JOB WELL DONE

Post honors 11 retirees

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MAKING A DIFFERENCE ACS offers volunteer

opportunities Story on Page C1



DISC GOLF

Fast-growing sport gains popularity on post

Story on Page D1





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

FORT RUCKER ★ ALABAMA

JANUARY 29, 2015



Staff Sgt. Christopher Thomas and his wife, Shandra, walk through a line of friends and co-workers during a homecoming hosted by the 906th Military Work Dog Detachment Friday.

K-9 handler returns to accolades

By Jeremy Henderson Army Flier Staff Writer

A cross-section of Fort Rucker's Army family recently gathered to welcome home one of its own after a yearlong deployment overseas.

Staff Sgt. Christopher Thomas returned home Friday and was welcomed by thunderous applause from his 906th Military Working Dog Detachment family.

Thomas, who spent his third tour supporting force protection and anti-terrorism operations for a base in Qatar, was humbled by the homecoming event.

"It feels great to be back here with my wife, my son and my Army family," he said. "It is good to be home."

It was the first time Thomas dropped leash and deployed as operations support, according to Sgt. 1st Class William Webster, 906th MWD kennel master.

and begin training for kennel master, you drop leash," Webster said. "You have to sit back and watch everyone else train the dogs.

"As a K-9 handler, you provide the force protection," he added. "You are at the gate. You are doing perimeter security checks. You are doing VIP sweeps. You handle the explosives sweeps, if there is an explosives threat on post. As operations, you handle the planning of these things."

Thomas returns to his position alongside Webster to help handle operations and kennel master responsibilities for the post. However, the goal is to train Thomas to one day assume the role of post kennel master.

His experience speaks for itself, Webster said.

"He is one of the subject matter experts on K-9 training," the kennel master said. "He has six years of work experience working with "Once you move into operations a K-9. He has, at least, four years

experience training K-9s."

Capt. Christopher Supinger, 906th MWD detachment commander and 6th Military Police Detachment, opened the formal welcome with a show of gratitude for Thomas's efforts abroad.

"I just wanted to extend my greatest gratitude and deepest thanks for doing what you've done - for going over there to support the operation for another 12 months," Capt. Supinger said. "Your contributions are immea-

"Thank you for filling the operations NCO position downrange," he added. "We're glad to have you back as operations NCO here. Welcome back, Staff Sergeant Thomas.

A few new faces greeted Thomas during his homecoming, including Lt. Col. Florentino Santana, director of the Fort

SEE HOME, PAGE A5

ID card service moves to appointments

By Nathan Pfau Army Flier Staff Writer

Waiting in line can be a cumbersome and sometimes annoying part of the day, and that's why Fort Rucker is making it a little bit easier and a lot more convenient for people to get their identification cards with just a little effort required on their parts.

Starting Feb. 9, on Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, will be available to people by appointment only to better serve the community and alleviate some of the long waits that people experience when getting their ID cards, said Luis F. Ortega, military personnel division chief.

The facility, which currently only facilitates walkins, would often become congested with long lines of people waiting for ID cards to be issued or renewed, and due to people's individual needs and situations, it was often difficult to predict how long people might have to wait, said Ortega.

"We can't predict the amount of walk-in customers that we'll have on any given day," he said. "Depending on the time of day that people arrive as a walk-in customer and the amount of customers already waiting will determine how long a person's wait time will be. There may be times when we have to stop accepting customers prior to closing time due to the high volume of walk-in customers already waiting for a card.

"We ask that (people) avoid coming in as a walk-in cus-

tomer (when possible) and utilize the new appointment system — this will save them some time," said Ortega. "(People) can make an appointment to renew their CAC or ID card up to 90 days prior to the expiration date. The appointment system allows you to make an appointment up to 120 days out."

If necessary, people will still be able to get their ID cards as a walk-in customer on Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m.

Ortega said that issuing a card can take anywhere from 10 minutes to over an hour, depending on the situation. The ID card facility issues an average of 1,500 cards a month, so he recommends that people take full advantage of the appointment system.

To make an appointment, people can visit https://rapidsappointments.dmdc.osd. mil/appointment/building. aspx?BuildingId=876.

When visiting the website, people can choose their desired appointment date by looking at the calendar that is available on the site. Days shown in green mean there are appointments available for the day, and days shown in grey mean there are no appointments available for

People need only to select their desired appointment day, the time they wish for their appointment, and then fill out the necessary information on the screen. After their information has been submitted, a confirmation email should be sent to the address provided to confirm the appointment, said

For more information, call 255-2182.

Newton, Faulkner gate hours change

By Jim Hughes Command Information Officer

Recent changes to the hours at Fort Rucker's convenience gates means weekend access through the Faulkner Gate and reduced hours at Newton Gates on weekdays that minimize the impact on employees.

The changes were initiated by Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Col. Stuart J. McRae, Fort Rucker garrison commander, to provide easier access to the post facilities and events on weekends while still supporting the operational mission, said Marcus McDougald, deputy director of the Fort Rucker Directorate of Public Safety.

Faulkner Gate is open Saturdays and Sundays from 6 a.m. to 2 p.m. and is still open from 4:30 a.m. to 8:30 p.m. Mondays-Fridays. Newton Gate's operating hours are 4:30 a.m. to 4:30 p.m. Mondays-Fridays. Newton used to be open until

He said there shouldn't be too much impact in the reduction of hours, as officials considered the operational consequences at both gates. After traffic surveys and analysis, the hours chosen to be reduced at Newton were considered to have the least negative effect on people.

"A lot of thought, coordination and research went into this decision," McDougald said. "The CG wanted us to focus (on the largest employee groups who use the gates) and still do something to help make things better both operationally to train better and help (ease access for people) to use facilities and attend events on weekends."

CONVENIENCE GATE HOURS

Faulkner Gate

- Mondays-Fridays, 4:30 a.m. to 8:30 p.m.
- Saturdays and Sundays, 6 a.m. to 2 p.m.
- Newton Gate
- Mondays-Fridays, 4:30 a.m. to 4:30 p.m.



PHOTO BY NATHAN PFAL

CH-47 D and F models on the flight line at Knox Army Heliport.

LAST OF ITS KIND

USAACE graduates final CH-47D class

By Nathan Pfau Army Flier Staff Writer

The world is in a constant state of change and advancements in technology are made every day, and the Army is making sure it doesn't fall behind the times when it comes to its airframes.

Army Aviation is transitioning from the CH-47 D-model Chinook to the new F-model, and Fort Rucker graduated its last D-model class, whose members hosted a family day Jan. 14 to show family members what they've learned throughout the course as they prepared to graduate Jan. 16 and get their wings as Chinook pilots.

Though hopes were high and

excitement was felt throughout the class, one abundant feeling was that of relief, said one class mem-

"It's nice to be done with (the course) and get back to regular life at this point and to know that I made it through the first time," said 1st Lt. Stephen Meinholz, D Company, 1st Battalion, 11th Aviation Regiment.

"It feels good to be done with training, finally," added fellow classmate 2nd Lt. Freddy Wojtkowski, 1st Bn., 151st Avn. Regt., South Carolina National Guard. "It was a long road, but it was invaluable training. The way that they do

things here is really done well." The feelings of relief and happiness were also, in part, due to the fact that the class was the last of its kind, said Wojtkowski.

"Being part of the last class was kind of a surprise at first because we had no idea. But we heard talks that we might be the last Dmodel class," he said. "It was cemented right when we started that we would be the last one to come through, which, in my opinion, really enforces the fact that the Army is really moving forward with the new Fox-model technology.

"We have a really good foundation now on the D-model, which is a little more technical when it comes to flying, and it was nice

SEE CLASS, PAGE A5

PERSPECTIVE • A2 **ARMYWIDE** ■ B1-4 **COMMUNITY** • C1-6

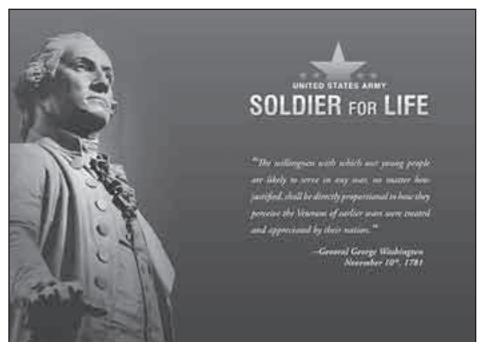
ON POST • C2

SPORTS • D1-4

PERSPECTIVE

2-edged sword

Social networking sites can help, hinder job search



By Bryan Tharpe

Fort Rucker Soldier for Life Center

The social networking site facebook.com is a great tool to use when you are job searching. It has the potential to link you with hundreds of people - some of whom may be employers – all across the world.

However, it can be a two-edged sword.

When you open a Facebook page you can post all kinds of information on it. Others, who become your friends or fans, can read your information when they find your Facebook page, such as your resume, interests, hobbies, etc.

If you ask for their help in finding job leads, some will be obliged to assist you. This can lead you to numerous job leads that you didn't know about. Also, since every person also knows about 250 people, their circle of friends or fans can get involved in your cause. With all this additional help, your job search could go much faster and smoother.

On the other hand, a Facebook page has to be professional at all times if you are going to use it for your job search. Even if you don't intend to use it, some employers will do a search on your name to see what they can find on the Internet pertaining to you.

If it is positive, it may be helpful; however, if it is negative, it will not help at all, and may even hurt your chances of getting and keeping the job you want. This applies to all kinds of social networking sites that contain any information about you.

Try doing a Google search on your name and see how much information comes up. Is there anything there that you wouldn't want your potential employer or current employer to know about? If so, take it offline before it is found.

For more information on the latest applications of job search techniques, contact your Soldier for Life Center at 255-2558.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the January 1973 issue of the U.S. Army Aviation Digest. This issue features:

Pick up the bucket

First light. The guard will be here any moment to wake me up. Another bad dream last night. Every time I dream of home, Barbara, the kids, the house ... I have a bad day.

Lady Luck vs. IFR competence

A lack of experience and self-confidence invites attempts to extend VFR

flight when visual references no longer exist. The Aviators, if around, tell us, "As luck would have it, the hole closed up," or "in this case, 'Lady Luck' pre-

That's a No-No!

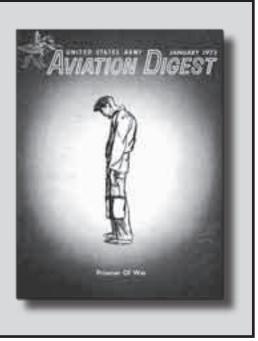
When a tiny tot reaches the age where he decides his mode of travel needs improvement, he advances from the crawling stage to the walking stage. During the transition, he learns to use the furniture to pull himself up and, by holding on, he discovers a whole new

A better mousetrap

Have you ever wondered how the airlines keep enough planes available to meet their schedules? Do they have a lot of spare ships on hand, is their maintenance that good, or have they built a better mousetrap?

... and more.

Download this issue of the *U.S.* Army Aviation Digest at http://bit.ly/ av8-jan73.





1 Fort Rucker Morale, Welfare and Recreation hosts an Alabama Shakespeare Festival day trip Saturday from 11:30 a.m. to 6:30 p.m. What are some safety tips to keep in mind prior to taking a road trip?"



Pvt. Rick Vazquez, 1st Battalion, 11th Aviation Regiment.

"Look up the route that you're taking, know the weather conditions, and if it's a long drive make sure to make plans to take



2nd Lt. Matthew Fox, 1st Bn., 145th Avn. Regt.

"Make sure to get an adequate amount of sleep before you take a road trip, and if you do get drowsy pull over."



Ann Edwards, retired military

"Make sure to check your automobile - check tires and



Jeanne Hurley, military spouse

"Make sure all the maintenance on your car is up to



Marcus Edgar, civilian

"Make sure to know the route you're taking and check for adverse weather conditions you might be driving into, especially for snowy and icy areas."

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Col. Stuart J. McRae FORT RUCKER GARRISON COMMANDER

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

Post honors II retirees

By Jim Hughes

Command Information Officer

The Fort Rucker community saluted the service of 11 retiring Soldiers whose service encompassed 242 years of service to the nation at the quarterly retirement ceremony Friday at the U.S. Army Aviation Museum.

Col. Jayson A. Altieri, commander of 110th Aviation Brigade, spoke at the event, saying the retirees helped the nation ensure it did not become a victim of change, and instead compelled change to craft America's future and pave the way forward.

"No matter the enemy or the obstacle, each of our retirees can stand tall as contributing members of our great Army, he said. "The men and women who are about stand before you today have earned a special place in our society - they have set the standard for those of us who remain to follow and to build upon that success.

"The Army that these retirees are leaving is vibrant and healthy," Altieri added. "As a direct result of their contributions, the Army will continue to improve each day and will continue to do so because of the mentorship that these retirees have provided."

Lt. Col. H. David Brooks

Brooks, the executive officer for Air Traffic Services Command, entered military service in 1990 as a pneudraulics specialist and served 24 years. He served three tours in support of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn. He said the highlights of his career was seeing the proud look on his wife's face when he graduated Officer Candidate School, and when his dad pinned his Army Aviation Wings on his chest. He and his wife, Nereida, have two children and plan to reside in Enterprise.

Capt. Joie J. Bier

Bier, assistant deputy U.S. Army Aviation Center of Excellence G4, entered military service in 1993 and served 22 years. She served multiple combat tours in support of OIF and OEF. She said the highlight of her career was being selected to command a company in an attack battalion during an OEF deployment. She and her husband, Ervin, have two children and plan to reside in Laredo, Texas.

Capt. Keith A. Stampley Jr.

Stampley, chief of the Combined Arms Division of the 1st Battalion, 145th Aviation Regiment, entered service in 1994

Friday's retirees included: Sgt. 1st Class Robert E. Fox II, CW4 Tammy R. Rose, Capt. Keith A. Stampley Jr., CW3 Brandon S. Gillette and Sgt. 1st Class James A. Wofford Jr.



Friday's retirees included: CW3 Michael W. Fusilier, CW4 Wayne Grimes, Lt. Col. H. David Brooks, Sgt. 1st Class Rose L. McGhee and 1st Sgt. Guy W. Skipper.

and served 21 years. He served a combat tour in support of OEF. He said there were many highlights in his career, but the most memorable was serving as an air traffic control facility chief and commanding C Battery, 4th Bn., 3rd Artillery Regt. He and his wife, Cetoria, have four children and plan to reside in Dothan.

CW4 Tammy R. Rose

Rose, the chief of the Supply Surveillance Branch of the Aviation Center Logistics Command, entered military service in 1986 as a materiel storage handling specialist and served 28 years. She served multiple combat tours in support of Operations Desert Shield and Storm, and OIF. She

said the highlights of her career were becoming the first female member of the Sergeant Audie Murphy Club and swearing in her children as they enlisted into service. She and her husband, Jake Branch, have two children and six grandchildren and to plan to reside in Enterprise, unless they win the lottery and move to an undisclosed island location.

CW4 Wayne Grimes

Grimes, Aviation combat forensics officer, entered military service in 1994 as a cavalry scout and served 21 years. He served multiple combat tours in support of OIF. He said the highlight of his career was flying as a frontline scout pilot supporting troops

on the ground in combat. He and his wife, Shane, have two children and plan to reside in Hunts-

CW3 Brandon S. Gillette

Gillette, subject matter expert for the AH-64D and joint operations for the Directorate of Training and Doctrine Gunnery Branch, entered military service in 1994 as a heavy-wheeled vehicle mechanic and served 21 years. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was serving as company standardization pilot while deployed in support of OEF in 2012-13. He and his wife, Misty, have two children and plan to reside in Niceville, Florida.

CW3 Michael W. Fusilier

Fusilier, UH-60 instructor pilot course section leader, 1st Bn., 212th Avn. Regt., entered military service in 1995 as an Aviation operations specialist and served 20 years. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was surviving his last deployment in Afghanistan supporting the war on terror in Regional Command-East. He and his wife, Stacy, have one child and plan to reside in Lake Charles, Louisiana.

First Sgt. Guy W. Skipper

Skipper, first sergeant for the 1st Bn., 223rd Avn. Regt., entered military service in 1992 and served 22 years. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was serving as a company first sergeant. He and his wife, Nicole, have three children and plan to reside in Fork Shoals, South Carolina.

Sgt. 1st Class Robert E. Fox II

Fox, brigade S2 NCO in charge for the 1st Avn. Bde., entered military service in 1993 as a flight operations specialist in the Marines and served 22 years. He served multiple combat tours in support of OEF, OIF and Operation Joint Guardian. He said the highlight of his career was receiving a Bronze Star as the operations NCOIC while in a combat Aviation Brigade in Afghanistan. He plans to reside in Houston, Texas.

Sgt. 1st Class James A. Wofford Jr.

Wofford, senior human resources sergeant for 1st Bn., 145th Avn. Regt., entered military service in 1994 as a combat engineer and served 21 years. He supported operations in Haiti, Iraq and Afghanistan as a combat engineer. He said the highlight of his career was serving successfully as a drill sergeant for 24 months in a basic combat training company. He and his wife, Torlina, have one child and plan to reside in the local area.

Sgt. 1st Class Rose L. McGhee

McGhee, capability developer the Concepts and Requirements Directorate, entered military service in 1995 as an automated logistics specialist and served 20 years. She deployed in support of OIF and OEF. She said the highlight of her career was gaining a whole new military family, as well as getting to see the world, just as her recruiter had promised. She has two children and plans to reside in the local area.

News Briefs

Heritage month events

Fort Rucker's African-American Black History Month celebration will kick off Friday from 11:30 a.m. to 1:30 p.m. at the post exchange food court. The event will feature food sampling, prizes and entertainment.

Other events are scheduled throughout February.

- **Feb. 6** Book reading at the Center Library, and arts and crafts for children ages infant to 6 from 10:15-11 a.m.
- **Feb. 12** Lunch at the dining facility open to Soldiers and Army civilians from 11 a.m. to 1 p.m.
- Feb. 19 Educational field research trip to the George W. Carver Interpretive Center in Dothan from 9:45 a.m. to 1 p.m.
- Feb. 25 Luncheon with Dothan Mayor Mike Schmitz as guest speaker.

For more information, call 255-2951.

Marketing Yourself for a Second Career

The Military Officers Association of America will host a free presentation entitled "Marketing Yourself for a Second Career" Feb. 18 from 9-11:30 a.m. in Bldg. 4502, Rm. 210. All ranks are invited, though the presentation is geared towards officers and senior NCOs. Spouses are highly encouraged to attend by Soldier for Life Center officials.

MOAA provides this presentation to teach the latest trends in transition to include networking, resume writing, LinkedIn profile development, job interview techniques and salary negotiations. The presentation will be given by retired Col. John D. Sims, deputy director

at the MOAA Transition Center. People need to RSVP to attend by call-

ing 255-2540.

Office moves

Fort Rucker's security division and G-4 will move within Bldg. 5700 in the near future. The following are the move dates, dates of closures and phone numbers for the offices involved.

- **Security division** Moves from Rm. 275 to Rm. 260 Monday. The division will have limited operations for emergencies only Friday and will be closed Monday. The phone number remains 255-2854.
- **G-4** Moves from Rm. 220 to Rm. 275 Feb. 11. It will be closed Feb. 11. The phone number remains 255-

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

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.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, firstserved basis. People may experience delays in service from 11 a.m. to 1 p.m.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Huey restoration

The U.S. Army Aviation Museum is planning to restore the only remaining prototype Huey. The aircraft was called the XH-40, tail No. 54459. Museum officials describe the aircraft as the grandfather of the UH-1 series helicopters, and added that it represents the leap from

reciprocating engines to the turbine technology that changed the world of rotary wing Aviation and the Army. The helicopter is currently missing a number of parts, including all instrumentation and console equipment.

People who have these components and would like to donate them to the museum or know where like items may be found can contact Robert Mitchell, curator, at 255-1060 or Robert.d.mitchell3.civ@ mail.mil; or Steve Maxham, director, at 255-1078 or robert.s.maxham.civ@mail. mil. Any other information in the form of photographs, tech manuals, etc. would be helpful, officials said.

Fire extinguisher servicing

The Fort Rucker Fire Department is unable to provide people portable fire extinguisher service, but it is still able to conduct annual inspections and tag replacements. For six-year maintenance, recharges and hydrostatic testing, there are local businesses that can assist peo-

For more information, call 255-3316.

Volunteers needed

Lyster Army Health Clinic is looking for volunteers to drive patients to and from the parking lot in its golf cart. The golf cart was donated in 2011 by the mayor of Dothan after a retiree noticed that patients often needed assistance when walking to and from the clinic parking lot. Those interested in volunteering can call Capt. Brian Turner at 255-7245.

2-13th Avn. Regt. dedicates building

By Kelly P. Pate Public Affairs Specialist

If you ask what kind of people buildings are named after, the chaplain for Army Aviation's Unmanned Aircraft Systems community will say it's the kind of people who change the face of America.

Chaplain (Maj.) Peter Uhde's opening remarks set the tone for the 2nd Battalion, 13th Aviation Regiment's building dedication ceremony on Fort Huachuca, Arizona, Jan. 20 to honor a fallen UAS warrant officer, by emphasizing high standards.

"We name this building so that young, impressionable individuals who pass through this doorway will stop and see that plaque and know what's expected of them," Uhde said.

future generations of For unmanned aeroscouts, that standard is CW2 Edward Balli.

"CW2 Edward Balli was the first UAS warrant officer killed in action. His will be an enduring example of personal courage, selfless sacrifice and duty for all our Soldiers present and future," said CW5 Randy Godfrey, chief warrant officer of the Aviation Branch.

Godfrey, along with Russell Hall, deputy to the commanding general for the U.S. Army Aviation Center of Excellence, and Sgt. Maj. Jesus Ruiz, USAACE sergeant major for training, attended the ceremony.

The event, which marked the oneyear anniversary of Balli's death, included the unveiling of the Balli Hall name and commemorative plaque at the UAS training facility.

Balli, 42, of Kapolei, Hawaii, was killed in action Jan. 20, 2014, in Afghanistan while serving as a UAS warrant officer platoon leader with Headquarters and Headquarters Troop, 2nd Cavalry Regiment in support of Operation Enduring Freedom.

On that night, Forward Operating Base Pasab was infiltrated and insurgents began firing rocketpropelled grenades and small arms



Members of the family of CW2 Edward Balli look on as the icons are unveiled at Balli Hall, an Army Unmanned Aircraft Systems training facility at 2nd Battalion, 13th Aviation Regiment, 1st Aviation Brigade, on Fort Huachuca, Ariz., Jan 20.

fire on the UAS flight line. Balli, who was asleep about 100 meters away, immediately responded to the complex attack, to defend his fellow Soldiers and help destroy the enemy. He was killed by enemy small arms fire. For his actions, Balli was posthumously awarded the Bronze Star Medal for Valor.

Staff Sgt. Tyrone Jones was injured as he fought alongside "Chief" Balli that night.

"If I needed anything, I always had someone I could go to," Jones said. "What Chief wanted in his NCOs was someone that knew how to get work done. What was most important above all else was training. Training everyone to take over the next guy's job," Jones

Lt. Col. Kenneth "K.C." Bradford, assistant chief of staff, G4 for 4th Infantry Division who was Balli's squadron commander at the time of the attack, described Balli as a courageous leader and a

man of integrity who cared deeply for his Soldiers, understood the importance of his mission and adhered to the warrior ethos.

"He was able to take a team, in this case in Afghanistan, and conduct more UAS operations than any other UAS platoon inside the theater at that point in time," Bradford said.

Balli, who enlisted in 1998, served 11 years as an NCO, and was commissioned as a warrant officer in 2009. He spent four of his 15 years of Army service deployed to Iraq and Afghanistan flying UAS for the Army in support of the Global War on Terror.

Balli served as a Shadow UAS operator and UAS warrant officer.

"Sharing Edward's story is imperative. It reminds us that all service members share risks. We are Soldiers first. Each of us may be called to defeat the enemy in the face of fire just as the UAS platoon of 2nd Cavalry Regiment did on



January of 2014," Bradford said. Balli family spokesperson, Michael Donios, who is Balli's stepson, said the family was grateful for the tribute.

"It's beyond what we could have imagined. It's such an honor, and to feel the support from the Army family, it means a lot ... to everybody. He was a great person, great father and even more dedicated Soldier. We're just thankful," Donios said.

Family members who attended also included Balli's wife, Kristy, daughter, Momilani, and sister, Ofelia Balli Lopez.

Col. Shawn Prickett, commander of the 1st Aviation Brigade, said Balli is an example of what is best about the UAS community.

"I think the Aviation Branch has a lot to be proud of as we continue to use and take advantage of the asymmetric capability UAS brings not just to the Branch but to the Army and the joint force, to the fight. At the heart of that is the Soldiers we have operating these unmanned aircraft systems, and that is really what the unit does well. The technical portion is important, but the leader development portion is important, as well," Prickett

"It's a fitting tribute to an American hero," he said. "And the Balli family is an Army family for

Training prepares Soldiers, families for reintegration

By Nathan Pfau

Army Flier Staff Writer

One of the most important aspects of training a Soldier can go through is the Survival, Evasion, Resistance and Escape training, but surviving through captivity is just half the battle, and Fort Rucker and U.S. Army South want to make sure that Soldiers are taken care of throughout the entire process.

Not all SERE students get the opportunity to experience the SERE reintegration process, which includes family members, but for six Soldiers the training they experienced recently was invaluable.

"The process itself is a three-phase process that is used to take an individual who falls under the category of qualifying personnel from captivity and returns them to a normal healthy life," said Capt. Justin Moore, SERE school executive officer, 1st

"In the event they have ning to end." a family situation, it facilitates that family, as well."

The primary purpose of the training is to prepare the reintegration teams, and Moore said that very often after the training, the teams are sent on real-world missions. This training provides the reintegration team one of the best means of rehearsal in the real world because they're actually dealing with real family circumstances, they're talking to real captives from a training environment perspec-

"The benefit to the service member and the family is that they have a much better understanding of the process," he said. "The students go into the Army with a better understanding of the program and their family members have a better understanding of just how far the United States will go to ensure that anyone that we send into harm's way is taken care of from begin-

Spouses and members were apart from their Soldiers for 21 days, which allowed the reintegration teams a chance at real-world training through

the process. The intent of the program is to get students who have a standard family situation – a wife and child - in order to allow the family assistance teams from the reintegration process to practice working with those families, educating them on the process, working them through what would be the first phone call and meeting, so that they understand, said Moore.

Through this process, the family assistance teams actually get practice on working with how they would de-conflict the situation, he added. The training also teaches students and family members how to deal with the effects of that long-term captivity, as well as how to deal with the media.

"It really focuses on both captivity and the family, as well, and it's important to note that from the moment captivity, qualifying members are given the opportunity to have their families begin the reintegration process," said the executive officer. "A family assistance team meets with them and starts to explain the protocols in place to support them until their family members come home, when they come home and after they return home."

From the family side, family members learn the aspects of how to cope with the fact that their Soldier has gone through this long captivity, but Moore said that the return to normalcy doesn't happen overnight, and that's where the reintegration team comes in.

Mon-Fri: 7:00 & 9:15 Sat & Sun: 1:45, 4:00, 7:00 & 9:15

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"They teach them what your mind at ease to know the person returning from to look for, what is normal, that if you're ever actually and if they need support that they can get it, as well as what type of support they can encounter," he said. Although the training is a voluntary program, W01 Kerry Julian, B Co., 1st Bn.,

> 145th Avn. Regt., said all Soldiers should go through the process.

"I just wanted the experience of it and I feel like if you volunteered for this you get a lot more in-depth knowledge of what happens after captivity, and you really realize how many people are out there to help someone," he said. "It really puts

in that situation that you know that things are being taken care of at home, so it's one less stressor you have to worry about.

"I've deployed once to Afghanistan for a year and I wish I would have had all of this knowledge before I went because you never know what's going to happen," Julian continued. "Knowing what I know now, if it ever happens to me, I just know that everything is being taken care of at home. It's the greatest training in the Army, but I hope I never have to use it."



Jim Brian, U.S. Army South reintegration team, congratulates Soldiers and family members on getting through the Survival, Evasion, Resistance and Escape reintegration training process, and hands out certificates of appreciation to spouses during the reunion at Bowden Terrace Neighborhood Center



Uncertainty means Army must be prepared

By J.D. Leipold *Army News Service*

WASHINGTON — When the Army began implementing defense cuts in 2011 and 2012, and drawdown operations kicked off in Iraq and Afghanistan, military leadership believed the world would require less intervention on the part of U.S. forces.

"Frankly, that's not happened, and I think that's the concern," said Chief of Staff of the Army Gen. Ray Odierno, speaking at the Association of the United States Army monthly Institute of Land Warfare breakfast Jan. 22.

"The threat of terrorism is not going away ... it's in our face every single day and it's going to be throughout our lifetimes, and probably throughout our children's lifetimes, so we have to figure out how we're going to deal with this threat ... and challenge it face-on," he said

Odierno said that means the enemy's intent must be understood and concepts must be developed that would allow the Army to respond across a broad spectrum of conflict – though the general said he doesn't believe that extends to putting 150,000 or 200,000 Soldiers on a border.



PHOTO BY J.D. LEIPOLD

Army Chief of Staff Gen. Ray Odierno told Association of the U.S. Army members Jan. 22 that defense cuts and peace dividends didn't happen as the country withdrew from Iraq and Afghanistan, and 'that's a concern'.

The chief said he believes today to be the most uncertain time in the country's national security, and that uncertainty is problematic because the nation doesn't know what it's going to respond to as it did during the Cold War when the Army had operational concepts and strategy.

"Today, we don't have that luxury," he said. "I can't tell you if we're going to be fighting on the Korean peninsula ... can't tell you if we're going to be in Iraq or Syria fighting a war ... can't tell you if we're going to be in Eastern Europe deterring Russia ... I don't know. We have to be prepared to do a variety of things simultaneously, and that's the challenge we have."

Odierno said what he and his counterparts work to do is develop budgets and create capabilities that support national security, and, in his mind, that means the ability to support Soldiers with the right tools to do any job asked of them in the future.

He called for continuing investments in national security to sustain the readiness needed to respond to the variety of threats the country faces.

"To sustain readiness ... we need to invest today, we need to invest tomorrow, we need to invest the year after that because you're investing in human capital, men and women and their ability to train and respond around the world," Odierno said. "You're investing in the equipment they need to be successful, and if we don't have that consistent funding to do that, what will happen is we won't be properly invested in our people or equipment and then when we have to use them, they will not be at the level the American people expect them to be."

Odierno said that in 2013, 10 percent of the Army was ready, and at the end of 2014 and today, the Army is about 33 percent ready. He expects to sustain that, "maybe move up a little to 40 percent at the highest."

"Prior to 2001, routinely, the Army was about 70-75 percent ready – we had built up capability

that was there to be used, if necessary," he said, noting that in 2016 the Army will face sequestration again and should that occur for the next three to five years, it would "hollow out" the Army.

"My definition of a hollow Army is one where we don't properly train our Soldiers ... where they're unable to do the exercises they need ... they're not able to have the ammunition necessary or the equipment they need ... they're not able to sustain that equipment to the levels necessary for them to respond with no notice to an unknown threat in potentially five different places around the world,"

The general also said the Army is not now adequately investing in modernization programs, citing a 50 percent reduction in modernization accounts.

"That will be worse if we go into sequestration ... so now we're not investing in training, we're not investing in equipment, and this falls on the shoulders of our Soldiers, and that's the point I try to make to everybody," he said. "The ones who will pay the price are the men and women in uniform – they will go no matter what. It's up to us to make sure they have what they need."

Home: Soldier welcomed back by Army family

Continued from Page A1

Rucker Directorate of Public Safety and provost marshal.

"I appreciate you being here," Santana said. "You left before I came here, so I am a new face. We are a family -- we're your Army family. And we want to make sure we welcome you back to the Family.

"There are a few people who are new to the family," he added. "We want to bring you back in, welcome you and thank you for serving your country. I want to make this short, so I will just say 'welcome."

Thomas was also welcomed by his wife, Shandra, and 3-year-old son, Drew. He has served two tours in Iraq in addition to his recent tour in Qatar.



Lt. Col. Florentino Santana, provost marshal and director of public safety, introduces himself to Staff Sgt. Christopher Thomas during a homecoming ceremony Friday.

Class: New model gives pilots more options for flight assistance

Continued from Page A1

to have that chance to train on an aircraft that feels so personal," he continued. "It's exciting, though, to be able to say that I was the last guy to come through the class. I'm excited to take what I learned here and transition that into the F-model."

The CH-47Ds are slowly being transitioned out to make room for the more advanced CH-47F, which utilizes digital gauges and a sturdier airframe, according to CW3 Joe Harris, B Co., 1st Bn., 223rd Avn. Regt.

"The major differences consist of the new Common Avionics Architecture System," he said. "There are five 6-inch by 8-inch screens that show all different types of information from threat, maps, engine systems and things like that, and it's all digitalized. The digital platform is much more sophisticated and provides a lot more information."

Going from analog to digital gives the tially the same."

pilots more options as it pertains to flight assistance, said Harris. Previously, there were only two axes that the D-model could fly, but now it's able to be fully coupled with each axis – turns, climbs, speed. This gives pilots the opportunity to concentrate less on the mundane tasks, and more on survivability and making sure they're more aware.

The CH-47F also has a larger radio package, which allows it to communicate with more radios and allows for over-the-horizon communication, as well.

Although the D-models are being transitioned out, Harris said the effect on the D-model students should be minimal since these aircraft were designed for easy transition.

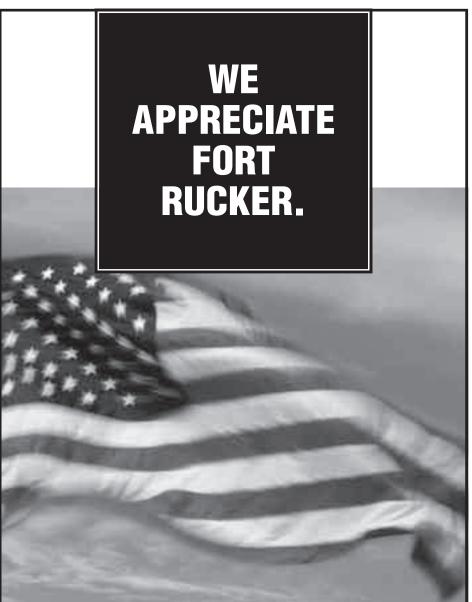
"It's like driving a car," he said. "The D-model and the F-model fly the same, so now it's just about learning how to fly it by looking at different gauges. Once you figure out where everything is, it's essentially the same."

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PHOTOS BY JEREMY HENDERSON

Col. Stuart J. McRae, Fort Rucker garrison commander, welcomes Staff Sgt. Christopher Thomas home.



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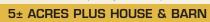




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JANUARY 29, 2015

• 2-6th CAV conducts final END OF AN ER • flight of Kiowa Warriors

By Staff Sgt. Tramel S. Garrett 25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD, HA-WAII — It was a bittersweet day for the Soldiers of the 2nd Squadron, 6th Cavalry Regiment, with the casing of the unit colors in preparation for an operational deployment to the Korea peninsula and the final flight of the OH-58 Kiowa Warrior at the airfield Jan. 15.

"The Kiowa Warrior has called this island home for the past 17 years. (Now the aircraft) will be shipped back to Texas and retired from our active fleet," said Lt. Col. Aaron Martin, 2-6th CAV commander. "Some may view this as a sad event. I will tell you we're only just approaching the end of another chapter in the great history of the 2nd Squadron."

Eighteen Kiowa Warrior helicopters departed for a final flight around the island, a commemoration for all the Aviators of the past and present.

CW3 James Mason wanted to be a part of something special for Hawaii and to also give senior Aviators the chance to take one final flight before the retiring the Kiowa Warriors helicopters from the active fleet.

"This was a very important event to be a part of," Mason said. "I feel fortunate that I was able to plan and participate in the process. The Kiowa is a wonderful aircraft that has given many years to the Army. It was a workhorse and continually came through day after day, year after year, and mission after mission."

These aircraft were used for observation, utility and fire support dating back to the Vietnam era. In addition, Kiowa aircraft have been instrumental in saving lives on the battlefield despite its small size during overseas contingencies operations.

Some of the Soldiers hated to see

SEE KIOWA, PAGE B4



PHOTO BY STAFF SGT. TRAMEL S GARRETT (25TH ID)

Aviators assigned to 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, conduct preflight checks before the final flight of OH-58 Kiowa Warriors on Wheeler Army Airfield, Hawaii, Jan. 15.

FORGING BONDS

3rd CAB bones skills during Falcon Leadership Stakes

By Sgt. William Begley 3rd Combat Aviation Brigade Public Affairs

FORT STEWART, Ga. — Cold and wet January weather was not enough to keep the Marne Air Soldiers from the 3rd Combat Aviation Brigade from taking part in a huge training event to begin 2015.

Leaders from the 3rd CAB took part in the Falcon Leadership Stakes at several different locations on Fort Stewart Jan. 13 to Friday.

Maj. John Fritz, brigade fire support officer, was the lead planner for the operation, said platoon leaders and platoon sergeants from around the brigade came out to train and certify on 10 essential tasks such as land navigation, weapons, communication and combat life saving skills, to name a few.

"The brigade commander and command sergeant major came up with a list of what they thought were 10 tasks every leader should master," Fritz said. "These events are also a great way of re-introducing the art of field craft to the junior leaders and remind them what it's like to establish an assembly area. As we all know, we learn more from our mistakes than we do from our success. So the Soldiers will immediately feel the consequences of failing to do pre-combat checks and inspections."

According to Col. John D. Kline, 3rd CAB commander, the idea for the training came from the teachings of retired Army Maj. Gen. David L. Grange, former commander of the 1st Infantry Division. The training, Mangudai, got its name from Mongol warlord Genghis Khan's elite forces.

Grange would assemble all his officers of lieutenant colonel-level rank and above for an officer professional development trip advertised as a "staff ride" or "terrain walk." For a day or so, the staff ride proceeded just like any other. Then, with no warning,

SEE BONDS, PAGE B4



PHOTO BY SGT. WILLIAM BEGLEY

Col. John D. Kline, 3rd Combat Aviation Brigade commander, is hoisted onto a UH-60M Black Hawk helicopter along with Sgt. Eric Sluss, Headquarters and Headquarters Company, 3rd CAB, as part of MedEvac training during the Falcon Leadership Stakes, which were conducted on Fort Stewart, Georgia, Jan. 13 to Friday.



Command Sgt. Maj. Roger Heinze, the senior enlisted adviser for 3rd Cavalry Regiment, Train, Advise, Assist Command - East, provides overwatch of the rugged terrain from the open door of a UH-60 Black Hawk while on a mission to advise Afghan police leaders at the Nangarhar police Regional Logistics Center, Afghanistan, Jan. 6.

PACIFIC PARTNERS

Engagements remain increasingly innovative, effective

By David Vergun Army News Service

WASHINGTON — The Army has always had a footprint in the Pacific region, but, in the past, training exercises with those nations were not linked together in a meaningful way that would reflect complex operational dynamics, said the commander of I Corps while speaking at a media roundtable at the Pentagon Friday.

Today, exercises are taking place simultaneously in different places -South Korea, Japan, the Philippines, Alaska and Hawaii, for example with multiple command posts using forces that are adaptable and scalable, said Lt. Gen. Stephen R. Lanza, whose I Corps is located at Joint Base Lewis-McChord, Washington.

This new way of engaging with partners, he said, comes from the Army Operating Concept, which serves as a blueprint for winning in a complex world by preventing conflict from occurring in the first place and by shaping the security environment by training and collaborating with partner nations.

Lanza then added some developing news: the 7th Infantry Division, an I Corps component that was stood up to be a training readiness oversight headquarters for the brigades at JBLM, is now going through the process of possibly operationalizing its headquarters. That would make it deployable.

Pacific Pathways

An effective part of the Army's "prevent, shape, win" strategy is the "Pacific Pathways" concept, which began last year, Lanza said.

The first Pacific Pathways exercise involved the active-duty Army, Army National Guard and Army Reserve,



Sgt. Max Wolfer, a combat engineer with the 571st Sapper Company, 864th Engineer Battalion, trains at Joint Base Lewis-McChord, Wash. The 571st is a I Corps unit.

as well as the militaries of partner nations of Indonesia, Malaysia and Japan.

The second Pacific Pathways, beginning at the end of January, will partner the Army in training exercises with Thailand, Korea and the

Philippines. The Pacific Pathways exercises are conducted as "an operation, a deployment, experimentation and innovation" all rolled into one, Lanza said. "They allow us to rehearse with different countries, conduct reconnaissance and build relationships in the human domain."

Besides that, he said, participation in Pacific Pathways helps increase the overall readiness of U.S. forces

through high-fidelity training. In addition to Pacific Pathways, the Army participates in bilateral exercises such as Yama Sakura, the last iteration of which wrapped up in December with Japan's Eastern Army.

"It's been extremely important working with the Japanese Ground Self-Defense Force," Lanza said, noting that the next bilateral exercise with Japan will involve the Middle Army. Japan has a total of five

Yama Sakura involved an I Corps headquarters set up in Japan, working simultaneously with the Japanese headquarters. They shared intelligence, targeting information and supporting rear operations, he said.

The relationship is a two-way street, he said. Japanese forces come to the U.S. to train each year as well. They participate annually in exercise

SEE PARTNERS, PAGE B4

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THE CITY OF ENTERPRISE

IS ACCEPTING APPLICATIONS FOR THE POSITION OF: **Administrative Assistant**

Summary: The employee provides clerical support for the City. Assists the E -911 Coordinator in oversight of the E-911 system to include mapping efforts and corrects system failures. Helps to maintain system equipment, researches

upgrades and assists in making recommendations for future purchases. Assists in entering geo codes for City streets, into the GIS system. Processes insurance claims for the City and assists with election operations. Performs other duties as assigned.

Starting Salary: \$10.18/HR

OPENING DATE: January 15th, 2015 CLOSING DATE: January 29nd, 2015

To apply visit: www.enterpriseal.gov HUMAN RESOURCES, CITY OF ENTERPRISE CITY HALL, 501 S MAIN ST. ENTERPRISE, AL. M-F, 7:30 - 4:30 EOE

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Heavy Equipment Operator II

The employee is responsible for operating heavy equipment in support of the public works department. Operates backhoe. excavator, bulldozer, front-end loader and earthmover. Drives dump truck and fuel truck. Performs equipment maintenance including safety and maintenance inspection. Performs manual labor as assigned. Must possess Class B CDL or higher.

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MEDIA GROUP

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The Enterprise Ledger has an immediate opening for a full-time general assignment/sports reporter.

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This position requires building a personal brand on Twitter and as a blogger; must also be

able to shoot, edit and produce video for Enterprise Ledger, and use social media to further the reach of Enterprise's audience. Flexible schedule required which includes some nights and weekends. Two years of experience and a degree in journalism preferred. Must have a valid driver's license, dependable transportation and proof of insurance.

Apply at www.bhmbinc.com

Pre-employment drug and background screen required; EOE/M/F/D/V

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Jeep 2004 Grand Cherokee, like new, auto, sun roof, 4.0, new tires, low miles, \$5,500. Call 850-482-7998

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The Classifieds Work Like







Kiowa: 25th CAB continues mission with new tools

Continued from Page B1

the retiring of this historic aircraft but accepted the challenge of writing a new chapter in the history of the 25th Combat Aviation Brigade.

"Through everyone's hard work, we can stand here

today and say we are ready to deploy and truly execute our mission," Martin said. "The ink is always wet on our history and you are truly the ones holding the pen."

The cavalry will have the vital task of assisting the local forces and South Korea to discourage aggression

on the peninsula, while attached to Eighth Army.

"Our history of horses, motorcycles, trucks, tanks and helicopters has shown us the true success of the cavalry is not based upon the steeds we ride but the bold cavalry men who always remained out front of the formation," Martin said.

Bonds: Platoon-level training most critical building block

Continued from Page B1

Grange would pull the lieutenant colonels aside and tell them there's been a change of mission, and they will now be given a series of tactical challenges to overcome as a team. Grange used the training to get a firsthand feel for what each officer could handle.

Similarly, Kline used the leadership stakes to bond with his younger officers and senior noncommissioned officers during late evening "fireside chats."

"I found that the most beneficial piece for me was the ability to join them during the evening fireside chats and share my lessons learned," Kline said. "Young leaders are more likely to learn from and remember the mistakes I've made during my career than they are from me sharing my successes. I have been completely transparent during these sessions. I think that resonates with the formation."

One of the things the training was designed to do was force the participants to experience some of the hardships they routinely impose on their Soldiers, he added.

"The platoon level training is the most critical building block and arguably the most influential leadership level within our formation," Kline said. "I wanted to ensure this population of leaders is armed with the right skills to allow them to lead from the front, which is where they belong."

One of the instructors in charge of running the chemical, biological, radiological and nuclear lane was Sgt. Jack Johnson, a Troop D, 3rd Squadron, 17th Cavalry



BHOTO BY SCT WILLIAM BECLEY

Sgt. Jack Johnson, Troop D, 3rd Squadron, 17th Cavalry Regiment, 3rd Combat Aviation Brigade, a chemical, biological, radiological, and nuclear specialist, helps secure the mask of a Soldier during the Falcon Leadership Stakes, which were conducted on Fort Stewart, Georgia, Jan. 13 to Friday.

Regiment chemical, biological, radiological and nuclear specialist, who said he was thrilled to be given an opportunity to train Soldiers in his specialty.

"This is important because it is a threat

that's real in the world," Johnson said.

Kline was present for the training every day and said he was pleased with the results.

"The training went very well and the

leaders were held to the standard. There was no free chicken with the lanes. Either they got it right and moved on, or they were immediately retrained and tested again," he said.

Partners: Army brings unique, valuable capabilities to nations

Continued from Page B1

Rising Thunder at JBLM and also at the National Training Center at Fort Irwin, California.

Partnership benefits

"Our relationship with Japan and most countries in the Pacific region continues to grow and expand," Lanza said.

Besides military-to-military benefits of Pacific partnering, there are other benefits that sow goodwill between nations, he said. For instance, a lot of the armies in the Pacific are also their countries' primary first responders. The Army plays an important role in helping them to expand their capacity and build more capabilities.

And, in addition to working with other militaries, the Army is building links to government and nongovernmental agencies to coordinate responses, such as with the State Department, he said.

The Army is also working closely with its sister services. "We need the capabilities of all the services," Lanza said, adding that the way ahead requires "multicomponent solutions."

For instance, the Army is working closely with the Navy's 7th Fleet and the Marine Corps' III Marine Expeditionary Force and I MEF. After a recent typhoon in



PHOTO BY SGT. DANIEL SCHROEDER

Lt. Gen. Stephen Lanza, I Corps commanding general, is briefed by his staff in the I Corps joint operations center in Camp Yongin, South Korea, during a combined arms rehearsal meeting, Aug. 21. Soldiers of I Corps and Third Republic of Korea army set up a joint operations center in preparation for the computer-simulation Ulchi Freedom Guardian 2014 exercise at Camp Yongin.

the Philippines, the Marines provided an effective and rapid first response and the Army followed on to provide sustainment and logistical support.

"We're not going to fight as a single service anymore," he em-

phasized.

The Army, he noted, brings unique and valuable capabilities that nations throughout the Pacific appreciate. Such capabilities include brigades of engineers, medical, fires, Aviation, civil af-

fairs, and military police that add layers of "depth and capacity for any contingency."

As for future challenges, Lanza said he thinks improving and protecting the network and establishing more robust communica-

tions with partner nations will continue to be important. These are "growth areas in the Army."

Another challenge will be countering weapons of mass destruction, particularly on the Korean peninsula. I Corps is working on that with Special Forces and with the 20th Chemical, Biological, Radiological, Nuclear and high-yield Explosives Command, he said.

Bearing fruit

I Corps' reach extends from JBLM to India, Australia, Japan and Alaska and includes the 7th ID, 593rd Expeditionary Sustainment Command, 25th ID, I Corps Forward in Japan and combat brigades in Alaska.

"Our forces are extremely busy, both globally responsive and regionally aligned," Lanza said.

The relationships the Army and its sister services bring to the Pacific region are now bearing fruit as a result of the trust and teamwork they foster with partner nations, Lanza concluded.

Those relationships will continue to bear even more fruit in the coming years, he said, calling it "a return on investment."

Lanza cautioned that maintenance of those relationships require that the Pacific strategy continue to be fully resourced.



Story on Page C3

JANUARY 29, 2015

MAKING A DIFFERENCE

ACS offers volunteer opportunities across post

By Jeremy Henderson Army Flier Staff Writer

People often search for a way to make a difference in the beginning of a new year and Fort Rucker offers numerous opportunities to improve the community through volunteerism.

"People volunteer for a lot of reasons," Mirian Houston, Fort Rucker Army Volunteer Corps manager, said. "Volunteering allows the community to provide more services, especially with the economy and hiring of paid personnel. I have realized that when a person volunteers, they are more conscientious of what they are do-

"Volunteers offer their time, not for compensation, but to give back to the community," she added. "Volunteers support the community with a wide variety of skills and caring attitudes."

According to Houston, volunteerism is an important tool for helping a community continue to grow and for personal or family development.

"Giving back to your community is important," she said. "Without volunteerism, communities would falter.

"It also allows families and their children to see the benefits of providing a service without the expectation of a reward or compensation," she added. "This, in some many instances, allows the family to see

and help meet the needs of other individuals and families.

Volunteering also provides excellent additions to a resume and can be a usual tool during interviews during a search for employment, Houston said.

"Volunteering is a terrific way to network with people, which can lead to everything from getting a great job to making more friends," she said. "It shows a caring, selfless, nurturing side of you."

High school students can also use volunteer opportunities to beef up their college applications and prepare for their first step into adulthood.

"Volunteering as a youth teaches organizational skills and the importance of giving back," Houston said. "It teaches independence. As high school students, it helps them obtain business skills. The skills acquired are beneficial when completing college application and will assist in landing a part time job while in college."

According to Houston, the wealth of volunteer opportunities available in and around the local community may be accessed through the Volunteer Management Information System.

"VMIS training is a requirement for all volunteers," she said. "To be able to manage their volunteer hours and other information, they must be aware of how it works. So VMIS is the one requirement." VMIS training is conducted monthly by

MOST WANTED TEER OPPORTU

Teen (11-18 years old) positions Agency: School age services homework center.

Position description: The Fort Rucker Child, Youth and School Services School Age Services Homework Center is recruiting for two teen volunteers. Volunteers will assist students in first-fifth grades on after-school homework assignments, reading clubs and other academic classes Mondays-Fridays from 2:30-5 p.m. For more information, call 255-

Agency: School age services technology lab.

Position description: The technology

lab is currently looking for teen volunteers to share their passion with school age services participants. The technology lab allows participants to enjoy playing

> with skills required to succeed at the games. They work with themes such as history, math, science, social studies and reading Mondays-Fridays from 2:30-5 p.m. For more in-

games and becoming acquainted

formation, call 255-9108.

Adult positions

Agency: Fort Rucker Arts and Crafts Center - stained glass.

Position description: Seeking a volunteer to teach stained glass to youth participants on Saturdays. For more information, call 255-9020.

the AVC manager for any individual who

wishes to access the system and view volunteer opportunities, Houston said. "VMIS provides the tools to manage volunteerism in the local Army communi-

ty, including online recruitment, volunteer records storage and easy communication with volunteer staff," she said. "It allows individuals to manage their volunteer service record, locate an Army volunteer coordinator, apply for volunteer opportunities, and record and track volunteer hours."

According to Houston, there is always a need for more volunteers.

"A community can always use more volunteers and more hands to help lift it up," she said. "Fort Rucker has more than 700 volunteers currently registered. It is the most I've seen in my career and experience at other posts. It speaks well of Fort Rucker and the community."

For more information about volunteer opportunities and VMIS, visit myarmyonesource.com or call 255-1429.



Soldiers of 1st Warrant Officer Company, Class 1507, participate in a car wash Saturday to benefit their class. Proceeds from the car wash fund various things like unit coins and the Warrant Officer Career College reception, with 10 percent of the proceeds going to local charities.

Primary school students celebrate 100th day of school

Activity teaches life lesson

By Nathan Pfau Army Flier Staff Writer

Students at Fort Rucker Pri-

mary School learned a life lesson to go along with their curriculum as they celebrated 100 days in session. The students participated in

an activity Friday that not only challenged their minds, but provided a valuable service for animal shelters in the surrounding communities, said Yvette Esteves-Hurst, FRPS Spanish teacher.

As part of the activity, students were asked to provide pet food to be donated to animal shelters in Daleville, Enterprise and Ozark in a way that incorporated math, science and technologies, while also learning valuable problem-solving skills, said Yvette Esteves-Hurst, FRPS Spanish teacher.

"We came up with a school activity designed to promote a cooperative partnership among students, parents, community and staff," said Esteves-Hurst. "Our focus was problem solving. The students decided how much food was going to be in each bag. We taught lessons that appropriately combined math, science and technologies."

The students were tasked with sorting the bags by using different mathematical measurements - counting by 10s, measurements, weight and reading a bar graph. A bit of science was incorporated by learning the differences between the animals that the food would be distributed to, such as dogs and cats. And finally, the use of technology was integrated by use of the smart boards, said the Spanish teacher.

The children had to work together to arrange the donated items into separate bags, and each bag was only allowed to contain 10 items, so once a bag was filled, they had to move on to another bag until all the items had been used to fill the

"This activity is centered on students' learning, and their ability to reason and think mathematically," she said. "They learned how to count by 10s, estimate weight and read a bar graph."

This year, the students, with the full support of parents and faculty, managed to donate a total of 167 items to be distributed to the surrounding shelters.

After all the donated items



Students and faculty of Fort Rucker Primary School pose for a photo with the 167 items they collected as part of their 100th day in school to be donated to animal shelters in Daleville, Enterprise and Ozark Friday.

were collected and sorted, Esteves-Hurst said the items were donated to the shelters personally with the help of other FRPS staff members.

The event is designed to educate and promote a cooperative partnership among students, parents, community and staff,

she said.

In December, the school participated in an activity to gather food for local food banks, and Estevez-Hurst said they want to make sure that people's fourlegged counterparts weren't forgotten.

"Students at Fort Rucker Pri-

mary School are learning and constructing knowledge as a result of meaningful and purposeful experiences," she said. "We want to teach the children about giving and to think of others aside from their selves, and the children really did not disappoint."

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

Right Arm Night

The Landing Zone will host Right Arm Night today 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.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Friday from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses who attend will receive information from the military pay office on benefits, entitlements, advance pay, the government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving, compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.

Space is limited, so people are encouraged to register early by calling 255-3161 or 255-3735.

Alabama Shakespeare Festival day trip

MWR Central will host a day trip to the Alabama Shakespeare Festival in Montgomery Saturday. A ticket to the production of "Alice in Wonderland" at 2 p.m. and transportation are included. The cost is \$30 per person for ages 3 and older -- children under 3 will not be able go on the trip. Buses will depart from Fort Rucker at 11:30 a.m. and return at about 6:30 p.m. To sign up, visit MWR Central in Bldg. 5700. Registration will not be taken over the phone and will be done on a first come, first served basis. The event is open to the public.

For more information, call 255-2997.

Super Bowl party

Mother Rucker's hosts a Super Bowl party Sunday, complete with food and drink specials, door prizes and more. The event is open to the public, ages 18 and older. For more information, call 503-0396.

BOSS Mugs and Kisses

Better Opportunities for Single Soldiers will take orders for Mugs and Kisses Monday-Feb. 9. The cost is \$7 per mug filled with candy kisses. Once an order has been placed, patrons can pick up their Mugs and Kisses on the first floor of Bldg. 5700 Feb. 12 or 13 between 11 a.m. and 2 p.m. The BOSS Team will be at a table in the lobby as patrons enter the building. BOSS will also sell Mugs and Kisses during Dueling Pianos Feb. 13 at The Landing. To place an order, call 379-4594.

ScreamFree Marriage Workshop

Fort Rucker's Fam-



Dueling Pianos

The Landing will host Dueling Pianos Feb. 13 and 14 from 8 p.m. to midnight in the ballroom. Dueling Pianos is billed as a high-energy, all-request, sing-along, clap-along, rock n' roll comedy piano show. The event is open to the public, ages 16 and older. Advanced tickets are \$12 through Feb. 12 and \$16 at the door the day of the show. VIP tables are also available for \$150. VIP tables seat 10 patrons and are guaranteed to be near the stage. For more information, call 598-2426 or 255-9810.

ily Advocacy Program will host its ScreamFree Marriage Workshop Feb. 5 from 6–8:30 p.m. at the Wings Chapel. The workshop is designed to provide couples with techniques to stay calm in the face of common marital conflicts. Attendees will learn the keys to creating and enjoying a deep, lifelong connection, along with a fresh approach to marriage. The workshop is free to authorized patrons and free childcare is available at the 24-hour child development center for couples attending the workshop.

For more information, call 255-9636.

ScreamFree Marriage train the trainer

Army Community Service will host a train the trainer session for its ScreamFree Marriage course Wednesday and Feb. 5 from 8:30 a.m. to 4:30 p.m. at Wings Chapel. The train the trainer sessions is designed for family professionals who assist families in navigating the stresses of military life. The program provides an effective curriculum that engages men and women to embrace their roles as spouses. Family professionals will obtain practical, repeatable techniques with proven results. The sessions are limited to 20 people and people should sign up by Monday.

For more information, call 255-9636 or 255-3898.

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 Feb. 5. 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 at 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.

African American History Month reading

Center Library will host a reading for African American History Month Feb. 6 from 10:15–11 a.m., along with a craft activity for children ages 2–5.

For more information, call 255-3885.

Financial readiness training

Army Community Service will host its financial readiness training Feb. 6 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.

Florida Caverns State Park Trip

Outdoor recreation will host a day trip to explore the Florida Caverns State Park in Marianna, Florida, Feb. 7. This is one of the few state parks with dry (air-filled) caves and the only park in Florida to offer tours to the public. The trip will include a tour of the caves and, after lunch, a hike through the trails at the state park. Cost is \$25 for ages 13 and up, and \$22 for children ages 3–12. Price includes admission to the cavern tour and hiking, as well as transportation. Estimated departure time is 10 a.m. The event is open to the public. There are only 24 slots available, so people need to sign up by Monday.

For more information or to make a reservation, call 255-4305 or 255-2997.

The Hobbit: The Battle of the Five Armies

DFMWR potlight





Before Dueling Pianos, treat your Valentine to a delicious 3 course meall \$24.95 per person

Reservations are highly recommended as availability is limited. To make reservations or for more information, please call (334) 598-8025. The Landing Zone menu will NOT be available during the Sweetheart Dinners.

Second Course, Choice of

. Grilled Salmon with Creamy Dill sauce

. Grilled Filet Mignon with Chocolate-Coffee Barbecue Sauce

Chicken Champagne

Third Course, Choice of: · Red Velvet Cheesecake

· Molten Lava Chocolate Cake . New Orleans' Style Bread Pudding

www.ftruckermwr.com

MOVIE SCHEDULE FOR JAN. 29 - FEB.

Thursday, Jan. 29

Night at the Museum: Secret of the Tomb

(PG)......*7 p.m.*

Friday, Jan. 30

Saturday, Jan. 31

Annie (PG)

Sunday, Feb. 1

Annie (PG)4 & 7 p.m.

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

Voting: Absentee ballots give Soldiers voice

By David Vergun Army News Service

WASHINGTON — Earlier this month, Soldiers Army-wide were provided electronic or paper Federal Post Card Applications.

Filling out and returning the FPCA is especially important if Soldiers and spouses have changed duty stations, said Rachel Gilman, Army voting action officer, Soldiers Program Branch, Adjutant General Directorate, Human Resources Command, Fort Knox, Kentucky.

The FPCA alerts local election officials of the move and is a way for Soldiers to register using an absentee ballot, she said, adding that the form is quick and easy to

Every odd-numbered year is considered an "off-year" for voting since it's not a presidential or mid-term election year. Historically, off-year elections draw fewer voters to the polls.

So with the November elections over, why should Soldiers think about voting now?

This year there are several gubernatorial races, mayoral elections and even some special elections for Congress, Gilman said. At the local level, there are county and city elections involving school boards, city council and planning commission members, county prosecutors, judges and so on, depending on the location.

"Local elections are just as important as major elections," Gilman said. Soldiers stationed far from home have family members in their hometowns and they



The U.S. Army Golden Knights urge Soldiers to make their voices heard by voting.

themselves may want to someday return there. Elections can impact a lot of important community is-

The Army knows it's important that Soldiers be provided voting information, she said, so in addition to alerting Soldiers about the FPCA every January, Soldiers serving overseas are given a second FPCA alert every July, since they will be voting absentee and since many moves typically occur over the summer.

Soldiers who have misplaced their Jan. 15 FPCA notice can get one by visiting https://www.fvap.

Since every state administers its own voter registration differently, Gilman encourages Soldiers to visit the Federal Voting Assistance Program website at www. fvap.gov. A map for requesting absentee ballots in home states can be found at http://www.fvap. gov/military-voter/registrationballots. Soldiers can click on their

state and territory to get detailed information about registration and elections.

The FVAP site also gives vot-

ers the option to electronically request information from local election officials, Gilman said. "The Army Voting Assistance Program operates year-round,

since elections are always happening," Gilman said. Around the Army, the FVAP is

owned by commanders. "There are unit voting assissistance officers. Gilman said this year's FVAP slogan, "Be absent, but accounted for!" serves as a reminder that Soldiers can make their voices heard not just in Washington, but in their

local communities as well.

tance officers who've been ap-

pointed and trained. They are

ready to assist Soldiers and family

members," Gilman said, noting

that besides accessing the FVAP

website, Soldiers may instead

choose to see their unit voting as-

Army, industry partners prep Soldiers for civilian employment

By David Vergun

Army News Service

WASHINGTON — A new program is training Soldiers to drive commercial trucks when they transition out of the Army.

A Pentagon ceremony recognized a partnership between the Industrial Training Center at Fort Sill, Oklahoma, the Teamsters Military Assistance Program and ABF Freight – now helping train Soldiers for civilian jobs when they separate.

Officials estimate more than 1 million Soldiers will leave the Army over the next 10 years. Programs involving industry partners and other agencies that prepare veterans for are an integral aspect of Soldier For Life transition assistance.

"I can't think of any profession or organization that would not benefit from the values our veterans embody," said Lt. Gen. James C. McConville, Army G-1. "Our trusted professionals deserve every opportunity to apply the skills, knowledge, leadership and experience they gained during their time in the Army" to the civilian workforce.

McConville emphasized that the Army needs to ensure each Soldier's transition provides a smooth takeoff into a civilian

'We owe it to them to help them leave the Army career-ready and able to find them meaningful employment to continue serving their communities with the skills and values they learned," McConville said.

Col. Glenn A. Waters, Fort Sill garrison commander, said besides truck driving opportunities, installations have a range of other options, from electrical engineering, construction, steam fitters and so on.

A year out from separation, Soldiers are briefed on programs available to them at their installation, he said. Then they can volunteer for them and then they go through a vetting process by the company to ensure

they're the right fit.

The Army does a vetting process as well, Waters said, because "we want to put the right person in the right job. They're investing money and time and so is the Army, so we want to ensure the screening process is working."

Soldiers who do not have experience as truck drivers or electrical engineers or in other trades are not automatically screened out. They might have certain experiences or aptitudes that would point to later success in their new fields, he said.

James P. Hoffa, the general president of the International Brotherhood of Teamsters emphasized the importance of helping transitioning Service members

"We have to make that happen," he said. "It's a dream we've had. It's finally coming together."

Tim Thorne, president of ABF Freight, said helping veterans get jobs is personal, since he is an Army veteran himself.

Veterans are resilient and can quickly adapt despite adversity, Thorne said.

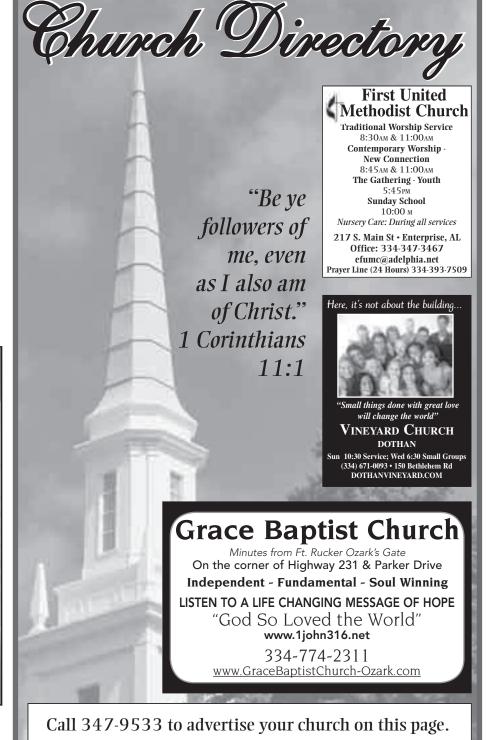
"They can overcome hardships and trauma. They can excel, even in the face of harsh environments. Veterans have advanced team-building skills and strong organizational commitment," Thorne said. "There are many times I miss the Army and military life."

"Veterans bring value to employers, schools and communities," McConville said. Proper caring for transitioning Soldiers sends a clear signal to those generations of Americans who make up the future of the All-Volunteer Force.

"Future Soldiers will decide whether to serve, based in part, by the way we take care of our veterans and how we support our transitioning Soldiers as they reintegrate back into civilian life," he added. "We've got a solemn obligation to take care of our Soldiers, even as the Army is in the midst of a drawdown."



James P. Hoffa, general president of the International Brotherhood of Teamsters, emphasized the importance of helping transitioning service members during a Pentagon ceremony Jan. 21.





Lt. Gen. James C. McConville, deputy chief of staff G-1, spoke during a Pentagon ceremony Jan. 21 welcoming ABF Freight, a large trucking firm, and the Teamsters Military Assistance Program to the Fort Sill, Oklahoma, Industrial Training Center.

State parks to offer free camping Feb. 8-12

Alabama Tourism Department *Press Release*

In a show of customer appreciation, Alabama State Parks will offer free camping during its Customer Appreciation Days from Feb. 8-12.

During the event, campers can stay for up to five nights based upon the availability of campsites. The free camping offer applies to both improved and primitive sites, but is not available to extended-stay campers. Prior or day-of reservations are welcome.

In addition to free camping, Alabama state parks will also offer 50 percent off lodging at parks with hotels and cabins during its Customer Appreciation Days. The discount applies to regular seasonal rates on all lodge and hotel rooms, cabins, chalets and cottages. Lodging tax is not included in the Customer Appreciation Days offer.

"In recent years, our visitors and partners have continued to show their support for Alabama State Parks during tough financial times," said Greg Lein, state parks Director. "These Customer Appreciation Days are intended as a show of gratitude to everyone

who enjoys the state's park system. We appreciate their support."

To take advantage of the Customer Appreciation Days free camping and discounted lodging offers, contact the individual parks for availability and to make reservations

For individual park contact information, visit alapark.com or call 1-800-ALA-PARK.

Alabama State Parks Customer Appreciation Days are the first in a series of upcoming state park specials.

In 2015, the park system's theme will be "Bring a Friend," which encourages regular visitors to invite a friend who has never explored an Alabama state park.

For more details about "Bring a Friend," visit alapark.com in the coming months.

The Alabama State Parks Division operates and maintains 22 state parks encompassing approximately 48,000 acres of land and water. These Parks rely on visitor fees and the support of other Partners like local communities to fund the majority of their operations. To learn more about Alabama State Parks, visit www.alapark.com.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and 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.

DOTHAN

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 beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hail and farewells.

JAN. 31 — Landmark Park will host Fred Basset, licensed hummingbird bander, will conduct a Hummingbird workshop at 10 a.m. in the Interpretive Center Auditorium. The program is free with paid gate admission. Regular park admission is \$4 for adults, \$3 for children and free for members. Registration is required and people should call the park at 794-3452 to register.

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.dothancivic-center.org.

ENTERPRISE

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.

ONGOING — The Disabled American Veterans Chapter 9 monthly meetings are held on the second Thursday of each month at 6 p.m. in the Baptist Center located on East Lee Street. For more information, call 308-2480 or 475-4373.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call 347-5961 or 447-8507.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County, located at 201 W. Watts St., helps veterans with claims Mondays-Thursdays from 9-11 a.m. and other times by appointment. For more information, call 308-2480.

ONGOING — Reformers Unanimous, a national Christ-centered addictions program headquartered in Rockford, Illinois, is starting a chapter in Enterprise. Faith Baptist Church, 4481 Rucker Boulevard, will host the program Fridays from 7-9 p.m. The program is open to all adults who struggle with an addiction. For more information, call 790-2058.

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 Tues-

day of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

FEB. 26 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the police station. Food and drinks will be served, followed by regular chapter business. We also extend an invitation to veterans throughout the Wiregrass to join as new members of both DAV and DAV Auxiliary. For more information, call 718-5707.

ONGOING - Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV Service Officers helps veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

FEB. 22 — The Lively Stones Ministries Worship Center will host a Black History Month program titled "Past, Present and Future" at 3 p.m.

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

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

PINCKARD

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

SAMSON

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

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

ONGOING — 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.

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 Gunters-

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

Beaks and Barks

The Huntsville Botanical Gardens hosts its Beaks and

Barks Winter Festival now through Feb. 28. There will be events throughout the period, and people can also explore the Lewis Birding Trail, take classes on birding and join the global Great Back Yard Bird Count. People are also welcome to bring their favorite four-legged friend to the garden, which includes a no-leash zone. To get to the gardens, take I-565 Exit 15 onto Bob Wallace Avenue. The garden is east about one-half mile on the right side of the road. Admissionis free for members, and costs \$12 for adults and \$8 for children ages 3-18.

For more information, visit http://www.hsvbg.org/.

Wild Cave Tour

Fort Payne offers its Wild Cave Tour of Manitou Cave – about three hours long – now through March 16. The adventure is designed for people ready to explore the cave on their knees and on their bellies in mud and tight tunnels. The adventure includes a helmet, cave lamps and an informative guide. There is a two-person minimum. Cost is \$35.50 per person. People need meet at True Adventure

For more information or directions, call 256-997-9577, 423-653-8804 or visit http://www.trueadventuresports.com.

Valentine's Cruise

Montgomery's Harriott II offers an intimate Valentine's-themed couples cruise Feb. 12-14, beginning at 6:30 p.m. The cruise is two hours long, and includes a surf-and-turf dinner, three roses, live entertainment and more. Cost is \$155 per couple.

For more information, call 334-625-2100 or visit www. funinmontgomery.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.

Shooting victim seeks to inspire others

By Elaine SanchezBrooke Army Medical Center
Public Affairs

JOINT BASE SAN ANTO-NIO-FORT SAM HOUSTON, Texas — An Army officer, who was severely wounded in a shooting at Fort Hood last year, is using his near-death experience to give others a new lease on life.

"I believe I was given a second chance," said 1st Lt. John Arroyo, who is recovering at Brooke Army Medical Center in San Antonio. "I hope my story inspires others to realize that it's never too late to make a change or to make a difference."

Arroyo had three deployments under his belt when he arrived at Fort Hood, deep in central Texas, in November 2013. The California native had enlisted in 1998 as a truck driver, but jumped at the opportunity to become a Green Beret just a few years later. After a dozen years in Special Forces, Arroyo was commissioned and selected for the Medical Service Corps.

He was assigned to the 1st Medical Brigade at Fort Hood as a platoon leader. On April 2, Arroyo was pulling into brigade head-quarters parking when he heard shots fired.

He had just stepped out of his car as another car parked close by. He had no idea the driver was Army Spc. Ivan Lopez, who was just minutes into a shooting spree across post. Lopez had already shot and killed two Soldiers and wounded more than a dozen others in another building by the time he pulled into the brigade parking lot.

The next shot Arroyo heard was the one that ripped through his throat. Gasping for breath, Arroyo stumbled back to his car and fell to the ground. He lay there, bleeding profusely and struggling to breathe.

"I thought, 'Is this it? Am I going to die?" he recalled. "But then I heard a voice telling me to get up, to hurry and get up."

With his wife and three children in mind, Arroyo drew on his last reserves of strength to stand up



PHOTO BY ROBERT SHIELD

Army 1st Lt. John Arroyo works on strengthening his right hand while his occupational therapist, Katie Korp, looks on at the Center for the Intrepid in Brooke Army Medical Center's rehabilitation center at Joint Base San Antonio-Fort Sam Houston, Texas, Jan. 16.

and find help. He held his throat to staunch the bleeding and stumbled toward a man. He suddenly realized he was about to seek aid from the shooter.

"I was within 10 feet of him, but he never saw me," he said. "He walked right past me into the building and started shooting again."

A few Soldiers spotted Arroyo from across the parking lot. They called out: "Soldier, are you OK?" He was somehow able to answer: "I've been shot." With no time to spare, they raced Arroyo to Carl R. Darnall Army Medical Center.

Meanwhile, the shooter was confronted seconds later by a military police officer. She fired a shot at him and he responded by committing suicide. Four Soldiers, including Lopez, were killed and 16 others wounded that day.

Critically injured, Arroyo was rushed to surgery and transferred to Scott and White Memorial Hospital for further care.

He was told his voice box and right arm were damaged beyond repair. Yet, two months later, he was talking again and, after months of intense rehabilitation at the Center for the Intrepid, has re-

gained the use of his right hand. His swift recovery wasn't sur-

prising, he said.

"I was given a second chance by God," Arroyo said. "I should have died in the parking lot that day. I believe I am here for a purpose and will continue to heal."

Hoping to inspire others, Arroyo began sharing his story with everyone from inmates to students to fellow patients and service members. "I want everyone to realize that if they're breathing, they have the opportunity for a second chance."

Arroyo returned to Fort Hood

last month to speak at the hospital's Holiday Ball and to thank the staff for saving his life. One of the nurses was in tears after Arroyo told her another Soldier who had been shot in the spinal cord was walking again, thanks in part to her care.

"I went back to the spot where I was shot," he said. "And I wasn't upset at what had happened. I felt grateful that I was given a second chance to make a difference.

"I don't focus on tomorrow – I finish today," he added. "And I plan to make each day count for something."

Army colonel raises suicide awareness from green to blue

By Mass Communication Specialist 2nd Class Johans Chavarro

Navy Public Affairs Support Element West-Hawaii

PEARL HARBOR, Hawaii — Lt. Col. George Corbari shared his own personal story against the struggles of suicidal thoughts and discussed strategies service members can use to help themselves overcome similar obstacles during a suicide awareness presentation at Joint Base Pearl Harbor-Hickam Memorial Chapel Jan.

Corbari, strategic plans and policy officer at U.S. Army Pacific, shared his own story during the presentation, "Piercing the Darkness: Redefining Perceptions about Suicide." During his remarks, he discussed modest, employable strategies Service members and senior leadership can employ in the workplace to aid against suicidal ideations.

According to Capt. William Kennedy, command chaplain for the commander of Navy Region Hawaii, raising suicide awareness is vital to accomplishing the Navy's mission, as each Sailor and their family plays an integral part toward the Navy's success.

"The Navy's position is that each one of you, each one of your family members,

each one of your shipmates, is invaluable," Kennedy said.

In the case of Corbari, life seemed to spiral out of control in 2009 when his son attempted to take his life, when he and his wife's yearlong adoption process almost unraveled, and finally when his son-in-law was severely injured by an improvised explosive device during his deployment to Afghanistan.

Hiding his emotions from his wife and feeling as though he had no one to turn to, Corbari said he began to internalize his feelings and blame himself for the events that had unfolded.

"When you get to a point that those things become so crushing to you, your mind starts to play some tricks on you and that's when you start to get into the darkness," Corbari said.

It wasn't until friends he met during intermediate level education noticed him "checking out," and confronted him that he was able to navigate through his feelings and pull himself out of the darkness he found himself in.

"They attacked what was important to me, what they knew I really valued, and that's how they were able to break through the darkness," he said. "So, it was what they did for me that helped me start to process things the right way and saved

me from doing something harmful to my-

Corbari said trustworthy relationships between service members and shipmates can go a long way toward opening avenues of communications for someone who may be having suicidal ideations.

"If you don't know me, you also don't know the things to drill in me that are important to me," he said. "And you can ask me the questions, but I may deflect them, I may lie to you. It doesn't require huge amounts of training, just me building relationships with my shipmates can help someone from doing harm to themselves or me from doing harm to myself."

Lt. Cdr. Tom Bingol, a Navy chaplain assigned to Navy Information and Operation Center Hawaii, echoed Corbari's sentiments, and expressed the importance trustworthy relationships play in raising suicide awareness throughout the ranks and preventing suicide.

"Corbari really has 'his hand on a pulse'

that relationships and the connectedness of the relationship makes all the difference in being successful in preventing suicide and creating a network of support," Bingol said. "It reminded me of an old saying, 'People don't care how much you know until they know how much you care,' and, in a nutshell, by knowing how much you care for people enables us to actually go into the dark spaces of their life and walk with them toward better alternatives and recovery."

For Logistics Specialist 1st Class Lisa Mendez, assigned to U.S. Navy Supply Systems Command Fleet Logistics Center, Corbari's story reinforced the notion that a person's career will not end because they may be struggling with suicidal ideations.

"When a person speaks out about their struggle with suicide and is that much higher ranking, it really sets the tone that it's not going to end your career," Mendez said. "And at the end of the day, a lot of people are worried about that."

LOCAL. SAVINGS.



PHOTO BY ROBERT SHIELD



Army Corps of Engineers improves VA, Army medical facilities

By David Vergun Army News Service

ARLINGTON HEIGHTS, 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

"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

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 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



E.J. Carter, the first patient at Fort Belvoir Community Hospital, smiles at staff members upon arriving at the new hospital from DeWitt Army Community Hospital, Aug. 31, 2011. The new state-of-the-art hospital was built through the U.S. Army Corps of Engineers.

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



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.

Religious **Services**

WORSHIP **SERVICES**

Except as noted, all services are on Sunday

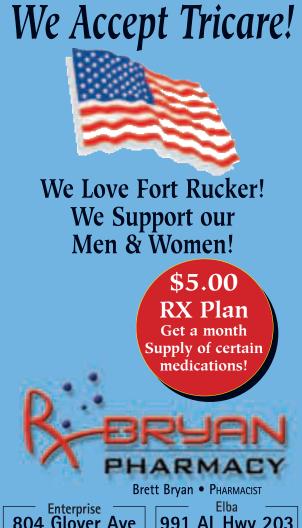
Headquarters Chapel, Building 109

8 a.m. Traditional **Protestant Service**

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday 11 a.m. Liturgical **Protestant Service** 12:05 p.m. Catholic Mass (Tuesday -4 p.m. Catholic

Friday) **Confessions Saturday** 5 p.m. Catholic







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SUPER BOWL

Professional athletes salute soldiers

Story on Page D3

JANUARY 29, 2015

DISC GOLF TOURNAMENT

Fast-growing sport gains popularity on post

By Nathan Pfau Army Flier Staff Writer

One of the fastest growing recreational sports in the U.S. is gaining popularity on Fort Rucker, and the Directorate of Family, Morale, Welfare and Recreation stepped up the fun quotient with its Winter Fling Disc Golf tournament Saturday.

Twenty three people braved the cold, windy outdoors for several hours of friendly competition and camaraderie at the tournament that welcomed people from surrounding communities, as well as those from as far away as Panama City Beach, Florida.

Participants competed in different categories, including advanced, amateur and junior, and trophies were awarded to winners in each category.

The winners in each category were (Not all last names were provided in the final standings.): Derek, advanced male winner, who shot a total of 99; Stephanie Woodard, advanced female winner, who shot a total of 133; Steven Gnau, amateur winner, with a total of 115; Oliver, advanced over 45 winner, with a total of 114; and Cad Outlaw, juniors winner, with a total of 173.

Although the tournament is ultimately a competition, for Randy



Stephanie Woodard, civilian participant and advanced female winner, tosses a disc at one of the baskets on the disc golf course during the Winter Fling Disc Golf Tournament Saturday at Beaver Lake.

Hiers, civilian participant who has been playing disc golf for about 30 years, said for him the sport is less about the competition and more about the fellowship.

"It's all about meeting people and you get to meet new people all the time," he said. "If I see someone on the course I'm going to come over and shake their hand and introduce myself. It's just great and that's

what it's about."

Hiers, who started playing disc golf by throwing in parking lots, played his round with fellow disc golfer, Chris Whittle, civilian participant, and his wife, Ashley, who both drove up from Panama City Beach to participate.

The Whittles said the sport is a good opportunity for them to meet up with friends and spend a recre-

ational day in good company.

Woodard traveled from Mobile to participate in the tournament with her father, Glen, and said it's a sport she's familiar with.

"I play a lot of the courses back at school and I just really enjoy it a lot," she said.

The course, located at Beaver Lake, is an 18-hole, 55-par course that follows the Beaver Lake trail, for the most part. It offers varying levels of difficulty with very basic holes with no hazards or trees, to more advanced holes with water traps and obstacles.

The rules of disc golf are much like the game of ball golf in that the goal is to use as few strokes as possibly to throw a disc from a designated spot into a basket.

Disc golf has been around for quite some time, but was formalized in the 70s, and began to gain most of its popularity in the 90s and early 2000s among the college crowd, and according to the Professional Disc Golf Association, which has more than 50,000 members, there are more 4,000 courses around the world.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages, and playing an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes, depending on the amount of players, and costs little to no money.

People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

Sleep: Army suggests to follow mom's advice, get more rest

By Ronald W. Wolf

Army Medicine

Turns out your mom was right all along. Army Medicine asks you to remember

what mom said and create better sleep habits for your family, starting with your children.

When children learn good sleep habits, those habits can last a lifetime. What exactly are the sleep needs for adolescents and teens? How should parents encourage them to develop better sleep habits?

According to the National Sleep Foundation, children aged 5-12 need 10-11 hours of sleep. At that age, demands for homework, sports and social activities are increasing. Very likely, adolescents are focused on television, computers and the Internet – they also consume products containing caffeine. Combined, these things interfere with good sleep

Watching television and the use of personal electronic devices right before bed can especially be a misery for parents, leading to bedtime struggles, sleep anxiety and fewer hours sleeping.

Poor or inadequate sleep in adolescence leads to poor moods in association with behavioral problems and a negative effect on learning in school.

What should parents do to help develop good sleep habits for their adolescents? The National Sleep Foundation has the following recommendations.

- Reinforce the need with your schoolaged children to develop healthy sleep
- · Emphasize need for regular and consis-



ARMY GRAPHIC

tent sleep schedule and bedtime routine.

- Encourage sleep by keeping the kid's bedroom dark, cool and quiet.
- Keep television and computers out of the bedroom.
- · Monitor caffeine consumption.

Teens fall into a special category when it comes to sleep. They are often overwhelmed by school, sports, social interaction and family demands. Parents need to focus on their teen's sleep habits as much as and perhaps more than any other age group of their chil-

Most parents of teens do not need to be told how combative and moody teens can be. Yet, teens who do not get enough sleep can be even more moody than normal, have conflict with friends and family, and struggle academically.

According to the National Sleep Foundation, most teens need more than nine hours of sleep each night. Teens, on average, do not get enough sleep; however, one study found that only 15 percent of teens reported sleeping at least 8 1/2 hours on school nights and overall 70 percent of teens do not get enough

It is perfectly normal for teens to have sleep habits that frustrate parents. During adolescence and teen years, sleep habits naturally shift toward later times for both sleeping and waking - some teens cannot fall asleep before 11 p.m.

Teens may have sleep habits that vary on different days of the week - they typically stay up late during the week when allowed to and sleep late on the weekends. Such habits hurt their quality of sleep.

You may already have a debate in your community regarding later school start times for teens. According to an article on the Scientific American website, later school times improve academic performance, increase attendance, reduce teen depression and decrease the number of student drivers involved in car crashes.

Lack of sleep can be downright dangerous when teens get behind the wheel. Drowsiness and falling asleep while driving are factors in more than 100,000 car crashes every year. A National Sleep Foundation survey found that 15 percent of drivers in grades 10-12 reported driving drowsy at least once a week. These drivers are at high risk to be in an accident.

What should you do to encourage your teens to do to improve sleep quality? The National Sleep Association also has these recommendations for parents to help teens get better sleep.

- Keep the teen's bedroom cool, dark and
- · Cut out the caffeine after dinner.
- Establish bed and wake up times and encourage teens to follow them, even on weekends to help teens feel less tired.
- Avoid the television, computer and cell phone for one hour before bedtime.
- Limit eating or exercise close to bed-
- Make sure homework is not left for the last minute.

Note that getting the children to bed on time allows a benefit for the parents, as well. They, too, can go to sleep earlier, improving their own mental fitness and resilience.

So, mom was right all along.





Col. Tom von Eschenbach TCM UAS



Jim Hughes PAO



Brian Jackson DFMWR



Capt. Mike Simmons DPS



Sharon Storti NEC

Seattle vs. New England @ Glendale, Ariz.

Record











79-39 68-50 75-43 72-46

OWNITME















Just Like Cats & Dogs

by Dave T. Phippe

CONGRATS ON THE ENGAGEMENT. IT'S IRONIC I CAN'T FIND A MARRIAGE BOOK ON WHAT **NOT** TO DO, BEING MY WIFE SAYS I WROTE IT.

Rodriguez

1. GEOGRAPHY: What is the largest bay in the world?

2. RELIGION: Who is the patron saint for mountain climbers?

3. MOVIES: In which Harry Potter movie was the Whomping Willow introduced?

4. TOYS: What was the name of the British version of America's "G.I.

5. LITERATURE: When was the novel "Gone With the Wind" pub-

lished? 6. MYTHOLOGY: In Greek mythol-

ogy, who slew the Minotaur?
7. MUSIC: "The Last Waltz" was a

documentary of the final concert of which rock group? 8. TELEVISION: What was

Chandler's last name on the sitcom "Friends" GENERAL KNOWLEDGE:

What institution declares itself to be the largest library in the world? 10. LANGUAGE: What is an ono-

See Page D3 for this week's answers.

Super Crossword

8 Alternative

10 Zip 11 Mouth liquid

12 Billy Joel hit 13 Planet Mork

14 Suffix with

16 Rare violin

Undercoat

for painting

German city

on wood

21 People who

mimic

24 "What's -

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32 Tangelo

aunt: Abbr.

trademark

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15 Ad- -

18 West

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9 Game

venue

48 Korean, Thai 100 Neat - pin or Chinese 1 Approach intrusively

- 57 Big Apple 58 Off-white
- composer John Philip
- 61 Lives (in) 63 It lures fish
- 65 Loss of
- 67 Posed (for) "Stop me as so
- 26 Mop 27 At that point 28 CNN anchor
- Burnett 30 China's Mao -bung 31 1960s reform
- China 38 "Sid the Science Kid network 41 Tracker

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23 Butler or

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going bad 19 Attach with

heat, as a

- maker, once 42 Convert to the Koran's religion
- 43 Chevy model 96 Light blue 45 Suffix with towel

- 52 Precipitating
- heavily
- 59 March
- 60 Cease
- memory
- thinking of naive*
- recall 75 Headlined 76 Dying words from Caesar
- 77 Inflicts upon 79 Honshu sash 129 Fully ready 80 Small piece 83 Ad biz prize
- Collaborator 88 Person in the third
- decade of tifes 91 Frantic
- scramble 94 Correct copy 95 Hitchcock ctassic

Monopoly

- 101 Announcer Hall
- 102 American flier with scarlet patches
- 109 Special time 110 Tabula -111 Postal letters 112 Get in return
- 116 Person petting 120 What the last
- words of 23-, 31-, 52-, 68-, 88- and 102-Across are 124 Unusual
- Streisand film 126 Holy rings 127 Property of a

125 1983

- magnet 128 Solar output
- DOWN
 - 1 Bails out, e.g. 2 Brag loudly 3 Unconscious
 - state 4 Final non-A.D. year 5 "Mayday!" Blast source

- Piochu

site of Incan

(Peruvian

nuins)

- 33 Tilts one's 34 Bank claim 35 Fleur-de-
- 36 Israeli arm 37 Poke fun at 38 Conduit
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- Venezuela 45 College Web site suffix
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- 61 Coke Zero alternative 62 Witch's blemish

city 50 Mosaic work

51 Certain skin

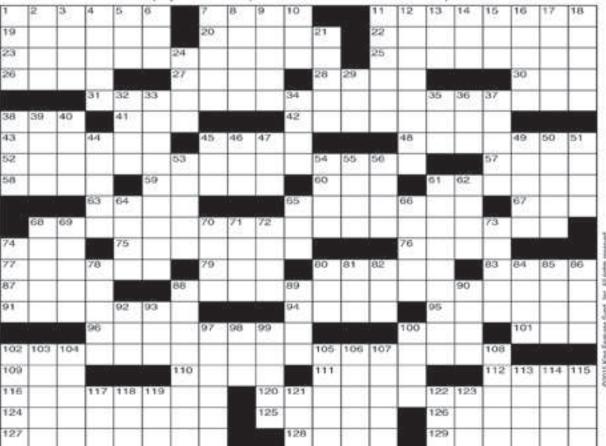
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- water. in Italy 69 Use, as a
- tool. 70 Sweat of one's -
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- check 73 Small state ruled by a
- sovereign 74 Eve's man 78 Actor Max
- 81 CBS drama 82 Turn rancid

- 49 Oklahoma oil 85 With a sharp picture, for
 - 85 Hymn start 88 Epithet for Alexander

SIX FROM THE

FAB FOUR

- 90 Alexis I, e.g.
- 93 Offense 97 Almost 98 Six-pt.
- plays 99 Cry like 100 Amply skilled 102 Rundown 103 Bards' Muse
- 104 Singer Hall 105 Oven maker 106 Spiteful
- 107 Passes idly, ass times 108 Dryly funny
- 113 Slaughter of baseball 114 James with a
- Pulitzer 115 Discreet
- 117 MPG monitor
- 118 Chaplin's
- title 119 -- - fi flick
- 121 Always, poetically
- 122 Oldies group No No 123 "Tonka" star 84 Pet parasites Mineo



See Page D3 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: *

★ Moderate ★★ Challenging * * * HOO BOY!

See Page D3 for this week's answers.

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KID'S CORNER



SIT OCNN STREET One of four persons reaches the empty TV street shows. What one is for you to deade.

by Hal Kaufman



TACITURE

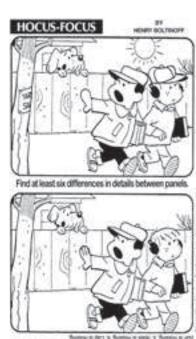
THER score I points each for all

Try to solare at least 60 person.



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

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Super Bowl players to troops: 'You're the real heroes'

By Army Sgt. 1st Class Tyrone C. Marshall Jr. Department of Defense News

GLENDALE, Ariz. — With the National Football League's all-star game in the rear-view mirror, anticipation for the league's championship – the final pro football game of the year – begins.

The Seattle Seahawks and New England Patriots, the teams preparing to square off Sunday in Super Bowl XLIX, shared their appreciation for U.S. service members serving overseas during media availabilities in Glendale Monday.

Pete Carroll, head coach of the defending champion Seahawks, assured troops the team understands the sacrifice service members are making.

"We want to make sure that you understand that the Seahawks know the work that you're doing," he said. "We just want to be more like you guys - we herald the work that you do and the attitude that you bring. I know that the Super Bowl is really exciting to watch. It's extremely exciting for us, too, but if we could be a little bit more like you guys, we have a chance to win this thing."

Carroll promised his team's best effort.

"So enjoy the heck out of it, and we'll be thinking about you, and I hope you guys really enjoy the game," he said.

Players express appreciation

Several players from both Super Bowl teams also joined in expressing their appreciation.

Kam Chancellor, a strong safety for the defending champs, offered not only his thanks, but also the gratitude of the team's fans, who have a moniker that reflects their contribution to the efforts of the 11 Seahawks who are on the field at any given time.

"All the love from the Seahawks, [and] from the [12th man]," he said. "Kam Chancellor right here, man, wishing you the best."

K.J. Wright, a Seahawks linebacker, said the team plans to "come out there Sunday and put on a good performance for you guys. Stay safe out there."

His teammate, defensive end Cliff Avril, offered a "big"



Kam Chancellor, a defensive back for the National Football League's defending champion Seattle Seahawks, talks to members of the media during Super Bowl Week in Glendale, Ariz., Monday.

shoutout on behalf of the team and said the Seahawks hope to put on a show for the troops during the Super Bowl in appreciation of everything they do.

Patriots defensive back Devin McCourty also said his team hopes to put on a good show and thanked service members for everything they do. Matthew Slater, a wide receiver and special teams player for the American Football Conference champions, shared his gratitude for being able to play football for a living.

"Just want to give you guys a big hello," he said. "And

[we] appreciate all that you do for us, allowing us the freedom to play this great game of football that we love so much. You guys are the real heroes; we tip our hats to you. God bless you guys, and stay safe over there."

Vince Wilfork, a Patriots defensive tackle, said U.S. troops are the "true patriots."

"Thank you for everything you guys do for us," he said. "You guys are the true patriots. You are everything we want [to be], so thank you for all the service you guys provide for us."

Pro Bowl teams thank U.S. troops stationed overseas

By Sgt. 1st Class Tyrone C. Marshall Jr. Department of Defense News

GLENDALE, Arizona — The National Football League continued its tradition of honoring America's troops Sunday as participants in the 2015 NFL Pro Bowl expressed their appreciation to service members serving overseas.

The Pro Bowl serves as a celebratory all-star game for NFL players voted to the game by fans, their peers and coaches. This year's game, in front of a sellout crowd of 63,225 people, included many nods to U.S. service members.

Spectators enjoyed a flyover from F-35 Lightning II joint strike fighters from nearby Luke Air Force Base, while Arizona-based service members unfurled a football fieldlength flag for the national anthem and the Arizona National Guard served as the color guard before the start of the game.

Led by team captains and Pro Football Hall of Fame wide receivers Cris Carter and Michael Irvin, Pro Bowl players expressed their thanks to troops stationed abroad for their service and wished them well as they watch Super Bowl XLIX on Feb. 1.

'You're the real heroes'

"U.S. troops, we're praying for you," Carter said. "We believe in you. You're the real heroes. Even though you're watching some great athletes – watching a great



Members of the Arizona National Guard serve as the color guard during the National Football League's Pro Bowl pregame festivities at University of Phoenix Stadium in Glendale, Ariz., Jan. 25.

game - believe me, everyone back here on the mainland, we know who the real heroes

"They're you," he continued. "God bless each and every one of your families, and we appreciate what you do upholding what we call our USA. Thank you very much. God Bless each and every one of you. Enjoy the Super Bowl."

Irvin also provided a passionate thanks to all service members, whom he dubbed as really being "America's team."

"I can't tell you how much and how many times I have heard, as I travel this country, people say, 'Michael, you play for America's team,' talking about the Dallas Cowboys," he said. "Yeah, that's all cool, but the true understanding of America's team – that's you guys. We appreciate you being America's team. Because of you, we get to enjoy games like this, because we know we're protected.

"I can't tell you enough – thank you," he added. "We love you, man. We appreciate each and every one of you. Enjoy the Super Bowl."

More shoutouts

Pro Bowl players were equally expansive in expressing their gratitude for U.S. troops' service.

"Thanks for your service. Enjoy the Super Bowl," Chicago Bears tight end Martellus Bennett said. "Watch for my brother, Michael, of the Seahawks. I appreciate you

Baltimore Ravens players Justin Forsett and C.J. Mosley also offered their appreciation and some advice.

"Godspeed," Forsett said. "We appreciate all that you guys do for us serving this country. Much respect."

"Thank you for serving," Mosley said. "We appreciate everything you're doing and good luck over there. Don't get too

Denver Broncos wide receiver Emmanuel Sanders gave his "shoutout" to the troops after the game.

"Shoutout to the troops overseas," he said. "Love ya'll. Thank ya'll for what ya'll

do. Enjoy watching the Super Bowl." Oakland Raiders tight end Marcel Re-

ese capped off the night, also encouraging troops overseas to enjoy their time watching the NFL's championship game.

"To all the troops watching the Super Bowl," he said, "enjoy it. Thank you for all your service."

SPORTS BRIEFS

Youth sports registration

Fort Rucker Child, Youth and School Services' Youth Sports and Fitness Program is taking registrations for youth baseball, softball and jump roping now through Feb. 28 at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193. The baseball season runs from March through May. The teams will be broken down into the following age groups: Tee Ball (co-ed, ages 5–6), Machine Pitch (co-ed, ages 7–8), Dixie Minor (co-ed, ages 9–10), Dixie Youth (coed, ages 11–12), Dixie Ponytails Girls (girls, ages 9–12), Dixie Belles (girls, ages 13–15). If there are not enough girls to field a Ponytail team, players will be put on a baseball team. Costs are \$25 for jump roping, ages 7–18; \$45 for baseball, co-ed, ages 5-12, age control date May 1st of the current year; \$45 for softball, girls ages 9–15, age control date Dec. 31 of the previous year. A current sports physical and a valid CYSS registration are required for participation. A multiple child rate will be determined at registration. Special requests

for coaches and players cannot be honored.

For more information, call 255-9638, 255-2257 or 255-2254. Coaches for the teams are needed. People interested in volunteering should call 255-0950.

Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is being created 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 it 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.

Groundhog Day Quarter Mania

Rucker Lanes will host Quarter Mania bowling Monday. If the groundhog sees his shadow on Groundhog Day, Rucker Lanes will have Quarter Mania from 10 a.m. to 10 p.m. If the groundhog doesn't see his shadow, Quarter Mania will be from 5–10 p.m. (as usual). Quarter Mania games are 25 cents per person and shoe rentals are 50 cents

For more information, call 255-9503.



Weekly SUDOKU ___ Answer

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5					6			
6					9			
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4					5			
7	6	5	2	9	8	1	3	4
9	8	6	7	5	3	4	2	1
					2			
2	5	7	6	4	4	3	0	9

Answers

- 1. Bay of Bengal
- 2. St. Bernard
- 3. "Harry Potter and the Chamber of
- Action Man
- 5. 1936
- 6. Theseus
- The Band
- Bing
- The Library of Congress

The imitation of natural sounds through words like "arf."

Compassionate Soldier motivates patients

By Army Staff Sgt. Patricia McMurphy

28th Public Affairs Detachment

JOINT BASE LEWIS-MC-CHORD, Wash. - "Army Strong" means something different to each Soldier, and for some who are injured, it can seem like a thing of

But thanks to Soldiers like Sgt. Latoya Sharp, a physical therapy technician at Madigan Army Medical Center at Lewis-McChord, it is not impossible for injured Soldiers to regain their strength.

Sharp says she loves her job, and it shows.

"I am very protective of my patients," she said. "I try to make them feel like they are valued and they are listened to. I try to make them feel like they are part of the process."

Always motivated to help patients

Whether it's getting patients to smile while still pushing through the pain of a stretch or just giving that extra word of encouragement, Sharp is always motivated to help patients in her clinic.

The England, Arkansas, native initially enlisted in the Army as a cargo specialist, but during one of her deployments, she said, she decided it was time for a change and wanted to take care of people. She decided to reclassify as a health care specialist.

Then, one day, she recalled, she met a Soldier whose attitude and positive outlook on life inspired her to find her true passion: physical therapy.

"When I was stationed in San Antonio, I encountered a wounded warrior. He was an amputee," Sharp said. "His attitude and spirit exuded everything I wanted to be around all the time. I just wanted to be around and see this individual as he progressed. I just want to take care of Soldiers."

Progress, recovery provide validation

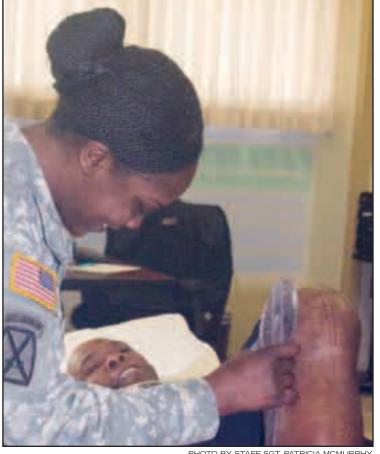
Sharp said she helps to rehabilitate patients with a multitude of different injuries while consistently providing high-quality physical therapy care, and that she feels validated when she can see her patients' progress and re-

"Seeing someone going from a lot of pain and being barely able to move to seeing them fully functional is awesome," she said. "When they finally reach that point the patient has been working toward it is very fulfilling."

Sharp recalled the first of many patients she said she'll never for-

"One patient initially came to us in a wheelchair," she said. "She had multiple fractures in both of her legs, and by the time she left, she was fully walking again. The feedback I received from her was that she appreciated that I was not easy on her."

Sharp said she never decreased the amount of exercise or intensity for that patient, and that's what helped to motivate her patient to succeed.



Sgt. Latonya Sharp, a physical therapy technician at Madigan Army Medical Center on Joint Base Lewis-McChord, Wash., measures the range of motion in the right knee of Master Sgt. Marvin Howard, a mechanical maintenance supervisor who had a total knee replacement.

To this day, she added, she continues to be firm and friendly in her daily duties to mold and motivate her patients to achieve their recovery goals.

One patient's story

One of Sharp's current patients is Master Sgt. Marvin Howard, a mechanical maintenance supervisor assigned to the Warrior Transition Battalion. He tore the ante-

rior cruciate ligament in his right knee several years ago playing basketball and did not have it repaired. Over the years, along with the onset of arthritis, it got worse and led to knee-replacement surgery in November.

"I used to teach cycling class," Howard said. "I never thought I would walk again or ride a bike again."

Soon after surgery, Howard

started working with Sharp. He was a little hesitant at first, he said, seeing the exercise equipment such as stationary bicycles, treadmills and elliptical machines that he would have to use to get his knee working correctly.

"I walked in and didn't know what to expect," he said. "I was nervous, because I knew I couldn't, at that time, sit on a bike, and ride and pedal it full circle."

On Howard's first attempt on the stationary bike, he said, he tried to bend the rules while performing the exercise.

"I did cheat a little, because it was painful," Howard said. "I would raise my right hip, and she would say, 'Nope, no, keep that hip down.' And when I was able to finally get [the pedal] all the way around, she was always right there making sure I kept that hip down. It was painful to do, but I did it, and it was very relieving to know that I could do this."

Howard said Sharp always gave words of encouragement and challenged him to push through his pain to get where he is.

"She worked with me mentally and physically to get to that point," he added. "She didn't let me veer off left or right. She said, 'Just know that you can do this.' And that's what I did."

Howard, who now rides the bike with a smile on his face after just three months of therapy, said Sharp has made every visit a positive experience and that she truly cares for him and her other patients.

Medic learns benefits of blood donations

By Shannon Collins

Department of Defense News

WASHINGTON — San Antonio Military Medical Center officials at Joint Base San Antonio in Texas encourage people to donate to the Armed Services Blood Program, because the blood directly supports warfighters downrange as well as trauma and burn patients there and other military treatment facilities and Veterans Affairs facilities.

"Whether it's a trauma patient, burn patient or one of our patients up in the bone marrow transplant unit who needs blood, we need blood every day," said Mark Salcedo, a blood donor recruiter and public affairs specialist at the medical center's Akeroyd Blood Donor Center. "Whether it's here in San Antonio, downrange, wherever, we want to make sure our patients have what they need when they need it. That can only happen when we have blood donors. Thank you to the ones who come in to make sure our patients have what they need, and we invite those who are considering donating."

Burn patients need blood

Master Sgt. Matthew Aaron Deller learned firsthand the benefits of blood donations. On Dec. 8, 2013, he was starting a fire in his fireplace and didn't know there was a gas leak. It exploded, causing him to be burned over 77 percent of his body. He has since undergone a total of 14 proce-

Burn patients may not need blood when they are initially seen, but may need blood transfusions during the grafting of their burn wounds during the subsequent surgeries, said Army Lt. Col. (Dr.) Wylan Peterson, deputy director of the U.S. Army Institute of Surgical Research Burn Center.

"The excision and grafting of burn wounds causes a significant amount of blood loss," he explained. "As a result, the patients rely on blood transfusions in order to survive these procedures. For example, a patient who suffers from 20 percent total body surface area burn injuries may lose up to three liters or more of blood during surgery."

Peterson said sometimes a burn victim has a rare blood type.

"We have had a few patients who have had rare blood types, which required our blood bank to place citywide requests for blood donors," he said. "These are instances when blood donations make a difference."

A grateful recipient

Deller said he doesn't know how much blood he has received, but he knows it was quite a bit as he underwent major skin graft work. He said if he met the people who donated the blood he received, he would thank them.

"I would hug them first and just say thank you," he said. "I know that it saved my life."

Deller, who has served in the Army for 17 years, said when he was a first sergeant, his students used to ask him about donating blood and where the blood would go.

"Knowing it was going to fellow Soldiers was a big deal to them," he said. "I'm a combat medic and I've been deployed a few times. I've seen its direct effect on the battlefield and now being a recipient, it's a big deal. It's huge."

He said if students ask him about the program now, "I'm going to tell them I'm alive because of it, and I'm going to stress the importance of it even more so, because I'm a recipient."

Deller said he was given a negative 12 percent chance of living. When he woke up the first time from his coma, he couldn't wiggle his toes, couldn't breathe on his own and couldn't do anything without the help of a machine.

"The only thing I had was being able to cry. That was the only thing I had control over, and I did," he said. "After that, I said, you know what, I'm going to live, and if I'm going to live, I'm going to do everything I used to do. The rehabilitation staff, the Army-trained physicians and nurses, and DOD-trained staff, it's amazing what they do on a day-to-day basis – with not just me, but with everybody else who's been through something as traumatic as what I've been through or even worse. I'm very

Deller said his family and the battle buddies who didn't make it home inspire him in his recov-

"There's nothing more inspiring than thinking about my children and my friends – those that we've lost, those I've personally lost, and that hits home - and I've just got to stay alive, and I've got to keep fighting to honor their memory and to be there for my own children," he said.

Armed Services Blood Program

The ASBP provides quality blood products for service members, veterans and their families in both peace and war. As a joint operation among the military services, the many components work together to collect, process, store, distribute and transfuse blood worldwide, said Lt. Col. Jose Quesada, chief of blood services at Brooke Army Medical

Each working day, the staff of the Akeroyd Blood Donor Center at Joint Base San Antonio conducts blood drives to support the program. The primary mission of the blood donor center is to support the overseas blood support detachments and medical treatment facilities. Additional products support the San Antonio Military Medical Center's dayto-day requirement for traumas, burn patients and surgical cases.

For more than 60 years, the Armed Services Blood Program has been collecting, processing and distributing blood products for the military community. It operates more than 20 blood donor centers worldwide.

The importance of donors

January is National Blood Donor Month, but the need for donations does not cease at the end of the month, because blood is perishable. Quesada encourages everyone to donate to ASBP.

"Without our blood donors, our patients may not go home," he said. "Whether it was blood for a patient here at the San Antonio Military Medical Center or for a combat casualty overseas, we need blood donors. We thank them for giving a little of themselves to ensure our patients have what they need when they need it. We thank them for their time and support to our missions."



