

PREVENTION
Fire extinguisher
service returns to post

Story on Page A3



VALENTINE'S DAY
Dinner, music, fun
on tap

Story on Page C1



OPEN SEASON
Youth sports
registration now
open

Story on Page D1



ARMY FLYER

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VOL. 65 ■ NO. 06

FORT RUCKER ★ ALABAMA

FEBRUARY 12, 2015

AVIATION SENIOR LEADER FORUM



PHOTO BY KELLY PATE

Maj. Gen. Michael Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks to Aviation leaders during the Aviation Senior Leader Forum on Fort Rucker Feb. 3.

Leaders chart course for Branch's future

By Kelly P. Pate
Public Affairs Specialist

Army Aviation leaders gathered on Fort Rucker Feb. 2-5 to chart the course for the Branch's future.

The annual Aviation Senior Leaders Forum allows more than 150 Aviation commanders, command sergeants major, senior warrant officers and command chief warrant officers to interface and weigh in on key issues.

Key themes for this year's event included Aviation in the current fight, maintaining Aviation's asymmetric advantage over adversaries and maintaining leader overmatch.

Maj. Gen. Michael D. Lundy, commanding general at the U.S. Army Aviation Center of Excellence and Fort Rucker, in his update on the state of the Branch said the priority is investing in leaders.

"It's all about our Soldiers and leaders. That's the first and last thing you ought to think about as a commander, command sergeant major, or command chief warrant officer: what did you do today to develop your leaders? We need agile and adaptive leaders.... That's you spending time with them, making sure they're ready to

deal with the complexities of the world outside the cockpit," Lundy said.

Lundy explained the purpose for Army's Aviation Restructure Initiative, which involves a reorganization of the branch, is a smarter response to budget cuts that pre-date sequestration, than the across-the-board "salami slice" that would have taken away five Aviation brigades, including modernized airframes.

"There's a lot of emotion, but it's the right thing to do," he said.

Lundy emphasized the ARI is about modernization.

"We've got to make sure we have a modernized force that's organized to meet the combatant commander's demand. That demand signal is pretty daunting

as we move over the next five years. To do that, we've got to be able to get our Soldiers the best equipment," he said.

Lundy said ARI allows for "head space" for new engines on legacy aircraft, improvements to help aircraft survive threats that are emerging, and the ability to fly and fight in degraded visual environments, including inclement weather.

With Aviation slated to lose three active brigades, and reduce from 37 down to 20 attack

SEE FUTURE, PAGE A5

TRADOC CG speaks on way ahead

By Nathan Pfau
Army Flier Staff Writer

The future success of the Army will no longer be decided merely by having the best equipment or being the most technologically advanced, but by forward thinking and trusting in Army leadership, said the U.S. Army Training and Doctrine Command commanding general.

Gen. David G. Perkins spoke to Army leaders and Soldiers at the Seneff Building Feb. 4 about the Army Operating Concept to outline the future of not only Aviation, but the Army as a whole.

"What the Army Operating Concept does is it's meant to drive change," said Perkins. "It's not meant to maintain the status quo – it's meant to drive change. We're thinking about the future."

Rather than thinking about the immediate, Perkins said it's vital to think ahead 20, 30 and even 40 years down the road, and to understand that the process will be a gradual process, one that starts with the human aspect rather than new equipment.

"Really the key to deal with winning in a complex world is we have to have great leaders and great Soldiers – it is the cornerstone, it is the Army profession," he said. "Those young sergeants, those young lieutenants, they're really the center of this. We will give them some equipment, but we're really counting on them to figure out the best way to use the equipment and be very adaptive because we're going to put them in a multitude of situations and a multitude of environments."

Perkins said Army leaders must learn to be adaptive and think critically because not all situations will

SEE TRADOC, PAGE A5



PHOTO BY NATHAN PFAU

Gen. David G. Perkins, U.S. Army Training and Doctrine Command commanding general, speaks to Soldiers at the Aviation Captains Career Course about the Army Operating Concept Feb. 4.



PHOTO BY NATHAN PFAU

Sgt 1st Class James Kennedy Jr., 164th Theater Airfield Operations Group, picks up his son, Ian, as his other son, Nathan, looks on during a redeployment ceremony at Knox Army Heliport Tuesday. For more on the unit's return, see next week's Army Flier.

BEST OF THE BEST

Fort Rucker recognizes top instructors of 2014

By Nathan Pfau
Army Flier Staff Writer

Excellence is a word that is often heard when describing Fort Rucker and the Soldiers the installation trains year after year, but that excellence wouldn't be possible without the instructors who train these future Aviators.

Fort Rucker honored five Soldier instructors and two civilian instructors during the 2014 Instructor of the Year ceremony at the U.S. Army Aviation Museum.

"Each quarter, academic instructors, instructor pilots and noncommissioned officer flight instructors from around the (U.S. Army Aviation Center of Excellence community), to include the Warrant Officer Career College, U.S. Army School of Medicine, NCO Academy and U.S. Combat Readiness/Safety Center, are nominated by their supervisors for the honor of competing for instructor of the year," said the narrator during the December ceremony. "They are evaluated

on quality of instruction, quality of materials developed and used, and quality of their presentation."

After all evaluations are completed, scores are compiled, and winners of the quarterly competitions are selected and the instructors of the year are determined from these quarterly winners.

Each instructor of the year was presented with a certificate of achievement by Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, which reads, "For excellence in

training while serving as an instructor at the United States Army Aviation Center of Excellence. Your professionalism, dedication to duty, and technical expertise contributed to the success of the 1st Aviation Brigade and the U.S. Army Aviation Center of Excellence. Your actions reflect great credit upon you, this command, and the United States Army."

The Officer Academic Instructor of the Year was awarded Capt.

SEE BEST, PAGE A5



COURTESY PHOTO

Alicia Rose, Staff Sgt. Michael Penn, Staff Sgt. David Shafer, CW3 Matthew Williamson, CW5 John Robinson and Capt. Daniel O'Donnell after being named 2014 Instructors of the Year at a ceremony at the U.S. Army Aviation Museum in December.

PERSPECTIVE

Soldier for Life: Expert offers salary negotiation tips

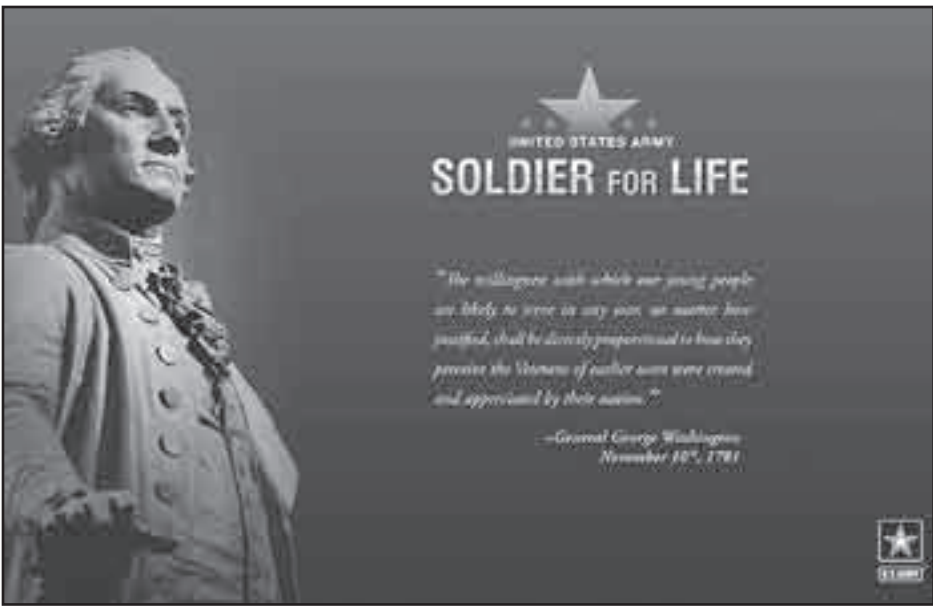
By Bryan Tharpe
Fort Rucker Soldier for Life Center
Transition Services Manager

Negotiating a salary is every job hunter's final hurdle. Many times, job seekers are so eager to have an offer that they forget to take advantage of the leverage they have at this critical moment.

Your negotiating strength is never stronger than at the moment when the company invites you to join their team. Many job seekers fail to prepare themselves for this final hurdle and may end up with less compensation than they are worth. This can be avoided by researching, practicing and expecting negotiations.

Before you can begin to develop a negotiation strategy, you must learn about yourself. You can begin this process by analyzing your financial needs and wants. Determine what compensation you will require by preparing a brief balance sheet of your assets and liabilities. This simple exercise will quickly reveal your salary needs.

In addition, you need to research current compensation packages within your specific career field. You should become familiar with all parts of the compensation package because there are options with a civilian



ARMY GRAPHIC

package that may be new to you.

You can find salary information in the Jobs Rated Almanac, the American Almanac of Job Salaries and the Occupational Outlook Handbook, all of which are available on-line.

You should enter the negotiation process with a win-win attitude. The end result should be a benefit to you and the company. You should determine how soon the com-

pany needs to fill the position and whether or not you are a good fit.

Never be the first to mention money. The rule is, "the first to mention money loses." This is true. You want the employer to reveal their money position first – this gives you the upper hand in negotiation.

Always remember, you can come across too greedy and this may turn-off your potential employer. You must use tact and

common sense during the negotiation.

If you find yourself at an impasse with a potential employer, try to negotiate something other than salary. There are a multitude of benefits other than salary that you may be able to negotiate, such as vacation or leave time, 401K plans, stock options and health benefits. Many times, relocation benefits are also a negotiation point. Do not overlook these benefits when you begin to develop your own negotiation strategy.

In summary, the most important points are never mention money first and always enter the negotiation with a win-win attitude. In order to receive the compensation you want, you will need to prepare so you will come across as calm confident and flexible. Communicate that you are searching for a mutually satisfactory agreement as a potential member of the team.

The Soldier for Life Center is available to assist you develop a negotiation strategy or to simply answer questions you may have about how to properly enter a salary negotiation. We also offer seminars on the job search process, which cover salary negotiation in detail, to transitioning Soldiers and their family members.

Fort Rucker counselors can be reached at 255-2558.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the February 1985 issue of the *U.S. Army Aviation Digest*. This issue features:

Field Artillery and Army Aviation

Every Army Aviator should see the Field Artillery as a professional branch he can count on, and every artilleryman should see the Aviator as a maneuver Soldier to be supported. Redlegs around the world welcome the newest maneuver arm and stand by to provide it the very best in responsive fire support.

The Way Out

Here is an interesting thought for OV-1 Mohawk aircrews. You have

had a perfectly routine flight. Nothing out of the ordinary has happened. Suddenly, your aircraft is experiencing difficulties and it is obvious that the situation is rapidly deteriorating. You determine that it is impossible to save the aircraft. Now it's time to save yourself. You reach for the firing handle on your ejection seat. As you pull the handle, you think, "Will it work?"

The Aviation Tactical Exercise

The Time is 0930 hours; an Aviation operations briefing officer clad in combat gear prepares to brief a group of future Army Aviators who will con-

duct the final day's exercise Aviation Tactical. All around the bunker area the student pilots, also clad in combat gear, await the anticipated operations brief.

So You'd Like To Be An Instrument Flight Examiner?

When most Aviators receive orders to the Rotary Wing Instrument Flight Examiner Course at the Army Aviation Center, they'll gaze at them for a few moments with mixed emotions.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-feb85>



Rotor Wash

“Saturday is Valentine’s Day. What are some simple tips for showing your appreciation and love for family or loved ones, even when it isn’t a holiday?”



Capt. Taylor Roynan,
Aviation Captains Career Course

"I would recommend making them a meal, preferably a cheap meal that they enjoy, and make it in the shape of a heart."



Capt. Brian Bertoglio,
Aviation Captains Career Course

"My wife and I are really into Frisbee, so I'd get a Frisbee with her name engraved on it."



Capt. Shahn Trussel,
Aviation Captains Career Course

"Take them out to dinner and a movie, then have a long walk on the beach afterwards."



Capt. John Gordon,
Aviation Captains Career Course

"Get them a nice bouquet of flowers."



Capt. Trevor Joseph,
Aviation Captains Career Course

"I would take my date out on a romantic dinner, possibly a little river cruise with some flowers, followed by a romantic hot-stone massage and a pumpkin spiced latte."

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FORT RUCKER COMMANDING GENERAL

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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@armyflyer.com.

Fire extinguisher service returns to post

By Nathan Pfau
Army Flier Staff Writer

Fire safety is one of the most important aspects of providing a safe work environment, and Fort Rucker is making it easier to be prepared for an emergency.

The Fort Rucker Directorate of Public Works teamed with Pride Industries to bring the fire extinguisher exchange service to the installation in Bldg. 1429 across from the DPW headquarters on Dilly Branch Road. The hours of operation are Mondays-Fridays from 8 a.m. to 3 p.m.

In order to function properly, fire extinguishers must be routinely inspected and have services performed every six and 12 years, with the 12-year service being a hydrostatic test, said John Ahern, fire prevention inspector.

“We identify out-of-date fire extinguishers for one type of reason or another, and we’ll tag the extinguisher depending on its condition and age,” he said. “If an extinguisher has been discharged or due for its six-year service or a 12-year hydrostatic service, we’ll tag it with either a yellow (six-year service) or red (hydrostatic service) tag.”

A hydrostatic test is a method used to pressure test an extinguisher’s critical components, including the cylinder, shell, hose assembly, etc., according to the Occupational Safety and Health Administration’s website, www.osha.gov. The test checks for leaks and structural



PHOTO BY NATHAN PFAU

Michael Merritt, supply tech lead with Pride Industries, looks over a fire extinguisher at the newly opened fire extinguisher exchange.

flaws by pressuring them with liquid.

Although Ahern said the Fort Rucker Fire Prevention Office inspects all fire extinguishers annually to see what tests are needed, he said that occupants should check their extinguishers monthly.

If a fire extinguisher is due for its six-year or hydrostatic test, people can now have them swapped out on post as opposed to having them sent off the installation, said the fire prevention inspector.

In order to have the extinguish-

ers swapped, people must be on a current signature card or have a completed DA Form 1687 with them.

Having a properly functioning fire extinguisher is an important aspect of fire safety, and Ahern said it’s something that can save lives.

“A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives, but portable extinguishers have limitations,” he said. “Because fire

grows and spreads so rapidly, the No. 1 priority is to get all the occupants out safely.

“Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing, everyone has exited the building, the fire department has been called or is being called and the room is not filled with smoke,” he added.

Ahern suggests that to properly operate a fire extinguisher, remember PASS.

- Pull the pin. Hold the extin-

guisher with the nozzle pointing away from you, and release the locking mechanism.

- Aim low. Point the extinguisher at the base of the fire.
- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side-to-side.

Fort Rucker work spaces are provided with multi-purpose extinguishers, which can be used on three types of fires, and are large enough to put out a small fire, but not so heavy as to be difficult to handle, said Ahern.

“If your area requires a special extinguisher, become familiar with its purpose and use,” he said. “Read the instructions that come with the fire extinguisher, and become familiar with its parts and operation before a fire breaks out.”

The Fort Rucker Fire Department offers classroom and hands-on fire extinguisher training.

Fire extinguishers are typically close to a door, so people should remember to keep their back to a clear exit when using the device in order to make an easy escape if the fire cannot be controlled, said the fire prevention inspector, adding that if the room fills with smoke, to leave immediately.

“Know when to go,” he said. “Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Report all fires, no matter the size.”

For more information, call 255-2856 or 255-2659.

Rapid Equipping Force moves under TRADOC

By Kara Ewell
Army News Service

FORT BELVOIR, Va. — The Army’s Rapid Equipping Force, created in 2002 to more quickly meet the materiel needs of commanders operating in Afghanistan, was officially transferred to the Army Training and Doctrine Command Jan. 30.

Lt. Gen. Kevin W. Mangum, deputy commanding general of TRADOC, presided over the REF patch ceremony at Fort Belvoir signaling the organization’s transition from Headquarters Department of the Army to TRADOC. REF Soldiers and civilian employees now officially report to TRADOC.

“The Army leadership’s decision to maintain the REF and assign it to TRADOC is an important one,” Mangum said. “It signals a clear recognition of the awesome capability and amazing potential inherent in this small, but powerful organization.”

The REF identifies and equips emerging technologies to provide the Army flexibility, and addresses urgent materiel gaps for the more than 140,000 Soldiers deployed to 150 nations worldwide. The move to

TRADOC better positions the organization to identify nonstandard technologies that may be appropriate for wider fielding.

“What you have proven to be able to do, you will continue to do,” Mangum said. “The opportunity we all have now is to look at the solutions you develop, and more readily determine whether or not we field them to the larger Army.”

The ceremony comes exactly one year after former undersecretary Joseph W. Westphal named the REF as an enduring Army capability. This transition is more than eight months ahead of schedule.

“In the past year, we’ve executed many milestones that allowed this transition to happen. I am extremely proud of the results,” said Col. Steven Sliwa, REF director. “We’ve expanded partnerships and become a more transparent organization. Most importantly, throughout all of the hard work that allowed this transition to happen, the REF continued to support warfighters in Afghanistan, in Iraq, in the Horn of Africa, in Korea and other places around the globe.”

The REF will remain on Fort Belvoir, co-located with the Program Executive



ARMY PHOTO

Lt. Gen. Kevin Mangum, deputy commanding general of Army Training and Doctrine Command, explains the meaning behind the TRADOC patch during the Army Rapid Equipping Force patch ceremony at Fort Belvoir, Va., Jan. 30.

Office Soldier to allow for continued close coordination.

“The REF has provided unprecedented capability to our Soldiers and Army units, a capability that has provided overmatch over our adversaries and saved Soldiers’ lives,” said Brig. Gen. Brian P. Cummings, commander of PEO Soldier.

PEO Soldier provides REF its project manager, milestone decision authority, and acquisition oversight.

REF maintains two forward operating centers – one at Bagram Airfield and one in Kuwait – where operations personnel collect requirements and issue nonstandard equipment to Soldiers.

News Briefs

Clinic closures

The Lyster Army Health Clinic Laboratory will be closed for training Friday from 1-3 p.m.

And the pharmacy will be closed for training Friday 7-9 a.m.

Family safety day

The Fort Rucker Directorate of Public Safety and Corvias Military Living will host a family safety day Wednesday from 2-4 p.m. at Bowden Terrace. The first-responders-community-outreach event will feature vehicle displays, blood pressure screenings, car safety seat checks, photos with McGruff the Crime Dog and Sparky, light refreshments and more.

For more information, call 255-3273.

Marketing Yourself for a Second Career

The Military Officers Association of America will host a free presentation entitled “Marketing Yourself for a Second Career” Wednesday from 9-11:30 a.m. in the post theater. 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 calling 255-2540.

Class Six closure

The Fort Rucker Class Six store will be closed Monday for repair work in the area.

AER scholarship applications

Army Emergency Relief is running its scholarship application period through May 1. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. In 2014, 47 children’s scholarships totaling \$105,400 and 18 spouses’ scholarships totaling \$25,250 were awarded in the Fort Rucker area. Scholarship specifics and applications are available on AER’s website at www.aerhq.org.

For more information, call 255-2341.

AER kickoff

The Army Emergency Relief fundraising campaign kickoff event is scheduled for March 4 from 2-3 p.m. in the U.S. Army Aviation Museum. For more information, call 255-2341.

ID card appointment system

Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, is 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,

according to military personnel division officials. 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.

To make an appointment, people can visit <https://rapids-appointments.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 the day.

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.

For more information, call 255-2182.

Tax center opens

The tax center is open and ready to help Soldiers, family members and retirees by appointment Mondays-Fridays from 9 a.m. until 4 p.m. in Bldg. 5700, Rm. 371F. This year, the tax center also offers a drop-off tax service for single Soldiers. Single Soldiers can come in and drop off their 2014 income tax paperwork, and return in 48 hours to go over their complete return with a tax representative. Soldiers

must return between the hours of 9-11 a.m., Mondays-Fridays, for their returns. Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms.

When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year’s return if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

For more information or to schedule an appointment, call 255-2937 or 255-2938.

Heritage month events

Fort Rucker’s African-American Black History Month celebration events are scheduled throughout February.

- **Today** – 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.

Aviation units receive top honors

By Nathan Pfau
Army Flier Staff Writer

Aviators from across the Army received recognition for their outstanding efforts in 2014 at the Army Aviation Association of America Functional Awards ceremony Feb. 4 in the U.S. Army Aviation Museum.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presented the awards to the winners.

The awards have been given out since 1972, and the U.S. Army Air Traffic Control Activity annually selects air traffic control awardees in separate categories from two main categories: the Air Traffic Control Awards and the AAAA Awards.

ATC Maintenance Technician of the Year

The 2014 ATC Maintenance Technician of the Year Award was presented to Staff Sgt. Paul Anderson, 2nd Battalion, 111th Aviation Regiment, Camp Blanding Joint Training Center, Florida.

“This award is presented to the technician who contributed greatly to ground systems or displayed outstanding technical competence while maintaining ground systems during the calendar year,” said the narrator.

Air Traffic Controller of the Year

The 2014 Air Traffic Controller of the Year Award was presented to Staff Sgt. Christopher Smades, F Company, 1st Bn., 52nd Avn. Regt., Fort Wainwright, Alaska.

“The Air Traffic Controller of the Year Award is presented to the air traffic controller who has demonstrated superior performance by selflessly giving of one’s self to air traffic control above that which is required,” said the narrator.

ATC Manager of the Year

This award was presented to CW2 Edwin Reyes, 3rd Battlefield Coordination Detachment-Korea, U.S. Forces, Korea.

This award is presented to the manager who has performed outstandingly and contributed commendably to air traffic control in areas of developing air traffic control procedures that have improved the management of air traffic control and is dedicated to air traffic control beyond the normal requirement or expectation, according to the narrator.

ATC Facility of the Year

The Air Traffic Control Facility of the Year Award was presented to Shindad Airbase Control Tower, F Co., 1st Bn., 52nd Avn. Regt., and was accepted by Capt. Adam Zerr and Sgt. 1st Class Shawn Redondo.



PHOTOS BY NATHAN PFAU

First Sgt. David Green and CW2 Ryan Gallups, both of F Company, 2nd Battalion, 1st Combat Aviation Brigade, accept the Air Traffic Control Unit of the Year Award from retired Brig. Gen. Howard W. Yellen, AAAA national president; Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general; CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch; and Command Sgt. Maj. Eric C. Thom, command sergeant major of the Aviation Branch, during the AAAA Functional Awards ceremony at the U.S. Army Aviation Museum Feb. 4.

Shindad Airbase Control Tower was presented the award for contributing greatly to safe and efficient air traffic control, according to the narrator.

ATC Unit of the Year

This tactical air traffic control unit award went to F Co., 1st Bn., 52nd Avn. Regt., for achieving significant goals in accomplishing the tactical mission. The award was accepted by CW2 Ryan Gallups and 1st Sgt. David Green.

Army Aviation Trainer of the Year

This award is presented to the trainer who has made an outstanding individual contribution to Army Aviation during the award period and was awarded to CW4 Richard Bebb, Eagle Team, Operations Group, National Training Center, Fort Irwin, California.

Army Aviation Medicine Award

The 2014 Army Aviation Medicine Award was presented to Col. John Smyrski, U.S. Army Aeromedical Research Laboratory, for outstanding individual contributions to Army Aviation.

Army Aviation DUST-OFF Flight Medic of the Year

This year’s award for Flight Medic of the Year was presented to Sgt. Derek Polite, C Co., 7th Bn., 101st Avn. Regt., 159th Combat Aviation Brigade, 101st Airborne Division, Fort Campbell, Kentucky.

“This award is presented to the flight medic who, through his or her demonstrated performance of duty, exemplifies the spirit of the DUSTOFF mission,”



Col. John Smyrski, U.S. Army Aeromedical Research Laboratory, accepts the 2014 Army Aviation Medicine Award from Yellen, Lundy, Godfrey and Thom.

said the narrator.

Army Aviation Air and Sea Rescue Award

The Army Aviation Air and Sea Rescue Award was presented to Soldiers from Dustoff 66 and Dustoff 54: CW3 Bradley Rennek, Capt. John Price., Sgt. Christopher Jayne, Spc. Israel Figueroa, Spc. Cory Schneidtmiller, CW3 Daniel Sternberg, CW2 Bryce Yarbrough, Sgt. 1st Class Scott Dinse and Sgt. Robert Blinn, all of C Co., 2nd Bn., 1st CAB, Task Force Demon.

This award is given to the crew that performed a live saving rescue or easing of suffering of an individual or individuals during the award period, according to the narrator.



CW4 Richard Bebb, Eagle Team, Operations Group, National Training Center, Fort Irwin, California, accepts the Army Aviation Trainer of the Year award from Lundy.

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Mon-Fri: 7:10 & 9:10
Sat & Sun: 2:00, 4:00, 7:10 & 9:10

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III BLACK or WHITE - PG-13
Mon-Fri: 7:00, 9:15
Sat & Sun: 1:45, 4:00, 7:00 & 9:15

IV PADDINGTON - PG
Mon-Fri: 7:00
Sat & Sun: 2:00, 4:00 & 7:00

THE LOFT - R
Mon-Fri: 9:00 • Sat & Sun: 9:00

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I AMERICAN SNIPER - R
Mon-Fri: 6:50 & 9:25
Sat & Sun: 1:30, 4:00, 6:50 & 9:25

II JUPITER ASCENDING - PG-13
2D - Mon-Fri: 7:00 • Sat & Sun: 1:30 & 7:00
3D - Mon-Fri: 9:25 • Sat & Sun: 4:00 & 9:25

III A MATTER OF FAITH - PG
Mon-Fri: 7:00 & 9:00
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Future: Forum provides look at state of Branch

Continued from Page A1

battalions, the future will require quick rotations to meet the demand for Aviation. Pulling Apaches from the Guard and placing them in the active component, which is only one aspect of ARI, means the ability to meet the increasing operational requirements, Lundy said.

“If we don’t do that, and we have to buy more Apaches, every modernization program we have in our Branch will be impacted,” Lundy said.

Also on the horizon are changes to Aviation doctrine, an emphasis on home station training and changes in the Unmanned Aircraft Systems community, which includes fielding Gray Eagle and Shadow systems, a greater emphasis on manned-unmanned teaming training, and relooking unmanned aeroscout training.

Gen. David G. Perkins, commanding general of the Army Training and Doctrine Command, emphasized remaining relevant in the future where unified land operations and winning in a complex world is the focus.

Perkins said the Army focuses on capability to win, in a profession built on trust and designed to handle complexity.

“The Army is the iron fist of our nation. Our call is

to win in an unknown, unknowable, constantly changing world,” Perkins said.

Continuing the leader development theme was Lt. Gen. Robert B. Brown, commanding general of the U.S. Army Combined Arms Center and Fort Leavenworth, Kansas, who focused on developing leaders who thrive in uncertainty and chaos, and also a panel of leader overmatch experts headed up by Lundy.

Simon Sinek, author of “Leaders Eat Last,” who joined via video conference, spoke about creating an environment for trust to thrive and the importance of leaders investing in their teams.

Other topics included current Aviation operations in Europe, the Pacific, west Africa, Iraq and Afghanistan.

Maj. Gen. Walter E. Piatt, deputy commanding general for U.S. Army Europe, explained the “Strong Europe” concept of improving interoperability and partnerships with other nations, which hinges on relationships. Maj. Gen. Charles A. Flynn, commander of 25th Infantry Division, who gave an update on Aviation activity in the Pacific, emphasized the need to have forces that can move quickly.

Brig. Gen. Frank W. Tate, deputy commanding general (Support), 101st Airborne Division, provided an update on the Ebola mission via video teleconference

from west Africa where the 101st has provided speed, flexibility and confidence.

Maj. Gen. Paul E. Funk II, commanding general of 1st Infantry Division, provided a classified briefing on Iraq, and Brig. Gen. Douglas M. Gabram, deputy commanding general (Support) for 1st Cavalry Div., who just returned from Afghanistan, gave an update on the changing nature of the mission there.

Maj. Gen. James Richardson, U.S. Army Aviation and Missile Life Cycle Management Command, gave an update on sustainment; and Brig. Gen. Bob Marion, director, Program Executive Office for Aviation, discussed acquisition priorities, including Improved Turbine Engine Program, Chinook Block 2 and the AH-64E model.

For Col. Kenneth A. Hawley, commander of 25th Combat Aviation Brigade, 25th Infantry Division, the event was an opportunity to learn and collaborate.

“This is just a phenomenal opportunity to hear what the state of the Branch is, hear what our senior leaders are doing, but also to link in with my fellow commanders to see what we’re not doing, what we are doing, to make sure we’re all on the same sheet of music, seeing if they’re dealing with the same problems we are, and coming up with solutions as we move forward,” Hawley said.

TRADOC: CG stresses importance, value of professionalism

Continued from Page A1

be predictable and everything doesn’t have a checklist.

Although the AOC looks at the big picture of the future of the Army, Perkins said the follow-through involves breaking the concept down and looking at each aspect of the Army.

“Now what we do is say, ‘OK, what are the subordinate concepts that have to go into this – how is Aviation going to fit into this, how is maneuvering going to fit into this?’” he said. “So, now we have to start getting into the details, both doctrinal details, organizational details, training, leader development, materiel – the bits and pieces that make it a reality.”

Army Aviation is a part of that concept with the Aviation Restructuring Initiative, which the TRADOC commanding general said was on track with the AOC.

“One of the things we say is we want to present multiple options to people and what the ARI is doing is allowing us to provide time and money to provide additional options for our Aviation fleet,” said Perkins. “It provides us with time, space and resources to give us additional options so we can present additional dilemmas, so it really is right in line with what we’re trying to do in regards to the AOC.”

One example of the changes brought about by the ARI is the change in the scout missions with the elimination of

the scout helicopter. Perkins said there are different options when it comes to scouting, therefore the Army has to look at situational awareness.

“We don’t want people to get focused on things, we want them to be able to deliver capability. You have to deliver a capability to provide situational awareness in an unknown, unknowable, constantly changing world,” he said. “There are lots of different ways to do it, and we don’t want to overly constrain people and say the only way you can do it is with a scout helicopter. That’s why you have to look at the capability, not just the platform.”

The ability to adapt and change is crucial to the success of the future of the Army, and one way that Perkins said to do that is by not trying to predict who the enemy is, but rather describe what they’re going to do, which is avoid our strengths.

“I try to avoid getting get fixed on coming up with counter ideas,” he said. “We have to assume that whatever we buy, whatever we train people to do ... it’ll only work for a short period of time. Eventually the enemy is going to figure out its weakness. So, we need to think ahead already. It’s like the Internet. If we thought about the Internet being a weapon system when we built it, we may have built it differently.”

In that ever-changing world, one of the biggest things the Army has to maintain is the professionalism of

the organization in order for the AOC to be successful, said Perkins.

“(Army leadership) has always been the strength of the United States Army and it really has allowed us to do what we’ve done since 1775. What we want to do is to continue to take it up a notch because the world that we’re talking about is constantly changing. We have to have very adaptive leaders, and very innovative and critical thinkers at all echelons,” said the TRADOC commander. “The battlefield is very dispersed now and we’ve got to be able to maneuver things from widely dispersed areas to be effective. It’s a very leader-intensive endeavor when you’re spread out, and that’s why mission command is so important because it’s not just issuing orders and assuring compliance, it’s empowering people via commander’s intent to operate in your absence.”

One of the keys to the success of that structure of compliance and professionalism is due to the fact that professionalism was something the Army built into its doctrine since the 1970s when the organization became an all-

volunteer Army,” said Perkins.

“We invest in people and we send noncommissioned officers, warrant officers and officers to get professional military education, and we talk about the values of the Army,” he said. “We reward compliance and we punish non-compliance. We try to instill that at every level of echelon, as well as professional military education. We’ve taken the time to outline it ... it’s actually part of our doctrine, just like shooting an artillery piece. We have a book on being a professional because it’s essential to the way we have to operate.

“If we do one thing, we have to have a professional Army, which means we have to have well-developed leaders, we have to have well-disciplined organizations and every Soldier has to own their own professional development,” the general continued. “The rate of change of the world is happening so quickly, every time something changes in the world I can’t bring you back to Fort Rucker and give you a class on it. You’ve got to figure out how you are going to stay current with what’s going on.”

Best: Recipients honored with gifts, certificates

Continued from Page A1

Daniel O’Donnell, D Company, 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade. O’Donnell is an academic instructor who teaches individual resiliency training, joint airspace command and control, perform air-ground integration, operations security, aircraft recovery operations, mission planning, attack helicopter operations, and physical readiness training for the Aviation Basic Officer Leaders Course and the Aviation Warrant Officer Basic Course.

The Warrant Officer Academic Instructor of the Year went to CW5 John Robinson, Warrant Officer Career College. Robinson is an academic instructor who teaches Army roles and organizations, policy, strategy and joint operations for the Warrant Officer Senior Staff Course; joint warfare, sustainment, stability operations and mission command for the Senior Warrant Officer Course; and Army problem-solving process and joint force structure for the Warrant Officer Candidate school.

The award for Officer Instructor Pilot of the Year went to CW3 Matthew Williamson, A Troop, 1st Bn., 212th Avn. Regt., 110th Avn. Bde. Williamson is an instructor pilot who teaches aerodynamics, aeromedical, OH-58A/C systems, tactics, and night vision goggles for the LERW course, as well as the Foreign Military Training Course and Map of the Earth Qualification Course.

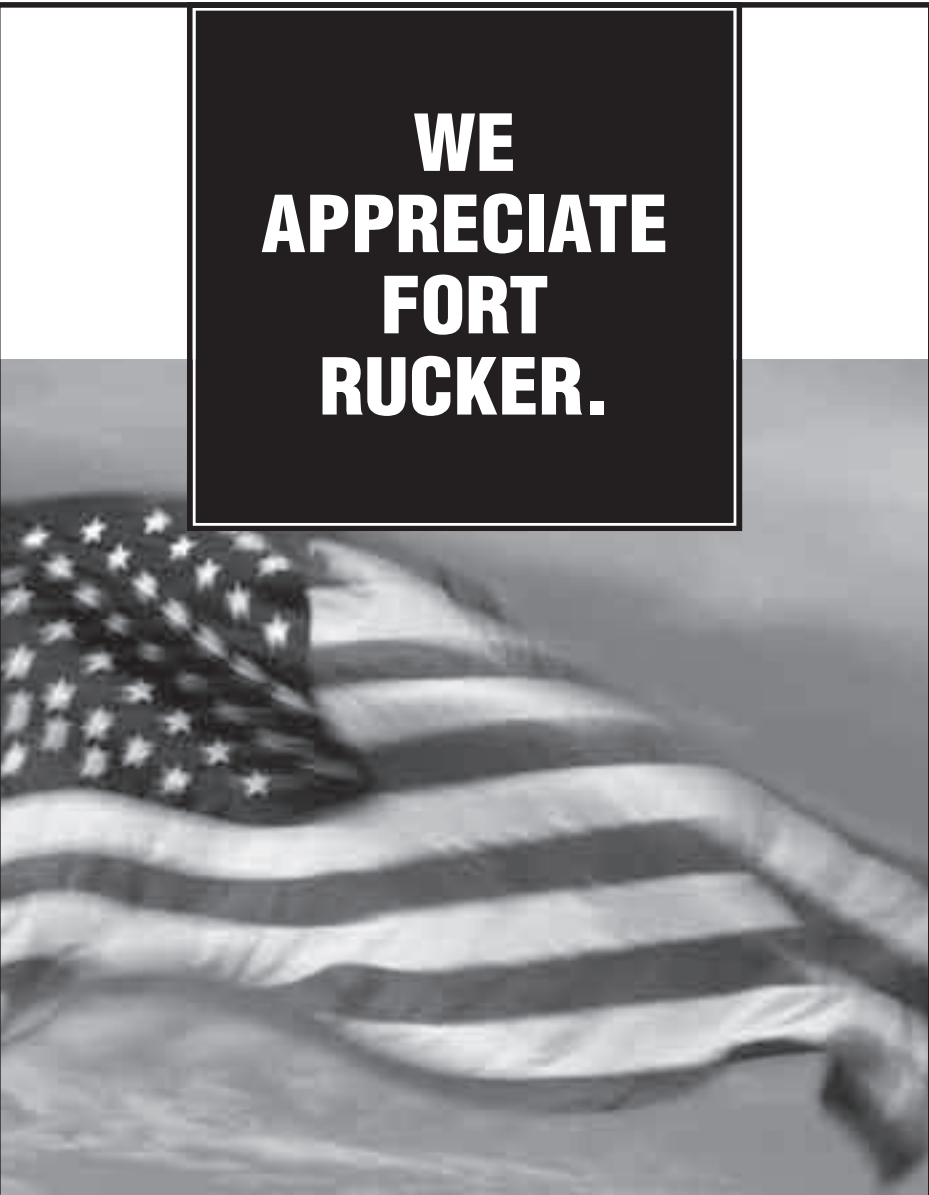
The NCO Academic Instructor of the Year was awarded to Staff Sgt. David Shafer, D Co., 2nd Bn., 13th Avn. Regt., 1st Avn. Bde. Shafer is an academic instructor teaching all lessons of the Basic Electrical Training to include basic electrical principles, safety, ohm’s law, digital multimeter, series circuit and parallel circuit for the 15E shadow repairer’s course.

The NCO Flight Instructor of the Year is Staff Sgt. Michael Penn, C Co., 1st Bn., 223rd Avn. Regt., 110th Avn. Bde. Penn is a flight Instructor who teaches powerplant, hydraulics, landing gear, aircraft lighting, rotors, flight controls, publications, log book and passports, ground support equipment, performance planning card and the Wulfsburg radio for the Mi-17 Aircraft Qualification Course, Flight Engineer Course and Aircrew Standardization Course.

The Civilian Flight Instructor of the Year went to Donald Moore, C Co., 1st Bn., 223rd Avn. Regt., 110th Avn. Bde. Moore is a flight Instructor teaching all Mi-17 systems, cargo loading, in-flight duties, performance planning, cockpit procedures, instructional presentations, exam construction process, aircrew training program for the Mi-17 Flight Engineer and Aircrew Standardization Course, Mi-17 Systems Maintenance Course, and Mi-17 Aircraft Qualification Course.

The Civilian Academic Instructor of the Year was awarded to Alicia Rose, B Co., 2nd Bn., 13th Avn. Regt., 1st Avn. Bde. Rose is an academic instructor who teaches software panels and presets, mission planning, payload indicators and controls, emergency procedures, simulation solo rides, crew rides, and launch and recovery rides for the unmanned aircraft system Shadow Operators Course.

In addition the certificates of achievement, each instructor of the year was presented gifts from various organizations, including clay eagles, bronze eagles, and engraved pen and pencil sets from the Aviation chapter of the Army Aviation Association of America, the Wiregrass chapter of the Association of the U.S. Army and the “Above the Best” chapter of the U.S. Army Warrant Officers Association.



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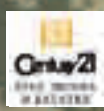
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new LISTING

Sadie Johnson ~ Newville
\$198,000: 60+ acres with approximately 10 acres of 10 yr old planted pines & approximately 5 acres of cleared land. The rest is in native hardwood & pine. Sandy Creek runs through the property. Per the owner, there are several springs on the property that could feed potential pond areas. Ideal for hunting & would be a great place for that dream home. Convenient to Headland, Dothan, Ozark, Ft. Rucker & Lake Eufaula. **AGNES KARVONEN 406-9752 & BOB KUYKENDALL 369-8534** MLS #20150137

new LISTING

3363 Augusta
\$167,900: Great 4BR home, very unique, with 2 living rooms, great entry way & has place for everyone. Also a great 25' x 25' building outside with window A/C & electric that makes a great work shop. There is a pavilion with a jacuzzi to enjoy your evenings. Great wrap-around covered porch & an oversized 2-car garage that has 2 garage doors & plenty space with built-in shelves. This property offers a big yard & plenty opportunity & is located just 3 min. from Ft. Rucker. **BOB KUYKENDALL 369-8534** MLS #20150142

new LISTING

102 South Spring View
\$74,000: Nice townhome, very close to Ft. Rucker, ready to move in. Easy access to shopping areas, schools, etc. Great size bedrooms with big closets. Community pool, clubhouse & exercise room. HOA dues only \$45 monthly. **NANCY CAHIED 369-1758** Hablo Español MLS #20150151

new LISTING

209 Apache
\$49,900: Excellent investment property. Owner ready to sell. **PAT LEGGETT 406-7653** MLS #20150179

new LISTING

County Road 158 ~ New Brockton
\$6,000: Build here!
FRAN & DON KALTENBAUGH 790-5973 MLS #20150203

new LISTING

116 Whitney
\$124,900: Wonderful 3BR/3BA townhouse, gas logs, galley kitchen with bar, huge porch with ceiling fans, back deck, privacy fence, Rennai hot water heater, all bedrooms have private bathrooms plus there is a sitting room up upstairs. **PAT LEGGETT 406-7653** MLS #20150199

new LISTING

3260 Ozark Highway
\$334,900: WOW! 4BR/3BA, bonus room for play/office & a spacious master suite with all the amenities. All bedrooms have walk-in closets. Kitchen has solid surface countertops & stainless appliances. Great flow for entertaining including the covered patio overlooking an 18x36 pool with new liner. The back gate leads onto the #3 tee box of Enterprise Country Club. The oversized double garage has room for your golf cart. The detached oversized single garage/workshop has stairs leading to extra attic storage. WOW! **JAN SAWYER 406-2393** MLS #20150204

new LISTING

7 Brecken Ridge
\$146,000: Den has large closet that has been converted to an office, or could be used for 3rd bedroom. End unit with seamless gutters, large composite deck with handicap ramp, driveway with second parking pad, tile backsplash in kitchen with under cabinets lighting & decorative space above the cabinets. Association fees are presently \$50 monthly which covers grass, lights in the common area, water for sprinkler system. **EVELYN HITCH 406-3436** MLS #20150229

new LISTING

3081 Achey
\$122,250: You will love this conveniently located garden home... just a few minutes from Ft. Rucker, schools & shopping. Features open grandroom & dining area that overlooks the quiet fenced backyard. The kitchen has breakfast bar & dining area. **MARY M. JONES 790-2933** MLS #20150227

new LISTING

232 Jasmine Circle
The Cottages at Woodland Park
\$165,500: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. (Laurel Plan)

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new LISTING

228 Jasmine Circle
The Cottages at Woodland Park
\$149,500: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom. (Maple Leaf Plan) **EXCLUSIVELY MARKETING BY CENTURY 21 347-0048**

new LISTING

504 Riverwood
\$254,900: Under construction in Sommer Brooke: 4BR/2BA, stainless steel appliances, hardwood, carpet, tile, low E windows & sprinkler system. **EXCLUSIVELY MARKETING BY CENTURY 21 347-0048**

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1931 REDHAWK: STOP! This is the home you have been waiting for, nestled among the trees & only a couple of blocks to the Johnny Henderson Park with walking trails & playground. 3BR split floor plan that the owner has just installed all new floor covering, stainless steel appliances in the kitchen, metal roof & vinyl siding. Immaculate condition, priced to sell. **EVELYN HITCH 406-3436**

4 BEDROOM AT TARTAN PINES

614 TARTAN WAY ~ \$490,000: Like new, 4BR/3.5BA on #4 green at Tartan Pines. Over 4,000 SF with large living room with fireplace, formal dining & spacious kitchen with light & bright breakfast area & view of the golf course. 2-car garage, newer 16 seer HVAC units. **JIMMY JONES 406-1752**

MOTHER-IN-LAW SUITE ~ \$153,500

1103 BROOKS: This is the perfect place for a large family. There is so much space in this well maintained home with lots of closets. Large in-law suite with private entrance. Remove a faux wall in the bonus room & this could be your 5th bedroom. There are 3 bathrooms! The large backyard & brick pavers patio do not receive afternoon sun & make a wonderful place to relax or to watch the kids play. **ANGIE GOODMAN 464-7869**

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202 PAWNEE: 2 story over 2,400 SF & one-of-a-kind in Enterprise. Looking for closet space, look no more! Lots of extras. **PAT LEGGETT 406-7653**

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303 MILLENIA - COTTON CREEK ~ \$194,500: Great price for this large 4BR house with approx. 2,402 SF. New paint through-out, stainless appliances, solid surface countertops in bathrooms. Heated & cooled florida room plus sidewalks & zoned for Holly Hill School.

Directions: From Boll Weevil Circle go north on Hwy 27 (Ozark Hwy), right on Cotton Creek Blvd, right on Millenia, house will be on the left.



200 HONEYSUCKLE ~ \$220,000: Over 2,300 SF in this 3BR/2BA with sunroom. Huge master suite with fireplace, large walk-in closet, garden tub, separate shower. Updated kitchen with stainless appliances & granite countertops. Laundry room has 1/2 bath. Sunroom with wood burning fireplace leads to screened in porch. Across street is one of the small lakes & just a short golf cart ride away are the Enterprise Country Club greens & clubhouse/pool. Antique chandelier in dining room & rest of furniture are negotiable. Plantation shutters throughout.

Directions: From Boll Weevil Circle go north on Hwy 27 (Ozark Hwy). Honeysuckle Drive is the 3rd street to the right after you pass Creekside Texaco. It is across Hwy 27 from The Legends subdivision. 3rd house on right.



214 LAKEWOOD DRIVE ~ \$249,900: LOCATION, LOCATION, LOCATION! Come enjoy morning coffee on your balcony overlooking hole 17 at the Enterprise Country Club. This lovely executive home has so much space & potential to be the ideal family home. 5BR/3BA, a bonus room with pool table that conveys. Almost all flooring has been replaced, some interior painting & new light fixtures are updates recently completed. Come add your personal touches & make family memories here to last for years. Location doesn't get any better than this!

Directions: From Boll Weevil Circle go north on Hwy 27 (Ozark Hwy). Go past Creekside Texaco, Lakewood Drive is the 4th street on the right. Go across dam & home will be on right. Golf course on left.

A LLIED SPIRIT



PHOTO BY SPC. JUSTIN DE HOYOS

Soldiers of 2nd Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade conduct flight operations in AH-64D Apache Longbow helicopters during exercise Allied Spirit at the Joint Multinational Readiness Center in Hohenfels, Germany, Jan. 27. Exercise Allied Spirit includes more than 2,000 participants from Canada, Hungary, Netherlands, U.K. and the U.S. Allied Spirit is exercising tactical interoperability and testing secure communications within alliance members.

MISSION READINESS

Aviation balances worldwide missions, training, readiness

By Lisa A. Ferdinando
Army News Service

ARLINGTON, Va. — Army Aviation operates in worldwide missions while balancing the challenges of the deployments with maintaining training and readiness, Aviation commanders said.

The commanders addressed the topic during a panel at the Association of the United States Army’s forum on Army Aviation Jan. 29.

The panel featured Col. Vincent H. Torza, commander, 12th Combat Aviation Brigade; Col. Michael H. Hertzendorf, commander, 160th Special Operations Aviation Regiment; Col. Kenneth A. Hawley, commander, 25th CAB; and Col. John O. Payne, deputy chief of staff, Aviation, Arkansas Army National Guard.

Partnership with European allies

These are “very exciting times in Europe,” said Torza, whose brigade is based in Germany. Army Aviation is a critical component in a “strong Europe.”

“This is my third tour over in Europe and I’ve never been busier, nor have our Aviation assets been busier in Europe,” Torza said.



PHOTO BY J. D. LEIPOLD

Col. Vincent H. Torza, commander, 12th Combat Aviation Brigade; Col. Michael H. Hertzendorf, commander, 160th Special Operations Aviation Regiment; Col. Kenneth A. Hawley, commander, 25th CAB; and Col. John O. Payne, deputy chief of staff, Aviation, Arkansas Army National Guard, speak during a panel at the Association of the United States Army’s forum Jan. 29.

The 12th CAB continues to provide full-spectrum Aviation support to various Army commands, and also works with the Navy and Air Force, Torza said.

Recent missions include those to Kuwait, Iraq, Afghanistan and the Sinai for multinational force and observer missions, as well as exercises in Poland and the Baltics.

“Today’s topic of ‘Sustaining Training Readiness While Executing Theater Requirements’ is extremely relevant, and in my mind, it is probably being done every

day as we speak in Europe,” Torza said.

His brigade focuses on multinational training and interoperability.

“For us, as the 12th CAB, being right now the current, only Army Aviation in Europe, every rotation has an Aviation task force from 12th CAB,” he said.

However, interoperability is “never easy.” One of the biggest challenges, Torza said, is communications.

“We really need to work through that,”

SEE MISSION, PAGE B4



U.S. ARMY

Aviators fly the AH-64E Apache Longbow in 2013 near Mesa, Ariz.

Army budget reductions raise risk to readiness

By David Vergun
Army News Service

WASHINGTON — “Within our culture, we will always strive to meet any requirement from the combatant commander,” said the assistant deputy chief of staff of the Army, G-3/5/7.

“The Army actively accomplishes those missions, which gives an impression that everything is fine and that there are no impacts to an Army that’s still ready to do the business the nation requires,” Maj. Gen. Gary Cheek said.

But “as the Army’s size and capacity gets smaller, and if demands stay the same or get greater, it will take a larger portion of the Army to accomplish those missions, which we will continue to do,” he said, referring to an increase in risk as the budget for manning, equipping and training the Army declines.

Cheek and other senior Army budget leaders addressed the 2016 Army budget during a Pentagon media roundtable Feb. 3.

The 2016 budget will “help us mitigate that risk,” Cheek said.

If sequestration were to return in 2016, that would take a nearly \$6 billion chunk out of the Army’s \$126.5 billion fiscal 2016 budget request, said Maj. Gen. Thomas A. Horlander, director of the Army budget.

And if reforms outlined by the recently released Military Compensation and Retirement Modernization Commission report to Congress are not enacted, that would further impact every component of the Army’s budget, Horlander said.

A third impact – not as immediate as sequestration or entitlement reform – would come from a future decision on base realignment and closure.

Another round of Defense Base Closure and Realignment is necessary because the Army maintains upwards of 160 million square feet of excess facility space, which is not being utilized, said Davis Welch, deputy director of the Army budget. That extra capacity requires electricity, plumbing, heating, cooling and other attention, which eats into the budget.

Putting a face to readiness

Cheek provided an example of how the absence of training dollars can affect readiness, not just for one year, but for decades.

A captain who is a company commander needs command experience that is both realistic and challenging, Cheek said. In the

SEE BUDGET, PAGE B4

INFANTRY SOLDIERS TAKE TO SKY

By Sgt. William Howard
1st Brigade Combat Team
4th Infantry Division Public Affairs

FORT CARSON, Colo. — Soldiers lined up in the snow and braced against the biting wind created by the furious rotation of the helicopter’s rotor blades during air assault operations training at Fort Carson in January.

The cold load, hot load and sling load training, incorporating UH-60 Black Hawk helicopters, was attended by Soldiers of 4th Battalion, 9th Infantry Regiment, 1st Stryker Brigade Combat Team, 4th Infantry Division, after three days of classroom instruction on air load and air mission planning.

Soldiers practiced entering and exiting a helicopter for air assault missions, loading litter patients and removing the litter while the blades were not turning during cold load training.

For the hot load portion, flight crews received some valuable flight time and coordinated with the Soldiers on the ground to make the training as real as possible.

“Flight time is always important, because that’s when we hone our skills and keep ourselves proficient,” said CW2 Jay Dahms, UH-60 Black Hawk helicopter pilot, A Company, 2nd Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th



PHOTO BY SGT. WILLIAM HOWARD

Soldiers of A Company, 4th Battalion, 9th Infantry Regiment, 1st Stryker Brigade Combat Team, 4th Infantry Division, move a simulated casualty to a UH-60 Black Hawk helicopter for medical evacuation during cold and hot load training Jan. 15 at Fort Carson, Colo.

Infantry Division. “We work closely with the ground units to meet their training objectives, because we get same training value out of it.”

To make the training realistic, Soldiers called in a medical evacuation from a radio. The helicopter arrived from an off-site location, and the simulated casualty was loaded and then flown to the Fort Carson Evans Hospital.

Spc. Alex Ramos, infantryman, A Co., 4-9th Inf. Rgt., learned that it’s not always bad to volunteer when he was selected as one of the Soldiers

that would ride in a hoist dangling from the helicopter during medical evacuation training.

“I rode on a rope hanging from a Black Hawk and it was cool. I had a really nice view up there,” said Ramos, a native of Puerto Rico. “It was a great experience for me being in a line unit for the first time.”

Certain Soldiers also learned how to inspect a heavy load for deficiencies and hook it to the underside of a UH-60 Black Hawk helicopter during sling load training. After hooking the load to the sling, the helicopter

lifted the load into mid-air and created a sling load.

Sgt. 1st Class Daniel Rocks, platoon sergeant for A Co., 4-9th Inf. Rgt., said the focus of the training was to become more comfortable working around aircraft and that his Soldiers were very eager to take part.

“I wish that my first week in the Army I could’ve been working with helicopters,” said Rocks. “Other than being excited and actually getting the training, the Soldiers are outside, doing their job and they’re all about it.”

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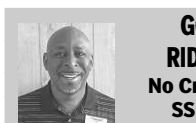
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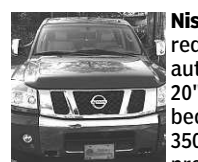


Honda 2013 Ridgeline RTS. Less than 5,500 miles, one-owner Complete Bumper-to-Bumper Warranty. Selling due to health. KBB Price \$29,470.00 OBO. 334-379-8733



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Valentine's Day

Dinner, music, fun on tap

By **Jeremy Henderson**
Army Flier Staff Writer

Colder temperatures may currently occupy the southern air, but several events are on tap to help couples keep warm while they celebrate Valentine's Day this weekend.

Two opportunities to experience a pre-planned dinner and entertainment are available for couples.

The Landing Zone hosts a Sweetheart Dinner Friday and Saturday from 4-8 p.m. The three-course meal features numerous choices for each course, including shrimp, salad, lobster bisque, grilled salmon and an assortment of desserts for \$24.95 per person. Availability is limited and reservations are highly recommended. The Landing Zone menu will not be available during the Sweetheart Dinner.

For more information or to make reservations, call 598-8025.

Immediately following the Sweetheart Dinner, Dueling Pianos return to The Landing Friday and Saturday. Doors to the main ballroom open at 7 p.m. and the show begins at 8 p.m.

According to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director, the show provides the perfect ending to a romantic evening.

"Dueling Pianos is a super popular event," she said. "Everyone always has a fun time. The atmosphere with the music and singing, and even sometimes dancing, allows everyone an opportunity to relax, unwind and enjoy themselves. We have some very talented piano players coming in for the shows. The music and songs

are just contagious. Before you know it, you'll be singing along with everyone. It's a perfect night out."

For more information about Dueling Pianos, call 598-2426.

Erdlitz said the two events provide a worry-free romantic evening for the community to enjoy close to home.

"The Landing Zone is always a great place to grab lunch or enjoy a nice dinner out," she said. "But during Valentine's weekend, they go all out. It's fabulous. Our chefs must love Valentine's Day because they have an amazing menu planned."

"It's three courses of culinary delight," she added. "My personal recommendation would be the lobster bisque with sweet corn fritters, followed by the grilled filet mignon with chocolate-coffee barbecue sauce, with the molten lava chocolate cake to end the perfect meal. But The Landing Zone has a uniquely scrumptious menu that will make anyone happy."

The combination of convenient location, quality service, and two available nights make the Sweetheart Dinner and Dueling Pianos night out a no-brainer, Erdlitz said.

"Sweetheart Dinner and Dueling Pianos is just the perfect combination for a romantic night out," she said. "The Landing and their amazing staff are setting the mood for a memorable Valentine's Day. And because we're offering both on Friday and Saturday night, you can pick which night works best for you."

"[DFMWR] is committed to providing fun, energizing events for our Soldiers, families, retirees and civilians in the Wiregrass," she added. "We know we have a



diverse community and we always want to offer something everyone can enjoy. We love to provide quality entertainment events on post for all our patrons to enjoy."

In addition to these two events, Rucker Lanes is offering a "Sweetheart Bowling" two-for-\$10 special Saturday from 8 p.m. until midnight.

For more information, call 255-9503.

VOLUNTEER OPPORTUNITIES

The Army Volunteer Corps focuses on supporting Fort Rucker Soldiers, Family members, surviving spouses, and civilian personnel through community involvement. Volunteer opportunities are available both on and off post. Individuals are matched to volunteer positions according to skill, experience and time available. Participants learn new skills, make friends, and become a part of the community. Volunteering can also be a wonderful way to gain job experience.

Go to My Army One Source at <https://www.myarmyonesource.com> to register and apply for available positions, or call 255-1429.

Below is a list of AVC Most Wanted Volunteer Opportunities:

Newly listed

Teen (11-18) volunteer position

Volunteer Services Assistant- Youth Services

Position Description: Volunteer will assist with youth field trips, all youth indoor and outdoor activities and assist with youth accountability. This position will enhance interpersonal relationship skills, will provide reinforcement in the lives of other youth and the youth will develop leadership skills. Volunteer schedule is 2:30-5 p.m. during school days. Hours are negotiable during school holidays.

Adult volunteer position

Survivor Outreach Services - Army Community Service

Position Description: Volunteer will assist with SOS briefings and activities. Assist with developing, preparing and mailing newsletter, and assist with general office organization. This position allows the volunteer to assist family members of fallen service members, and understand the benefits and resources available. Volunteer needed one day a week. For more information, call 255-9578.

Still wanted

Financial Readiness Program- Army Community Service

Position Description: Volunteer will provide initial intake and needs assessment and financial assessments using ACS intake forms. The volunteer will gain additional knowledge and experience related to personal financial counseling. Days and hours are at volunteer's discretion - no special skills are required. For more information, call 225-9578.

Outdoor Recreation Volunteer

Position Description: Assist with special events, programs and activities. This could include the wounded warriors hunt or other special needs hunting programs. No special skills are needed. For more information, call 255-4305.

Activities Coordinator

Position Description: Editing and coordinating publicity with family readiness group newsletter. Photography skills are a plus. For more information, call 255-1429.

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.

DAY TRIPPIN'

Family fun made easy, close to home

By **Jeremy Henderson**
Army Flier Staff Writer

Busy schedules often provide little time for fun, but MWR Central offers pre-planned trips designed to help families leave the stress behind for a day.

Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director, said the trips were created in response to the community's desire to find affordable fun close to home.

"We have a lot of great trips being planned," she said. "Outdoor recreation has been listening and they are responding with a variety of trips from Biloxi (Mississippi) to deep sea fishing to Ripley's in Panama City Beach (Florida)."

According to Erdlitz, the next trip will be to the Montgomery Zoo Feb. 21. Participants leave Fort Rucker at 9 a.m. and return at 6 p.m. The cost is \$30 for adults, \$25 for children ages 3-12 and \$15 for children under the age of 3. The price includes transportation and zoo admission. Food is not included in the cost. For an additional charge, participants can feed birds and giraffes, ride a train, ride a sky lift, ride a pony or ride pedal boats. The event is open to the public and limited to 24 participants. Participants must sign up by Feb. 18.

"I really do think these trips offer our Soldiers and families the perfect opportunity to explore the southeast during their stay at Fort Rucker," Erdlitz said. "Outdoor recreation and MWR Central put their heads together to offer the best mix of trips. They do the planning, which takes the stress of travelling off the families and allows for a fun stress-free outing exploring the many fun recreational areas surrounding Fort Rucker."

The pre-planned day trips provide guided exposure to the area for new families and stress-free fun for everyone, according to Erdlitz.

"I think these trips are great," she said. "Especially if you're new to the area and want to explore, but are not sure where to go or you'd like to go with other people. These fun trips offer a great weekend escape."

"Most trips are one day trips, but we'll also offer some longer weekend trips, too," she added. "This is also a great opportunity



COURTESY GRAPHIC

for family readiness groups, clubs, friends and families to get together and go on the trips together. You don't have to worry about driving, and can focus on just enjoying the company you're with and all the fun."

Other upcoming day trips include:

- **Panama City Scottish Festival and Highland Games Trip:** Take a trip with Fort Rucker Outdoor Recreation to the annual Panama City Highland Games and Scottish Festival on March 7. Buses depart Fort Rucker at 8:30 a.m. The festival features musical performers and presentations of Highland and Irish dancing. Kilted athletes from all over the southeast will compete in the Highland Games, which include the caber toss, Scottish hammer throwing, the farmer's walk, and more. Scottish and Celtic themed merchandise and catering vendors will also be there. The opening ceremony, which takes place at noon, will include a Parade of Clans, and the Panama City Pipes and Drums band. This will be a great event for all ages. The trip is open to the public. The cost is \$20 per person and includes transportation and entry to the festival. Space is limited to 28 participants. Sign up by March 4.
- **WonderWorks and Ripley's Believe It or Not Trip:** Join outdoor recreation for a trip to WonderWorks and Ripley's Believe It or Not in Panama City Beach March 14. Buses depart Fort Rucker at 8:30 a.m. and return around 9 p.m. After Ripley's and WonderWorks, participants travel to Pier Park for dinner. Cost is \$52 for adults

ON POST

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

Sweetheart Dinner

The Landing Zone will host its Sweetheart Dinner Friday and Saturday from 4-8 p.m. The dinner will cost \$24.95 per person. There are a limited number of reservations, so people should call 598-8025 to make a reservation early.

The menu includes a first course of a choice of: Fiery shrimp; goat cheese salad with mixed greens, raspberries and toasted almonds in balsamic vinaigrette; blue cheese wedge with candied pecans; or lobster bisque with sweet corn fritters.

The second course includes: grilled salmon with creamy dill sauce, grilled filet mignon with chocolate-coffee barbecue sauce, or chicken champagne. The third course consists of a choice of: Red Velvet cheesecake, Molten Lava chocolate cake, or New Orleans-style bread pudding.

Dueling Pianos

The Landing will host Dueling Pianos Friday and Saturday 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 today 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.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30-11 a.m. at the Wings Chapel nursery. The playgroup is for families with children ages birth to 3 years old.

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Feb. 19. 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 10:45 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.

Nutrition and baby-led weaning class

The New Parent Support Program and La Leche League will offer a nutrition and baby-led weaning class Feb. 19 from 9-11 a.m. at The Commons, Bldg. 8950. The class will cover the following topics: nutrition for the nursing mother, starting solids, baby-led weaning and gentle weaning tips. Other breastfeeding questions will be answered as



PHOTO BY NATHAN PFAU

Outdoor yard sale

The Directorate of Family, Morale, Welfare and Recreation will host the Fort Rucker Spring Outdoor Yard Sale and Flea Market Feb. 28 from 7-11 a.m. on the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion. The event is open to the public - booth space fees apply to sellers. No commercial vendors will be allowed. Limited tables will be available to rent. Sellers need to register by Feb. 25. Rates: government rate (military and family members, retirees, Department of Defense civilians) - 15x20 - \$20, 30x20 - \$30, tables - \$10 each; and general public - 15x20 - \$30, 30x20 - \$40, tables - \$10 each. For more information, call 255-1749.

time allows. Expectant parents and those with young children are welcome to attend. People should register by Feb. 17.

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

Newcomers welcome

Army Community Service will host a newcomers welcome Feb. 20 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

Heart 2 Heart Skate Night

The Fort Rucker School Age Center will host its Heart 2 Heart Skate Night Feb. 20, featuring a night of skating, music, pictures and giveaways. A Valentine King and Queen will be selected, along with the best-dressed group. Youth will also present a mini fashion show. Safety skate will be 6:15-7:15 p.m. and the regular skate will be 7:30-9:30 p.m.

For more information, call 255-9108.

Montgomery Zoo trip

Outdoor recreation will host a trip to the Montgomery Zoo Feb. 21. The trip will depart Fort Rucker at 9 a.m. and return around 6 p.m. The trip will stop off for a fast-food dinner on the trip back. The cost is \$30 for adults, \$25 for children ages 3-12 and \$15 for children under 3. The price includes transportation and zoo admission. Food is not included. For additional charges, people can take part in activities at the zoo, including feeding birds and giraffes, going on a train

ride, riding the sky lift, enjoying pony rides, and renting a pedal boat. This event is open to the public, but is limited to 24 participants. People need to sign up by Wednesday at ODR or MWR Central.

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

Right Arm Night

The Landing Zone will host Right Arm Night Feb. 26 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 a relocation readiness workshop Feb. 27 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information from the military pay office on benefits and entitlements, advance pay, the government travel card and more. ACS will also provide information on Army Emergency Relief, 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 should RSVP by calling 255-3161 or 255-3735.

Youth Black History Month celebration

The Fort Rucker School Age Center will host a Black History Month celebration Feb. 27 from 4:15-5:15 p.m. The Fort Rucker 98th Army Band will perform, and there will be food samples and giveaways.

For more information, call 255-9108.

DFMWR Spotlight

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February 25**

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**For more information or to register
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or MWR Central, (334) 255-2997.
www.ftruckerdmwr.com**

FORT RUCKER MOVIE SCHEDULE FOR FEB. 12 - 15

Thursday, Feb. 12

The Imitation Game (PG-13)
.....7 p.m.

Friday, Feb. 13

Taken 3 (PG-13)
.....7 p.m.

Saturday, Feb. 14

American Sniper (R)
.....7 p.m.

Sunday, Feb. 15

American Sniper (R)
.....1 p.m.

Troops to receive millions under Service Members Civil Relief Act

Department of Defense News
Press Release

WASHINGTON — The Justice Department announced Monday that under its settlements with five of the nation’s largest mortgage servicers, 952 service members and their co-borrowers are eligible to receive over \$123 million for non-judicial foreclosures that violated the Service Members Civil Relief Act.

The five mortgage servicers are JP Morgan Chase Bank N.A.; Wells Fargo Bank N.A. and Wells Fargo & Co.; Citi Residential Lending Inc., Citibank, NA and CitiMortgage Inc.; GMAC Mortgage, LLC, Ally Financial Inc. and Residential Capital LLC; and BAC Home Loans Servicing LP formerly known as Countrywide Home Loans Servicing LP (Bank of America).

In the first round of payments under the SCRA portion of the 2012 settlement known as the National Mortgage Settlement, 666 service members and their co-borrowers will receive over \$88 million from JP Morgan Chase, Wells Fargo, Citi and GMAC

Mortgage. The other 286 service members and their co-borrowers already have received over \$35 million from Bank of America through an earlier settlement. The non-judicial foreclosures at issue took place between Jan. 1, 2006, and Apr. 4, 2012.

Unlawful foreclosures

“These unlawful judicial foreclosures forced hundreds of service members and their families out of their homes,” said Stuart F. Delery, acting associate attorney general. “While this compensation will provide a measure of relief, the fact is that service members should never have to worry about losing their home to an illegal foreclosure while they are serving our country. The department will continue to actively protect our service members and their families from such unjust actions.”

“We are very pleased that the men and women of the armed forces who were subjected to unlawful non-judicial foreclosures while they were serving our country are now receiving compensation,” said Vanita Gupta, acting

assistant attorney general of the Civil Rights Division. “We look forward, in the coming months, to facilitating the compensation of additional service members who were subjected to unlawful judicial foreclosures or excess interest charges. We appreciate that JP Morgan Chase, Wells Fargo, Citi, GMAC Mortgage and Bank of America have been working cooperatively with the Justice Department to compensate the service members whose rights were violated.”

Points of contact

Borrowers should use the following contact information for questions about SCRA payments under the National Mortgage Settlement.

- Bank of America borrowers should call Rust Consulting, Inc., the settlement administrator, toll-free at 1-855-793-1370 or write to BAC Home Loans Servicing Settlement Administrator, c/o Rust Consulting, Inc., P.O. Box 1948, Faribault, MN 55021-6091.
- Citi borrowers should call Citi toll-free at 1-888-326-1166.

- GMAC Mortgage borrowers should call Rust Consulting Inc., the settlement administrator, toll-free at 1-866-708-0915 or write to P.O. Box 3061, Faribault, Minnesota 55021-2661.
- JPMorgan Chase borrowers should call Chase toll-free at 1-877-469-0110 or write to P.O. Box 183224, OH-7160/DOJ, Columbus, Ohio 43219-6009.
- Wells Fargo borrowers should call the Wells Fargo Home Mortgage Military Customer Service Center toll free at 1-877-839-2359.

Service members and their dependents who believe that their SCRA rights have been violated should contact an armed forces legal assistance office. To find the closest office, consult the military legal assistance office locator at <http://legalassistance.law.af.mil> and click on the Legal Services Locator. Additional information about the Justice Department’s enforcement of the SCRA and the other laws protecting service members is available at www.servicemembers.gov

Financial Fraud Enforcement Task Force

Today’s settlement was announced in connection with the President’s Financial Fraud Enforcement Task Force. The task force was established to wage an aggressive, coordinated and proactive effort to investigate and prosecute financial crimes.

With more than 20 federal agencies, 94 U.S. Attorneys’ Offices and state and local partners, it is the broadest coalition of law enforcement, investigatory and regulatory agencies ever assembled to combat fraud.

Since its formation, the task force has made great strides in facilitating increased investigation and prosecution of financial crimes, enhancing coordination and cooperation among federal, state and local authorities, addressing discrimination in the lending and financial markets and conducting outreach to the public, victims, financial institutions and other organizations.

For more information on the task force, visit www.StopFraud.gov.



COURTESY PHOTO

Pick-of-the-litter

Meet Bobo, a 6-year-old neutered male cat available for adoption at the Fort Rucker stray facility. He is affectionate and playful. 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.

FAMILY SAFETY DAY

Corvias Military living in partnership with Directorate of Public Safety, is pleased to announce they are hosting a first responders community outreach event. Enjoy vehicle displays, blood pressure screenings, car seat safety checks, photos with McGuff and Sparky, light refreshments and so much more. For more information contact Peggy Conway, DPS at 334-255-3273.

Wednesday
February 18
Bowden Terrace
2:00 - 4:00 p.m.

SPW (Process Mail) Fort Belvoir, AZ 86022 | bowden@corvias.com

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Church Directory

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me, even
as I also am
of Christ.”*
**1 Corinthians
11:1**

**First United
Methodist Church**
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8:30AM & 11:00AM
Contemporary Worship -
New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efume@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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A War of 1812 Road Trip: Fort Mims to Horseshoe Bend

By Edith Parten
Alabama Tourism Department

For nearly a century, prior to the start of the War of 1812, whites and Creeks had lived side by side with good trade relations, inter-marriage, and reliable treaties.

There was almost full cooperation between the two groups, but this would soon change. In the fall of 1811, believing that whites were encroaching upon their land, the great Shawnee Chief Tecumseh traveled to Alabama to rally all Creeks to war against the whites and mixed-breed families in the region.

He gave a speech at Tuckabatchee, near Tallassee, on the banks of the Tallapoosa River, challenging them to regain their former glory, and retain their Indian culture and lifestyles. Each Indian chief voted: red stick for war, white stick for peace.

By June 8, 1812, when the U.S. declared war on Great Britain and so started the War of 1812, the Creeks had become significantly divided among themselves. Most Upper Creeks, called Red Sticks because of their bright-red war clubs, wanted to resist white encroachment while most Lower Creeks, more accustomed to whites, were inclined

toward peace. As principal Red Stick leaders William Weatherford, Menawa and others violently clashed with the other chiefs of the Creek Nation, their dispute became a part of the War of 1812 and eventually led to the Creek War of 1813–14.

On this Bicentennial Road Trip, you are invited to follow the progression of the Creek Indian War from Burnt Corn and Fort Mims to Atmore, where many Creek descendants now live in sovereignty. As an added option, continue to Tallapoosa County, near Dadeville, where Andrew Jackson and his large army defeated the Red Sticks during the Battle of Horseshoe Bend and effectively brought the Creek War to a close with the signing of the Treaty of Fort Jackson five months later.

Fort Mims Living History Weekend

2013 marked the 200th anniversary of the attack at Fort Mims, as well as the beginning of the Creek War in Alabama. The best time to visit is in August during the annual Fort Mims Re-enactment and Living History Weekend, (251) 937-5665 or (251) 533-9024). In August, volunteers will dress in period clothing to re-enact the Battle of Burnt Corn followed by the Battle of Fort Mims. You can witness

living history as well as enjoy period music, arts, crafts, covered wagons, tomahawk throwing, blacksmithing, concessions, dancing and 1800s cooking demonstrations.

Before leaving the area, visit the burial ground of William Weatherford in the nearby Little River community. The gravesite is about a 10-mile drive north on Highway 59. To get there, turn west on Dixie Landing Road, travel about 2.3 miles and then take a left on T.J. Earle Road. Drive one mile to Red Eagle Road on the right. At the end of the road you will find the stone grave marker of Weatherford beneath beautiful moss-laden oak trees. He is buried next to his mother, Sehoy, who was also a prominent Creek Indian.

Retrace the drive from Weatherford's grave back to Dixie Landing Road, then turn left and drive approximately one mile to arrive at Dixie Landing Café, 15133 Dixie Landing Road; (251) 862-5220, and a gorgeous view of the Alabama River. From the vantage point of the bluffs at the edge of the cafe, you can look across the river to see into three counties: Clarke, Monroe and Baldwin. A hole-in-the-wall stop that's well worth the visit, the cafe offers fresh local catfish and lots of great seafood.

Visiting Horseshoe Bend

The first stop when visiting Horseshoe Bend is the visitor's center, where you'll get an excellent overview of the history of the site through photos, arrowheads, cannonballs, a miniature display of the battlefield, and other artifacts. After watching a 20-minute introductory video, enjoy the three-mile walking or driving tour that takes you along the battlefield to the horseshoe-shaped bend in the Tallapoosa River.

Five stops along the tour route are marked with kiosks that provide details of what took place at the site. The first stop, a scenic overlook approximately 100 yards from the visitor's center, is where Andrew Jackson's Army arrived at the start of the 1814 battle. A 2.8-mile nature trail through the battlefield is right next to the paved path up to the overlook. At the top of the overlook, you can enjoy great views of the battlegrounds and hear the wind whisper through the tall pine trees.

Other stops include the site of the former village at the bend in the river and the fields with white posts marking the original site of a log barricade. If you want to make a day of it, nature trails, picnic areas, boating and fishing are available.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegion-post80.org.

DALEVILLE

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

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

FEB. 13 — Landmark Park will host its astronomy night from 6-9 p.m. at its gazebo lawn. The program gives visitors a chance to look through telescopes, and find stars and planets as astronomers guide them. Visitors will also get the chance to experience a starry hayride and campfire, and warm up in the interpretive center after stargazing for snacks and a program in the planetarium. The planetarium program is not recommended for children under 5. Space for the event is limited and reservations are required. Admission is \$2 for members, \$3 for Scouts and leaders in uniform, \$5 for nonmembers, and free for children 5 and under. For more information or to reserve a spot, call 794-3452. Astronomy night will be held Feb. 20 in the event of cloudy or rainy weather Feb. 13.

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

MARCH 7 — Veterans of Foreign Wars Post 3073 Wiregrass Post will sponsor a benefit for the daughter of a local law enforcement officer by selling Boston butts, ribs and plates. People should pre-order. For more information, call 793-7912.

ENTERPRISE

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

MARCH 1-8 — St. Luke United Methodist Church will take signups for its July 6-10 Winshape Camps Ultimate Day Camp Experience. The first 150 people to sign up will received a discount on the camp. For more information, call 347-9023 or visit the event's Facebook page at Winshape Camps Enterprise.

ONGOING — Taoist Tai Chi classes are available at the Enterprise YMCA — people do not need to be members of the YMCA to participate — and Episcopal Church of the Epiphany. Classes include ongoing beginning, health recovery and continuing classes in the Taoist Tai Chi Society. For a schedule of classes or to get more information, visit www.taoist.org or call 348-9008.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

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.

FEB. 28 — Disabled American Veterans Chapter 99 will conduct a tour of the Tuskegee Airmen National Historic Site. This will be a one-day bus trip that will depart the New Brockton Farm Center at 9 a.m. and return at about 5 p.m. Transportation and entrance fees in advance is \$40 per person. People need to register for the trip by Feb. 23 by visiting the DAV service officer, 10 a.m. to noon, Tuesdays and Wednesdays at the New Brockton Police Station, 202 South John Street. For more information, call 718-5707.

OZARK

FEB. 13 — St. Michael's Episcopal Church will host a free duo classical guitar concert at 7 p.m. Andrew Zohn and Robert Sharpe will play classical guitars and following the concert there will be a meet the musicians reception.

FEB. 17 — St. Michael's Episcopal Church will hold its annual pancake supper from 5-7 p.m. Tickets are \$5 and may be purchased from church members or at the door.

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

FEB. 20-21 — The Ozark Arts Theatre will perform "Greater Tuna" as a dinner theater at Johnny's BARcelona Tapas Restaurant located at 173 S. Union Ave. For reservations, call 790-6041. Doors open at 6 p.m. Only cash and checks will be accepted. The theater group is an arm of the Dale County Council of the Arts and Humanities.

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 U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocsalumni.com.

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

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.

'The Love Songs of Elvis and Buddy'

The songs of Elvis Presley and Buddy Holly return to the Alabama Shakespeare Festival Feb. 14 at 7:30 p.m. for a special Valentine's Day concert featuring the love songs of the two rock'n roll giants. Elvis' songs will be performed by Scot Bruce and Buddy's songs will be performed by John Mueller. Tickets range from \$35-60 and can be purchased online, by phone at 800-841-4273, or by visiting the ASF box office.

For more information, including online ticket purchasing, visit www.asf.net.

Eagle Awareness Weekends

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

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

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

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

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 bird-

ing 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. Admission is 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 Sports.

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

Soldier journeys into digital photography success

By Tim Hipps
Installation Management Command

SAN ANTONIO –A major in Germany makes his military travel more memorable by photographing his journeys.

Maj. Ryan Foley’s sense of adventure, impeccable timing, use of light and darkroom creativity helped him become the most decorated winner in the 2014 Army Digital Photography Contest.

“I like traveling and being outdoors, so photography always has been a natural association for me,” said Foley, 35, an Ohio native stationed at Landstuhl Regional Medical Center in Germany. “I like trying to create neat images.”

The Army Morale, Welfare and Recreation contest featured 2,529 entries in seven categories of photographs that competed in two divisions: active-duty military personnel and other military MWR patrons.

Foley took first, second and third place, along with an honorable mention, in three different categories.

“Looking at all the other amazing entries, I definitely feel fortunate to have won anything,” said Foley, who earned a first and second place in the 2012 contest but failed to place in 2013. “There are some really talented folks out there.”

His “View from Apache” took first-place honors in the active-duty nature and landscapes category. Shot with a Nikon D7100 and Nikon 70-200 2.8 VR II lens, Foley combined four frames to make the panorama, which measures “something like 11,000 x 3,500 pixels,” he said.

He shot the photo at Forward Operating Base Apache in Afghanistan.

“Most of the time, you couldn’t see the mountains very well, at all, as there would be a lot of dust in the air,” Foley said. “The night before, there was a lot of wind and most of the dust was blown away. The next morning, the visibility was incredible and I could see the mountains as I never had previously.”

Foley climbed into a guard tower, where he awaited ideal light.

“The shot was taken in the mid-morning so there was great lighting on the mountains and it gave nice contrast to the ridges,” he said.

Foley had to work harder to shoot “Portuguese Cave,” which took second place in the active-duty military nature and landscapes category. On a family trip to Portugal, he sought a series of caves on the southern coast, including one in particular near Benagil Beach.

“While they do offer boat tours, they don’t start until the sun is pretty high up in the sky,” Foley said. “I wanted to get the shot with the light just as it came through the oculus in the ceiling of the cave, so we went to the beach early in the morning. The cave is just a short swim from shore. Unfortunately, I hadn’t really planned this in advance, so all I had was a normal camera bag and my daughter’s beach-toy inner tube. So I just balanced the camera bag on my head, put one arm through the inner tube and swam with one arm.

“With the swells of the sea and my non-waterproof, 20-pound camera bag weighing me down, it was definitely a bit nerve-racking, but I made it without getting my stuff wet. There was also a very territorial seagull that kept dive-bombing me while I was trying to photograph, so that was fun.”

Despite the unsettling swells and a kamikaze gull, Foley remained focused.

“When the sunlight began to fall through the oculus, I knew I had my shot,” he said. “In the end, it was an incredibly beautiful scene and very much worth the trouble.”

Foley took third place in the military life category with “Marine CH-53,” a shot of a Sikorsky CH-53 Sea Stallion helicopter.

“On the rare clear days, I was able to get some great shots of aircraft,” he said. “If it was a day with good visibility and I wasn’t busy, I would read outside and wait for opportunities like this shot to come along. Usually, I didn’t have a tripod, so I would just balance the camera on my bag to keep it steady.”

Foley received an honorable mention in the digital darkroom category with “Osprey on a Cloudy Day,” another photo of military aircraft, this one shot at Camp Bastion in Helmand Province, Afghanistan.

“The photo was enhanced in Photoshop using the built-in HDR [high-dynamic range] photo processor,” Foley said. “Basically, you take three to five shots of the same scene with different exposures and the software blends them together. Then you can tweak them in many different ways to get surreal or ultra-realistic images.”

Like most photographers, Foley has shot the good, the bad and the ugly. Along the way, he’s managed several contest-winning photos.

“I take a lot of pictures,” he said. “I take a lot of bad pictures, but every once in a while one turns out good and it is really fun to see that happen.”

Foley began dabbling with photography shortly after graduating from high school and said he looks forward to competing in the Army MWR-sponsored contest each year.

“My family and I have definitely used a lot of the services of the MWR,” Foley said. “Everything from ski trips, tours, gear rental, etc. I think it’s especially helpful overseas. It is really a great program to help support Soldiers to get out and enjoy life. The breadth of services they offer is amazing.

“It has been a lot of fun to take photos while in the military,” he said. “We definitely get to see and do things that most people never will. I enjoy capturing those moments and sharing them with others. It also helps you remember things in the



PHOTOS BY MAJ. RYAN FOLEY

Maj. Ryan Foley, of Kaiserslautern, Germany, took third place in the military life category of the active-duty military division of the 2014 Army Digital Photography Contest with his photo, “Marine CH-53”



Maj. Ryan Foley, of Kaiserslautern, Germany, took second place in the active-duty military nature and landscapes category of the 2014 Army Digital Photography Contest with his photo, “Portuguese Cave.”

past that you might otherwise forget.”

2014 Army Digital Photography Contest

List of winners in the 2014 Army Digital Photography Contest with category place, military rank, name, duty station and title of the photo.

Division I -- Active-duty military

- People: 1. Sgt. Scott Tant, Camp Walker, South Korea, “Into the Ocean;” 2. Staff Sgt. Pablo Piedra, Grafenwoehr, Germany, “Stone Violinist;” and 3. CW2 Juan Jusino, Fort Jackson, South Carolina, “Arrived.”
- Military life: 1. Sgt. Philip Velez, Joint Base Lewis-McChord, Washington, “The Long Walk;” 2. Maj. Bradley Gates, Fort Leavenworth, Kansas, “H-Hour minus 002000;” and 3. Maj. Ryan Foley, Kaiserslautern, Germany, Marine “CH-53.”
- Nature and landscapes: 1. Maj. Ryan Foley, Kaiserslautern, Germany, “View from Apache;” 2. Maj. Ryan Foley, Kaiserslautern, Germany, “Portuguese Cave;” and 3. Maj. Darrell Reamer, Camp Zama, Japan, “Frosted.”
- Animals: 1. CW3 Jessica Veltri, Joint Base Lewis-McChord, Washington, “Wild Cat;” 2. Spc. Tia Somkimson, Fort Meade, Maryland, “Preparation Due South;” and 3. Capt. Long Pham, Fort Jackson, South Carolina, “Staring Contest.”
- Still life: 1. Master Sgt. Shawn Helgerson, Fort Leonard Wood, Missouri, “Three Peppers;” 2. Staff Sgt. Osvaldo Corea, Camp Red Cloud, South Korea, “A Trumpet World;” and 3. Sgt. 1st Class Oliver Kirkham, Torii Station, Japan, “Rose and the Rings.”
- Design elements: 1. Spc. Adcharaporn Poonsap, Camp Red Cloud, South Korea, “Pile of Tires;” 2. Staff Sgt. Pablo Piedra, Grafenwoehr, Germany, “Double Helix;” and 3. Maj. Michael Kendall, Fort Jackson, South Carolina, “The Western Corridor.”
- Digital darkroom: 1. Spc. Andrew Hui, Camp Casey, South Korea, “Seoul Streets; Rainy Day – Trick Eye Museum;” 2. Capt. Alexander Jansen, Fort Bragg, North Carolina, “Lens Explosion;” and 3. Capt. Suzanna Endsley, Yongsan, South Korea, “Standing Out.”

Division II - Other MWR eligible patrons

- People: 1. Rachele Frickey, Fort Bliss, Texas, “Flower Girl;” 2. John Powers, Camp Zama, Japan, “No Tips Today;” and 3. Jason Burkhardt, Yongsan, South Korea, “To

Be Hindu.”

- Military life: 1. Tara Ruby, Fort Bliss, Texas, “Finally Home;” 2. Rebecca Mastrian, Fort Campbell, Kentucky, “PT Through the Fog;” and 3. Jeffrey Kline, Fort Belvoir, Virginia, “Soldiers.”
- Nature and landscapes: 1. Robert LaPolice, Detroit Arsenal, Michigan, “Sky Dock;” 2. (tie) Michael Whetson, Vicenza, Italy, “Blue Waterfall;” 2. (tie) Clare Blackmon, West Point, New York, “Morning Dew;” 3. (tie) John Powers, Camp Zama, Japan, “Vintage Memories;” and 3. (tie) John Waggoner, Detroit Arsenal, Michigan, “Blue Waterfall.”
- Animals: 1. Marjorie Lehman, Fort Knox, Kentucky, “Geese at Sunset;” 2. Lisa Remnet, Fort Shafter, Hawaii; “Busy Bee;” and 3. John Lackey, Selfridge, Michigan, “Wings.”
- Still life: 1. Kimberly Kendall, Fort Jackson, South Carolina, “After the Festival;” 2. John Powers, Camp Zama, Japan, “Empty Offerings;” and 3. Elizabeth Loman Hayes, Fort Bliss, Texas, “Smell of Spring.”
- Design elements: 1. Jack Franke, Presidio of Monterey, California, “At the Del Monte Hotel;” 2. Samara Stime-man, Yongsan, South Korea, “Safe Harbor;” 3. (tie) Daniela Piedra, Grafenwoehr, “3D Floor;” and 3. (tie) Rebecca Mastrian, Fort Campbell, Kentucky, “Pink Infinity.”
- Digital darkroom: 1. Helen Foster, Fort Stewart, Georgia, “Wisconsin Point;” 2. Kimberly Kendall, Fort Jackson, South Carolina, “Divided;” and 3. John Powers, Camp Zama, Japan, “That Moment of Awe.”

Trips: MWR removes stress, plans day trips for families, Soldiers

Continued from Page C1

and \$49 for children ages 5–12. Price includes transportation to and from Panama City Beach; entrance to WonderWorks, including the ropes course and one game of laser tag; and entrance to Ripley’s Museum, Mirror Maze, and 7D theater. Dinner is not included in the price. The event is open to the public. Sign up by March 11.

- **Camp Butter and Egg Day**

Trip: Come along with Fort Rucker Outdoor Recreation for a day of outdoor fun at Camp Butter and Egg in Troy. Buses depart Fort Rucker at 8:30 a.m. March 21. Spend the morning on the expanded zip line course, giant swing, climbing wall and double zip line with net climb (ages 9 and older). A fun ropes course that does not require a harness is available for children under age 9. There will be a lunch break and participants are asked to bring

their own food. Group activities that include human foosball, gaga ball, kickball and mini-golf take place after lunch. The cost is \$40 for ages 5 and up and \$14 for children under age 5, and includes transportation and entry fees. This event is open to the public and limited to 28 patrons. Sign up by March 18.

For more information or to make reservations, call outdoor recreation at 255-4305, or MWR Central at 255-2997 or 255-9517.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

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

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

Spiritual Life Center, Building 8939
9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesdays

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

Wednesdays

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

Thursdays

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

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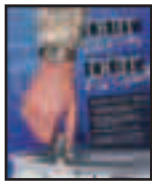
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Youth sports registration open

Program seeks coaches

By Nathan Pfau
Army Flier Staff Writer

As spring approaches, Fort Rucker is readying a variety of activities for children on the installation to participate in to promote healthy lifestyles and take part in a bit of friendly competition.

Registration for baseball, softball and jump roping is open through Feb. 28, with evaluations beginning Tuesday, according to Leroy Minus, assistant youth sports and fitness director for Fort Rucker Child, Youth and School Services, who added that the activities provide youth with different ways to stay fit and healthy.

Jump roping is relatively new to the sports program and was added after Buddy Lee, who is a former Olympian, visited the installation in 2012. He trained children on jump roping fundamentals and the importance of staying in shape, said Minus.

This type of jump roping is instructional, and participants will learn about speed jumps, how to properly turn a jump rope and general jump-rope technique, said Minus.

“Being an athlete, I didn’t even know there was a technique to jump roping until I was introduced to Buddy Lee,” he said. “But that’s why we want to work with the children and teach them jump roping because a lot of them don’t even know how to jump rope.”

The cost for jump roping is \$25 per child for ages 7-18 and will be



FILE PHOTO

Fort Rucker youth compete in a previous year's youth baseball program.

divided into groups by age to make sure that those with similar fitness levels can participate with each other.

For youth interested in a more competitive, team sport, baseball and softball seasons are around the corner and provide the same health benefits.

“The main thing about baseball is that it’s competitive,” said Minus. “It’s a team sport and the children don’t have to be an expert in the game – they just have to come and get some experience and have fun playing baseball.”

Baseball registration is \$45 per child and teams will be created by age groups, which are co-ed 5-6 year-old tee ball, co-ed 7-8 year-old machine pitch, co-ed 9-10 year-old Dixie Minors, co-ed 11-12 year-old Dixie Youth, girls 9-12

year-old Dixie Ponytails and girls 13-15 year-old Dixie Bells.

Girls softball registration is also open for \$45 for ages 9-15.

All children who wish to participate in CYSS youth sports programs must meet age requirements, and have a current sports physical and a valid CYSS registration, said Minus.

For more information on registration, call 255-2257 or 255-2254.

Coaches are also needed for baseball, so any Soldier or parent interested in coaching should contact the youth center, said Minus, adding that coaches must go through the same training and background check process as volunteers.

“We’re looking for people who have the time, quality of work, re-

sponsibility, kindness and patience to teach our youth the fundamentals of youth sports,” said Jackie Johnson, CYSS program associate. “It’s important that the volunteers are excited and engaging with the children because when the coaches are excited about what they’re doing, then the children are more likely to have fun and participate.”

Randy Tolison, Fort Rucker Youth Sports director, said that coaching is mostly about the commitment to the children.

“We really like to emphasize to our coaches that if they step in to fill this responsibility, those kids are depending and counting on them to be there for them,” he said. “The teams stay pretty active and can practice anywhere from two to three times a week prior to the season, and when the season starts,

teams will normally practice once a week and play twice a week.”

Safety is also a major concern, and volunteers are properly vetted and trained to take on the responsibility. No volunteers will be turned away, said Johnson, but people interested must submit a background packet, which can be filled out in Bldg. 5700, Rm. 193, and attend a mandatory training session.

The training sessions last about three hours, but if people aren’t able to attend the session in one sitting, accommodations can be made, added the CYSS program associate.

“We understand that people are busy, and a lot of people find it difficult to come and do the training all at once,” said Johnson. “We will work with them and break up the sessions into times that will accommodate them, but either way, the training must be completed.”

During the training, volunteers will get an introduction to coaching, training in coaching the specific sport they are volunteering for, concussion training, and will watch a parent video and complete face-to-face child abuse training with an Army Family Advocacy Program manager. This training also gives the opportunity for our volunteers to ask questions, added Tolison.

“I’ve had some coaches tell me that the greatest thing about coaching is when a kid comes up to you outside of practice or games and just gets so excited to see you,” he said. “The rewards may not be monetary, but it’s one of those intangible moments that is so rewarding.”

For more information on coaching, call 255-0950.



PHOTO COURTESY OF DON MACLEAN

Lyster hosts triathlon during Fit Fest

Lyster Army Health Clinic will host a triathlon against professional triathlete Doug Maclean during Fit Fest March 13. Maclean, a former Navy officer turned professional triathlete in 2011, coaches triathletes and offers consulting and analysis sessions on anything triathlon related. The Fit Fest triathlon will be conducted twice during Fit Fest, once in the morning and once in the afternoon. Four volunteers will be chosen to test their mettle against Maclean. To be considered for participation, contact Capt. Nathan Kiser at Nathan.a.kiser4.mil@mail.mil. Participants must provide their own bicycle, race clothing and running shoes. For more information on Maclean, visit his official website at <http://dmactri.com>.

Date when most abandon fitness resolutions approaches

By Claudia Drum
U.S. Army Public Health Command

It’s that time of year again when weight loss tops the resolution list of many Americans.

Weight-loss commercials have begun flooding the airways – health clubs are promoting discounts, and new books and phone apps are hitting the marketplace.

Nearly half of all Americans make New Year’s resolutions, and nearly 40 percent of these resolutions are related to weight loss. In the end, however, the only thing that drops is the resolution itself.

According to a recent study by Gold’s Gym, Feb. 18 marks the day when most people abandon their New Year’s resolution to lose weight and get more fit. This is the date when gym member check-ins take a nose dive.

How can you keep your weight loss efforts from fizzing out?

Follow the steps below to turn your New Year’s resolution into a lifestyle resolution.

- Be specific.** Be precise about what, when and how you plan to lose weight. For example, instead of telling yourself, “I’m going to exercise more,” change it to, “I’m going to take a 45-minute walk during lunch.”
- Torch more calories during the day.** Find and seize all opportunities to keep your metabolism stoked during the day. For example, take the stairs whenever possible, park your car farther away from entrances and get up 30 minutes earlier to fit in your exercise before other



PHOTO BY NATHAN PFAU

Shauna Attaway, fitness specialist at Fortenberry-Colton Physical Fitness Center, leads a recent kickboxing class. Fort Rucker’s PFCs offer a host of classes to help people stick to their physical fitness resolutions.

commitments take over.

- Use smaller bowls, plates, serving spoons and cups.** Trick yourself into eating smaller portions by downsizing your dishes and serving spoons. According to a recent study published in the International Journal of Obesity, the average adult eats 92 percent of what is on his plate. Just by reducing the amount you serve yourself, you will take in fewer calories and lose weight.

- Think twice before taking a second helping.** Sit down, slow down and savor your food rather than eating while watching TV or standing in front of the fridge. Being more mindful of what, how much and why you eat can help you identify triggers that lead to overeating. Put your fork down or take a sip of water between bites to help you slow down. Always pre-portion your snacks to help you control your calories.

- Bet on yourself and against others.**

Put up cash to keep your weight down. People who promised to forfeit money if they failed to lose weight, shed 14 more pounds than those who didn’t have anything at stake, according to a study in the “Journal of the American Medical Association.” Make weight loss fun and keep yourself accountable by signing up for a weight loss challenge where the stakes are high.

- Sleep to stay strong.** When you are sleep deprived, your willpower goes down and the number on the scale goes up. Sleep deprivation disrupts hormones in your body that help you regulate your hunger and fullness, making it easier to gain weight. Aim for seven to eight hours of quality sleep every night to help you lose weight. Getting enough rest will help you feel more energized, stay more active and make better food decisions throughout the day.
- Reward yourself; but not with food.** Stop using exercise as your ticket to overeat. There is no quicker way to negate all of your hard work than to grab an extra large portion or that grande latte just because you worked out. Instead, use non-food related rewards – schedule a massage, buy new workout attire, take a new fitness class, join a gym, etc. – to celebrate your successes.

For more tips on making lifestyle resolutions, follow the U.S. Army’s Performance Triad which focuses on specific ways you can improve your sleep, activity and nutrition habits

DOWN TIME



TRIVIA

1. **GEOGRAPHY:** What city is the home of Marco Polo Airport?
2. **MAGAZINES:** Who was on the cover of the first Rolling Stone magazine?
3. **FOOD & DRINK:** What are the two ingredients in a Black Russian cocktail?
4. **LANGUAGE:** What does the Greek suffix "gamy" mean in English?
5. **MUSIC:** What are the first names of the Blues Brothers (Dan Aykroyd and John Belushi)?
6. **HISTORY:** In what year did test pilot Chuck Yeager break the sound barrier?
7. **TELEVISION:** What is the name of the dog on "Family Guy" animated series?
8. **U.S. PRESIDENTS:** Who was the first president to be born in a hospital?
9. **SCIENCE:** What would an entomologist study?
10. **MOVIES:** What are the names of the siblings who had acting roles in "Sixteen Candles"?

See Page D4 for this week's answers.

Super Crossword _____ **DOING PR WORK**

DOING PR WORK

- | | | | | | |
|--|--|---|---|----------------------------------|----------------------------------|
| CROSS | 17 Marine eel | 37 Opera part | 128 Give away temporarily | 39 Got bested by | 81 Noted coach Parsifolian |
| 1 Maize | 49 Poetic foot | 91 PR concern | | 43 TV network north of the USA | 82 Bygone AT&T rival |
| 5 1980s TV's "Kate & —" | 50 Pertaining to the sun | 94 Farmer's motto? | DOWN | 44 Ty-D — (bathroom brand) | 83 Slump |
| 10 Bank acct. underwriter | 51 Still wrapped | 97 Risen from sleep | 1 Squid dish | 45 Slo- — (fuse type) | 86 Home of Monte Carlo |
| 14 Resort isle near Naples | 52 In spite of the fact that, for short | 100 Seemingly endless time | 2 Expand | 46 Riga native | 88 Vehicle ownership certificate |
| 19 Cock- — (mixed dog breed) | 55 King Arthur's home | 101 Park oneself | 3 Sports squad that rarely has home games | 47 Brawl | 89 Get drunk |
| 20 Pencil end | 58 Commercial in which all of one's fury is unleashed? | 102 Dwelling; Abbr. | 4 Vivarin rival | 48 Athena's bird | 90 Trapped |
| 21 Prehistoric beast, briefly | 62 Fido's sound | 103 Tirades about the trials of being a mother? | 5 Fourth mo. | 51 Sam once in the Senate | 91 34th prez |
| 22 ALF or ET | 65 Faced | 109 Not switched off | 6 Belt holder | 52 Troos yielding wood for ships | 92 Corporate marriages |
| 23 Pool hall champion? | 66 Phileas Fogg creator Jules | 111 Ace | 7 Longtime con | 53 Mythical hell | 93 Avonlea girl |
| 26 Flower calyx part | 68 Like a slob's bed | 112 Art style | 8 Split evenly | 54 Dramatist Clifford | 94 Hide — hair |
| 27 Off — (sporadically) | 69 Blowtorch the exterior of your launch | 113 Sofa | 9 Lucy's TV pal | 56 Collect | 95 It's nothing |
| 28 Small flycatcher | 74 Wind section player | 115 Spanish for "queen" | 10 32nd pres. West | 57 Conductor Zubin — | 96 Comical Cheri |
| 29 Christmas songs | 75 Quaint oath | 116 Wax theatrical | 11 Actress | 58 Cake icer | 97 Current unit |
| 31 Omega precursor | 76 Just a — (somewhat) | 118 Actor Morania playing a garbage sweeper? | 12 Disguised, for short | 59 Countryish | 98 Pre-race stretch, say |
| 32 Passover crackers | 77 Hissing snake sound | 121 12-inch stick | 13 Alternatives to Pepsi | 60 Cell terminal | 99 "King Ralph" actor Peter |
| 34 Place where pizza dough is flattened? | 78 Ice-skating food fish? | 122 Small toiletry case | 14 Tapioca-yielding tree | 61 Yukon maker | 100 Ocular cleansing retractor |
| 37 "We — not amused" | 80 Mexican menu items | 123 Pay the penalty | 15 Hoppy drink | 62 Cut short | 104 One way to mark debits |
| 38 Ripken of the diamond | 84 Blast masker | 124 First-aid plant | 16 1972-77 Broadway musical | 63 Harp on gloatingly | 105 Uninspired |
| 40 Angriiness | 85 "Mammal" has three | 125 Fencing blades | 17 Explanation | 64 Anterior | 106 Like skim milk |
| 41 Actress De Carlo | 86 "Thank you, Henri" | 126 Part of NYPD: Abbr. | 18 Queued up | 67 Cut short | 107 Mozart's "Coal fan —" |
| 42 Get the shoe mender on the phone? | | 127 Tightly wound | 20 More elusive | 70 Sulfux with neat or peace | 108 "Danke —" |
| | | | 30 Astron. distance | 71 "— tell ya!" | 110 Prenatal |
| | | | 33 Little pouch | 72 Problems for vain types | 114 Egg layers |
| | | | 35 Like the vbs. "eat" and "lie" | 73 Tide targets | 117 Golf gadget |
| | | | 36 Trow doc. | 79 Shin's place | 119 Model-making set |
| | | | | 120 "Annabel —" | |



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

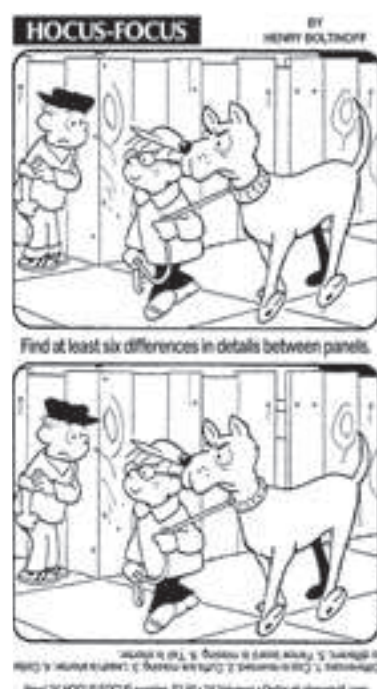
DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers

KID'S CORNER



GREAT AMERICAN SPIT OUT

Army encourages people to kick smokeless tobacco

By Wendy LaRoche
U.S. Army Public Health Command

Feb. 19 Army Public Health Command encourages you to join others across the nation in recognition of the Great American Spit Out, a time to quit the use of smokeless tobacco products such as chewing tobacco, snuff, snus and dissolvable products – lozenges, strips, sticks – for a period of 24 hours or more.

Despite media advertisements promoting smokeless tobacco products as less harmful than smoking tobacco products, any form of tobacco use is dangerous and increases the users susceptibility to oral cancers.

Smokeless tobacco users absorb nicotine in the mouth, causing a variety of dental health concerns including bad breath, tooth decay and gum disease. It's important to visit your dentist for regular checkups when using any form of tobacco products.

Addiction associated with smokeless tobacco use is also alarming. Nicotine is the addictive substance that causes the physical dependence and emotional addiction to a tobacco product. Smokeless tobacco products are known to have two to three times the amount of nicotine in cigarettes.

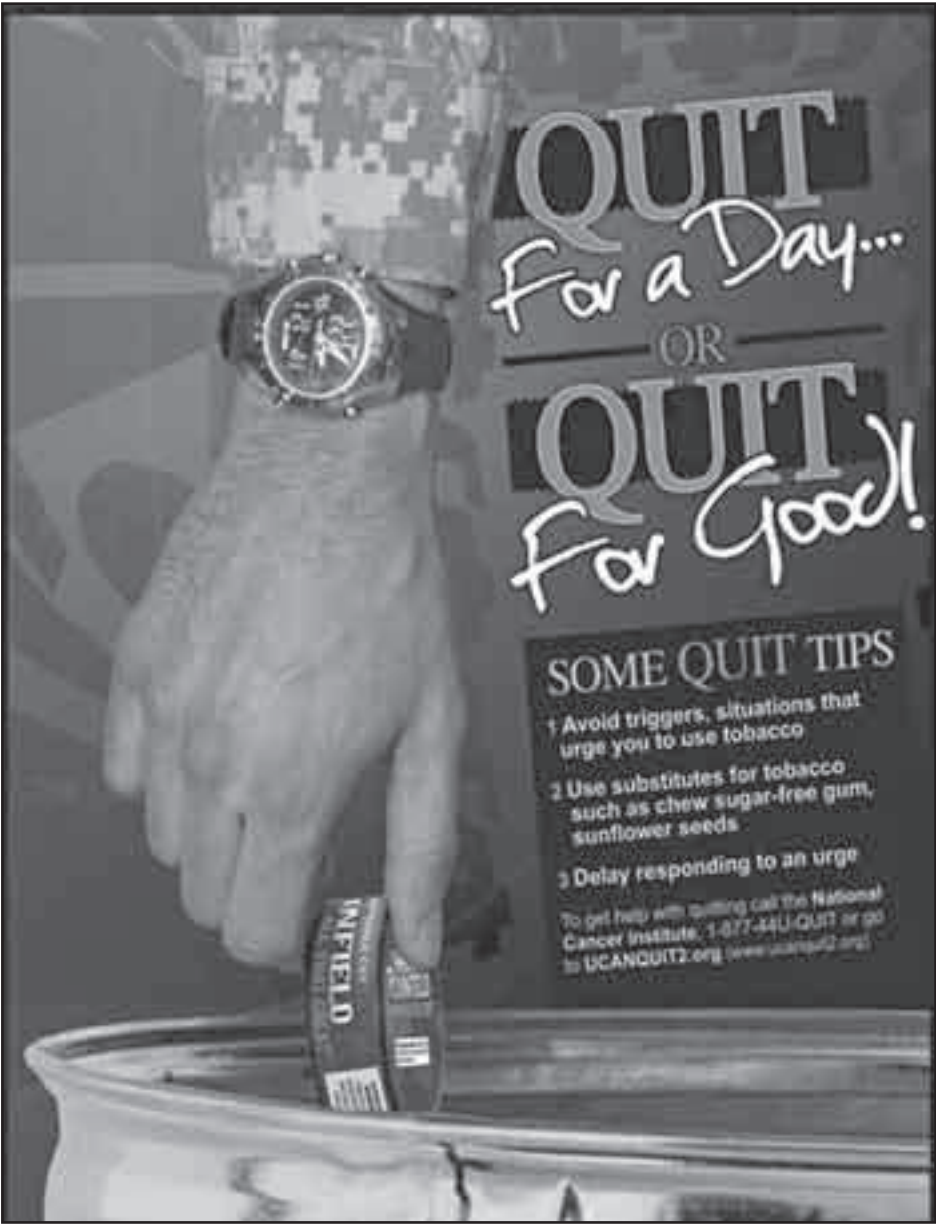
For Soldiers, nicotine addiction impacts mission readiness by reducing stamina, reducing concentration, reducing night vision and increasing recovery time for the healing of wounds. Additionally, a strong association exists between tobacco addiction and mental health diagnoses, mood disorders and substance abuse.

Smokeless tobacco can also cause financial hardship to those that are addicted, with potential costs of over \$1,000 a year. All tobacco use significantly increases overall military healthcare costs. As a result of the significant negative impacts of tobacco use, military installations are helping to combat tobacco use in the Army by enforcing existing tobacco restriction policies, and promoting tobacco-free facilities and campuses.

The Great American Spit Out is a great time to get support or to support others and say “no” to addiction and unnecessary financial hardships, and gain back your healthier life. Quitting tobacco takes a plan, a commitment and action. There are a plethora of services that can help.

A few steps that you can follow include the following.

- Contact a friend or your healthcare provider to let them know of your plan to quit. A healthcare provider can offer alternative options and provide personal advice on how to proceed.
- Prepare a plan for what you'll do to keep busy when the urge from the addiction is present during the Great American Spit Out. Will you take a relaxing walk, call a friend, drink water or chew on sugarless gum?
- Identify the resources that best fit your needs. Do you prefer face-to-face counseling, online chatting, large support groups or social texting? Whatever you choose, there are many resources ready to help.
- Be realistic and be determined. You can become tobacco free!



COURTESY PHOTO

Show some love

American Heart Month encourages keeping ‘heart healthy’

By Maj. Jasmine Peterson
U.S. Army Public Health Command

Your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood. This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year!

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay heart healthy. So, show your heart some love this month.

One of the first steps to cherishing your heart is to know and understand your heart health numbers.

- **Monitor and know your blood pressure.** High blood pressure or hypertension is often called the silent killer because many do not know they have it and it is one of the leading causes of death within the United States. A healthy blood pressure is a systolic pressure – the top number, pressure when the heart is beating – below 120 and a diastolic pressure – the bottom number, pressure when the heart rests between



COURTESY PHOTO

- beats – below 80.
- **Check your cholesterol.** Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your healthcare provider recommends

- more frequent checks, ensuring that your heart is pumping as smoothly as possible.
- **Track your weight.** Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. Be passionate about your heart's health by putting some prevention into play.
- **Get a yearly check-up.** Work with your healthcare team

- even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease, such as hypertension or diabetes.
- **Eat healthy.** Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy

- diet can help you avoid heart disease.
- **Exercise.** One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight, and lower your cholesterol and blood pressure.
- **Don't smoke.** If you smoke, quit. If you don't, do not start. Smoking cigarettes greatly increases your risk for heart disease. Your healthcare team can help you quit, so give them a call if you smoke or use tobacco products.
- **Limit your alcohol.** Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day, and if you are a man, no more than two.

So, go ahead and make your heart your Valentine this month and try these tips. As always, contact your healthcare provider before starting any diet and exercise program, as well as to get more information about improving your heart health.



BLACK HISTORY 5K

PHOTO BY NATHAN PFau

Runners participate in the annual Black History 5K on post Saturday.

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SPORTS BRIEFS

Sweetheart Bowl

Rucker Lanes will host its Sweetheart Bowl special Saturday that will feature two-for-\$10 extreme bowling from 8 p.m. to midnight. Shoe rental will cost \$2 per person.

For more information, call 255-9503.

Presidents' Day Weekend Skins Game

Silver Wings Golf Course will celebrate Presidents' Day Weekend with a skins game Saturday and Sunday. Tee times will be between 7-9 a.m. each day. The cost will be \$10 per player, per day. A skin must be a birdie or better per hole. Prizes and payout will be determined by the number of entries divided by the number of skins, and each day will be its own event.

For more information, call 598-2449.

Stars and Strikes

Rucker Lanes will host its Stars and Strikes Monday from 10 a.m. to 10 p.m. in honor of President's Day. Stars and Strikes will feature bowling for 25 cents per person and 50-cent shoe rental. Regular pricing will apply to other menu items. There will be limited lane availability beginning at 5 p.m.

For more information, call 255-9503.

Spin Challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour spinning challenge each month, with the next taking place Feb. 19. The challenges are open to all authorized PFC patrons. Each class is \$3.50 or people can use their class cards. Each session will feature door prizes and refreshments. All challenges will take place at Fortenberry-Colton PFC at 5:30 p.m.

For more information, call 255-3794.

ATV trail ride

Outdoor recreation will host an all-terrain vehicle trail ride Feb. 21 from 7 a.m. to 1 p.m. The cost is \$20 and pre-registration is required. Drivers must pass the ODR safety driving test before participating. Participants must also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public for ages 16 and up.

For more information, call 255-4305.

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 (co-ed, 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.

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

Super Crossword

Answers

1. CORN
2. ALLIE
3. EDIC
4. CAPRI
5. AFOOD
6. POINT
7. DING
8. ALEX
9. LEADER
10. OF THE
11. BACK
12. SPAN
13. ANDON
14. SWEET
15. MOST
16. PSI
17. MAYZOS
18. HOLLINGSTON
19. ARE
20. CAL
21. YVONNE
22. REACH
23. COBBLER
24. MORAY
25. LAMB
26. SOLAR
27. NEW
28. RAGAD
29. CAMELOT
30. PUL
31. RAGAD
32. ARF
33. MET
34. VERNER
35. LUNMADE
36. BURR
37. HOLE
38. INOME
39. SPOCKET
40. OBOIST
41. LEGADS
42. CROSS
43. RINK
44. SALMON
45. TAMARIS
46. IN
47. MAGE
48. PHIC
49. ACTE
50. MAGE
51. NOBIA
52. NODAN
53. AWOKEN
54. CON
55. RACES
56. MATERNITY
57. GRANTS
58. SEFOR
59. PRODUCE
60. COUCH
61. HINA
62. EMOTE
63. RICK
64. OF THE
65. AFTER
66. RULER
67. STULATION
68. ALLOE
69. SPEED
70. DEPT
71. TENSE
72. LEND

TRIVIA

Answers

1. Venice
2. John Lennon
3. Vespa and coffee liqueur
4. Marriage
5. Jake and Elwood
6. 1947
7. Brian
8. Jimmy Carter
9. Insects
10. John and Joan Curack

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