

OFF LIMITS

Training areas not for recreation



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Fair shows youth path to healthy living



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NOT FORGOTTEN

Post honors fallen heroes, survivors



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ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

APRIL 16, 2015

SETTING PRIORITIES

Lundy emphasizes importance of ARI

By Sofia Bledsoe
Program Executive Office Aviation

REDSTONE ARSENAL — The Army's Aviation Branch chief relayed his priorities to industry members and the Army Aviation acquisition community during his presentation at the Army Aviation Association of America Summit March 30-31 in Nashville, Tennessee.

"There are a lot of things going on in the Army and Army Aviation," Maj. Gen. Michael D. Lundy, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, said. "We have to be careful that we don't lose sight of the great things. We have phenomenal leadership across the Branch all the way to the Soldier level. The things that they're doing every day in support of our nation, in support of our partners, are absolutely remarkable. Regardless of the challenges that we have to meet, they get it done."

Lundy showed a slide depicting some of the significant accomplishments made by Army Aviation over the past year. Some of the highlights included the continued fielding of UH-60Ms, CH-47Fs and AH-64Es; the Shadow v2 unmanned aircraft system Follow On Test and Evaluation that was completed; TH-67s



PHOTO BY SOFIA BLEDSOE

Maj. Gen. Michael D. Lundy, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, emphasizes his priorities to industry members and acquisition community leaders at the 2015 Army Aviation Association of America Summit March 30 in Nashville, Tenn.

and OH-58Ds being divested; the Improved Turbine Engine Program Analysis of Alternatives completed; Joint Multi Role Technical Demonstrator awarded to two vendors; the UH-60V milestone decision approved; operations in more than 36 countries; and 20,475 students trained at Fort Rucker — among other accomplishments.

Lundy gave credit to Heidi Shyu, the Army's top acquisition officer, for being a tremendous advocate for Army Aviation.

"The one person who has truly made an impact for our Branch ... and she always asks me, what does

the warfighter need, and that's the most important question that anybody making prudent decisions can ask," he said.

Army Aviation continues to be an asymmetric advantage for the nation, Lundy said, noting that the last 50 years since Vietnam, where air mobility really became a part of how the U.S. fights as a nation, "We've been. We could not have done the last 13-plus years in combat without Army Aviation leading the way, providing the capabilities for our Soldiers on the ground."

SEE LUNDY, PAGE A4

CG updates local AUSA on Aviation

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Aviation Center of Excellence and Fort Rucker commanding general spoke to Wiregrass community leaders and Soldiers to provide an update on the future of Army Aviation.

Maj. Gen. Michael D. Lundy spoke during the Wiregrass Chapter Association of the United States Army Luncheon at the Daleville Cultural and Convention Center Friday to give a glimpse into where Army Aviation is headed and to show his appreciation for the Soldiers, as well as the community that supports the Branch.

"Our Branch, the Army Aviation Branch, is in a period of transition right now, much like our Army is, and we've got some challenging times ahead. But as I've said, I'm pretty optimistic about where we're going and my optimism is largely centered on the Soldiers that we have," said the commanding general. "Every day I have the honor of being able to watch them perform. It's pretty remarkable what they get done."

"To really see the impact, not only that we have here at Fort Rucker, but up at Fort Eustis (Virginia) and out at Fort Huachuca (Arizona) and around all of our Aviation brigades that are scattered around the world," he said, "the remarkable work that all of our Aviation Soldiers are doing ... you can be really proud of them, because I certainly am."

Lundy spoke about the changes going on throughout Army Aviation with the Aviation Restructure Initiative

SEE AUSA, PAGE A5

OSHA increases injury reporting requirements

By Nathan Pfau
Army Flier Staff Writer

Providing a safe work environment is every employer's responsibility, and Fort Rucker and its facilities are no exception.

The Occupational Safety and Health Administration rolled out a new regulation that took effect Jan. 1 requiring that work-related injuries and fatalities are more quickly reported to the organization, according to Rebecca Ghostley, garrison safety director.

"The major requirement that changed was that if you have one individual who is hospitalized from an injury sustained in the workplace, then you must contact OSHA and report the incident," said Ghostley, adding that organizations and units on post should report injuries to the safety office immediately. "It used to be if you had hospitalization of more than three individuals, you had to contact OSHA. In the past, we've rarely had injuries that were serious enough to where we had to contact OSHA, but with the new requirement we could see an increase in the amount of reports that must be filed."

The injuries that fall under the category to be reported are all work-related inpatient hospitalizations; all amputations, which could be as small as the loss of the tip of a finger; and loss of an eye. Additionally, all work-related fatalities must be reported within eight hours.

OSHA exists to "assure safe and healthful working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance," according to the OSHA website, www.osha.gov.

The change allows OSHA to focus its efforts more effectively to prevent fatalities and severe work-related injuries and illnesses, all while educating and bringing about awareness to workplace safety and health, according to the website.

It's imperative that Fort Rucker and its organizations adhere to the new regulation because the consequences for not doing so can be severe and costly, said Ghostley.

"We just had an incident where we had an individual who was admitted (to the hospital) on a Sunday and we did not notify OSHA until the following Wednesday. When we did notify them, because we were late to do so, it was an automatic visit and we were given a citation," said the safety director.

The citation was an other-than-serious citation, but within the next five years, if there is a repeat offense, the installation will receive a more serious citation. There

SEE OSHA, PAGE A5

OPERATION PANTHER PRIDE



PHOTO BY NATHAN PFAU

Students of Fort Rucker Elementary School prepare to jump from a Black Hawk helicopter as CW3 Erik Sabiston, E Company, 1st Battalion, 212th Aviation Brigade, orders them to egress during a field trip, also known as Operation Panther Pride, to Lowe Army Heliport Monday. See next week's Army Flier for full coverage.

GOING GREEN

Post celebrates Earth Day with expo

By Nathan Pfau
Army Flier Staff Writer

Although the Earth may be around for a few billion more years, the future of the human race on the planet is largely dependent on its inhabitants, and Fort Rucker is doing what it can to educate the public on going green.

Fort Rucker will celebrate its fourth Earth Day Expo at the festival fields Wednesday from 10 a.m. to 3 p.m. as a way to educate the installation and the Wiregrass on what it means to be good environmental stewards, according to Darrel Hager, environmental protection specialist for the environmental management branch.

A slew of businesses and orga-

nizations have been invited to attend the event to showcase products, services and demonstrations designed to help people better serve the environment on the organizational level, in the office or at home, Hager said.

"It's about awareness, so that people can understand that the way we currently live can't sustain us for the long run," he said. "The original Earth Day was about 45 years ago and it was an international event that brought attention to the issues. It was the catalyst for some of our first environmental regulations. This is the same kind of thing."

"We need to put it out there and show people that there are environmental issues and there are



COURTESY GRAPHIC

things that we have to look at," Hager added. "We want to make them aware of all the different environmental services available to them."

SEE EXPO, PAGE A5

PERSPECTIVE

Expert provides 3 pillars of job hunting

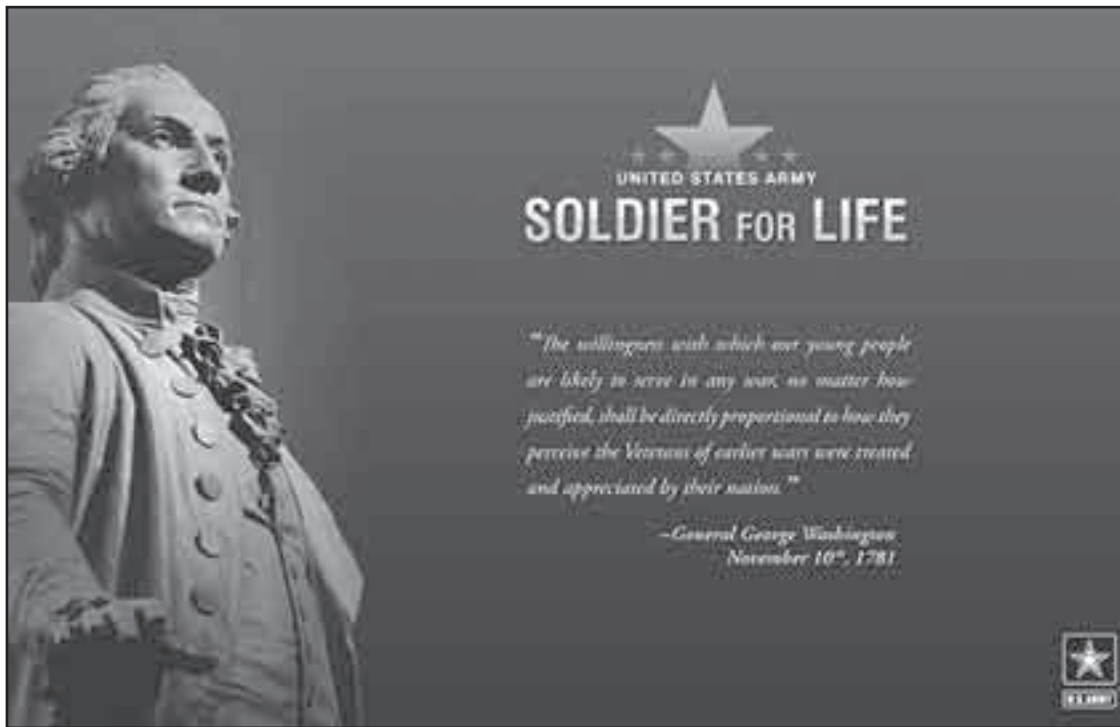
By Bryan Tharpe
Fort Rucker Soldier for Life Center

When it comes to job hunting, it takes intelligence, self confidence and persistence.

Intelligence – Prospective job seekers have to use their intelligence to find the right job, in the right location, at the right time, in order for them to be successful. Intelligent job seekers will find out as much as they can about the job climate and the job market before they ever begin to search for a job. They will also give some thought to what they want to do in their next job or career.

Furthermore, they will need to figure out if they have the skills and experience necessary to do something different, or determine if they want to continue on with what they are experienced at doing.

It will take a certain amount of intelligence and skill to figure out these details and assimilate them, so they can be beneficial to the job seekers. Once they figure out these details, intelligent prospective job seekers will make a job search



FILE PHOTO

plan, and implement it to perfection, in order to be successful. Most successful job seekers don't just use a haphazard approach to job searching—they are more intelligent than that.

Self confidence – Job seekers should not construe self confidence

as being cocky. However, job seekers must believe in themselves and their abilities in order to market themselves effectively and efficiently to employers. Therefore, job seekers need self-confidence to effectively communicate their experience and skills to employers.

When it comes to marketing yourself, silence is not golden. You have to be ready to explain details and give examples of your past successful accomplishments, without being prompted to do so. Furthermore, you have to relate to employers how you can use your

skills and experience to benefit them.

Persistence – Only a handful of job seekers ever get the first job they apply for. In fact, it may be more beneficial for job seekers to get more employment offers before they determine which one is right for them. After all, their future earnings are based upon the salary they negotiate from the employer initially.

If job seekers only have one job offer, they don't have anything concrete to compare it to. Job seekers need to understand that they won't get a job offer from every employer they apply to. They will probably hear the word "no" more often than "yes" – better yet, in most cases, they will probably hear nothing at all.

They will need to learn not to let this rejection bother them or hamper their job search. After all, until job seekers get a job, searching for the right job is their job.

For more information on these topics and any other job search-related topic, call the Fort Rucker Soldier for Life Center at 255-2558.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the April 1979 issue of the *U.S. Army Aviation Digest*. This issue features:

Attack Helicopter Fundamental Tactics

Success of attack helicopters in battle depends on the pilots' capabilities to assess correctly the dynamics of modern battle and their abilities to employ their helicopters using simple battlefield tactical fundamentals. Our pilots must not only understand what to do, they must also understand why it must be done.

How Far is too Far?

This short story begins with a "There

I was." In 1964 I was a brand new Wobly One in a CH-37 Mojave company in Korea. I had been in that assignment for the first four months out of flight school. Already I realized I was probably one of the best pilots in the company, although I don't think anyone else realized it.

Air Combat

France, Summer 1918. A fighting patrol of three Royal Flying Corps Sopwith Camels drones over the shell-pocked trench lines of the Western Front. A series of puffy antiaircraft bursts catches the eye of the patrol leader. Scanning the area, the patrol

leader observes a friendly two-seat artillery spotter 3,000 feet below and two miles distant.

AH-64

The AH-64 is the advanced attack helicopter of the 1980s and beyond. It will replace the current AH-1 series of attack helicopter companies and air cavalry troops. Attack helicopter units traditionally have been members of the combined arms team.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-apr79>.



Rotor Wash

“A youth fishing tournament takes place Saturday from 7-11 a.m. at Parcours Lake. What are some things to keep in mind before heading out for a day on the lake, near the river or by the ocean?”



Sgt. Maj. Derrick Chambers,
Air Traffic Services
Command

"Don't eat too much before you get in the water and take a water safety course."



CW3 Franz Lopez,
ATSCOM

"Wear a lifejacket."



Command Sgt. Maj. Shawn Jones,
164th TAOG

"Make sure that you're wearing the appropriate gear and make sure if you've got children in a boat to brief them before you go out."



Sgt. Maj. Marde Stephens,
1st Bn., 58th Avn. Rgt.

"Stay away from alcohol, that's probably the biggest thing, and if traveling to a destination make sure to check the traffic going to and from your destination."



Lt. Col. Chad Uhl,
164th TAOG

"Don't drink while swimming or boating and watch for the rip tide when in the ocean."

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FORT RUCKER COMMANDING GENERAL

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

Training areas not for recreation

Army Flier
Staff Report

Fort Rucker has an abundance of areas for recreation, from Lake Tholocco's West Beach to the Beaver Lake trails and Disc Golf Course, but installation officials want to remind people that much of the post's 60,000 acres is for training purposes only.

People using these areas without proper approval not only put their personal safety at risk, but also could be prosecuted, said Sean Sparks, chief of the Training Division for the Directorate of Plans, Training, Mobilization and Security.

Fort Rucker 385-1, Range and Training Area Regulation, states that entry into or use of any range, training area, or impact area for any reason must be approved in advance by the chief of the training division, or a designated representative.

The installation limits running, jogging, biking, swimming, walking and picnics to authorized areas to protect the civilian populace, versus allowing anyone to use a training area for any type activity, said Sparks.

"Our primary effort, from a training division perspective, is to prevent this type of activity from disrupting training units in the field," he said. "There are many risks people are exposing themselves to by wandering off through the woods on post."

Sparks said that people need to



Anna Bergmark, left, and Eden Keene train using the hills along the 1.1-mile red trail at Beaver Lake last year.

familiarize themselves with the regulations and the policies that are set for their protection.

U.S. Army Aviation Center of Excellence Regulation 600-1 lists off-limits areas as ranges, designated training areas, storage buildings, non-lighted areas during hours of darkness (except fishing ponds and Lake Tholocco for fishing only), vacant and unused structures, the Lemon Lot after 10 p.m., and all airfields, stage fields or other facilities used for aircraft landing, refueling, storage or maintenance.

Unauthorized entry into these

off-limits areas is prohibited, reads the regulation.

"Some of the most troublesome areas are the wooded areas," he said. "Many people may look at the thousands of acres we have and think they are a nice place to go for a walk with the dog, but most of those areas are designated as training areas and are off limits."

FR 215-1 also states that horseback riding is restricted to approved established trails only – free riding throughout training areas is not authorized. It continues to say that all walking, jog-

ging, running, and hiking trails and courses are open only from sunrise to sunset, unless the trail or course is appropriately illuminated by fixed utilities.

Besides training Soldiers for the Army's many missions, other activities occur within these training areas. Timber harvest, controlled burns, spraying of pesticide, hunting and trapping are all activities commonly taking place in the woods.

"Maintenance functions could seriously injure someone who may be conducting recreational type activities in an unauthorized

area," he said. "Environmental, natural resources and the Directorate of Public Works activities all occur on these lands, too."

There is also the potential for people to detonate unexploded ordnance from the 1940s, added Sparks.

If a person is not sure if they are allowed in the area, then that person probably is not supposed to be there, said Sparks. It's safest to stay in the areas that are designated for recreational usage.

"There are appropriate places where people can conduct recreational fitness and activities," said Sparks. "Fort Rucker does an excellent job in providing many areas. People shouldn't put their lives at risk to find a new trail to run on where they don't have to be around others."

On many training boundaries, there are sequence numbers on a tree or a sign of some type. Sparks said if a person sees one of those, that it is a clear indication that they are going into a restricted area.

"You wouldn't want a horseback rider riding through a paved trail designated for runners only, just like leaders don't want joggers running into a Soldier who is in the field conducting training," he said.

For more information, read Fort Rucker Regulation 215-1, located in the policies and regulations section on the Fort Rucker Intranet or visit administrative services in Bldg. 5700.



PHOTOS BY NATHAN PFAU

SPRING CLEANUP

Top: Soldiers of the 1st Battalion, 58th Aviation Regiment (Airfield Operations) help clean up the courtyard behind the BOSS building during this year's spring cleanup April 2.

Right: Soldiers load up an old picnic table into a truck during this year's spring cleanup in front of the BOSS building April 2.



News Briefs

NCO, Soldier of year

Fort Rucker and the U.S. Army Aviation Center of Excellence will host its NCO, Platoon Sergeant and Soldier of the Year Ceremony Friday at 11:30 a.m. in the U.S. Army Aviation Museum.

Lyster free cooking demo

Lyster Army Health Clinic provides healthy eating education to the Fort Rucker community every day and will roll out its new free cooking demonstrations Friday 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 edu-

cation 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 Monday.

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 Wednesday 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.

Retirement ceremony

The post quarterly retirement ceremony will take place April 24 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the post's latest retirees and thank them for their service.

AER scholarship applications

Army Emergency Relief is running its scholarship application period through May 1. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. In 2014, 47 chil-

dren's scholarships totaling \$105,400 and 18 spouses' scholarships totaling \$25,250 were awarded in the Fort Rucker area. Scholarship specifics and applications are available on AER's website at www.aerhq.org.

For more information, call 255-2341.

ID card appointment system

Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, is available to people by appointment only to better serve the community and alleviate some of the long waits that people experience when getting their ID cards, according to military personnel division officials. If necessary, people will still be able to get their ID cards as a walk-in customer on Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m.

To make an appointment, people can visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

Lethality expert: TRADOC to publish robotics doctrine

By David Vergun
Army News Service

WASHINGTON — Doctrine drives training and modernization, and new doctrine to be released in January 2016 will provide impetus for growth in the rapidly-evolving field of robotics, predicted the chief of the lethality branch at the Army Capabilities Integration Center.

Lt. Col. Matt Dooley discussed the future of robotics in the Army during the National Defense Industrial Association-sponsored Ground Robotics Capabilities Conference and Exhibition in Washington April 8.

Dooley said the new doctrine, "U.S. Army Robotics and Autonomous Systems Strategy," will drive science and technology investments, inform acquisition decisions, further the integration of robots throughout the force and codify the path forward.

Currently, there are references to manned-unmanned teaming and science and technology investments in Army Training and Doctrine Command Pamphlet 525-3-1, also called the Army Operating Concept. But those references are in the appendix of that document. Right now, there is no single Army doctrinal manual devoted wholly to robotics.

Robotics consists of both ground and air vehicles, but Dooley's focus at the panel discussion was the ground aspects.

While the sky is full of unmanned aircraft systems, Dooley said, squads have yet to see a similar number of systems in use on the ground, although there are some being used for explosive ordnance disposal and improvised explosive device clearing operations.

Systems that a squad might find useful, he said, are those that can carry supplies, locate targets, and carry out surveillance and reconnaissance operations.

Dooley stressed, however, that no work is being done to give unmanned ground systems autonomous authority to engage targets.

War is essentially a human endeavor,



PHOTO BY DAVID VERGUN

Mark Kelsch shows off his Kairos Autonomi-developed kit that he said a Soldier can place in a vehicle and within 10 minutes, that vehicle will become autonomous. The contraption has accelerator, brake and steering controls, and is being tested at a number of Army ranges.

he said, and the trigger-puller will be the Soldier. Besides that, Department of Defense Directive 3000.09 prohibits robots from using lethal force. The directive reads, in part: "Human-supervised autonomous weapon systems may be used to select and engage targets, with the exception of selecting humans as targets."

That restriction does not negate the tremendous capabilities robots bring to the battlefield, Dooley said.

Robotic anti-armor system

Dooley was carrying a draft of the doctrine, which is being reviewed by various stakeholders — so he could not go into any detail about what is in it. But he did provide overall themes.

Robotic Anti-Armor System will tie robotics in with future expeditionary maneuver capabilities that will enable mutual support and mission command

across extended distances, where forces are widely dispersed, he said.

Robotics will help Soldiers make contact with the enemy under conditions favorable to Soldiers, while presenting multiple dilemmas to the enemy. The human will always be in the loop when deciding to use lethal force, he said.

The new doctrinal manual will also cover the value of robots in force protection, he said, which brings up a critical question. What cost will the Army and the United States be willing to pay to develop robotics systems that can demonstrably save lives? It is "a morale and ethical decision" that will have to be made.

Dooley explained that very expensive widgets can be added to robotics that would increase force protection, but a cost and a capabilities curve will need to be drawn to determine just how much Soldier protection the nation is willing to pay for.

Safeguards will also need to be built into such systems, he said, citing the DOD guidance that reads: "Semi-autonomous weapon systems that are onboard or integrated with unmanned platforms must be designed such that, in the event of degraded or lost communications, the system does not autonomously select and engage individual targets or specific target groups that have not been previously selected by an authorized human operator."

Prickly question

With the floor open for questions, a representative from industry asked why the Army would consider spending limited resources to develop robotics capabilities that will likely end up "flawed." Additionally, he said, the Army has already been successful using contractors to drive supply convoys, so there is not likely a need for autonomous or semi-autonomous vehicles.

"The Army will need to articulate what levels (of protection) we get from our investments," Dooley said, and demonstrate that such autonomous robotics systems

are not "pie-in-the-sky" investments.

Retired Army Lt. Col. Joe Bell, also on the panel, said "there's an urgent need to reduce risk (to Soldiers) today," not 10 years hence. "That's our No. 1 motivator."

Bell, now involved in the commercial defense industry, laid out a business model for robotics, saying it can cost \$200,000 to armor some vehicles, not including storing and maintaining the armor kits. That would have to be factored into the cost-benefit analysis of using an autonomous or semi-autonomous vehicle.

A semi-autonomous system used in a leader-follower configuration would also save lives, because if the vehicle hit a mine or took enemy fire, no one would be killed.

Bell said if current technology were applied to a leader-follower system, as few as two Soldiers could convoy four to eight trucks.

Although there would be fewer Soldiers for the enemy to target, that also brings up the problem of less firepower. This issue could be addressed, he said, through mission command, meaning the commander would need to closely monitor the situation and have backup tactics, techniques and procedures in place to handle the unexpected.

Jim Parker, another panelist, argued against the notion that robotics is too expensive or not ready for development.

He said the Army is already making robotics work. At Fort Bragg, North Carolina, and at the U.S. Military Academy at West Point, New York, for instance, autonomous vehicles are being tested to shuttle visitors and personnel around the installations.

Parker said that such incremental improvements will serve as building blocks toward the ultimate goal of off-road, difficult-weather and terrain negotiation. Parker is the associate director for Ground Vehicle Robotics, Army Tank Automotive Research, Development and Engineering Center.

Lundy: CG commends Aviators for hard work

Continued from Page A1

The Aviation Restructure Initiative is the largest restructure that Army Aviation has ever done in its history, Lundy said.

"We are touching every single unit, all three COMPOs are being impacted by ARI. We're reorganizing four CABs (combat Aviation brigades), we've deactivated a number of units ... all the while that's going on, we're fielding new equipment to units every day and then deploying with them. We're under modernization pressure," he continued. "We've got a clear modernization plan, and we've got some great capabilities out there, but it's a very slow burn as we field these units."

"The Aviation Restructure Initiative is the best course of action for our Branch, for our nation, for our Army," he continued. "If we don't execute it, it will cripple Aviation modernization in the future and we can't let that happen. We have to put all emotions aside, put all the politics aside, and be very pragmatic and think about what's best for our nation ... what's best for our Branch."

Additionally, sequestration will impact every modernization program in Army Aviation, including the Joint Multi-Role Technology Demonstrator, which will feed into the Future Vertical Lift effort, Lundy added.

"Even though we're under significant fiscal pressure, and we've lost 40 percent of our modernization account, we're doing very well in maintaining those priority programs that we need to. As we push forward with the Improved Turbine Engine Program, we have JMR-TD on the horizon — all of those things, even though they're slower than we want them to be, continue to track," he said.

However, capability gaps today threaten the unique,

indispensable maneuver advantage that will limit national options and increase risk to the force if we don't close the gap through ARI, Lundy said.

"We cannot wait 25 years for FVL. We must close those key gaps now," he said.

The Aviation community needs to close key capability gaps through the disciplined investment of savings gained from divesting legacy aircraft and reduced structure, according to Lundy. This will retain the asymmetric advantage and overmatch in Joint Combined Arms Operations by fielding disruptive technologies today, committing to training and leader development, and fully execute ARI to maximize the combat power of a smaller force structure.

"I'm concerned we're not moving fast enough. How do we maintain asymmetric capability into the future? I will say that there is some risk out there. A lot of it has to do with resourcing. We have to think about

where do we make the best investments to prevent this vulnerability gap," Lundy said.

He focused on some of the efforts needed to meet the goals driven by the Army Operating Concept: increased speed, range and payload to enable expeditionary ops; fly and fight in all environments, weather and visibility conditions; agile survivability solutions that stay ahead of emerging threats; expeditionary and survivable UAS that are reliant on airfields; improved trainability; cockpit commonality; scalable and multi-functional technology (no niche solutions); reduced maintenance burden; fully networked air-ground connectivity; and unmanned systems need to be unmanned.

Lundy also stressed the

importance of going after a degraded visual environment capability very soon. "We have to be able to fly and fight no matter the weather, no matter what the visual conditions are in order to maintain the game changing capability we already have."

"We have to get away from relying on an airfield for UAS, so our future family of UAS is not going to require an airfield, and that (requirement) is coming soon," he said. "We're also looking at cockpit commonality so that we reduce the training base. That's what we're looking for in FVL. We have to figure out how we reduce the maintenance burden."

Lundy talked about the ratio between warfighting systems to the sustainment systems required to keep

them operating, alluding to the fact that the Army needs to maintain the amount of "teeth," and in order to be able to accomplish and afford that, the Army has to become more efficient in the way it sustains and maintains the fleet so it can reduce the cost of the "tail."

Lundy also noted that the Army is forcing its Soldiers and Aviators to have to learn a great deal of technical information.

"We need the machines to do some of this for us," he said. "Our unmanned formations are bigger than our manned formations. We need to unman your unmanned stuff. It takes too many Soldiers to operate and maintain this. They're great capabilities, but, as we think to the future, that's what we need to be thinking

about because our Army is going to have less Soldiers.

"We're also reshaping how we're going to do flight school. We're focused very heavily on what I call defragging the hard drive — we have to change some of the training quals (qualifications) that we have, and become less enamored with the technical things and more enamored with the operational things, so we're looking hard at how we're doing check rides — not to make them easier. They're going to be harder, but they're going to be focused on the right things," Lundy said.

"Requirements are high ... the demands are there, but the Army Aviation Branch is getting after it. I'm very, very proud of all that they are doing every day."

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AUSA: CG thanks community for support

Continued from Page A1

and the impact it's had on Fort Rucker and the local communities, but asked people not to lose sight of what has been accomplished and where the Branch is headed.

"We're going through a restructuring initiative based on some budget cuts that we've seen. The entire Army, and really the entire Department of Defense, is affected by it, so we've had to make some very tough decisions," he said. "Some of that is that we've had to restructure our organizations by decreasing some of them and reorganizing them so that we can be more effective with a smaller Army."

Although a decrease in personnel can seem disheartening, Lundy said that despite the tough times ahead, there is good news to be had.

"I don't want to lose sight of the good things that I see coming through our programs," he said. "Our op-tempo right now and how busy we are is as busy as we've ever been."

Last year, Army Aviation operated in 36 different countries around the world, with Soldiers deployed in Afghanistan, Iraq, Jordan, Kuwait, Korea, Japan, Guam, all over the Pacific and 12 different countries across Europe, all of which are fully engaged, according to Lundy.

Soldiers are busy shaping the world,

whether in combat or in efforts to prevent future conflict, said the general. The Army isn't just about its fighting force, which is widely known as the most formidable in the world, but also about building and maintaining important relationships through the more than 150,000 Soldiers who are deployed around the world during peace-time operations, he said.

"That is what your Army does for you every day and we do it better than any other nation in the world," said Lundy. "And as a part of that team, Army Aviation is really an asymmetric advantage."

As the force continues to modernize, which is an important tactical advantage to provide the Soldiers with the most ad-

vanced capabilities to maintain a technical edge, it's the Soldiers who are the real advantage that needs to be invested in. That investment starts with support, he said, adding that being able to equip them, train them and employ them is what's most important.

"We have a great community here – you guys enable all of that," said Lundy. "We always feel the embrace of the Wiregrass, and it's very apparent the team play that all of our local communities contribute. That's how we approach things as an Army, because team play is so important. The support that we get from the community is very important, it's very valued and we certainly appreciate it," he said.

OSHA: Teamwork, awareness key to achieving safe workplace

Continued from Page A1

are several citations that could be issued, but the installation could receive a willful citation. Ghostley said this is one of the worse citations that an organization can receive because it shows that the infraction was known to be wrong, but was carried out anyway, and can generally carry heavy fines.

"I don't think any unit or directorate wants to be the one to cause Fort Rucker to receive a more serious citation

and possible fines," said the safety director. "It can also open us up to increased scrutiny by OSHA. Whenever OSHA visits your facility or installation, they can look at whatever they want."

Ghostley said she feels the new regulation will help people in the workplace be more vigilant about safety and more aware of their health in the workplace.

"When people see how serious the issues are taken, then they really look hard to see what they did wrong and how they can correct it. That's the attitude everyone

needs to take," she said, adding that if repeated offenses continue to occur, it's possible that OSHA could shut down the organization, deeming it an unsafe work environment.

The change also updates the list of industries that are exempt from the requirement to keep OSHA injury and illness records because of low occupational injury and illness rates, according to the OSHA website.

For more information or a full list of exempt industries, visit www.osha.gov/recordkeeping.

Expo: Environmental change begins with lifestyle, culture change

Continued from Page A1

From things like the type of power they use to run their cars, facilities and homes, to the type of soap or cleaners that people use can make a difference in the sustainability of the Earth, he said.

"Teaching people about the simple things like which soaps might contain more chemicals over the other can make a difference – things like this matter," said Hager.

"You don't know the damage you could be causing to either yourself or the environment if you're not educated on the subject," added Melissa Lowlar, EMB chief. "(The expo) is a way to educate people that there are better things that they can do to help the Earth and be good environmental stewards.

"There are products that people can use at home that are not only better products for the environment, but better for

their family, as well," she said. "It might provide less exposure to chemicals for the family. One thing people should realize is that just because you've always used (a certain product) or done something a certain way doesn't mean it's a good thing. That's why we want to get the information out to the Fort Rucker community, as well as people in the Wiregrass, about new, innovative ideas in the environmental field."

The expo will also feature the E-cycling event, where people can bring their old electronics to be recycled. People can bring computer towers, keyboards, computer mice, printers, scanners, laptops, wires, microwaves, coffee pots, power cords, battery backups, lead batteries, satellite receivers, cell phones and telephones. No government hand-receipt items will be accepted.

It's important to recycle these materials because, Hager said, much of the

equipment contains elements and chemicals that can be harmful to the environment if disposed of improperly.

For those who miss out on the E-cycling event, these items can be recycled year round at the recycling center in Bldg. 9322, located on Third Avenue.

Hager said that it's important that people understand that there is no quick fix to the problem of environmental waste and that it demands a lifestyle change in order to make a real impact.

Education is important because for the more than seven billion people in the world, most are living in a way that isn't sustainable for the Earth, he said.

"If you look at where most of the major cities are built, they were built near water sources for the access to water and the ability to drain sewage," said Hager. "Up until the 18th century, the Thames River in London could handle the sewage being put out by the city, but with

population growth, it could no longer handle the sewage being dumped into the river. What you use in your household may not seem significant, but it builds up – it's the cumulative effect."

There are a finite number of resources on the Earth and a certain amount of demand, and soon the demand will outweigh the resources that the Earth can provide, said the environmental protection specialist. Finding and using renewable resources is the best way to curb that dependence on those finite resources, such as fossil fuels.

"Environmental change has to be a lifestyle change – it's like exercising. If you do it every day, then it gets to be a habit. It's the same with being green," he said. "If you just do it for one weekend, it's not going to make as much of an impact as it would if you do it all the time. Like exercise, the longer you do it, the more results you'll see."

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APRIL 16, 2015

Aviation executive gives update

By Sofia Bledsoe

Program Executive Office Aviation

REDSTONE ARSENAL — Set priorities, make prudent choices and continue to modernize Army Aviation systems in ways that provide the best Aviation force for the nation within the resources available.

That was a key message that the Army's top Aviation executive relayed to attendees at the annual Army Aviation Association of America Summit March 31 in Nashville, Tennessee.

The Aviation portfolio represents about 25 percent of the Army equipping budget and is the single largest portfolio in the Army, according to Brig. Gen. Bob Marion, program executive officer for Aviation.

"That's a lot of responsibility from everyone in this room — it takes the whole team and the whole enterprise to keep us successful, and continue to earn the trust of the Army staff, OSD (Office of the Secretary of Defense) and our Congress," he said. "It's your performance over time that has earned the trust of the people who appropriate dollars that allow us to execute our mission."



PHOTO BY SOFIA BLEDSOE

Brig. Gen. Bob Marion, far left, program executive officer for Aviation, and project managers from the organization's eight project offices address questions from attendees including Soldiers, exhibitors and media members at the 2015 Army Aviation Association of America Summit in Nashville on March 31. From left are Marion, Col. Thomas Todd (Utility Helicopters), Col. Rob Barrie (Cargo Helicopters), Col. Steven Clark (Fixed Wing Aircraft), Col. Gerald Davis (Aviation Systems), Col. Jeff Hager (Apache Helicopters), Col. Courtney Cote (Unmanned Aircraft Systems), Col. James Kennedy (Armed Scout Helicopter) and Col. Jim Brashear (Non-Standard Rotary Wing Aircraft).

Having the largest piece of the equipping peg is good, he said, but it also means that Army Aviation will bear a large portion of any sequestration decrements.

"What I really need help doing is getting

on contract. It's getting dollars obligated," he said.

Although procurement funds are treated as three-year money, Marion stressed that the Aviation enterprise needs to treat it as

one-year funding.

"If it's not obligated by the time we do our annual reviews, we stand a high chance of losing those dollars," he said. "We have to get to the finish line. That's how we get measured. That's what our Soldiers need us to do. And that's my challenge to you."

He thanked AAAA for its efforts and support in working with the Army to get the approvals needed for increased attendance to the annual event. "Of all the events in the year, this is the one where we get the most benefit," Marion said.

He stressed the need for venues such as the summit to engage in open dialogue, crosstalk and level set between combat Aviation brigade commanders, industry partners and other government agencies.

There are eight Acquisition Category 1 programs within PEO Aviation, including the AH-64E Apache (remanufacture and new build), CH-47F Chinook, UH-60M Black Hawk, UH-72A Lakota, Improved Turbine Engine Program, MQ-1C Gray Eagle unmanned aircraft system, and RQ-

SEE UPDATE, PAGE B4

GENERAL:

'Culture shift' needed for greater acceptance of unmanned systems

By David Vergun

Army News Service

WASHINGTON — As the Army heads into an increasingly unpredictable and complex world, Soldiers will be relying more heavily on unmanned systems, so it is important that those systems first be accepted and trusted, said the Army's director of Force Development Directorate, G-8.

Maj. Gen. Robert Dyess Jr. delivered the keynote address to open the National Defense Industrial Association-sponsored Ground Robotics Capabilities Conference and Exhibition in Arlington, Virginia, April 7.

Young Soldiers have already made the culture shift, perhaps because of generational aspects, Dyess said, meaning the reliance on apps and computerized consumer goods that remove a lot of the thinking, and knob and dial turning. These are the people operating unmanned aircraft systems in Afghanistan, teamed with Apache pilots.

Senior Army leaders also see the potential that unmanned systems can bring to bear on the battlefield, he said. For example, as the Army becomes more and more expeditionary and U.S. based, Soldiers will need to be able to deploy quickly and with lighter equipment.

Heavily protected trucks in a convoy increase the logistics footprint tremendously with added fuel and drivers. If some or most of those vehicles could be unmanned, that footprint would shrink dramatically. Senior leaders see how that capability dovetails with the Army Operating Concept, he said.

A large group of Soldiers are still at the bottom of the "U-shaped" acceptance curve, though, Dyess said. These are the senior NCOs and field-grade officers — combat veterans who learned to rely on the Soldiers to his left and right. They are still, by and large, skeptics of this revolutionary technology.

Once the Army gets them to buy in, "that's the tipping point," he said.

But the Army is not waiting for that tipping point to be reached, he said. It is already protected its science and technology investments in new technologies, including unmanned systems.

And manned-unmanned teaming is already taking place in the air, although some catch-up is needed for manned-unmanned ground systems, he said.

Acquiring unmanned systems

Dyess said he is skeptical that acquisition reform would alter the way the Army procures and sustains unmanned systems. Reforms tend to add more layers to regulations and bureaucracy, he said.

The solution, Dyess believes, is simple: communicate better. By that he means face-to-face meetings with the acquisition, requirements, testing, capabilities, integration and industry partners, so everyone is on the same page. That, alone, would streamline things and result in a better system for the warfighter and one that's more defensible to Congress.

A small-business owner asked the

SEE UNMANNED, PAGE B4



COURTESY PHOTO

Aviators from B Company, 3-158th Assault Helicopter Battalion, 12th Combat Aviation Brigade, provide Aviation support for helocast training with Soldiers from the Latvian Special Forces over the Daugava River in Latvia April 2.

Air cavalry lights up sky over Camp Lejeune

By Staff Sgt. Christopher E. Freeman

U.S. Army Forces Command
Public Affairs

CAMP LEJEUNE, N.C. — Far from Fort Bragg, the distinct All American patches were clearly visible within a training area near Camp Lejeune the last few weeks of March.

The troopers of 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, have been executing their aerial gunnery from their OH-58D Kiowa Warriors, which is essential to their role of supporting the ground forces commander.

"We are out here conducting our aerial gunnery," said Lt. Col. Adam Frederick, commander, 1st Sqdn., 17th Cav. Rgt., 82nd Combat Aviation Brigade. "Aerial gunnery is an essential task that allows aircrews to qualify on their weapons systems while properly identifying and engage those targets."

Even though it's in a controlled environment in a training area, this aerial gunnery serves as a validation to better support the ground troops, the commander said.

"The cavalry exists to support the ground forces commander," said Frederick. "We provide the security and reconnaissance for the ground forces. Aerial gunnery allows our pilots to continue to be proficient on their weapons systems. This way, when the ground forces commander calls for Aviation support, we are able to employ our assets accurately and safely."

Weeks before the pilots put any rounds on targets, maintainers and logisticians from the cavalry had to work logistical coordination with Camp Lejeune to ensure the aerial gunnery exercise did not hamper the overall mission, he said.

"One of our primary challenges was logistics," said Frederick. "We had to move a lot of assets in order to properly and safely conduct this exercise."

Even though in an unfamiliar environment, the troopers were not deterred, but rather were up to the challenge to support



PHOTOS BY CAPT. ADAN A. CAZAREZ

An OH-58D Kiowa Warrior assigned to 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, 82nd Airborne Division, descends to the forward arming and refueling point after an attack run on a target during the 1-17th CAV's aerial gunnery at Camp Lejeune, N.C., March 21.



A Soldier assigned to 1st Sqdn., 17th Cav. Rgt., 82nd Combat Aviation Brigade, 82nd Airborne Division, waits for incoming aircraft at the forward arming and refueling point during the 1-17th CAV's aerial gunnery at Camp Lejeune, N.C., March 21.

this mission, he added.

"Prior planning was important," said Frederick. "We were working with a range control that we had never worked alongside. Different branches have their own specific guidelines on range operations, but the end state is the same — ensuring we properly and safely train our troops."

Once the maintainers ensured the forward arming and refueling point was established, it was time for the OH-58 Kiowa Warriors to suppress and engage their simulated targets.

"As we come onto the range, we check

in with our notional ground forces commander," said Capt. Sean Godfrey, commander, Delta Troop, 1st Sqdn., 17th Cav. Rgt., 82nd CAB. "Once the ground forces commander gives us our target and the munitions required, we go out and engage."

Aerial gunnery was conducted with day and night iterations. During the night firing iterations, the aircrews would either pass or fail as a crew, the captain said.

"Night firing is challenging, especially with limited light," said Godfrey. "There are a lot of great things in the helicopter, such as infrared, that allow us to effectively engage targets at night."

While the aerial gunnery not only tested pilot's skills in engaging targets, it also allowed the squadron to work collectively as a unified team.

"Everyone, even those behind the scenes, participates," said Frederick. "There are maintenance, armament and sustainment operations going on that most don't see. These things enable aerial gunnery to take place."

As the commander of the Aviation maintenance company for 1-17th, Godfrey constantly interacted with his troopers to ensure smooth operations.

"My primary role is ensuring that we

SEE SKY, PAGE B4

MOTORCYCLES



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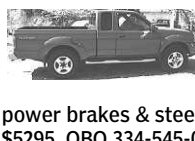


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Update: Reallocating resources modernizes portfolio

Continued from Page B1

7B Shadow Tactical UAS. These programs are considered Major Defense Acquisition Programs usually categorized by the estimated dollars required throughout its life cycle.

"We have the most amount of ACAT I programs of any PEO within the Army, and we have a whole slew of smaller ACAT II and ACAT III programs. We also have special interest programs, so we get a lot of oversight and a lot of help from the building," Marion said.

He thanked the continued support of Army senior leaders and emphasized what Army Aviation brings to the total force. "It's the asymmetric advantage that we bring to our Army. That advantage is Soldiers and formations, and delivering combat capability all around the world."

However, Marion expressed concern with the Army's ability to continue to deploy around the world while modernizing its Aviation fleet in a way that brings the acquisition strategy together as

the Army executes the Aviation Restructure Initiative.

"The requirements for our formations are not going down, but that OCO (Overseas Contingency Operations) money is going down. As we execute the materiel portion of ARI, it is done within these PMs," said Marion, who highlighted a few of the programs within PEO Aviation.

The Cargo Helicopters Project Office is moving forward with the CH-47 Block II, which seeks to buy-back performance that has eroded over time due to the addition of mission equipment packages since the F model was first fielded in 2007. The H-47 Block II is the first increment of the multi-block strategy that implements targeted engineering changes to increase system performance, reduce subsystem weight and increase the system gross weight from 50,000 to 54,000 pounds.

"If you look at Future Vertical Lift, the focus is on an attack and utility airframe in the near future. We're not going to get to a heavy variant until later in the FVL cycle, so we have to do something

today to meet the requirements. We're trying to stay ahead of the power curve when it comes to delivering that capability out to 2060," Marion said.

PEO Aviation's largest project office is Utility Helicopters, which manages the UH-60 Black Hawk, the UH-72A Lakota, and the Improved Turbine Engine Program. ITEP is the Army's No. 1 priority program when it comes to modernization, he said.

"When I took this job 15 months ago, that program was almost not going to happen. There was a lot of hard thinking and prioritization from our Branch chief, and there were a lot of tough decisions and trades that had to be made inside our portfolio to make sure that program stayed resourced to a level that the Army headquarters and staff and OSD would allow us to move forward. I feel really good about where we are with ITEP," Marion said.

His biggest surprise however, was the Fixed Wing Aircraft Project Office. "The amount of scrutiny that goes in to our fixed wing fleet for where it fits in terms of

global funding inside the portfolio is really, really surprising," he said.

He recognized Col. Steven Clark, Fixed Wing project manager, and his team for getting the programs to move forward in the right direction, highlighting the Enhanced Medium Altitude Reconnaissance and Surveillance System, Airborne Reconnaissance Low-Enhanced and the Fixed Wing Utility Aircraft.

"We're changing our strategy to best suit what makes sense from integrating our portion of the mission and the PEO IEWS (Intelligence, Electronic Warfare & Sensors) portion," Marion said.

He also talked about the Joint Multi Role/Future Vertical Lift effort, one of the highest priorities for Army Aviation modernization. The goal of FVL is to maximize the use of the common technology and parts to minimize training, logistics and acquisition costs.

"We're working with the Navy on the mission systems architecture demo, which is the cockpit piece -- to achieve commonality," Marion said, adding that the em-

phasis for common architectural designs within FVL doesn't just make the aircraft system better, it also makes the whole enterprise a lot easier to manager.

"I've really been impressed, honored and humbled to be able to work with some of the formations out there -- the CABs and all our stakeholders. We've made so much great progress, but there is a lot of uncertainty ahead of us," Marion said.

He emphasized the need to divest the older systems in the portfolio because "if we do not divest these platforms, we will not be able to afford or modernize our entire portfolio."

"I think we are more nested with the S&T (science and technology) community than we've ever been in a long time," he said. "The fact that the percentage of the Aviation budget has actually increased from the last two years is a testament of the high degree of trust and confidence that you have given our senior leaders that you can execute your plan."

"I challenge you to keep doing that."

Unmanned: Incremental improvements benefit warfighter

Continued from Page B1

general how he could get something funded when the budget cycle operates on five-year cycles and programs of record.

Dyess responded that in these times of fiscal restraint, the ticket would be finding an incremental improvement on an existing system that is cost effective and can be shown to benefit the warfighter. That ap-

proach could avoid it becoming a program of record and would streamline matters considerably.

One of the problems that occurred over the last 14 years, he said, is that wars were going on and systems -- including UAS -- were fielded with overseas contingency operations money without being programs of record. Now, the Army has these systems with no funding streams for sustainment.

The result is the Army divesting systems that are not deemed effective and the ones that are, are being incrementally improved.

Report out next month

In breaking news, Dyess said that next month, U.S. Army Training and Doctrine Command will release a survey report on unmanned system mobility, endurance, du-

rability, interoperability and so on. About 165,000 Soldiers who operate such systems participated in the survey.

Without releasing a summary of the survey, Dyess said it is pretty straightforward whether or not a system is useful or not. If Soldiers get a system that works, they won't want to give it back. On the other hand, if Soldiers have one that does not work, it ends up in a Conex box.

Sky: Operation ensures assets are delivered to ground forces

Continued from Page B1

have trained forward arming and refueling point personnel that can get the aircraft armed and fueled appropriately," said Godfrey. "I am glad to see my troops' work,

and (to know) that my troops helped arm and fuel the bird that makes this operation possible."

The entire operation ensures that the ground forces commander gets assets that are trained and proficient in their tasks. Aerial gunnery serves as one of the ma-

ior training events to ensure the cavalry is mission ready, Frederick said.

"The ground forces commander requires and deserves the best Aviation support," said Godfrey. "This operation ensures that we can deliver those services."

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APRIL 16, 2015

HEALTHY LIVING

Fair helps youth, families learn new ways to stay fit

By Jeremy Henderson
Army Flier Staff Writer

Education is one key to unlocking the path to good overall fitness and an upcoming event aims to provide all the necessary tools for youth to begin their journey to healthy living.

The Fort Rucker Child, Youth and School Services program hosts a health and nutrition fair for its members Wednesday from 2-4:30 p.m. at the youth center, Bldg. 2800.

Randy Tolison, Fort Rucker Youth Sports director, said the event aims to provide a solid foundation to foster good overall health and fitness for youth.

"This event allows young people to see what resources are available for making healthy choices," Tolison said. "The screenings and healthcare professionals present at the event also help them determine where they are health-wise."

The fair includes screenings for vision and hearing, blood pressure checks, and height and weight measurements. However, no documentation is required for the event.

"We don't require parents or youth to bring anything with them," Tolison said. "This is not a doctor's visit, but more an opportunity to become better educated. However, we do ask parents to review any forms their children may bring home from the screenings. The doctors write important information

concerning the results of each screening."

Attendees may also speak to a registered dietician and nutritionist about making smart choices during meals.

"The dietician will speak to youth about determining proper portion sizes and portion control," Tolison said. "The nutritionist will educate them on the benefits of various fruits and vegetables, and ways to make smarter choices when filling their plate."

Representatives for physical therapy, dental clinic, preventive medicine, 4-H Club, community police, the Family Advocacy Program, and Fort Rucker's Fire and Emergency Services will also provide educational opportunities for attendees.

According to Tolison, the event aims to fight obesity with education.

"It is important for us to get this information out there," he said. "We have so many young people who are obese. It is becoming an epidemic in our society of obese adults and it stems from being an obese child."

"We want young people and parents to know these resources exist," he added. "The fair is geared toward educating the youth, but there could also be something there to benefit the parents. We simply want to do all we can to make the information available."

For more information, call 255-0950 or 255-2254.



FILE PHOTO

Then-Maj. Eric Spotts, Lyster Army Health Clinic, performs a quick eye exam on Erin Andrei, 4, during a previous health and nutrition fair. This year's event is scheduled for Wednesday from 2-4:30 p.m. at the youth center, Bldg. 2800.



PHOTO BY NATHAN PFALZ

Emily Phillips, military Family member, gets her blood pressure checked by Gina Vaughan, CVSS nurse, during last year's youth health and nutrition fair.



FILE PHOTO

Leroy Minus, then-youth sports assistant director, measures Traelon Thornton's height during a previous health and nutrition fair.

VOLUNTEER OPPORTUNITIES

Special Project Volunteer

Operation Megaphone
Worldwide Lock-In April 24-25

Duties: Teens will join military teens across the globe to collaborate in the annual Operation Megaphone Worldwide Lock-In for teens in grades six-12. Volunteers are needed to assist with the teen projects. Volunteers working with children or youth on a short-term basis are not required to have a background check, but must be under line of sight supervision by an individual who has a completed full background check - Installation Records Check, National Agency Check with Inquiries and State Criminal History Repository Check - and can never be left alone with children. For more information, call 255-2260.

Corvias Spring into Fun event
April 24, 4:30-6:30 p.m.

Duties: Volunteers are needed to assist with the children. Volunteers working with children or youth on a short-term basis are not required to have a background check, but must be under line of sight supervision by an individual who has a completed full background check - IRC, NACI and SCHR - and can never be left alone with children. For more information, call 255-1429

Regular Volunteer Position

Key Caller

Duties: Make personal contact with new people in their support branch to explain the key caller's role, answer any questions about the family readiness group and make newcomers feel welcome. Attend all FRG meetings and pre-deployment briefs. Inform FRG leader of significant problems and actions taken. Pass messages down to each member of the support branch. For more information, call 255-1307.

ARMY STRONG

6th grader wins art contest, respect of peers

By Jeremy Henderson
Army Flier Staff Writer

The strength of Army family inspired one Fort Rucker Elementary School sixth grader to create an award-winning piece of art and earn the admiration of her peers.

Last November, FRES students completed hundreds of drawings in support of the Month of the Military Family. Those drawings were submitted to a Directorate of Family, Morale, Welfare and Recreation competition and Gabby Balanta, a student at FRES, was chosen as the winner.

Gabby's artwork was featured on the cover of this month's edition of "@ Ease," which she did not discover until coming home from school one recent afternoon.

"I was really happy," she said. "I didn't realize it, but my mom had the magazine at home. I saw the cover and realized it was my picture."

Gabby is the daughter of Staff Sgt. Mario Balanta Cruz, U.S. Army Aeromedical Center, and Alfa Polanco Firas. She has two sisters, Andriana and Andrea. And her family was present for an assembly recognizing Gabby's accomplishment.

"I know it was quite an honor," Sylvia Patrick, FRES sixth grade reading and science teacher and Gabby's homeroom teacher, said. "She was recognized in front of the entire school and given her prizes from (DFMWR) for winning the contest."

According to Patrick, the award was well-deserved.

"It was a wonderful surprise and I am proud of her," Patrick said. "She is a very hard working young lady. She takes her academics seriously. So, an award in this area of creativity just highlights another one of her wonderful traits."

The award-winning artwork features a prominent statement: "My family is Army Strong."

Gabby knows the definition of "Army Strong" and her family demonstrated resilience while her father



FILE PHOTO

Gabby Balanta, Fort Rucker Elementary School sixth grader, puts the finishing touches on a sketch. Gabby won a recent art contest and her artwork was featured on the April cover of "@ Ease."

was deployed at the beginning of the school year.

"Some families have members who are deployed," she said. "The rest of the family works together to take care of things."

"When you are the oldest, you help your younger siblings with their homework," she added. "And you also have to finish your own homework."

Although military life can be challenging, Gabby said she enjoys the opportunities available to her family.

"You can move to different places and see new things," she said.

However, Gabby admits some aspects can be difficult.

"You have to make new friends," she said. "The working parent also has to make new friends, get to

know new co-workers and maybe even learn a new language."

Gabby is no stranger to speaking more than one language. She speaks English and Spanish, a skill that has given her the opportunity to make her family more resilient.

"I sometimes help my mother with translations when we go shopping," she said.

According to Patrick, Gabby's accomplishment was a career first.

"It is such an honor to have a student become a published artist," Patrick said. "I have never had a student become a published artist in my entire teaching career. It is a wonderful thing."

For more information about the Month of the Military Child or to view the latest edition of "@ Ease," visit www.ftruckerarmy.com.

ON POST

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

Comedy Live

The Landing will host Comedy Live at Rucker Friday 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.

Newcomers welcome

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

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

Administrative Professionals Day

In celebration of Administrative Professionals, the Directorate of Family, and Morale, Welfare and Recreation Business Operations Division will offer specials Wednesday at the following locations to give managers the opportunity to show their appreciation for administrative professionals.

- **Rucker Lanes** – Rucker Lanes offers a complimentary lunch and bowl to one administrative professional when the boss pays full price for their own lunch and bowl. For more information, call 255-9503.
- **Silver Wings Golf Course** – SWGC offers bosses the opportunity to buy one lunch at full price and get their administrative professional's lunch at half price. The discount can be applied towards a lunch of equal or lesser value. For more information, call 598-2449.
- **Coffee Zones** – Bosses who buy a beverage for their administrative professional at any of the Coffee Zone locations will get a free 12-oz freshly brewed coffee.
- **The Landing Zone** – Bosses who take their administrative professional to The LZ for lunch deserve can get a sweet treat in return. The special allows bosses to buy two entrees at regular price and get one free dessert for the table. For more information, call 598-8025.

ScreamFree Parenting Your Teenager Class

Army Community Service offers its ScreamFree Parenting Your Teenager course Wednesday 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



PHOTO BY NATHAN PFAU

CYSS health and nutrition fair

Then-Pvt. Markele Wiggins, Fort Rucker Dental Activity, teaches children about the importance of dental care during last year's youth health and nutrition fair. This year, the Fort Rucker Child, Youth and School Services Sports and Fitness Program will host its annual health and nutrition fair for CYSS members Wednesday from 2-4:30 p.m. at the youth center. The fair includes eye and hearing screenings, blood pressure checking, height and weight measurements, a registered dietician, physical therapy, dental clinic, preventive medicine, 4-H Club, nutritionist, community police, the family advocacy program, and Fort Rucker Fire and Emergency Services. For more information, call 255-0950.

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 Friday. 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 Friday. Space is limited to the first 35 participants to register. Call in advance for childcare.

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

Earth Day Awareness

Center Library will host an Earth Day awareness program for ages 5 and up Tuesday from 3:30-4:30 p.m. The program will show children the number of ways people can help protect the Earth's natural resources, the benefits of recycling and the effects of not taking care of our planet. Attendees will have a chance to see up close the all-electric Tesla car. Space is limited to the first 65 people to register and is open to authorized patrons. The event is Exceptional Family Member Program friendly.

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

Volunteer recognition luncheon

Fort Rucker will host the volunteer recognition luncheon Tuesday from 11:20 a.m. to 1 p.m. at The Landing. For more information,

call 255-3161.

Youth Block Party

The Fort Rucker School Age Center will host its first annual Block Party in recognition of the Month of the Military Child April 24 from 4:15-5:15 p.m. in front of the center. For more information, call 255-9108.

Operation Megaphone Worldwide Lock-In

In recognition of the Month of the Military Child, the youth center will host Operation Megaphone Worldwide Lock-In April 24 at 6 p.m. through April 25 at 6 a.m. Activities will include: games, rock wall climbing, video games, arts and crafts, movies, and more. Plus, door prizes will be given away, and food and refreshments will be provided during the event. The lock-in is free to all Fort Rucker Child, Youth and School Services-registered members ages 11-18 in grades six-12. Youth must have an active pass. Members may bring a non-member guest for \$10 – guest must have photo ID for age verification.

For more information, call 255-2260.

Casting call

Center Library will hold a casting call April 25 starting at 9 a.m. for military students ages 6-17 who will remain on post from now through June 8. The library needs talented voices to help it kick-off its summer reading program. The Center Library will present an arrangement of musical pieces, such as "Tomorrow" and "Hakuna Matata" June 8 at the post theater. Auditioners should arrive at the casting call prepared to sing a sample song of their choice, with or without music. The following roles need to be filled: Annie, Belle, Cinderella, Timon, Pumbaa and Simba, Mary Poppins, Peter Pan, and characters from the "Sound of Music" and the "Wizard of Oz." Practice for the performance will begin the following week.

For more information, call 255-3885.

DFMWR Spotlight

Open to the Public, Ages 18+

COMEDY LINE

**April
17**

Dylan Mandlsohn
Headlining Act

Mia Jackson
Opening Act

8-9:30 pm
The Landing
9:30-11 pm: DJ Dance Party

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\$150 VIP Table
 Round up a group of friends for a VIP table. Seats 10 patrons, with guaranteed seats near stage!
\$12 advanced
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Tickets may be purchased at The Landing, MWR Central, or Coffee Zones at Lyster and Bldg. 5700. (VIP tickets only available at The Landing.) Advance tickets are available until 4 pm on April 16.

FOR MORE DETAILS CALL THE LANDING, (334) 598-2426 OR FAMILY & MWR, (334) 255-9810.
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FORT RUCKER MOVIE SCHEDULE FOR APRIL 16-19

Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19
Mortdecai (R)7 p.m.	Mall Cop 2 (PG)7 & 9:30 p.m.	Mall Cop 2 (PG)4 & 7 p.m.	Mall Cop 2 (PG)2 p.m.

Operation Megaphone to connect military teens

By Jessica Ryan
U.S. Army Installation Management
Command

SAN ANTONIO – Operation Megaphone, led by the Joint Service Teen Council, will connect teens from all military branches worldwide for a 24-hour period April 24-25.

Teens are encouraged to discuss key issues that affect military teens, promote communication across all military services and seek out opportunities to volunteer in their communities.

This year's theme is "Teens Lead the Way." The theme highlights the importance of teens in leadership roles.

"Teens should be placed in as many leadership roles as possible within youth programs," said Bryson Alleyne, Army Teen Panel junior adviser. "Ideally, if we are trying to attract teens, Operation Megaphone needs to be youth-directed and staff supervised."

Military garrisons will host events at the local level. Teens will be involved in service projects to benefit children of their community or region. Service projects range from tutoring children to sending letters to a local children's hospital to collecting resources for a local youth homeless shelter.

In addition to service projects, teens will also engage in social activities. In previous years, teens participated in overnight lock-ins, campouts, and local conferences.

Events are planned based on the local interests and resources of each garrison.

"Each Operation Megaphone event will ultimately end up being a little different," said Chett Kline, youth specialist at the Air Force Services Activity. "This is due to each installation or garrison's unique local resources, event participants, and the local policies that guide the implementation of special events."

Operation Megaphone connects all participants through virtual interaction. Utilizing social media platforms and online meeting software, teens will be able to interact with teens at other locations.



Military teens and Army, Air Force and Navy leaders met July 13, 2012, in a show of force for the first Joint Service Teen Council to discuss the common issues affecting youth on military installations. Operation Megaphone is a product of the Joint Teen Service Council, and events will be conducted locally at participating military garrisons worldwide.

"The 'Millennial' generation has grown up in a digital world," said Brent Edwards, programs coordinator at Navy Child and Youth Programs. "The Internet, social networking and cell phones are powerful tools that can help today's youth communicate, network and retrieve information."

Since 2012, over 9,360 youth and teens participated in 261 Operation Megaphone events located at military youth facilities worldwide.

For more information about Operation Megaphone, visit www.facebook.com/OpMegaphone, www.twitter.com/OpMegaphone or www.instagram.com/OpMegaphone.

AT FORT RUCKER

In recognition of the Month of the Military Child, the youth center will host Operation Megaphone Worldwide Lock-In April 24 at 6 p.m. through April 25 at 6 a.m. Activities will include: games, rock wall climbing, video games, arts and crafts, movies, and more. Plus, door prizes will be given away, and food and refreshments will be provided during the

event. The lock-in is free to all Fort Rucker Child, Youth and School Services-registered members ages 11-18 in grades six-12. Youth must have an active pass. Members may bring a non-member guest for \$10 – guest must have photo ID for age verification.

For more information, call 255-2260.



COURTESY PHOTO

Pick-of-the-litter

Meet Puss n Boots, an approximately 2-year-old female orange tabby available for adoption at the Fort Rucker stray facility. She is sweet and affectionate. 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/> 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
11:30 a.m. 164th TAOG Bible Study, Bldg. 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursdays

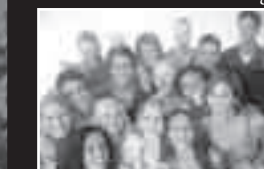
9 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

Church Directory

"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
10:00AM
Nursery Care: During all services
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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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Alabama Road Trip — Montgomery, where history runs deep

Alabama Tourism Department Press Release

History is woven into the very soul of Montgomery. It spirals down grand staircases, like the one inside the 1847 State Capitol building. It descends from lofty places, such as Dexter Avenue King Memorial Baptist Church, where a humble preacher rose to prominence as the leader of the Civil Rights Movement.

And it bubbles up from streets such as historic Dexter Avenue that bustled with merchants in the 1800s, served as an auction block for slaves during the Civil War and was later pounded by the foot soldiers during the 1965 Selma to Montgomery march.

Captured between the brick and mortar of historic church houses and notable dwellings and inside museum after museum in downtown Montgomery, you'll hear epic stories of a past that is unparalleled to that of any other city in America.

Begin your tour at the Montgomery Area Visitor Center (300 Water St., (334) 262-0013) at Union Station. Park your car and go inside for brochures and information on what to see and do in the city.

You can walk to many of the downtown attractions and museums, but to get to others, you'll want to drive.

One of the fascinations of downtown Montgomery is the fact that there are so many museums and attractions dedicated to telling the story of the city's role in the Civil War of the 1860s and the Civil Rights Movement that occurred nearly a century later.

With Jefferson Davis as its leader, Montgomery served as the cradle of the Confederacy from Feb. 4, 1861, to May 29, 1861. A century later, congregations in African American churches conducted peaceful protests to overturn laws allowing segregation.

In 1955, when seamstress Rosa Parks was arrested after boarding a Montgomery bus at Court Square and refusing to give up her seat to white passengers, the modern Civil Rights Movement was born. A new Montgomery minister, Martin Luther King Jr., was recruited to organize a boycott of city buses. The Montgomery Bus Boycott lasted a year and ended when a U.S. Supreme Court decision stopped segregated public transportation in 1956.

A must visit in Montgomery is the Rosa

Parks Museum and Children's Wing (252 Montgomery St., (334) 241-8615) located on the very site where Parks was arrested. The museum chronicles the history of the Civil Rights Movement and the Montgomery Bus Boycott through presentations, newspaper clippings and exhibits, including a replica of the bus on which the civil rights pioneer was riding.

A block away is the Freedom Rides Museum at the historic Montgomery Greyhound Bus Station (210 S. Court St., (334) 242-3188). Interpretive panels on the outside and contemporary artwork on the inside of the museum tell the story of young Freedom Riders who faced mob violence with non-violence and courage in May 1961.

From the Freedom Rides Museum on Court Street, take the first left on Alabama Street; turn left onto S. Perry Street and then right on Dexter Avenue. Standing gallantly at the top of Dexter Avenue is the Alabama State Capitol (600 Dexter Ave., (334) 242-7800) building, where Jefferson Davis took the oath of office as president of the Confederacy in February 1861 and where civil rights activists ended the historic Selma to Montgomery march in 1965.

Adjacent to the State Capitol is the First

White House of the Confederacy (644 Washington Ave., (334) 242-1861) where Jefferson Davis and his Family lived during the brief period when the capital of the Confederacy was in Montgomery. Go next door to the Alabama Department of Archives and History (624 Washington Ave., (334) 242-4364). Inside, the Museum of Alabama chronicles three phases in the state's history, including its Native American heritage, the Civil War and the Civil Rights Movement.

Located a block west of the Capitol is the Dexter Avenue King Memorial Baptist Church — the only church where Dr. Martin Luther King Jr. ever served as pastor (454 Dexter Ave., (334) 263-3970).

A block behind the church is the Civil Rights Memorial designed by renowned sculptor Maya Lin. Etched into a granite table overflowing with water are the names of 40 martyrs who died between 1954 and 1968 during the struggle for civil rights. Walk up the entrance at mid block to enter the Civil Rights Memorial Center (400 Washington Ave., (334) 956-8439) and learn more about this period in American history. The "Here I Stand" exhibits and videos chronicle important events that occurred downtown during the Civil Rights Movement.

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusiale-gionpost80.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

APRIL 25 — Daleville High School's Junior Reserve Officer Training Corps will host a 5k run at 11 a.m. that begins at the school's flag pole. The run is part of the nationwide JROTC 99th anniversary run that seeks to set a world record for most participants in a 5k run by hosting runs at locations throughout the country. For more information and to register, visit www.jrotc5krun.com.

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

DOTHAN

ONGOING — 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 member-

ship 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 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

ONGOING — Taoist Tai Chi classes are available at the Enterprise YMCA and the Episcopal Church of the Epiphany. Classes include ongoing beginning, health recovery and continuing classes in the Taoist Tai Chi Society. Morning, afternoon and evening classes are available. For a schedule of classes or to get more information, visit www.taoist.org or call 348-9008.

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. We help veterans with claims Monday - Thursday 9-11 a.m. and other times by appointment. For more information, call 308-2480.

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 Veter-

ans 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 18 — The annual Crawdad Music Festival will take place from 9 a.m. to 4 p.m. in downtown at the Courthouse Square. Admission is free. The event will feature food, games, music and, of course, crawfish.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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 Commu-

nity 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.

WIREFRASS 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.

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

Beyond Briefs

Interstate Mullet Toss

Orange Beach, Florida, will host will host the Interstate Mullet Toss & Gulf Coast's Greatest Beach Party April 24-26 at Flora Bama. Organizers said the event features fun, food and frivolity on the beach, including the mullet toss, a keg toss, tug of war competition and more.

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

Fun in Montgomery

Every second Saturday in April through August, visitors are invited to join the people of Montgomery at Riverfront Park for a family-friendly event from 5-9 p.m. The fun includes live entertainment, games for all ages (bocce ball and more), food vendors and more.

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

Great Dinosaur Egg Hunt

Mobile's Gulf Coast Exploreum Science Center will host its Hatching the Past: the Great Dinosaur Egg Hunt now through May 10. The exhibit features 100 real dino-

saur eggs and 100 replica eggs. This multi-media experience for all ages invites visitors to touch real dinosaur bones and reconstructed nests — one more than eight feet in diameter — dig for eggs, experience hands-on exploration stations and view animated video presentations featuring well-known dinosaur experts. Each science-rich section is enhanced with lifelike models of embryos and hatchlings, colorful illustrations of dinosaur family life and photographs of some of the world's most renowned dinosaur hunters and their discoveries.

For more information visit: <http://www.exploreum.com/hatching-the-past-the-great-dinosaur-egg-hunt/>.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays-Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

Montgomery cruise

Montgomery's parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing, and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit www.funinmontgomery.com.

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.

Preventing child abuse everyone's responsibility

By Amaani Lyle
Department of Defense News

WASHINGTON — The Defense Department observes April as the Month of the Military Child, and also recognizes this time of year as it pertains to a more sobering topic: National Child Abuse Prevention Month.

In a recent DOD News interview, Barbara Thompson, director of DOD's Office of Family Readiness — stressed that anyone aware of red flags and potential cases of abuse has an obligation to bring the concerns to light.

Learning how to support parents, identify risks and mitigate those risks are critical elements in child abuse prevention, she added.

"We have a role, each and every one of us, to support children's health and safety," Thompson said. "Parenting is one of the hardest jobs and responsibilities

that we'll ever have, and the one that also has the most love."

DOD has taken a multipronged approach to help parents provide a safe, healthy, nurturing environment for their children, Thompson said.

Through military treatment facilities, she added, perinatal nurses and doctors can support military families' unique needs. Pediatricians are among the most trusted sources of information for parents.

Thompson also discussed the New Parent Support Program, in which parents can seek help through family advocacy and even in-home visits to reinforce safety, and help them avoid risks of neglect or abuse.

"You're moving every two to three years," she said. "You're away from your extended family, or service members are deployed, which means we now have a stay-at-home parent who's by himself

or herself. We want to make sure the resources are available to strengthen their parenting skills."

The National Center for Telehealth and Technology's website offers tips and tools to help military and veteran parents during different stages of their children's growth and development, Thompson said.

Military OneSource offers confidential, nonmedical counseling that helps parents learn communication skills to better identify and understand behavioral changes in their children, particularly those in the toddler stages, she added.

"(That phase) is sometimes called 'The Terrible Twos,' but I like to call it 'The Terrific Twos,' because children's budding personalities are developing," she said, acknowledging that "it can be challenging when they're saying 'no' to you all the time."

But parents equipped with skills to offset children's chal-

lenging behaviors often develop confidence and openness to additional resources that will foster long-term readiness and flexibility in reacting to their child's unique personality, Thompson said.

"Children are very different," she pointed out. "What works for one of your children will not necessarily work for another one."

Parents who return from deployments with visible or invisible injuries may particularly benefit from DOD and Military OneSource resources tailored to their specific needs, Thompson said.

Research and empirical evidence indicate that certain protective factors buffer and mitigate risks military families could experience, and working with schools, pediatricians, chaplains and child development staff members is key to keeping those avenues of communication open, Thompson said.

"We want to make sure that ... parents are aware how important it is to foment a nurturing, attached relationship with their young children ... and manage expectations from both the child's perspective as well as their perspective," she said. "We know [having this information] reduces the risk of committing abuse, because you have these tools to help you catch yourself before it happens."

Officials are seeking to eradicate the stigma behind identifying and reporting child abuse, Thompson said, and to promote communities' greater familiarity with the National Child Abuse Hotline and other resources designed to help parents who may be struggling with appropriate nurturing and disciplinary roles with their children.

"Each one of us has to take a stand to protect not only military children, but all children," Thompson said.

Lifesavers: Soldier, family help accident victim



PHOTO BY SGT. WILLIAM BEGLEY

Col. John D. Kline, 3rd Combat Aviation Brigade commander, presents Miguel Carman with a certificate of achievement at Hunter Army Airfield, Ga., April 9. Enrique, his brother, Miguel, and their father, CW4 Mike Carman, provided first aid to a car accident victim.

By Sgt. William Begley
3rd Combat Aviation Brigade

SAVANNAH, Ga. — An Aviation mission survivability officer and his two sons were recognized in an April 9 ceremony at Hunter Army Airfield for efforts that potentially saved a young woman's life after a February car accident.

CW4 Mike Carman, Headquarters and Headquarters Company, 3rd Combat Aviation Brigade, and his sons, Miguel and Enrique, were in Atlanta Feb. 14 for a soccer tournament.

The family witnessed a car accident in which a teenage girl who was not wearing her seatbelt was thrown from a vehicle her older sister was driving. Their father was in another vehicle at the scene. The girl had cuts on her face and was losing blood.

"We immediately stopped and saw the father and sister running around and very emotional," Carman said. "They saw their daughter and sister, who was unresponsive and bleeding, and they panicked."

Meanwhile, Carman and his sons began treating the victim. The Soldier

immediately drew upon his combat lifesaver training and said he checked the ABCs: airway, breathing and circulation.

"At first, I didn't know what to do," said 10-year-old Enrique. "Then my brother, Miguel, told me to get the first aid kit, so I did and handed it to my dad."

Enrique said he learned a valuable lesson from the experience.

"There were a lot of people just standing around doing nothing. I didn't think that was right," he said. "I think the lesson I learned was don't just stand around ... take action."

Miguel, 13, called 911 immediately and followed his father's directions.

"I just listened to my dad's orders, because it was obvious he knew what he was doing," he said. "I'm just glad we could help out."

Carman said he is proud of his boys. "Anybody wearing this uniform would do the exact same thing," Carman said. "To see two young men get involved in a situation and provide aid to someone who is in desperate need of it while a lot of folks just stood there watching says a lot about their character. I could not be more proud."

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Author: Women, diversity military mission critical

By Lisa Ferdinando
Army News Service

WASHINGTON — The military can take the lead in breaking down the biases against women and people of diverse backgrounds to create a stronger force and set the path for the nation, said the best-selling author of "Lean In: Women, Work and the Will to Lead," who spoke April 9 to a standing-room only audience at the Pentagon.

Diversity in top leadership positions is "mission critical" to the military or any organization, said Sheryl Sandberg.

Studies have shown that a diverse group makes better decisions.

But, she said, "we are not getting women into leadership roles in real numbers in any sector" whether it is Fortune 500 companies, the Senate or the military.

The long-standing biases that prevent women from advancing professionally need to be overcome, Sandberg said. The military can help kick start the effort.

"I believe that the United States military has an incredibly important role to play here," she said. "If you look at the history of desegregation, the military led — a lot of the good things that happened in our society happened here first.

"If we want to increase our progress along racial discrimination, if we want to increase our progress along the leadership gaps of women and people of color, the military has to lead," she said.

Making progress in getting women in leadership roles and discussing the wage gap between men and women are topics that are "really hard to talk about," Sandberg said. "What I think will make the really big difference is if we can make sure we explain that as mission-critical leadership."

The conversation about women in leadership positions is particularly important to the Department of Defense today, as the military goes through "dynamic changes" that include opening more jobs to women, said Laura Junor, the principal deputy under secretary of defense for personnel and readiness.

Junor, who described those changes as exciting and historic, also noted how the DOD is shrinking, in both the civilian and military workforce.

With that in mind, DOD is going to see "more complex" demands being tackled by fewer people, she said.

"With a smaller workforce, we have to make the most of all of your potential," Junor said. "We have to be the employer of choice. We also have to work to support, motivate and make sure that we enable you to commit fully to develop your talents."

Addressing biases head-on

"Leadership is about getting people to follow you — because they want to — and they believe," Sandberg said. "Leadership is the ability to use the full talents of the population to get the very best from everyone regardless of gender or race or background or age."

Sandberg, who is currently Facebook's chief operating officer, and was previously a top Google executive and chief of staff at the U.S. Treasury Department, said she "never spoke about being a woman" when she was rising in her career.

"Because if you speak about being a woman, the



Sheryl Sandberg, founder of Lean In, speaks at the Pentagon April 9.

PHOTO BY STAFF SGT. CHUCK BURDEN

person on the other side of the table thinks you're whining, complaining, asking for special treatment," she said. "What we are currently doing is not working — the veil of silence is not creating an equal playing field. We need to acknowledge the issues, acknowledge the biases and counteract them."

The biases include that women are underestimated on their work performance. They are also tasked with note-taking and other "office housework" duties in the workplace, she said. As a note-taker, they would not be the one speaking and making a great point that would get them noticed and promoted.

Success for women is viewed differently than success for men, Sandberg

pointed out. While power and success are positively correlated for men, they are negatively associated for women.

"When women get more powerful and successful, they are less liked," she said.

A successful woman might be described as aggressive, political, not well-liked by her peers, too ambitious or someone who just got lucky. A man in power, however, might be viewed as someone with leadership skills who rose to the top because of his talents, she said.

Counteracting ingrained biases

In polling the audience, Sandberg demonstrated how men are not told they should be at home caring

for their children instead of working.

"Women, raise your hand if anyone has ever said to you, 'Should you be working?'" she said as many in the room raising their hands. "We constantly tell women they can't have it all."

The biases are deeply ingrained in everyone — men and women, she said. "We react without even realizing we're doing it."

Girls are described as "bossy," while boys aren't, she pointed out.

"When a little boy leads, it is expected, but when a little girl leads, it's not," she said.

When someone hears a girl being described as bossy, Sandberg suggested saying to the parent, "That little girl's not bossy, that

little girl has executive leadership skills."

The reaction from the audience: laughter and applause.

"I'm going to pause for one moment on that," she said. "I'm going to say it the other way, 'That little boy has executive leadership skills.'" There was no laughter or applause from the audience.

"That's because humor is about going against our expectations. It's funny because you're surprised. If you want to understand why there are no four-star female generals in the Army right now, or why Silicon Valley has two female CEOs, you just understood it," she said.

"We do not like leadership in girls and women," she said.

What needs to be done, Sandberg said, is for people to shed the biases, continue to have those hard discussions and put women in the military jobs that put them on the path to be a general officer. Everyone will benefit from women and diversity, she said.

In closing her presentation, Sandberg thanked the men and women who serve the nation.

"I think Facebook has an important mission — I'm proud to work on it," she said. "I don't think anything is as important as the mission that you all have. You keep us safe, you keep the world open to democracy and, boy, is it a complicated, scary world out there. What you do has never been more important."

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APRIL 16, 2015

NOT FORGOTTEN

Fort Rucker honors fallen heroes, survivors with 5K

By Nathan Pfau
Army Flier Staff Writer

The rain held out as hundreds of runners, family members and friends of fallen Soldiers and surviving family members gathered to run and remember those who paid the ultimate sacrifice in service to the nation.

Fort Rucker, and the Directorate of Family, Morale, Welfare and Recreation hosted the Survivors and Fallen Heroes 5K run behind the Fort Rucker Physical Fitness Center Saturday to remember those who gave their lives in service to the nation.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, as well as other senior leaders, participated in the run and spoke briefly on the sacrifices that fallen Soldiers and family members have made and how it's important to recognize those sacrifices.

"We've got a number of those family members (of fallen Soldiers) out here today and we're really proud to have you here today as a part of our team, so we really appreciate everybody coming out to support this run," he said.

There are 523 fallen service

members from the Alabama and northwest Florida area, according to Rick Kohl, Survivor Outreach Services support coordinator. Runners had the chance to honor a fallen service member by donning gold stars with the name of a fallen Soldier on it.

Kenyatta Petty, military spouse, said it felt like her duty to come out and honor the sacrifices made for her freedoms.

"I feel like these guys and girls have given their lives for us and worked really hard for the freedoms we share. I've always wanted to do something like this to give back," said Petty, who has a daughter in the Air Force. "It's my first time and I'm really excited to do this for all that they've sacrificed."

Carla Newsome, Army spouse, agreed, and said the support that events like the 5K provide is necessary to help Gold Star Families heal.

"I just feel like the fallen Soldiers and the survivors have given so much, and this is my way to give back – by showing them this respect," said Newsome, who's spent 25 years as a military family member. "You see and hear so many stories of families who have been through so much, so it's important to show them the support



PHOTO BY NATHAN PFAU

Runners don gold stars and carry American flags to honor fallen Soldiers and survivors during the Survivors and Fallen Heroes 5K run behind the Fort Rucker Physical Fitness Center Saturday.

that they deserve – I'm doing this for them."

The Patriot Guard Riders lined the start and finish of the course, which was also lined with American flags, to show respect for those who have sacrificed.

Kohl said it's events like the 5K that honor the Gold Star Families and the fallen Soldiers by making sure they're not forgotten.

"Gold Star Families have a unique perspective on the price of freedom," he said. "They always express gratitude for the outreach

and ongoing connection to the Army family."

Trophies were given out in various categories for the run, but rather than focusing on the competition, the event focused on remembering, and Tammy Lance, military family member, said the amount of support she saw for the survivors and fallen was overwhelming.

"I grew up in a military family and two of my brothers are in the military, so I understand the sacrifices that are made every day," she

said. "Thankfully, my family has never had to experience losing one of our own, but there are hundreds, thousands of families out there who have. We have to show them that we care about them because I would want that support from others if I was in that situation."

"I can't imagine what it's like to lose a loved one like that, but knowing that people are here to support and remember those who have fallen would not just make it easier for me, but make me so proud," Lance said.

Performance expert:

Leaders should foster culture of fitness

By David Vergun
Army News Service

FORT LEAVENWORTH, Kan. — Today, 43,000 Soldiers are not ready to deploy because they are either not physically or mentally fit. That is 13.5 brigades worth of unready Soldiers, the Army's lead for the Performance Triad said.

Col. Deydre Teyhen, Army Office of the Surgeon General, spoke to an audience of 300 ROTC and U.S. Military Academy at West Point, New York, cadets, March 31, during the George C. Marshall Awards and Leadership Conference at Leavenworth.

There are many reasons a Soldier might be non-deployable. But one way Soldiers can stack the deck in their favor – to stay world-wide deployable so they can be an active, supporting member of their unit – is to maintain their resilience through the three prongs of the Performance Triad: getting the proper amount or quality of sleep, activity and nutrition.

"We found during our first Performance Triad pilot" with a battalion at Joint Base Lewis-McChord, Washington, 18 months ago, "that only 5 percent of Soldiers met the [optimum] sleep goals, 40 percent met the activity goals and 5 percent met nutrition goals. Only one Soldier met all three," she said.

A Soldier cannot just be physically fit to be ready, she said. It is a balance of all three, including sleep and nutrition.

"You are America's sons and daughters. But six months from now, you will be responsible for America's sons and daughters," she said, stressing the importance of the triad to mental and physical fitness, and injury reduction.

Sleep

Teyhen said people spend about a third of their lives sleeping. It is not time wasted though. Sleep improves

SEE FITNESS, PAGE D3



PHOTO BY DAVID VERGUN

Col. Deydre Teyhen, lead for the Performance Triad program with the Army Office of the Surgeon General, speaks to 300 ROTC and U.S. Military Academy at West Point, N.Y., cadets on Fort Leavenworth, Kan., March 31.

OLYMPIC DREAMS

Soldier's 9th boxing title keeps shot at summer games alive

By Tim Hipps
Installation Management Command

DENVER, Colo. — Twenty-year-old Pfc. Rianna Rios won her ninth Golden Gloves state crown March 27 and has turned her focus on the long road to the 2016 Summer Olympics in Rio de Janeiro.

Rios earned a unanimous decision over Katina Melendrez in the women's 132-pound division of the 2015 Colorado Golden Gloves Championships at the Crowne Plaza Convention Center.

Rios won seven Golden Gloves belts in Texas before joining the U.S. Army World Class Athlete Program at Fort Carson, Colorado, where she is training for a shot at making Team USA for the Olympic Summer Games.

"It's my time ... definitely," she said. "It's time for Rios in Rio."

The first victory of Rios' amateur career came at age 11 in a Texas Golden Gloves competition at 106 pounds.

"I went 0-and-3 my first three fights," said Rios, a native of Ben Bolt, Texas. "And then I got my first win at the Golden Gloves when I was 11. It was pretty sweet."

Rios won more Texas Golden Gloves belts at ages 12, 13, 14, 15, 16 and 17. She missed the annual tournament at age 18 to attend Army basic and advanced individual training. At 19, she became a Colorado Golden Gloves state champion.

At the 2015 Colorado Golden Gloves Championships, Rios pressured Melendrez into taking two standing-eight counts in the first of four two-minute rounds.

"She was really not wanting to let go tonight – just holding and holding, but that's part of boxing," Rios said. "That's part of trying to stay on the outside, though. When they get inside, they start holding. I'm a little shorter, so they always want to keep me on the outside. That's something I'll have to get used to, being at a heavier weight class."

Rios recently completed a five-week strength and conditioning program with WCAP strength and conditioning coach Maj. Jason Barber. She bulked from 125 to 140 pounds before cutting to her current competitive weight of 132 pounds for the 2016 U.S. Olympic Team Trials for Boxing.

"Major Barber did an awesome



PHOTO BY TIM HIPPS

Pfc. Rianna Rios, U.S. Army World Class Athlete Program boxer, right in red, of Fort Carson, Colo., wins a unanimous decision over Katina Melendrez in the women's open 132-pound division finale of the 2015 Colorado Golden Gloves Championships at the Crown Plaza Convention Center in Denver March 27.

job with our strength and conditioning program," Rios said. "I felt a lot stronger at this tournament than I did in January when we fought at nationals."

Earlier in the evening, Staff Sgt. Charles Leverette, WCAP head boxing coach, was inducted into the Colorado Golden Gloves Hall of Fame. With Rios in control of her bout throughout, the WCAP duo shared a double celebration in the ring.

"Coach Lev keeps it fun," Rios said. "He doesn't put a lot of pressure on you. He doesn't yell at you. He motivates you in different ways coaches don't usually motivate you.

"Being in there laughing with him, I was so relaxed and calm. I was able to stay patient and calm in the ring, also," she added. "When I went back to the corner, he was laughing and taking selfies with me. It kept me calm and kept me composed. It's just the way he coaches. And it works."

Rios was proud to be a part of Leverette's Hall of Fame induction night and even more content to add another Golden Gloves belt to his coaching resume.

"Instead of napping or resting, I was here watching him receive his Hall of

SEE DREAMS, PAGE D3

DOWN TIME



Trivia test by Fifi Rodriguez

T R I V I A

- LITERATURE: Who wrote the short story "The Lottery"?
- GENERAL KNOWLEDGE: What "first" did tennis player Althea Gibson achieve in 1951?
- GEOGRAPHY: Where is the resort city of San Remo?
- GOVERNMENT: The Homestead Act of 1862 granted how many acres of land to each settler?
- MYTHOLOGY: Which knight supposedly threw King Arthur's sword Excalibur into the lake?
- TELEVISION: What is the deputy's name on "The Andy Griffith Show"?
- PRESIDENTS: John Foster Dulles was appointed secretary of state by which president?
- PHILOSOPHY: What philosopher said, "Man is the measure of all things"?
- HISTORY: In what city did Rosa Parks refuse to give up her seat on a bus?
- MONARCHIES: Duncan I became the king of what country in 1034?

See Page D4 for this week's answers.

Super Crossword TAKING OUT THE MIDDLE

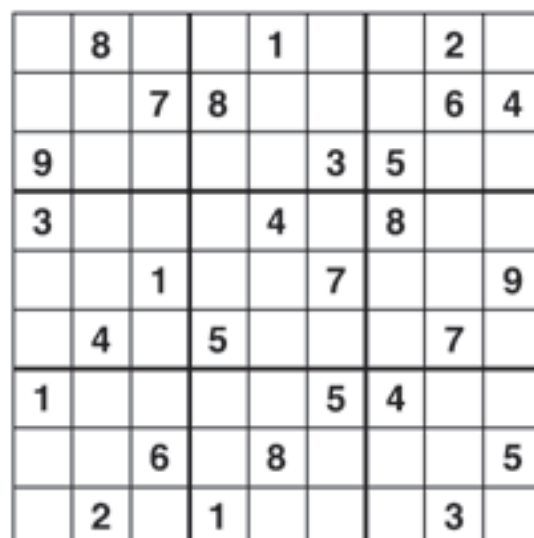
- ACROSS**
- 1 Musical pace
 - 6 — you note
 - 11 Looker's leg
 - 14 LaBelle with a Grammy
 - 19 Oak seed
 - 20 Perfume queen
 - 21 Pal, to Gigi Lauder
 - 22 One of the Three Musketeers
 - 23 LOUIS
 - 26 Painter Dufy
 - 27 Co. heads
 - 28 Zero in (on)
 - 29 What a white flag signifies
 - 30 Speed
 - 35 LLOYD
 - 37 Make — out of (toughen up)
 - 38 Jogger's gait
 - 39 Pre- (bump, so to speak)
 - 40 Candle blowers' secrets
 - 41 CAROL
 - 44 Caesar of old comedy
 - 45 Severe
 - 46 Hides from view
 - 51 Swan's kin
 - 55 Copy a bunny
- DOWN**
- 1 Paving gunk
 - 2 Prefix with car or warrior
 - 3 Unruly throng
 - 4 District police station
 - 5 How right turns are often allowed
 - 6 Mosaic tile
 - 7 DDE's forerunner
 - 8 Lunched, e.g.
 - 9 It's east of Calif.
 - 10 Painter Georgia O'—
 - 11 It's removed for a fill-up
 - 12 Total number
 - 13 Capital of Belarus
 - 14 Pheasants' cousins
 - 15 1980s video game consoles
 - 16 Despite the fact that
 - 17 "Clever comeback!"
 - 18 Florida keys, e.g.
 - 24 The Lone Ranger's companion
 - 25 Par for the course
 - 30 Hindu prince
 - 31 Mobil rival
 - 32 Settle the tab
 - 33 Boozing sort
 - 34 Fr. ladies with haloes
 - 36 Early 20th-cen. conflict
 - 42 Architect Saarinen
 - 43 "Stop talking!"
 - 44 IRS ID
 - 47 More like a hoarse voice
 - 48 High on the draft list
 - 49 Online folks
 - 50 Grow dim
 - 52 Financial tipster Suze
 - 53 Bears, in Buenos Aires
 - 54 Faxed, say
 - 55 Prefix with spore
 - 58 Response to "Who's there?"
 - 59 See 125-Across
 - 60 Dentists scrape it off
 - 62 Houses for students
 - 63 Music style
 - 64 Skier Phil
 - 67 Women's links org.
 - 68 Steinhilber who wrote the 2009 bestseller "The Tourist"
 - 69 Antique cars
 - 71 "— Nagila"
 - 72 Sooner than
 - 75 Nasty bits of dirt
 - 78 Nebraska Sioux
 - 80 Ill-bred guy
 - 81 Barbecue spice mix
 - 83 Beijing's land
 - 84 Judge's seat
 - 85 Epic tales
 - 88 Cotton desecrators
 - 90 Less chubby
 - 92 Ontario's capital, on scoreboards
 - 94 Grassland
 - 95 Resident maids
 - 96 Wholly
 - 97 Melon type
 - 98 Place to sculpt in school, say
 - 99 Dependable
 - 100 English river
 - 101 "Blaze" actress Davidovich
 - 102 Tennis shoe hole
 - 103 Israel's flag carrier
 - 104 12th grader
 - 108 Bride's property
 - 110 Nick of "Cape Fear"
 - 116 — old way
 - 117 Actress Wasikowska
 - 118 Gained
 - 119 Firefighter's tool
 - 120 Freddie —
 - 121 Onetime jet-set jet



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl

by Hal Kaufman



Wishing Well



HOCUS-FOCUS



Football camp draws 150 kids

By Patrick Buffet

Installation Management Command

FORT LEE, Va. — Baltimore Ravens wide receiver Steve Smith Sr. came to Fort Lee March 26 to take part in a youth football ProCamp sponsored by Procter and Gamble, and cohosted by the Family and MWR directorate and the Defense Commissary Agency headquarters.

The Williams Stadium event drew 150 military kids and roughly 40 school and community league coaches from throughout the Tri-Cities area. In addition to practice drills and scrimmage games, the camp included a “smokehouse” race to identify the fastest youth participants, and a closing ceremony featuring gifts and free pizza.

“Today is all about having fun, making friends and playing football,” said Smith as the evening event was getting under way. “I’m here because I know these kids look up to (professional athletes) just like I did when I was their age, and this is my chance to hopefully motivate them and show them there’s a world of possibilities out there.”

Smith is a five-time Pro-Bowler who amassed 79 catches, 1,065 receiving yards and six touchdowns last season with the Ravens. Prior to 2014, he played for the Carolina Panthers where, over a 13-year period, he was the team’s all-time leader in touchdowns, 67, receptions, 836, and receiving yards, 12,197.

The 35-year-old Los Angeles native said



Phillip Sasser, a youth sports coach and Fort Lee, Va., Human Resource Directorate contract employee, shows 11-year-old Army family member Heather Williams how to perform a hand-off during the Steve Smith Football ProCamp March 26.

he got involved in the youth sports Pro-Camps on military bases two years ago and described it as “one of the most rewarding decisions” he has made in his career.

“We need to serve the people who serve us by putting their lives on the line,” noted Smith, who will be traveling to Ramstein Air Base, Germany, for the next ProCamp. “Showing support in this way is the least I can do.”

Army veteran Rod Huber, now the head football coach at Mount St. Joseph University in Cincinnati, also was part of the Fort Lee ProCamp entourage. He described Smith as “one of the most giving guys he has ever met in the National Football League,” and said the power of the football camps for military youths goes well beyond a star athlete signing autographs and drawing media coverage.

“An important component of this thing is bringing kids on military bases together so they can meet someone new and maybe make a friend while learning the fundamentals of the great game of football,” Huber said.

“When I was a tank driver in Europe (7th Cavalry, 1978-1982), I remember seeing youngsters on military bases with nothing to do and no friends because they had just moved into the area or the people they knew had just shipped out,” he continued.

“It’s one of the struggles of military life, and that memory makes these military camps really near and dear to my heart. It’s exciting for me to come to places like this and spend a few hours with a bunch of kids who deserve moments in the spotlight. Everyone here feels the same way, to include Steve, and we all tend to sleep pretty good when we get back to the hotel after it’s over,” Huber said.

Staff Sgt. Cornelius Harris, an advanced leader course instructor at the Logistics NCO Academy, said he clearly recognized the level of effort that was put into the camp.

“All of this is just awesome,” he said. “Look at this crew of supporters and Steve Smith taking the time to come here and participate in the camp. It’s all so inspirational because the whole night has been centered on our military children having fun and being appreciated. It really means a lot.”

Wounded warrior enjoys athletics, camaraderie

By Lt. Col. Robert A. Whetstone
Department of Defense News

FORT BLISS, Texas — An Army veteran who’d served in Iraq and Afghanistan, knew from a tender age what his calling in life would be, as he played “Soldier” with his golden Labrador retriever in the woods behind his grandparents’ house in the state of Washington.

What Joshua Andrew, 28, didn’t know was that the medal he’d win during the shot put competition at the Army Trials held recently at Fort Bliss would be the same color as his childhood dog.

A former sergeant, Andrew dislocated his right knee and experienced a traumatic brain injury during his military service.

Recently, Andrew was among the approximately 80 wounded,

ill, and injured soldiers and veterans competing here during the Army Trials, a series of athletic events, including archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball. The trials help determine who will get a spot on the Army team that will compete at the 2015 Department of Defense Warrior Games held in late June at Marine Corps Base Quantico, Virginia. Coaches and leaders will assess the results and select athletes for the Army team.

Andrew won the open shot put competition here with a throw of 14.36 meters, but he said his desire to excel extends beyond the competition.

An extended family

The Army Trials can be viewed

like an event similar to a family reunion. Athletes reconnect with old members of the “family” and welcome in newcomers.

“From the time you show up in the military, you get a battle buddy,” Andrew explained. “You are assigned one person to look after, and they look after you. As you move up in the ranks, you start getting more people assigned to you that depend on you as a leader or as a teammate.”

Each athlete has a commonality that goes beyond the uniform, but remains steeped in tradition.

“Being out here [at the Army Trials], this is our Army team,” Andrew said. “Individuals come from all walks of life; they have walked in the same steps that I have.”

Sense of duty

Andrew talked about the importance of adaptive sports and athletic reconditioning, and how they bring new life to the participants. Soldiers on active duty, veterans and retirees have a tremendous sense of duty that never wanes.

“When everyone comes together in a situation like this, regardless of the outcome, everybody performs better and leaves happier,” Andrew said. “No matter what I do, if I can help an individual improve in their own way, then that’s what I’ll do.”

The athletes have pushed and punished their bodies far beyond even what they thought was possible. When someone fell, coaches exhorted them to endure and fellow athletes stood at the ready to

motivate and if necessary, carry their comrade to the finish line.

“The nurturing aspect of any good Army leader is to love the individuals around you,” Andrew said. “You have to treat them like they’re your own flesh and blood, your own family.”

Eyes on the prize

The Department of Defense 2015 Warrior Games is the next challenge for the athletes who are chosen to represent the Army, and the other service branches. The DOD Warrior Games is an annual sporting competition bringing together wounded, ill, and injured service members and veterans from across the country. This year’s Warrior Games will be held June 19-28 at Marine Corps Base Quantico, Virginia.

Dreams: Boxer lifted by support of teammates

Continued from Page D1

Fame ring,” she said. “It’s awesome to see a coach get that. He works hard, so definitely I’m going to get to where I want to be because of him.”

Her championship bout went the distance, but Rios took it in stride, almost as if she was working out at WCAP’s House of Pain boxing room on Fort Carson.

“I was trying so hard to finish it,” Rios said. “I should have been able to stop her, but there were circumstances

where she would hold me most of the round. I had to realize that I wasn’t going to stop her and just work. I was definitely in control. I did what I wanted.”

Rios estimated that she is about 80 percent where she needs to be to earn a berth on the U.S. Olympic Team.

“It’s all based on how your camp goes,” she said. “When we get back into to camp, it’s going to be 110 percent the whole way through. I feel I’ll be at my best at our next qualifying tournament [for the U.S. Olympic Team Trials for Boxing], so I’m definitely going to

qualify at the next one.”

On the long road toward Rio de Janeiro, Rios said she appreciates support from family, friends, fellow troops, the U.S. Army Installation Management Command and WCAP.

“This was awesome,” she said. “I had my teammates here backing me up. It’s always nice to win and see your improvements and see what you need to improve on. So we’re going to go back, look at the tape, and then build up from there.”

Fitness: Sleep, nutrition keys to good health

Continued from Page D1

memory and decision-making functions that cannot be done during the day when the brain is engaged in conscious decision making.

Most of those improvements come during the fourth, or last, cycle of sleep, she said. If you are not getting at least seven hours of sleep, eight optimal, you are probably not reaching the fourth cycle and that impacts performance.

“If you get less than five hours sleep for five days in a row, you’ll have a 20 percent deficit in your cognitive functioning, which is equivalent to a .08 blood alcohol level,” she said. “You wouldn’t allow your Soldiers to drive under the influence but you might allow them to drive fatigued.” That is why safety briefings before a long weekend are so important.

Last year, there were 122 Soldier fatalities in motor vehicle accidents, she said, while the number killed in Afghanistan was 69. In about 25 percent of those accidents, fatigue was a factor.

By and large, the vast majority of Americans are getting their seven or eight hours of sleep, she said. But in the Army, only 41 percent are.

For Soldiers with post-traumatic stress, anxiety or traumatic brain injury, sleep deprivation worsens the symptoms and makes medication less effective, she said.

Lack of sleep is sometimes unavoidable, she said, such as during military exercises and operations. But new research shows that it is actually possible to “bank” sleep, meaning sleeping extra hours up to two weeks before a period of sleep deprivation. Leaders can build that into their planning.

At Fort Carson, Colorado, leaders switched their physical training regimen from early morning to later in the afternoon, she said, so they could get an extra hour of sleep. They found a huge improvement in productivity.

Another finding is that caffeine can improve performance, but only if taken more than six hours before bedtime. If taken right before bedtime, she said, it disrupts the sleep cycle.

Lastly, during a particular strenuous deployment with little or no sleep, leaders should be looking for gaps in training or operations to allow for sleep. A 20-minute daytime nap has been shown to improve performance.

Activity

Activity not only improves mood and bodily functions, it increases problem-solving ability, Teyhen said. She suggested cadets might study for their final exams by reading class notes or listening to audio of the subject matter while walking. Or, walking with a classmate and discussing the material.

Following strenuous exercise, 75 percent of Soldiers do not know how to refuel. “Do any of you?” she asked.

A couple hands went up and one cadet said to drink chocolate milk.

“Correct,” she said. It is relatively cheap and available. No need for protein powder, power drinks or other supplements. If you are lactose intolerant, a banana and peanut butter sandwich will work too.

She then described an ideal activity regimen: 150 minutes of moderate exercise like walking and 75 minutes of vigorous exercise like running or weight lifting a day. Here is where Soldiers beat the average Americans, 63 percent to 44 percent. But 63 percent for Soldiers is still “not a stellar number.”

Physical activity can reduce the signs of depression and anxiety by up to 75 percent, she said. “Our bodies are meant for motion. Endorphins released during exercise are critical to happiness production.”

Nutrition

In the early 1990s, 15 percent of Americans were obese, Teyhen said. Today, that percentage is 34.

Even more surprising, she said, 12 percent of active-duty Soldiers are clinically obese and 66 percent not at their ideal height and weight ratio.

Americans by and large, are overweight and undernourished, with 34 percent of

their diet coming from sugar and fats, she said. Research has shown that a person needs about eight servings of fruits or vegetables a day.

The average American eats just one portion of fruits or vegetables every three to five days, she said. Although the brain’s weight is just 2 percent of the entire body, it consumes 20 percent of the food taken in. Proper fueling of the brain is needed for good executive decision making.

Food is also a big factor in injury rates, she said. People who are slightly overweight have a 15 percent greater chance of being injured and people who are obese are 48 percent more likely to be injured.

Muscular-skeletal injuries are one of the biggest factors in Soldiers not being ready, she said. And, 80 percent of those injuries are preventable.

The Army is taking bite-sized steps in increasing proper nutrition, she said.

In South Korea, for example, three types of post-workout lunch boxes are provided following physical training, one designed for strength training, one for road training and one for a little of both.

At Fort Campbell, Kentucky, the dessert bar, which had been at the front of the dining facility, was moved to the back where the salad bar used to be. That simple act resulted in Soldiers consuming more fruits and vegetables, she said, calling it “choice architecture.”

Army urges caution for supplement use

By Jessica Ford
U.S. Army Public Health Command

Most people do not plan on feeling depressed, but depression is called the common cold of behavioral health issues.

Almost one out of five people will have depression during their lives. Some signs of depression are losing interest in things you used to enjoy or feeling sad most of the time for two or more weeks. If you are concerned about your mood, you may wonder what to do. In fact, finding help for behavioral health issues, like depressed mood, is an important part of maintaining personal readiness.

When you are seeking out resources, you may feel overwhelmed with information. Oftentimes, people seek advice from friends, family, coworkers and the Internet. This can be confusing.

Some recommendations will be helpful, but others could be harmful. Some sources may recommend dietary supplements as a quick and easy fix. Dietary supplementation may seem like an easy fix because you do not have to invest a lot of time or money into it and they can be taken without anyone knowing.

Unfortunately, there is no quick fix for depression. Al-



though there is some evidence that having low levels of certain nutrients – for example, folate, B-12, calcium, vitamin D, iron, selenium, zinc and N-3 fatty acids -- contribute to some mood problems, there is very little evidence that dietary supplements help most people who are depressed.

Scientists have found that vitamins can be helpful for some

women with hormone-related depression symptoms, and for those who do not have a nutritional deficiency or depression, multi-ingredient vitamin supplementation has been shown to improve mood and reduce stress and anxiety.

Despite evidence that vitamin supplementation can be helpful for people without depression, the Department of Health and

Human Services and the U.S. Department of Agriculture's dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat.

These guidelines only recommend supplement use in addition to a nutrient-dense diet if you are over the age of 50, a woman of childbearing age or if you have dark skin/are not exposed

to enough sunlight. The Food and Drug Administration warns against taking in too many vitamins since there are upper limits of safety.

At the end of the day, taking supplements without a healthcare provider's help may result in wasted money or time because it is hard to tell the difference between a mood disorder and normal, everyday sadness related to a stressful situation.

The best person to discuss changes in mood is your primary healthcare provider, who can help you determine if your mood change or problem is the result of depression, a normal situational response or a physical problem. If they do find that you have a mood disorder, like depression, the current gold standard treatment for depression is a type of therapy called cognitive-behavioral therapy along with a prescription antidepressant.

Additionally, you may want to have lab tests to check for a deficiency and discuss the use of vitamins or perhaps herbal remedies with your provider.

Ultimately, only you and your healthcare team – which may include your primary healthcare provider and a behavioral health specialist – can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

PUZZLE ANSWERS

Super Crossword
Answers

TEMPO	THANK	GAM	PATTI
ACORN	ESTEE	AMT	ATHOS
ROBERTS	STEVENSON	RAOUL	
CEOS	FOCUS	TRUCE	
RAPIDNESS	FRANK	WRIGHT	
AMAN	TROT	EMPT	WISHES
JOYCE	DATES	SID	
ACUTE	SHROUDS	GOOSE	
HOP	RITT	HANS	ANDERSEN
GO	TEAM	SEER	OSMOND
LORE	SARAH	PARKER	ASTO
PLENUM	THAT	BERMON	
GEORGE	CARVER	NEST	CBS
ANSEL	AREARUG	OSHEA	
YTD	BILL	IEKING	
CASTRO	LEES	NEIN	INCA
ARTHUR	DOYLE	SAVANNAH	
STEAM	OLEAN	ELON	
ALAMO	WILLIAM	WILLIAMS	
BADER	RTE	ONION	TEXAS
ABYSS	VAT	RYANS	ERECT

Weekly SUDOKU
Answer

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

Trivia

- Answers
1. Shirley Jackson
 2. The first black player to compete at Wimbledon
 3. Italy
 4. Up to 160 acres
 5. Bedivere
 6. Barney Fife
 7. Dwight Eisenhower
 8. Protagoras
 9. Montgomery, Ala.
 10. Scotland

SPORTS BRIEFS

Youth soccer clinic

Fort Rucker Youth Services and Challenger Sports will host a free soccer coaching clinic Saturday at the youth services fields. Coach Ross Lawrence will host sessions aimed at improving skills, techniques and enjoying the game. Times for age groups: ages 4-5, 9-9:30 a.m.; ages 6-7, 9:30-10 a.m.; ages 8-9, 10-10:30 a.m.; and ages 10-14, 10:30-11 a.m. The clinic is open to registered Fort Rucker Child, Youth and School Services youth, who may bring a guest. Parents should call parent central services at 255-9638 or visit WebTrac to register.

For more information, call 255-2254.

Golf tournament for AER

Silver Wings Golf Course will host the 25th annual Golf Tournament for Army Emergency Relief Friday. 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 Demonstration Day Saturday 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.

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- Foreign Influence
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