaes, smoothies and root beer floats, along with activities designed to show what the facility offers. Youth art projects will also be on display. For more information, call 255-2260.

Feds Feed Families

Feds Feed Families Food Drive campaign is underway at Fort Rucker.

The campaign is designed to help food

banks and pantries staystocked during

Bring non-perishable food items

Pre-filled Feds Feed Families

bags are also available at the

Pick up one of the designated

bags and pay at the register to

commissary for \$5 and \$10.

help local families in need.

to the designated collection boxes.

summer months.

in the Army Community Service multipurpose room, with the next session Aug. 18. 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.

Purple Extravaganza Skate Night

The Fort Rucker School Age Center will host its Purple Extravaganza Skate Night Aug. 19. The event will feature giveaways to see who can wear the most purple. Safety skate will take place 6:15-7:15 p.m. for \$2 – parents must accompany children at all times. Regular skate is 7:30-9:30 p.m. and costs \$5. Attendees must be registered members of child, youth and school services, and are asked to bring exact change.

For more information, call 255-9108.

Army Community Service will host a newcomers welcome Aug. 19 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

Parenting workshop

Army Community Service's Exceptional Family Member Program will host a Specialized Training of Military Parents Workshop Aug. 25-26 from 9 a.m. to 3:30 pm at The Commons. The two-day workshop will guide families with special needs children through complex systems that exist in the military, and educational programs within their community. This is an opportunity for parents to network with peers and professionals to gain knowledge about the local community and available sources.

For information on child care and to register, call 255-9277 or 255-3643, or register online at http://stompfortrucker.eventbrite. com.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

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

Right Arm Night

The Landing Zone will host Right Arm Night Aug. 25 from 4-6 p.m., hosted by the U.S. Army Warrant Officer Career College. Right Arm Night is an Army tradi-

tion, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 255-0768.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Aug. 26 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive informagovernment travel cards and more.

For more information or to register, call 255-3161 or 255-3735.

Collection Boxes

are located at the

Commissary, Physical

Fitness Centers

and Bldg. 5700.

Illusionist show

For more information on the program, call Fort Rucker

Family & MWR, (334)255-9810 or visit rucker.armymwr.com

The Landing will host an illusionist show Aug. 26 from 7-9 p.m. Tickets are \$12 in advance and \$16 at the door. Advance tickets are available for purchase at The Landing, Coffee Zones or MWR Central. VIP tables cost \$150 (10 tickets). The familyfriendly event is open to ages 12 and older - youth ages 12-17 must be accompanied by an adult.

For more information, call 255-9810.

tion on benefits, entitlements, advance pay,

RUCKER MOVIE SCHEDULE FOR AUGUST 4-7

Thursday, August 4

Friday, August 5

The Conjuring 2 (*R*) 7 *p.m.*

Saturday, August 6

 Sunday, August 7

Finding Dory (*G*) 1 p.m. **Now You See Me 2** (*PG-13*)4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN. 12 AND UNDER, MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME, SCHEDULE SUBJECT TO CHANGE, FOR MORE INFORMATION, CALL 255-2408.

Army seeks NCOs for out-of-the-ordinary enlisted aide assignments

By David Ruderman

U.S. Army Human Resources Command Public Affairs

FORT KNOX, Kentucky — Upand-coming NCOs interested in a rare career-broadening assignment have until Sept. 8 to submit application packets for the Enlisted Aide Program.

The program is open to all active-component enlisted Soldiers in the ranks of sergeant (promotable) through master sergeant, regardless of military occupational specialty, said Master Sgt. Christian Price, U.S. Army Human Resources Command enlisted aide professional development NCO.

Enlisted aides serve on the personal staff of a general officer and undertake a wide array of day-today tasks that free the officer to concentrate on his or her primary military and official duties. In practical terms, that can include maintaining quarters, uniforms and military personal equipment; serving as the quarters point of contact; conducting official social functions; and preparing daily meals.

A selection panel will convene Sept. 13 to review applications and select the best qualified Soldiers. Publication of the selectee list is planned for early November, Price said.

The call for applications is explained in a Military Personnel Message issued June 30 by HRC's Force Sustainment Division, which can be accessed on the web at www.hrc.army.mil (CAC or DSLogon access required). Detailed eligibility requirements, helpful program information and a completed model packet can be viewed on the general officer EAP web page at http://go.usa.gov/ xcFhh.

Prospective applicants should pay particular attention to the relevant eligibility criteria and take advantage of the personal statement section to expand on their talents and strengths, said Price.

"I would recommend that the Soldier definitely take advantage of the personal statement, captivate the panel to say, 'This is not just what I am going to do, but this is what I can provide to the team.' is managed by the Department of And the writing is also very impor-



Sgt. Sarah Deckert, enlisted aide to the surgeon general of the Army and commanding general, U.S. Army Medical Command, melts chocolate cake icing with a torch during a military culinary arts competition at Fort Lee, Va., in March 2014.

tant because, as we all are aware with the new NCOER, NCOs have to focus more on writing skills. It's a skill that the panel can take a look at and say, 'This NCO has what it takes," he said.

Selected Soldiers who have not attended the Enlisted Aide Training Course or the Advanced Culinary Skills Training Course at Fort Lee, Virginia, will be scheduled for training. Selected candidates outside the primary MOS of 92G will also attend the Basic Culinary Course, said Price.

"What will happen is, when the service member gets selected by the panel, we are going to get them into the training as soon as possible. We will give them training before they are selected by a general officer. That's the intent," he said.

Once required training is complete, the selected NCOs will be added to the enlisted aide personnel management ready pool, which the Army Staff.

"They oversee the program," said Price.

Those selected for assignment to a general officer will be assigned by Quartermaster Branch to fill an Additional Skill Identifier, ASI Z5, Enlisted Aide, position. Incidentally, the 92-G MOS, formerly known as food specialist, has been officially re-titled as culinary specialist since Oct. 1 of last year, Price said.

Assigned enlisted aides incur a two-year service obligation, which can be extended an additional year based on the needs of the Army. Assignments may be at the one-star through four-star level at commands across the tactical, operational and strategic spectrum of the force.

Those who successfully complete their EA tour will return to their original branch for an operational Army assignment. That is designed to ensure their leadership and MOS proficiency skill sets are It's genius," Price said. maintained, an additional benefit

to the Army of the broadening experience, Price said.

The EAP includes NCOs from the Army's sister services too, giving Soldiers a joint training experience that empowers them to exercise and integrate their strategic, tactical and operational capabilities. It can prepare the select few - there are a total of 81 Department of Defense authorized billets across the Army – for enhanced leadership roles going forward, he said.

"That's very selective. When looking at the Total Soldier concept, I think that if you place a Soldier in the EA community, it's going to make that NCO a lot smarter. You are training the Soldier to be a 'three-headed' type of a leader: strategically sound, tactically smart and, most importantly, operationally ready to tackle anything.

"Coming out of the program you will be able to function in so many different organizations, you are going to be an automatic asset.

Soldiers who complete their 613-5181.

the program after their follow-on operational tour by submitting another application packet and being selected for the candidate pool. Candidates who were not selected by previous panels may re-submit their packets for review. Soldiers who have a service remaining requirement for a bonus do not qualify to apply for EAP, with the exception of 92-Gs, who are exempt from that rule, he said. Price said there is one other ma-

EA assignments may return to

jor caveat: only NCOs who apply will be considered. So Soldiers who are interested should do their research and preparation now to meet the Sept. 8 application deadline. He encouraged interested NCOs to contact him directly with questions or concerns.

"Just from my own professional experience, I think it's more relatable if the Soldier can talk to someone who has been in the job. They are more receptive to listening to how they can be successful," he

For more information, call 502-

NOW HIRING ARMY ENLISTED AIDES ALL SOLDIERS – ALL MOSs ASSISTING OUR NATION'S GENERAL AND FLAG OFFICERS. SPECIALIZED TRAINING AND VARIOUS DUTY LOCATIONS HTTPS://WWW.QUARTERMASTER.ARMY.MIL or E-MAIL: USARMY.LEE.TRADOC.MBX.QM-SENIOR-ENLISTED-AIDE-ADVISOR@MAIL.MIL

Program aids military members, civilian employees with disabilities

DOD GRAPHIC

cable."

Department of Defense News

Staff Report

WASHINGTON — July 26 marked the 26th anniversary of the Americans with Disabilities Act – the landmark civil rights legislation that has removed barriers for millions of Americans and serves as a gold standard around the world.

On the anniversary, the Computer/ Electronic Accommodations Program, an initiative through which the Defense Department offers free assistive technol-

ogy devices to support military personnel and federal employees with disabilities, provided its 13,000th device of the current fiscal year. The previous record of 12,777 was reached in 2014.

"We simply couldn't have planned a more fitting way to celebrate this recordbreaking milestone and the ADA anniversary," said Stephen M. King, CAP director. "As a resource for reasonable accommodations and assistive technology, we are passionate about ensuring that military and civilian personnel have

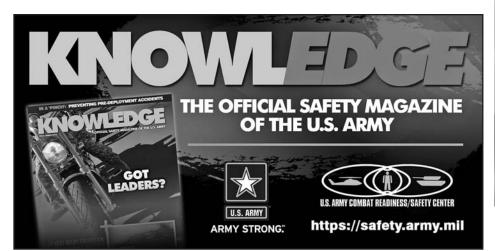
the tools they need to maximize their have been able meet the challenge, just job performance. The timing is impec-

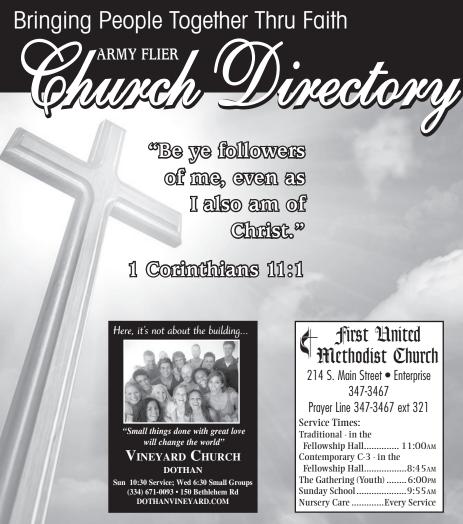
The growing need for CAP services, he said, coincides with increased hiring of individuals with disabilities within the DOD and throughout the federal government.

"My staff and resources are being pushed to the limit," King said. "Thanks to the support of DOD's leadership, we as our customers prove they can in service to our nation every single day."

Established in 1990, CAP is the largest centrally-funded reasonable accommodation program in the federal government and the largest assistive technology program in the world. To date, more than 165,000 assistive technology solutions have been provided to more than 67,000 CAP customers.







Call 347-9533 to advertise your church on this page.

Patrons invited to 'walk to the stars'

Army Flier Staff Reports

A.H. Stephens State Park in Crawfordville, Georgia, will host its Walk to the Stars Aug. 13 – a sensory hike, where participants will use all of their

Buncombe, where participants will see and learn about star constellations and view the 706-456-2602.

senses to help make the night Perseid meteor shower. The come alive, according to a hike, which will run from 8:30-Georgia State Parks press re- 11 p.m., will start at the parking lot at Shelter 3 - also known The hike will end at Lake as the barbecue pit. Cost is \$4, plus \$5 for parking.

For more information, call



REGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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.

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

AUG. 5 — Sam Prim, 13, better known as "The Great Primerini," will host a close-up magic show 5-8 p.m. at the Old Mill Restaurant in Dothan. Sam will perform to earn tips as donations to benefit the Wiregrass Area United Way Food Bank. The Old Mill will give away door prizes of dinners for two during the magic show. Restaurant guests can help by bringing non-perishable food items or making monetary donations to the Wiregrass Area United Way Food Bank. Cans, boxes, cash, checks, and credit/ debit cards will be accepted. For more information, call 334-794-9775.

AUG. 11-12 — A two-day World Class Leadership Training Simulcast led by leading influencers, including John Maxwell (leadership expert), Patrick Lencioni (The Table Group), Horst Schulze (Capella Hotel Group), Erin Meyer (Professor at INSEAD), Bishop T.D. Jakes (senior pastor, The Potter's House), Melinda Gates (Bill and Melinda Gates Foundation) and more. Dothan Community Church, 4390 Westgate Parkway, will hosting the live simulcast that is being broadcast from Willow Creek Community Church outside of Chicago from 8:30 a.m. to 4:30 p.m. The cost is \$89 for active military or Reserve. For more information and to register, visit www. dccgls16.com or call 334-794-9464.

ENTERPRISE

AUG. 22 — The Enterprise Women's Day Class of Community Bible Study at First Baptist Church will start meeting Mondays from 10 a.m. to noon. A children's ministry will be provided for children from babies through eighth grade. Homeschool credit will be available. The Bible study is an interdenominational study. The group will host preregistration at Boldly Going Coffee Shop, 1208 Rucker Boulevard, Aug. 4 from 8-10 a.m. For more information and to preregister, call 334-494-2039 or visit enterprise.cbsclass.org.

ONGOING — Beginning classes in the Taoist Tai Chi SocietyTM Internal Arts and Methods are currently held at the Enterprise YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered on Thursdays at 1 p.m. and Saturdays at 10 a.m. At the Episcopal Church, classes are offered Mondays at 8:30 a.m. and Thursdays at 5 p.m. An ongoing health and recovery class is also held at the church on Mondays at 10:15 a.m. People can join a class at any time. For more information, call 334-588-0512 or 334-347-4663. For more information about Taoist Tai Chi, visit http://www. taoist.org/usa/locations/montgomery/

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler

St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

AUG. 6 — The Ozark/Dale County Public Library will host a book sale from 9 a.m. to noon. The selection will include used and like-new paperback and hard back fiction and non-fiction. The sale will be a buy-one, getone free clearance.

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.

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.

WIREGRASS AREA

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

AUG. 28 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host its annual Men Day at 2:30 p.m., featuring guest speaker Dr. Walter Simms from Sweet Bethel Baptist Church in Kinsey. All churches are invited to attend.

Beyond Briefs

Civil rights walking tour

People are invited to explore Montgomery's history by walking from different historical sites to learn about profound moments from slavery, the Civil War and the Civil Rights Movement, according organizers. The tour highlights pioneers and unsung heroes who contributed to a new era. Walking tours are held Saturdays and Sundays at 1:30 and 2:30 p.m. Tours start from The Village Gallery, 107 S. Court Street. Cost is \$10 for adults, \$5 for children 12 and younger, and children 4 and younger are admitted for free.

To book a tour, call 334-595-9243. For more information, visit

www.facebook.com/Civil-Rights-Montgomery-996880590368424/?fref=ts.

Elvis tribute

Scot Bruce will bring his high-octane portrayal of Elvis Presley to Montgomery's Alabama Shakespeare Festival August 13 at 7:30 p.m., according to festival officials. Ticket prices range from \$35-\$60.

For more information, call 334-271-5353 or visit tickets.asf.net/single/EventDetail. aspx?p=11165.

Lighthouse Full Moon Climb

The Cape St. George Lighthouse on St. George Island, Florida, will host a Full Moon Climb Aug. 18 from 8-9:30 p.m. Visitors are welcome to climb to the top of the lighthouse for a view of the sunset and the full moon. Light refreshments will be

Admission will be charged: \$5 for adult and \$3 for children - ages 6 and vounger will be admitted for free. To make reservations, call 850-927-7745. For more on the lighthouse, visit www.stgeorgelight.org/.

Buckmasters Expo

The Montgomery Convention Center will host the Buckmasters Expo Aug. 19-21, featuring more than 300 exhibitors and vendors; experts from top manufacturers; the nation's best archers competing in the Top Bow World championship; the Young Bucks area for games and hunting-related activities for children and more, according to organizers. Admittance to the expo is free with a donation of a canned good per person. The expo is open from 3-9 p.m. Aug. 19, 9 a.m. to 7 p.m. Aug. 20 and 10 a.m. to 5 p.m. Aug. 21.

For more information, call 334-215-3337 or visit www.buckmasters.com/resources/ expo.aspx.

Bark Camp I

F.D. Roosevelt State Park in Pine Mountain, Georgia, will host Bark Camp I Aug. 20 from 10 a.m. to 3 p.m. Humans are welcome to bring their dogs to the park for a day of splashing in the lake, playing games, discovering sights and sounds on the trail, learning about obedience training, and getting nutrition and grooming tips, according to park officials. Cost is \$20 per dog and \$5 for parking. People must pre-register and pre-pay, and are encouraged to bring a picnic lunch, drinks, towels, folding chairs and written proof of current shots for the dogs. Humans are also asked to bring pet food for the local pet pantry. People will meet at the small group camp near the stables. For more information, call 706-663-4858.

Beginning stand-up paddleboarding

High Falls State Park in Jackson, Georgia, will offer a stand-up paddleboarding

for beginners class Aug. 20 from 10-11 a.m. The class is designed to help people develop fundamental skills, such as balance, effective paddling, steering and recovery techniques. The class is open to adults, and children 12 and older who are accompanied by an adult. All participants must be able to swim. Cost is \$15 plus \$5 for parking and advance registration is required.

For more information, call 478-993-

Paddling Trip

The Apalachicola Riverkeepers will hold its monthly paddling trip Aug. 27 in and around the Apalachicola River and Bay, Florida. The trips are free to members and \$30 for non-members. In addition to the monthly paddling trips, the Apalachicola Riverkeepers also host longer paddling excursions of more than 10 miles, which are best suited for paddlers with experience. Learn more by visiting apalachicolariverkeeper.org or by calling 850-653-8936.

Dragon Boat Race and Festival

Montgomery will host its Dragon Boat Race and Festival Aug. 27 from 8 a.m. to 4 p.m.as almost 80 teams will converge downtown at Riverfront Park to paddle and party in pursuit of the Grand Championship Trophy while supporting the missions of the local beneficiaries - Bridge Builders Alabama and Rebuilding Together Central Alabama. The event will feature music, entertainment, and over 30 local vendors, artists and exhibitors while teams compete on the water.

For more information, call 334-625-9411 or visit montgomerydragonboat.org/.

Watermelon Express train ride

Georgia State Parks will host its Water-

melon Express train ride Aug. 6 from 9:30 a.m. to 3:05 p.m. on the Shortline train in Cordele, Georgia. The ride runs from Cordele to historic Plains, the small Georgia town made famous by President Jimmy Carter. For ticket information, call 229-

National horseshoes tournament

The 2016 National Horseshoe Pitchers Association World Tournament continues through Aug. 6 at Montgomery's Multiplex at Cramton Bowl featuring top horseshoe pitchers from around the world. Admission for spectators is free.

For more information, call 334-625-2300 or visit horseshoepitching.com/.

Twilight Night Paddle

High Falls State Park in Jackson, Georgia, will host its Twilight Night Paddle three times in August: Aug. 13 and 19, 7:30-9 p.m.; and Aug. 26, 7-8:30 p.m. The ranger-led 3-mile canoe trip offers people the chance to observe wading birds and the sun setting, according to a Georgia State Parks press release. The program is open to adults and children 8 years or older who are accompanied by an adult. Reservations are required. The cost is \$15, and includes boat and gear – there will also be a \$5 parking

For more information, call 478-993-3053.

Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit http://www.biscuitsbaseball.com.

Veteran homelessness drops nearly 50 percent since 2010

White House News Release

WASHINGTON Housing and Urban Development and Veterans Affairs departments, and the U.S. Interagency Council on Homelessness announced Monday that the number of veterans experiencing homelessness in the United States has been cut nearly in half since 2010.

White House officials said data shows a 17-percent decrease in veteran homelessness between January 2015 and January 2016 – quadruple the previous year's annual decline and a 47-percent decrease since 2010.

Through HUD's annual Pointin-Time estimate of America's homeless population, communities across the country reported that fewer than 40,000 veterans were experiencing homelessness on a given night in January 2016, officials said. The January 2016 estimate found slightly more than 13,000 unsheltered homeless veterans living on their streets, a 56 percent decrease since 2010.

This progress is a result of partnerships among HUD, VA, USICH, and other federal, state and local partners. These partnerships were sparked by the 2010 launch of Opening Doors, the first strategic plan to prevent and end homelessness, officials said. The initiative's success among veterans can also be attributed to the effectiveness of the HUD-VA Supportive Housing program, which combines HUD rental assistance with case management and clinical



Sgt. 1st Class Nicole Howell, 8th Theater Sustainment Command public affairs operations NCO, talks with a homeless veteran ahead of the annual Veterans Stand-Down in Honolulu, Hawaii, Aug. 5, 2015.

services provided by the VA, they added. Since 2008, more than 85,000 vouchers have been awarded and more than 114,000 homeless veterans have been served through the HUD-VASH program.

"We have an absolute duty to ensure those who've worn our nation's uniform have a place to call home," HUD Secretary Julian Castro said. "While we've made remarkable progress toward ending veteran homelessness, we still have work to do to make certain we answer the call of our veterans, just as they answered the call of our nation."

"The dramatic decline in vet-

eran homelessness reflects the power of partnerships in solving complex national problems on behalf of those who have served our nation," VA Secretary Robert A. McDonald said. "The men and women who have fought for this nation should not have to fight to keep a roof over their head, and I'm pleased that VA is serving more veterans than ever before with heath care, education, job training and wraparound supportive services. While this is very real progress that means tens of thousands more veterans have a place to call home, we will not rest until every veteran in need

is permanently housed."

"Together, we are proving that it is possible to solve one of the most complex challenges our country faces," said Matthew Doherty, the executive director of the U.S. Interagency Council on Homelessness. "This progress should give us confidence that when we find new ways to work together and when we set bold goals and hold ourselves accountable, nothing is unsolv-

Accelerating Progress

In 2014, First Lady Michelle Obama launched the Mayors Challenge to End Veteran Homelessness with the goal of accelerating progress toward the national goal of ending veteran homelessness. More than 880 mayors, governors, and other local officials have joined the challenge and committed to ending veteran homelessness in their communities, White House officials said. To date, 27 communities and two states have effectively ended veteran homelessness, serving as models for others across the nation, they added.

HUD and VA have a wide range of programs that prevent and end homelessness among veterans, including health care, housing solutions, job training and education. In fiscal year 2015, these programs helped more than 157,000 people including 99,000 veterans and 34,000 children - secure or remain in permanent housing, officials said. Since 2010, more than 360,000 veterans and their families have been permanently housed, rapidly rehoused or prevented from becoming homeless through programs administered by HUD and VA.

More information about VA's homeless programs is available at http://www.va.gov/homeless/. More information about HUD's programs is available at http:// portal.hud.gov/hudportal/ HUD?src=/program_offices/ comm_planning/homeless, or by calling the HUDVET National Hotline at (877) 424-3838. Veterans who are homeless or at imminent risk of becoming homeless should contact their local VA medical center and ask to speak to a homeless coordinator or call 1-877-4AID-VET.

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

12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday

5 p.m. Catholic Mass Saturday

Wings Chapel, Building

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)

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

Wings Chapel, 6:30 p.m.

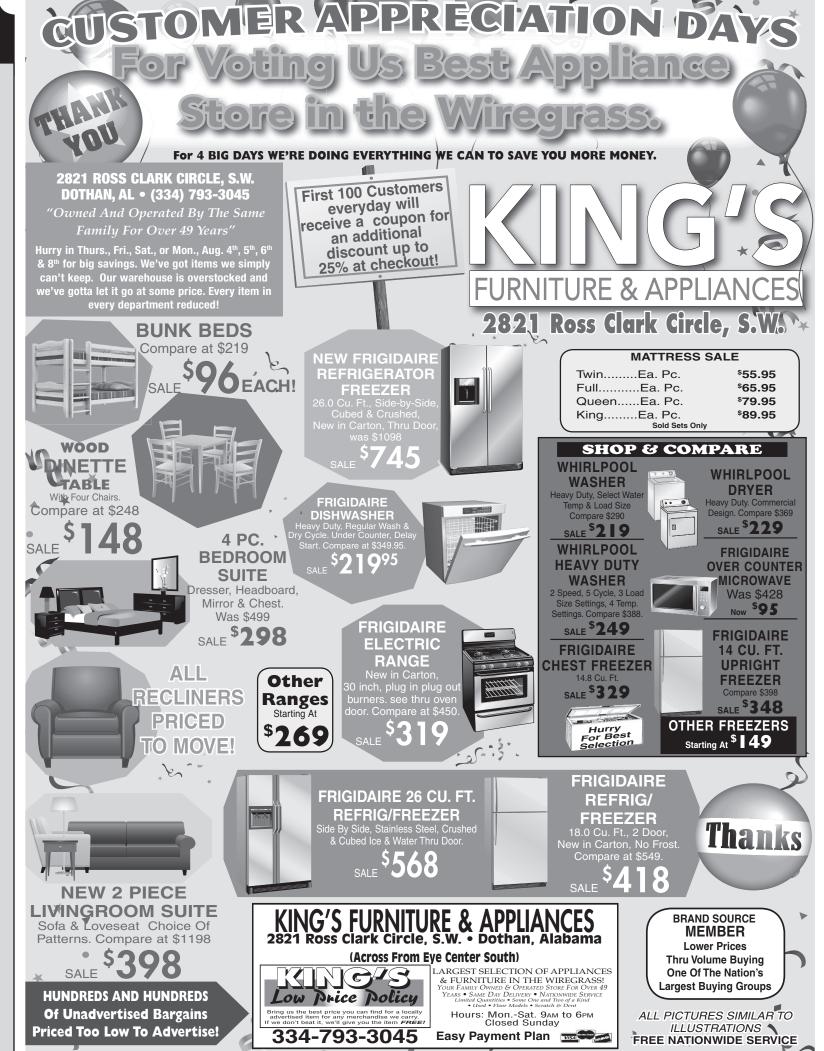
Adult Bible Study Spiritual Life Center, 7 p.m.

Wednesdays Catholic Women of the Chanel

Yano Hall, 11 a.m.

Spiritual Life Center, 9 a.m. Above the Best Bible Study

1-14th Avn Regt Bible Study Hanchey AAF, Bldg 50102N, Rm 101, 11:30 a.m.



SILVER FANGS

New 'bite' saves military working dog's career

By Gloria Montgomery *Army Medicine Public Affairs*

FORT HOOD, Texas — Be very afraid when Spike bares his silver fangs. He is on point, ready to do what he loves best: bite.

Several months ago, the 3-year-old military police dog's dual-mission career was threatened when his fractured canines – the result of a nasty cage-biting habit – became a liability. Without those fangs, Spike would lose the grab and puncture offensive skills required of police working dogs.

As a result, the San Angelo-based Airman was issued a no-bite profile that took him off the police beat, although he continued with his sniffing duties.

Today, thanks to the collaborative efforts of Carl R. Darnall Army Medical Center and Department of Army medical specialists who recently repaired and strengthened Spikes' weaponry with root canals and crowns, the K9 has a ferocious new bite.

Because the military's working dog training program is extremely difficult and intense, the graduation rate is low. Spike is one of the elite few, which is why saving his teeth became a priority for Capt. Dawn Hull, who, as chief, North Texas Branch, Public Health Command District-Hood, manages the medical care of all North Texas military working dogs, including those at Fort Hood.

"Spike is very special. He is a well-trained service member and we did not want to lose him," said Hull.

When the veterinarian first examined Spike, she was alarmed by the multiple fractures and missing teeth, especially considering his age.

"It was hard to determine the cause, but there was an indication something was going on," said Hull, whose other clients have included a short stint with the Navy's mine-detection dolphins in southern California, U.S. Capitol police dogs in Washington, D.C., and the 36 equines at Fort Hood's 1st Calvary Horse Detachment. "If there was any pulp exposure, it would lead to further dental disease and possibly end Spike's career."

To further evaluate Spike, Hull enlisted the help of her battle buddies: the Dental Command's forensic portable radiology unit and the endodontic and cosmetic dentistry skills of Lt. Col. Edward Lumpkins. The team also included several members from CRDAMC's anesthesiology department.

"Lieutenant Colonel Lumpkins brought out some tricks that we did not know could even be done," she said, adding how grateful she is for his "doggie dental wizardry."

"I never thought I would be performing dentist procedures on non-humans," said Lumpkins, following the five-hour surgery. "I was honored to help Spike because these dogs are out there on the battlefield risking their lives just like our Soldiers. You just cannot ask them to go downrange to do their job if they are having some type of dental issue. They deserve our help."

Lumpkins, who prepared for the May 5 procedure by studying dog anatomy books, also was surprised at the condition of Spike's teeth.

"For a dog that young, his teeth have been pretty abused," said the former artilleryman turned dentist.

According to Hull, military working dogs have a lot of drive and anxiety and will often resort to chewing when they are kenneled because they would rather be working, a sentiment echoed by Air Force Staff Sgt. Zachary Cornwell, Spike's trainer and handler.

"The problem with Spike is that his drive is so strong that when he is not



COURTESY PHOTOS

Spike's dental makeover includes white-gold crowns to protect his teeth and preserve his Army employment.

working, he is biting his cage," said Cornwell, who is assigned to Goodfellow Air Force Base's 17th Security Squadron. "It is part of a German Shepherd's primary drive."

Although the dual-mission dog continued with his explosive-detection duties, the threat of Spike losing his teeth and becoming a single-mission dog worried Cornwell.

"Spike's aggression issues might be a problem because of his drive and that would become more of an issue in detection work," he said, adding that all Spike wants to do is work. "He would rather be hunting instead of detecting."

Spike came to Goodfellow in February 2015 directly from the military working dog training program at Lackland Air Force Base, Texas. Ten months later, Spike became Cornwell's sidekick.

"Since then, we have developed a very strong bond. He would do anything to protect me," Cornwell said, adding that the joy of being a dog handler is molding that four-legged new recruit into a model Airman. "Military working dogs are a direct reflection of the handler. They come to us with the basic knowledge and then it is our job to train our dog, which really requires a lot of thinking outside the box."

That is why Spike is special to not only Cornwell, but to the Army and to the CRDAMC team.

"This was all about mission readiness," said Hull. "We had a lot of experts come together for Spike to ensure he gets the best possible treatment. He is very young and doing well. Hopefully, he has a long career ahead of him."

Cornwell said he is extremely grateful to Hull and her medical team of vol-

unteers for their dedication to saving Spike's career.

"It is so awesome that so many people came together to help Spike," said Cornwell. "It really means a lot that he was well taken care of because, as a dog handler, Spike is my priority. He really is a good dog with a good heart. He was bred into this line of work, so he deserves only the very best care."



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Spike's dentistry team poses with a groggy Spike following surgery: Lt. Col. Edward Lumpkins, dentist; Capt. Ellen McKown, anesthetist; Air Force Staff Sgt. Zachary Cornwell, Spike's trainer and handler; and Capt. Dawn Hull, Army veterinarian.



ART OF RECOVERY

Traumatic brain injury patients paint, sculpt way to recovery

Story on Page D3

AUGUST 4, 2016

GOLORFULLY FIT

Color Run returns after record-setting 2015 debut

By Jeremy Henderson Army Flier Staff Writer

After a record-setting inaugural race in 2015, Fort Rucker Physical Fitness Center will host the 2016 Color Run Aug. 20.

Nearly 850 people signed up and ran in the 2015 Color Run. The event garnered so much attention that extra time was needed for registration and the run route was adjusted to accommodate the extra runners.

This year's race begins at 8 a.m. at the Fort Rucker Festival Fields. Registration will be 7-7:45 a.m.

Lynn Avila, Fort Rucker fitness program coordinator, hopes this year's event will see even more runners covered from head to toe in a variety of colors.

"It is the perfect opportunity for individuals, couples and families to have active outdoor fun," she said. "The event is not timed, so there is no pressure to compete or worry about when you finish just have fun.

"We want participants to feel as though they've accomplished something – because they have," she said. "Getting up off the couch and stepping outside to be active is highly beneficial, especially as a family. Participating in a community event like this can improve the rest of your day and help you meet new people."

According to Avila, runners who participated in last year's event offered only high praise.

"Everyone smiled laughed," she said. "There's just something about running through clouds of bright colors and getting covered from head to toe that

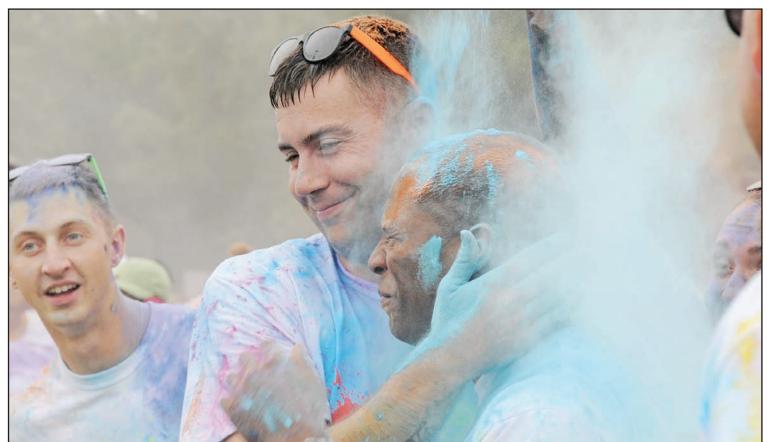


PHOTO BY NATHAN PFAU

Runners get hit with a barrage of powdered color as volunteers toss clouds of different hues during last year's inaugural Color Run.

takes you back to being a kid." Embracing one's youth, Avila said, is precisely why families are urged to bring their children

"All ages are welcome and encouraged to attend," she said. "There will be no separate fun run because we consider this entire event a fun run. Feed the kids a nutritious breakfast and bring them to run through clouds of color. They'll have a blast and you will, too."

The run is a 2-mile event that will feature color stations set up along the course. The stations will feature different colors made up

of corn starch that will be thrown by volunteers onto runners as they pass. Participants are encouraged to wear white to get as colorful as possible. T-shirts for sale through MWR are white with a splash of color on the front.

The race will begin at the festival fields between the two fields and turn right onto Andrews Avenue. It will then turn left onto Gladiator Street and around Third Avenue back to Andrews Avenue and then a right between the two festival fields.

The cost is \$15 with no T-shirt for individuals, or \$20 with a Tshirt included now though Aug.

15. The cost with a T-shirt Aug. 15 through race day is \$25, while supplies last.

When all participants have crossed the finish line, everyone will gather with a cup full of color and toss it in the air for maximum color coverage. This is the color explosion and patrons are encouraged to have their cameras ready to capture a shot of the color coming down, Avila said.

People can register at either physical fitness center or MWR Central in Bldg. 5700. Participants are encouraged to register early. Children under age 12 may run for free. Refreshments,

including popsicles, water and sports drinks, will be provided and the event is open to the public. There will also be a free bouncy house and music, Avila said.

Anyone who does not possess a Department of Defense identification card must obtain a gate access pass. Visitors may obtain passes from the visitor control centers at the Daleville and Ozark gates. The Daleville VCC is open 8 a.m. to 4 p.m., Mondays through Sundays. The Ozark VCC is open 8 a.m. to 4 p.m., Mondays through Fridays.

For more information, call 255-2296.

Neuroscience advances could boost battlefield performance

By David Vergun

Army News Service

ABERDEEN PROVING GROUND, Md. — Advances in brain science could lead to improvements in performance and decision making, changing the way Soldiers fight in the near future.

The improvements could include increased effectiveness in detecting and engaging the enemy and increased alertness while driving through the battlespace, according to Dr. Jean Vettel, a neuroscientist at Army Research Laboratory who spoke during a media day July 28.

For the last seven years, Vettel's team has been running experiments to gain a better understanding of the individual differences in brain patterns that could lead to future capabilities for Soldiers in the 2040 time-

During her team's experiments, her researchers have been examining brain patterns using an electroencephalogram, or EEG, which records voltage fluctuations in different parts of the brain through sensors placed on a person's head.

Test subjects who are hooked up to an EEG and other sensors drive around, either in a car simulator or a real car, while data is collected on their brain patterns. Researchers sometimes measure multitasking by introducing a car passenger to talk to the driver, Vettel said.

Brain patterns are formed by activated neural pathways linking various regions of the brain, but active neural connections can vary among people performing the same activity. For example, while pathways to one person's object recognition region may be active, those to the language skills region of another person's brain may be active.

The idea behind Vettel's research is to build a database on the brain patterns of individuals and groups that will enable researchers to predict how Soldiers will drive in both a proactive state and in a reactive

A proactive state is where a driver has good situational awareness of the road, an awareness that allows him to stay in his or her lane, for instance. A reactive state is when a driver must react to a situation, such as when a driver misses an exit and must come up with a new strategy, she said.

Researchers are beginning to use the database they have developed based on their experiments to predict

both types of driving performance, she said. In future experiments, her researchers might induce fatigue or sleep deprivation in the safety of the simula-



EEG sensors and cap used to monitor test subjects' brain wave patterns is shown mocked up, with brain wave patterns in the

tor, she said. Later, they will examine the brain patterns of Soldiers on patrol.

What's this driving at?

While Vettel is involved only in basic research, not applied research, the knowledge her team has gained through their experiments has a good likelihood of transitioning to prototype testing in the decades ahead.

Imagine a squad of Soldiers is on dismounted patrol in enemy territory, she said. They are monitoring for suspicious activity as part of their situational awareness. A Soldier may have an inkling of possible danger, but that almost subconscious feeling hasn't yet reached the threat threshold so no warning is given to the pla-

Now, imagine that EEG-like sensors have been embedded in the Soldier's helmet or clothing. If several other Soldiers have the same inkling, the sensors could detect that and transmitters could convey a threat alert to them or to their commanders back in headquarters.

Drivers in a convoy could similarly have sensors that could detect drowsiness or inattentiveness, she specu-

Alternatively, if the vehicle is an autonomous vehicle, sensors monitoring the brain patterns of the Soldier inside the vehicle could alert him or her that the autonomous vehicle is about to do something dangerous and it could turn the driving over to the Soldier, she said, calling the proposed system the "shared control

Eventually, Vettel said she would like her researchers to use non-invasive sensors to monitor Soldiers all day doing a variety of tasks, which would dramatically increase the data they collect.

In Afghanistan, top enlisted adviser advocates tough fitness training

By Lisa Ferdinando Department of Defense News

KABUL, Afghanistan — "Come on, sergeant major, let me see those cartwheels!" reverberated through the fitness center during an early morning, intense workout session led by the senior noncommissioned officer in the U.S. military.

After prodding Command Sgt. Maj. David M. Clark about those flips, Command Sgt. Maj. John Wayne Troxell quickly shifted his rallying cry away from the Resolute Support/U.S. Forces Afghanistan senior enlisted leader to another Soldier.

"No choking up on those sledgehammers, Clements," Troxell yelled out to Command Sgt. Maj. Michael Clements, the senior enlisted leader at Combined Security Transition Command Afghanistan, who was lifting, twisting and holding the weighted tool over his head.

"You have to train hard, because our enemies are training hard," bellowed Troxell, the senior enlisted adviser to the chairman of the Joint Chiefs of Staff, in the training session at the Resolute Support headquarters in the Afghan capital here.

Troxell accompanied his boss, Marine Corps Gen. Joe Dunford, on a July 15-17 visit to assess the mission to train, advise and assist Afghan forces.

"The battlefield is dynamic," Troxell said after a high-intensity, sweat-inducing circuit session that included jumps, core strength and weight training.

These types of daily vigorous training sessions go beyond one's comfort zone and have a singular focus: to keep troops ready for the enemy, he said.

Service members must be agile and flexible in the battlefield, where they scale walls, navigate rough terrain, work in extreme temperatures, and carry heavy loads over long distances, Troxell said, so the workouts need to mimic situations the troops could face on a mission.

"We have to have the reserve to be able to defeat the enemy when we get on the objective or we come under attack," Troxell said. "We have to train under conditions that are harsh, brutal and extreme, so that our minds, our bodies and our souls are prepared for that kind of fight."

Explaining his "PME Hard" philosophy, Troxell detailed the importance of a holistic focus to be

SEE TRAINING, PAGE D4

OWNIIM





WHO ..?!







Just Like Cats & Dogs

by Dave T. Phipps

CAN SOMEONE PLEASE EXPLAIN TO ME WHY AT A FANCY PLACE, THE SMALLER THE PORTION, THE MORE EXPENSIVE IT IS?

Rodriguez

1. TELEVISION: What were the names of the children on the "Roseanne" TV comedy?

2. HOLIDAYS: What holiday is set aside to stress the importance of planting trees?

3. ANATOMY: What is the hardest known substance in the human body?

4. GEOLOGY: What is amber? 5. GENERAL KNOWLEDGE:

What organization allows people to join when they turn 50 years old? 6. CARS: What is the symbol for

Audi vehicles? 7. GEOGRAPHY: What kind of

landform is Martha's Vineyard? 8. MUSIC: What group recorded the

1966 hit "Good Vibrations"? 9. SCIENCE: What is the term for

the temperature at which cooled water vapor turns into liquid?

10. MOVIE: What was Disney's first animated feature that was based on an

original story?

See Page D4 for this week's answers.

Super Crossword

6 Bug

cosine

12 LEM part

Martin

agency

17 2004 Jude

18 Actor

19 Barber's

32 Plethora

14 Itar- — news

— Darya (Asian river)

16 Sweater type

Law title role

Christopher

leather band

involved (in)

82

Wiseman

13 Comic

— -jongg

10 — discount 11 Solitary sort

WHO" NEEDN'T CONCERN YOU.

ACROSS

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- mediums 14 Mongol
- invaders 20 See 125-Across 21 Dine at a
- restaurant 22 Lucky
- 23 BB rifles 24 One going
- from station to station 26 Bohemian
- dance 28 Icicle sites
- 29 DVR giant 30 Oscarnominated
- actress in "Victor/ Victoria"
- 36 Censoredword sound 37 "I haven't ("Beats me")
- 38 Very old boys' school
- **39** Eye 40 Mother of Zeus
- 41 Rue Morgue creator 43 Grow up and

from home

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- perhaps 55 Art Deco
- lithographer 56 Kind of engine fuel 57 Opening opera part
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- 85 -buster (certain
- drug) 86 Track vehicle
- 87 One of 100 on the Hill
- 91 Hit song DOWN subtitled "To Be Loved by You"
- 94 daily basis 95 High, elegant
- hairstyle 96 Voguish thing
- 97 Polaris, e.g. 99 Weirdo 100 Arizona tribe members 103 American
- slices, e.g. 109 Budget Rent
- 110 "A Bell for " (Hersey novel) 111 Japanese
- truck maker 112 1980s game show 116 Sir Walter
- Scott's title 121 River dividing Nebraska

farm tower

25 Film director 27 Heavily 122 Munchkin 123 Document 30 Hog product repository 82 City partition 124 Placed in a

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- or cortisol 35 Hex- ender 36 Flying 126 "Moby-Dick" narrator stinge 39 Least bold
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 - 45 Winery 4 "Wow!," in a chat room 46 Vanity 5 Fake locks 47 It fits into a 7 Edison rival
 - mortise 48 Wandering 8 Reciprocal of 49 Plate position
 - 50 Tightening muscle 52 Flinch 53 Paella pot
 - 57 Lhasa (little dogs) **59** Like e-
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 - Joel -65 Hit — spot 68 Pontificated
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 - 74 Ignites 77 Promise 80 "True -

("Indeedy")

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81 Cato's 52 83 Flatbread of India 84 LAX abbr.

DIRECTION

FINDING

NEXT: CAPTURED!

- 87 Former jets to the U.K.
- 88 Sword variety 89 Juice drinks
- 90 Booze up 92 Is no more 93 Expert finish?
- 98 Whispers in stage acting 99 Place to pray
- 100 Lock parts 101 Eyelike windows 102 Of pontiffs
- 103 iPod Touch, e.g. **104** Grates on
- 105 Initial stage 106 Flinch 107 Persian Gulf sheikdom
- 108 Old autocrats 110 Did like
- 113 Road no 114 Be indebted 115 Domicile:
- Abbr. 117 Unit of 118 Actress Vardalos
 - resistance 119 12/24, e.g. **120** — Aviv

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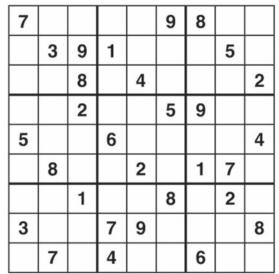
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See Page D4 for this week's answers.

114 115

Weekly **SUDOKU**

by Linda Thistle



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

RIDDLE CARD 1. What kin is the door to the doormat?
2. Where is a good place to go when you're broke?

3. What question must be

answered "Yes"? 4. What was the best bet ever 5. What do you lose every time you stand up? ©2016 King Features Synd., Inc

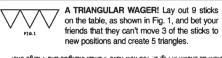
Answers: 1. Just a step fa'ther. S. Go to work. 3. "What does Y-E-S spell?" 4. The alphabet. 5. Your lap.

Lither White WORDS!

framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITIONS:

1. Type of invitation.



on the table, as shown in Fig. 1, and bet your friends that they can't move 3 of the sticks to new positions and create 5 triangles Answer: Place them as shown in Fig. 2. You now have 4 small triangles and 1 large one.

3. He guards and herds animals. hogs + deep 4. A great place for a race. Wrongdoings. 6. An ill-mannered act. Every car has one.

ANAGRAM: drag + even 2. A great summertime drink. dome + lean weed + pays dims + seed dens + sure tore + dome gear + dune

Using the definitions

and the anagrams

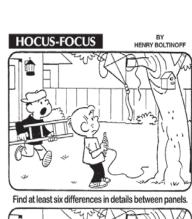
the eight eight-letter

Wishing Well® В U 6 3 2 6 5 6 5 8 8 3 D O H T O S A Ε 2 4 5 6 8 3 5 7 8 7 8 3 S В Ν Ρ Ε Ν

5 7 5 4 6 3 2 7 5 8 5 6 N S 0 2 7 3 5 4 8 8 0 S H U F Ε N D 5 6 5 6 4 3 4 5 8 4 M C O RΥ 3 2 6 2 8 2 8 2 3 8 3 3

GCHEEYROSEUSS 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 Then read the message the letters under the checked figures give you.

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LINK-UPS! Here's a list of 12 short words, divided into two

column to one word in the right.

columns. Turn them into six longer words by linking them NET BLED together. To do this, draw a line from one word in the left RAM DISH MAD HEF PAL AGES Answers: Milages, nether, outsell, rambled, maddish, palled.

Answers: 1. Engraved. 2. Lemonade. 3. Sheepdog. 4. Speedway, 5. Misdeeds. 6. Rudeness. 7. Odometer. 9. Dungaree.

ART OF RECOVERY

Traumatic brain injury patients paint, sculpt way to recovery

By Shannon Collins

Department of Defense News

(Editor's note: This is the third in a five-part series on the National Intrepid Center of Excellence in Bethesda, Maryland.)

WASHINGTON — As the brushes touch the canvas, the service members pour their thoughts and emotions onto the page, expressing what they haven't been able to talk about through art.

Like the elements of a painting, doctors from each specialty at the National Intrepid Center of Excellence, a directorate of Walter Reed National Military Medical Center in Bethesda, Maryland, come together to help service members with traumatic brain injuries in an intensive four-week therapy program.

Specialties such as neurology use art to assist with sleep and migraines. Family care physicians can use it to assist with physical ailments. Psychiatrists and nutritionists can assist with medications and vitamins, and art therapists can provide emotional support.

The masks

Melissa Walker, a registered art therapist and healing arts program coordinator at NICOE, said the patients begin their group art therapy session by making masks.

"It's in this session that I have to explain to them that I'm giving them the means to express and symbolize whatever they would like to about their identities and things they've been through," she said. "I tell them not to worry about the product, but what they would like to express – what story they want to tell – and usually that resonates with them."

She said the patients usually dive in. Even if they were skeptical in the beginning, she added, at the end of the first session, many of them say, "That was really relaxing. I can't believe I was able to open up about that specific element of my personality."

Walker said the masks give the patients "a visual voice to their invisible pain or their invisible wounds." They create the masks in a two-hour group art therapy session and will see them again throughout the four weeks they are at NICOE.

For one sailor, Walker said, the mask project held a special meaning. He had flashbacks for seven years about a bloody face from when he had been injured in a bunker during a mortar attack. He told Walker he had seen the face staring back at him and that it haunted him. He called it



PHOTO BY MARVIN LYNCHARD

Marine Corps Staff Sgt. Anthony Mannino performs art therapy as part of his traumatic brain injury treatment and recovery with art therapy interns Adrienne Stamper, and Nancy Parfitt at the National Intrepid Center of Excellence in Bethesda, Md.

"BFIB" for short: bloody face in

Some patients leave their masks behind to inspire other patients, he said, and when he saw them on the wall, he immediately thought of making a BFIB mask.

"He made BFIB in that session, and instead of thinking of him as something psychologically inside of him, it took on a form of an actual product," Walker said. "So when he thought about (BFIB), he thought of him sitting in the art therapy studios safe and contained, because he would leave him every day behind," Walker said. "Eventually, we placed it in a box and contained the mask, and he said after the entire pro-

cess (that) he rarely saw the flashback, and it didn't make him feel anxious, because he knew he was here in this space, safe and contained."

Other art forms

Walker said the patients can use water colors, acrylics, Keva blocks and in some cases, oil. Marine Corps Staff Sgt. Tony Mannino, a former NICOE patient, preferred water colors.

"I chose to work with water colors because it makes it very hard to get the fine details perfect for someone who has struggled with perfectionism and has always been in control of any situation," the former administrator

and machine gunner said. "It really helped me to release and relinguish the reins, to let the colors do what they were going to do on their own."

He said painting helped bring up different issues about what was going on in his mind, both recently and from his deployment to Iraq in 2007 and 2008.

"I spoke to the art therapist about things that I didn't even talk to my psychologist about, so it's really interesting what happens in the art room," Mannino

He said the art therapy, as well as his treatment at NICOE, was "one of the best things I've done so far. They care a great deal and they

really want you to get better."

Evolution of patients

Walker said she enjoys seeing the evolution of the progress of the patients as they become more and more comfortable. As their sleep and pain start to stabilize, and as they're able to start to open up about some difficult things, they start doing the same in their artwork, she said.

One Marine was frustrated, Walker said. He wasn't initially able to depict anything because he used to love art, she explained.

"He said, 'I used to love art. I was very engaged in high school, and it's just not coming to me. I've got too much going through my mind.' By his second or third week, he entered the art room and said, "'I know what I want to do now," she said.

Walker said he recreated a moment he had been grappling with: a time he made a difficult decision in combat. He ended up spending every spare moment working on this project.

"He was really invested in this product, because he was able to take what was for him a traumatic moment and take control of it and begin to really understand it," Walker said. "At the end, he invited the entire treatment team into the art therapy space, and he shared that story with them, which was a huge step - to be able to open up to the group that had been caring for him."

She said he went on to continue to take sculpture classes.

Walker said seeing the evolution in patients like the Marine is why she continues performing her mission.

"It is so neat for us, the clinicians, to see the service members change from the first week to the fourth week," she said. "They walk in here a little uncertain and kind of skeptical initially. You can see that they're really starting to trust the others. They've perhaps been isolated, because they've been dealing with these symptoms for so long, and then by that fourth week, it's amazing watching them walk through the door how much brighter they become and how much more comfortable they seem."

Walker said they seem to really engage with each other, socializing and laughing, and she sees the difference in the artwork, as well.

"We see improvement - that they're symbolically showing this bright future, perhaps the contrast between how they felt before and how they're feeling moving forward," Walker said. "And I'd love to see that next canvas. I hope they continue to explore that."

Army jump starts nutrition with new 'paratrooper bar'

By Jane Benson

Army Natick Soldier Research, Development and Engineering Center Public **Affairs**

NATICK, Mass. — Scientists at the Army Natick Soldier Research, Development and Engineering Center's Combat Feeding Directorate jumped at the chance to develop a nutrition bar based on identified paratrooper needs.

Paratroopers have demanding jobs, making proper nutrition and maintaining energy levels key to their performance and safety. Keeping paratroopers properly nourished is especially challenging during long flights when wait times between meals can last several hours.

The Combat Feeding Directorate scientists worked with the 82nd Airborne Division to solve this problem. The result is a "paratrooper bar" that is nutritious, provides energy, and is easy to carry and easy to eat.

While partnering with the 82nd earlier this year, NSRDEC's Cognitive Science Team noticed that paratroopers weren't eating during an extended period of time due to a policy that prohibits Soldiers from eating after being fitted with the parachute rigging. The Cognitive Science Team hypothesized that paratroopers' performance might improve if they could receive nutrition during this period.

"If they are rigged three or four hours before their jump, per their standard operating procedure, they were not allowed to eat anything because of concerns related to the integrity of the parachute and the harness system, specifically, about dirty fingers or food waste or things being spilled," said Jeremy Whitsitt, deputy director of the Combat Feeding Directorate.

Working from a nutrition profile recommended by the Army Research Institute of Environmental Medicine at Natick, the scientists developed the nutrition bar, focusing on carbohydrates and caffeine.

"As material developers, we identified that a beverage was not going to work," said Jeanette Kennedy, technical advisor with the directorate. "The item had to meet very specific requirements, including ease of consumption during turbulence. One solution was a nutrition bar that they can store in their left arm pocket."

The development of the paratrooper bar was part of a larger effort by several organizations in NSRDEC to partner with the 82nd to develop products and solutions that better meet Soldier needs.

"Partnering helps us find out what their needs are and can help us with future research efforts," said Kennedy. "Understanding context can help us



PHOTO BY DAVID KAMM

The paratrooper bar - developed by the Natick Soldier Research, Development and Engineering Center Combat Feeding Directorate - is based on identified paratrooper needs.

guide research and development to meet an identified need."

Combat Feeding Directorate scientists have been creating nutrition bars for years based on specific needs, so they were able to create the Paratrooper Bar fairly quickly. The bar was recently used by the 82nd during a trans-Atlantic exercise, Exercise Swift Response 2016.

"The Paratrooper Bar is tied directly

to the Chief of Staff of the Army's No. 1 priority - readiness," said Lt. Col. Peter L. Gilbert, commander, 307th Brigade Support Battalion, 1st Brigade Combat Team, 82nd Airborne Division. "We must ensure our paratroopers remain at peak levels of readiness during largescale airborne operations, and the development and employment of the Paratrooper Bar does exactly that."

DIAMOND ELITE

Securing the love of baseball for military children living abroad

By Sarah Gross U.S. Army Corps of Engineers

Public Affairs

WIESBADEN, Germany – Baseball. It's as American as hot dogs and apple

For children of American service members living abroad, however, this concept may seem a little foreign.

While Department of Defense Education Activity schools overseas do have baseball teams, students may not have access to advanced instruction, appropriate resources, or social opportunities outside of school that revolve around the sport.

Diamond's Elite baseball camp was able to fill this gap and bring a taste of home to nearly 40 American students attending various DODEA Europe schools.

The camp, sponsored by Installation Management Command Europe, was held free of charge July 18-22 at Wiesbaden, Germany, and brought together students ages 13 to 17 with a passion for baseball from seven U.S. Army garrisons in Germany, one in Brussels and one in Vicenza,

This camp was the brainchild of Lionel Chattelle, Army veteran and security specialist for the U.S. Army Corps of Engineers Europe District. This district provides engineering support to more than 50 countries throughout Europe and Africa, with projects including missile defense and DODEA school construction.

Chattelle coaches all aspects of the game and also served for 12 years as an international scout and clinic coach for the New York Mets and Toronto Blue Jays. He played ball at Eastern Connecticut State University and in an independent league in Connecticut.

During Diamond's Elite baseball camp, students scrimmaged and rotated among different tailored learning stations, all



Pete Kiefer, Diamond's Elite baseball camp coach and owner of Developing Baseball International. which develops youth, as well as major and minor league players at his facility in Connecticut, teaches batting grip tools to an attendee.

while receiving personal attention from an experienced coaching staff.

"My goal is to advance their skill set and love of the game," said Chattelle.

While Chattelle has put together several baseball camps in Europe for American military kids before, this one was differ-

"This camp was unique because of the heavy-hitting staff I brought aboard," said

Through his vast network of contacts in baseball, Chattelle's coaching team included Dallas Burke, catching and hitting instructor at Black Hawk College in Illinois; Dave Bush, second round draft pick for the Toronto Blue Jays who pitched in the big leagues for nine years with the Jays and the Milwaukee Brewers; Gene Grimaldi, international scout and clinic coach for multiple MLB teams for more than 40 years; Bill Holmberg, director of the MLB Italian Baseball Academy and coach for the Italian National Baseball Team and Italy World Baseball Classic; Pete Kiefer, owner of Developing Baseball International, which develops youth, as well as major and minor league players at his facility in Connecticut; and Paul Weaver, former director of scouting and development, and special assistant to the general manager for the Chicago Cubs.

Each student left camp with an official scouting report and implementable training tools to enhance their skills, according to Chattelle.

"These kids receive six months of instruction in four days," said Weaver.

Though the camp was advertised as a baseball camp, both boys and girls attended – ready to further develop their baseball and softball skills, respectively.

"I learned a lot of conditioning skills during this camp," said Skylar Lotomau, Wiesbaden High School softball left field-

Lotomau hopes to play ball in college.

Stuttgart High School baseball catcher Kale Hynes, son of a specialist working at Defense Information Systems Agency - Europe, hopes to one day be in the ma-

When asked about his experiences at camp, Hynes had so much to say, he couldn't seem to put it all into words.

"The coaches fixed my swing," he said. "The coaches are really good, and they worked with every one, individually. I could say a lot, and I would encourage players to come to this camp, if it's offered again."

Chattelle hopes Diamond's Elite is more than just "offered again." He wants it to be an annual event.

The players and their parents shared his sentiment.

Amber Pickering, wife of a U.S. Navy pilot and mother to two Diamond's Elite players, tearfully addressed the coaches during the closing ceremony.

"Thanks for everything you've done," she said. "The kids don't have this here. When can we do it again?"

It's very obvious to Chattelle why this camp is sorely needed.

"People are sacrificing their lives for our country," he said. "All I want is for the game of baseball for American kids living in Europe to go from just an activity to an actual developmental program, so they have the same opportunity as their American peers to pursue a baseball or softball scholarship or become a professional player."

Training=

Continued from Page D1

"physically, mentally and emotionally hard."

Adding spiritual resilience is an important component, as well, he said.

"We have to train our bodies - we have to train our minds," he said. "Then we have to be able to train with emotion (and) with passion, and then we have to have something outside ourselves that we can rely on in adversity - some kind of spiritual fitness."

In addition to battlefield readiness, the training builds resilience, camaraderie, confidence and trust among the troops and

services, he said.

"This kind of training allows us to bounce back quicker, because combat is brutal and unforgiving – we all know that – and bad things happen," said Troxell, who has served five combat tours of duty, including in Panama, Iraq and Afghanistan.

fight to the enemy, it's one team and one fight. The more we can do these shared experiences and bonding between other services, the stronger we'll be when we have to fight."

With more than three decades of service, Troxell said, he has no plans of easing back on his "In the end, when we take the heart-pumping training, even af-

ter he hangs up his uniform.

"I'm 52 years young and I'm going to continue to train like this until I can't do it again," he said. "I anticipate that Sergeant Major Dave Clark and Sergeant Major Mike Clements and I, when we're in our 80s, are going to be doing this same stuff. Stay tuned."

SPORTS BRIEFS

Weightlifting 101

The Fort Rucker Physical Fitness Center will host a four-week weightlifting foundation class starting Tuesday. Each class will be held Tuesdays and Thursdays at 9 a.m. Cost is \$75 per person and people must pre-register for the class. The class is designed to give a knowledgebase of various phases of lifting properly, including dynamic warm-ups, proper lifting techniques on squats, deadlifts, pull ups, bench presses and other lifts. Class will include proper stretching techniques and basic nutrition for weightlifting. This time is designed to give attendees personalized guidance to enhance their current routines or help them become

comfortable in a gym setting. The instructor will work with attendees independently and guide them around any personal limitations. For more information, call 255-2296 or 255-3794.

Volleyball coaches meeting

People interested in coaching an intramural volleyball team should attend one of the coaches meeting Tuesday at either 9:30 a.m. or 5:30 p.m. at the Fort Rucker Physical Fitness Center conference room - located on Andrews Avenue. All volleyball games will be played at the Fortenberry-Colton PFC.

For more information, call 255-2296.

PUZZLE ANSWERS

Super Crossword – Answers

Answers 1. Darlene, Becky and D.J. 2. Arbor Day 3. Tooth enamel 4. Fossilized tree resin 5. AARP 6. Four interlocking rings

7. An island 8. The Beach Boys

9. Dew point 10. "The Lion King"

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