

**BE PREPARED**  
Officials urge severe weather preparedness



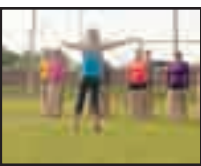
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**GOLD STAR**  
Runners honor survivors, fallen heroes during 5K



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**FITNESS**  
Boot camp welcomes all fitness levels



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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

APRIL 9, 2015

## HONORING INNOVATION

### AAAA recognizes USAACE contributions, units, people

**By Kelly P. Pate**  
*U.S. Army Aviation Center of Excellence Public Affairs*

Members of the U.S. Army Aviation Center of Excellence were recognized for their innovation in Army Aviation over the past year at the Army Aviation Association of America's annual forum in Nashville, Tennessee, March 30.

The 2nd Battalion, 13th Aviation Regiment, 1st Aviation Brigade received the Robert M. Leich Award, which lauds sustained contributions to Army Aviation in 2014, at the Army Aviation Mission Solutions Summit at the Gaylord Opryland Resort and Convention Center.

The battalion is a "model of a unit that embraces innovation by combining technologies, all the while maintaining their warrior ethos in a cavalry and scout mentality," said Army Vice Chief of Staff Gen. Daniel B. Allyn. "They are at the cutting edge of innovation and technology, learning how to best integrate our unmanned aerial surveillance, and implement manned and unmanned teaming."

The 2-13th Avn. Rgt. based at Fort Huachuca, Arizona, is responsible for training UAS experts for the Army by creating un-

manned aeroscout operators, maintainers, warrant officers and UAS leader education.

The battalion's efforts included developing the first full-scale UAS gunnery program in Army Aviation, implementing Army Learning Model 2015 in all programs of instruction and continued pursuit of instrument flight rating certification for UAS.

Receiving the award were 2-13th Avn. Rgt. Commander Lt. Col. Clinton J. Conzemius and Command Sgt. Maj. S. Todd Schmidt.

"On behalf of all members of the 2-13th Avn. Rgt., we are humbled and honored for the recognition of becoming the first unmanned Aviation organization to receive the AAAA Robert M. Leich Award. We are committed to excellence and this recognition only motivates us to further improve all aspects of our organization," Conzemius said.

The efforts of the Soldiers, Department of the Army civilians and contractors of the 2-13th directly impact the Aviation Branch and the readiness of UAS units across the Army, according to Col. Shawn Prickett, commander of the 1st Aviation Brigade.



PHOTO BY SOFIA BLEDSOE

Ellis Golson, director, Capability Development and Integration Directorate for U.S. Army Aviation Center of Excellence, received the Joseph P. Cribbins Department of the Army Civilian of the Year award for 2014 at the Gaylord Opryland Resort and Convention Center, Nashville, Tenn., March 30. Pictured are retired Brig. Gen. Howard Yellen, AAAA president; Maj. Gen. Michael D. Lundy, commanding general, USAACE and Fort Rucker; Golson, director, Capability Development and Integration Directorate, USAACE; and Gen. Daniel B. Allyn, Army vice chief of staff.

"They are an exceptional team whose hard work, passion for soldiering, and dedication to Army Aviation is evident in everything they do. At every level, the unit continues to produce the very best quality Army Aviation UAS Soldiers and officers through world-class training, flight instruction, maintenance training, and professional military education," Prickett said.

Ellis Golson, director, Capability Development and Integration Directorate for USAACE, received the Joseph P. Cribbins Department of the Army Civilian of the Year award, which recognizes an outstanding individual contribution to Army Aviation.

According to an AAAA press release,

SEE USAACE, PAGE A7



PHOTO BY NATHAN PFPAU

Col. Stuart J. McRae, Fort Rucker garrison commander, poses with Dr. Deborah Deas, Fort Rucker Primary School principal, and FRPS students before they perform during the child abuse prevention proclamation signing in the lobby of Bldg. 5700 Tuesday.

### Post commits to preventing child abuse

**By Nathan Pfau**  
*Army Flier Staff Writer*

Child abuse can oftentimes go unnoticed, but Fort Rucker is bringing the issue to the forefront as the installation's garrison commander signed a proclamation committing the community to the prevention of child abuse.

In honor of Child Abuse Prevention Month and Month of the Military Child, Col. Stuart J. McRae signed the proclamation during a ceremony in the lobby of Bldg. 5700 to bring awareness to the plight of abused children – a problem he said that must not go on unnoticed.

"Across the Army this last year, we've had 3,600 abuse cases," he said. "Here at Fort Rucker, we're fortunate that we've had a continuous decrease in abuse situations, but last year we still had 14 verified abuse cases, and that's 14 too many."

As many as 50 percent of abuse cases that take place are against children who are under the age of 3, and only 16 percent of child abuse cases are ever reported, said McRae, adding that people must do a better job of detecting the signs of abuse and reporting it to the proper authorities.

"If only 14 cases of abuse were reported last year, then there are many more that are out there that go unreported. We all have a role and responsibility to eradicate child abuse," he said, adding that knowing the signs of child abuse and neglect are part of that responsibility.

McRae, who comes from a large, multicultural family, said that he remembered on one occasion when his parents were accused of abuse, although

the charges were unfounded. His parents were investigated, and although he said the process can be one that's unnerving, it's one that is necessary and that people shouldn't be reluctant to go through it.

"None of us should be worried if someone reports something and asks someone to come check it out," he said. "We shouldn't be averse to that because it's better to be safe than sorry. We should have a situation where we're not afraid to make a call and err on the side of protecting a child if that's what it takes. If we're unwilling to be looked at and examined on what we're doing, then we may be part of the problem. Preventing child abuse is everyone's business."

Although April is Child Abuse Prevention Month, every day throughout the year should be committed to reducing and eliminating child abuse, he said.

"What better way to honor children of military families than to keep them protected from abuse?" asked Crystal Roedler, Fort Rucker new parent support program manager. "Children are the future of our nation and deserve to be protected. It is our mission to ensure that they grow up in a stable and nurturing environment, but our mission is not just to respond well to child abuse when it happens."

"Our mission is to prevent child abuse from happening in the first place," she said. "Child abuse prevention does not end on the last day of April. It must go on every day of the year, in every circumstance and in every corner of Army life, on installations and out in the community."

SEE POST, PAGE A7

## FAITHFUL SERVICE

### Community remembers, honors K9 heroes

**By Nathan Pfau**  
*Army Flier Staff Writer*

Heroes come in all shapes and sizes, on two legs and four, and Fort Rucker remembered two of its four-legged heroes who served the nation as loyally as they served their military police handlers.

A memorial service was held at the main post chapel Tuesday for Military Working Dogs Sgt. 1st Class Zeus K121 and Sgt. Maxi L601 of the 906th MWD Detachment.

Zeus was a patrol explosive detector dog who came to Fort Rucker in February of 2007 and passed Dec. 10 at the age of 10 when he was euthanized because of cancer.

Maxi was a patrol, drug detector dog who came to the installation in July of 2007 and passed Feb. 24, 2014, at the age of 8 when he was euthanized due to a tumor growth in his mouth that had grown too large, and was causing him immense pain and suffering.

Over the span of their service, Zeus and Maxi conducted thousands of military working dog demonstrations in support of the Total Army Initiative – recruiting, law enforcement and force protection support to Fort Rucker and the community – and are veterans of two deployments – Operations Iraqi Sovereignty and Enduring Freedom.

"Built through a relationship of trust, a bond of companionship through a brotherhood of shared sacrifice and steadfast dedication, their rigorous training is honed by the finest instructors on Earth,



PHOTO BY NATHAN PFPAU

Memorials were set up at the main post chapel for Military Working Dogs Sgt. 1st Class Zeus K121 and Sgt. Maxi L601, both of the 906th MWD Detachment, during a memorial service Tuesday.

but at their core they possess a courage that can't simply be learned," said the narrator for the service. "Comprised of partners who never flinch in the face of danger ... these K9 units serve beside our nation's warriors as we fight to preserve what we cherish. They have shown us what unconditional love looks like. Bravery is in their blood and valor is an instinct."

Staff Sgt. Ryan Hastings, 906th MWD Detachment and Zeus' handler, and Spc. Donovan Jenkins, 906th MWD Detachment and Maxi's handler, were presented flags during the service to symbolize that the dogs' tour of duty is complete.

Hastings said he remembered Zeus as a gentle giant that worked with him throughout the years.

"Zeus was one of the most frustrating and rewarding dogs that I had ever had the privilege of working with," said

SEE HEROES, PAGE A7



PHOTO BY JIM HUGHES

Runners participate in the recent SHARP 5K Saturday. The race aimed to draw awareness to the importance of sexual harassment and assault response and prevention.



# PERSPECTIVE

## DOD warns troops, families to be cyber-crime smart

By Terri Moon Cronk  
*Defense Media Activity*

WASHINGTON — The Department of Defense, or DoD, employees and their families should be vigilant when guarding personal and work information from expanding cyber-criminal activity, and to know how to recognize scammer tactics, the department’s chief information officer said.

Terry A. Halvorsen issued a DoD-wide memorandum March 18 about the growing threat of cyber-crime “phishing” and “spear phishing” in emails, on social media sites and through phone calls.

“Phishing” is defined as sending fraudulent emails that claim to be from reputable sources, such as a recipient’s bank or credit card company, to gain personal or financial information.

Recipients of such emails are often directed to fraudulent websites that mimic familiar-looking bank and e-commerce sites, according to Encyclopedia Britannica. Phishers ask recipients to update or confirm accounts, which discloses confidential information such as Social Security and credit card numbers.

“Spear phishing” is the latest twist on phishing, according to Britannica, and it targets companies and government agencies



FILE PHOTO

Service members must be careful when posting sensitive information to social media sites and on the Internet.

through select employees with fraudulent emails, which appear to come from trusted or known sources. When employees click on links in the emails, hostile programs enter the organization’s computers.

### Cyber-crime tactics evolving

“Cyber criminals continue using phishing and spear-phishing attacks,” Halvorsen said in his memo, “and their tactics are evolving in an increasingly pred-

atory manner.”

While military members and DoD civilians are routinely trained in recognizing cyber security red flags, the DoD also wants its workforce’s families and parents to be prepared to deal with suspicious email, he said.

These cyber criminals also track and mine social media accounts such as Facebook, LinkedIn and others “to interact with people and compromise accounts,” Halvorsen said.

### Arm yourself with knowledge

“Phishing continues to be successful because attackers do more research, evolve their tactics and seek out easy prey,” he said. “We need to arm ourselves and our families with defensive skills and knowledge to protect (against) being victimized by a phishing email, computer or phone scam.”

Halvorsen advises these safeguards to protect against phishing and spear phishing, which can also lead to identity theft:

- Never trust links or account/password prompts within email messages.
- Note that phishing emails sometimes have poor grammar or misspelled words.
- Do not trust information-seeking emails and phone calls, and verify such threats.
- Never provide your user identification and/or password.
- Refuse social media connection requests from anyone you have not personally met.
- Use spam filters for personal email.
- Never email personal or financial information, even if you know the person requesting it.
- Be wary of pop-ups; don’t click links or enter any data.
- Do not copy web addresses from a pop-up into a browser.
- Do not click on links, download files or open attachments.

In his memo, Halvorsen includes a list of resources, to help people gain defensive knowledge. The memo is in the “links” box at the top of the article.

Halvorsen’s memo encourages Service members and families to share the resources with friends and communities.

## Rotor Wash

“Army Community Service hosts a playgroup, Mom & Me: Dad Too!, for children ages birth to 3 years old Mondays from 9:30-11 a.m. at Wings Chapel Nursery. With very little free time in the average busy lifestyle, why is it important for parents to set aside time for one-on-one interaction with their children?”



**CW3 Neil Wolf,**  
**Warrant Officer**  
**Career College**

“They’re our future and they’re my kids. I always make time for them.”



**Teresa Martinez,**  
**civilian**

“You always need to make time for your children. Remember the reasons why you had children and spend time with them”



**Rosa Morrissett,**  
**military spouse**

“Lifelong bonds are built in the beginning stages of a child’s life, so it’s important to create a strong bond.”



**Joyce Brendan,**  
**military spouse**

“It’s important for them to know that, no matter what, you are there to make time for them.”



**Tammy Sharp,**  
**military family member**

“It’s good to give them some structure or normalcy in their life so they don’t feel left out of anything.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

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If you would like to contact the Army Flier by e-mail, please contact the editor at [jhughes@armyflieger.com](mailto:jhughes@armyflieger.com).

## ACE SUICIDE INTERVENTION

### Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

### Care for your buddy

- Remove any means that could be used for self-injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

### Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.



# Officials urge weather preparedness

By Nathan Pfau  
*Army Flier Staff Writer*

As waves of pollen and oppressive humidity make their way back into the South, Fort Rucker officials urge people to prepare for the year’s first severe weather season.

Not including hurricane season, the southeast experiences two severe weather seasons throughout the year, so being prepared is key to making it through safely, according to Willie Worsham, Fort Rucker emergency response manager.

“We are currently in our first severe weather season,” he said, which typically runs through April, with the second season running August through September.

“After winter, cold fronts come down from the north as the subtropical ridge in the south begins to warm and move northward into the southeast,” said Worsham. “As these two systems collide, violent weather patterns can erupt due to the drastic differences in temperatures.

The second season hits when cold fronts begin moving back down and colliding with the warm air of summer, he said.

“The subtropical ridge doesn’t allow the cold front to move through, so it will cause a lot of instability in the atmosphere,” which can lead to severe thunderstorms and even tornadoes, he

## WHAT YOU CAN DO BEFORE SEVERE WEATHER STRIKES

1. Develop a disaster plan for you and your family at home, work, school, and when outdoors. The American Red Cross offers planning tips and information on a putting together a disaster supplies kit at: <http://www.redcross.org>.
2. Identify a safe place to take shelter. Information on how to build a safe room in your home or school is available from the Federal Emergency Management Agency at: [http://www.fema.gov/hazard/tornado/to\\_saferoom.shtm](http://www.fema.gov/hazard/tornado/to_saferoom.shtm).
3. Know the county in which you live or visit – and in what part of that county you are located. The National Weather Service issues severe weather warnings on a county/parish basis, or for a portion of a county.
4. Keep a highway map nearby to follow storm movement from weather bulletins.
5. Have a NOAA Weather Radio All Hazards receiver unit with a warning alarm tone and battery back-up to receive warning bulletins.
6. NWS watches and warnings are also available on the Internet. Select your local NWS office at: <http://www.weather.gov/organization.php> or go to the NWS Home Page at <http://www.nws.noaa.gov>.
7. Listen to commercial radio or television/cable TV for weather information.
8. Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.
9. If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled. Don’t forget about pets and farm animals.

added.

People can expect strong storms with high winds, large downpours, lightning, possible tornadoes and even flooding in low-lying areas, said Worsham,

but tornadoes are one of the main things people need to be prepared for since they are so unpredictable and can strike without warning.

“The dynamics in the atmosphere during these periods are

very conducive for the formation of tornadoes,” he said. “If people hear tornado sirens, they should immediately move to an interior area of their house, such as a hallway or closet, and try and shield themselves with mattresses or anything they can.”

Because of the unpredictable nature of weather, Worsham said that people should always have a plan ready for such an occasion and stay informed. Listen for sirens and make sure everyone in their household knows what to do in the event of a severe weather emergency, he added.

Worsham offered tips for people to follow to prepare for such emergencies.

- Make a family communications plan.
- Identify levees and dams in the area, and determine whether they pose a hazard.
- Be sure trees and shrubs around the home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Bring in or secure all outdoor furniture, decorations, garbage cans and other items that are not tied down so they do not become a hazard.
- Set the refrigerator thermostat to its coldest setting and keep its doors closed in case of power outages. Freeze water in containers and place in freezer to help keep food frozen.

- Turn off propane tanks.
- Close all interior doors, and secure and brace external doors.
- Watch pets closely and keep them under your direct control. Be sure to have enough food and water for pets.
- Fill the bathtub and other containers with water in case the tap water is contaminated for sanitary purposes such as cooking, cleaning and flushing toilets.

These tips can be used for just about any weather emergency, including hurricane season, which typically runs from June through November, said the emergency response manager.

Regardless of the type of weather emergency, Worsham said people need to be ready for anything, because anything can happen.

“(Something) people tend to forget is that during these storms, power can go out at any time and stay out for days,” he said. “This is something people need to be ready for, especially in more rural areas.”

Normally people should prepare for a 72-hour time period, but in the more rural areas, it might take longer for help to get out to those areas, so people might want to prepare for a bit longer, he said.

For more information on emergency weather preparation, visit [www.ready.army.mil](http://www.ready.army.mil).

# Officials urge safety while riding motorcycles

By Nathan Pfau  
*Army Flier Staff Writer*

As motorcycle riders dust off their bikes and hit the road, Fort Rucker safety officials remind them to keep safety first and gear up properly before venturing out.

While riding serves as a leisurely pastime for many and a means of transportation for some, Andrew Smith, Army Traffic Safety Training Program lead instructor, said that without proper safety and awareness, riding can come down to life and death.

The installation takes motorcycle safety seriously and requires that every Soldier who rides to complete motorcycle safety courses, as well as wear all required safety gear when riding.

“These Soldiers are absolutely irreplaceable ... so if we can offer them some training to increase and enhance their chances of survival out on the streets, it’s what we live for,” said Smith.

Three courses are offered on Fort Rucker, including the entry-level Basic Rider Course, the more advanced Basic Rider Course 2 and Military Sport Bike Course.

All Soldier-riders on Fort Rucker must complete the BRC and then either the BRC2 or sport bike course within 12 months of completing the BRC. The BRC2 is designed for riders who own cruisers, touring bikes or standard bikes, and the sport bike course is for those whose bikes are labeled by the manufacturer as a sport bike.

The follow-up courses serve as a type of check ride to ensure that Soldiers are using the proper techniques while riding, as well as to go over more advanced techniques in regards to the type of bike they are riding.

“It’s a good way to check and make sure you’re doing everything right and to see if you’ve developed some bad habits,” said Smith.

In addition to the riding safety courses, according to Army Regulation 385-10, all

Soldiers who ride must wear six mandatory pieces of gear: a helmet, eye protection, long sleeves, full-finger gloves, long pants and sturdy boots. Some units on the installation may require their Soldiers to wear additional gear, such as reflective vests.

“Dress for protection, not fashion,” said Smith. “If you fall off your bike and you’re going to slide on the road, what do you want to have on your body protecting you?”

In 2012, nearly 5,000 motorcycle riders were killed in motor vehicle accidents, according to the National Highway Traffic and Safety Administration, and another 93,000 were injured.

It’s because of numbers like that that the Army takes a strong stance on motorcycle safety. Smith said he’s proud to state that the riding courses on Fort Rucker have trained more than 1,500 riders in just the past three years, and that Fort Rucker hasn’t had a motorcycle fatality in more than five years.

Of course, not all accidents can be pre-

vented and they’re not always the fault of the motorcycle rider, and that’s why the NHTSA wants to remind drivers of vehicles on four wheels to be cognizant and aware of those out on the roads.

All motorists are reminded to “share the roads” with their counterparts and motorcyclists are reminded to make themselves visible to other drivers.

The BRC is a 15-hour course spread over two days and is offered at least once a week. The BRC2 is a six-hour course and is offered normally twice a month, and the sport bike course is an eight-hour course that is offered about once a month. The frequency of the classes is dependent on the amount riders registered.

The courses are for active-duty Soldiers only, but Smith said that the classes are available to all branches of service at Fort Rucker.

For more information or to sign up, call 255-1027 or visit <https://IMC.army.mil/AIRS>.



PHOTO BY NATHAN PFAU

## Instructor of the Quarter

Instructors of the Quarter CW3 Curtis Steineke, Warrant Officer Career College and Warrant Officer Academic Instructor of the Quarter; CW3 Katherine Metz, A Company, 1st Battalion, 14th Aviation Regiment, 110th Aviation Brigade and Officer Flight Instructor of the Quarter; Sgt. 1st Class Raymond Huff, NCO Academy and NCO Academic Instructor of the Quarter; Staff Sgt. Julio Acevedo, C Co, 1st Bn., 223rd Avn. Regt., 110th Avn. Bde. and NCO Flight Instructor of the Quarter; Michael Fox, 1st Bn., 14th Avn. Regt., 110th Avn. Bde and Civilian Flight Instructor of the Quarter; and Joshua Mayne, B Co., 2nd Bn., 13th Avn. Regt., 1st Avn. Bde. and Civilian Academic Instructor of the Quarter, were recognized during a ceremony at the U.S. Army Aviation Museum April 1.

## News Briefs

### Silver Wings Band concert

Fort Rucker’s 98th Army Band will be performing a joint concert with the Troy University Community Band of Dothan Monday at 6 p.m. in Sony Hall (inside Everett Hall) at the Troy Dothan Campus. The concert will feature several well-known tunes from both Hollywood and Broadway, among others. It will also mark the beginning of the university’s annual Heritage Week celebration. For more on happenings with the 98th Army Band, visit its page on Facebook at [www.facebook.com/98thArmyBand](http://www.facebook.com/98thArmyBand).

### Lyster free cooking demo

Lyster Army Health Clinic provides

healthy eating education to the Fort Rucker community every day and will rolls out its new free cooking demonstrations April 17 from 11 a.m. to noon in the new Lifespace Center for anyone interested in learning new, healthy recipes. Each demonstration focuses on a different themed recipe, the first offering a heart healthy recipe, including roasted squash soup, wild rice pilaf with cranberries and apples and more.

“Participants will get a cooking demo from one of our registered dietitians, sample all the dishes, and will receive the recipes to all the dishes prepared,” said Andrea Rigsby, chief of nutrition care at LAHC. “They will also get some nutritional education about heart healthy eating as we go

through the demonstration.”

Lyster Army Health Clinic offers many classes to help further educate the Fort Rucker community on nutrition and health. Some of those include Army Move weight control classes, diabetes information classes and healthy heart classes. Lyster also offers a Healthy Eating 101 class – a four-part series teaching basic nutrition. The next series begins April 20.

Anyone interested in participating in any class can call 255-7986 or stop by the Lifespace Center to schedule an individual appointment.

### Earth Day

Fort Rucker will host its annual Earth

Day Expo April 22 from 10 a.m. to 3 p.m. at the festival fields. Exhibitors will be on hand to display Earth-friendly ideas and products for work and home. Food vendors will also be on site.

Additionally, Fort Rucker will host an E-cycling event during the expo. People can bring their electronic items, such as personal computers, keyboards, computer mice, printers, scanners, laptops, wires, microwaves, coffee pots, power cords, battery backups, lead batteries, satellite receivers, cell phones and telephones to the festival fields for recycling. No government-hand-receipt items will be accepted.

For more information, call 255-1658 or 255-1657.





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Enterprise, AL



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# Army accepts 100th AH-64 Apache E model

By C. Todd Lopez  
Army News Service

WASHINGTON – In late March, the Army accepted delivery of the 100th AH-64E Apache.

The E model is a complete rebuild of the AH-64D model. It includes an improved drive system, composite main rotor blades, a more powerful 701D GE engine, is fully digitized, and has Level-4 manned-unmanned teaming, which allows pilots to control unmanned aircraft systems, such as the Gray Eagle.

The E model “can fly higher, faster and further than the D model – and the D model is an extremely capable aircraft,” said Col. Jeffrey Hager, the Apache project manager.

Hager spoke March 31 during a media event at the Army Aviation Association of America conference in Nashville, Tennessee.

“But this aircraft outperforms and outdoes the Delta model to date,” Hager said. “The enemy continually (was) thrown off-base because the Echo showed up to combat operations well before the Delta could have under the same

conditions.”

The AH-64E’s recent success came in Afghanistan with the 1-229th Attack Reconnaissance Battalion out of Joint Base Lewis-McChord, Washington. The unit was the first to be fielded with the aircraft.

“They flew nearly 11,000 combat hours. That’s absolutely phenomenal for what we have done with the Echo – since it’s a brand new airframe,” he said. “The enemy had to change up their combat operations in order to combat the effectiveness of the Echo model.”

Hager said the 1-101st ARB out of Fort Campbell, Kentucky, will continue with that success when it replaces the 1-229th in Afghanistan later this fiscal year. The 1-25th ARB has also been fielded with the AH-64E Apache. And already, training coordination has begun for the fourth unit to be equipped with the aircraft – the 3-301st ARB, out of Fort Campbell.

The Echo model has maintained 80 percent operational readiness rates, whether in combat or in peacetime operations, Hager said.

The Army plans to have an all-Echo model Apache fleet, for a total of 690 aircraft.



PHOTO BY CAPT. JESSE PAULSBOE

Soldiers from the 1-229th Attack Reconnaissance Battalion on Joint Base Lewis-McChord, Wash., became the first in the Army to field the latest version of the AH-64 Apache attack helicopter Feb. 21, 2013.

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# Army launches ‘not in my squad’ initiative

By J.D. Leipold  
Army News Service

WASHINGTON — The Army’s senior NCO announced a new initiative to rid the ranks of sexual assault and harassment by giving responsibility for zero tolerance to first-line squad leaders.

“‘Not in my squad’ is not a bumper sticker – it’s an anthem ... a call to duty,” said Sgt. Maj. of the Army Daniel A. Dailey during a Pentagon courtyard observance March 31 kicking off Sexual Assault Awareness and Prevention Month.

“‘Not in my squad’ is a promise that each leader must take in order to care for those in his or her charge...” Dailey said. “‘Not in my squad’ is about junior leaders taking ownership of solutions.”

The Army is working a plan to have division-level and corps sergeants major identify their best squad leaders and select a diverse group of 32 squad leaders from across the force who exemplify the Army profession, Dailey said. These squad leaders will discuss and develop recommendations on how junior NCOs can further build and sustain a climate of dignity, respect, trust and inclusion, he said.

Citing statistics outlined in the 2014 Department of Defense report to the president on sexual assault prevention and response, Dailey said the reporting of sexual



PHOTO BY J.D. LEIPOLD

Sgt. Maj. of the Army Daniel A. Dailey introduces the ‘not in my squad’ initiative during the launch of Sexual Assault Awareness and Prevention Month at the Pentagon March 31.

assault in the Army had increased by 12 percent, a statistic he viewed as a vote of confidence.

“We are headed in the right direction to change the culture of reporting and ultimately preventing sexual assault and harassment,” he said. “We must remain committed to making further advances along our five lines of effort – prevention, investigation, accountability, advocacy and assessment, and we must continue to work on fostering a climate where indi-

viduals are not afraid of retaliation or the stigma of reporting a crime.”

Army Chief of Staff Gen. Ray Odierno followed Dailey, telling the audience of Soldiers and civilians about a video he had seen during the Sexual Harassment/ Assault Response and Prevention summit of senior leaders he had hosted in February. The video was shot shortly after the Soldier and NCO of the year had just finished an obstacle course.

“They were tired and were given a pop

question – how do you think the Army should deal with sexual assault and sexual harassment? Their answers got to the core of everything we believe in – they talked about the core of a squad, the importance of each other, relying on each other and the importance of eradicating this from our Army ... and that told me our Soldiers understand what’s right,” Odierno said. “This is really about the core of who we are and making sure everybody underneath us understands we will not tolerate these acts.”

“Not in my squad, not in our Army: we are trusted professionals, so I know all of us will join together, and continue to tirelessly and tenaciously focus on the well-being, safety and dignity of our Soldiers and equally dedicated civilian corps,” Army Secretary John McHugh said.

“Sexual assault and sexual harassment shatters good order – it shatters discipline, but more than anything else it shatters the lives of our Soldiers and our larger Army family, and for all those reasons and so many more, we’ve got to do everything we can, day after day, hour after hour to stamp out sexual assault and reprisal,” McHugh said. “We have to instill trust and confidence in our Soldiers and our civilians, so they know they can come forward to leaders and when they do, they won’t be victimized again.”

## Army to revise tattoo policy, make more accommodating

By C. Todd Lopez  
Army News Service

HUNTSVILLE — The Army will update its policy on tattoos during the coming weeks, making it more accommodating to current social norms, the Army’s chief of staff said.

During a press conference during the Association of the United States Army Global Force Symposium and Exposition in Huntsville, Army Chief of Staff Gen. Ray Odierno said the service regularly reviews and makes updates to Army Regulation 670-1.

“As part of the regular process that we go through in reviewing regulations, covering the wear and appearance of the Army uniform, and the appearance of our Soldiers, we will be releasing in the coming weeks, an update to that policy, and the most notable change is going to be the change in the tattoo policy in the Army,” Odierno said.

Soldiers will no longer be limited to a particular size or number of tattoos permitted on the arms or legs, Odierno said, provided those tattoos are not extremist, indecent, sexist or racist.

The policy will, however, continue to prohibit tattoos above the T-shirt neckline, on the head, face, wrists and hands. There will be an exception allowing one ring tattoo on each hand.

Odierno said that changes to the policy came after listening to feedback from Soldiers and after discussion with senior enlisted leaders.

“We have listened to the Soldiers,” Odierno said. “I’ve talked to our sergeants major and our non-commissioned officers and some of our officers, and frankly, society is changing its view of tattoos and I think we need to change along with it.”

During an interview last week, Sgt. Maj. of the Army Daniel A. Dailey discussed the upcoming change to the Army tattoo policy. He said that the message from the

Soldiers he talks to is clear: Soldiers have tattoos, tattoos are acceptable now and the tattoo policy might affect a decision to enlist.

“You can’t go anywhere without hearing about the Army’s tattoo policy,” Dailey said. “It came up when I was at the U.S. Army Sergeants Major Academy, too. So it’s not just Soldiers, but leaders, as well.”

The sergeant major said American culture has changed, and that tattoos are more accepted now than they have ever been before. The Army is a reflection of American society and American society, he said, accepts tattoos.

“I think this is a realization that we are in a different generation,” he said. “Tattoos are more prevalent in young Americans than I think they have ever been throughout American history.”

When it was implemented, the current Army tattoo policy did not force out Soldiers who had tattoos below the elbow or

knee or above the neck line. However, the policy did require Soldiers to have those tattoos documented. It also limited additional tattoos in those places.

“These Soldiers understand that, they know they are grandfathered in,” Dailey said. “But they have fears. We have documented every one of those tattoos and they expect that could one day be used against them with regards to promotions or things like that.”

Dailey said he has asked Soldiers about how the current tattoo policy might affect their decision to separate from military service. He said “overwhelmingly,” Soldiers have said the policy would play a role in their deciding to stay in or to leave.

Dailey said he did not want the tattoo policy to be the deciding factor for why a good Soldier might decide to leave the Army, adding that he felt that the policy might in some way be at odds with the requirement to maintain an all-volunteer force.

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Grilled portobello cap, sliced and grilled with Monterey Jack cheese, served on a split-top bun with fresh greens and tomato – 8

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Chicken breast strips with Monterey Jack cheese on a croissant with fresh greens and tomatoes – 8

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A pair of tacos per basket, topped with cheese, lettuce and tomatoes.

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Yellow Cheese Dip – 5

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Fried golden brown – 4

**Chili Cheese Potato Wedges**

Basket of fried potato wedges topped with chili and cheese – 6.50

**Fajita Chicken or Steak Fingers**

Your choice of chicken or steak, battered and fried served with dipping sauce.  
Chicken – 7   Steak – 8

**Beer Battered Onion Rings**

Served with special sauce – 5

**Monterey Jack Cheese Stix – 5**

**Nachos**

Individual chips with your choice of toppings and our special blend of cheeses.  
Jalapenos served on the side.  
Bean – 7.50   Cheese – 6.50  
Fajita Steak – 10.50  
Carnitas – 10.25   Beef – 9  
Chicken (on flour chips) – 10.25

**Supreme – add beans, lettuce and tomatoes to any nacho order.**

Served with sour cream – 3

**Nacho Baskets**

Chips with Monterey Jack Cheese Dip or Yellow Dip – 5  
Add Beef – 6.25  
Add Chicken – 6.95

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Grilled in garlic butter – 8.50  
Add Chicken or Bacon – 1.50

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Add Grilled Onions or Pico – 1

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Seasoned Ground Beef (fresh tomatoes upon request) – 7.50

**Bacon with Pico de Gallo**

Crispy Bacon and Pico de Gallo – 7.50

**Steak and Grilled Onions**

Fajita Steak and Tasty Onions – 9

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**Chicken with Pico**

Fajita Chicken with Pico de Gallo – 8.25   Add Bacon – 1.50

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# USAACE: Awards commend attention to detail

Continued from Page A1

the award commended Golson’s leadership in managing the Aviation portfolio, laying out the Branch’s strategic requirements for Department of Defense and congressional leaders, and ensuring the most modernized Aviation capabilities are supported.

The release cited Golson’s “attention to thousands of details, as well as dogged defense of all Aviation systems and the Soldiers who fight.”

“Golson’s leadership in developing, defending, and ultimately initiating implementation of ARI (Aviation Restructure Initiative) made him the logical choice and illustrates why he was so worthy of this recognition,” said retired Brig. Gen. Howard W. Yellen, AAAA president.

The Army’s ARI enables Army Aviation to draw down force structure while retaining the most capable and ready force possible.

Included in the ARI are force structure changes and reorganization, divestiture of legacy OH-58 aircraft, preserving the most modernized platforms and replacing the aging TH-67 trainer fleet with the UH-72A.

“It is indeed an honor to receive the Cribbins Award for the AAAA Department of the Army Civilian of the Year and to accept it on behalf of all the DA Civilians who wear a uniform on their heart every day, doing what is best for our Soldiers,” Golson said.



PHOTO BY SOFIA BLEDSOE

The 2-13th Aviation Regiment received the Robert M. Leich Award for sustained contributions to Army Aviation in 2014 at the Army Aviation Mission Solutions Summit at the Gaylord Opryland Resort and Convention Center, Nashville, Tenn., March 30. Pictured are retired Brig. Gen. Howard Yellen, AAAA president; Maj. Gen. Michael D. Lundy, commanding general, USAACE and Fort Rucker; Lt. Col. Clinton Conzemius, commander, 2-13th Avn. Rgt.; Command Sgt. Maj. Todd Schmidt, 2-13th Avn. Rgt. command sergeant major; and Gen. Daniel B. Allyn, Army vice chief of staff.

# Post: Awareness key to prevention

Continued from Page A1

In order to properly defend against child abuse, there are several warning signs of child abuse that McRae said people should be sensitive to.

People should look out for changes in children’s behavior, such as their grades dropping, activity levels decreasing, moods

changing, and not wanting to be touched or shying away from adults.

Although some children may naturally shy away from adults, if the behavior is out of the ordinary for the child, it might be a sign of abuse or neglect.

“As a parent, if somebody comes and says that there’s been an allegation or a suspicion that something might be happening, we

shouldn’t take it personally and we should cooperate. That’s how we eradicate it,” said McRae. “Our children deserve to be protected. We have a responsibility as adults and as parents, and I’m asking all of you to get involved and take that challenge for now until the end of our days. Everyone must play a role in keeping our children safe and secure and free from abuse.”

# Heroes: K9s remembered for dedication to service

Continued from Page A1

Hastings. “His overall personality and overall determination was one of a kind. There was a not a day that went by that Zeus did not teach me or challenge me. As the old man in the kennels, Zeus was loved by everybody, and even though he looked like a big, scary dog, he really was not.”

Jenkins’ memory of Maxi could be summed up in one word – loyalty.

“Man’s best friend,” he said dur-

ing the service. “It was never more apparent to me of the meaning of this phrase than from the time I spent working with Maxi. His loyalty knew no bounds and there wasn’t a moment he was not by my side. I have many memories of the times we spent together. My most fond was going in every morning, and seeing his ears perked and his tail wagging, ready to go to work.”

Readings of “A Working Dog’s Oath” and “Guardians of the Night” were read during the ser-

vice to showcase what it means to be a military working dog, and give a glimpse to what the relationship is like between dog and handler.

“When you work with one of these warriors, you’re working with something that doesn’t give up, and that’s why we won’t give up on them,” said the narrator. “These dogs have been bred to serve. Honor is their birthright. When you work with these warriors, you learn that loyalty isn’t something that is taught – it’s what they’re born with.”

K9s have serve in support of the U.S. military since World War II after the attack on Pearl Harbor in 1941, said the narrator. Their acuteness of the senses, docility, affection for man and the animal’s speed enabled the K9 to be of great value for military purposes. Today’s military working dogs are employed across the globe, serving in all branches of service detecting explosives, weapons, improvised explosive devices and illegal drugs, both in garrison and forward-deployed environments.

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**Southwestern Wrap .....\$5.75**  
shredded chicken, cream cheese, spinach, diced olives, salsa, sour cream & cheese on a spinach tortilla

**Buffalo Chicken Wrap .....\$5.75**  
shredded chicken, cream cheese, celery, ranch and hot sauce rolled in a spinach tortilla

**Wildcat Panini .....\$6.25**  
smoked turkey, honey ham, cheddar, provolone, banana peppers, basil cream cheese spread on a grilled baguette

**Smokehouse Panini.....\$6.25**  
smoked turkey, bacon, cheddar & ranch cream cheese on a grilled baguette

**Sweet & Spicy Panini .....\$6.25**  
honey ham, pepperjack cheese & honey mustard on a grilled baguette

**Bowl of Soup .....\$5.00**  
**Cup of Soup .....\$2.50**

### Our Sides:

• Fresh Fruit • Pasta Salad • Chips  
• Potato Salad • Soup • Regular Cupcake  
**Additional Sides...\$1.50 ea**

## Specialty Drinks

**Lattes/Cappuccinos**      **Mocha**  
12 oz - \$2.75 • 16 oz - \$3.25    12 oz - \$3.50 • 16 oz - \$4.00  
**Americano**      **Frappe** 16 oz - \$4.00  
12 oz - \$1.75 • 16 oz - \$2.25    **Smoothies** 16 oz - \$3.75  
Flavor +25¢ • Extra Shot +50¢

## Drinks

• Small Soda \$1.00    • Large Soda \$1.50  
• Sweet Tea \$1.50    • Smart Water \$2.00  
Dasani Bottled Water \$1.50

## Catering

**Chicken Salad Tray  
or  
Southwestern Wrap Tray  
\$35 (10 people)  
\$68 (20 people)**

We can arrange a tray specifically  
for your event. Availability is not  
limited to these items listed.

**Cheese & Fruit  
\$25 (10 people)  
\$45 (20 people)**

**Breakfast/  
Dessert Trays  
\$23 (10 people)  
\$45 (20 people)**

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your next  
birthday party!

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OUR  
SPRING**

# OPEN HOUSES

**SUNDAY ~ APRIL 12 ~ 2pm - 4pm**



**115 WINTERBERRY WAY ~ \$107,900**  
Neutral tile throughout bottom floor in this 2BR/2.5BA townhouse, in Woodland Park, makes home look larger & stay cleaner for pets or children. Huge master bedroom with enough room for a desk or sitting area & well maintained home! The HOA takes care of the lawn, trimming & water bill for sprinkler system. The vinyl privacy fence creates a nice backyard retreat so you can enjoy Alabama's warm weather outside on the spacious covered patio! Also, lots of closet storage, especially under the stairs.

**Directions:** Woodland Park: Take Boll Weevil Circle to Woodland Cottages (across from Enterprise Preparatory Academy) turn into the subdivision & take the first right. Home is on the left, the townhouse is on the right side at the end. Also can go in via Damascus Rd.

**HOSTED BY:** MAGGIE MOAS 369-0011



**214 WINTERBERRY WAY \$149,500**  
**NEW CONSTRUCTION:** Ready! The Cottages at Woodland Park: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & 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. (Poplar Place Plan)

**Directions:** Hunter Ridge: From the Boll Weevil Circle, 167 N approx. 4 miles, right into Hunter Ridge subdivision (CR 163). House will be on the right.

**HOSTED BY:** SOMMER RAKES 406-1286



**109 ROSEMOUNT COURT ~ \$250,000**  
Like new 3BR/2BA home in beautiful Tartan Pines golf community. Fabulous kitchen w/granite countertops, breakfast bar, pantry & mobile island. Cozy family room w/fireplace overlooks the golf course. You can enjoy the same view from the screened in porch. Master suite has a huge walk-in closet, separate shower, jacuzzi tub, double sinks & vanity space. Straight shot from the garage to the kitchen for unloading purposes. Central vacuum, sprinkler system & plantation shutters throughout. **Directions:** Tartan Pines: From Boll Weevil Circle, turn into Tartan Pines golf community, Rosemount is first street on the right. House on left.

**HOSTED BY:** JAN SAWYER 406-2353



**476 COUNTY ROAD 555 ~ \$392,500**  
Country roads bring you home to a spacious house on 5.43± acres in Birdwood, minutes from town. White vinyl fencing w/brick columns frame entrance to home. Perfect for horse lovers or anyone wanting space inside & outside. Over 3,000 SF of living area w/hardwood floors in main living area, split floor plan, formal dining & eat-in kitchen with pantry & large bonus room. Enjoy entertaining on the deck overlooking the pool & lighted basketball court. Bring the horses -- there is a barn! **Directions:** Birdwood: Highway 134W, right on County Road 537, left on County Road 555.

**HOSTED BY:** JUDY DUNN 301-5656



**211 STRATFORD ~ \$187,900**  
GREAT LOCATION!! Great split floor plan with new flooring throughout. Lovely high orange peel ceilings with a tray ceiling in the grandroom. Master suite has jacuzzi tub, separate shower, double vanity & a large walk-in closet. Grandroom is accented with a gas log fireplace, nice windows & French doors with a great view of the outdoors. Convenient to Ft. Rucker & zoned for Holy Hill Elementary. Laundry room w/sink. Fenced in backyard. Large lot. Hardwood & carpet was installed in 2013. **Directions:** Clubview Estates: From Boll Weevil Circle take US 27 E (Ozark Hwy) - Take left on Shell Field - Take left on 2nd entry into Stratford - OR - Boll Weevil Circle to right on Shell Field - Take right on 1st entry into Stratford - house will be on right.

**HOSTED BY:** BOB KUYKENDALL 369-8534



**384 COUNTY ROAD 163 ~ \$308,000**  
Beautiful home on 1.8+ acres in a lake subdivision. 4BR plus a bonus room for an office or crafts. Oversized patio ideal for outdoor family time. Granite countertops, stainless steel appliances, surround sound, security system, separate shed plus many more extras! Lots of privacy! **Directions:** Hunter Ridge: From the Boll Weevil Circle, 167 N approx. 4 miles, right into Hunter Ridge subdivision (CR 163). House will be on the right.

**HOSTED BY:** TERRI AUST 406-2072



**404 VALLEY STREAM ~ \$188,300**  
Charming new construction in the NEW Valley Stream Garden Subdivision. Craftsman style. Great kitchen with extra cabinets, pantry, breakfast bar & dining nook. Granite countertops throughout home. Utility room has cabinets. Tray ceilings. Crown molding. Gas fireplace. Bath bedrooms have double vanities. Builder is waiting for buyer to choose flooring! Sprinkler system. Builder is related to a real estate agent in the state of Alabama. **Directions:** Valley Stream Garden: Boll Weevil Circle. Go north on Shell Field Rd. Take right on Hickory Bend. Left Windsor Way. Right on Valley Stream. Keep going into New Valley Stream Garden Subdivision. Home is on right.

**HOSTED BY:** SHAWN DEEVES 475-6405



**118 BELVEDERE ~ \$179,300**  
Adorable Craftsman-style cottage located in the very popular Valley Chase Subdivision. Better than new, it's immaculate & move-in ready. If you like new construction, you should add this home to your list of homes to view. It's only 4 years new & the location may be just what you are looking for. **Directions:** Valley Chase: From Boll Weevil Circle take Shell Field Road north. Right on Hickory Bend, left on Windsor Way, right on Valley Stream, right on Valley Chase, left on Belvedere. House on right.

**HOSTED BY:** THERESA HERNANDEZ 378-9937



**103 PINEHURST ~ \$79,900**  
Looking for your first home? Then start here with this brick, 3BR house. Interior recently repainted, hardwood floors, storage/laundry with built-in workbench. Large lot with room for a garden. Pretty as a picture... a great way to begin. **Directions:** Pinehurst Subdivision: Headed N on Boll Weevil Circle, turn left onto Pinehurst, travel about ¾ miles, house on right.

**HOSTED BY:** MISTY TORRES 477-8635



**207 GREY FOX TRAIL ~ \$209,000**  
Contemporary 3BR/2BA brick home with upgrades galore. Granite, gas log fireplace, molding, tray ceilings, bronze fixtures, custom cabinets. Large walk-in closet in master. The huge backyard will fit a pool & has a privacy fence. Open concept floor plan is great for easy living & easy entertaining. Gate to the Kindergarten center is just a few houses down in the cul-de-sac. **Directions:** Brookwood: From Boll Weevil Circle into Brookwood. Turn left onto Grey Fox Trail, home on left.

**HOSTED BY:** JACHTHROPSON 406-1231



**3014 MORNINGDOVE WAY ~ \$176,500**  
Great Home! Great Priced! Granite countertops through out. Custom cabinets, stainless appliances, laminate flooring, electric fireplace, tray ceiling in living room, crown molding through out, surround sound, security system, privacy fence. Convenient to Ft. Rucker! **Directions:** Quail Hollow: Rucker Blvd to right on Morningdove (Entrance to Quail Hollow) - House will be down on the right.

**HOSTED BY:** CHRIS ROGERS 406-0726



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**\$89,900**

**459 SANDY OAK:** Great townhouse that's move-in ready. Interior freshly painted, stainless appliances, walk-in closets. Convenient to Ft. Rucker. **BOB KUYKENDALL 369-8534**



**\$146,000**

**7 BRECKEN RIDGE:** 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**



**\$84,900**

**301 BRIARWOOD:** Want to save time? This brick 3BR house with bonus room is conveniently located to Ft. Rucker, shopping & schools. Ideal for the family with a great fenced yard. Updates include newer AC unit & flooring. Make this your first home -- a great place to begin. **CHRIS ROGERS 406-0726**



**\$207,250**

**112 BRITT:** This house features an extra-large master bedroom. The MBR closet is oversized. A surprise off the MBR--an extra room. It will be good for the nursery, office or even exercise room. Wired for surround sound. The grandroom is perfect for the oversized furniture. It will be the center of the family activities. The three season room will be a quiet get away. It overlooks a peaceful backyard that features extra landscaping. The house is the perfect place to call home! **MARY M. JONES 790-2933**



**\$214,500**

**117 WEST ROBERTSON:** Great floor plan. Tartan Pines Golf Community, 18 hole championship golf course, lighted driving rand, club house & pool. A unique lifestyle.

Owner is a licensed residential home builder & REALTOR in state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**



**\$179,300**

**118 BELVEDERE:** Adorable Craftsman-style cottage located in the very popular Valley Chase Subdivision. Better than new, it's immaculate & move-in ready. If you like new construction, you should add this home to your list of homes to view. It's only 4 years new & the location may be just what you are looking for. **Directions:** Valley Chase: From Boll Weevil Circle take Shell Field Road north. Right on Hickory Bend, left on Windsor Way, right on Valley Stream, right on Valley Chase, left on Belvedere. House on right.

**HOSTED BY:** THERESA HERNANDEZ 378-9937



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**\$199,920**

**200 WEST BRUNSON:** Historic home with extra lot. House with many of its original features. Just 3 minutes from the hospital, clinics, restaurants, shopping & historic downtown Enterprise. Move in or move your business in...or both. Owners of the property are licensed REALTORS in the state of Alabama. **FRAN & DON KALTENBAUGH 790-5973**



**\$79,000**

**210 FOXCHASE LANE:** Updated traditional townhome conveniently located to work, schools & shopping. Open airy living/dining/kitchen area, 1-car garage, patio & fenced yard make this a home you will enjoy. Wood floors in foyer & living area & carpeted stairs lead to upstairs bedrooms. Master bedroom has adjoining bath & walk-in closet & opens onto an upper deck. Community pool & clubhouse within townhouse community provide a wonderful place to relax & visit with family & friends. **JUDY DUNN 301-5656**



**\$254,900**

**504 RIVERWOOD ~ \$254,900:** Ready for new family! New construction in Sommer Brooke: 4BR/2BA, stainless steel appliances, hardwood, carpet, tile, low E windows & sprinkler system. Owner is licensed residential home builder & REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**



**\$179,300**

**118 BELVEDERE:** Adorable Craftsman-style cottage located in the very popular Valley Chase Subdivision. Better than new, it's immaculate & move-in ready. If you like new construction, you should add this home to your list of homes to view. It's only 4 years new & the location may be just what you are looking for. **Directions:** Valley Chase: From Boll Weevil Circle take Shell Field Road north. Right on Hickory Bend, left on Windsor Way, right on Valley Stream, right on Valley Chase, left on Belvedere. House on right.

**HOSTED BY:** THERESA HERNANDEZ 378-9937

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**Evelyn Hitch 406-3436**



**\$315,000**

**2784 PLANTATION PLACE ~ MLS# 20150036:** Beautiful custom built, 1-owner home, with 9 ceilings, lots of wood crown molding & wood interior doors. 2 heat pumps with electronic controlled filters, 2 thermostatically controlled attic fans, security system with cameras that will also detect carbon monoxide, fire & window break-ins. Can check your house while on vacation through this system. Walls are 2x6 & insulated inside & out. Propane tank buried in the ground for fireplace & natural gas is to the house. Over 100 flowering shrubs.



**\$249,900**

**11841 HIGHWAY 87, ELBA - MLS# 20150585:** This home has been completely remodeled to include new double hung, double pane windows, plumbing & electric, kitchen cabinets & appliances, hardwood floors have been refinished & kitchen & baths have been tiled. Also has a storage building & 2 barns. Approximately 20 acres more or less. Well condition is unknown & not warranted. Additional acreage available. Look at MLS#s 20150583, 20150584, 20150586.



**\$155,760**

**105 SKYLARK - MLS# 20141418:** This is a custom built, 1-owner home with no wasted space. Open concept grandroom with gas log fireplace, dining area & sun room. Kitchen has new cabinets with pull-out drawers in the one floor to ceiling unit next to cooktop, granite countertops & tile backsplash, all new appliances. Pass through opening from kitchen to sun room. Jack & Jill bath separates the 2 bedrooms on the one side of the house with separate vanity areas for both bedrooms. Full wall built-in unit at front door for storage.



**\$139,500**

**1931 REDHAWK ~ MLS# 20141876:** 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 oil new floor covering, stainless steel appliances in the kitchen, metal roof & vinyl siding. Immaculate condition, priced to sell. Call today to set up your appointment for your personal showing.



**\$109,000**

**105 CAHABA - MLS# 20142142:** This property is available for sale or rent. Great floor plan featuring a grandroom with fireplace, kitchen with dining area & built-in desk unit in first bedroom & built-in storage boxes in corner bedroom closet. MBR features a separate area for tub & commode, but has a double vanity, dressing area with closets across the back wall. Bring your groceries in from the garage right to the kitchen. Enjoy the double decks on the back with plenty of room for play or for the dogs to run.



**\$179,300**

**118 BELVEDERE:** Adorable Craftsman-style cottage located in the very popular Valley Chase Subdivision. Better than new, it's immaculate & move-in ready. If you like new construction, you should add this home to your list of homes to view. It's only 4 years new & the location may be just what you are looking for. **Directions:** Valley Chase: From Boll Weevil Circle take Shell Field Road north. Right on Hickory Bend, left on Windsor Way, right on Valley Stream, right on Valley Chase, left on Belvedere. House on right.

**HOSTED BY:** THERESA HERNANDEZ 378-9937



APRIL 9, 2015

## IRON FOCUS

*1st AD CAB helps conduct large-scale air assault training*

PHOTO BY SGT. ALEXANDER NEELY

A Soldier from 1st Battalion, 36th Infantry Regiment, 1st Stryker Brigade, 1st Armored Division assumes a fighting position after jumping from a UH-60 Black Hawk flown by 3rd Battalion, 501st Aviation Regiment, 1st AD Combat Aviation Brigade, during hot-load training prior to an air assault outside the notional village of Shirvan, as part of an Iron Focus exercise on the Fort Bliss, Texas, range complex March 26.

By Sgt. Alexander Neely  
1st Armored Division  
Combat Aviation Brigade

FORT BLISS, Texas — Utilizing all forms of its air assets, the Combat Aviation Brigade, 1st Armored Division along with Soldiers from 1st Battalion, 36th Infantry Regiment, 1st Stryker Brigade, successfully performed a complex air-assault training mission with a short planning curve March 26 during Iron Focus 15.

The annual division-wide exercise held on Fort Bliss' training grounds required quick and synchronized planning by teams from the CAB's 3rd Battalion, 501st Aviation Regiment and 1-36th Inf. Rgt. to determine the most efficient way to surprise guerrilla fighters who had overrun a village.

Relying on speed and sheer numbers in terms of aircraft and ground Soldiers, the 3-501st and 1-36th surprised the guerrilla forces by swooping in about a kilometer north of the notional village of Shirvan. After off-loading from UH-60 Black Hawks and CH-47 Chinooks, ground troops used a bounding entrance into the village.

"Some of the best kind of training is the rare kind of training," said Maj. Donald R. Kirk, operations officer for 3rd Bn. "It is rare we are able to get the ground and air forces together to train, so when we can it's something all Soldiers and leadership appreciate."

Given less than a day to fully plan the mission, Kirk and other 3rd Bn. planners determined that eight Black Hawks and a Chinook would drop the troops a half-mile away from the village. Overhead, Gray Eagle and Shadow unmanned aircraft systems surveyed the area for air-defense and ground threats.

For security, the CAB enlisted AH-64 Apaches from B Company, 1st Attack Reconnaissance Battalion, 4th CAB out of Fort Carson, Colorado, which prowled ahead of the ground Soldiers to address those threats.

"We want the Soldiers to understand the feeling of a deployed environment," said Maj. James H. Scullion, the CAB's operations officer. "The more efficient we train here, the better we will perform as Soldiers, a unit and an Army down range."

Once safely on the ground, the infantry

SEE FOCUS, PAGE B4

10TH  
CAB*Aviators  
participate  
in joint  
training*

By Capt. Peter Smedberg  
10th Combat Aviation Brigade  
Public Affairs

FORT DRUM, N.Y. — Flight crews from the 10th Combat Aviation Brigade's 1st Attack Reconnaissance Battalion and 2nd Assault Helicopter Battalion participated recently in a joint offensive exercise with joint terminal attack controllers from the Air Force's 20th Air Support Operations Squadron, as well as joint forward observers from 1st and 2nd Brigade Combat Teams in the restricted training area north of post.

The exercise, which also incorporated F-16 Falcons from 158th Fighter Wing of the Vermont Air National Guard, was designed to enhance communication between Aviators and ground forces while conducting realistic training.

"It's not every day that we get to train with JTACs," said 1st Lt. Joseph Lanham, AH-64D pilot from C Company "Bluemax," 1st Attack Reconnaissance Battalion, 10th CAB, prepare their AH-64 Apache helicopter for launch before conducting a joint training exercise with Airmen from the Air Force's 20th Air Support Operations Squadron on Fort Drum, N.Y., March 19.

SEE TRAINING, PAGE B4



COURTESY PHOTO

Capt. Chase Roe, commander of Headquarters and Headquarters Company, 10th Combat Aviation Brigade, and 1st Lt. Joseph Lanham, Aviator from C Company "Blue-max," 1st Attack Reconnaissance Battalion, 10th CAB, prepare their AH-64 Apache helicopter for launch before conducting a joint training exercise with Airmen from the Air Force's 20th Air Support Operations Squadron on Fort Drum, N.Y., March 19.



PHOTO BY SPC. STEVEN HITCHCOCK

Soldiers assigned to 2nd Stryker Brigade Combat Team, 25th Infantry Division, conduct air assault sling load training on Warrior Base, New Mexico Range, in the Demilitarized Zone, Republic of Korea, March 18 during joint training exercise Fowl Eagle 2015.

## 4th CAB tests door gunners

By Sgt. Jonathan Thibault  
4th Combat Aviation Brigade  
Public Affairs

PIÑON CANYON MANEUVER SITE, Colo. — White smoke from the hot end of a barrel reflected off an aircrew member's helmet visor during an aerial door gunnery range at Piñon Canyon Maneuver Site.

The 3rd Assault Helicopter Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, held its first aircrew door gunnery range March 10.

"We are trying to qualify all of our door gunners as part of a yearly qualification," said 1st Lt. Kenneth Wigboldy, aerial door gunnery officer in charge, 3rd AHB. "We ran them through six different weapon iterations to familiarize them with the standards of the qualification. In the sixth and final iteration, they are graded. They have to qualify in a day and night range in order to be fully qualified."

The gunnery is not a regular weapons range because it contains scenario training, Wigboldy noted.

"Graders and pilots have scripts for each gunner qualifying," he said. "Graders and pilots tell the gunner the type of threat, who is friendly and who is the enemy. It is up to the gunner to properly identify the threat, avoid friendly forces and eliminate enemy targets. This helps the gunners improve and train their situational awareness."



PHOTO BY SGT. JONATHAN THIBAULT

Pfc. Nicolas Pontarelli, UH-60 Black Hawk crew chief with 3rd Assault Helicopter Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, fires rounds at targets on the ground during an aerial door gunnery range at Piñon Canyon Maneuver Site, Colo., March 10.

The gunnery showed how the CAB's capabilities go beyond its ability to sling-load, MedEvac and transport Soldiers around the battlefield, said Wigboldy.

"We want our aircrews to be trained beyond the transport platform that they are used to," he said. "We want to make them aware that the Black Hawk can be a very persuasive attack platform type of aircraft with properly trained aircrews. These skills they learn during the gunnery will pay dividends in future deployments of the CAB."

Sgt. Jacob Martin, 3rd AHB

master gunner, has been a crew chief and door gunner for six years.

"We give the qualifiers academic instruction in the classroom before they ever touch the weapon they will be qualifying with," said Martin. "Next step is shooting the weapon from the ground to familiarize them with how the weapon fires. Then they use a digital simulator to see how the weapon fires when flying through the air. Finally, they go through the tables and qualify during the aerial door gunnery."

Martin said a lot of door gun-

ner training is needed because of how the weapons fire while the helicopter is maneuvering.

"Due to the disrupted air created by the helicopter blades, the weapon's cone of fire and dispersion changes," said Martin. "Because of this, point targets become more difficult so a gunner must train and adjust how they fire to land ammunition on their targets."

CW2 Nathaniel Burklow, UH-60 Black Hawk pilot with 3rd AHB, said taking part in the aerial door gunnery range helps familiarize him with the weapons used on his aircraft.



# CLASSIFIEDS

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## ANNOUNCEMENTS

### AUCTION SALES

#### PUBLIC AUCTION

**APRIL 10, 2015 - 1PM**  
**COFFEE SPRINGS TOWN HALL**

Property described as 8.1 acres with historic artesian spring known as "The Coffee Springs Pool".

\***Vacant Lot 12** in Block 2 on Main Street (30x80 lot size)

\***Vacant Lot 6** located on Co. Rd. 75 (adjoins Springs)

\***Vacant Lot 7** located on Co. Rd. 75 (adjoins Springs)

**For additional information contact**  
**Town Hall 334-684-8181**

### CEMETERY LOTS & RELATED

**Ward Wilson Memory Hill in the Holy Hills Garden, Lots 299 & 257, spaces 4 & 1, \$1500. ea. Call Cloverdale United Methodist Church 334-792-2789.**

### GENERAL & SPECIAL NOTICES

#### TOUR AMERICA

**Biloxi, MS Beau Rivage Boomtown, IP**  
2 nights/3days ➔ May 3-5, 2015  
**Mackinac Island Upper Peninsula MI,**  
Canada, WI, Minn. Mall of America  
➔ Sep. 30/Oct. 4, 2015  
**National Gospel Quartet Conv.**  
Pigeon Forge, TN ➔ Sept. 30/Oct. 4, 2015  
**Alpine Helen, GA. Fall Mountain Festival, Hiawassee GA.** ➔ Oct. 13-16, 2015  
**Rose Parade Pasadena. Los Angeles,**  
San Francisco, Calif. Red Wood Forest, Alcatraz visit ➔ Dec. 29/Jan 8, 2016  
**For Info: Merita Stanley (850) 594-9980**

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**Wells Lawn Mower - Taylor, AL**  
➔ Call 334-702-9566 ➔

## PETS & ANIMALS

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**German Shepherd:** Black & tan puppies that have mainly german bloodlines will be available April 4th. Sire is a black and tan that comes from Kirschenental bloodlines. Dam is white and also has german bloodlines. Many champions in these puppies pedigree. Call 334-355-3457 for more info.

**Puppies For Sale!** Chihuahua \$300, Chiweenie \$300, Japanese Chin Mix \$350, Chinese Crested \$400, Teacup-Chihuahua \$500, Poodles "Males" **850-573-3486.**

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Co. Rd. 34 Ozark, AL

Strawberries!!! Tomatoes, sweet potatoes, onion, squash, watermelon & more!

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Exc. germination Call: Kendall Cooper  
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Live Oaks & Crepe Myrtle

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## EMPLOYMENT

### GENERAL

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# 90th ASB named Reserve unit of the year

By **Spc. Jessica Nemece**  
*Army News Service*

CAMP BUEHRING, Kuwait — The 90th Aviation Support Battalion deployed to Kuwait with the 34th Combat Aviation Brigade was named the 2014 Army Aviation Association of America U.S. Army Reserve Unit of the Year.

The 90th ASB is the only Aviation support battalion in the USAR.

“This was a testament to Lt. Col. (Lee) Hyder’s (90th ASB commander) leadership and guidance throughout the entire deployment,” said Capt. Thomas E. Samson, Headquarters Support Company commander, 90th ASB.

The award is given to a unit that has made an outstanding contribution to Army Aviation above the normal mission assigned to that unit, Samson said.

In the first four months of the deployment, the 90th ASB completed more than five UH-60 Black Hawk phases, one AH-64 Apache phase, 1,400 work orders, pumped 170,000 gallons of fuel, drove over 14,000 tactical miles, completed 230 ground maintenance work orders and treated over 370 patients, according to the AAAA.



PHOTO BY SPC. JESS NEMEC

**Capt. Thomas Samson, Headquarters Support Company, 90th Aviation Support Battalion commander, informs Brig. Gen. Troy D. Kok, 11th Aviation Command commander, about the battalion's work during the general's visit to Camp Buehring, Kuwait, Feb. 20.**

“I think our ability to integrate with the 34th CAB was a great strength and reflection of the professionalism of the battalion,” Hyder said. “Working in a multi-component brigade is always a challenge, but we were able to successfully integrate ourselves. It was also a great reflection of

the 34th CAB leadership team at how they took us in and made us one of their own.”

Samson was at Fort Knox, Kentucky, to accept the award on behalf of the 90th ASB.

“(Samson) was responsible for ground maintenance for the battalion and brigade

headquarters, battalion aid station, and providing food service support to the battalion,” Hyder said. “His job was immense and his leadership was instrumental to his company accomplishing all assigned missions. It’s great he was able to represent the battalion in accepting this award. He represented the battalion well.”

The Soldiers came together to accomplish the mission and provide world-class support to the 34th CAB and its mission, Samson said.

“The biggest accomplishment was being able to get Soldiers who were cross-leveled from 12 different units, some within the 11th Aviation Command, and some outside – both Reserve and active duty – to come together as one company,” Samson said.

This was the 90th ASB’s first deployment in about 70 years. The battalion trained for 24 months in preparation for the mission.

“It is a great honor to be recognized by the AAAA organization,” Hyder said. “We are very proud to receive it on behalf of USAR Aviation, and it represents a validation of all the hard work and dedication that the Soldiers put into the unit and the mission.”

## Focus: Training employs realistic combat scenarios

*Continued from Page B1*

Soldiers from 1-36th were able to regain control of the village with a variety of tactical maneuvers.

The 2nd Bn., 501st Avn. Rgt. was available, but ultimately not needed, to provide air medical evacuations for the mission.

While the air assault was considered a success, it was

not without its difficulties during the planning stage.

“We normally have 96 hours to plan for an air assault. However, due to exercise constraints, we were given less than 20,” said Scullion. “Yet, the Soldiers here were able to devise an incredible plan – one that gave everyone the best and safest training.”

During Iron Focus, the CAB conducted deliberate attacks, route reconnaissance, resupply, security, VIP and

troop transport, and 24-hour MedEvac operations, mostly in support of 1st Stryker Brigade.

The training and combined-arms maneuvers required of the Soldiers are based on situations the military has faced in combat.

Iron Focus, led by 1st AD, is a notional operation where over 7,500 Soldiers participate in a high-paced schedule of realistic situational training and live-fire exercises.

## Training: Exercises enhance unit ground-air communication

*Continued from Page B1*

other assets on station.”

During the exercise, JTACs, along with their simulated ground force, were infiltrated onto their objective via UH-60M Black Hawks from the 2-10th Avn. Rgt. to seize a high-value individual’s safe house to gather and exploit information about a nearby fictional chemical facility.

Shortly after being inserted, the JTACs were able to identify

simulated enemy fighting positions and relay their positions to the AH-64D Apaches from the 1-10th Avn. Rgt. circling overhead, as well as the F-16 Falcons providing close air support. Ultimately, they were able to achieve their objective of destroying the enemy threat and accomplish the mission.

The training scenario was similar to those typically experienced in theaters like Iraq and Afghanistan, where airspace de-

confliction and the JTAC’s ability to direct air assets onto targets are critical to mission success.

In addition to enhancing the communication between Aviators and JTACs, the training also provided AH-64D flight crews an opportunity to practice five- and nine-line close-combat attack drills, simulating the release of the aircraft’s munitions onto targets on the ground.

“This exercise was a great chance to work on our CCAs

(close-combat attacks),” said Capt. Chase Roe, commander of Headquarters and Headquarters Company, 10th CAB, and AH-64D Apache pilot. “We don’t get to practice this task as much in garrison, so it was important to us to capitalize on this opportunity and build up confidence.”

The 10th CAB Aviators were not the only ones to benefit from the exercise – JTACs from the 20th ASOS also were provided a rare training opportunity along

with 27 JFOs from 10th Mountain Division.

“The training we did was rare for even the more experienced JTACs,” said Capt. Luke Fekete, 20th ASOS A flight commander and a JTAC. “Mic time with pilots is huge for our JTACs in training – (it) is essential for confidence and proficiency.”

The success of this joint exercise is expected to lay the groundwork for training events to be executed this spring and summer.



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<b>9 HAWAIIAN</b> ..... Red sauce, mozzarella, ham, pineapple, finely chopped cashews	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>10 BACON CHEESEBURGER</b> ..... Red sauce, mozzarella, provolone, white cheddar, bacon, ground beef, red onions, Parmesan	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>GLUTEN-FREE CRUST</b> ..... Add <b>1.00</b> (small only)			
<b>11 VEGGIE GOURMET WORKS™</b> ..... Red or creamy white sauce, mozzarella, mushrooms, red onions, red bell peppers, black olives, artichoke hearts, garlic, tomatoes, Italian herbs, Parmesan	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>12 GREEK</b> ..... Olive oil and garlic sauce, mozzarella, ham, red onions, kalamata olives, pepperoncinis, feta	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>13 PROSCIUTTO, MUSHROOMS, ARUGULA</b> ..... Olive oil and garlic sauce, mozzarella, Parmesan	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>14 REDBRICK GOURMET WORKS™</b> ..... Red sauce, mozzarella, pepperoni, ham, bacon, Italian-style sausage, mushrooms, black olives, red onions, green bell peppers	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>15 MEAT WORKS</b> ..... Red sauce, mozzarella, pepperoni, ham, Italian-style sausage, ground beef, bacon	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>16 PIZZA BIANCA™</b> ..... Olive oil and garlic sauce, mozzarella, Italian-style sausage (or fire-roasted chicken), mushrooms, roasted pine nuts, ricotta cheese	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>17 PIZZA RUSTICA™</b> ..... Perfectly thin & crisp Olive oil and garlic sauce, mozzarella, ham, pepperoni, mushrooms, mozzarella, Parmesan, fresh basil, spices	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>
<b>18 PIZZA BUFALO™</b> ..... "Red hot" sauce, mozzarella, buffalo chicken, red onions, carrots, "red hot" Parmesan crust, ranch drizzle (after bake)	<b>8.25</b>	<b>12.35</b>	<b>18.55</b>



**FIRE-ROASTED Fhazani SANDWICH**

Our signature flat bread sandwich is fire-baked fresh to order topped with romaine lettuce, tomatoes, cucumbers, & trans fat free dressing

**DRESSINGS:** Caesar • Italian • Ranch • Greek • Tangy Oriental

**CREATE YOUR OWN.....7.95**  
Select any pizza Fhazani Style

**PROSCIUTTO MILANO .....7.45**  
Olive oil & garlic, mozzarella, salami, pepperoncinis, red onions, arugula, romaine lettuce, tomatoes, cucumbers, Italian dressing

**CHICKEN PESTO .....7.45**  
Pesto sauce, ricotta, red & green peppers, red onions, romaine, tomatoes, house ranch dressing

**CLUB .....7.45**  
Red sauce, mozzarella, ham, chicken, bacon, red onions, romaine lettuce, tomatoes, cucumbers, house ranch dressing

**HAM & CHEESE .....7.45**  
Red sauce, mozzarella, provolone, white cheddar, romaine lettuce, tomatoes, cucumbers, house ranch dressing

**BBQ CHICKEN .....7.45**  
BBQ sauce, mozzarella, red onions, romaine lettuce, tomatoes, cucumbers

**ITALIAN .....7.45**  
Red sauce, mozzarella, ham, salami, Italian-style sausage, red onions, romaine lettuce, tomatoes, cucumbers

**CHEESEBURGER .....7.45**  
Olive & garlic, mozzarella, provolone, white cheddar, finely ground beef, romaine lettuce, tomatoes, ketchup & mustard



**FIRE-ROASTED Calzones**

**ADDITIONAL TOPPINGS ..... .80**

**DAIRY-FREE CHEESE ..... 1.00**

**CLASSIC .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend + a jumbo portion of a topping of your choice. Served with marinara.

**PEPPERONI, MUSHROOM & ITALIAN SAUSAGE .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend. Served with marinara.

**SAUSAGE & PEPPERS .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend, Italian sausage, green bell peppers, mushrooms. Served with marinara.

**SOUTHWESTERN BBQ CHICKEN .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend, red onions, red bell peppers, chipotle sauce. Served with ranch.

**MEAT WORKS .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend, bacon, pepperoni, ham, sausage, beef. Served with marinara.

**VEGGIE .....7.99**  
Ricotta, cheddar blend, minced garlic, Parmesan herb blend, mushrooms, red onions, red bell peppers, artichoke hearts, black olives, tomatoes. Served with marinara.

**OR Create Your Own Pizza**

	S	M	L
<b>Original Style Crust or Thin &amp; Crispy</b>			
Red sauce, mozzarella cheese.....	<b>6.15</b>	<b>9.15</b>	<b>13.25</b>
Gourmet Toppings per topping.....	<b>.80</b>	<b>1.35</b>	<b>1.90</b>
Gourmet Crusts .....	<b>.50</b>	<b>.75</b>	<b>1.00</b>

<b>GOURMET CRUSTS:</b>	Pesto Parmesan	<b>VEGGIES:</b>	Jalapenos	Tomatoes
Roasted Red Pepper	Artichoke Hearts	Kalamata Olives	Pineapple	
Chipotle (spicy)	Black Olives	Mushrooms	Roasted Garlic	
Parmesan Garlic	Basil	Red Onions	Green Olives	
		Cashews	Spinach	
		Green Bell Peppers	Red Bell Pepper	
<b>SAUCES:</b>	Pesto	<b>MEATS:</b>	Fire-Roasted Chicken	Italian Sausage
Barbecue	Red	Anchovies	Ground Beef	Pepperoni
Chipotle (Spicy)	Roasted Red Pepper	Bacon	Ham	Prosciutto
Creamy White Garlic	Sun Dried Tomato Basil			
Olive Oil and Garlic	Thai			

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**Sunday-Thursday 11 am-9 pm • Friday & Saturday 11 am-10 pm**





APRIL 9, 2015

# REMEMBERING THE FALLEN



PHOTO BY NATHAN PFau

Soldiers, civilians and Family members, clad with gold stars adorned with the names of fallen Soldiers, take part in a previous Survivors and Fallen Heroes 5k Run and Remember. This year's race is 8 a.m. Saturday at the Fort Rucker Physical Fitness Center.

## Runners honor survivors, fallen heroes during 5K

**By Jeremy Henderson**  
*Army Flier Staff Writer*

Hundreds of runners are expected to lace up for the Survivor and Fallen Heroes 5K Saturday to honor Soldiers and families who made the ultimate sacrifice.

The run starts at 8 a.m., with race-day registration beginning at 6:30 a.m. at the Fort Rucker Physical Fitness Center on Andrews Avenue. The fun run is open to all children, free of charge, and will begin after the 5K race is complete. Each fun run participant will receive a medal. Cost for the 5k is \$25 with a shirt – while supplies last. Refreshments will be provided. The race is open to the public. Trophies will be awarded in various categories.

Runners will have the opportunity to wear a gold star during the run to honor Gold Star Families and fallen heroes, according to Rick Kohl, Survivor Outreach Services

support coordinator, who added that a few guests of honor will also be present to witness the event.

“There will be approximately 35 family members attending representing 14 fallen Soldiers,” he said. “There are 523 fallen service members from the Alabama and northwest Florida area.”

Kohl said each fallen service member will be represented at the event by a gold star runners can wear during the race. Participants can also choose to create their own star.

“We will also have stars available for runners to write the name of a fallen service member that is someone significant to them,” he said.

The event lands the first weekend after Gold Star Wives Day April 5, and serves as another way for the community to show its appreciation for the sacrifices made by fallen service members and their families.

However, local businesses can show their support for fallen heroes and survivors in other ways. According to Kohl, the Never Forgotten Card supports SOS and, in turn, the families of fallen heroes.

“The Never Forgotten Card is honored in some stores in the community and through the (Directorate of Family and Morale, Welfare and Recreation) programs on Fort Rucker,” Kohl said. “The card provides a discount for the survivor, however, more than that it offers recognition and remembrance.”

The Never Forgotten Card Program includes everyday benefits, providing an extra discount at on-post and off-post facilities. The Never Forgotten Card is provided in recognition of the sacrifices of survivors, and demonstrates the Army’s commitment to providing quality programs and services to help enhance quality of life.

Businesses can support the Never Forgot-

ten Card program by offering discounts to survivors. Businesses interested in supporting the program should visit <http://www.ftrucker.mwr.com/never-forgotten-card/> to fill out a business registry application or call 255-9639 for more information. Applicants will be notified within five business days and issued a business window decal upon approval. The window decal can be displayed in the business as a symbol of their support and identifies the business as a supporter of the Never Forgotten Card and the SOS.

According to Kohl, events like the upcoming 5K are excellent ways to honor Gold Star Families.

“Gold Star Families have a unique perspective on the price of freedom,” Kohl said. “They always express gratitude for the outreach and ongoing connection to the Army family.”

For more information on the run, call 255-2296.

## VOLUNTEER OPPORTUNITIES

*Position: Sports, Fitness and Aquatics*

Duties: Assists as necessary with various races and special events hosted by SFA, including: event registration, stopwatch timing, water distribution, and crowd and traffic control. Provides positive customer service to participants.

*Position: SFA Volunteer*

Duties: Maintains communication between supervisors and volunteers to ensure the best possible match between organizational needs and volunteer capabilities. Assists in the research, development and implementation of new volunteer positions. Reports volunteer hours to the manager and assists supervisors in the scheduling of volunteers. Positive interaction with patrons, volunteers and staff. Works with and management team, including branch manager and individual managers for SFA, as well as various other supervisors; and reports primarily to aquatics manager and finally to SFA branch manager.

Must have good oral and written communication skills, working knowledge of MS Office, time management skills, ability to build teams, willingness to learn and take responsibility. For more information, call 255-2296.

*Position: Rock Wall Assistant*

Duties: Four hours per month. Assist the branch in training people how to use the rock wall, creating new routes on the wall, and tightening holds. Must be physically capable to perform duties, and must have extensive knowledge of rock climbing and equipment.

Training: Should be a subject matter expert -- the only training will be to ensure familiarization with equipment specific to the local facility. For more information, call 255-0308.

*Position: Race and Special Events Assistants*

Duties: Assists as necessary with various races and special events hosted by SFA, including: event registration, stopwatch timing, water distribution, and crowd and traffic control. For more information, call 255-0308.

*Position: Survival and Fallen Heroes 5 K Run Helper*

Duties: Assist with registration, set –up and tear down site after the race. Would be needed Friday from 3-5 p.m. for packing and set up, and Saturday – the race starts at 8 a.m. For more information, call 255-3794.

# ScreamFree

## Classes address methods for parenting teens

**By Nathan Pfau**  
*Army Flier Staff Writer*

Raising children is something many parents will agree is no easy task, and Fort Rucker offers a way to help parents communicate with their children well into their teenage years in a way that builds mutual respect.

The installation has been offering its ScreamFree Parenting classes for some time now, but is now adding the ScreamFree Parenting Your Teenager course April 22 from 6-7:30 p.m. at the Bowden Terrace Community Center to help aid in communicating with children 13 and up, according to Nicqolle Truitt, family advocacy program specialist.

“The purpose of ScreamFree is to help the installation’s families communicate with their children in a calm way, so that they can work through the ups and downs of parenting while they gain mutual respect with each other,” said the program specialist. “The goal of the program is to train parents to communicate in a way that builds respect while building a deeper relationship while working through the ups and downs of their relationship.”

The need for ScreamFree Parenting Your Teenager came to Fort Rucker in conjunction with Child Abuse Prevention Month as a way to make sure teens were being looked after, as well as the younger population, because teens can oftentimes be left out when it comes to child abuse.

“Our mission at FAP is to minimize incidents of domestic abuse and child abuse, and ScreamFree is a proven way to help parents better communicate within their marriages, as well as in their parent-child relationships,” said Truitt. “This is the first time we’ve offered the ScreamFree Parenting Your Teenager workshop here at Fort Rucker, and it’s a relatively new to the



COURTESY PHOTO ILLUSTRATION

ScreamFree program, as well. What we’re aiming to do is equip parents with the knowledge and skills to effectively prepare their children for transitioning into adulthood, and through that we want there to be a deeper connection between the teenagers and their parents.

“We haven’t done anything that is teen related in a while,” she said. “We want to reach out to the teens because sometimes they do get left out of a lot of the events that we do, so we really want to make sure that our teens are well equipped (throughout life). We want our teenagers to understand what a healthy relationship is.”

The program isn’t only designed for parents who are having trouble with their teens, but also for those who wish to better learn how to communicate with their children to build stronger relationships.

“It’s designed to be preventative,” said Truitt. “It’s good for people who want to have kids or for parents who are not having issues with their children, but just want to learn to be a better parent. Healthy relationships are very important and I think that this ScreamFree will allow parents to prepare their teens for adulthood and help them, and those are lessons that they

can pass on throughout their lives.”

The regular ScreamFree parenting class for parents with children 12 and younger is also being offered April 23 from 10-11:30 a.m. at the school age center. Both classes are limited to 35 participants and people must register by April 17.

There is also a train-the-trainer session for installation professionals who work directly with families: Army Community Service staff; installation chaplains; child, youth and school services staff; and those who work at Lyster Army Health Clinic in behavioral health or social work services, so that they can be equipped to offer help in their areas of service.

The train-the-trainer classes for ScreamFree parenting will be held April 21-22 from 8:30 a.m. to 4:30 p.m., and the train-the-trainer classes for ScreamFree Parenting Your Teenager course will be April 23.

For more information or to register, call 255-9636.

“This is all in support of Child Abuse Prevention Month, so it all goes back to our mission here at Family Advocacy, which is to decrease occurrences of domestic abuse and child abuse, and prevention is the best way to do that,” said Truitt.



# ON POST

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

**ScreamFree Parenting  
Train the Trainer**

Train the Trainer for ScreamFree Parenting Your Teenager is designed for Family Professionals who assist families in navigating the stresses of military life. Family Professionals will obtain practical repeatable techniques with proven results, according to Army Community Service officials. The free sessions will be held April 22 from 8:30 a.m. to 4:30 p.m. at Bowden Terrace Community Center. Registration is required by Friday. Space is limited to the first 12 participants to register.

For more information, call 255-9636.

**Spring craft activity**

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

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

**ScreamFree Parenting  
Your Teenager Class**

Army Community Service offers its ScreamFree Parenting Your Teenager course April 22 from 6-7:30 p.m. at Bowden Terrace Community Center. ScreamFree Parenting Your Teenager is about parents learning to calm their emotional reactions and learning to focus on their own behavior more than their children’s behavior. The workshop is free and open to active duty and retired military, Department of Defense employees and their family members. Registration is required by April 17. Space is limited to the first 35 participants to register. Call in advance for childcare.

For registration, childcare and more information, call 255-9636.

**ScreamFree Parenting  
Class**

Army Community Service offers its ScreamFree Parenting course April 23 from 10-11:30 a.m. at the Fort Rucker School Age Center. This course is about parents learning to calm their emotional reactions and learning to focus on their own behavior more than their children’s behavior. The workshop is free and open to active duty and retired military, Department of Defense employees and their family members. Registration is required by April 17. Space is limited to the first 35 participants to register. Call in advance for childcare.

For registration, childcare and more information, call 255-9636.

**Child Abuse Prevention  
Month Blue Day**

April is Child Abuse Prevention Month and blue is the nationally designated color to recognize this month. People are welcome to show their support for preventing child abuse by wearing blue every Friday in April.

For more information, call 255-9647.

**Pokémon tournament**

The Fort Rucker School



FILE PHOTO

## Thunder on Tholocco

Fort Rucker will host the ninth annual Thunder on Tholocco at Lake Tholocco’s West Beach April 25 from 11 a.m. to 5 p.m. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing. Organizers said the high-performance machines reach speeds in excess of 100 mph. For those looking to get a piece of the action, people can sign up to participate in a kayak or canoe race, try one out a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options. Gates open at 9 a.m. and races begin at 11 a.m. Tickets are \$5 in advance or \$7 at the door. Children 12 and under are admitted for free. Tickets are available for purchase at the outdoor recreation office or MWR Central. The event is open to the public. No glass containers permitted. For more information, call 255-9810.

Age Center will host a Pokémon tournament Saturday from 1:30–3:30 p.m. in celebration of Month of the Military Child. Participants must be registered with child, youth and school services, and be aged 6–10 in grades first-fifth. Participants also must bring their own Pokémon Cards and have parental permission to trade. Parent volunteers are needed at this event.

For more information, call 255-9108.

**Military child dance party**

The school age center will host a dance party Saturday from 1:30–3:30 p.m. in celebration of Month of the Military Child. Participants must be registered with child, youth and school services, and be aged 6–10 in grades first-fifth.

For more information, call 255-9108.

**Family member resilience  
training**

Army Community Service will host family member resilience training Monday and Tuesday from 8:30 a.m. to 3 p.m. at The Commons. ACS will help people get the tools they need to become more resilient in all the challenges that life may throw at them. People need to register today.

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

**Employment readiness  
class**

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session April 16. 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.

**Comedy Live**

The Landing will host Comedy Live at Rucker April 17 from 8-9:30 p.m., featuring comedians Mia Jackson and Dylan Mandlsohn. A DJ Dance Party with music will follow the event from 9:30-11 p.m. The event is open to the public, ages 18 and up. Tickets are on sale until the day of the event for \$12 – tickets cost \$16 the day of the show. People can also get a VIP table for 10 people for \$150. Tickets may be purchased at The Landing, MWR Central, or Coffee Zones at Lyster and Bldg. 5700 – VIP tables must be purchased at The Landing.

For more information, call 598-2426 or 255-9810.

**Lifeguard Courses**

The Fort Rucker Physical Fitness Center will host lifeguarding courses April 17-19. Class times are April 17, 4-7 p.m., and April 18-19, from 8 a.m. to 5 p.m. at the fitness center on Andrews Avenue. Each class, once completed, includes American Red Cross certifications in Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding, First Aid, and Cardiopulmonary Resuscitation and Automatic External Defibrillator administration. Each certification is valid for two years from the course completion date. Courses are available to ages 15 and up. The cost is \$125 for Department of Defense ID card holders and \$150 to the public. A prerequisite test must be passed on the first day to enter the course. Prerequisite requirements include: non-stop swim of 550 meters, two-minute tread using only legs, dive ring retrieval, and a timed 20-meter retrieval swim. People interested should register at the front desk of the Fort Rucker PFC. The cut-off for registration is three days prior to course start date. The courses may be canceled if minimum enrollment is not met. For more information, call 255-2296.

# DFMWR Spotlight

2015 Silver Wings Golf Course

SPRING

Golf Intramurals

GET YOUR TEAMS TOGETHER!

Intramurals Begin May 5

Shotgun start 4 pm

Captains Meeting April 7 at 4:30 pm

To get started designate your team captain and put your roster together. Team captains will notify the golf course and provide Silver Wings with the roster and one time league fee.

Registration deadline is April 27.

Format:  
Four person scramble, games on Tuesdays and Thursdays

Cost:  
\$15 one time league fee per player (non-refundable)  
\$10 cart fee per player, per outing  
(\$5 cart fee for Silver Wings Members)

Prizes:  
Teams that accumulate the most points in the Tuesday & Thursday Division will play for overall championship.

Eligibility:  
All active duty military personnel, members of the USAR, ARNG, USAFR, and their family members with a valid ID card. DoD, APF, and NAF civilian employees, contractors on post and family members residing in sponsor's household.

FOR MORE DETAILS CALL SILVER WINGS GOLF COURSE AT (334) 598-2449.

WWW.FTRUCKERMWR.COM

Open to the Public

Fort Rucker Silver Wings Golf Course

Check in on Facebook

MWR

## FORT RUCKER MOVIE SCHEDULE FOR APRIL 9-12

**Thursday, April 9**

Focus (R) .....7 p.m.

**Friday, April 10**

Kingsman: The Secret Service (R) .....7 p.m.

**Saturday, April 11**

Studio Appreciation Advance Screening – Free Admission (PG-13) .....7 p.m.

**Sunday, April 12**

Kingsman: The Secret Service (R) .....2 p.m.



# DOD: Disaster preparedness mirrors military readiness

By Terri Moon Cronk  
Department of Defense News

WASHINGTON – The Defense Department takes pride in its readiness to defend the nation against military threats, and also in its role as a partner in emergency and disaster response, a DOD official said.

In an interview with DOD News on the April observance of the “America’s PrepareAthon!” campaign, Robert G. Salesses, deputy assistant secretary of defense for homeland defense integration and defense support of civil authorities, talked about the importance of being prepared for unexpected events such as storms.

Annual preparedness campaigns in April and September aim to increase individual and organizational preparedness, he said, adding that such preparedness is “synonymous with military readiness.”

A grass roots, national campaign through the Federal Emergency Management Agency, “America’s PrepareAthon!” involves all federal agencies, state and local governments, the private sector and individuals, Salesses explained.

DOD wants its people to realize, Deputy Defense Secretary Bob Work wrote in a recent department-wide memo, that they have an “important role to play in bolstering our preparedness for hazards



of all types – from hurricanes to wildfires – to strengthen our collective security and resilience.”

And, “safeguarding U.S. security depends on ensuring the strength of our 3.2 million-strong workforce” of military and civilian employees,” he wrote.

“A priority of this department,” Work continued, “is focusing on the well-being and safety of each member of our workforce and their families, so that we can continue to safeguard U.S. security.”

The preparedness campaign addresses

emergencies and disasters from the community to the national level. Community preparedness can take form in neighborhood hazard-specific drills, group discussions and exercises, according to the PrepareAthon! website.

While most people might not give much thought to staying prepared for emergencies and disasters, Salesses said, the nation’s two monthlong observances serve as reminders so people can be ready for the unexpected every day of the year.

“It gives folks the opportunity to take a step back and consider hazards they may encounter, and [to] begin to build a plan,” Salesses said.

Preparedness mainly focuses on natural disasters such as floods, fires, earthquakes and hurricanes, he noted, adding that different parts of the world give rise to different types of storms. Other disasters could be “man-made” occurrences that can often strike with little notice, he said.

It’s important for people to know their community, especially if they are new to a region, and to familiarize themselves with local potential hazards, Salesses said.

“It’s very important people understand what those hazards are and formulate actions to prepare to deal with such events,” Salesses said.

Being prepared for hazards and other unforeseen emergencies on an individual level is similar to the military’s planning, training and exercising for mission preparedness, Salesses said.

“You need to do both and do both well,” he added.

Preparation tips and other resources are abundant in communities, on social media and online, Salesses said. The Army (www.ready.army.mil), Navy and Air Force also offer preparedness websites.

Many websites offer preparation lists, which suggest emergency supplies to keep at work and home, he said. Such home kits recommend sufficient supplies for every person and pet in a household, including first-aid supplies, food, water, medicines and important papers to sustain families until the emergency passes.

“It’s the simple things that often are overlooked, such as signing up for local warnings and alerts,” Salesses said.

It’s also essential to have good communication plans to get the word out at work and to reach family members, he added.

“The investments we’ve made as a department to prepare ourselves for military missions is a direct link to what we can do to prepare our families and workforce to deal with potential hazards,” he said.



COURTESY PHOTO

## Pick-of-the-litter

Meet Duffy, an approximately 3-year-old neutered male terrier mix available for adoption at the Fort Rucker stray facility. He knows simple commands and is very friendly with people and other animals. Adoption fees vary per species and needs of animal, but include 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

## RELIGIOUS SERVICES

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

**Headquarters Chapel, Bldg. 109**  
8 a.m. Traditional Protestant Service

**Main Post Chapel, Bldg. 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, Bldg. 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, Bldg. 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

WE  
APPRECIATE  
FORT  
RUCKER.

## Church Directory

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

**First United Methodist Church**  
Traditional Worship Service  
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  
cfumc@adelphia.net  
Prayer Line (24 Hours) 334-393-7509

Here, it's not about the building...



“Small things done with great love  
will change the world”

**VINEYARD CHURCH**  
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Sun 10:30 Service; Wed 6:30 Small Groups  
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**CHOOSE YOUR TOPPING**

<b>meat</b> Pepperoni Ham Beef Italian Sausage Sliced Sausage Bacon Chicken Salami Philly Steak	<b>vegetables</b> Mushrooms Onions Green Peppers Spinach Black Olives Jalapeno Peppers Roasted Red Peppers Tomatoes Banana Peppers	<b>other</b> Pineapple Extra Cheese Cheddar Cheese Provolone Cheese Feta Cheese Parmesan-Asiago Cheese
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**Artisan Pizzas**  
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**Chicken & Bacon Carbonara**  
An inspired blend of our robust marinara and Alfredo sauce, grilled chicken breast, smoked bacon, cheese, diced tomatoes and a dash of oregano on an artisan-style crust.

**Spinach & Feta**  
Alfredo sauce, feta and Parmesan Asiago cheeses, fresh baby spinach and fresh onion toppings. All balanced and baked to perfection on an artisan-style crust.

**Tuscan Salami & Roasted Veggie**  
Ideal proportions of salami, fresh baby spinach, fresh onions, roasted red peppers, banana peppers, and a dash of oregano, all over a garlic Parmesan sauce on an artisan-style crust.

**Italian Sausage & Pepper Trio**  
Parmesan Asiago cheese and sliced Italian sausage complemented by a trio of fresh green peppers, banana peppers and roasted red peppers on an artisan-style crust, topped with a dash of oregano.

**Oven Baked Sandwiches**

<b>Italian Sausage &amp; Peppers</b> Sliced Italian sausage, roasted red peppers, fresh green peppers, banana peppers, fresh onions, provolone cheese and tomato basil marinara. <b>\$5.99</b>	<b>Sweet &amp; Spicy Chicken Habanero</b> Grilled chicken breast, pineapple, jalapenos, sweet mango habanero sauce, provolone and cheddar cheeses. <b>\$5.99</b>	<b>Chicken Parm</b> Grilled chicken breast, tomato basil marinara, Parmesan Asiago and provolone cheese. <b>\$5.99</b>	<b>Italian</b> Pepperoni, salami and ham topped with banana peppers, fresh green peppers, fresh onions and provolone cheese. <b>\$5.99</b>	<b>Mediterranean Veggie</b> Roasted red peppers, banana peppers, diced tomatoes, fresh baby spinach, fresh onions, feta, provolone and American cheese. <b>\$5.99</b>	<b>Philly Cheese Steak</b> Tender slices of steak, American and provolone cheeses, fresh onions, fresh green peppers and fresh mushrooms. <b>\$5.99</b>	<b>Buffalo Chicken With Blue Cheese</b> Grilled chicken breast, creamy blue cheese sauce, fresh onions, hot sauce, cheddar and provolone cheeses. <b>\$5.99</b>	<b>Chicken Bacon Ranch</b> Grilled chicken breast, smoked bacon, creamy ranch and provolone cheese. <b>\$5.99</b>
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<b>ExtravaganZZa Feast®</b> Loaded with pepperoni, ham, Italian sausage, beef, fresh onions, fresh green peppers, fresh mushrooms and black olives topped with extra cheese made with 100% real mozzarella.	<b>MeatZZa Feast®</b> Topped with pepperoni, ham, Italian sausage and beef topped with extra cheese made with 100% real mozzarella.	<b>America's Favorite Feast®</b> Topped with pepperoni, Italian sausage, fresh mushrooms and cheese made with 100% real mozzarella.	<b>Bacon Cheeseburger Feast®</b> Smoked bacon, beef, cheeses made with 100% real mozzarella and topped with cheddar cheese.
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**Deluxe Feast®**  
Topped with pepperoni, Italian sausage, fresh green peppers, fresh mushrooms, fresh onions and cheese made with 100% real mozzarella.

**Ultimate Pepperoni Feast™**  
Made with two layers of pepperoni sandwiched between cheeses made with 100% real mozzarella, Parmesan, Asiago, provolone and sprinkled with oregano.

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<b>Italian Sausage Marinara</b> Penne pasta baked in a zesty tomato basil marinara sauce with Italian sausage, a blend of Italian seasonings and provolone cheese. <b>\$5.99</b>	<b>Chicken Alfredo</b> Grilled chicken breast and Alfredo sauce mixed with penne pasta and baked to creamy perfection. <b>\$5.99</b>	<b>Chicken Carbonara</b> Grilled chicken breast, smoked bacon, fresh onions and fresh mushrooms mixed with penne pasta and baked to perfection with creamy Alfredo sauce. <b>\$6.99</b>	<b>Pasta Primavera</b> Fresh spinach, diced tomatoes, fresh mushrooms and fresh onion, mixed with penne pasta and baked with a creamy Alfredo sauce. <b>\$5.99</b>	<b>Build Your Own Domino's®</b> Choose a sauce and up to 3 ingredients from more than a dozen meat or vegetable toppings. <b>\$6.99</b>
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(Irish Cream, French Vanilla, 2 shots of Espresso)

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Espresso Shot.....\$1.95

Nantucket's Special Iced Coffee .....\$4.25

Hot Chocolate with Whipped Cream.....\$3.50

Hot Tea .....\$2.50/\$3.00/\$3.75

BEVERAGES

Fruit Smoothie.....\$5.25

Sweet Tea .....\$1.50

Bottled Water .....\$1.50

Lemonade .....\$2.50

Canned Soda .....\$1.00  
(Coke, Diet Coke, Dr. Pepper, Diet Dr. Pepper, Sprite)

BREAKFAST

Bacon, Egg & Cheese Sandwich .....\$4.25

Jam Bars.....\$2.00

Amish Pastries .....\$3.00

Side of Bacon.....\$2.00

•• Saturday Morning Amaretto French Toast  
2 Eggs (Cooked to Order) & 2 Slices of Thick-Cut Bacon  
\$8.95

LUNCH

Chicken Salad Sandwich .....\$7.95  
(Served on a Croissant, Sourdough or Amish Wheat with Fruit or Chips)

Chicken Salad on Spring Mix .....\$7.95  
(Served with Fruit)

Chicken Strip Wrap .....\$7.95  
(Served on a Spinach Tortilla with Fruit or Chips)

Chicken Bacon Ranch Wrap .....\$7.95  
(Served on a Spinach Tortilla with Fruit or Chips)

Nantucket's Bacon Dog.....\$6.95  
(Served on a Bun with Chips)

Bacon Grilled Cheese .....\$5.95  
(Served on Sourdough with Chips)

Grilled PB & J Sandwich or Quesadilla.....\$4.95  
(Served with Chips)

LUNCH SPECIALS

Tuesday: Ritz Baked Chicken, Amish Mac'n  
Cheese & Green Beans with Bacon .....\$8.95

Thursday: Lasagna, Garlic Bread &  
Side Salad .....\$8.95

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House-Baked Cookies ..65¢ ea / 3 for \$1.69

Mini Cupcakes.....65¢ ea / \$7.50 doz

Large Cupcakes ..\$2.75 ea / \$16.00 doz

Muffins .....\$2.75 ea / \$16.00 doz

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\*APR means annual percentage rate. Quoted rates are the lowest available rates, reflect all possible discounts and are effective April 9, 10 and 11, 2015 only. 25% off loan rates offer is reflected in as low as rate of 1.29% APR. Your rate will be based on your credit history and may be higher. Rates and terms subject to change without notice. Additional loan rates and terms available. Cannot be combined with any other offer. Offer good for loans new to AACFCU with approved credit. Certain restrictions may apply. Contact AACFCU for complete details.



# North Georgia offers outdoor adventures



COURTESY ARTWORK

## Sawnee Mountain Preserve Press Release

Imagine rock climbing, trail running or hiking in Forsyth, canoeing the Etowah and Chattahoochee River water trails, tree climbing or taking a canopy walk — all in a picturesque setting against the backdrop of north Georgia’s break taking mountains. Plan your next office retreat, scout event, family reunion or just a fun day with friends.

Want to get out on the lake or explore local rivers with your family this weekend, but don’t have the gear? Sawnee Mountain Preserve also offers a rental program for adventure gear. Items available for rent include: canoes, recreational kayaks and white water kayaks. For more information, call (770) 781-2217 or visit [www.sawneemountain.org](http://www.sawneemountain.org) or [www.forsythco.com/parks](http://www.forsythco.com/parks).

## Sawnee Mountain Preserve features:

- Tree top canopy walk;
- Aerial Adventure park with zip lines and climbing tower;
- Hiking trails;
- Geocaching;
- Environmental education programs: classes, camps, special events, home school afternoons/school based;
- Tree climbing and nature birthday party themes; and
- Rock climbing.

## Forsyth County features:

- Mountain biking;
- White water kayaking;
- Recreational canoeing and kayaking;
- Eight passive parks, more than 25 miles of natural surface multi-use trails, 7 miles of greenway trails and 2 water trails; and
- Dogs are welcome in parks.

# WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto:JHUGHES@ARMYFLIER.COM).

## ANDALUSIA

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

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

## DALEVILLE

**ONGOING** — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TV’s are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

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

## DOTHAN

**ONGOING** — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

**ONGOING** — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish

fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

## ENTERPRISE

**APRIL 9-11** — Enterprise State Community College’s production of “South Pacific” will show at 7 p.m. each night with a matinee showing at 2 p.m. April 11 in the Enterprise Performing Arts Center at Enterprise High School. Tickets cost \$10 and can be purchased at the door or by calling 347-2623.

**APRIL 11-12** — The Piney Woods Arts Festival will run from 9 a.m. to 5 p.m. April 11 and noon to 4 p.m. April 12 on the running track of Enterprise State Community College. The festival will feature fine art paintings and drawings, mixed media works, glass and wood carvings, and photography. Decorative art offerings include pottery, jewelry, clothing, yard art and wood products. All items will be original works of the artists. Also, a special exhibition will highlight Civil War History and the Weevil City Cruisers will host its 18th annual car show April 11. Musical entertainment will take place throughout each day, as well as the Children’s Fun Center. For information, call the Coffee County Arts Alliance at 334-406-ARTS (2787). Free Admission. [www.CoffeeCountyArtsAlliance.com](http://www.CoffeeCountyArtsAlliance.com).

## 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

**APRIL 23** — Disabled American

Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the New Brockton Police Station. Food and drinks will be served, followed by regular chapter business. Officials extend an invitation to veterans throughout the Wiregrass to join as new members in the DAV and DAV Auxiliary. For more information, call 718-5707.

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

## OZARK

**APRIL 10** — St. Michael’s Episcopal Church will host a free classical guitar concert at 7 p.m. The classical guitarist is Petrit Ceku, who is billed as one of the leading internationally known classical guitarists of the younger generation. Following the concert will be a meet-the-musician reception in the church parish hall. St. Michael’s is located at 427 Camilla Avenue.

**APRIL 11** — The Ozark/Dale County Library on James Street will host the annual spring book, bake and plant sale from 9 a.m. to 1 p.m. The event is sponsored by the Friends of the Library and the Claybank Master Gardeners. All proceeds from the sale will go to the library. All of the book sale rooms will be open, and there is a large collection of fiction and non-fiction books, as well as magazines. The plant sale is sponsored by local master gardeners. They have propagated shrubs, perennials and annuals, and will have many plants not commonly found in nurseries. Gardeners will also be on hand to answer garden questions.

## PINCKARD

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

## SAMSON

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

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

## TROY

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

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

## WIREGRASS AREA

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

## Beyond Briefs

### Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County’s largest street festival with more than 200 show cars, 50 vendors and live bands – filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

### Tyndall air show

Tyndall Air Force Base, Florida, will host its 2015 Gulf Coast Salute open house and air show April 11-12. The base gates will open at 9 a.m. each day –admission and parking are free. This year’s show will feature performances by the U.S. Air Force Thunderbirds, the F-22 demonstration team, the U.S. Army Golden Knights and more.

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

### Dinosaurs Alive!

Downtown Gadsden becomes pre-historic when 13 life-like animatronic dinosaurs inhabit the Hardin Center for Cultural Arts now through Aug. 3 as part of Dinosaurs Alive! Creatures will be featured in period sets and include: Apatosaurus, Apatosaurus baby, Dilophosaurus, Triceratops, Triceratops baby, Parasaurolophus, Paras-

aurolophus baby, Parasaurolophus nest with hatchlings, Stegosaurus, Detrodon, a baby T-rex robot (joy-stick activated), Velociraptor and Protoseratops scenario, T-rex, static T-rex head, and static T-rex leg.

The center is located at the corner of 5th and Broad Streets. Cost is \$8 per person and \$4 for center members.

For more information, visit <http://www.culturalarts.org>.

### Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Museum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India’s Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs \$7 for adults, \$6 for senior citizens and \$5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Govern-

ment Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information visit: [http://historymuseumof-mobile.com/ark\\_india\\_exh.php](http://historymuseumof-mobile.com/ark_india_exh.php).

### Antique boat show

Apalachicola, Florida, will host the 16th annual Apalachicola Antique & Classic Boat Show April 18. Antique boats, examples of classic and traditional vessels, workboats, and fiberglass and aluminum classics will all be on display throughout the day. Event highlights include authentic oyster boats, workboats, home-built boats, antique outboard engines, antique automobiles and art booths. The restored 1877 gaff-rigged schooner the Governor Stone will also be on display at the city dock in the center of town.

For more information, visit [www.saltyflorida.com](http://www.saltyflorida.com).

### Carrabelle Riverfront Festival

Carrabelle, Florida, will host the 25th annual Carrabelle Riverfront Festival April 24. The theme will again be “Pirates of the Caribbean.” This year’s event will also feature an antique car show. The festival will be held on Marine Street along the riverfront. It will feature arts and crafts, seafood, a pet parade, live music, maritime exhibits, a fishy fashion show, food booths and a childrens’ zone.

For more information, visit [www.saltyflorida.com](http://www.saltyflorida.com).



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**GOLDEN WAFFLE**

**Golden Waffle Platter\*** - A Golden Waffle, 2 eggs and your choice of smokehouse bacon (3 strips) or country sausage (2 Patties) 6.99  
**Golden Waffle with Bacon - (3 Strips) or Sausage\* (2 Patties)** 5.99  
**Southern Pecan Waffle** - 4.99  
**Strawberry Topped Waffle with Whipped Cream** 4.29 or **Plain** 3.29

**FRENCH TOAST**

Prepared with a hint of cinnamon and grilled to a golden brown, lightly with powdered sugar.  
**French Toast Platter\*** - Two pieces of French Toast served with 2 eggs and your choice of smokehouse bacon (3 strips) or country sausage (2 patties) 5.99  
**Strawberry French Toast** - Three piece of French Toast crowned with strawberry topping and powdered sugar. 5.79 **Plain** 4.99

\*EGGS, HAMBURGERS, AND STEAK MAY BE COOKED TO ORDER, CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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**Meat Lover's Omelet\*** - Crispy smokehouse bacon, country sausage, diced ham, onions, and tomatoes 6.99  
**Western Omelet\*** - Diced sugar cured ham, green bell peppers, onions, and tomatoes 6.79  
**Philly Cheese Steak Omelet\*** - Thinly sliced steak, diced onions, and green bell peppers 7.29  
**Garden Omelet\*** - Diced green bell peppers, onions, tomatoes, and mushrooms 5.99  
**Ham & Cheese Omelet\*** - 6.49

**BIG HOUSE BREAKFAST**

**The Smokehouse Platter\*** 8.99  
• **Bacon\*** (3 strips) **AND Country Sausage\*** (2 patties)  
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• Golden Hash Browns  
• Biscuit and Sausage Gravy OR Grits and Toast  
**The Ranch Platter\*** 9.29  
• **Country Ham OR Sugar Cured Ham OR Country Fried Steak\***  
• Three Eggs\*  
• Golden Hash Browns  
• Biscuit and Sausage Gravy OR Grits and Toast  
**The Original Big House Platter\*** 7.29  
• **Bacon\*** (3 strips) **OR Country Sausage** (2 patties)  
• Three Eggs\*  
• Golden Hash Browns  
• Biscuit and Sausage Gravy OR Grits and Toast  
**ADD** cheese to the three eggs **OR** a golden waffle to any breakfast meal for only 1.99 *more*  
**Have Your Hash Browns "ALL THE WAY"** only 1.79



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1. **Choose your Big House Sandwich**  
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**Huddle Burger with Bacon\*** - Two beef burgers, smokehouse bacon, American cheese, lettuce and tomato on a grilled sesame seed bun  
**Grilled or Crispy Chicken Club** - with American cheese, crisp smokehouse bacon, lettuce and tomato on a grilled sesame seed bun  
**Crispy Chicken** - Lightly breaded chicken fillet with lettuce and tomato on a grilled sesame seed bun  
**Buffalo Ranch Chicken Sandwich** - Crispy or grilled chicken fillet with Buffalo Sauce, lettuce, tomato and ranch dressing on a grilled sesame seed bun  
2. **Choose French Fries OR Sweet Potato Fries**  
3. **Choose Freshly Brewed Iced Tea, Soft Drink, or Hometown Blend Coffee**

**STARTERS & SNACKS**

**Fried Pickles Basket** - Tangy, batter-dipped dill pickles fried to a golden brown served with fries 4.29  
**Jalepeño Poppers Basket** - Jalapeño pieces and rich cheddar cheese inside a light breading served with fries 4.29  
**Mozzarella Cheese Sticks** - with zesty Marinara Sauce small 4.49 large 7.99  
**Chicken Wings** - with Buffalo or BBQ sauce small 6.39 large 11.29  
**Chili Cheese Fries\*** - 4.49  
**Chicken Tenders Basket** - (3) with Buffalo or BBQ sauce and lightly seasoned Fries 6.49  
**Shrimp Basket** - Lightly breaded, plump shrimp and lightly seasoned Fries 6.39

**BIG BOLD BURGERS**

**BIG BOLD BURGERS** - Two juicy burgers with specialty toppings on a grilled deli roll. Served with your choice of lightly seasoned fries or sweet potato fries.  
**Mushroom Swiss & Onion\*** - An all-time favorite with the added flavor of sauteed onions, onion ring and roasted garlic sauce 7.69  
**Jalapeño Chipotle** - Turn up the heat and flavor with jalapeños, swiss cheese and our smoky chipotle sauce 7.69  
**BBQ Bacon Cheddar\*** - A hearty combination of sizzling smokehouse bacon, cheddar cheese, ranch sauce and BULL'S EYE BBQ® Sauce 7.69

**SANDWICH PLATTERS**

Served with your choice of lightly seasoned French fries or sweet potato fries  
**Philly Cheese Steak\*** - with swiss cheese, grilled onions and green peppers or grilled Texas toast 7.19 **ADD** grilled mushrooms .69 *more*.  
**Country Fried Steak Sandwich** - Our country fried steak with lettuce and tomato on grilled Texas toast. 7.39  
**Huddle Burger\*** - Two beef burgers, American cheese 5.79  
**Grilled Chicken Melt** - Marinated chicken breast, American cheese, grilled onions on wheat bread 6.99  
**Classic Club\*** 6.99  
**BLT** 4.29 Make it a Mega with six bacon strips 6.49  
**Patty Melt\*** - Two beef burgers, American cheese, grilled onions on wheat Toast 5.79



**DINNER PLATTERS**

Dinner platters include Texas toast and two sides. Choose from baked potato, mashed potatoes, vegetable of the day, side salad, sweet potato fries, or lightly seasoned French fries.  
**Country Fried Steak\*** - With white pepper country gravy 8.29  
**Ribeye Steak\* and Shrimp** - Ribeye steak (6 oz.) grilled just the way you like it and lightly breaded plump shrimp 13.99  
Get a larger Ribeye (10 oz.) for 3.00 *more*  
**Ribeye Steak\*** - (10 oz.) 13.69 (6 oz.) 10.69  
**Shrimp** - Lightly breaded plump shrimp served with tangy cocktail sauce 8.99  
**Chicken Tenders** - Dipped in seasoned batter for a lightly crisp texture on the outside and juicy goodness on the inside 7.79  
**Grilled Chicken** - Marinated chicken breast grilled just right 7.49  
**Chopped Steak\*** - With savory mushroom gravy 7.79

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**5 Star Chili** - A hearty blend of beef, beans, tomatoes and traditional spices makes a delicious addition to any meal 3.49  
Add shredded Cheddar cheese .59 *more*  
**Loaded 5 Star Chili**  
Topped with shredded Cheddar, onions and Jalapeños 4.79

**SALADS**

**Crispy or Grilled Chicken Salad** - Diced crispy or grilled chicken with mixed greens, carrots, red cabbage, tomatoes and Cheddar cheese 6.69  
**Large Tossed Salad** - Mixed greens, carrots, red cabbage, tomatoes, and cheddar cheese. 4.99 **Side Tossed Salad** - 2.59  
**Ham Salad\*** - Diced ham with mixed greens, carrots, red cabbage, tomato and cheddar cheese 6.89



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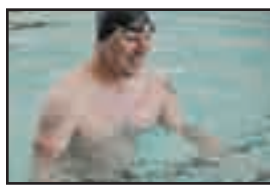
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APRIL 9, 2015

# Spring Fitness

## Boot camp welcomes all fitness levels

By Jeremy Henderson  
Army Flier Staff Writer

Finding the motivation to begin a new exercise routine can be challenging, but an upcoming fitness program may be the key to success.

Fort Rucker's six-week spring fitness boot camp is April 13-May 22. Classes are held Monday through Friday from 8:30-9:45 a.m. at the Fort Rucker Physical Fitness Center. Cost is \$100 per participant and must be paid in full before the first day of camp.

According to Anne Sullivan, fitness program coordinator, the camp is a perfect opportunity for any fitness level.

"The nice thing about the format is that if you are ready to add a lot of weight and push to a new level of fitness, then that aspect is there," she said. "Our trainers have the expertise to help those people safely achieve their goals. But if you are just getting started with a fitness routine, our trainers also have the ability to provide the knowledge you need to safely dip your toe into the water."

"If you are someone who is just getting started in fitness, then our format will ensure you are not left behind," she added. "We anticipate a broad spectrum of fitness levels. So the workouts are designed to accommodate varied levels of fitness."

The boot camp begins with a fitness test to establish everyone's individual capabilities.



PHOTO BY JEREMY HENDERSON

Two participants push medicine balls down a football field at one of several stations setup for a circuit training session during a recent fitness boot camp. Fort Rucker's spring fitness boot camp begins April 13. Sessions are held Mondays through Fridays from 8:30-9:45 a.m. at Fort Rucker Physical Fitness Center on Andrews Avenue.

"We start the boot camp with fitness testing," Sullivan said. "I know it sounds scary, but it's really not. We strive to remove any element of judgment from it. I know a lot of people are just ready to judge themselves right away. I think it is important to be able to step back and evaluate yourself without emotion."

"We do pushups, sit-ups, squats and a fairly brief run the first day to establish each person's level of fitness," she added.

"We only expect you to do what your body is capable of the first day. Then our staff will work with you, over the course of the next six weeks, to help you safely reach a new level of fitness."

Spring's boot camp shifts from winter's muscle group training focus to full-body workouts and each day's training will take place outdoors, Sullivan said.

"It is a lot of what you might call functional fitness," she said. "There will be a

lot of jumping onto and over things, pulling things, lifting things and various functional exercises. The goal is for it to be a full-body workout from week to week.

"In the winter boot camp, we structured it to focus on certain major muscle groups from week to week with a classroom element to it," she added. "We plan to shift to a completely outdoor routine in the spring, but we will still likely target a specific muscle group each week. You will still receive a full-body workout each week, but more exercises will target specific muscle groups like arms, legs, back or shoulders."

Classes are held rain or shine, but instructors might alter plans due to inclement weather.

"If there is thunder and lightning, then we will not put you outside to face the elements," Sullivan said. "But it is a boot camp. I think there is definitely an element of camaraderie built when you are outside in the mud with a group of people flipping tires. You finish the workout for the day and you barely recognize the people in the group because they are wet and covered in mud. But there is always a smile when it is that kind of a group effort and workout."

Orientation is held the first day of boot camp. A registration packet must be completed. Packets are available at Fort Rucker and Fortenberry-Colton Physical Fitness Center.

For more information, visit either PFC or call 255-3794.

## Defense Health Agency leader offers service members sleep tips

Military Health Systems  
Communications Office

ARLINGTON, Va. – Sleep is as important as food and water, yet many military service members wrestle with insomnia or wake up too early. The result can be serious health problems or reduced readiness.

The good news is, even with the demands of military service, many sleep problems may be avoided or resolved, said U.S. Public Health Service Commander Tony Satterfield, a psychologist with the Defense Health Agency.

There are several measures service members can follow to prevent the piling up of sleep deficit hours, said Satterfield, DHA's deployment psychological health program manager. It may take some convincing for the troops, though.

"Some service members may feel they don't need much sleep to function effectively. They often view sleep as an unproductive use of time – it's undervalued," he said.

The amount of sleep required varies with individuals. Most people need seven to nine hours of sleep, while some do fine with six hours per night, but the number should not dip below six hours, Satterfield said.

First, relax ....

Service members can get "wound up" from periods of stress and boredom throughout the day. Satterfield's first piece of advice to warfighters is to unwind by practicing relaxation techniques, such as controlled breathing.

"It can be difficult to shut down the brain, especially if you have the habit of worrying, but shifting your focus to thoughts that are relaxing or neutral can help. Listen to calming music or sounds," he said.

Satterfield provided some other tips.

- Military life can be unpredictable, but when possible, keep a similar bedtime and wake up time each day of the week to help maintain a consistent pattern of sleep.
- While some people may find a brief rest or power nap helpful, napping can also disrupt normal sleep patterns and actually make it more difficult to fall asleep at night. If you do take a nap, keep it brief – less than an hour – and well before your regular bedtime.
- Avoid stimulants – such as caffeine, nicotine and alcohol – large meals and exercise within a few hours of bedtime.
- Find a quiet, comfortable place to sleep – free of distractions, such as televisions and video games.
- Use ear plugs and a sleep mask to block out distractions. These aids may take a period of time to get used to, but give them a try.
- Eat healthy foods and exercise, which can help regulate your sleep. Check Operation Live Well at [www.health.mil/Military-Health-Topics/Operation-Live-Well](http://www.health.mil/Military-Health-Topics/Operation-Live-Well) for tips on maintaining your overall health. See [afterdeployment.org](http://afterdeployment.org) for video tips on getting a better night's sleep.

If these suggestions do not solve a sleep problem, service members should consult their primary care doctor. A more serious sleep disorder, such as sleep apnea or a contributing health condition, may be present. In any case, a good night's sleep is critical to a service member's health and to mission success.



## Impairment incidents higher in women

By Tri-Service Vision Conservation and Readiness  
Program Staff  
U.S. Army Public Health Command

Women are often the people in the family responsible for taking care of their family's health concerns and often neglect their own health including the health of their eyes.

Yet, did you know that two-thirds of the people in the world affected by visual impairments and blindness are women even though they represent 53 percent of the population?

The rate of eye disease is on the rise in this country mostly because people are living longer and women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases such as macular degeneration, cataracts, dry eyes, glaucoma and diabetic changes of the eye as well as other conditions.

Because of this, Prevent Blindness America has designated April as Women's Eye Health and Safety Month to help educate women about the steps that they must take to help prevent vision loss by making their own eye health a priority. While the following recommendations apply to all, during April, the emphasis is on women so that they remember to take care of themselves, as well as their families.

- **Get routine eye care** – Many causes of eyesight problems are preventable, so all women should make having regular eye examinations a regular part of their health routine to minimize the risk. It is recommended that all women receive a comprehensive eye examination by the age of 40 if not sooner and obtain routine follow-up care as recommended by their eye care professional.
- **Know your family history** – Everyone is aware that genetics play an important role in what diseases you are at risk for including eye diseases. By knowing what conditions your ancestors have had, you can notify your eye care professional of what those conditions are and, in some cases, do things to prevent or lessen the effect of those conditions in you.
- **Eat healthy and exercise** – Eating healthy and



ARMY PHOTO

Dr. Marion Ewan, Tripler Army Medical Center Optometry Clinic, Hawaii, screens Charity Del Rosario during an eye examination.

exercising is important in maintaining a proper weight to reduce the risk factors for certain conditions. Doing so can also assist you in guarding against vision loss. Obesity, a lack of exercise, stress and a bad diet all can affect the health of your eyes.

- **Avoid smoke** – Smoking, even secondhand smoke, increases the risks for certain eye diseases such as cataracts and macular degeneration. Avoid smoking and being around smokers if at all possible.
- **Wear good sunglasses** – Ultraviolet light exposure has also been linked to the development of cataracts and macular degeneration. So, it is recommended that when you go outside, consider wearing brimmed hats and UV-rated sunglasses.
- **Use cosmetics and contacts safely** – You know the rules for using these safely. Wash your hands first. Throw away old makeup and contacts. Do not share them with others. Do not apply them while driving. By following these directions, you can prevent a serious eye infection that could result in permanent loss of vision.

Remember, as the one who is responsible for making certain that everyone is healthy, it is important that you remain around to continue to take care of your family and that you see well enough to maintain that role. Taking care of your eyes is an easy way to assist you in meeting those important functions for years to come.



# DOWN TIME



## TRIVIA

1. GENERAL KNOWLEDGE: How many sides does a snowflake have?
2. COMICS: What superhero's alter ego was Natasha Romanova?
3. ANIMAL KINGDOM: How long is the dolphin's gestation period?
4. LANGUAGE: What is fratricide?
5. MOVIES: What was the name of actress Lauren Bacall's debut movie?
6. GEOGRAPHY: Which U.S. state has the most coastline?
7. TELEVISION: Where did the Flintstones live?
8. MEASUREMENTS: How many ounces are in 2 pounds?
9. PRESIDENTS: Ramsey Clark served as attorney general under which president?
10. HISTORY: When was the first trans-Atlantic telegraph cable completed?

See Page D4 for this week's answers.

## Super Crossword MIXED BLESSING

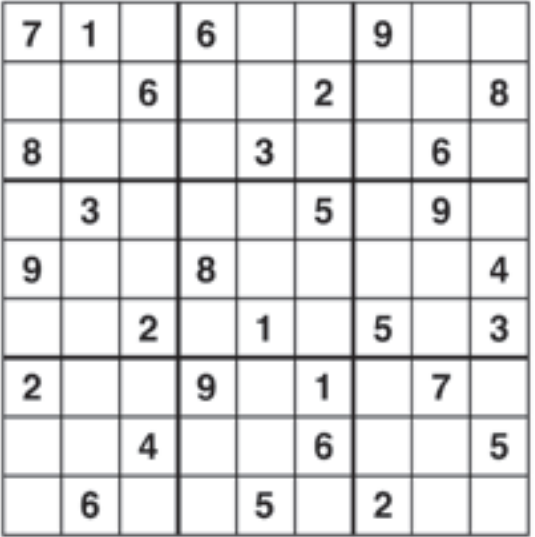
- ACROSS**
- 1 Emmy, e.g.
  - 6 Explorer — Polo
  - 11 Mine's bear
  - 15 Hospital VIPs
  - 19 Spanish man
  - 20 It's made of milk, flour and butter
  - 22 Sharing the secret of
  - 23 "The Matrix" star Reeves
  - 24 Unit equal to 0.338 fluid ounce
  - 25 Knock off
  - 26 Stage muggers
  - 28 Beating the former best
  - 30 4x4, briefly
  - 32 Lousy
  - 34 Ian Fleming's alma mater
  - 35 Jaded
  - 36 Online comparison shopping site
  - 42 More nasty
  - 43 Dance in Rio
  - 44 Has a bawl
  - 45 Prenatal chambers, for ex.
  - 47 Locker, e.g.
  - 54 U.S. enlistees
  - 57 Arrest, as a perp
  - 58 Tiddlywink or Frisbee
  - 59 How — (DIYers' books)
  - 60 Jurist Scalia
  - 63 Novelist Graham
  - 66 Camphor or fructose
  - 69 Need-for-speed adage adapted from the Bible
  - 72 Road salt
  - 73 "It's about time!"
  - 74 Separates after a multiplayer tackle
  - 75 Edifice extension
  - 76 Debate side
  - 77 — Khan (Islamic imam)
  - 78 Wide shoe spec
  - 79 Building up to the loudest point
  - 88 Parliament's House of —
  - 89 "With a Little — Luck"
  - 90 Piece-of-cake class
  - 94 Fold, spindle or mutilate
  - 97 Bottle near a salad bowl
  - 99 Small
  - 100 Cannonballs and such
  - 103 Pro-learning union: Abbr.
  - 104 Healthful getaway
  - 105 Backlash
  - 111 Banks of modeling
  - 113 Catch with one's ears
  - 114 "Viva Las Vegas" co-star
  - 116 Ancient Greek colony
  - 119 — Stanley Gardner
  - 120 Not trued up
  - 121 Kids' caretaker
  - 122 Changed the color of
  - 123 Favorable
  - 124 Actor Mike
  - 125 Meal blessing that's "mixed" and hidden in seven answers in this puzzle
  - 2 Itsy-bitsy
  - 3 Disneyland's city
  - 4 Barrett of gossip
  - 5 Snare sound
  - 6 DC doubled
  - 7 Warlike deity
  - 8 Thinker
  - 9 Cartesian
  - 10 Drop
  - 11 Latex, e.g.
  - 12 Money spent
  - 13 Sailor's site
  - 14 German man
  - 15 Deny
  - 16 Borrowed
  - 17 Not smooth
  - 18 — of Berlin (snack brand)
  - 21 More crafty
  - 27 Get less taut
  - 29 Late film critic Roger
  - 30 Happy times
  - 31 — la-la
  - 33 Siltcom psychiatrist
  - 37 "2 Broke Girls" airer
  - 38 Steed breed
  - 39 Sizable
  - 40 Comb insect
  - 41 Key near F1
  - 42 Sea, to Gigi
  - 45 Flustered
  - 46 Tic-toe link
  - 48 Chilling, as champagne
  - 49 Playwright Clifford
  - 50 City in North Dakota
  - 51 Star, in Nice
  - 52 Having no service charge
  - 53 — fly (African pest)
  - 54 Congregate
  - 55 Gobble down
  - 56 — Artois
  - 61 "— will!" (threat ender)
  - 62 — Geo Wild
  - 63 Must, slangily
  - 64 Holy artifact
  - 65 José's "that"
  - 66 "— & Kel" (teen show)
  - 67 Psychic skill
  - 68 Prefix with light
  - 70 Turf groups
  - 71 Real aficionado
  - 76 So-so link
  - 77 Slip — (mess up)
  - 80 Made a racket
  - 81 Hulk of a wrestler?
  - 82 Furiousness
  - 83 Slugging stat
  - 84 Essen "a"
  - 85 Enhaloed Fr. lady
  - 86 Deteriorating
  - 87 Paddled tool
  - 91 Girl told not to cry in song
  - 92 "Uh-huh"
  - 93 "I'm — loss for words"
  - 94 Ran quickly
  - 95 Carotid, e.g.
  - 96 A pep talk may boost it
  - 97 Outspoken
  - 98 Receiving a pension: Abbr.
  - 100 Golf's Palmer, to pals
  - 101 High-IQ crew
  - 102 The — & the Papas
  - 106 Like venison
  - 107 Quick haircut
  - 108 Punker Pop
  - 109 Alençon's department
  - 110 At no time, in verse
  - 112 Mimic a tiger
  - 115 Saints' stats
  - 117 Yellow pages abbr.
  - 118 Favorable vote



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

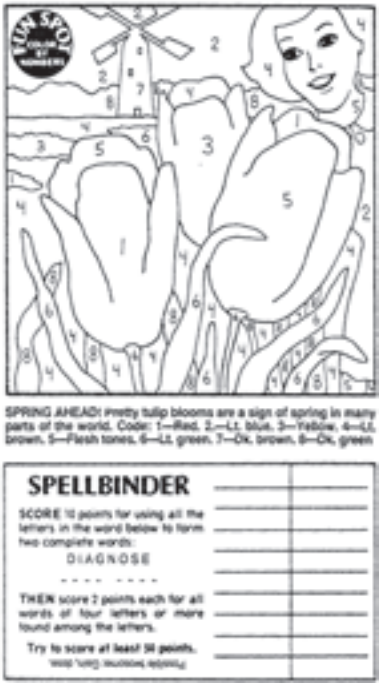
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID's CORNER









# FORT RUCKER SPORTS BRIEFS

**Intramural golf**

Silver Wings Golf Course is accepting registrations for intramural golf now through April 27. Players will play the scramble format once or twice a week with a team of four. Games will be held on Tuesdays and Thursdays starting at 4 p.m. The first game is May 5. Registration is \$10 per person, and each game is \$10 per person for non-members and \$5 for members. For more information, call 598-2449.

**Survivors & Fallen Heroes 5K**

The Fort Rucker Physical Fitness Center will host the Survivors & Fallen Heroes 5k Saturday starting at 8 a.m. Race-day registration begins at 6:30 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. The fun run is open to all children, free of charge, and will begin after the 5K race is complete. Each fun run participant will receive a medal. Cost for the 5k is \$25 with a shirt –

while supplies last. Refreshments will be provided. The race is open to the public. Trophies will be awarded in various categories. For more information, call 255-2296.

**Golf tournament for AER**

Silver Wings Golf Course will host the 25th annual Golf Tournament for Army Emergency Relief April 17. Registration will begin at 10 a.m. with a noon shotgun start. The format is four-person scramble. Entry fee is \$65 per person, or \$55 for Silver Wings members. The cost includes a hamburger lunch, cart, green fees and registration gift. All proceeds will be donated to Fort Rucker's AER fund. For more information, call 1-800-448-4096 or 598-4411.

**Super Demonstration Day**

Silver Wings Golf Course's driving range will host its Super Demon-

stration Day April 18 to help golfers find the right club for their style of play. According to SWGC officials, to get the most from a round of golf, players need to be playing with clubs that fit their swings, and this event helps them find the perfect match as golfers can experience the latest and greatest in golf club equipment from 9 a.m. to 3 p.m. The event is open to the public and non-members.

For more information, call 598-2449.

**Youth fishing tournament**

Outdoor recreation will host a youth fishing tournament April 18 from 7-11 a.m. at Parours Lake for youth ages 3-15. Live bait will be permitted, but no minnows. Prizes will be awarded to first-third place winners. The cost to participate is \$10. Bait, snacks and some fishing gear will be available for purchase – cash only. The event is open to the public. For more information or to register, call 255-4305.

## PUZZLE ANSWERS

Super Crossword

Answers

WARD	MARCO	POOH	DOCS
SENOR	CREAMS	SAUCE	INON
KEANU	CENT	LITER	SLAY
HAMS	SETTING	GARE	CORD
UTE	BAD	ETON	BLAS
PRICE	GRABBER	UTER	MEANER
SAMBA	CRILES	UTER	
STORAGE	COMPART	MENT	
GIS	NAB	DISC	TOS
ANTHONY	INGREEN	KETONE	FT
THE	RACE	GOEST	OTHE
HAL	LITE	ATLAST	UNPILE
ELL	ANTI	AGA	EEE
REACH	LORDS	BITOF	EASYA
DAMAGE	VINEGAR	CRUET	
AROMA	AMMO	NEA	SPA
STRONG	GREAT	ION	TYRA
HEAR	ANNMARG	RET	IONIA
ERLE	MISALIGN	ED	NANNY
DYED	YEAS	MYERS	GRACE

Weekly SUDOKU

Answer

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

## Trivia

Answers

1. Six
2. Black Widow
3. About 12 months
4. Killing a brother or sister
5. "To Have and Have Not"
6. Alaska
7. Bedrock
8. 32
9. Lyndon Johnson
10. 1858



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Cajun Filet Biscuit	\$5.39	\$3.39
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Add Egg 69¢		Add Cheese 49¢

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**BREAKFAST PLATTERS**

Scrambled Eggs & Biscuit with Bo-tato Rounds® or Grits	\$3.29
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With Steak	\$4.29

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Bo-Berry Biscuit® 1.19 ea. ★ 2 for \$1.99 ★ 6 for \$4.99  
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Bo-tato Rounds® (Large Hash Browns)  
Small \$1.49 ★ Medium \$1.99 ★ Large \$2.89  
Large Grits \$1.49

**KID'S MEALS**  
★KID'S MEALS SERVED WITH BISCUIT, FIXIN' AND KID'S DRINK★  
Chicken Leg \$4.49 ★ Macaroni 'n Cheese \$4.49  
2 Homestyle Tenders™ \$4.49

**FAMOUS CHICKEN**  
★DINNERS★

	Includes biscuit & 1 FIXIN'	Includes biscuit & 2 FIXIN'S
2pc. (leg & thigh)	\$4.29	\$5.39
2pc. (breast & wing)	\$5.49	\$6.59
3pc. (leg & thigh)	\$4.99	\$6.09
1 Breast	\$4.59	\$5.69
2 Breast	\$6.99	\$8.09
3 Wing	\$5.19	\$6.29
4pc. (breast, wing, leg, thigh)	\$7.19	\$8.29

**BOXES & FAMILY MEALS**  
★BOXES INCLUDE CHICKEN & BISCUITS★

8pc. Mixed and 4 Biscuits	\$14.99
12pc. Mixed and 6 Biscuits	\$21.99
20pc. Mixed and 10 Biscuits	\$31.99

Substitute breast for leg/wing/thigh for \$1.49 per substitution

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8pc. Tailgate (serves 3-4)	\$21.99
12pc. Tailgate (serves 5-6)	\$29.99
20pc. Tailgate (serves 8-10)	\$39.99
Family Variety Feast	\$31.99

with 4 biscuits, 2 picnic fixin's and 1/2 gallon iced tea  
with 6 biscuits, 3 picnic fixin's and 1/2 gallon iced tea  
with 10 biscuits, 4 picnic fixin's and 1 gallon iced tea  
Tenders, 8 biscuits, 3 picnic fixin's and 1/2 gallon iced tea

**FAMOUS FIXIN'S & FRIES**  
★FIXIN'S AS FAMOUS AS OUR CHICKEN & BISCUITS★

Dirty Rice™	★ Cajun Pintos™	★ Cole Slaw
Macaroni 'n Cheese	★ Corn on the Cob	
Mashed Potatoes 'n Gravy	★ Green Beans	
Individual \$1.79	Picnic \$3.59	

★SEASONED FRIES★  
Small \$1.59 ★ Medium \$2.59 ★ Large \$3.59

**SALADS**

Grilled Chicken Salad	\$5.99	Chicken Supremes™ Salad	\$5.99
Garden Salad	\$4.49	Homestyle Tenders™ Salad	\$5.99

**BONELESS CHICKEN**

4pc. Chicken Supremes™ Combo	\$6.59
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Our original whole breast tenderloin strips

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★RICE BOWLS INCLUDE DIRTY RICE, CAJUN PINTOS & CHEESE

Jambolaya™ or Chicken Rice Bowl	\$5.39
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★SNACKS INCLUDE CHICKEN AND A BISCUIT★

2pc. (leg & thigh)	\$2.99	3 Wing	\$3.99
2pc. (breast & wing)	\$4.49	3 Supremes™ or Tenders™	\$4.09
1 Breast	\$3.69	Roasted Chicken Bites®	\$4.99

**SANDWICHES & WRAPS**  
★COMBOS INCLUDE 1 FIXIN' AND A DRINK★

Cajun Filet	\$3.89	Southern Filet Club	\$4.69
Cajun Filet Club	\$4.69	Grilled Chicken	\$4.19
Southern Filet	\$3.89	Grilled Chicken Club	\$4.99

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Small \$1.39	★ Medium \$1.69	★ Large \$1.99
Orange Juice \$1.59	★ Milk or Chocolate Milk \$1.19	

★LEGENDARY ICED TEA★  
Small \$1.39 ★ Medium \$1.69 ★ Large \$1.99 ★ 1/2 Gallon \$2.99  
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