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ARMY FLYER

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INVESTING IN CHILDREN'S FUTURES



Harry Sessoms and Frankie Jakubowski, FRPS first grade students, enjoy learning on the computers in their class during their first day back to school after winter break Tuesday.

PHOTO BY NATHAN PFAU

Primary, elementary schools get back in swing in 2015

By Nathan Pfau
Army Flier Staff Writer

With all the presents opened and resolutions for the new year made, it's time for the children on Fort Rucker to go back to school.

Fort Rucker Primary School and Fort Rucker Elementary School welcomed their students back with open arms Tuesday as winter break came to an end, and both schools are making sure the second half of the year is filled with learning and activities to keep the children's minds and bodies active for the remainder of the school year.

As children returned from the two-week break, Vicki Gilmer, FRES principal, said she's looking forward to the rest of the year and the students shared her excitement and enthusiasm as she welcomed them back.

"It's going to be a great second half of the year with lots of learning, lots of hands on and lots of fun," she said. "Just coming back the kids are always excited. When they come back from winter break they come back with lots of enthusiasm and they know what's

coming next, so you don't really have to fire them up because they're already excited and ready to go."

Children of the primary school were met with the same enthusiasm as they embark on the second half of the school year, said Silvia Thornton, FRPS music teacher.

"We had some sleepyheads coming back and some of them have traveled pretty far over the break, but there hasn't been too much hesitation for the children coming back," she said. "A lot of them are eager to get back and they were so excited when they got off the busses this morning. I think they were ready to come back."

The children are going to need that enthusiasm because both schools have years full of events and learning experiences planned.

Fort Rucker Primary School will celebrate its 100th day of school Jan. 23. On tap for the celebration is a pet food and supply drive, where children donate food and supplies for animal shelters in the surrounding

SEE SCHOOL, PAGE A5

Post to celebrate life of MLK Jr.

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker will recognize the life and legacy of a man who dedicated his life to making his dream of racial equality become a reality.

The installation will celebrate the life of Dr. Martin Luther King Jr. during a commemorative ceremony at the post theater Jan. 15 at 10 a.m. with the theme, "Remember, Celebrate, Act. Remember the Dream: Nonviolence."

"This (ceremony) and recognition is important, especially for our younger generation, because we need to never forget what Dr. King stood for," said Sherié Trone, Fort Rucker Equal Employment Opportunity Office. "With all that's going on and has gone on in this world, (the struggles) are nothing new, and Dr. King has gone through all of the same thing, but on a much higher level than people experience today.

"I think it's good to remind people where it all started and where it all began, and even though things might seem bad now, it's not as bad as it used to be," she continued. "Although racism still exists, it's not nearly as widespread or extreme as it once was. People need to be reminded what the struggle was like compared to now and humble themselves," and be reminded that its through the efforts of people like King that we enjoy the level of equality that we do today.

The ceremony will start with an invocation, and scripture readings from the old and new testaments of the Bible. Musical selections will be performed by Sheila Jackson, musical guest, as well as Chapter 7, a performance group from Enterprise.

Russel B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, will also be on hand to offer remarks, as well as to introduce the guest speaker for the ceremony, Command Sgt. Maj. Crystal Turner, 1st Battalion, 212th Aviation Regiment command sergeant major, who will speak on King's achievements and message.

Trone said that the ceremony is not just an opportunity to remind people of the struggles of those who came before them, but also an opportunity to teach the younger generation about what those struggles were actually like.

"(The younger generation) can't be reminded of what it was like because they never experienced it, so they need to be taught," said the EEO specialist. "The younger generation cannot relate to what it was like back then, so it makes me almost fearful for them because as the older generation passes on, there is a lot of knowledge and wisdom that moves on with them.

"That's why it's important for us to pass that information on, so that it's not lost," she continued. "It seems like my generation and younger aren't really doing well enough, but it's our job to pick up the torch and say, 'Hey, we really need to make sure this doesn't die off.'"

BECOMING RESPONSIBLE CITIZENS

Students learn while helping community

By Nathan Pfau
Army Flier Staff Writer

Before people left for the holidays and children went home to get ready for Christmas, students of Fort Rucker Primary School made sure to help those in need by collecting canned goods for those less fortunate.

Fort Rucker Primary School held its Share Assembly Dec. 17, the culmination of a six-week canned food drive where the school and students took a final tally of all the goods they collected and presented them to food bank representatives from Enterprise, Daleville, Ozark and Dothan.

"One of our goals is to prepare our students socially to be responsible citizens in a world that is always changing," said Silvia Thornton, FRPS music teacher. "We have been teaching our young students to recognize that there are families in our community and surrounding areas who are in need, and we want them to know that we are making a difference where we live."

"You've supported your community by providing cans of food to



PHOTO BY NATHAN PFAU

Children of Fort Rucker Primary School gather for the Share Assembly where more than 1,200 cans of food collected over six weeks were presented to food bank representatives from Daleville, Enterprise, Ozark and Dothan Dec. 17.

give to those who might not have enough food in their house," said Deborah Deas, FRPS principal, to the students during the assembly. "This is also part of how you learn to become a responsible citizen, and that's what we want to teach you to become."

During the assembly, the school hosted a game show with children and students that highlighted the efforts of all the children and involvement throughout the six-week process.

In total, the children collected 1,206 cans of food, with 336 cans of food collected in the final week alone, and each student in each grade did their part. Pre-K students helped by decorating the bags to be presented to the food banks, and kindergarten and first-grade students bagged all of the goods into the bags.

During the assembly, the school hosted a game show with children

SEE RESPONSIBLE, PAGE A5

Road closures keep Soldiers safe

By Jay Mann
Fort Rucker Public Affairs

Ruf Avenue continues to be closed to cars early in the morning weekdays, and while it may pose some small inconvenience to drivers, the closure is critical to the safety of Soldiers conducting physical training on post.

Ruf Avenue is closed for runners and cyclists Mon-



PHOTO BY NATHAN PFAU

One of the signs posted along Ruf Avenue.

days-Fridays between the hours of 5:30 a.m. and 7:15 a.m., said Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

The road detail begins closing the road at 5 a.m. Pinckney added.

"This closure allows formations to run safely without the hazard of vehicular interruption," explained Chief Marcel Dumais, Fort Rucker chief of police. "Unit formations are able to run without having to stop for approaching vehicles or vehicles crossing the PT route."

Vehicles on the road with runners pose a danger, but thanks to concrete columns, reflective signs and bright ropes, Pinckney said that the problem of POVs driving on the road has dramatically decreased.

He said Ruf Avenue was chosen as the official run route because it is the straightest road, is well lit and is the road that officials and officers can control most easily, unlike Andrews or Red Cloud.

"We would choke up Fort Rucker if we chose a different road. It was determined many years ago that it was the best choice to have a protected run route," he

SEE SAFE, PAGE A5

PERSPECTIVE

Tributes to fallen on Christmas Eve at memorials

By David Vergun
Army News Service

WASHINGTON — Thick beads of sweat poured down the faces of the three Soldiers out on patrol in Vietnam.

They appeared to be sad and tired. What were they thinking?

The cold rain rolling down their bodies and dripping off their rifles seemed to make them come to life.

The three Soldiers are forever frozen in time at the Vietnam Veterans Memorial, Washington, D.C., a short distance from the Memorial Wall. The bronze statues were dedicated in 1984, two years after the wall.

The only people outside in the area were a few intrepid joggers. I was expecting to see a visitor or two at least, but with it being Christmas Eve 2014, people were undoubtedly with friends and loved ones. And, the weather was just plain nasty to boot.

Then, a jogger ran up to the wall and paused, looking at the wall, which glistened as rivulets trickled down the sides over the more than 58,200 names etched in stone — those missing or killed in action during the war.

What's he thinking? I wondered. So I asked him if he'd known any of the fallen.

"No, but every time I'm here, I stop. It's a cool spot."

"Were you in the military?" I asked, hoping not to seem too nosey.

"I was in the Navy on a destroyer in the Gulf of Tonkin, off the coast of Vietnam," he said. "When the ceasefire was called in 1973, we left the area."

So he was a Vietnam veteran, I thought to myself. He had a personal connection with the war and the wall must have special meaning.

He then quickly added: "I wasn't on the ground like the Army and Marine guys. Probably most of the names are those guys."

But still, he served and I thanked him for that.

He said he's a sales rep for construction materials and that his son is serving in the State Department, just a short jog away.

Before he left, he said: "I understand they're trying to get all the pictures of the people here. I'm surprised they don't have them all by now."

I told him I agreed that it would be great to have all the faces with the names.

And, then he was off, jogging in the rain.

The wall forms about a 125-degree angle. At the angle, which is also the tallest portion of the wall, someone had placed a Christ-



PHOTOS BY DAVID VERGUN

The Memorial Wall at the Vietnam Veterans Memorial is seen here with the Christmas tree at the 125-degree angle. A Vietnam veteran and jogger can be seen in the distance.

mas tree with decorations and mementos to the fallen. The mementos included pictures of the fallen and notes to them. Some were hard to read because the rain had made the ink run.

"Even if you didn't make it, you are still honored and loved in our country — Averi Sievert, age 11, Oxford, N.C."

Almost certainly a class trip, I thought after reading another one, also from Oxford: "Thank You for all you have done, for all of us!" The "all" and "us" had three lines drawn under them for emphasis. It was signed "Jaya."

Another simply said "Merry Christmas" and had a rainbow and smiley face and a Christmas tree with baubles drawn in crayon. It had fallen off the tree onto some fall leaves that had collected there in the angle.

"Thank you for what you have done for our country. Sincerely: _____" read another, with no name.

One tribute was rather lengthy: "Dear Soldier, My name is Seung (pronounced Sung) and I'd like to personally thank you for serving our country. This isn't something I throw around like it's nothing because I'm truthfully grateful for all you and fellow veterans do/did for us. Willingly risking your life to keep everyone safe and free is very brave and selfless. I know you put effort through every single thing you do, putting others before yourself. It's an honor to know you,

protecting us, something I can't thank you enough."

The ink had run off some of the words, which couldn't be made out, unfortunately.

Then there were pictures hanging on the tree of the service members who had died. Something I noticed was that many of them were killed on Christmas day: "Kenneth M. Bryant, KIA December 25, 1968;" "Charles D. King, KIA December 25, 1968;" "Earl W. Knutson Jr., December 25, 1966;" "Richard Budka, KIA December 25, 1967," and others.

Some had other days and months and some just had the pictures without the dates and some didn't even have names, just pictures.

It was overwhelming. I wanted to wait all day for someone to come along and tell me a story about someone they knew, but like many, I had friends and family coming over later in the day who would stay at our house for Christmas.

But for those who paid the ultimate sacrifice, there would never be another Christmas or other holiday to celebrate.

So I moved on to the Korean War Veterans Memorial nearby, snapping some pictures of those dripping statues, wondering how much rain my Nikon D800 camera could take before it stopped working.

Three busloads of Chinese speaking tourists poured out, pausing to look at the Ko-

rean Memorial and snap some photos before running off excitedly to the nearby Lincoln Memorial, which seemed to be the main attraction.

Again, no luck finding any Korean War veterans.

As I gazed at the statues of the squad of Soldiers in wedge formation, I recalled having talked to many of the veterans — Army and Marine — who were there on Christmas Day 1950 in the bitter cold. Their accounts were chilling, and while I was now drenched and cold, I couldn't have imagined what it must have been like for them.

At the nearby National World War II Memorial, which I stopped by earlier in the day, the only visitors were several hundred geese, parked on the lawn, nibbling on whatever snacks they could find. The fountain was shut off and one of the walkways was blocked.

Every year there are fewer and fewer World War II veterans and one day there will be just one left, I thought, remembering Frank Buckles, the last U.S. Soldier from World War I who died in 2011.

Someday, there will be just one Korean and Vietnam War veteran alive, and then there will be none. But these monuments to them will live on and their stories will be told forever, along with the stories of veterans from Iraq and Afghanistan and whatever future wars there might be.

Rotor Wash

“What tips would you give someone wishing to stick to their resolutions for the new year?”



Jamie Devlin,
military spouse

"Make sure it's something that you can stick to."



Derek Jones,
military family member

"If you're going to make a resolution to work out, start off slow and pace yourself."



Charlie Horn,
civilian

"Make a resolution to do something to improve yourself."



2nd Lt. Joel Castillo,
1st Bn., 145th
Avn. Regt.

"If you're going to make a resolution, make sure it's something you're interested in so you don't fall out of it so easily."



Amy Vance,
military spouse

"Get a friend to make a similar resolution with so you can work at it together."

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

Weather ops keeps eye on the sky

By Jay Mann
Fort Rucker Public Affairs

Weather not only impacts the training of Army Aviators, it is also a consideration for most things that happen on Fort Rucker, and one office here is the information hub for all things weather.

Fort Rucker Weather Operations, located on Cairns Army Airfield, is the place where Aviators stop by for weather updates before they fly, the place air traffic controllers call for weather updates during those flights, and the owners of the Twitter feed that pilots check for incoming weather after they land.

But it is also the originating place for weather reports used in planning post events ranging from change of command ceremonies to Freedom Fest, and it is the office that issues weather advisories that keep the Fort Rucker community safe.

“We do a little bit of everything here, but our main mission is Aviation weather,” said Cindy Howell, lead meteorological technician. “We put out a product three times a day – we forecast for 150 miles of airspace for our pilots to fly in. Three times a day we post a Mission Execution Forecast. It covers 60 nautical miles.

“Then we put out another product that covers 100 miles, and another that covers 150 miles,” she said. “Three times a day all three of these products go out to our various customers.”

Knowing the weather forecast is crucial to pilots, according to Howell. “They can’t go to their helicopter and fly it without a weather briefing. Our goal is to maximize training time and maximize safety.”

But briefing pilots about what weather they might be flying in is only one part of daily life in Weather Ops.

“Resource protection is a big thing we are involved with,” she said. “We have almost 30 different watches, warnings and advisories



PHOTO BY JAY MANN

Cindy Howell, lead meteorological technician, tells a pilot what weather conditions he should expect during his upcoming flight at Cairns Army Airfield.

that we issue for various criteria here. Anything from cold temperatures, icing, turbulence, severe thunderstorms, and tornadoes – we do all that here.

We also monitor the Doppler radar and we are the secondary tornado siren here on post.”

Howell said the Fort Rucker community has great resources available to them via the Weather Ops website, Facebook page and Twitter feed. They are all accessible through links from rucker.army.mil/6weather.

“All of our weather products are on our website,” she said. “You can also find links to local radar and satellite, safety information, and a lot more useful information.”

“Be informed and be prepared,” said Howell. “You can turn on the Weather Channel or the news to find out the weather – those are

good sources – but they are focused on their viewing area and Weather Ops is focused on Fort Rucker.

“They might tell you partly cloudy with a 30-percent chance of rain, but we have to be a little more precise than that,” she said. “We have to tell you within 30 minutes what time will the rain start, how high will the clouds be. Depending on the customer, airframe and mission, we might have to tell you the difference between 400 and 500 feet on the cloud height. To our customers, 100 feet is the difference between a go and a no-go”

The weather is constantly changing, requiring updates to forecasts and the Weather Ops picture of what is happening.

“It is really a never-ending process,” said Howell. “It is as much art as it is science. If you are not careful, you can suffer from data

overload. There are so many data sources out there, and it is easy to become overwhelmed.

“To make our forecasts we look at local area surface observations, the over-all picture, the jet stream, satellite imagery, radar, and the upper levels of the atmosphere,” said Howell. “Then we take all that along with model data, forecast data and alpha numeric guidance and we piece it all together into the best product we can. It is complicated, but it is so much fun. Patience and time-management skills are important here.”

Weather Ops also does preplanning forecasts for special events like Freedom Fest, Lake Fest, the children’s Easter egg hunt, Children’s Festival, Oktoberfest, and “for any big event that takes place on post, we will do a forecast for a couple days out,” she said.

There is no overstating the importance of accuracy in the products produced by Weather Ops according to Howell.

“Three days a week we put together a detailed seven-day forecast so Fort Rucker leadership can plan ahead,” she said. “Sometimes they want to fly on Saturday, and it can get costly for the instructors, air traffic controllers, base ops, refuelers and everything else.”

“If we say the weather is good to go, and they call people in on overtime and it is not good to go, we have just cost the customer a lot of money,” said Howell. “With the times we are in, people don’t have money to throw around like that.

“That is why there is constant communication with the various towers and the pilots that give us reports,” she said. “Our picture of the weather is constantly being updated and we push that information back out to our customers.

“But the pilots tell me that they would rather be on the ground wishing they were flying, than up in severe weather wishing they were on the ground,” said Howell.

Simple preventative measures make winter travel safer

By Jay Mann
Fort Rucker Public Affairs

People may not think of cold weather when they think about Alabama, but not properly planning for the cold can cost you dearly in the deep south this winter.

January is the coldest month on Fort Rucker with an average low of 38 degrees, but the lowest recorded temperature here was -1 degree in 1985 -- 33 degrees below freezing, according to Cindy Howell, Fort Rucker meteorological technician.

“According to NOAA’s Climate Prediction Center, this winter could be cooler and wetter than normal,” said Howell. “This is due to the likelihood that a weak El Niño pattern will set up by year’s end. Here at Fort Rucker, wintry precipitation is pretty rare. We have had snow only four times in the past 12 winters.”

But Howell warns, “For folks who were here last January, you probably remember our rare winter storm. Northern portions of the area received measurable snow while the southern portion of the area, including Fort Rucker, received freezing rain and sleet. It was quite messy. This storm prompted post closures for parts of three days.”

The National Weather Service calls winter storms the “Deceptive Killers” because most deaths are indirectly related to the storm. Unlike hurricanes or tornadoes, people die in winter storms from traffic accidents on icy roads and



PHOTO BY NATHAN PFAU

Chris Davis, mechanic for hire at the Automotive Skills Center, works on a car in one of the bays at the center. The center can help people ready their vehicles for winter weather.

of hypothermia from prolonged exposure to cold. That is why Ready Army officials say it is important to be prepared for winter weather before it strikes.

In lower Alabama, the roads are not salted and cindered like they are in states further north, so drivers need to drive more cautiously.

“With this colder weather, even here in the South the roads have the potential to ice over,” said Staff Sgt. Jason Goldsmith, Military Police traffic NCO in charge. “Especially bridges and overpasses where the air can pass under the road causing it to freeze sooner than a normal road.”

Another concern people need to know is the effect the cold has on the wildlife around Fort Rucker.

“As the winter months are ap-

proaching, caution needs to be used while traveling on the roadways of not just Fort Rucker, but everywhere, as the deer and other wildlife will become more active and prevalent along the side roads,” added Goldsmith.

Howell suggests that people should “bookmark the Department of Transportation website so you can stay up-to-date on travel advisories, accidents and road closures.”

Many winter storms are accompanied by dangerously low temperatures, and sometimes by strong winds, icing, sleet and freezing rain. Ready Army officials warn that a primary concern is the winter weather’s ability to knock out heat, power and communications services to people’s homes or offices,

sometimes for days at a time. That is why preparedness is key.

Ready Army officials suggest people add winter supplies to their home and vehicle emergency kits. Most of the supplies are non-perishable, so people can store them after the winter months have passed.

Vehicle emergency kits should contain warm clothing in the winter months. Packing a warm jacket, hat and gloves in the car could make people more comfortable or save their lives, depending on the situation.

Howell warns, “Remember, the wind chill factor can be much colder than the actual thermometer reading. When you do go outside, dress appropriately. Dress in layers, and wear a hat and gloves.”

To get their homes ready, people should stock up on a bag of rock salt or more environmentally safe products to melt ice on walkways and driveways. People can visit the Environmental Protection Agency website for a list of products it recommends.

Snow shovels might be hard to find around Fort Rucker, but a flat-head shovel will do just fine in an emergency to remove the all-too-common ice sheets from driveways and walkways.

In most homes, when the power goes out the heat stops, so people should plan on a safe, alternate way to keep warm during a blackout.

Ready Army officials warn that each year, an average of 430

Americans die from unintentional carbon monoxide poisoning, and there are more than 20,000 visits to the emergency room with more than 4,000 hospitalizations.

And people shouldn’t forget about pets when planning for cold winter storms. They need to make sure they have enough pet food stocked in case they can’t get to a store for a while.

Above all, Ready Army officials said that a family communication plan is the most important part of people’s preparations. Families need to plan how they will let each other know if they get stranded at work, school or a friend’s house and what the single fallback plan will be that everyone will follow if communication is cut off.

“You can find Fort Rucker Weather on social media to stay up to date on winter weather,” said Howell. “We have a Facebook page, a Twitter handle and a free mobile app.

“Each day, I post a general outlook and highlight any potential weather problems – severe weather, winter weather, etc,” she said. “Anytime we issue a weather watch, warning or advisory, we will post that to our social media sites as well.”

People who would like to learn more about staying safe this winter can visit Ready.gov/winter-weather to find information and links to the National Weather Service, Centers for Disease Control, NOAA and more.

News Briefs

Free movie – ‘American Sniper’

The post theater, and the Army and Air Force Exchange Service will host a free screening of the movie “American Sniper” Saturday at 4 p.m.

MLK commemorative program

Fort Rucker will host its Dr. Martin Luther King Jr. commemorative program Jan. 15 at 10 a.m. in the post theater. For more information, call 255-2240.

Boy Scouts sign-ups

Fort Rucker’s Boy Scouts of America Troop 50 will hold sign-ups Jan. 16-17 in the Scout building behind the commissary. Jan. 16, sign-ups will be conducted from 6-8 p.m. and Jan. 17 from 10 a.m. to 3 p.m. The sign-ups will feature refreshments and information about Scouting.

For more information, call 447-3791 or visit ftrtroop50.wix.com/troop50.

Retirement ceremony

Fort Rucker will host its quarterly re-

tirement ceremony Jan. 23 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker’s latest retirees.

PPPT instructor training

People looking for a way to positively impact Soldiers and gain experience as a leader should consider become a Pregnancy and Postpartum Physical Training Program instructor trainer. The position requires completion of the PPPT Exercise Leader Training that provides guidance on leading exercise sessions for pregnant and postpartum Soldiers in a PPPT consolidated installation program.

Attendees may include unit NCOs, health care personnel, and Morale, Welfare and Recreation personnel interested in PPPT program implementation. Requirements include: enthusiasm about helping others succeed; E-6 and above or junior officer; not being pregnant or postpartum; not on a permanent physical profile for no physical training; and stability of at least

one year.

Course registration is available by calling the local PPPT NCO in charge at 255-7846, or the officer in charge at 255-7719. The next training is scheduled for Monday-Jan. 16 at the Fortenberry-Colton Physical Fitness Center.

For more information about the PPPT Program visit the Army Knowledge Online PPPT website at <https://www.us.army.mil/suite/page/693153>.

TRICARE Nurse Advice Line

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

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is

mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Thrift shop

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

For more information, call 255-9595.

Soldiers to get 1-percent pay raise in new year

Department of Defense News
Staff Report

WASHINGTON — Most Soldiers will receive a one-percent increase in basic pay in January along with a 2.9-percent increase in their basic allowance for subsistence.

The new rates for basic pay, basic allowance for housing, basic allowance for subsistence, and the cost of living allowance rates for the contiguous United States were announced Dec. 22 by the Department of Defense and took effect on New Year's Day.

Basic pay for service members will increase one percent, except for general and flag officers who will not see an increase in 2015. For example, a specialist or corporal with three years of service will see an increase in basic pay of \$22.20 per month, while an Army captain with six years of service will receive a basic pay increase of \$54.30 per month in 2015.

Basic allowance for housing rates for service members in 2015 will increase on average \$17 per month, or half a percent. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and without dependents.

Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of one percent to rates, was eliminated, and the Fiscal Year 2015 National Defense Authorization Act reduced housing rates on average one percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program, officials said.

This means that even if BAH rates decline — including through the elimination of renter's insurance and the reduction in the calculated rate — a service member who maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that service members who have



AIR FORCE PHOTO

made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

Service members can calculate their BAH payment by using the basic allowance for housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.

The 2015 basic allowance for subsistence rates for military members will increase by 2.9 percent over last year. The new rates are:

- \$367.92 per month for enlisted members; and
- \$253.38 per month for officers.

The annual adjustments to basic allow-

ance for subsistence, or BAS — a monthly nontaxable cash payment to military members intended to be used to buy food — are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates, officials explained.

The Defense Department also released its 2015 contiguous United States cost of living allowance rates. Roughly 12,000 members will see a decrease in their CONUS COLA

payments, while some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location.

Service members can calculate their CONUS COLA rate at: <http://www.defensetravel.dod.mil/site/conusCalc.cfm>.

Army thanks Soldier for confronting unethical behavior

By Claudette Ruolo
Department of Defense News

WASHINGTON — Defense Secretary Chuck Hagel and senior Army officials met with a senior NCO in mid December to thank her for leading by example and defending Army values, despite facing harassment after confronting service members who were behaving unethically online.

First Sgt. Katrina Moerk, now the first sergeant of C Company, 741st Military Intelligence Battalion, was browsing a social media network's community page earlier this year when she came upon a video that she found offensive and sexist. When she commented as much, several respondents attacked her with insults. Some of these respondents were wearing uniforms in their profile photos, the first sergeant said, so she wrote to them directly.

"I looked them up, introduced myself and explained to them why they were stupid. And I [copied] the director of the Army SHARP program to help their units improve their SHARP training, because it was obviously lacking. And it's kind of blown up from there," Moerk said.

SHARP is the acronym for the military's Sexual Harassment Assault Response and Prevention program.

Online backlash

This wasn't the first time Moerk had experienced online harassment, she said, but it was "the first time I've put my foot down and was very adamant about correcting what was wrong with them."

The response was "vicious," she said.

"I tried to explain why I didn't care for it," she added, "and [said], 'If you don't know who you're talking to, be careful what you say in an open public forum on the Internet,' and it just made it worse. When I started calling them by rank, they figured I was in the military and made jokes about calling people out on the Internet, or [that] pulling rank on the Internet is like calling somebody out in a bar."

Things died down online, she said, but Dr. Christine Altendorf, the SHARP director, brought Moerk's email to the attention of Lt. Gen. Howard Bromberg,



ARMY PHOTO

Lt. Gen. James C. McConville, the Army's deputy chief of staff for personnel, presents 1st Sgt. Katrina Moerk with the citation for her Army Commendation Medal at the Pentagon Dec. 15. Moerk received the medal for her efforts to address unprofessional online behavior by service members.

then the Army's deputy chief of staff for personnel. Shortly thereafter, the Army launched three administrative investigations, because Soldiers from three separate major commands were involved, either through producing the video or making inappropriate comments.

"Everyone was kind of pulled to the carpet and called in, and training changed," the first sergeant said.

For her willingness to stand up and defend Army values, Moerk received an Army Commendation Medal from Lt. Gen. James C. McConville, who succeeded Bromberg as the Army's personnel chief, during a ceremony Monday, at the Pentagon.

Leading by example

"What she did is the epitome of being an NCO and a Soldier, and of course a leader," said Command Sgt. Maj Leslie Hudson, the 741st Military Intelligence Battalion senior enlisted adviser. "I think that Soldiers out there can learn from the example that she set, and I think that she has set the standard for what leaders are expected to do."

Though she's probably not the first person to call people out on the Internet for being unprofessional and behaving contrary

to Army values, Moerk said, in many troops' minds there's no connection between their professional and private lives.

This needs to change, she said.

If the Army is going to really effect change and eliminate these kinds of problems, its organizational culture has to change, said Army Capt. John Larue, C Co. commander. "And we need this kind of leadership — people stepping up to do that — because, ultimately, if you're in the military, you're always representing the service, no matter where you are."

Troops who are amazing while on deployment or mentoring troops in garrison are not good Soldiers if their private lives demonstrate a lack of character or integrity, Moerk said.

Case Study in Professionalism

"Trust is the foundation for everything we do as military

professionals, and we expect our Service members to conduct themselves with integrity and character," said Navy Lt. Cmdr. Nate Christensen, a Defense Department spokesman. "We have a commitment to uphold the dignity and respect of our service members and provide a safe environment in which ev-

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ery service member and DOD civilian is free from the threat of sexual harassment.

"It is important that an uncompromising culture of accountability exists at every level of command," he continued, "and that we confront any inappropriate, unprofessional or unethical behavior head-on."

To help shift the culture, Moerk agreed to speak on camera with a representative from the Center for the Army Profession and Ethic, to serve as a case study for other members of the Army profession.

"You can accept the way things have always been, or you can make things right, the way you know they should be," Moerk explained.

In her CAPE video, Moerk noted that the Army is putting considerable effort into helping people who have been victimized by unprofessional behavior.

"Units are doing right by victims — they're helping them," she said. "They're getting them the support that's needed. We're not putting them in a dark corner, in a dark closet."

Moerk said she's not one to go along with the "'Well, this is the way we've always done it' philosophy. So that's the way I teach my Soldiers, and that's the way I'm taught [by] my sergeants-major mentors. That's the way I'm helping my commander, and he's helping me."

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Operation Enduring Freedom comes to an end

Department of Defense News
Press Release

WASHINGTON — President Barack Obama and Defense Secretary Chuck Hagel each issued statements Dec. 28 marking the end of the combat mission in Afghanistan.

After 13 years of combat operations, Operation Enduring Freedom drew to a close in a ceremony at the International Security and Assistance Force headquarters in Kabul, Afghanistan.

“Today’s ceremony in Kabul marks a milestone for our country,” Obama said Dec. 28. “For more than 13 years, ever since nearly 3,000 innocent lives were taken from us on 9/11, our nation has been at war in Afghanistan. Now, thanks to the extraordinary sacrifices of our men and women in uniform, our combat mission in Afghanistan is ending, and the longest war in American history is coming to a responsible conclusion.”

“At the end of this year,” Hagel said, “as our Afghan partners assume responsibility for the security of their country, the United States officially concludes Operation Enduring Freedom. In 2015, we begin our follow-on mission – Operation Freedom’s Sentinel – to help secure and build upon the hard-fought gains of the last 13 years.”

Today, though, “we give thanks to our troops and intelligence personnel who have been relentless against the terrorists responsible for 9/11 – devastating the core Al-Qaeda leadership, delivering justice to Osama bin Laden, disrupting terrorist plots and saving countless American lives,” the president said.

“We are safer, and our nation is more secure, because of their service,” he said. “At the same time, our courageous military and diplomatic personnel in Afghanistan – along with our NATO allies and coalition partners – have helped the Afghan people reclaim their communities, take the lead for their own security, hold historic elections and complete the first democratic transfer of power in their country’s history.”

“I want to express my deep gratitude to



PHOTO COURTESY ISAF

Command Sgt. Maj. Delbert D. Byers salutes during the presentation of the Resolute Support Colors at the Change of Mission Ceremony Dec. 28 in Kabul, Afghanistan.

all U.S. personnel, both military and civilian, who have served in Afghanistan since 2001, many on multiple deployments,” Hagel said. “I also thank the thousands more who were a part of the mission at home and around the world. In fighting America’s longest war, our people and their families have borne a heavy burden, and some paid the ultimate price.”

“We honor the profound sacrifices that have made this progress possible,” the president said. “We salute every American – military and civilian, including our dedicated diplomats and development workers – who have served in Afghanistan, many on multiple tours, just as their families have sacrificed at home.

“We pledge to give our many wounded warriors, with wounds seen and unseen, the world-class care and treatment they have earned. Most of all, we remember the more than 2,200 American patriots who made the ultimate sacrifice in Afghanistan,

and we pledge to stand with their Gold Star families who need the everlasting love and support of a grateful nation.

“Afghanistan remains a dangerous place, and the Afghan people and their security forces continue to make tremendous sacrifices in defense of their country,” Obama said. “At the invitation of the Afghan government, and to preserve the gains we have made together, the United States – along with our allies and partners – will maintain a limited military presence in Afghanistan.”

The United States will pursue two missions in Operation Freedom’s Sentinel, Hagel said. “We will work with our allies and partners as part of NATO’s Resolute Support mission to continue training, advising and assisting Afghan security forces. And we will continue our counterterrorism mission against the remnants of Al-Qaeda to ensure that Afghanistan is never again used to stage attacks against

our homeland.”

“Our personnel will continue to face risks, but this reflects the enduring commitment of the United States to the Afghan people and to a united, secure and sovereign Afghanistan that is never again used as a source of attacks against our nation,” Obama said.

“These past 13 years have tested our nation and our military,” the president said. “But compared to the nearly 180,000 American troops in Iraq and Afghanistan when I took office, we now have fewer than 15,000 in those countries. Some 90 percent of our troops are home.

“Our military remains the finest in the world, and we will remain vigilant against terrorist attacks and in defense of the freedoms and values we hold dear. And with growing prosperity here at home, we enter a new year with new confidence, indebted to our fellow Americans in uniform who keep us safe and free.”

School: Calendar filled with ‘fun, interactive’ events

Continued from Page A1

communities.

“It’s all about giving back to the community and it’s another way that the children can learn about helping. They really love helping the animals,” said Thornton.

Also, the children of the FRPS chorus will perform at the African-American History Celebration kickoff at the post exchange Jan. 30 at noon.

Parents are welcomed to get involved with STEM (Science, Technology, Engineering, Math) Night Feb. 12 from 5-6 p.m. The night will be a “Fairy Tale Study” where parents will go to their children’s pods and work with

them on a project using lessons they’ve learned from STEM, and make something and figure out what to do to build their project.

Feb. 20, in a partnership with Corvias Military Housing, the school will host a Deployment Tea at 11 a.m. at Allen Heights Community Center, which is an event dedicated to families of deployed Soldiers.

“We invite the families of the deployed Soldiers to come out for tea and sandwiches to honor them for the sacrifices they make as a family,” said Thornton. “It’s another way for us to honor them and show that we’re thinking about them.”

March 2-5 will be Dr. Seuss week at the primary school, and

during that week Col. Stuart J. McRae, Fort Rucker garrison commander, will be at the school to read to children.

Fort Rucker Elementary School is also getting the new year off to a good start with some fun learning.

“We’re really excited about this year and we’re continuing with our great traditions, but something new for us is we started our robotics team last year,” said Gilmer.

The FRES Robo Panthers will be competing this year in the state’s First Lego League Robotics tournament in Huntsville Jan. 24.

The students had to learn to build the robot from scratch and

program it to perform certain tasks. After placing second in a district competition in Alexander City, the children and school are excited to be going to the state competition, said the FRES principal.

Feb. 20 will see the “Time to Shine” rally, which is designed to get students ready for the upcoming Terra Nova Testing week from Feb. 23-27.

“Our kids have always done phenomenally well and always score above the national average,” said Gilmer. “We use that time to show off what we can do and shine.”

In March, the students will be celebrating all things STEM, and will kick off the month with the

Invention Convention Kickoff March 2 where special guest Travis Perry, inventor of the Chord Buddy who was recently featured on the TV show “Shark Tank,” will speak to the students about the importance of STEM.

March 23 will kick off the school’s STEM week and the students will enjoy STEM Fest March 27, which is a “fun filled day of discovery, design, interactions, inventions and more,” said Gilmer.

Although there is a lot of fun and interaction for the students of Fort Rucker schools to look forward to, both Thornton and Gilmer said that the focus is on learning and investing in the future of the children.

Responsible: Students encouraged to help community

Continued from Page A1

and students that highlighted the efforts of all the children and involvement throughout the six-week process.

“I’m so proud of everyone for the wonderful job you’ve done in collecting all of this for people to enjoy over the Christmas season,” said Deas.

All of the representatives showed their appreciation with words of thanks and encouraged the students to continue to do what they can to help in their community.

“Thank you so much for all of your work and effort to help us provide to these families,” said Charles Gann, director of the Dale County Rescue Mission. “This year

we have 411 families signed up for help for food, and you guys have helped them all.”

“You’ve made a lot of people happy by sharing what you have with others. I’m so grateful for that and proud of what you do, and proud to be a part of your community,” added John McCullough, Daleville food bank representative.

Safe: Motorists asked to obey posted closure times

Continued from Page A1

said.

This closure is nothing new to long-time residents, but new arrivals to Fort Rucker might find themselves searching for a way across post. If drivers come up to the street, Pinckney said they should turn around or back up to avoid crossing Ruf Avenue until it is safe to do so.

According to Dumais, the roads, once closed, are marked with a sign suspended by a cable barrier across all access roads onto Ruf Avenue stating the road is closed with the hours displayed.

“If vehicles cross at one of the authorized crossing points, Novosel and Ruf, Red Cloud and Ruf, or Division and Ruf, there is a road guard in the intersection to clear the intersection and allow vehicles to cross safely,” Dumais said.

“The cables were installed in 2013 as a

more active measure to prevent vehicles from crossing where they are not supposed to,” Pinckney said. “This has greatly reduced violations. I believe they are far more effective than the cones we previously used.”

Pinckney has advice for those who would still consider ignoring the postings when no one is around.

“Don’t even think about it. It’s dangerous. Just because no one is in the immediate area doesn’t mean it’s OK. It’s about being disciplined enough to not disobey the rules,” he said.

Violating the safety regulation can cause more damage than the citation and fine.

“The MPs are out and patrolling the areas. Besides being ticketed, a driver could potentially have their driving privileges on the installation revoked,” he said. “Plus, you could kill someone.”

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13 Verna - Daleville
\$50,900: Great starter home in Daleville, with three bedrooms and one and a half baths. Living room/dining room combination with ceramic tile flooring, and access to the kitchen and foyer. Kitchen is bright and cheery with a pantry, and right off the one car garage where the washer and dryer hook-ups are. Come look at this property soon before it is GONE!
EVELYN HITCH 406-3436



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208 George Wallace
\$82,500: Looking for a brick home in town under \$85,000 and 3 BR/2 BA?
FRAN & DON KALTENBAUGH 790-5973



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8461 Hwy 85 - Daleville
\$240,000: Make this the place you call home forever! This 8.4+ acre corner lot features a stream fed pond, two piers, two storage units, an immaculate home complete with stainless steel appliances and a Jacuzzi tub. All of this just seconds from the highway and minutes from town. HOME WARRANTY. **CHRIS ROGERS 406-0726**



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113 Wakefield
\$89,900: If you are looking for a home where you can just move in and relax, then you have it here. No mowing the grass, get to swim whenever you want, and if you want to party, then you can rent out the clubhouse. This two bedroom, two and a half bath townhome is only seven years old and comes with all appliances to include the washer and dryer. Privacy fenced backyard so you can have your pet, and a one car garage with opener.
EVELYN HITCH 406-3436



new LISTING



504 Whispering Pines
\$67,000: Brick home on large lot, very well located, close to town, schools, college, shopping areas and Fort Rucker. Fenced yard and nice enclosed patio/Florida Room.
NANCY CAFFERO 389-1758



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108 Forest
\$110,000: Custom built 2 BR/2 BA home featuring gleaming hardwood floors, custom built cabinets, spacious and open living room, dining room and kitchen. You will love it.
MARY M. JONES 790-2933
AND FRAN KALTENBAUGH 790-5973




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220 Forest
\$74,500: Great location, brick, 2 BR/1 BA. New windows, roof and vinyl. Convenient to school, hospital and historic downtown.
JACKIE THOMPSON 406-1231



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209 Savannah
\$29,000: Build your dream home. Each lot in Southern Winds has at least one Magnolia tree on lot. Sidewalks throughout community. Charming street lights add character. HOA Fees currently at \$300/year. Owner is married to a Realtor. Other Lots available. Size & topography varies.
SHAWN REEVES 475-6405



new LISTING



305 Access
\$109,500: Remodeled home. Totally new kitchen. New cabinets, countertops, light fixtures, stainless steel appliances, work island, fresh paint & crown molding. Fresh paint on ceilings & walls throughout. Crown molding added. New laminate flooring in kitchen, dining, foyer & living room. New vinyl on exterior. New 50 gal. gas water heater. HVAC is electric with gas auxiliary backup heat! All light fixtures replaced. New 2" blinds will be installed. New Pool liner & exterior pool light. Landscaping and more. **SHAWN REEVES 475-6405**



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Doug Brown
\$15,000: Wooded residential lot in established subdivision. Lot is located in the curve and has over 200 feet of frontage.
JUDY DUNN 301-5656



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636 Joe Bruer
\$190,000: Perfect location just off US 84 in Level Plains. Convenient to Daleville, Enterprise, and a straight shot to Dothan. Beautifully crafted home featuring 3 bedrooms, 2 baths, granite countertops, stainless appliances, coffered ceilings, patio, and a huge, private back yard. Kenmore appliances include a refrigerator w/ice and water through the door. Jacuzzi tub/separate shower in master bath. Nestled at the end of a long private drive, it has a neighbor on one side and trees on the other. Very nice seclusion.
JAN SAWYER 406-2393



new LISTING



348 CR 163
\$259,900: AMAZING home in Hunter Ridge on 1.71 acre lot. So many extra touches make this lovely home special. Transoms above the doorways, a two way fireplace between the family room & sun room, tiled front porch, screened and tiled rear patio, granite counter tops throughout, scrapped wood floors, and an office or 4th bedroom are just some of the features. Bedrooms are roomy and all have walk-in closets. Brick half wall structures hide a/c unit and garbage can storage. Large storage room in garage. Pristine! **JAN SAWYER 406-2393**



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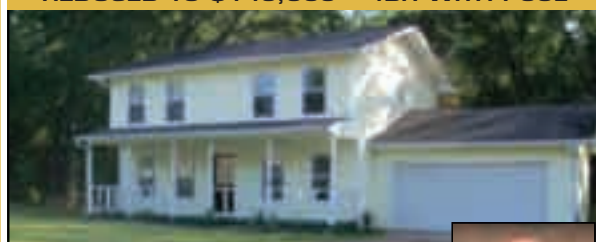
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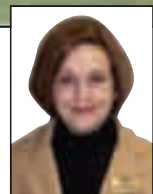
108 CHRISTOPHER: Nice 4 bedroom, 2.5 bath home with an in-ground pool (new pool liner will be installed). Large bonus room that could be used as a living room, office or play room. Separate dining room and kitchen bar. Family room with a fireplace and opens to a large deck that overlooks the pool and big back yard. Heat pump installed June 2011. Convenient to schools, shopping and Fort Rucker. **BOB KUYKENDALL 369-8534**



\$179,000



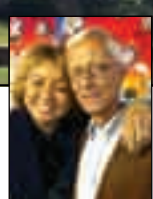
98 N EDWARDS - NEWTON: Small town living but convenient to Dothan, Ozark, Enterprise and Fort Rucker. Has beautiful oak hardwood floors in living room, dining room, family room, office and kitchen, family room has a gas log fireplace. Large kitchen with an island w/sink, lots of cabinets and pantry with slide-out drawers. Heated and cooled Florida/sunroom. Master bedroom has 10-foot ceilings with wide crown molding. The two-car attached garage has front and back garage doors. **MARY M. JONES 790-2933**



LAKE VIEW



411 LAKE OLIVER - \$224,600: Spacious home with lake view and over 2700 square feet. Nice private lot with garden. Priced to sell at \$83.00 per sq. ft. **FRAN & DON KALTENBAUGH 790-5973**



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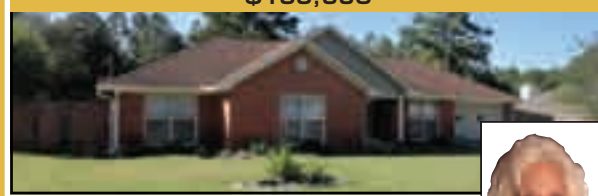
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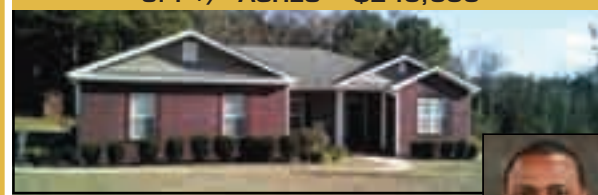
\$199,650



111 FERNWAY: Ready to move in, this three bedroom, two bath home has had so many facelifts to include architectural shingle roof, double pane windows, heat pump, garage door opener, hardwood floors in grandroom, dining room and foyer, ceramic tile floors in kitchen, laundry and baths, MAN CAVE in garage with CH&A as well as ceiling fan, two car garage, level, landscaped lot and storage shed with roll up door on front and side entry door. Two hot water heaters. Propane gas logs. **EVELYN HITCH 406-3436**



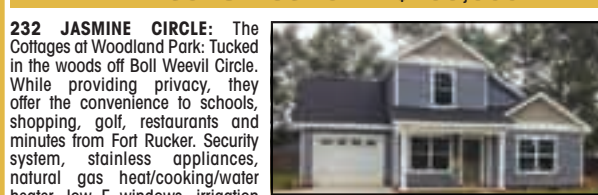
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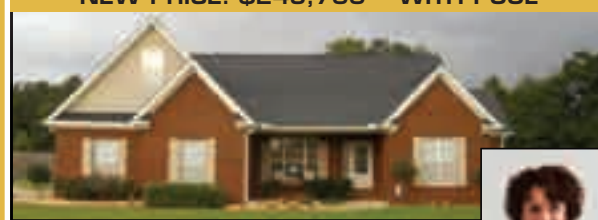
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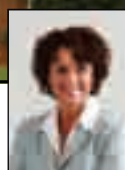
232 JASMINE CIRCLE: The Cottages at Woodland Park: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Fort Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom. (Laurel Plan) Owner is licensed residential home builder and Realtor in the state of Alabama. **BILLY COTTER CONSTRUCTION, INC. 347-2600**



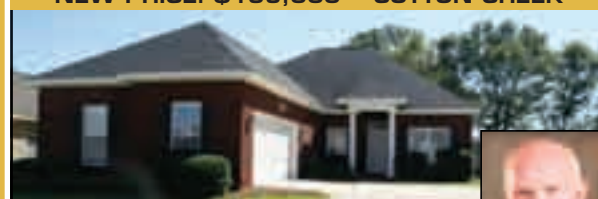
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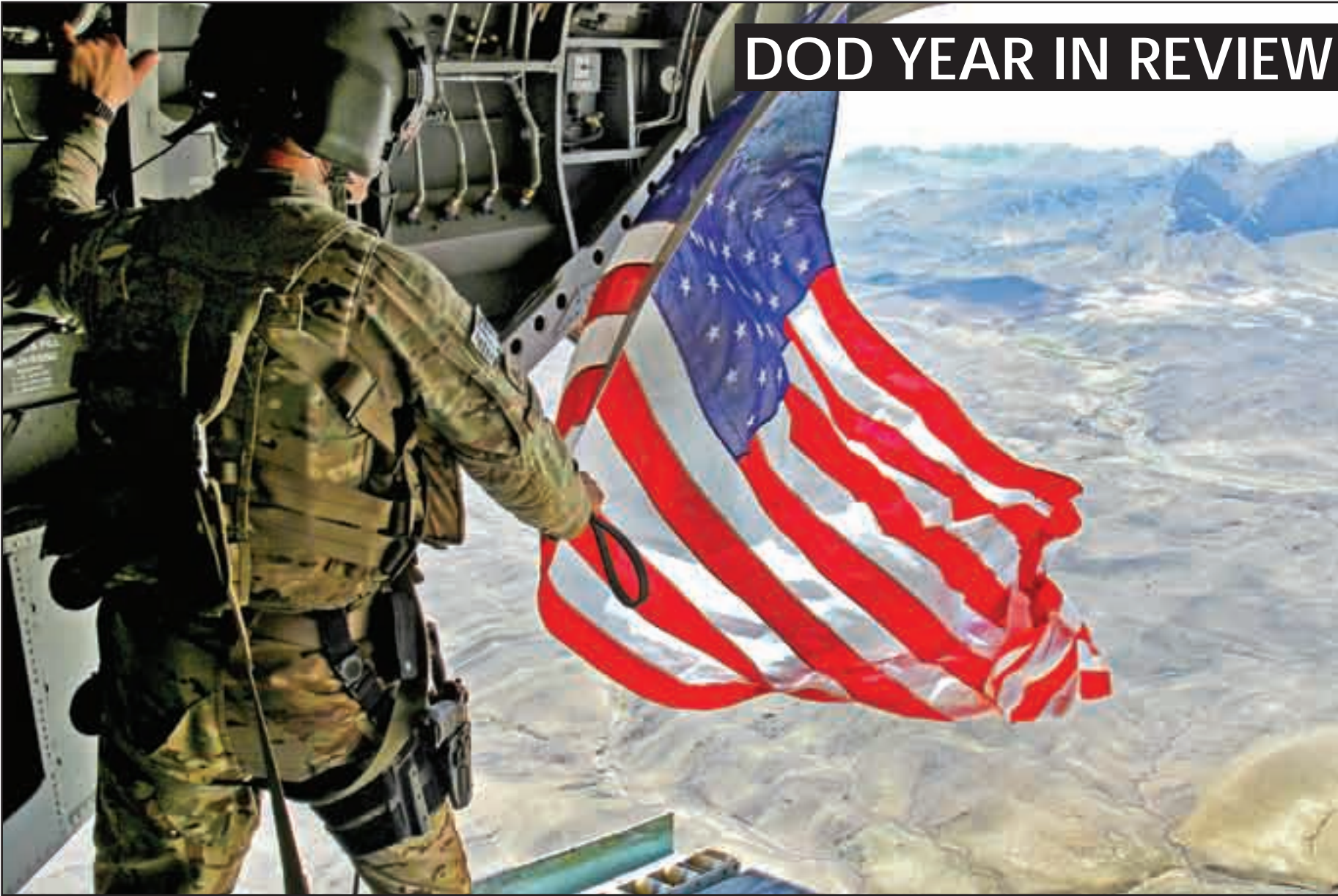
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DOD YEAR IN REVIEW

PHOTO BY STAFF SGT. BRYAN LEWIS

Sgt. Michael Misheff flies the American flag from the back of a CH-47 Chinook helicopter over southern Kandahar province, Afghanistan, Aug. 24. Misheff is a crew chief assigned to 16th Combat Aviation Brigade. The pilots and crew chiefs fly American flags to present with certificates to service members as part of Aviation tradition. This photo and others that include Army Aviation in action – along with all the other services – are featured in the DOD Year in Review available off of the www.defense.gov website.

IRON KNIGHTS

Task force provides wings of United Assistance

By Staff Sgt. Terrance D. Rhodes
101st Airborne Division (Air Assault)
Public Affairs

MONROVIA, Liberia – As service members of the Joint Forces Command – United Assistance continue the fight against the Ebola virus disease, some challenges are still present. Many Liberian roadways aren’t developed to the standard of what service members are accustomed to back in America and some of them are impassable with ground vehicles.

However, Soldiers from Task Force Iron Knights, 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, make sure getting from one place to another isn’t a problem.

“We can get anybody to any place in Liberia,” said Command Sgt. Maj. John Kolodgy, of 1st CAB, Task Force Iron Knights, based out at James Spriggs Payne Airfield. “Our overall mission is to provide Aviation support to the JFC-UA and transportation to all ETU’s and training sites.” One of Task Force Iron Knights missions is executing resupply



PHOTO BY SGT. JOSE RAMIREZ

Soldiers from Task Force Iron Knights, 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, perform maintenance on a CH-47 Chinook helicopter parked on the flight line at James Spriggs Payne Airfield, Liberia, Dec. 13.

and transport missions.

“We get key personnel like the command group out to remote areas so they can make decisions and see the areas that need development,” Kolodgy said.

Some of the equipment flown to the ETU sites include construction and electrical equipment, and food and water, all of which aids in the construction of ETUs across Liberia. These vital missions allow daily operations to take place as smoothly as possible and

therefore play a major support role in the JFC-UA’s overall mission, Kolodgy said.

Before any aircraft can take to the air, maintenance pilots, along with the crew, must conduct necessary maintenance, which sometimes includes phase maintenance, a process of disassembling, inspecting, fixing and reassembling an aircraft.

SEE WINGS, PAGE B4

2nd CAB hosts Koreans for MedEvac training

By Sgt. Jesse Smith
2nd Combat Aviation Brigade
Public Affairs

CAMP HUMPHREYS, South Korea – The first MedEvac mission in Korea was flown Jan. 3, 1951. In the first month of the Korean War, the Army evacuated over 500 injured Soldiers and by the end over 21,000 wounded Soldiers were transported by helicopter.

Over 60 years later, two to three MedEvac missions are still completed every week in South Korea, said Sgt. Travis Mayo. He is part of the only rotary-winged unit on the peninsula that performs medical evacuations.

Dec. 18 was a cold day that did not have a cloud in the sky. Three Republic of Korea officers waited eagerly in an office in the Super Hangar at Camp Humphreys. They were bundled up in their cold weather gear.

A loud alarm went off and the officers were rushed to another office where they were briefed on the procedures of



PHOTO BY SGT. JESSE SMITH

A Soldier with C Company, 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division pulls the dummy patient into a UH-60 Black Hawk from a hoist Dec. 18 in South Korea.

receiving a nine-line MedEvac request, a way for wounded Soldiers to get air lifted to medical services. The officers were then escorted to a UH-60 Black Hawk helicopter on the flight line, strapped in, given safety instructions and the aircraft lifted off.

The three ROK officers observed a MedEvac crew from C Company, 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, perform hoist training.

One of the Soldiers who was observed was Mayo, a flight paramedic with C Co., 3-2nd GSAB, who said that this was the first time having someone from the ROK observe this training, and that it is very intense and difficult.

“I enjoy putting my skills to the test,” Mayo said. “Hoist is probably the most difficult training that we do.”

Once in the helicopter, Mayo and the rest of the MedEvac crew prepared the rescue seat. A heavy hook-like seat is used

to hoist Mayo and any patient to and from the helicopter while in mid-air. When they arrived to the training site, the crew placed the rescue seat on the hoist while the pilots maneuvered the helicopter into the best position, Mayo said.

Mayo was lowered to the ground and secured the dummy patient to the seat before it was hoisted up. Once the patient was properly placed in the aircraft, the seat was lowered back down and Mayo was hoisted back up.

As the aircraft flew back to the flight line, the ROK officers watched as Mayo performed medical treatment on the patient, using an electrocardiogram and defibrillator on the dummy.

“That lets us track the patient’s vital signs,” Mayo said. “That also lets us monitor how much oxygen the patient has in his system.”

When the exercise was complete, the ROK officers jumped off of the aircraft and the crew ran through the

SEE TRAINING, PAGE B4



PHOTO BY STAFF SGT. JASON TEDESCO

Maj. Juli Fung provides a medical screening for a Honduran child during a Medical Readiness Training Exercise in the Department of Gracias a Dios, Honduras, Dec. 17. Joint Task Force-Bravo’s Medical Element provided medical care to more than 1,500 Honduran citizens during the two-day ME-DRETE operation.

JTF-Bravo provides medical care to villagers

By Spc. Ariel Solomon
U.S. Forces Afghanistan
Public Affairs

SOTO CANO AIR BASE, Honduras – Joint Task Force Bravo’s Medical Element, Joint Security Forces and the 1-228th Aviation Regiment partnered with the Honduran Ministry of Health and the Honduran Military to provide medical care to more than 1,500 people over two days in Tipimuna and Auka, two remote villages in the Gracias a Dios region of Honduras, during a Medical Readiness Training Exercise Dec. 15-18.

“These exercises are a great opportunity to work with various units of Joint Task Force-Bravo in conjunction with our Honduran Counterparts,” said Maj. John Ritter, commander for the mission.

The care for the patients included classes on hygiene, nutrition and preventive dental care. MEDEL, along with its Honduran partners, also provided dental care, wellness checkups and medications, as well as performed some minor medical procedures.

JTF-Bravo was also able to complete the successful medical evacuation of a severely dehydrated mother suffering from postpartum depression and a 2-day-old baby with sepsis, an infected umbilical cord that was developing into a life-threatening condition.

“It was rather remarkable that with the support of 1-228th Aviation Regiment, we were able to MEDEVAC the newborn and his mother from the MEDRETE site to Puerto Lempira Hospital in about an hour,” said 1st Lt. Brian Coleman.

Besides being in a remote area of the country where the predominant language is

SEE CARE, PAGE B4

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Chevrolet-3500, 2006 14½ ft. box truck, 1-owner, low miles, very clean, maintenance records, white in color, \$17,000. 334-618-1670

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Chevrolet 2002 S10: black with cloth interior, automatic, 6 cylinder, 201k miles, rebuilt motor, good condition \$3400 Call 334-350-1435.

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THE EUFAULA TRIBUNE
OPELIKA-AUBURN NEWS

Wings: Knights reduce mission completion time

Continued from Page B1

“Once we receive the work order, we bring the aircraft in, break it down, inspect the aircraft, find and fix the deficiency, and then put it back together,” said CW3 Trevor Bremer, maintenance test pilot for A Company, Task Force Iron Knights.

Once the maintenance is completed, the aircraft are ready to get back to flying, he said.

“I feel like we’re the bus drivers of the sky,” said Bremer. “It’s imperative that we get the right people and supplies out to the right places because they’re depending on us to give them that ride.”

Without the aid of Task Force Iron Knights, most missions would take days to weeks to complete, said Bremer. Having the ability to move freely across the sky for this deployment did not come easy. The unit had less than two weeks to prepare and move out for this.

“Once we got the call, it took us about two weeks to get our Soldiers prepared and ready to move out,” said Kolodgy.

The preparations included loading helicopters onto cargo ships and fixed-wing planes, individual crew member



PHOTO BY STAFF SGT. TERRANCE D. RHODES

A maintenance crew from Task Force Iron Knights, 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, conducts helicopter maintenance on a UH-60 Black Hawk at James Spriggs Payne Airfield, Liberia, using a spider crane Dec. 13.

training and specific medical training for the environment they were headed for. The key

to any deployment is how well Soldiers can adapt, he said.

“Once we got to Liberia, our

Soldiers hit the ground running and never looked back,” said

Kolodgy. “Our success is built

on the friendship of the Liberians, as well as the 101st setting the stage for us being here.”

Care: Medical exercises strengthen civil-military cooperation

Continued from Page B1

Miskito and not Spanish, MEDEL and our Honduran counterparts were able to bridge the language gaps going from English to Spanish to Miskito and back.

“We had some Honduran civilians and

Honduran military members that stepped up and helped us have a successful mission. This was a real joint effort for all the parties involved,” said Staff Sgt. Joe-Michael Mayo, NCO in-charge of the MEDRETE.

MEDEL is made up of 65 Soldiers who

came together from all over the United States. MEDEL provides preventive medical care, wellness checkups, dental care, preventive dental care, surgical care and physical therapy through local partnerships in Comayagua and through MEDRETEs, which are carried out on a weekly basis.

JTF-Bravo conducts MEDRETEs throughout Central America each year in support of U.S. Southern Command’s humanitarian and disaster relief programs in order to strengthen civil-military cooperation between the United States and nations in the region.

Training: Korean navy seeks to expand MedEvac capabilities

Continued from Page B1

scenario again as the officers watched from the ground to gain a different perspective.

One of the ROK officers included Navy Lt. Yoo Seon Mi, a medical planner at the Jinhae Maritime Medical Center.

“We don’t do MedEvac training yet, but we plan on doing it soon,” she said, referring to the ROK Navy.

She said that they were there to observe the functions and capabilities of C Co.’s MedEvac operation because they really need this training. The ROK Navy has a unit near the city of Pyeongyang that they are hoping can do combined MedEvac training with 2nd CAB units in the future, Yoo Seon Mi said.

“We want to further help develop the U.S. and ROK alliance with this training,” she said.

MedEvac operations saved thousands of Soldiers lives during the Korean War and it is important that the ROK learns and can perform this critical mission from a helicopter, Yoo Seon Mi said.



PHOTO BY SGT. JESSE SMITH

Two Republic of Korea officers observe as Sgt. Travis Mayo, a flight paramedic with C Company, 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, begins to perform medical treatment Dec. 18 on a dummy patient in a UH-60 Black Hawk in South Korea.

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JANUARY 8, 2015

SGT. TED E. BEAR

Vigilant mascot a morale booster

Army Flier
Staff Report

As temperatures plunge in the Wiregrass, it takes more than a chill wind to deter Fort Rucker's resident polar bear mascot from his vigilance near the Soldier Service Center.

In many cities across America, mascots can be found that promote esprit de corps — Dothan has its peanut statues, Louisville has its horses and Cherokee has its bears — and promoting morale is one of the things that Fort Rucker's Sgt. Ted E. Bear does best, even in frigid weather conditions.

Located at the corner of Andrews and Novosel, Bear has dutifully watched over Fort Rucker for more than 50 years. Standing watch over the installation near the Daleville Gate, he observes the thousands of people passing by him every day, said Jay Patrick Hughes, Aviation Branch historian.

"People have fun with that bear," he said. "He was originally designed in Panama City (Florida) by Lee Koplin, but he was built here and he will stay here. He is now a Fort Rucker icon."

Bear was originally erected as an emblem of the 2nd Battle Group, 31st Infantry Regiment, also known as the Polar Bear Regiment. Construction was com-



FILE PHOTO

Sgt. Ted E. Bear makes a permanent change of station from his home outside the 46th Engineer Battalion building to a new place of residence near the U.S. Army Aviation Museum in 2008. Bear is said to have served Fort Rucker for more than 50 years.

missioned in 1961 by Col. Bennett L. Jackson of the unit to commemorate the action the unit saw while attempting to keep the Trans-Siberian Railroad open during World War I in Murmansk, Russia. It was that operation that earned the regiment the nickname "the Polar Bears," and Bennett received the nickname "Bear," said Hughes.

The regiment even incorporated the polar bear into its crest, he added.

"Smokey" was originally located next to the 46th Engineer Battalion building after the 31st Infantry Regiment was reassigned to Fort Benning, Georgia, in 1966.

Over the years, Bear has donned many outfits as part of his provided care, ranging from bunny and penguin suits to flight suits. He has also sported superhero costumes and a variety of other seasonable ensembles.

Bear overshadows all of his fellow sergeants, if not by age then by dimensions. At 15 feet high, Bear weighs 2,000 pounds (mostly made of solid concrete), with his weight steadily growing with each outfit he dons.

Eventually, responsibilities passed to 1st Battalion, 210th Aviation Regiment in 1994 when the bulk of the engineer battalion relocated to Fort Polk, Louisiana, and he was then reassigned to the Warrant Officer Career College in 1997.

"With his reassignment to the 210th, he received his new orders, rank and name — Pfc. Ted E. Bear," said Hughes, adding that Bear received official orders.

He was promoted to sergeant Sept. 19, 2007, in an official ceremony approved by Maj. Gen. Virgil L. Packett II, then U.S. Army Aviation Warfighting Center and Fort Rucker commanding general, and at the time it was stated that his weight issues kept him from being promoted higher.

In 2008, Bear was moved from his original home on Ruf Avenue to his new home near the U.S. Army Aviation Museum where he bravely and quietly watches over passing traffic.

"People would notice if he was moved or removed in a heartbeat," said the historian. "It was somewhat controversial when they moved him to his new post.



PHOTO BY NATHAN PFau

Fort Rucker youth paint Sgt. Ted E. Bear with their hand prints Nov. 18 in honor of National Month of the Military Family.

Can you imagine what would happen if he was taken down permanently?

"Many Soldiers return to Mother Rucker," he added. "If Bear could not be found, it would be like losing a friend you always expect to see when you return home."

In a real sense, Bear serves as a colorful community bulletin board, and many organizations have upped the ante when it comes to decorating him — giving him 3D accessories like banners, hats, sporting equipment and large polar bear sized packages.

It is uncommon for military installations to have a single mascot, something Hughes said made Fort Rucker stand out, or over, 15 feet exactly, others.

"Countless generations of Aviators have come through here and seen him. He has always been a very prominent figure in the community," he said. "Aviators see him and they identify with him, and I know it is usually one of the first

things family's notice when they arrive here.

"He is now part of the tradition of being at Fort Rucker, even though his origins do not lie in Aviation. He is part of the experience of becoming an Army Aviator," he continued.

People across the area can only wonder what fashion statements Bear will reveal next and when he will be promoted to staff sergeant, because he is surely the most famous sergeant in the lower 49 states. He has been featured in local newspapers more than 10 times and his likeness is now featured as a trophy at the Fort Rucker Arts and Crafts Center.

But people should exercise care when taking photos with Bear. Although he loves the attention, is dressed to impress, is wearing a smile and his arms are open to receive hugs, he is a 2,000 pound carnivorous infantryman, and the intersection he is by is a high traffic area.

ARMY FAMILY TEAM BUILDING TURNS 20

By Nathan Pfau
Army Flier Staff Writer

Becoming part of the Army family involves more effort than many people realize, and that's why the Army made it a priority to help people immerse themselves in Army culture to better understand what it means to be part of the Army family.

The Army Family Team Building program is celebrating 20 years of that immersive experience by teaching spouses about all things Army, said Rick Kohl, AFTB coordinator.

From rank structure to acronyms to military time, the program familiarizes family members with everything they might experience in Army life, and helps spouses understand and become a part of what their Soldier is experiencing, he said.

"Army Family Team Building started in 1993 to connect family members to the Army culture and help them learn about rank, Army structure, traditions, courtesies and general knowledge of the military," said Kohl. "It was expanded to teach leadership skills for Army spouses so that they could also have a program that developed their understanding of responsibilities as their Soldier continues his or her career."

Classes are held on a quarterly basis, but many installations have initiated online classes, which are available at www.myarmyonesource.com.



The website gives spouses access to all three levels of the AFTB curriculum, said the AFTB coordinator.

Fort Rucker has developed its own program within AFTB called Get REAL (Rucker Experience Army Learning), which is a one-day class that's fun, interactive and engages people in the process of learning about general Army knowledge, as well as knowledge about Fort Rucker and Avia-

tion history, Kohl said.

An understanding of that culture and history helps family members become more comfortable within the Army family and helps them to become Total Army Strong, he added.

The classes are voluntary and are held at Divots Restaurant and Grille at the Silver Wings Golf Course where free lunch is provided. For more information on the classes, call 255-9637.

One way to better help people understand Fort Rucker and Aviation training is by engaging them through the Fort Rucker Newcomers' Bus Tour put on by the Directorate of Family, Morale, Welfare and Recreation, said Kohl.

During the tour, AFTB representatives ride along and provide narration and Fort Rucker-specific knowledge. People will learn about the history that surrounds Fort Rucker, such as

the history of the airfields and how they got their names. For more information on the bus tours, call 255-2292.

"That helps people get connected to the culture of Aviation, which is a big part of Fort Rucker life," said the AFTB coordinator. "The more comfortable the Army culture is for a family, the more likely they are to want to stay in the Army."

"There is a lot of strain and stress on Army families with moving, deployments and training, so it's a different lifestyle in terms of pressures that are put on the family," Kohl continued. "Here we have a really unique opportunity to connect and reach out to Army spouses because their Soldier's training is fairly long, so it's a great opportunity for us and them."

It's important for AFTB to be there for family members and provide a safe place for them to ask questions. Many spouses feel intimidated by Army life, and that's why AFTB exists to alleviate the intimidation and make the family members feel comfortable in their new social network, he said.

"We want (the spouses) to be able to talk about their needs and specifically ask about information so that they don't feel so isolated," said Kohl. "That's why we're here."

The more they understand about that and the traditions and the connections to other families who have done well, it's an investment for us to invest in the Soldier's career.

ON POST

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

Free movie – ‘American Sniper’

The post theater and the Army and Air Force Exchange Service will host a free screening of the movie “American Sniper” Saturday at 4 p.m.

EFMP info and support group

The Exceptional Family Member Program invites all active duty military families who have an exceptional or special-needs family member to its information and support group Tuesday from 9-10 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The topic for the meeting is available resources for individuals with special needs and disabilities. Tools, techniques, and resources will be discussed. EFMP officials said the information and support group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information, call 255-9277.

January craft activity

The Center Library will host a winter craft activity Tuesday from 3:30–4:30 p.m. for children ages 3–11. Light refreshments will be served. Space is limited to the first 65 children to register.

For more information or to register, visit the Center Library or call 255-3885.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 22. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:15 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.

Financial readiness training

Army Community Service will host its financial readiness training Friday from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers – E-1 through E-4. Spouses are also encouraged to attend.

For more information, call 255-9631 or 255-2594.

Lifeguard courses

Lifeguarding Courses will be held Jan. 16–19 from 8 a.m. to 6 p.m. at the Fort Rucker Physical Fitness Center on Andrews Avenue. Each class, once completed, includes American Red Cross certifications in lifeguarding, water-front lifeguarding, water-park lifeguarding, first aid, and cardiopulmonary resuscitation and automated external



FILE PHOTO

Winter Boot Camp 2015

The Directorate of Family, and Morale, Welfare and Recreation will host its six-week Winter Boot Camp program Jan. 20-Feb. 27. The program takes place five days a week from 8:30–9:45 a.m., rain or shine. The cost is \$100 per participant and includes: weekly consultations to keep track of progress, a variety of outdoor and indoor fitness activities planned and executed by certified personal trainers, and free access to all group fitness classes during the camp. Activities will focus on functional training, endurance, strength and more. T-shirts will be available to all participants. Orientation will be held Jan. 20 at the Fort Rucker Physical Fitness Center at 8:30 a.m. Registration forms will be available at either Physical Fitness Center. For more information, call 255-2296.

defibrillator administration. Each certification is valid for two years from the course completion date. Courses are available to ages 15 and up, and cost \$125 for Department of Defense ID card holders and \$150 for the general public. People must pass a prerequisite test on the first day to enter the course. Prerequisite requirements include: non-stop swim of 550 meters, two-minute tread using only legs, dive ring retrieval and a timed 20-minute retrieval swim. People can register at the front desk of the Fort Rucker Physical Fitness Center. The cut-off for registration is three days prior to course start date. The class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Comedy Live

Comedy Live at Rucker returns to the post Jan. 23 at The Landing. The doors to the ballroom will open at 7 p.m. and the show will be kicked off by the emcee at 8 p.m. This year’s show will feature two headliners — Chris Killian and Tyler Boeh. The event is open to the public, ages 18 and older. Tickets cost \$12 through Jan. 21. Tickets will be \$16 after Jan. 21 and on the day of the show. VIP tables that seat 10 and are guaranteed to be close to the stage are available for \$150. Tickets may be purchased at The Landing Zone, The Landing, Lyster Coffee Zone, or MWR Central.

For more information, call 255-9810.

Mother Rucker’s birthday

Mother Rucker’s will celebrate its fourth birthday Jan. 23. The facility will offer drink specials from 5-7 p.m. For more information, call 503-0396.

USS Alabama battleship trip

Fort Rucker Outdoor Recreation will host a trip to the USS Alabama and the USS Drum in Mobile Jan. 24. Visitors will

have an opportunity to eat lunch, and if people don’t want to pack their own, the galley at the USS Alabama sells food and drinks. After the battleship visit, the tour will go to the Fort Conde Museum and the History Museum. Buses will depart Fort Rucker at 7 a.m. and return around 8 p.m. The cost is \$35 for ages 12 and up, \$27 for ages 6–11 and \$20 for those under age 6. The cost includes transportation to and from Mobile, admission to the USS Alabama and USS Drum, as well as admission to the Fort Conde Museum and History Museum. This event is open to the public, but limited to the first 24 people to register. Deadline to register is Jan. 21.

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

Resilience Training

Army Community Service will host resilience training Jan. 27 from 9-11:30 a.m. at The Commons. The training will teach people the skills that will make them and their family resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff. People need to register by Jan. 23.

For more information and to register, call 255-3735.

Right Arm Night

The Landing Zone will host Right Arm Night Jan. 29 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

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FORT RUCKER MOVIE SCHEDULE FOR JAN. 8 - 11

Thursday, Jan. 8

Horrible Bosses 2 (R)7 p.m.

Friday, Jan. 9

Theory of Everything (PG-13)7 p.m.

Saturday, Jan. 10

Free Screening - American Sniper (R)4 p.m.

Sunday, Jan. 11

The Hunger Games: Mocking Jay Pt. 1 (PG-13)2 p.m.

Soldier for Life reaches out to Gold Star families

By Tim Hipps
U.S. Army Installation
Management Command
Public Affairs

BALTIMORE — Lt. Gen. David Halverson has been going to Army-Navy football games since 1975, when he was a cadet at the United States Military Academy. He estimates attending 15 of the 115 clashes of the archrivals during his 39 years in uniform.

Although he’s not exactly sure how many games he has attended, the 115th Army-Navy game is one Halverson likely will never forget.

On Dec. 13, Halverson, as the commander of U.S. Army Installation Management Command and assistant chief of staff for Installation Management, welcomed Army and Navy Gold Star families to the nationally televised game.

“I would not want to be any place but here right now,” Halverson said after leading the survivors of fallen service members from the stands onto the field during pre-game festivities. “Our survivors are so important to us, because they know the price of freedom. We can sit here and talk about it, but they’ve experienced it.

“For us to be able to be with them right now and talk about their brothers, fathers and husbands, and see how they’re doing, that means a lot,” he continued. “We want to be able to continue to let them know that the Army family is always here for them.”

During the past year, the U.S. Army Installation Management Command’s Survivor Outreach Services has been raising awareness of the meaning and significance of the gold star. Actor Gary Sinise provided the voice for several public service announcements that feature moms and dads, brothers and sisters, husbands, wives and children of fallen Service members.

Halverson received first-hand feedback from each of those groups.

“They don’t have to worry about ever imposing because we want to be with them,” he said. “We want to hear about their fall-



PHOTOS BY TIM HIPPS

Lt. Gen. David Halverson, the commander of U.S. Army Installation Management Command, spends time with Seth Parrish, the Gold Star son of fallen Sgt. Maj. Harry Lewis Parrish, at the 115th Army-Navy football game Dec. 13 at M&T Bank Stadium in Baltimore, Maryland.

en. We want them to know that we cherish them because they are the true heroes.”

In 1947, Congress approved the use of the Gold Star lapel button, or pin, as a way to recognize the families of service members who lost their lives while engaged in action against an enemy of the United States. In 1977, the Army approved issue of the pin for the next of kin of deceased personnel to honor those who died while serving on active duty or while assigned in a Reserve or National Guard unit in a drill status.

To demonstrate the Army’s commitment to supporting gold star families and as part of the gold star awareness campaign, Installation Management Command Survivor Outreach Services and the Navy Gold Star Program co-ordinated with presenting sponsor, USAA, which hosted 20 Army and Navy surviving military family members at the game.

Debbie Parrish, widow of Sgt. Maj. Harry Lewis Parrish, and her son, Seth, 5, were among the group. On Aug. 1, 2009, Debbie lost her husband and Seth lost his father, whom he never got to meet.

“It was a month before Seth was born,” she explained.

At M&T Bank Stadium, Seth kept tugging on Halverson’s pants leg, attempting to thank the general for giving him a commander’s coin.

“He wanted to go up and personally thank him,” Debbie said.

Halverson was encouraged by the feedback he received from the families.

“They are saying ‘thanks’ – a pure and genuine ‘thanks’ – thanks for remembering us,” he said. “They are very proud of the sacrifices of their fallen, and that’s what’s most important. That’s why we always say ‘We shall never forget,’ and ‘Freedom is not free.’”

Halverson was impressed with “the sparkle and resiliency” the survivors exuded as they proudly shared memories of their fallen loved ones.

“It’s really important for them to know that they’re still in the Army,” Halverson said. “We’re a ‘Soldier for Life,’ and we want them to know that they’re always welcome in ‘The Army’s Home,’ and that the Army is their family. That’s what the military lifestyle is all about. You get two families – the one you were born with, and the one you serve with.

“We’ll never forget, and we’re always here for you,” he said.

Parrish sensed that feeling, too, and she’ll certainly never forget.

“It’s been an emotional day, just listening to others share their losses and reflect back and to realize how honored Harry is to the Army,” she said. “I told Seth as we were walking onto the field that this is honoring my husband and his memory and his service to the country.

“I feel like we’re representing him,” she said.

“That’s really important for us,” Halverson said. “And we will continue to be vigilant with our efforts.”



Gold Star families and friends pose with Lt. Gen. David Halverson, the commander of U.S. Army Installation Management Command and assistant chief of staff for Installation Management, at the 115th Army-Navy football game.



Gold Star wife Alicia Patrick photographs a commander's coin her daughter, Deiniah Stewart received from Lt. Gen. David Halverson, the commander of U.S. Army Installation Management Command and assistant chief of staff for Installation Management, as Gold Star son Seth Parrish flashes his coin.

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8:00 a.m. Traditional Protestant Service

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9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939

9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesdays

9 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6 p.m. Protestant Women of the Chapel, Wings Chapel
7 p.m. Adult Bible Study, Spiritual Life Center

Wednesdays

11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursdays

9 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

Church Directory

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1 Corinthians 11:1

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Families invited to enjoy Lionel Richie’s Tuskegee road trip

By Marilyn Jones Stamps
Alabama Tourism Department

When R&B and pop singer/songwriter/producer Lionel Richie named his album “Tuskegee” after his hometown, it cemented the idea that no matter where you go in the world, you can always come home.

Visitors to Tuskegee, located in Macon County in east-central Alabama, will discover a myriad of reasons why Richie is proud to call the small town where he grew up “home.”

In a personal letter to his friends prior to the release of his “Tuskegee” album in 2012, Richie wrote: “This place called Tuskegee is where it all began – the place where I felt that everything was available and possible. It’s where I learned about life and love and the power of music, and the place I built a musical foundation that knows no genres or boundaries. Tuskegee also proved the perfect melting pot for all of my influences as a writer, and as my songwriting progressed, I realized that my songs perfectly translated to country music. Some people say you can never go home. In this case, I am home.”

A rich history

Formed from land once claimed by the Creek tribe, the Alabama Legislature created Macon County on Dec. 18, 1832, naming it for Nathaniel Macon, a Revolutionary War Soldier and long-serving political leader from

North Carolina. The town of Tuskegee was founded and laid out in 1833 by Gen. Thomas S. Woodward, who fought in the Creek wars under Gen. Andrew Jackson. Woodward selected Tuskegee as the county seat and also built the first home in the town. Tuskegee was officially incorporated in 1843. Since that time, it has been the site of major achievements by African-Americans in fields ranging from education, science and Aviation to art, literature, music and civil rights.

Where to begin

A good place to begin your tour is at the Tuskegee Human & Civil Rights Multicultural Center, 104 S. Elm St.; 724-0800. In addition to providing visitors with information on things to see and do in the area, this walk-through-time museum, founded by noted civil rights lawyer Fred Gray, offers a historical overview of Tuskegee and Macon County. Exhibits showcase Macon County’s Native American and European heritage as well as highlight Tuskegee’s role in the Civil Rights Movement, the impact of the infamous Tuskegee Syphilis Study, and the contributions of local citizens to state and national history.

First-time visitors to the center might be surprised when they arrive and are welcomed by historical greeters who are dressed as noted Alabamians such as Zora Neale Hurston (author of “Their Eyes Were Watching God”),

who was born in nearby Notasulga in 1891; Mrs. Booker T. Washington; or jazz musician Teddy Wilson, who studied piano and violin at Tuskegee Institute. Wilson changed the color of music when he joined the Benny Goodman Trio in 1935 and became the first black musician to perform publicly with a previously all-white jazz group.

As you enter the museum, you will get a brief introduction to the work of contemporary artist and sculptor Ronald Scott McDowell, whose distinctive figures of a Native American, European American and an African-American grace the entryway. The California native spent a considerable amount of time in Tuskegee and has documented many of its legends through his artwork. A gift shop to the right of the entrance showcases some of his work as well as features items by local artisans, including caps, T-shirts, books and jewelry.

McDowell, most notably recognized for his graphic sculptures of police dogs menacing an African-American civil rights protester in Kelly Ingram Park in Birmingham, has been hailed as one of today’s most versatile artists. He was also commissioned to do a work relating to the four little girls killed in the 16th Street Baptist Church bombing in 1963 for the 50th anniversary of the Birmingham civil rights campaign.

Strolling through the museum’s interactive exhibits, you’ll find yourself in awe over the amount of civil rights history associated

with Tuskegee. Meet civil rights activists Rosa Parks who was born in Tuskegee as Rosa Louise McCauley on Feb. 4, 1913. Discover the exploits of the Tuskegee Airmen who overcame segregation and stereotypical barriers as fighter pilots during World War II, and consider the Tuskegee Syphilis Study, an experiment conducted by the U.S. government and Tuskegee Institute from 1932 to 1972 on black males in and around Tuskegee without their consent. The experiment ended only after a media exposé prompted a national outcry.

Following the museum’s timeline, you’ll learn about landmark civil rights cases such as Gomillion v. Lightfoot (1958) and Lee v. Macon County (1963), which guaranteed voting rights and equal education for blacks. Both of these cases took place in Tuskegee. And you will hear the tragic story of Tuskegee native Samuel Younge Jr. (1944-1966), who was the first African-American student activist killed during the Civil Rights Movement. His shooting death at a Macon County service station became a rallying point for opponents of racial inequality during the late 1960s.

New civil rights installations at the center are highlighted by a mobile phone tour that is certain to enhance your visit. At the end of the tour, you will have an opportunity to tell your own story and leave it as a recorded legacy for future generations. Hours are seasonal, so be sure to call ahead when planning your visit.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30 to 9 p.m. The organization also has a dance, with live music, every Saturday from 7:30 to 11:30 p.m. All proceeds from the bingo events go to help local veterans and their families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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

DALEVILLE

ONGOING — 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 TV’s 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

JAN. 27 — The Dothan Civic Center will host “The Gala of the Royal Horses” at 7:30 p.m. For more information, visit www.dothanciviccenter.org or call 615-3175.

The event is billed as combining the most beautiful horses in the world with live performers to create a breathtaking event for the entire family – a must see for horse lovers and families.

Tickets start at \$25 and there are a limited number of VIP seats available. Tickets are available at the Dothan Civic Center Box Office and online at [\[CivicCenter.org\]\(http://CivicCenter.org\).](http://www.Dothan-</p></div><div data-bbox=)

FEB. 24 — The Dothan Civic Center will host the Harlem Globetrotters at 7 p.m. Ticket prices range from \$25 to \$222. Tickets can be purchased at the Dothan Civic Center Box Office, by calling 615-3175 or online at www.dothanciviccenter.org.

ENTERPRISE

FEB. 21 — The Enterprise Chamber of Commerce and Medical Center Enterprise invite the community to the 43rd annual Enterprise Area Community Health Fair from 8 a.m. to noon at Enterprise High School.

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

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 — Disabled American Veterans Chapter 99 maintains a DAV Service Office in the New Brockton Police station located at 202 South John Street Tuesdays and Wednesdays from 10 a.m. to noon. The office assists veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pension, death benefits, VA medical care, Social Security disability benefits, veterans’ job programs, homeless veterans services and other ser-

vices. All veterans services provided are free of charge. For more information, call 718-5707.

ONGOING — The New Brockton Disabled American Veterans Chapter 99 offers college scholarships of \$500 to applicants that are children of U.S. military veterans who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department Tuesdays and Wednesdays from 10 a.m. to noon.

OZARK

ONGOING — The Volunteer Income Tax Assistance Program at the Dale Baptist Association is looking for volunteers to help prepare tax returns for people with low to moderate income who cannot prepare their own returns. Volunteers will spend two to four hours a week volunteering from February to April 15. There are numerous benefits for volunteers, including helping those in need and adding a new skill to their resumes. For more information or to sign up, send an email to wi.spec.bhampartners@irs.gov with the volunteer’s name and contact information, and asking for the Ozark location as the place to volunteer.

ONGOING — The Carroll High School class of 1965 (Ozark) reunion committee is planning its 50th reunion June 12-13. The program will include recognition of the class’ Vietnam veterans and teachers. Classmate Joe Kelley will be the keynote speaker, followed by a tour of the new Carroll High School building. Organizers need some classmates’ current information. Those who have not received a recent email should send an email to Judy Miller McLaughlin at judybobmcl@hotmail.com, or call 774-2752.

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 — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum’s Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

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 — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the armory at the corner of Westgate Parkway and Choctaw in Dothan. For more information, call 718-4168 or 805-7335.

ONGOING — Veterans Of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke begins at 6 p.m. For more information, call 793-7912.

Beyond Briefs

Eagle Awareness Weekends

Lake Guntersville State Park invites people to participate in Eagle Awareness Weekends now through Feb. 22 to observe and study the national symbol – the bald eagle.

Eagle Awareness began in 1985 to coincide with the bald eagle restoration in Alabama. Between 1985 and 1991, 91 bald eagles were released throughout the state. Next year marks the 30th anniversary of this family-friendly educational program.

Eagle Awareness Weekends feature live bird demonstrations and programs provided by notable speakers, guided field trips for viewing eagles in their natural habitat, and the natural beauty of the mountains and Lake Guntersville.

For more information, visit <http://www.alapark.com/LakeGuntersville/>.

‘The Diary of Black Men’

The Montgomery Performing Arts Centre will host a production of “The Diary of Black Men,” Jan. 16 at 7 p.m. The centre bills the theatrical production – that has been touring since 1983 – as a “morality play laced with comedy, and a lot of talk about manhood from a black man’s prospective. Through a series of vignettes and scenarios, the play examines the relationships between black men and women using six male stereotypes.”

Tickets prices range from \$25-\$55.

For more information, including ways to buy tickets, call 334-481-5100 or visit www.mpaonline.org/events.

The Montgomery Performing Arts Centre is located at 201 Tallapoosa St. in Montgomery.

Oyster cook-off

Apalachicola, Florida, will host its fifth annual oyster cook-off is held Jan. 16-17 downtown at Riverfront Park. The event features a silent auction, oysters, shrimp, smoked mullet, hot dogs, hamburgers, live music, chil-

dren’s activities, dancing performances and a 5k run.

People are welcome to enter their favorite recipe as a contestant in the oyster cook-off or just come out and enjoy a day of food, refreshments and music.

For more information, visit www.saltyflorida.com

Mardi Gras goes to dogs

Apalachicola will host its Mardi Gras Parade Feb. 7 with the theme, Barkaritaville. People are welcome to dress themselves and their dogs in tropical parrot-head costumes and celebrate Mardi Gras Apalach style. People can walk, ride in golf carts, pull wagons, push strollers, or come up with another unique form of transportation. The parade, for the benefit of the Franklin County Animal Shelter and the Apalachicola Dog Park, begins at 1 p.m. at the Bowery and winds through town, ending at Bowery Station, where the party will continue with music, dancing, Cajun food and contests. Registration is \$5 per person.

For information or to pre-register, call 850-670-5064.

Getting Answers: Soldier’s journey to reconnecting with past

By Staff Sgt. Heather A. Denby
35th Air Defense Artillery Brigade
Public Affairs

OSAN, South Korea — Sometimes the questions people ask lead them to answers they least expect.

Second Lt. Jonathan Taylor, C Battery, 35th Air Defense Artillery Brigade at Osan Air Base, joined the military in May 2013 after serving in the Reserve Officer Training Corps at the University of Hawaii, where he earned a degree in business management.

His parents were proud of the son they had adopted and Taylor was grateful for all they had done while caring for him over the past 15 years.

Barry and Cathy Taylor were unable to conceive a child of their own and decided to apply for an overseas adoption. They were approved by a Korean adoption agency and 5-year-old Jonathan left his orphanage in Pyeongtaek, South Korea, to start a new life in Lowell, Massachusetts.

“My dad greeted me at the airport with a big hug,” said Jonathan. “He gave me a banana and a stuffed animal. Mr. Bunny, I think. I still have that old thing.”

Despite having a loving new family, Jonathan’s mind would often drift to the few memories he still had of his birth mother and his short time living in Korea.

“One of my earliest memories of my birth mother was when she would place me on her back while walking around town selling bubble gum,” Jonathan said. “We were poor. There were seven of us that would sleep on the floor of a small shack. Sometimes I would pick wild berries to help with the hunger pains in my stomach.

“On the day I went to the orphanage, I remember my grandmother crying as she waved goodbye to my mother and I on the bus,” he said. “My mother placed me on the corner of a road and said she’d be right back ... she never came back.”

Jonathan kept a small photograph of his mother hidden in the bunk-bed at the orphanage until one day, it too disappeared. Although he could no longer remember her face as he grew older, he spoke of his mother and life before America with his friends.

Jonathan’s story spread through word of mouth, ultimately reaching a woman in Korea.

Minhae Kim, a Korean mother of two and a New York State University graduate, felt the need to help Jonathan reunite with his birth mother and decided to retrace the administrative process of his adoption.

While researching his early childhood, she invited him to spend time with her family in Seoul and Jonathan agreed to pay the Kims a visit.

“I was so impressed with him,” Kim recalled. “I asked my son to email him and see what kind of things he would like to do during his visit to South Korea. Jonathan said he only wanted one thing: to try and find his birth mother. I told him that if you cannot find your mother, I’ll be your mother ... your Korean mother.”

Jonathan and the Kim family continued to visit each other and finally Minhae had found who she was looking for.

She coordinated to meet Jonathan at



COURTESY PHOTOS

Second Lt. Jonathan Taylor, C Battery, 35th Air Defense Artillery Brigade at Osan Air Base, South Korea, with his family.

the orphanage he was sent to as a child in Korea to share the special news he had been hoping for.

“We went and saw the nursery room full of little babies all waiting to be adopted,” said Jonathan. “And then [my birth mother] walked in. I couldn’t remember her face, but when we shared our first hug, it was like she had never left.”

Jonathan’s birth mother cried and apologized for leaving him years ago.

The two spent the day visiting tourist sites around Seoul and then said their goodbyes.

Jonathan’s visit with his mother was exciting, but the excitement wore off and memories of abandonment still lingered.

Conversely, Jonathan’s relationship with the Kim family had blossomed and he felt more at home in the Kim’s modest middle class apartment than he had with his birth mother or in his own apartment out in the Korean district of Songtan.

“We were so grateful for the chance to have met him,” said Kim. “He kind of enlightened my life, too. You know, we never appreciate our parents. Going through this experience with him made me realize how my own parents were just trying to do their best even in the worst kind of situation.”

Jonathan’s introduction to Minhae, his reunion with his birth mother, and his military assignment to the city where he was born were much more than he could have ever expected.

“There were so many questions I had growing up and answers I thought I had already figured out, but I wasn’t ready for any of it,” said Jonathan.

“The lessons I learned from my adopted parents, from my educators, from the military, it all prepared me to embrace both the good and bad things that happen in life,” he said. “The truth is, sometimes the answers we get, just aren’t what we expect.”



For 2nd Lt. Jonathan Taylor, C Battery, 35th Air Defense Artillery Brigade at Osan Air Base, South Korea, the choice to give back to his country by serving in the military brought the chance to reconnect with his past.

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Community honors wounded warrior

By Sgt. 1st Class
Anthony Taylor
Army News Service

ARLINGTONHEIGHTS, Ill. — Retired Army Sgt. Jason Smith deployed to southern Afghanistan March 25, 2012, for an eight-month deployment.

During the halfway mark, on July 25, 2012, an improvised explosive device detonated, causing severe injuries to Smith's arms and hands, and amputation of both his legs.

After hearing his story, the staff and students from John Hersey High School in Arlington Heights, decided that they wanted to do something to give back to Smith. Nov. 11, the students started "Team Jason" in conjunction with STEPS2HOPE, an organization that rehabs and builds homes for wounded veterans. A school effort began raising money to build a home for Smith and his family in the State of Georgia where they reside.

"Mr. (James) Miks (JHHS teacher and coach) met Jason Smith during an honor for him at Northwestern (University), and he was so moved by his story that he wanted to help him out," said Owen Connor, senior at JHHS. "So we started fundraising for Jason to build him a new home."

Carolyn Niersbach, a senior at JHHS, stated that generally the various student groups and organizations fundraise individually for their different causes, but this effort for Smith brought the groups and organizations together in one combined effort.

"This fundraiser has come to be characterized by student initiative and we've seen a lot of our clubs and our student organizations all come together for one fundraising theme," said Niersbach. "To all come together for Jason has been really important for our school, and we've seen it have a huge impact on the whole culture."

The students began fundraising for Smith near Veterans Day. They attempted fundraising by not just asking for donations, but trying to incorporate it in a fun manner such as a gingerbread house-building competition, during basketball games, and throughout the school's student clubs.

In about a month's period, the students raised \$18,000 towards a home for Smith.

"To me, it is incredible that we were able to all come together as a school to raise that much money," said Mili Pandya, JHHS senior.

According to Connor, previous to the fundraiser for Smith, the students had just completed a canned food fundraiser, raising over 51,000 cans.

"It's amazing that we raised that much (for Smith) because a lot of students



Retired Sgt. Jason Smith, wounded warrior, receives a ceremonial check representing \$18,000 that was raised at John Hersey High School in Arlington Heights, Illinois, Dec. 19 to build a home for him and his family.

spent their own money on cans ... buying cans," said Connor. "After that, it's amazing that we could raise this much money while everyone's buying Christmas gifts. It's amazing how much everyone gave."

Following the fundraiser, the students and staff invited Smith to their school Dec. 19 to honor him and present him with a ceremonial check representing the \$18,000 to build his home. An estimated 2,000 students, staff and community members participating in Smith's effort attended the ceremony at JHHS.

Army Reserve Soldiers from the 85th Support Command, based in Arlington Heights, were also invited to participate in the ceremony honoring Smith.

Lt. Col. Craig Lanigan, Maj. Lawrence Reid, and Staff Sgt. Terence Barron came from the local Army Reserve unit in support of Smith.

"I came out today just to support a fellow Soldier in what he's been through," said Barron, who has served on two deployments. "It's always good to be around someone like that. It's the first time, for me, honoring someone like this."

Smith enlisted as an infantryman in the U.S. Army in 2009. Before his 2012 deployment, he served at Camp Casey, South Korea, and at Fort Lewis, Washington.

On July 25, 2012, Smith was conducting a class to members of the Afghan National Army when they heard an explosion. While initiating a battle damage assessment, a second IED went off near Smith.

"I did a back flip ... I was conscious the whole time. The dust settled, (and) I called (out to) the Soldier that pulled security. He was

lying down. I thought it was him who got hurt, so I tried to crawl to him, realizing that I couldn't move ... then I knew it was me. I didn't realize how bad it was. I was on my stomach at the time," said Smith. "So I was kicking my feet (identifying) that I could feel them. It was cool. I was moving my hands. I saw [that] my hands were mangled up, [and] they looked pretty bad.

"My squad leader and saw gunner jumped up on me real quick. And they applied some tourniquets. They flipped me over and I lost my leg above my knee on my left leg, and (my leg) below my knee on my right leg," he said.

Following the injury, Smith spent near two months in the hospital and then followed with four and a half months in rehabilitation.

"It was very tough ... grueling to learn how to do everything again," said Smith. "The blast put me in shock. I (felt) more angry than anything. At the time of the impact, I was afraid that my girlfriend was going to leave me. (I thought) I was never going to be able to do certain things (again)."

Surprisingly, Smith added that this incident turned his life for the better.

"It's probably the best thing that ever happened to me," Smith said. "After my injuries, my girlfriend broke up with me, but I met (Lauren) my wife last Christmas. We got married in September, and we have a baby, Lila Gean, (who) was born in November. She's 5 weeks old. It's the best thing that could have happened to me. You don't know what could have happened (in Afghanistan). The next day, I could have been shot in the neck or the face. And I wouldn't have



Retired Army Sgt. Jason Smith, wounded warrior, poses for a photo with students from John Hersey High School, Arlington Heights, Illinois, and Chicago-land Army Reserve Soldiers during a welcome at JHHS Dec. 19.

had the opportunity to start a family ... my family."

Smith commented that his biggest take away from the incident was the humbling process.

"I thought I was untouchable. I was the PT (physical training) stud, I was the fast-track guy, I knew everything. I didn't take the insurgents seriously, (but) I am humbled now," said Smith. "You realize what's important (and) what's not important. I am a better person for it."

Owning a home was not a large factor for Smith until his recent marriage and birth of his daughter. Smith felt that regardless of what now may take place in his life, he would be OK because he knew he'd at least have a place to call home for his family. Smith's home is anticipated to be complete by early May.

"It's an honor," said Smith. "Words can't explain how blessed I am for people that want to help my family and to help me in our future endeavors in getting a home. It's just amazing."

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Pick-of-the-litter

Meet Emma. She is a 2-year-old, short-hair female Tortoiseshell cat available for adoption at the Fort Rucker stray facility. She is extremely friendly and affectionate. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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JANUARY 8, 2015



OUTDOORS

Program promotes local outdoor recreation opportunities

By Nathan Pfau
Army Flier Staff Writer

With a new year comes new experiences, and while trying new things can be daunting to some people, one Soldier-made program is looking to offer a helping hand to those interested in all things outdoors.

No one knows the stress of moving from location to location more than a Soldier or military family member, but one Soldier is trying to make a difference and offer solace through outdoor recreation.

The Outdoorsman Mentorship Program, thought up by Sgt. Brandon Noel, NCO Academy S-4, is a way for Soldiers, civilians and anyone interested in the great outdoors to learn what is available locally, how to best get out there and get advice from experienced outdoorsmen.

The program is a great way for people to learn about outdoor recreation from fishing, hunting camping and so forth, said Noel, adding that laws regarding outdoor recreation differ from state-to-state and even county-to-county, so it's important to have someone to be able to ask questions of when new to the area.

"This is not just a program for



PHOTO BY NATHAN PFAU

Sgt. 1st Class Brian Brenner, NCOA, John Clancy, ODR program manager, and Sgt. Brandon Noel, NCOA S-4, discuss the Outdoorsman Mentorship Program at the boat dock in front of Fort Rucker's Outdoor Recreation at Lake Tholocco last year.

people who are experienced with hunting, fishing and other outdoor recreation, but primarily for those who are novices, like myself," said the supply NCO. "Coming from my own experience, moving from base to base, you come to a new base, you don't know the area, so it's good to have someone teach you about the local regulations."

During his time as a new Soldier to Fort Rucker, Noel said he wished he could have had someone to offer him advice on good

hunting habits.

"I think I would have really enjoyed having someone show me some good hunting practices, good conservation practices, what kind of dangers to look out for and just other basic stuff that I might not learn from just an online hunter course," he said. "This is a good opportunity to pick up on lessons learned from more experienced outdoorsman. Not just about what regulations and laws are, but what type of fishing lures are better, what type of rifle you need for

deer hunting or what is the best fishing spot."

The Outdoorsman Mentorship Program is also a good chance to show Soldiers that there is plenty for them to experience on the installation.

"A lot of times, (Soldiers) find themselves stuck in the barracks all weekend, and a lot of them tend to think that there's just nothing here to do," he continued. "But there is so much for people to experience. If we're able to get people out and about, then we'll really improve the quality of life for a lot of Soldiers."

The program is not only designed for hunting and fishing. It is also directed at those interested in watersports, such as boating, kayaking, canoeing and more, he said.

"There are certain boating laws people must follow and this is a good opportunity for them to learn exactly what they are," he said. "I see people with canoes and kayaks on the backs of their trucks all the time. Fort Rucker has some of the best spots to use that equipment."

People operating boats must first complete the boater safety course before taking to Fort Rucker's waterways. To take the course online, visit [http://www.ftrucker-](http://www.ftrucker-mwr.com/recreation/outdoor-recreation/boating-safety-course/)

[mwr.com/recreation/outdoor-recreation/boating-safety-course/](http://www.ftrucker-mwr.com/recreation/outdoor-recreation/boating-safety-course/).

Currently, the program is open to the public and Noel encourages people from the local communities to take advantage of the program.

"I want local people involved because there are spots off post that people hunt, fish and do many other outdoor activities," he said, "so this would be a good chance for them to learn something."

Noel said he wanted to offer something like this for the local population because growing up he was very active in Boy Scouts and the outdoors, so he wanted to share his experiences with people in a way that they could learn how to safely enjoy the activities.

"It's always good to have a mentor and be able to learn from someone who's been there before," he said. "That way you don't bite off more than you can chew. This can help so that people don't get themselves hurt, lost or in trouble of any kind."

To sign up for the mentorship program, visit outdoor recreation to fill out a mentor request form. People can also volunteer to become mentors – they just need to fill out a mentor sign-up sheet.

For more information, call 255-4305.

Dietitian offers tips on achieving weight loss goals

By Col. Joanna Reagan
Registered Dietitian
U.S. Army Public Health Command

January is the time of year when many people make a New Year's resolution to lose weight. Some people want to lose just a few pounds, while others may want to lose 30 pounds or more.

So, where can you find the inspiration to help you to lose more than 30 pounds and keep it off for more than a year? Read entries in the National Weight Control Registry, which contains stories of individuals who have lost more than 30 pounds and have kept it off for at least one year. Currently, more than 10,000 individuals have shared their story in order to help others lose weight.

Eighty percent of entries in the National Weight Control Registry are from women and 20 percent are from men. The average participant has lost 66 pounds and kept it off for 5.5 years. There are many differences in participants.

- Forty-five percent of participants lost

weight on their own and 55 percent lost weight with the help of weight loss program.

- Ninety-eight percent of the participants modified their food intake to lose weight.
- Ninety-four percent increased their physical activity to lose weight such as increased walking.
- Ninety percent exercised about an hour per day and minimized their time watching TV.
- Eating breakfast every day was reported by 78 percent of the participants.
- Seventy-five percent weighed themselves at least once a week.

The biggest connection between participants was that most developed a goal plan for weight loss.

If your goal is to lose weight this year, here are suggestions to help you get started and create new goals for success.

The Performance Triad is a three-pronged plan that people can use to improve their health. The Performance Triad goals are to promote sleep, activity and nutrition. Try

something new. To modify your diet, make an appointment with a registered dietitian for personalized nutrition coaching sessions. Make an appointment at an Army Wellness Center to determine your resting metabolic rate and your current body composition.

Purchase a digital fitness device to monitor how many steps you are walking and your hours of sleep. Many of these devices can be linked to your smartphone or to your computer to monitor your progress over time. Some programs and apps have a feature to help track your food intake and to see how many calories you expend and consume daily.

A fitness device is a visual reminder to help you to add extra steps into your day. Try having a walking meeting with your co-workers, or take the stairs up and down your building for a break. A healthy goal is to walk at least 10,000 steps per day.

There are many apps to help you lose weight. Here is a site to help you determine the right app to download: <http://www.eatright.org/Media/content.aspx?id=6442467041>.

To increase physical activity, try attending a new class such as Zumba, yoga, or bicycle spin class. Add strength training to your routine to increase your lean muscle and increase your resting metabolic rate. Make an appointment with a personal fitness trainer to help set up a personalized workout program and for new ideas to add strength training to your routine.

Many women lose muscle mass over time and replace the muscle with fat. For each pound of muscle you gain, you burn 35 to 50 more calories each day. Strength training, in combination with an adequate amount of calcium, also helps to defend against osteoporosis.

Find a good friend who also wants to lose weight and set up a plan to work out together. Having someone as a "battle buddy" can be very helpful for holding each other accountable to maintain the workout routine.

To help you improve your nutrition, try these ideas. Pack a lunch and healthy snacks for work. By packing a lunch, you will save money and decrease portion sizes. You will be more likely to eat a healthy lunch too.

PIGSKIN PICKS



Carolina
vs. Seattle

Dallas vs.
Green Bay

Baltimore vs.
New England

Indianapolis
vs. Denver



Col. Tom von Eschenbach
TCM UAS
(74-38)



Jim Hughes
PAO
(71-41)



Brian Jackson
DFMWR
(63-49)



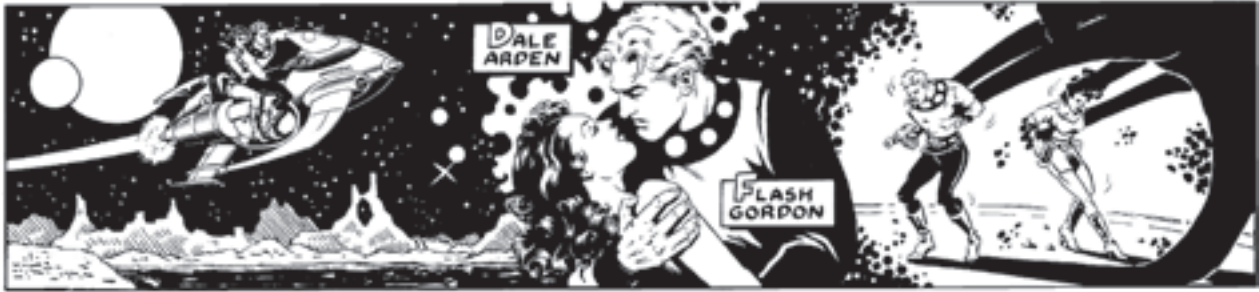
Capt. Mike Simmons
DPS
(70-42)



Sharon Storti
NEC
(69-43)



DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

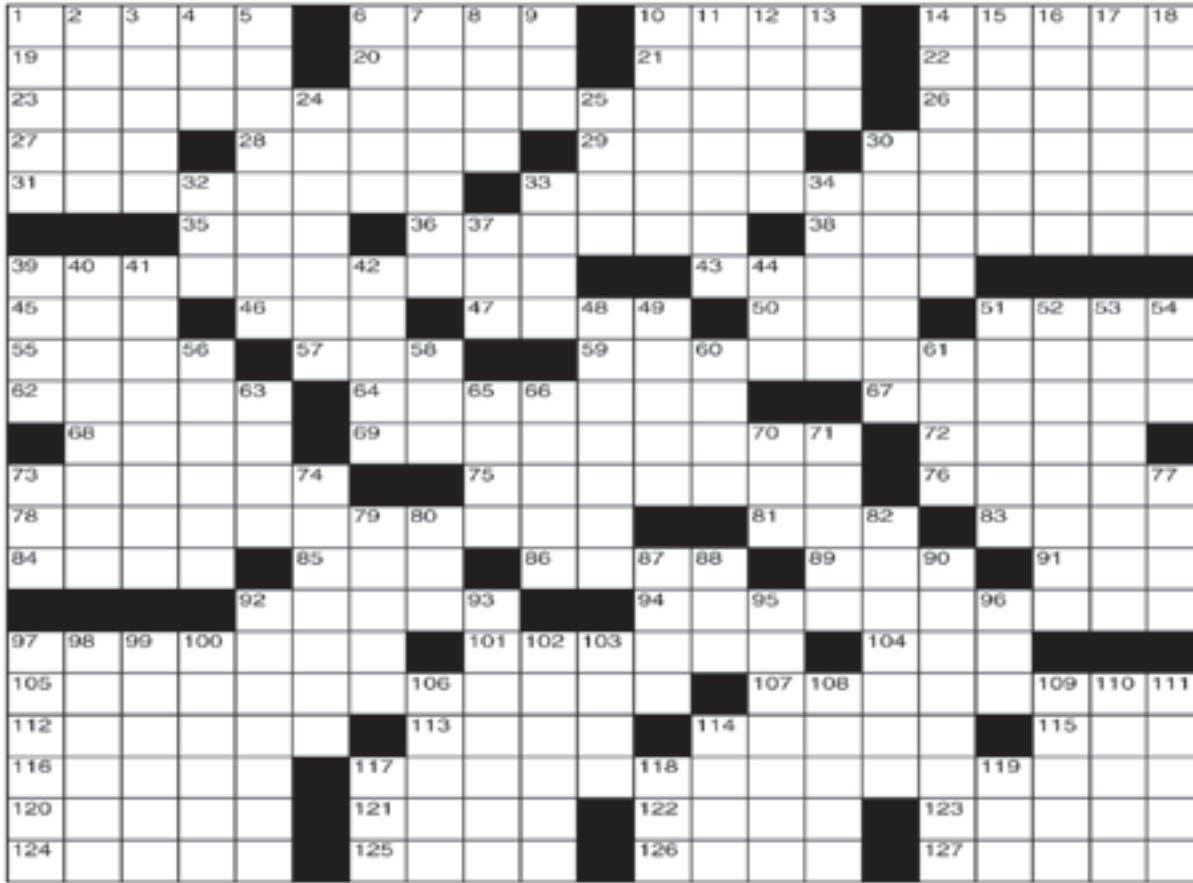
1. GEOGRAPHY: What is the only Central American country that doesn't have a coastline on the Pacific?
2. LANGUAGE: What does the Latin phrase "in media res" mean?
3. MOVIES: What movie featured the line, "The point is, ladies and gentleman, that greed — for lack of a better word — is good"?
4. AD SLOGANS: What American manufacturing company once used the slogan "Quality is job one" to sell its products?
5. MUSIC: What does it mean to play notes in a "staccato" style?
6. U.S. PRESIDENTS: What was the Secret Service's code name for Ronald Reagan?
7. GENERAL KNOWLEDGE: How many official languages does the United Nations have?
8. MYTHOLOGY: Who were the Norns in Norse mythology?
9. TELEVISION: What television sitcom featured parents who were named Al and Peggy?
10. MEDICAL TERMS: What is the common name for monochromatism?

See Page D4 for this week's answers.

Super Crossword

INITIAL WORKS

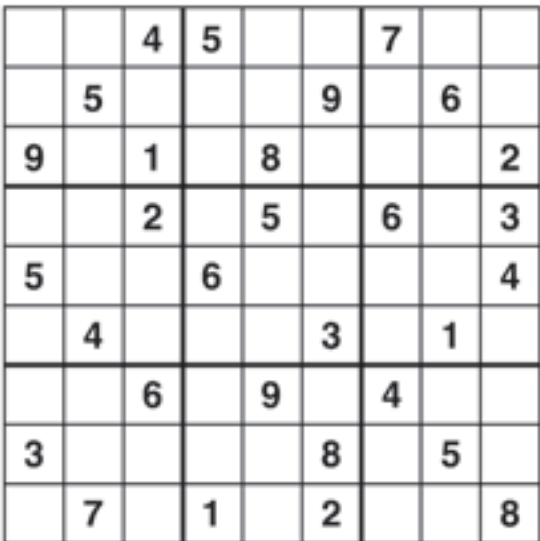
- ACROSS**
- 1 Japanese verse
6 Milky white gem
10 Memo opening
14 "Eight Is Enough" actor Willie
19 Game show announcer Johnny
20 Novelist Victor
21 Have a bawl
22 Freshly firm
23 Comedy that should have starred W.C. Fields?
26 Big town, in Italian
27 Sorority "T"
28 With 103-Down, parked it, so to speak
29 Televises
30 Ejection
31 Modus —
33 Novel that should have been written by T.S. Eliot?
35 Hosp. parts
36 Some pizzas
38 Purge
39 Romantic comedy that should have starred B.D. Wong?
- 43 Épée, say
45 Ethyl's ender
46 "Sprechen — Deutsch?"
47 "Very funny!"
50 Yes, in Ypres
51 Tree juices
55 Harpoon, e.g.
57 Off! — wall
59 Drama that should have starred E.G. Marshall?
62 Muscular power
64 Calgary's province
67 Roof tiles
68 City in Italy or California
69 Song that should have been sung by B.B. King?
72 Roasting rod
73 Baseball game part
75 Catches slyly
76 See 70-Down
78 Pamphlet that should have been written by C.S. Lewis?
81 Pull sharply
83 Kitten sound
84 Lamb
85 Gorged on
- 86 Golfing unit
89 Depot abbr.
91 José's "day"
92 Nerd's kin
94 Song that should have been sung by B.J. Thomas?
- 97 Most hip
101 St. Francis' birthplace
104 Comp — Marshall?
105 Memoir that should have been written by A.A. Milne?
107 Bible book after Ezra
112 Soprano
113 Michael of "Superbad"
114 Ex-veep Stevenson
115 Raptors' org.
116 Some Afrikaners
117 Piece that should have been composed by J.S. Bach?
120 Atlas closeup
121 Tehran's land
122 Meadows
123 In good pitch
124 Twisty turns
- 125 Motown's Marvin
126 Dunaway of "Chinatown"
127 Exacting
- DOWN**
- 1 Instructional book
2 Take — of faith
3 Give credit where credit —
4 Walloped in a boxing ring
5 One-piece bodysuits
6 George Burns film
7 Mischievous
8 Taj Mahal locale
9 Mauna —
10 Spinning
11 Female futurist
12 Short-winded
13 Photo —
14 Impeached
15 Defunct record label
16 Glove's kin
17 Acid-alcohol compounds
18 Not dense
24 Stoppage of a plaintiff's legal action
25 Satirist Mort
30 Well drillers
32 Bro., for one
33 Writer Janowitz
34 Scrub clean
37 — jongg
39 Mrs. Truman
40 Thus far
41 Morgan Freeman film
42 Post-op program
44 Affliction
48 Chamomile drink, maybe
49 Temple table
51 Bite quickly
52 Way of thinking
53 A South African capital
54 Pt. of TBS
56 Makes hazy
58 Em lead-in
60 Poet Angelou
61 Too
63 Big tippler
65 "Muy —" (Spanish for "very good")
66 Teeny-tiny
70 With 76-Across, choose not to take part in
71 Customary
73 Driving peril
74 Chews on
77 Tarkenton of football
- 79 Nixes a dele
80 Wide shoe width
82 "The Firm" novelist John
87 Hitters' stats
88 Put down, to P. Diddy
90 Sales slips
92 Takes off a roster
93 Wages before overtime
95 Lohan of film
96 Funny Carrey
97 Hack driver
98 Edible bulbs
99 Cruel woman
100 Stowe's slave owner Simon
102 Sacred place
103 See 28-Across
106 Infiniti rival
108 "Family Ties" mom
109 Hole —
110 "Li" —
111 "The Creation" composer
114 District
117 Lively dance
118 Pixieish sort
119 Crude house



See Page D4 for this week's answers.

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

Junior Whirl
by Hal Kaufman

FIVE SPOTTER You are requested to insert the digits 1-5 in blank squares of the diagram at right so that each horizontal, vertical and diagonal (corner-to-corner) row contains each of the five numbers just once. One row of numbers is already in place. Let's see if, and how quickly, you can insert the rest.

ON THE BALL Challenge Name a sport in which the following ball items are used: 1. Jump ball, 2. Outer ball, 3. Ankle ball, 4. Soccer ball.

HELP CYCLISTS MOVE ON
Two bicyclists who are engaged in a one-day country competition possess a map that shows their route but lacks certain information about their destination and distance to be traveled on the way. Assume of the map, however, provides a curious panel (see bottom of drawing above), revealing the very information they need. To decipher these coded words, read from the bottom up in each vertical row, starting at lower right corner. What does it say?

END TWINS Two of the eight basketball players above look enough alike to be twins. Can you single them out?

Wishing Well

2 7 3 6 4 7 8 2 8 6 2 8 5
S E F E S X S P T X E A M
6 4 6 2 5 7 3 6 2 8 6 2 7
P L L N E P R O D R R W L
6 3 4 6 7 3 8 3 5 6 5 2 5
E E E A O S T H N L T I A
7 6 8 5 6 4 6 5 4 6 5 7 3
R L A L O C P I T N E I
6 8 6 5 6 3 5 2 5 4 7 5 6
I N O S N D P S I A N R S
8 5 4 5 7 4 3 8 2 7 2 4 5
E A L T E E E W E W L V I
3 7 3 5 2 4 7 5 4 7 4 7 7
A I S O Y E D N N E T A S

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

SCORE 10 points for using all the letters in the word below to form two complete words.
DISPATCH

TRICKEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

HOCUS-FOCUS
BY HENRY BOLTROFF

Find at least six differences in details between panels.

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ARMY GRAPHIC

Arlene Bauer, a master resilience trainer performance expert at the Comprehensive Soldier and Family Fitness Training Center at Fort Hood, Texas, works to help Soldiers set goals.

Secret of successful goal attainment revealed

By David Vergun
Army News Service

WASHINGTON — Goals, especially New Year’s resolutions this time of year, are great to have: losing weight, stopping smoking, earning a college degree, eating healthy, paying off credit cards and so on.

Problem is, it’s one thing to have a goal and another to successfully complete it.

A popular New Year’s resolution is getting a gym membership to get in shape, said Arlene Bauer, a master resilience trainer performance expert at the Comprehensive Soldier and Family Fitness Training Center at Fort Hood, Texas.

However, it seems the gym is usually crowded the beginning of January and tapers off by the end of the month, she observed.

So, what happened? Are those people who failed just plain lazy and undisciplined, or is there something else going on?

Bauer thinks the latter and she has the recipe for increasing the chances that goals will be met.

Internal motivation

“People come up to me and say, ‘I need to get motivated, can you help me get motivated?’” Bauer said.

The reason many can’t stay committed

to goals is because their source of the motivation is coming from the wrong place, she said she tells them. Most likely, people are focusing on external sources of motivation.

External sources could be things like rewards, avoiding punishment or shame — as in the case of being overweight.

Therein lies the problem, she said. “Really, what keeps people committed to their goals are internal sources of motivation. If you align your goals with internal sources, you’ll be more committed in the long term because it’s a source coming from within you that’s there all the time.”

The most important internal sources of motivation are personal values, Bauer said.

A common personal value is putting family first, she said. For others, it’s personal excellence or setting a good example as a leader at work. For some, it’s spiritual. These are things that really matter and people live their lives for them. It represents who they are.

So, the first thing to do, after identifying goals — or even before that — is identifying one’s personal values. Once the values are identified, the goals can be tied directly to them, she said.

Identify obstacles

Some of the people Bauer sees have

already failed at a goal and are at wits end. For them, it’s often easy to identify the obstacles. A common one is not having enough time to pursue a goal. That’s particularly true for Soldiers who are on duty 24/7.

For others who are on a first-time quest for a goal, they may not yet realize what obstacles lie ahead, she said.

An example of an obstacle to fitness for a parent may be the desire to spend more time with the children, conflicting with having enough time to devote to a goal. A trip to the gym would decrease that quality time.

So, Bauer and the parents — and sometimes the whole family — will sit down and find ways to overcome the obstacle. It could be as simple as time management or getting a jogging stroller.

The stroller would enable the parent to be with the infant and get exercise at the same time. For an older child, the child might ride a bicycle alongside the parent who is jogging.

There are numerous obstacles, each with innumerable possible solutions, she explained.

After goal setting, tying that in with personal values, and identifying obstacles and solutions, people execute their plans, but later encounter unanticipated obstacles like loss of job, change of mari-

tal status and so on, she said. Some then come back to see her and they discuss overcoming these new obstacles and take it from there.

Brace for failures

For goals that are especially challenging, there will likely be some failures and mistakes, she said. “That’s just part of it. The important thing is picking yourself up and bouncing back.”

Goal setting and overcoming obstacles isn’t easy, but it’s doable, she said, especially when personal values are linked. People enjoy watching professional athletes on TV, but what they don’t see are all the training and challenges that got them there.

“We define the skill goal setting as: Identify a personally meaningful goal and develop a concrete plan to ensure achievement,” she said. “Understand how personal values help form self-directed motivation. Develop commitment strategies to support goal attainment. Create techniques to regularly monitor goal progress.”

There’s an official CSF2 goal-setting app for iPad that can be downloaded from the iTunes App Store: <https://itunes.apple.com/us/app/csf2-goals/id688829038?mt=8> or at <http://csf2.army.mil/downloads-apps.html>.

EPA launches radon action campaign

By Karla Simon
Industrial Hygienist
U.S. Army Public Health Command

January is National Radon Action Month and the Environmental Protection Agency has launched the “Test Your Home, Protect Your Health” campaign to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

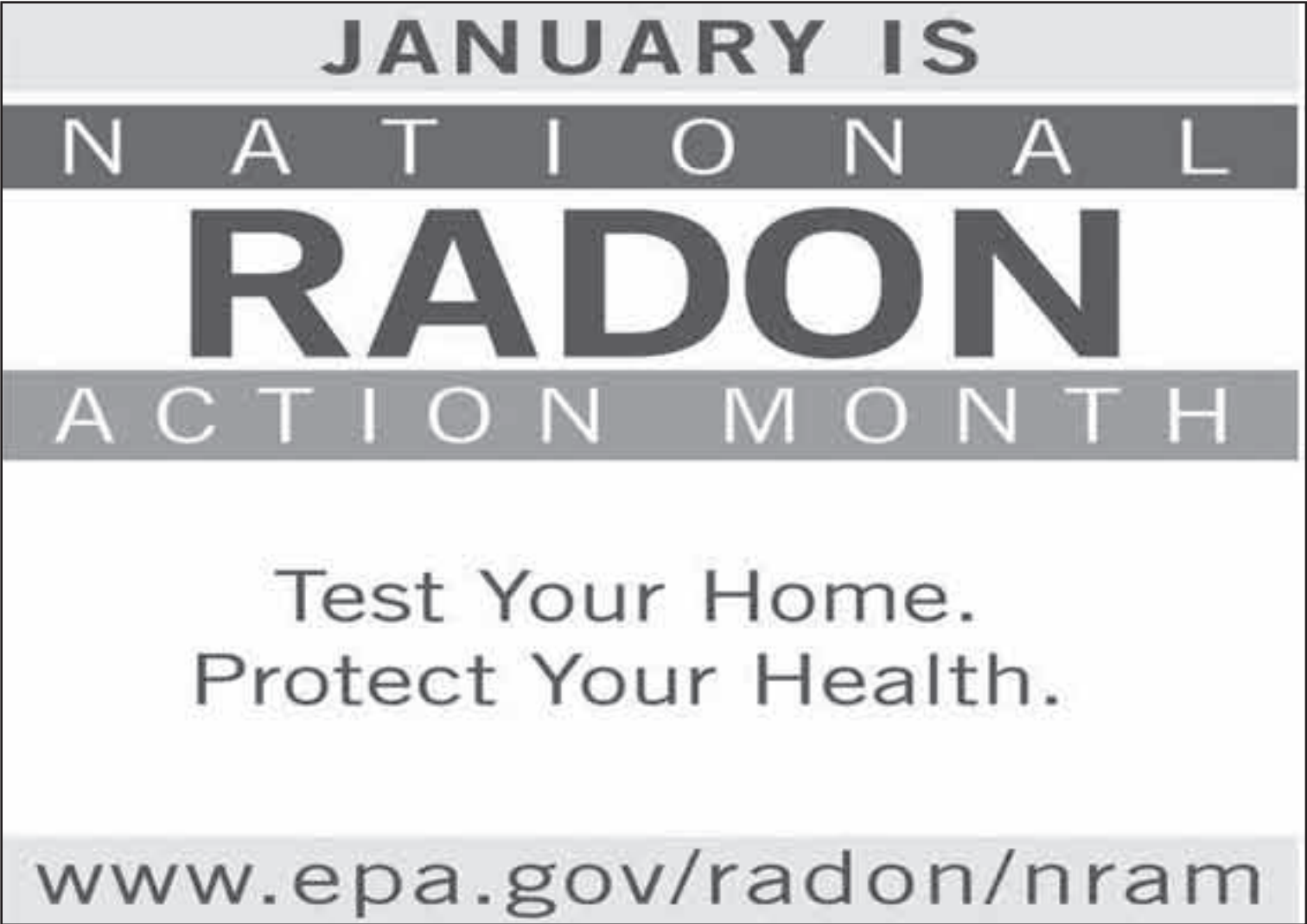
The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

Test for Radon

There is no known safe level of exposure to radon. What can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home’s indoor air can come from two sources, the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems.

However, if you have a private well, consider testing for radon in both air and water. The devices and procedures for testing your home’s water supply are different from those used for measuring radon in the air.



EPA GRAPHIC

Test kits are available at most hardware stores for about \$20-\$30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries per liter of air or pCi/L. The EPA has set an “Action Level” for radon gas of 4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test

show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

The following are some steps you can take to prevent and reduce radon levels in your home.

1. The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
2. If you are building a new home, school or business, ask about radon-resistant

construction.

3. If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
4. Cover any exposed earthen walls.
5. Paint concrete floors with a sealant.
6. Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.
7. If confirmed high levels are found in the air, have a radon

reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade, or crawlspace.

8. If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

Changing the game: 2015 Army All-American Bowl

By Pvt. Travis Terreo
Army News Service

SAN ANTONIO — As the players step from the tunnel into the glaring light, they squint, briefly allowing their eyes to adjust. Once they are able, they slowly look around, taking in the sights – the screaming fans, the jumping and yelling cheerleaders, and the jumbled mass of steel overhead that is the stadium’s dome. This is the 2015 Army All-American Bowl.

This year’s Army All-American Bowl was played Saturday in the Alamodome in San Antonio, Texas.

The Army All-American Bowl is an annual event that brings the nation’s top high school football players and band members together to showcase their skills. Upon arrival, the football players are split into two teams, East and West, though the band members come together as a single unit.

Every participant shares a desire to win, but every one of them also has at least one more thing in common – the experience.

“Most people just watch the game on TV, but there’s so much more to it than that,” said Army Reserve Drill Sergeant of the Year and Army Bowl Soldier Mentor Staff Sgt. Christopher Croslin. “These kids come here as high school students but they leave as something more – mentors. After this, young kids from all over



PHOTO BY SGT. 1ST CLASS BRIAN HAMILTON

Sgt. Maj. of the Army Raymond Chandler III speaks to players of the Army All-American Bowl West team before the game in the Alamodome in San Antonio Saturday. Chandler spoke to the players about Army values that would benefit them during the game.

will look up to these guys and they will have to carry themselves with respect and professionalism.”

All of the Army Bowl participants gather in San Antonio, many with their families in tow, one week prior to game day. The mass of complete strangers, band and athletes alike, then forge themselves into well-oiled machines with a singular purpose – success.

“This is a great opportunity for these kids,” said Forrest Griffin, Ultimate Fighting Championship Hall of Famer. “These guys are used to being the biggest and the best on the field, but now they are surrounded by players on their own level. This

is how they get better. How they get prepared for college.”

Even with their incredible skill and poise, however, the participants don’t do it all alone. On the first day of their arrival, all participants are introduced to a handpicked group of dedicated, disciplined and professional Soldier mentors, whose words and actions display each of the seven Army Values: loyalty, discipline, respect, selfless service, honor, integrity and personal courage.

“Our respect for the Army has only grown,” said John Gustin, father of West team linebacker Porter Gustin. “It is inspiring to see their dedication and professionalism.”

As the title suggests, the Soldier mentors acted as guides and role models to the young athletes and band members throughout their 2015 Army Bowl experience. Whether the participants went, whatever they did, whether it was practices, skills competitions, or seminars; the Soldier Mentors were working, learning, and playing along with them every step of the way.

“My favorite part was getting hands on with everyone and really getting to see their personalities,” Croslin said. “You just don’t get to see that at dinners and seminars. Once I was able to get in there with them, and really get to know them, it was cool because I got to see that football really does breed the values that we, as Soldiers in the Army, seek out.”

Much of the wisdom imparted by the Soldier mentors was intentional, such as the importance of the Army Values and how important it is to be a good role model for those who look up to you. Some, however, was not. As the old adage goes, the Soldier Mentors led by example.

“I was able to see for myself just how important training really is,” said Derrius Guice, West team wide receiver and 2015 Army Bowl MVP. “Being able to do something over and over, exactly the same way, is an important skill, and it’s something everybody in the Army can do.”

The Army All-American Bowl is the nation’s premier high school football event. It makes it possible for the most extraordinary players and band members from across the country to be recognized and awarded for their achievements on a national scale. It also gives the participants a chance to showcase their exceptional skills against other players of their own caliber, which prepares them for what they will experience in the next phase of their careers – college.

“I just hope the Army keeps doing this for these kids,” said Coach Greg Davis, Ennis High School, Ennis, Texas. “I never knew that the Army cared so much about football and about these kids. This is an honor, it’s humbling and it’s a huge boost for these kids.”

The All-American Bowl is also a unique opportunity for those involved to see the individual Soldiers of the Army from a new perspective. This game and the events surrounding it provide the kind of one-on-one contact, experiences and conversation with Soldiers that is unrivaled almost anywhere else.

“I came here expecting to find big, strong, mean Army guys just trying to recruit me,” said All-American Band alto sax player PJ Scott. “What I found, though, were great, caring, just beautiful people who came here to help. They showed us the true meaning of respect and honor.”

PUZZLE ANSWERS

Super Crossword

Answers

HA	IK	U	OP	A	L	A	S	T	O	A	A	M	E	S								
OL	S	O	N	H	U	G	O	W	E	E	P	C	R	I	S	P						
W	E	D	D	I	N	G	C	R	A	S	H	E	R	S	C	I	T	T	A			
T	A	U	T	O	O	K	A	A	I	R	S	O	U	S	T	E	R					
O	P	E	R	A	N	D	I	T	H	R	E	E	S	S	I	S	T	E	R	S		
E	R	S	S	M	A	L	L	S	C	L	E	A	N	S	E							
B	U	L	L	D	U	R	H	A	M	S	W	O	R	D								
E	N	E	S	T	E		H	A	H	A	O	U	T	S	A	P	S					
S	T	A	B	T	H	E		E	L	M	E	R	G	A	N	T	R	Y				
S	I	N	E	W		A	L	B	E	R	T	A		S	L	A	T	E	S			
L	O	D	I		B	L	U	E	B	A	Y	O		S	P	I	T					
I	N	N	I	N	G		E	N	T	R	A	P	S		O	U	T	O	F			
C	O	M	M	O	N	S	E	N	S	E		T	U	G		P	U	R	R			
E	W	E	S		A	T	E		Y	A	R	D		A	R	R		D	I	A		
					D	W	E	E	B		B	I	L	L	I	E	J	E	A	N		
C	O	O	L	E	S	T		A	S	S	I	S	I		S	C	I					
A	N	G	E	L	A	S	A	S	H	E	S		N	E	H	E	M	I	A	H		
B	I	R	G	I	T		C	E	R	A		A	D	L	A	T	I	N	B	A		
B	O	E	R	S		J	U	P	I	T	E	R	S		S	Y	M	P	H	O	N	Y
I	N	S	E	T		I	R	A	N		L	E	A	S		T	U	N	E	D		
E	S	S	E	S		G	A	Y	E		F	A	Y	E		S	T	E	R	N		

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Belize
2. In the midst of things
3. “Wall Street” (Michael Douglas)
4. Ford Motor Co.
5. Abruptly or in a disjointed manner
6. Rawhide
7. Six (English, Arabic, Spanish, Chinese, French and Russian)
8. Female beings who rule the destiny of gods and men
9. “Married With Children”
10. Complete color blindness

SPORTS BRIEFS

Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is seeks to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected with Soldiers and civilians in and around the installation based on experience levels of both the mentor and the novice. Mentors age 18 or older may sign up in one of the following areas: hunting, fishing, camping, water sports and general outdoor sports.

For more information, call 255-4305.

Big Buck Contest

Outdoor recreation is hosting its Big Buck Contest now through Feb. 10 during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and it must be harvested on Fort Rucker to qualify for the contest. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. For more information and to register, call 255-4305.

Adult swim lessons

The Fort Rucker Physical Fitness Center will offer adult swim lessons throughout January. Beginner-level swim lessons will held from 11:45 a.m. to 12:30 p.m. and 5:15–6 p.m. Intermediate-level swim lessons will be held from 6:15–7 p.m. every Tuesday and Thursday of the month for a total of eight sessions. People can register at the Fort Rucker PFC front desk or MWR Central three days prior to the start of the session. Cost is \$40 and there is a minimum requirement of three participants in order to conduct the course.

For more information, call 255-9162 or 255-2296.

Resolution Execution

The Fortenberry-Colton Physical Fitness Center will help people kick off their New Year’s resolutions Monday with its Resolution Execution. The staff will teach a variety of classes: Spin, Zumba, Muscle Mix, TNT, Abs, Tabata, yoga and more. The first session will begin at 10 a.m. and the second session will begin at 4 p.m. All scheduled

classes from 10 a.m. to 2 p.m. and 4–8 p.m. will be cancelled. Participants do not have to stay for the entire class, but must be present to win in a drawing. The event is a four-hour cardio marathon with a different teacher and different class every 30 minutes. There will be periodic drawings for participants, with prizes including race T-shirts, water bottles, gift cards for personal training and group fitness classes. Fruit and water will be available. The cost is a regular class fee of \$3.50 or a single fitness card punch.

For more information, call 255-3794.

Stars and Strikes

Rucker Lanes will host Stars and Strikes in honor of Martin Luther King Jr. Day Jan. 19 from 10 a.m. to 10 p.m. The event features bowling for 25 cents per person and 50-cent shoe rental. Regular pricing applies to other menu items. There will be limited lane availability beginning at 5 p.m.

For more information, call 255-9503.

Fitness challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour fitness challenge each month, with the first session Jan. 20 at 5:30 p.m. The challenges are open to all authorized PFC patrons. Each class is \$3.50 or people can use their class card. Each session will feature door prizes and refreshments.

For more information, call 255-3794.

Boot Camp Winter 2015

The six-week Winter Boot Camp program will run Jan. 20–Feb. 27. The program will take place five days a week from 8:30–9:45 a.m. – rain or shine. The cost is \$100 per participant and includes: weekly consultations to keep track of progress; a variety of outdoor and indoor fitness activities planned and executed by certified personal trainers; and free access to all group fitness classes during the six weeks. Activities will focus on functional training, endurance, strength and more. T-shirts will be available to all participants. Orientation will be held Jan. 20 at 8:30 a.m. at the Fort Rucker Physical Fitness Center. Registration forms will be available at either PFC.

For more information, call 255-2296.

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