

ADPAAS
System accounts for,
helps Soldiers, families
during disasters
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Lake, water park,
pools offer ample
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FITNESS
Classes help
maintain physical
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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MAY 14, 2015

1-212th Avn. welcomes new commander

By Nathan Pfau
Army Flier Staff Writer

The 1st Battalion, 212th Aviation Brigade welcomed its new commander while bidding farewell to its former commander during a change of command ceremony on Howze Field Friday.

Lt. Col. Col. Ross F. Nelson assumed command from Lt. Col. Raymond J. Herrera as Soldiers from the unit stood in formation and the 98th Army “Silver Wings” Band played.

“(Soldiers of) the 1-212th have been fortunate to have a command team like Ray and Lara Herrera at the controls. Ray has provided calm, steady leadership in critical times of change in Army Aviation operations, (and he) has been a cornerstone of the success of (the U.S. Army Aviation Center of Excellence) here that allows Fort Rucker to train the best combat Aviators in the world,” said Col. Jayson A. Altieri, 110th Aviation Brigade commander.

“As much as we are extremely fortunate to have had Ray and Lara as leaders in this battalion, we’re just as lucky to have Lt. Col. Ross Nelson taking the controls,” the colonel added. “You are no stranger to Fort Rucker,

and you bring a wealth of leadership, experience and tactical knowledge to the battalion. I know the Wings battalion is in good hands.”

Having served as the battalion S3 for the 1st Bn., 13th Avn. Regt., the brigade S3 and brigade executive officer for 1st Avn. Bde., Nelson returns to Fort Rucker confident, and with a wealth of knowledge and leadership skills.

He graduated from the U.S. Military Academy in 1996 with a bachelor’s degree in electrical engineering and was commissioned into the Army as an Aviation second lieutenant.

He’s served in many leadership assignments on multiple continents, including as the executive officer for E Company, 1st Bn., 58th Avn. Regt. (Air Traffic Services); flight platoon leader in C Co., 2nd Bn., 10th Avn. Regt.; military adviser to the Kuwait Ministry of Defense in Kuwait City, Kuwait; and most recently as the professor of military science at the University of South Dakota Army Reserve Officers’ Training Corps program.

“Jennifer, the kids and I are very excited to be back in Fort Rucker and in the Wiregrass,” said the incoming commander. “We feel very humbled and blessed to be given the opportunity to be part of and lead a team with a repu-

tation as great as the 1-212th.”

That reputation includes more than 400 men and women who dedicate their time to the battalion that has flown more than 180,000 hours, and trained over 7,000 undergraduate and graduate students in the past 25 months while maintaining an impeccable safety record – earning the Order of Daedalians two years in a row, according to Herrera.

“We’re being replaced with a great command team ... and I can honestly say, without hesitation, Ross, that you’re absolutely the best man for the job,” said the outgoing commander. “I have no doubt that you’ll keep moving us in the right direction, and wish you and your family the best of luck.”

Although Nelson said the work won’t be easy, he fully intends to commit to the task ahead to ensure the unit’s success.

“I do not take this opportunity lightly and know that I’m here today not of my own doing, but due to the assistance and support of many throughout my career,” he said. “To the 1-212th, you look amazing, and I cannot be more proud and humble to join the team. I know the work will be hard, but I’m excited and know we’ll have a lot of fun along the way.”



PHOTO BY NATHAN PFAU

Lt. Col. Ross F. Nelson, 1st Bn., 212th Avn. Regt. commander, assumes command from Lt. Col. Raymond J. Herrera, as he accepts the battalion colors from Col. Jayson A. Altieri, 110th Avn. Bde. commander, during a change of command ceremony Friday on Howze field.

NEW HOME



PHOTO BY JIM HUGHES



PHOTO BY NATHAN PFAU

LEFT: Army Fleet Service employees move an OH-58 Kiowa to its new home in front of the U.S. Army Aviation Center of Excellence headquarters building Tuesday. ABOVE: An AH-1 Cobra and an OH-58 Kiowa have a new home in front of the USAACE headquarters building. Both aircraft were moved from their previous home at the U.S. Army Aviation Museum Tuesday.

FORT RUCKER’S LIFEBLOOD

Post thanks volunteers for selfless service

By Nathan Pfau
Army Flier Staff Writer

“Volunteers are the lifeblood of Fort Rucker,” the garrison commander told Soldiers, family members and civilian employees attending the May 7 Fort Rucker Quarterly Volunteer Recognition ceremony to honor those who gave their time for the betterment of the community.

“This is a great opportunity for us to see those people who might otherwise go unseen,” said Col. Stuart J. McRae. “Volunteers don’t volunteer to be seen ... so I just want to thank everybody who volunteers and thank our command teams who recognize those people who volunteer inside of our organizations.”

Maj. Gen. Michael D. Lundy, U.S.

Army Aviation Center of Excellence and Fort Rucker commanding general, was also on hand to express his appreciation.

“Your care for your Soldier and being involved in what we do here, and providing the services and capabilities that you do for us can’t go without a heartfelt thanks from me – we could not do this without all of you,” said the commanding general. “People may not realize the breadth of what volunteers do for this post and all the posts around the Army, but today gives everybody the opportunity to see the depth of that volunteerism and how important it is.”

Those who were recognized received a Fort Rucker Volunteer “Above the Best” lapel pin and a certificate of appreciation, which read,

“For your selection as an outstanding volunteer for the Fort Rucker community, your loyalty, dedication and commitment are indicative of your invaluable contributions, which demonstrate a deep sense of caring for others. Your selfless service reflects great credit upon yourself, your organization and the United States Army.”

The following are those who were recognized at the ceremony along with a short write-up from the unit that nominated them.

• **Stanislava Williams, 164th Theater Airfield Operations Group** – As a valued volunteer for the 164th TAOG, Williams devoted 47 hours of her time

SEE LIFEBLOOD, PAGE A5



PHOTO BY NATHAN PFAU

Maj. Gen. Michael D. Lundy (far left), U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, stands with the Volunteers of the Quarter who were recognized during a ceremony at the U.S. Army Aviation Museum May 7.

Community prays for nation at luncheon

By Nathan Pfau
Army Flier Staff Writer

Dr. Martin Luther King Jr. famously said, “faith is taking the first step even when you don’t see the whole staircase,” and many in the Fort Rucker community took a step during the National Day of Prayer to celebrate faiths from all walks of life.



PHOTO BY NATHAN PFAU

Tommy Bowden

People from across the installation and the Wiregrass came together for the National Day of Prayer Luncheon at The Landing’s ballroom May 7 to praise and give thanks, no matter their faith, and Tommy Bowden, motivational speaker and former Clemson University head coach, served as guest speaker.

“I’m honored to be here today and I have a great appreciation and love for the military,” said Bowden, who said he was grateful to live in a country where he has the freedom of choice. “Thousands of military troops have died for American freedom – died to make this country a democracy where all religions are created equal. You can worship any god that you want to.”

Bowden spoke on behalf of Christianity, but said that, as a nation, people are free to worship how they please.

“We live in the greatest country in the world and we’ve been blessed, and God has given us everything that we need – maybe not what we want, but what we need,” he said. “God’s greatest judgment is to let man make his own decisions.”

Bowden spoke about how in many countries around the world, he’s not free to talk about his faith, but in

SEE LUNCHEON, PAGE A5

PERSPECTIVE

Philippine Scouts exemplify honor

By Capt. Madonna McPhaul
171st Infantry Brigade

FORT JACKSON, S.C. – “Stand aside, the Scouts are coming.”

Retired Col. John Olson said that these simple words from a poem written by an American officer in a Japanese Prisoner of War camp shortly after the fall of Bataan reflect a sincere and respectful tribute to some of the finest Soldiers ever to serve our ranks.

However, the history of the Philippine Scouts is not as popular as the battles they fought in, such as that of the Bataan Death March. The Bataan Death March was the forcible transfer of more than 80,000 American and Filipino prisoners of war after the World War II Battle of Bataan in the Philippines in 1942.

Of the more than 80,000 POWs, it was estimated that 54,000 were Filipinos. The transfer was difficult to manage because of the overwhelming amount of POWs. Food, water and other supplies ran very low if they were available at all.

There were only three options during the march: march, be beaten or die. The conditions were so horrid that many succumbed to their fatigue and died. The death toll averaged 50 a day and many men were buried in shallow graves, piled body on top of body.

The march cemented the legendary bond between Filipinos and Americans, for if a man fell, it was certain he would die unless another picked him up and supported him. Food was so scarce that the prisoners ate everything they found along the way, such as locusts. The tropical rains healed a little bit of the dehydration, but there was just no way to escape the heat and humidity.

Among those who survived the approximate 70-mile march from



U.S. AIR FORCE PHOTO

A burial detail carries the remains of prisoners of war who survived the Death March, but who succumbed to exhaustion or disease or were executed after reaching Camp O'Donnell.

Bataan to Camp O'Donnell were the Philippine Scouts. The Scouts were organized in 1901 during the early American occupation of the Philippine Islands. One of the units was the 57th Infantry Regiment. The 57th was charged with holding the line on both sides of the only major road into the peninsula. The 57th withstood the attack of the best elements of the Japanese Army during the Battle of Abucay in WWII – it stopped the enemy's attempt to penetrate the city.

Though successful, the enemy shifted westward and into the jungle-covered mountains, finally outflanking the Scouts. Even when the order came to surrender April 9, 1942, the Scouts units were still fighting and were determined to carry on. Many Scouts who were able to escape the enemy and the Death March reformed into guerrilla bands, continuing their fight and providing vital intelligence to Gen. Douglas MacArthur's headquarters.

Of the thousands who fought side-by-side with the 57th Infantry Regiment and survived the grueling conditions of the Death March, one man stands out the

most to me – Silvestre Candelario Ares.

He was born Jan. 1, 1919, in Umingan Pangasinan, a small agricultural town in the Philippines. Ares was the only son of a farmer, and dreamed of writing books and visiting foreign lands. Early in his life, he came to understand that education could take him to places his friends would only read about. He walked for miles to be in school every day and never wavered in his commitment.

At the age of 20, Ares volunteered to fight in the war as many other young Soldiers do today. He joined L Company, 57th Infantry Regiment as a rifleman and was later reassigned to be a motor transport operator.

Reading about the atrocities of the death march, someone today might find it difficult to imagine how he survived. His stories were not of solemn memories, but of courage and, of course, laughter. His American comrades kept him alive during the march with painted mental pictures of a place called America and of an opportunity called the American Dream. And, of course, his longing for a love yet unrealized

named Teodora Sinuto made it worth living. Sixty-five years later, he confessed that it was all worth it.

During his capture, Ares found himself volunteering as a cook. Quite the innovative prisoner, he said you couldn't go hungry if you prepared the food. He prepared meals mixed with any greens found on the pathway, the occasional catfish and mudfish, and on his lucky days he cooked porridge with a little shovel. Most of the food was served to the guards and scraps to the prisoners. He recalled that hunger, thirst and fatigue caused a lot of men to fall back, finding them at the end of a bayonet.

The rain quenched the prisoners' thirst, but filled their shoes with water, causing blisters and added agony. Ares recalled passing by piles of dead prisoners. He vividly remembered waking up in the pile himself. He was stripped of clothing as many of the others were. His clothes and shoes were handed to others on the march who needed them. To his amazement, he was not shot nor stabbed.

Apparently, he passed out from

his ailments and was thought to be dead. He climbed over the pile and, when it seemed safe, took the opportunity and ran for the woods. He ran and hid for miles until finally coming upon a small hut or field house where he was aided by a family. This experience should have been enough to deter him from returning, however, he returned back to the ranks, a true display of resilience and fortitude.

He has been quite an important person to me. As you may have guessed, Silvestre Ares is my grandfather. His will to survive and excel became a theme in his lifetime. He earned multiple degrees in business and education, and, at the age of 54, he earned a law degree. His service later earned him the Bronze Star with one oak leaf cluster. His stories inspired four of his five children to serve in the in the Navy and Air Force – four of 15 grandchildren to serve in the Navy, Air Force, and Marine Corps, and me to serve in the Army.

I was inspired by his stories, the laughter when he reminisced, his unwavering resiliency to move forward, the lifelong friends he has made and his legacy. You see, legacy stories are not the ones we remember, but those by which will be remembered. They are defining moments that inform and inspire.

We have all made the decision to serve our nation for one reason or another; however, many do not realize that legacies are created just by that one decision.

I live the American Dream as envisioned by my grandfather and continue a legacy far beyond his imagination. I, too, dream of one day when my children's children speak of my life as well-served to protect our nation.

Your service as a good citizen carries a story that your children's children will one day tell. Where will your legacy begin?

Rotor Wash

“Lake Fest is Saturday from noon to 6 p.m. at Lake Tholocco's West Beach. What tips do you suggest for anyone who plans to spend hours having fun the in sun?”



Jim Storm,
civilian

“Use plenty of sunscreen.”



Spc. Kyle Earhart ,
C Co., 2nd Bn.,
11th Avn. Rgt.

“Drink a lot of water.”



Master Sgt. Morgan Evans,
C Co., 1st Bn.,
13th Avn. Rgt.

“Try to bring umbrellas for shade.”



Anne Sullivan,
fitness program
coordinator

“Limit your exposure to the sun. Get in the shade, get in the water and stay cool.”



Jordan Jeffries,
military family member

“Make sure you aren't overexerting yourself and take plenty of breaks if you're swimming.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

System accounts for, helps Soldiers, families

By Jim Hughes
Command Information Officer

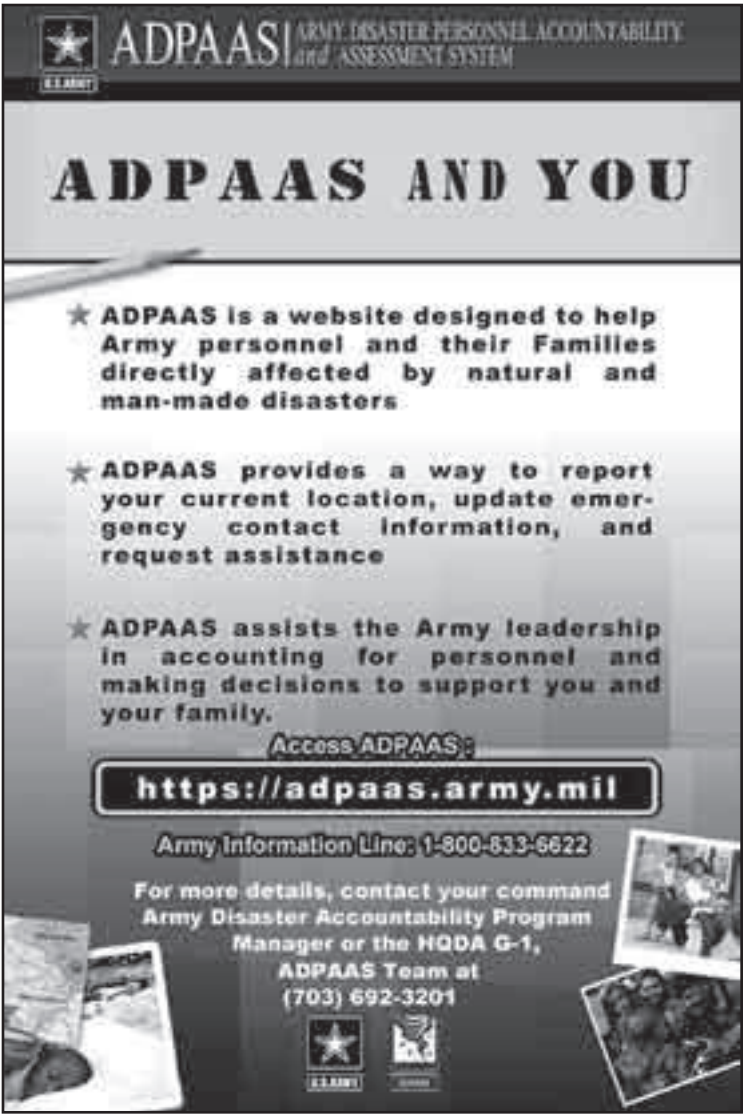
In the immediate aftermath of a natural or manmade disaster, chaos reigns, and oftentimes Soldiers, Family members and civilian employees get caught up in the maelstrom.

In an effort to cut through that chaos to ensure its people are accounted for and cared for, the Army created the Army Disaster Personnel Accountability and Assessment System, said Gus Norvel, human resources specialist and manager of ADPAAS for Fort Rucker’s Directorate of Human Resources.

“ADPAAS plays two parts – it’s an accountability system and it’s also a needs assessment system,” Norvel said, adding that while leaders and units need to account for their people, the Web-based system also helps them see the needs of their people affected by a disaster.

“You may have a Soldier (affected by a disaster) who requires assistance – transportation, food, money, clean water, a place to stay, etc.,” he said. “The Soldier, family member or Army civilian reports that in the system, and it’s shot up to the top and comes back as a case file – and it stays open until the need is met.”

The chain of command monitors that Soldier’s status until he



ARMY GRAPHIC

is back with the unit, Norvel said, adding that needs may change throughout the event, such as water today, meals-ready-to-eat

tomorrow, a ride home the next day.

ADPAAS is a user-friendly website that arose in the wake of

Hurricane Katrina when the Department of Defense experienced difficulties in accounting for its people, he added.

DOD mandated that all services create a way to track and help its people when disaster strikes. The Army created ADPAAS in 2008 as a valuable tool for leaders who must make tough, and often quick, decisions following an emergency, Norvel said. The data in the system allows commanders to access personnel status to facilitate the delivery of essential services to the areas of critical need.

“If an emergency or disaster occurs, the Secretary of Defense may issue a directive for all personnel to report on their status to their respective service,” he said. “Army personnel will be directed to report their status either to their unit, directly to the ADPAAS website or through an Army contact center.”

While ADPAAS has proven to be an effective tool for Army leadership and Soldiers in disasters, such as the Japan earthquake in 2011, the Boston Marathon bombing and Colorado wildfires in 2013, the system is only as good as the information that goes into it, Norvel said.

“It is very important that Soldiers, family members and civilian employees make sure their family information is updated in

the ADPAAS system,” he said. “If you get married, get divorced, have children or PCS, make sure to update the information. While the responsibility lies with commanders to make sure all of their folks are accounted for and all the information is updated – it’s the individual’s responsibility to make sure it is done. Soldiers shouldn’t think their unit is doing it – it’s the Soldier’s responsibility.”

And ADPAAS makes that responsibility easy to meet, Norvel said.

“It’s a good system,” he said. “I was in the Army for 25 years and I remember how we had to account for personnel – manually, with pencils. Its user friendly, so don’t be afraid to get in there and use it. The more you go into it, the more comfortable you’ll be with it.”

“There may be people out there who aren’t that comfortable with computers and they may shy away from the system, but, really, it doesn’t take much to use this,” he continued. “It is self explanatory – hit one button and it takes you right into the system to update your information.”

For more on ADPAAS and to verify personal information is correct, visit <https://adpaas.army.mil>, or call the ADPAAS information line at 1-800-833-6622 or Norvel at 255-1533.

Soldiers leave lasting impact on local community

Army Flier
Staff Report

Today’s Army is an all-volunteer force made up of men and women who made the decision to give something back to their country. But for some Soldiers, the need to give back does not stop there.

Soldiers stationed at and on temporary duty to Fort Rucker regularly participate in organized volunteer projects off-post in the surrounding cities, according to Jay Mann, Fort Rucker Public Affairs community relations chief.

“Over 300 Fort Rucker Soldiers have volunteered through the public affairs office at 14 off-post community events already in the first four months of 2015,” Mann said. “They have worked on projects with food banks, schools, animal rescue shelters, parks and hospitals.

“The calls I get from community event organizers praising our Soldiers really makes me realize the incredible impact

we have on the off-post community,” he said.

One of those calls was from Jane Clancy at the All Breeds Animal Shelter.

“It was a pleasure to have them and they seemed to have a good time as did the animals,” she said. “Everybody had to have their turn in playing with the puppies.”

Clancy regularly hosts volunteer opportunities for Soldiers wanting to give their time.

The Soldiers participating in the community service projects are from classes attending training at the various schools on Fort Rucker, as well as from units who have a sister city off post.

“Some units here even have a Soldier that volunteers their time to coordinate and keep track of their unit’s volunteer time and events,” said Mann. “They help to match up the right Soldiers with the right projects. People like to give their time to projects that they feel strongly about.

“Most of our volunteer hours come



COURTESY PHOTO

Jane Clancy, 2nd Lt. Cody Spiker and 2nd Lt. Brent Anderson play with animals from the All Breeds Animal Shelter in Daleville during a class service project with the Aviation Basic Officer Leadership Course.

from classes who want to do a service project while attending one of our training schools, although we do have a few

permanent units on Rucker that are really into volunteering, as well,” he added. To find out more, call 255-2474.

SecDef: Combat training begins for new Syrian forces

By Cheryl Pellerin
Department of Defense News

WASHINGTON – Defense Secretary Ash Carter announced May 7 that combat training has begun for nearly 90 fighters from the new Syrian forces and that a second group will begin training in the next few weeks.

Carter spoke alongside Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey during a briefing to the Pentagon press corps here.

“The program is a critical and complex part of our counter-ISIL efforts,” Carter said, referring to the Islamic State in Iraq and the Levant.

The training for what the secretary called “highly vetted individuals” is led by very experienced trainers and taking place in a secure location, he said.

Carter said the trainees have been in the program for quite a while, having gone through a process of being recruited and vetted.

“The training takes some time,” he added, “and then they would be inserted into operations, and the trainees (coming in) behind them. We hope this to be an ever-expanding program once it proves itself, which I think it will.”

The trainees are being trained and equipped specifically to fight ISIL, the secretary said.

“That is the purpose, and that is the basis upon which they’re being vetted and trained,” Carter said, adding that it’s not a goal of the U.S. program to have the new Syrian forces engage the forces of Syrian President Bashar al-Assad.

The trainees are being fielded to engage ISIL, he said. “That will be their principal mission and that’s one of the bases on which they would join our program in the first place.”

If Assad’s forces undertook to engage the new Syrian forces being trained, the Defense Department “would have some responsibility toward them,” the secretary said, but the extent of such responsibility and the rules of engagement have not yet been decided.

Carter said that along with the training, those who participate will receive compensation and small arms.

“We’re figuring out what the best training is (and) what the best initial deployment is,” the secretary added. “We expect that to be successful and therefore to grow, but you have to start somewhere, and this is where we’re starting.”

Dempsey noted the program will be grown in a measured way.

“This ... program is very complex,” the chairman added. “It won’t be easy, but I’d emphasize that it’s one part, one component, of a much broader approach.”

The stability of the Assad regime could be a consideration

as the training program proceeds, and Dempsey agreed that a destabilized regime would pose new challenges.

“Two years ago, Assad was at a point where we thought he was at a disadvantage and that the opposition was on the rise, and then that situation reversed itself for a period of time,” Dempsey explained, “so we’ve been through the intellectual rigor of what this might mean.”

For Syria, it might mean further instability if power were to transfer precipitously, the chairman said, and it could worsen the humanitarian crisis.

“For us and our counter-ISIL strategy, it wouldn’t change the dynamic – meaning that we still have the fundamental challenge of finding moderate Syrian opposition men to train to be a stabilizing influence over time,” Dempsey said.

“On the side of our diplomacy and our diplomats, there’s the issue of finding moderate Syrian opposition to establish a political structure to which the military force we’re building can be responsive,” he added.

The challenges wouldn’t change for the Defense Department, he said, but it would make the situation for Syria more complicated.

Dempsey added, “I do think that the (Assad) regime’s momentum has been slowed, and ... I do believe the situation is trending less favorably for the regime. And if I were him, I would find the opportunity to look to the negotiating table.”

News Briefs

Ozark visitors center closure

The visitor control center at the Ozark Gate is scheduled for closure today and Friday due to construction. People who want to obtain a visitor pass during those days can still obtain one at either the Daleville or Enterprise Gate visitor control centers between 8 a.m. and 4 p.m.

Housing survey

Army Installation Management Command and Corvias Military Living encourage on-post housing residents to complete the 2015 Headquarters Department of the Army Residential Communities Initiative Resident Survey. The survey gives on-post residents an opportunity to provide feedback to the Army, RCI and Corvias Military Living on how their housing needs are being met. An electronic survey has been emailed to all residents. Residents who do not receive a survey or who have questions should email ARMYHousingsurvey@celasociates.com. Residents must fill out and submit the online survey by June 7.

The survey will ask questions on topics such as residents’ evaluation of their present home, community amenities, resident activities, the community maintenance team, prop-

erty management team and others. The feedback provides the Army and Corvias with information to help evaluate the current state of the partnership, and guide future improvements to housing facilities and residential services.

Family safety day

The Fort Rucker Directorate of Public Safety and Corvias Military Living will host a family safety day Wednesday from 2-4 p.m. at Munson Heights. The event will feature vehicle displays, blood pressure screenings, car seat safety checks, photos with McGruff and Sparky, light refreshments and more. For more information, call 255-3273.

Memorial Day ceremony

Fort Rucker will host its Memorial Day ceremony May 21 at 3:30 p.m. at Veterans Park in front of the U.S. Army Aviation Museum. In case of inclement weather, the ceremony will be held inside the museum.

Asian-Pacific Islander American heritage

As part of Fort Rucker’s Asian-Pacific Islander American

Heritage Month celebration, there will be a luau May 21 at Yano Hall. The event is free and open to the public, and will feature a wide variety of food samples will be available.

For more information about events or Asian-Pacific American Heritage Month, call 255-2669.

Changes of command, responsibility

- The 1st Aviation Brigade will host a change of responsibility ceremony May 27 at 8:30 a.m. at Howze Field.
- B Company, 1-145th Avn. Regt. will host a change of command ceremony May 29 at 10 a.m. at Pratt Hall, Bldg. 4901. Capt. Eric Lizama will assume command from Maj. Morgan Laird.
- The 1st Battalion, 145th Aviation Regiment will host a change of command and change of responsibility ceremony June 5 at 8:30 a.m. at Howze Field.

AER closing ceremony

The Fort Rucker Army Emergency Relief fundraising campaign closing ceremony is scheduled for June 8 from 2-3 p.m. at the U.S. Army Aviation Museum. For more information, call 255-2341.

Lifeblood: Volunteers honored for service

Continued from Page A1

- this quarter as the detachment’s Family Readiness Group leader and many additional hours to the Fort Rucker Community Spouses Club.
- **Othan Gilbert, Fort Rucker Religious Support Office** – As a valued volunteer for the RSO, Gilbert is a leader in the protestant chapel congregation serving the Fort Rucker community.
 - **Dee Gilbert, Fort Rucker RSO** – Dee is a valued volunteer for the RSO and a leader in the protestant chapel congregation serving the Fort Rucker community.
 - **CW4 Cary D. Howard, Aviation Center Logistics Command** – Howard volunteers his time to the Boy Scouts of America as an assistant Scout master with Troop 150 in Enterprise. He also serves as a provisional adult leader for the BSA winter camp in Atlanta, Georgia.
 - **Russ Kruse, USAACE** – As a valued volunteer from C Company, 1st Battalion, 14th Aviation Regiment, 110th Aviation Brigade, Kruse is an ex-
 - ample of a retired warrant officer and current Army civilian giving back to the 1-14th and USAACE while serving as a motorcycle mentor. His spirit and enthusiasm are an example for all to emulate.
 - **CW3 Katherine Metz, A Co., 1st Bn., 14th Avn. Regt., 110th Avn. Bde.** – Metz donates her time and talents as a member of the Firebird Volunteers, helping to strengthen bonds with the Wiregrass community.
 - **Lisa Swanson, D Co., 1st Bn., 14th Avn. Regt., 110th Avn. Bde.** – Swanson was recognized for her superb volunteer efforts in support of the Fort Rucker community.
 - **Jennifer Jackson, Fort Rucker Parent Teacher Association** – Jackson is a valued volunteer for the Fort Rucker PTA and the DOA education activity, and provides endless effort and unwavering commitment to improving the Fort Rucker community by volunteering her time with the PTA and school system.
 - **Tracey Landa, Fort Rucker Thrift Shop** – She was recognized for her generous commitment of time, out-
 - standing support of and being an inspiration to the activities of the Fort Rucker Thrift Shop and the military community.
 - **Hyeonjoo Pinnel, Lyster Army Health Clinic** – As a valued volunteer for LAHC, Pinnel gives her time and talent to programs and functions, which energize the community into a healthy lifestyle. She provides a two one-hour Zumba classes to anyone in the community and was also a Fit Fest volunteer.
 - **Spc. Breeanna Schwieso, Fort Rucker U.S. Army Garrison** – Schwieso serves as the Better Opportunities for Single Soldiers program secretary. She has successfully coordinated and helped to organize numerous BOSS events, as well as volunteering 62 hours with BOSS, the Directorate of Family, Morale, Welfare and Recreation, and local organizations within the Wiregrass community.
 - **Sgt. 1st Class Sherman Stover, NCO Academy** – Stover is a leader who epitomizes who a true servant leader is by volunteering over 220 hours of his personal time to support Fort Rucker and the surrounding communities.
 - **Elise Wilson, Army Community Service** – As a valued volunteer to ACS, Wilson devotes herself to serving Soldiers and families of the Fort Rucker community as a volunteer for ACS’s relocation readiness office and The Lending Hangar.
 - **Spc. Nadia English, 164th TAOG** – English gives approximately 27 hours of her time per month coordinating BOSS functions and activities, as well as distributing information for the 597th Maintenance Detachment.
 - **Spc. David Richardson, 164th TAOG** – Richardson also volunteers approximately 27 hours per month as the detachment’s BOSS program representative by coordinating BOSS functions and activities, as well as distributing information for the 597th Maintenance Detachment.
 - **Jay Guild, ACLC** – Guild gives his time to the Boy Scouts of America by serving as a professional role model, and passes on those traits to the parents and children associated with the BSA.

Luncheon: Service members thanked

Continued from Page A1

the U.S., he’s free to talk and practice his religion as he pleases.

“I can speak like this today, unashamed and unembarrassed, because of people like you, the people before you, and the men and women who paid the price to make us free,” he said during the luncheon. “From the bottom of my heart - thank you.”

The theme for the event was “Lord, Hear Our Cry,” which comes from the Bible’s Old Testament, I Kings 8:28, and reads, “Hear the cry and the prayer that your servant is praying in your presence this day.”

The prayers included a prayer for the nation, a prayer for leadership, a prayer for community, and a prayer for Soldiers and families, read by various Fort Rucker chaplains. It’s because of the freedoms people enjoy in this country that they’re able to hear those prayers, said Chaplain (Col.) John L. Kallerson, U.S. Army Aviation Center of Excellence chaplain.

“We’re privileged to be able to do that today,” he said. “None of you are surprised right now that

we don’t have to have anybody protecting us to have this opportunity. The fact that we live in a great nation that allows us to have the opportunity to pray, as well as a military that allows us the opportunity, is quite a special thing for us.”

Col. Allan M. Pepin, USAACE chief of staff, agreed, adding that the ability for the community to come together for a day of prayer provides strength in faith.

“As a community we can come together and celebrate the fellowship, not only just of the military, but the community, as well, and that’s important,” he said. “It’s important for us, as a community, to realize that we are absolutely blessed to live in a country where we are able to do this and have the freedom to do that.”

Pepin also thanked all past and present service members for the sacrifices made for the nation to be able to experience the freedoms enjoyed today.

“If we’re going to say a prayer, we shouldn’t forget those who have made the ultimate sacrifice for the nation, as well as their families, and for those who live with the wounds of combat,” he said. “Thank you.”



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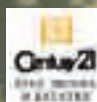
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Large brick home in beautiful wooded neighborhood with many, many updates!!! Large grand room with fireplace, living room dining room combo, office, hardwood floors. Kitchen has granite counter tops and stainless steel appliances. Mother-in-law suite plus a children's suite! Large back yard with a privacy fence. Convenient to Holly Hill and Dauphin Jr. High. This home is gorgeous!!!
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MISTY TORCHIA 477-8635 MLS #20150857

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EVELYN HITCH 406-3436 MLS #20150860

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204 Oak Bluff ~ \$349,900
Stunning 3 BR/3 BA lake front home nestled among huge oak trees and offers an amazing view of the lake. Large kitchen, breakfast room, formal LR & DR, huge grandroom with fireplace, den and screened porch. Home warranty and HOA dues apply.
SAM HELMS 798-3357 & EVELYN HITCH 406-3436 MLS #20150882

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204 OAK BLUFF ~ \$349,900: Stunning 3BR/3BA lake front home nestled among huge oak trees and offers an amazing view of the lake. Large kitchen, breakfast room, formal living room & dining room, huge grandroom with fireplace, den and screened porch. Home warranty and HOA dues apply. **EVELYN HITCH 406-3436**

4 BR & POOL \$149,900



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

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806 GLOVER ~ \$459,000: Great location. Nice building remodeled in 2015 down to the studs. New roof, new commercial windows, new doors, new HVAC. Wonderful commercial space. One side of the office is rented until 2016, large right side ready to occupy. **ANGIE GOODMAN 464-7869**

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343 PROVIDENCE: Plant a garden! Darling Cottage on approx. 3/4 acre lot in Clayathee. Fresh paint, laminate floors, new roof. **PAT LEGGETT 406-7653**

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306 E SOMMER OAK: Lovely 3 bedroom/2 & 1/2 bath home in popular Sommer Brooke subdivision. Beautifully landscaped, this home is situated on one of the few level lots here. In addition to the nicely sized rooms, this home includes an office/study off the foyer, solid surface counter tops, an oversized garage, and a generator. The generator is wired into the home and cuts on automatically with loss of power. Patio & entryway both stained concrete. With over 2450 sq. ft., come see all this home has to offer. **JAN SAWYER 406-2393**

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**HOSTED BY:
MISTY TORCHIA
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NEW CONSTRUCTION ~ \$165,500



232 JASMINE CIRCLE – THE COTTAGES AT WOODLAND PARK: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 3 BR/2.5 BA, one car garage, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom. (Laurel Plan)

NEW CONSTRUCTION ~ \$149,500



228 JASMINE CIRCLE – THE COTTAGES AT WOODLAND PARK: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 3 BR/2 BA, one car garage, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom. (Maple Leaf Plan)

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117 W ROBERTSON COURT: Great floor plan, 3 BR/2 BA. Tartan Pines Golf Community, 18 hole championship golf course, lighted driving range, club house and pool. A unique lifestyle. Owner is licensed residential home builder and REALTOR in the state of Alabama.

2nd CAB leads exercise

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

CAMP HUMPHREYS, South Korea — The sky was grey without a cloud in sight. The sounds of helicopter blades and artillery grenades were all that could be heard.

An AH-64 Apache swooped into the picture and stayed at a hover about a hundred yards from the control tower. A few seconds went by until a loud hiss rang out, and two rockets shot toward their target leaving nothing but a small cloud of dust left to be seen.

The helicopter was part of the joint-combined live-fire training exercise “Furious Talon” May 6 at the Rodriguez Live Fire Complex. Multiple units from across the Korean Peninsula took part in the exercise, including units from the Air Force and the Republic of Korea.

Capt. Derek Brown, the plans officer for

the 2nd Combat Aviation Brigade, was the officer in charge of the exercise.

“The goal of the exercise is to bring multiple teams together to perform tasks that could happen in real wartime situations,” Brown said.

Part of the exercise featured a joint-combined attack with AH-64 Apaches from the 2nd CAB, artillery from the 210th Fires Brigade and Cobras from the ROKA all working together to complete the mission.

“We are using a lot of different assets in this training,” Brown said. “For the combined attack, there were a lot of conflicting events we had to work through, like the timing of when the artillery would fire paired with when the Apaches could fly in.”

Brown had a hand in most of the planning for the exercise, including the combined air assault with CH-47 Chinooks from the 3rd General Support Aviation



PHOTO BY SGT. JESSE SMITH

An AH-64 Apache from the 2nd Combat Aviation Brigade fires point detonation rounds May 6 at the Rodriguez Live Fire Complex in the Republic of Korea.

SEE 2ND CAB, PAGE B4

I-17th CAV adds Aviators to Wall of Heroes

By Staff Sgt. Christopher Freeman
82nd Combat Aviation Brigade
Public Affairs

FORT BRAGG, N.C. — With tears in her eyes and shakiness in her voice, Lisa Lourey addressed a group dressed in their best, to include their customary Stetsons. She composes herself and begins to talk about those no longer with us.

Troopers of 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, added two additional names to their Wall of Heroes May 1.

CW4 Matthew Lourey and CW2 Joshua Scott were OH-58 Kiowa Warrior pilots who gave their lives during Operation Iraqi Freedom. They died from injuries sustained when their OH-58 came under small arms fire.

“It will be 10 years this month that they answered the call to an infantry platoon with troops in contact near Buhriz, Iraq” said Brig. Gen. Frank Muth, director, Army Quadrennial Defense Review Office. “Their legacy lives on in the minds and hearts of fellow Air Cavalry Troopers across our Army.”

Muth, who served as the squadron commander for I-17th CAV when the pilots were killed, served as the guest speaker.

“I was absolutely honored to have stood in the same formation as them, and have flown with Lourey and Scott in combat,” said Muth.

After the unit redeployed from Iraq in 2005, the unit was relocated to Fort Campbell, Kentucky.

“They were re-designated as 7th Squadron, 17th Cavalry Regiment, 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault),” said Lt. Col. Adam Frederick, commander, 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade.

For the last decade, a memorial honoring Lourey and Scott has graced the Wall of Heroes within the 7-17th on Fort Campbell, but the 159th CAB will be deactivated and its members sent elsewhere.

“It is time for these heroes to come home as part of the I-17th family,” said Muth.

With Stetsons donned, and the walls painted red and white, the cavalry spirit was strong during the rededication.

“These two gallant warrant officers epitomize the cavalry spirit, mounting their steed and riding them to the sound of the guns,” said Frederick. “There is nothing more important than remembering those (who) gave their all in the defense of others.”

The memorial dedication adds to the already fabled history of the 82nd CAB.

“This memorial and your heroic deeds will ever be etched in the history of the 82nd Airborne Division, but more importantly in our hearts,” said Muth.

Lisa, Lourey’s widow, spoke following Muth’s

SEE I-17TH, PAGE B4



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Retired CW4 Mark Martin speaks with Maj. Andrew Herzberg, operations officer, 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, at a reception following a rededication ceremony at Fort Bragg, N.C., May 1. Martin was CW4 Matthew Lourey’s roommate during the deployment to Iraq in 2005.

EMERALD WARRIOR



AIR FORCE PHOTO BY STAFF SGT. DEANDRE CURTISS

A Soldier with B Company, 1st Battalion, 111th Aviation Regiment, observes the starting of a CH-47 Chinook during Emerald Warrior 2015 at the Gulfport Combat Readiness Training Center, Miss., April 23. Two CH-47s were tasked to support a Navy SEAL team helocasting mission by transporting personnel to and from the drop zone. Emerald Warrior is the Department of Defense’s only irregular warfare exercise, allowing joint and combined partners to train together and prepare for real world contingency operations.

ON THE MOVE

Air Force facilitates CAB aerial asset swap out

By Air Force
Staff Sgt. Whitney Amstutz
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIR FIELD, Afghanistan — The 82nd and 101st Combat Aviation Brigades completed a successful aerial asset swap out following a month-long collaboration with the Air Force April 30 at Bagram Airfield.

The Air Force units included the 455th Expeditionary Logistics Readiness Squadron, and loadmasters from the 9th Airlift Squadron from Dover Air Force Base, Delaware, and the 22nd Airlift Squadron from Travis Air Force Base, California

In order for the outgoing unit to re-deploy, the incoming unit and associated equipment must be in place and ready to assume responsibility. This type of swap out is referred to as RIP/TOA – meaning relief in place and transfer of authority.

As the only agency able to provide aerial transportation for helicopters assigned to the 82nd and 101st CABs, the Air Force played an integral part in RIP/TOA between the units, using a C-5 Super Galaxy aircraft.

“RIP/TOA is simple,” said Senior Master Sgt. Miguel Rodriguez, 455th ELRS Aerial Port superintendent. “It’s a unit going out and a unit coming in. The helicopter unit has an operation here at Bagram and the unit coming in takes over that operation. The reason we (the Air Force) have a part is because our unit, our transportation career field, is the only one that moves cargo in and out of the area of responsibility. We’re pretty much FedEx for the United States Air Force.”

Though the concept is straightforward, putting plans into practice requires technical proficiency and, on



AIR FORCE PHOTOS BY STAFF SGT. WHITNEY AMSTUTZ

Soldiers assigned to the 96th Aviation Support Battalion, 101st Combat Aviation Brigade, spot and position a UH-60 Black Hawk during upload onto a C-5 Super Galaxy aircraft April 26 at Bagram Air Field, Afghanistan.



occasion, improvisation.

“It’s not always easy,” said Tech. Sgt. Kevin Siclari, 9th AS loadmaster. “Sometimes you have to make do with what you have. As loadmasters, we’re looking at the load plans and making sure everything checks out. We have specific guidance we’re

supposed to follow. We’ve been moving several UH-60s and AH-64s at a time, but, once you know what you’re looking for, it’s not too hectic.”

Both the 82nd and 101st CABs provide a range of rotary wing capabilities including attack and assault, medical evacuation, cargo, and command and control. For Airmen who facilitated the RIP/TOA operation, it’s not difficult to imagine what rewards their efforts will reap.

“At the end of the day, without us moving the cargo operations would not be able to continue,” Rodriguez said. “We’ve got to be able get people and their equipment where they need to be to accomplish the mission.”

Siclari echoed Rodriguez’s sentiments.

“Just seeing the helicopters moving from place to place you can definitely see and feel the impact you’re having,” Siclari said. “This is what we do and we’re glad to do it.”

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2nd CAB: Exercise proves how well unit works together



Two UH-60 Black Hawks from the 2nd Combat Aviation Brigade prepare to land May 6 at the Rodriguez Live Fire Complex in the Republic of Korea.

Continued from Page B1

Battalion and Soldiers from the 2nd Battalion, 75th Ranger Regiment.

“The air assault planning was very detailed,” Brown said. “Our guys need to know exactly what to do because it is a very aggressive mission.”

Col. Hank Taylor, 2nd CAB commander, watched the completion of the exercise and said he was impressed by the performance of his Soldiers.

“Every single Soldier, from the fuelers to the pilots, did their part today,” he said. “This exercise proved just how well U.S. and ROK forces work together.”

Taylor said he was especially impressed by the effort Brown put forth throughout the entire process.

“Brown is a former Apache attack company commander,” Taylor said. “His past experience of leading attacks led to him being successful today.”

He said the helicopters used during the exercise are some of the most lethal Aviation platforms in the world and this training allowed people to see their capabilities.

“This is what has to happen during real wartime,” Taylor said. “Everyone comes together.”



Troopers from 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, toast two of their own who gave their lives in support of Operation Iraqi Freedom in 2005.

1-17th: Soldiers remember, honor warrant officers’ sacrifice

Continued from Page B1

comments. “As long as we remember those who died, they are never gone ... they are never gone.”

Glancing at the memorial while she spoke, she talked of the impact these warrants left on 1-17th CAV after

they passed.

“Lourey’s memory lives on each time that someone he trained gives a check ride and each time a sergeant decides to make that transition to warrant officer,” she said. “Scotts’ memory lives on through the lessons he taught his children, and the annual warrior race that his

widow, Sherri, participates in with family and friends.”

The memorial closed with the playing of taps and a toast.

“I invite you to toast with me for these heroes,” said Frederick.

The crowd responded with a “to Matt and Josh.”

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SPLASH! into summer



FILE PHOTOS

Children enjoy the SPLASH! Park. SPLASH! opens Saturday for weekends and holidays, from 11 a.m. until 5:30 p.m., and full-time May 29.

Lake, water park, pools offer ample swimming options

By Jeremy Henderson
Army Flier Staff Writer

Southern summers can be unforgiving, but Fort Rucker's Directorate of Family, Morale, Welfare and Recreation provides several opportunities to escape the heat and enjoy the day.

The SPLASH! Pool and Spray Park, located behind The Landing on Novosel Street, opens for holidays and weekends from 11 a.m. until 5:30 p.m. starting Saturday and will provide a fun escape from the heat for Soldiers, their families and the general public.

"SPLASH! Pool and Spray Park is the perfect spot to escape the heat because of its large pool and activities that make getting wet even more fun," Amanda Orduno, aquatics manager said. "The spray park boasts many different water features kids can enjoy. The slides, diving board and rock wall are fun for all ages. If sun bathing is what you had in mind, SPLASH! can accommodate that, as well, with one of its many lounge chairs.

"SPLASH! features a large 250,000 gallon pool, double flume slides, a diving board, rock wall and spray park," she added. "SPLASH! offers party reservations after hours for all birthday and special event needs."

Opening alongside SPLASH! Saturday, Tiki Bay offers a tropical atmosphere where patrons can enjoy food and refreshments while listening to music or playing corn hole.

"Tiki Bar is a great addition to SPLASH! because it offers an array of options to please all ages," Orduno said. "You can satisfy your hunger or thirst and adults can sit back and relax by the pool while enjoying one of the many beverages the Tiki Bar serves."

According to Orduno, patrons should keep a few things in mind to ensure their time at SPLASH! is both safe and fun for everyone.

"If a child cannot swim or swim well, stay within arm's reach of them," she said. "If a child wears a lifejacket, ensure it is sized appropriately. And, as parents, set a safety standard for your children by abiding by all applicable rules and regulations, enforce them with your children, as well."

SPLASH! opens full-time May 29, six days a week from 11 a.m. until 5:30 p.m. It will be closed Tuesdays.

Admission prices vary. Children age 2 and under are admitted free. Groups of 15-50 people receive a 15-percent discount. Season passes are available. For more information, visit www.ftruckerfmr.com or call 255-9162.

Lake Fest takes place Saturday on Lake Tholocco's West Beach and is open to the public. Lake Tholocco opens for holidays and weekends May 23 and full time May 29.

According to Orduno, Lake Tholocco is another great escape from the heat that is open to the public.

"West Beach is a great getaway for families because it offers more than just swimming," she said. "West Beach features a



Then-Capt. Brandon Mace and his wife, Krissi, work the pedals of a paddle boat while their children ride on the back at a previous Lake Fest. This year's fest is Saturday from noon to 6 p.m. at the lake's West Beach.



Soldiers and families enjoy a day at the Lake Tholocco's West Beach swimming area.

large swimming area, kayaks, paddle boats, fishing, playgrounds and areas to grill out."

West Beach will be open 11 a.m. to 4:30 p.m. Fridays through Tuesdays, closed Wednesdays and Thursdays.

Orduno said a few simple rules guarantee the beach remains fun and safe for everyone.

"If the lifeguards are not on duty, swimming is not permitted," she said. "Swim only in the designated swim area. Flotation devices must be Coast Guard approved. No glass containers on the beach. No dogs allowed. During inclement weather, the water and beach must be cleared of all patrons. Umbrellas are not permitted at the water line due to decreased visibility of the lifeguards.

"Be sure to keep a safety conscious attitude and know your swimming abilities, as well as your child's," she added. "In open water, visibility is limited, so ensure that

you are aware of dangers that might be present, including: wildlife, underwater hazards, changes in water conditions and currents, drop offs, and underwater foliage that could lead to entanglement."

Individuals with military affiliation, DOD employees and contractors also have access to two additional pools.

Flynn Pool, Bldg. 9222 on Park Drive, is open June 1 through Aug. 2 for authorized personnel. It features an outdoor, 10-lane, 50-meter pool and diving board.

The Fort Rucker Physical Fitness Center, Bldg. 4605 on Andrews Avenue, offers an indoor pool for authorized personnel. It features an eight-lane, 25-meter pool with a 12-foot deep end, 3-foot shallow end and diving board. It is open for military group physical training, individual training, lap swimming, adult and youth swim lessons,

SEE SWIMMING, PAGE C5

JOB HUNT

Employment readiness helps transitioning Soldiers

By Nathan Pfau
Army Flier Staff Writer

Change is something that all Army families and Soldiers are pretty familiar with, but one unfamiliar transition that a Soldier might be faced with is searching for a job when shifting back into civilian life.

Army Community Service seeks to equip Soldiers and families who will be on the hunt for jobs with the tools and knowledge they will need for success by offering sessions designed to help build up their confidence and figure out how to most easily make that transition, according to Mike Kozlowski, ACS personal financial readiness specialist.

If you're the spouse of an active-duty Soldier, a military dependent, a Department of the Army civilian or a

retiree, the prospect of doing a focused job hunt can be daunting, said Kozlowski. Questions people might find themselves asking are: "Where are the jobs?" "Is my résumé 'up to snuff' and good enough for distribution?" "I haven't worked in years, so how can I make myself more marketable to potential employers out there?" These are typical job hunter concerns that can paralyze a person's efforts to land the job that they get to do.

To help answer those questions, ACS holds employment readiness sessions in the Soldier Service Center, Bldg. 5700, in Rm. 350 on a biweekly basis throughout the year. The next sessions are slated to kick off today and May 28 at 8:40 a.m. People can register for any of the sessions in several ways: signing up online at the ERP website (<http://www.ftruckerfmr.com/register-for->

employment-readiness-program-events/), by calling 255-2594, or by stopping by the ACS office in the Soldier Service Center.

"My charter is to lend Soldiers, spouses, family members, DA civilians and retirees a helping hand with their employment-related concerns," said Kozlowski. "If they are thinking about getting a job or another job for whatever reason, such as to strengthen their financial readiness or to gain a measure of professional fulfillment, then they need to attend an ERP session."

The class is not a series of classes – just one session is all it takes. Doing so registers participants into the program and affords them access to several valuable employment-related resources, he said, such as the Virtual Career Library, "Passport Career" (a Web-based resource that identifies job opportunities worldwide) and a personalized account with the Spouse Education and Career Opportunities program. Registration has another perk. Kozlowski provides free résumé reviews and one-on-one career counseling.

Because each session is jam-packed with employment information, Kozlowski mixes the session content with interactive lecture and multimedia – there are times for questions and comments throughout the session. The sessions cover résumé tips, interview skills, searching for federal and off-post job opportunities, the impact of social media, professional image, networking

VOLUNTEER OPPORTUNITIES

Project: Fort Rucker Vacation Bible School

Volunteers needed for the Fort Rucker Vacation Bible School – June 8–12, 8:30–11:30 a.m. at the main post chapel and Spiritual Life Center.

Positions needed include: tribe leader, Bible story teller, role player, craft leader, assistant, music leader, assistant and playground assistant.

The event involves Bible activities, crafts, music, games and more for Ages kindergarten through sixth grade. Child care is provided for preschool children of VBS staff only. Parents or adult caregivers of preschool children may attend VBS with the child under their care. No minors may provide child care. Youth and adult volunteers are needed. The biggest need is for tribe leaders to escort children to VBS activities.

For more information, call 255-3946.

Project: Bridal Show

The Bridal Show is scheduled for Sunday from 12:30–4:30 p.m. at the Enterprise Civic Center. Volunteers are needed to work in the information booth.

For more information, call 598-2426.

Position: Army Family Team Building instructor

Duties include: prepare for and teach at least one class each quarter following the instruction and lesson plans provided in the AFTB Instructor Guides; attend quarterly AFTB Instructor Council meetings; ensure students complete class evaluation forms and forward to the AFTB program manager; maintain personal records, documenting volunteer hours, training received and awards received; serve as a spokesperson for the AFTB program; and attend professional development.

Position will average five-10 hours per month. For more information, call 255-1429.

Position: 4-H Assistant

Duties include: assist in setting up supplies for activities; provide support and guidance to youth participants as they work on their projects; encourage participants to be actively involved; assist youth in clean-up; work with youth leaders as they perform their duties as officers; and assist on field trips.

Volunteers will be needed Tuesdays from 4-6 p.m. For more information, call 255-9108.



COURTESY GRAPHIC

SEE HUNT, PAGE C5

ON POST

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

Summer reading registration

The Center Library Summer Reading Program kicks off June 9 from 10:30-11:30 a.m. at the post theater with familiar characters singing, dancing and reading to the rhythm to celebrate the program’s Read to the Rhythm theme. People can register children in graded kindergarten through ninth for the program starting May 26. The program is open to authorized patrons, but parents and children must have a library account.

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

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.

Stone Mountain getaway

Outdoor recreation will host a Memorial Day weekend getaway to Stone Mountain, Georgia May 22-24. The bus will depart from the Lake Tholocco West Beach parking lot May 22 at 5 p.m. and return May 24 at 5 p.m. Patrons will spend all day May 22 at Stone Mountain Park. Attractions include the Summit Sky Ride, Stone Mountain Museum, the great barn, miniature golf course, Geyser Towers, Sky Hike and Camp Highland Outpost. Saturday evening features a laser light show on the main lawn to honor the country’s military. The cost is \$140 per person, based on two people per room. A single person in a room will cost \$211. Additional persons per room over age 3 will be \$70 each, or \$45 under age 3 – add \$8 if adult is a civilian and \$3 if child is a civilian, and active-duty members will receive \$22 off of the price. The cost includes transportation to and from Stone Mountain, one-day entry pass to Stone Mountain Park, two nights at Comfort Inn and Suites, and a hot breakfast both mornings.

The trip is open to the public, but limited to 28 participants. People need to sign up by Monday at ODR, 255-4305, or MWR Central, 255-2997

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session May 28. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about at 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop May 29 in Bldg. 5700, Rm. 371D, from 9–10 a.m. Soldiers and spouses will receive information from the military pay office on benefits, entitlements, advance pay, government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving (for spouses), compiling the necessary documents



FILE PHOTO

Lake Fest

Fort Rucker will host the annual Lake Fest at West Beach, Lake Tholocco Saturday from noon to 6 p.m. The free event will feature games, swimming, vendors, inflatables, a sandcastle contest, a volleyball tournament, and the free use of life jackets, canoes and paddle boats. Additionally, a car show will run from noon to 4 p.m. – registration will take place at West Beach from 10 a.m. to noon, with awards for the Top 10 cars presented at 4 p.m. Registration is \$10 per vehicle. All types of cars are welcome. The event is open to the public. For more information, call 255-1749.

and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.

Space is limited, so people should register early by contacting the relocation readiness program at 255-3161 or 255-3735.

Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses June 1-5 from 9 a.m. to 5 p.m. Each class, once completed, includes American Red Cross certifications in Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding, First Aid, and Cardiopulmonary Resuscitation and Automatic External Defibrillator administration. Each certification is valid for two years from the course completion date. Courses are available to ages 15 and up. The cost is \$125 for Department of Defense ID card holders and \$150 to the public. A prerequisite test must be passed on the first day to enter the course. Prerequisite requirements include: non-stop swim of 550 meters, two-minute tread using only legs, dive ring retrieval, and a timed 20-meter retrieval swim. People interested should register at the front desk of the Fort Rucker PFC. The cut-off for registration is three days prior to course start date. The courses may be canceled if minimum enrollment is not met. For more information, call 255-2296.

Father’s Day craft activity

Center Library will host a Father’s Day craft activity June 2 from 3:30–4:30 p.m. for children ages 3–11. Light refreshments will be served. The event is open to authorized patrons, but is limited to the first 65 children to register.

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

Small business counseling

Army Community Service will offer small business counseling with free one-on-one sessions available June 4. Sessions will be held in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling

may include, but aren’t limited to: advertising, organizational structures, financial planning, inventory controls, management, marketing, personnel planning, pre-business planning, and sales techniques. The counseling is sponsored by the ACS Employment Readiness Program and the Troy University Small Business Development Center. It is open to active-duty, National Guard and Reserve Soldiers, and retirees, Department of Defense civilian employees and their eligible family members.

Right Arm Night

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

Financial readiness training

Army Community Service will host its financial readiness training June 5 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. This training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

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

Georgia Renaissance Festival

Outdoor recreation will offer a weekend getaway to the 30th annual Georgia Renaissance Festival in Fairburn June 5–7. People will be able to spend June 6 enjoying shows by the sirens, great food vendors and more at the festival. There will be jousting tournaments put on by Equus Maximus at its only U.S. appearance. At the end of a long day at the festival, people will be able to enjoy the indoor pool the

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The cost is \$137 per person, based on two people in a room, or \$212 for a single room. Additional people cost \$62 if over 12, \$52 for ages 6–12, and \$45 for children 5 and under. The price includes two nights stay at Country Inn and Suites Fairburn, hot deluxe break-

fast both mornings, and one-day entrance to the festival. The bus will depart from the West Beach parking lot around 5 p.m. June 5 and return after 2 p.m. June 7. This event is open to the public, but limited to 28 patrons.

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

FORT RUCKER MOVIE SCHEDULE FOR MAY 14-17

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Friday, May 15

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.....7 p.m.

Saturday, May 16

Woman in Gold (PG-13)
.....4 p.m.

Sunday, May 17

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Soldier's wife named Military Spouse of Year

By David Vergun
Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. — Corie Weathers, an Army spouse, was named the 2015 Armed Forces Insurance Military Spouse of the Year May 8, which also happened to be Military Spouse Appreciation Day.

She is the spouse of Army Capt. Matthew Weathers, a chaplain on Fort Gordon, Georgia.

While receiving the award was an honor and a happy event, Weathers said she has survived really tough times as an Army spouse, just like others have.

The darkest moments came in 2009, when her husband was deployed to Afghanistan at a place where many of his fellow Soldiers were killed or injured – Contingency Operating Post Keating. Two Medals of Honor and nine Silver Stars were earned at COP Keating that year, when hundreds of Taliban breached the outpost's perimeter.

While her husband was in Afghanistan, Corie was on Fort Carson, Colorado. Although the chaplain was at a distant outpost, the two said they were still able to maintain almost daily contact through social media.

Corie said she fully realized the danger her husband was in. But rather than sit at home and cry, she decided to do something that would ease the pain of separation and help other spouses on post.

Being a licensed professional counselor, she decided to put that to use doing a job that is plainly heartbreaking.

Since so many were getting killed, the procedure was for the casualty notification team to deliver the news in person to the home of the spouse.

Corie's job was to then do a follow-up visit with the surviving spouse, within just minutes of the visit by the casualty notification team, said the chaplain, who termed it the "Care and Go" team.

Being a counselor, Corie was able to use that skill to listen and offer solace.

Meanwhile in Afghanistan, Weathers said the strength and love of his wife helped him through the darkest days.

Today, Corie helps advise and set up Care and Go teams on Fort Gordon.

She also continues to provide counseling to other spouses, mainly dealing with issues of employment, career issues, domestic violence and others.

"Military spouses need more help – a place to talk, to hurt, to be real without feeling it is unpatriotic or out of place," she said.

The goal, she continued, is to help them "thrive in their marriages, their personal goals, cope with the changes in their Soldiers, as well as the coming changes in the military."

Julia Kysela

While Corie was the overall winner of Military Spouse of the Year, there were other winners representing each of the services, with the National Guard included.

Julia Kysela was selected as the National Guard Spouse of the Year. Her husband, Sgt. 1st Class Daniel Kysela, is a member of the Pennsylvania Army National Guard.

Julia and her husband organized the "I've Got Your Six" 6-kilometer and 1-mile races to support the VALOR Clinic Foundation. Proceeds go to help struggling veterans in crisis and homeless veterans.

Julia is also the family member support director for Steel City Vets, an organization that supports post-9/11 veterans in Pitts-



PHOTO BY DAVID VERGUN

Deanie Dempsey, wife of Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, presents the Military Spouse of the Year award to Corie Weathers as one of her sons stands with her husband, Capt. Matthew Weathers, a chaplain on Fort Gordon, Ga.

burgh and western Pennsylvania.

When Julia was 23 years old, she said her husband deployed to Iraq and that was a wakeup call for her. She never realized how alone she would feel and also how much worrying she would do.

That is when she said she began to do volunteer work for Soldiers and veterans in the community. Her advice to other spouses in that situation is to not only do volunteer work, but find time to relax.

Stacey Benson

Stacey Benson was selected as the Coast Guard Spouse of the Year. She and her husband, Petty Officer 1st Class Larry Benson, are stationed at U.S. Coast Guard District 1 in Rhode Island.

Her husband is a former Soldier, so she said she has experienced living alone through six deployments.

While volunteering on the board of Military Spouses of Newport, Rhode Island, Benson said she noticed there were a lot of spouses, who had talent and ambition and wanted to work, but had grown frustrated with a lack of opportunities.

So she took action. Now, as military liaison of Newport Hospital, she uses her role with Military Spouses of Newport to help other military spouses find employment in the local health care system.

"If employers give a military spouse a chance, they will get a hard-working, dedicated and well-educated person, who gives them 110 percent in return," she said.

Nicole Spaid

Nicole Spaid was selected as the Marine Corps Spouse of the Year. She lives with her husband, Wes Spaid, on Marine Corps Air Station New River, North Carolina.

They have been married for 20 years and have been through eight deployments and 10 permanent change of station moves.

She too said she has found fulfillment in volunteer work in a myriad of ways on post and in the community. She said she believes every spouse, military child and Family "possesses unique gifts and talents that add to the strength of our military community."



The military spouses of the year line up for a photo just before the Military Spouse of the Year is announced.

With the downsizing and budget cuts, she said, "the resources available to military Families are shrinking as well." That is why it is so important to volunteer. "I have found that families do not want a handout. They want a hand up!"

Antonia Wilber

Antonia Wilber was selected as the Navy Spouse of the Year. She and her husband, Keith Wilber, are stationed on Naval Base Guam.

She volunteers her time as a COMPASS mentor and team leader. COMPASS is a spouse-to-spouse mentoring program that improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle.

She also volunteers at the Navy Marine Corps Relief Society, helping families to thrift shop and provides them financial counseling during times of crisis and assists them with security interest-free loans when needed.

Her philosophy: "Every military Family deserves an environment that fosters unity, yet encourages independence, whether through social network, neighbors, faith, Family or employment. Education, guidance and support are key to success of military families," she said.

Jana Kingery

Jana Kingery was selected as the Air

Force Spouse of the Year. She and her husband, Master Sgt. Matthew Kingery, are stationed on Beale Air Force Base, California.

Kingery founded the Team Lone Tree Volunteers program in 2011. She also volunteers at her local school, teaching and tutoring students, among many other volunteer activities.

Also, as a Key Spouse liaison, she manages the calendar of events and activities for more than 148 military families.

She said she challenges other spouses to "get involved to help foster a sense of family at each new assignment."

Special guest

Taya Kyle, author of "American Wife: A Memoir of Love, War, Faith and Renewal," was presented with the Gabby Giffords Award for Courage and Bravery. She spoke at the luncheon, saying the real heroes are spouses, who are living through the often difficult way of life that military spouses face.

Their courage and commitment is tremendous, she said.

The 2015 co-chairs attending the event included Joint Chiefs of Staff spouses and VIPs: Deanie Dempsey, Mary Winnefeld, Linda Odierno, Ellyn Dunford, Darleen Greenert, Betty Welsh, Fran DeNinno-Zukunft, Pat Grass, Holly Dailey, Theresa Stevens, Athena Cody, Janet Cantrell and Blaire Brush.

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Monroeville: The ‘To Kill a Mockingbird’ experience

By Edith Parten
Alabama Tourism Department

Many have read the book or seen the movie, but but now people can experience “To Kill a Mockingbird” and lots more first-hand on a visit to Monroeville.

As the home of Nelle Harper Lee, and her neighbor and childhood friend, Truman Capote, Mark Childress – the acclaimed author of the novel “Crazy in Alabama” – and other distinguished writers, Monroeville is considered the “Literary Capital of Alabama.”

Each spring, in addition to performances of “To Kill a Mockingbird,” Monroeville hosts the Alabama Writers Symposium at Alabama Southern Community College, Alabama Hwy. 21 S.; 251-575-8226. This literary festival brings together some of the state’s most distinguished writers and scholars for a weekend of lectures, readings and discussion, with the highlight of the symposium being the presentation the Harper Lee Award for Alabama’s Distinguished Writer of the Year.

Tour the Old Courthouse Museum

Your visit to Monroeville should begin on the courthouse square with a tour of the Old Courthouse Museum, 31 N. Alabama Ave., Monroeville; 251-575-7433. Through photos and exhibits, you will discover personal stories about Harper Lee, known to her friends as Nelle, and others surrounding her Pulitzer Prize-winning novel, “To Kill a Mockingbird.” You will also



get a glimpse into the life of Truman Capote, the famed author of the 1966 book “In Cold Blood.” Capote spent much of his childhood in Monroeville and was not only Lee’s neighbor, but the two also became close friends. Photographs of Capote and Lee can be seen in the second floor exhibit.

Visit the gift shop where you will find unique items related to Lee’s novel as well as crafts and other items from the local area, such as stone-ground grits from Rikard’s Mill in nearby Beatrice. While in the historic courthouse, walk up the steps to see the courtroom made world famous by the novel and movie. You can feel free to move throughout the courtroom. Walk up to the

balcony area to imagine scenes from the famous trial. See the witness chair, judge’s bench and tables used by the prosecutor and defense attorney during the trial. Throughout her childhood, Harper Lee, herself, often sat in the balcony as she watched her father practice law in the very same courtroom.

Don’t miss

Plan your visit to Monroeville to coincide with the annual performances of “To Kill a Mockingbird,” 251-575-7433, from mid-April through mid-May. This play, which has been performed here for more than 22 years, will take you back in time.

Set in the 1930s in the fictional

town of Maycomb, Ala., the novel tells the story of a black man named Tom Robinson who is accused of attacking a white woman and goes to trial during a time when racial discrimination was legal and culturally accepted in the South. It is also a coming-of-age story of a young girl named Scout and the imaginations of her brother Jem and her childhood friend, Dill. Locals say that the character of Dill is based upon Truman Capote.

While watching the all-local cast perform, you will develop a fondness for Robinson as well as his lawyer, Atticus Finch, the father of Scout and Jem. And, you will meet characters like Arthur “Boo” Radley, a recluse and one of the novel’s “mockingbirds,” described by critics as “a good person injured by the evil of mankind.”

The first act of the two-act play takes place at the amphitheatre on the lawn of the Courthouse Museum. Act II takes place inside the historic courtroom. Once inside the courtroom, you will see the trial unfold as Finch makes a passionate plea in Robinson’s defense. The members of the jury are always selected from the audience, so you might get a shot at sitting on the jury during the second act.

A prerequisite for your visit to Monroeville is to purchase your tickets early. This is a very popular event and tickets sell fast. In addition to the main performances, which feature a VIP reception on certain nights, special performances are held for various groups, including young audi-

ences. Group tickets (10 or more) and tickets for museum members go on sale in January. General public ticket sales begin the first of March. Tickets may be purchased by phone, 251-575-7433, or in person.

The birdhouse trail

Continue your tour of Monroeville with a stroll through the downtown area to see some of the fascinating custom-designed birdhouses along the Birdhouse Trail, 251-743-2879. The trail includes 25 uniquely crafted structures located throughout Monroe County. Highlighted in different scenes, the wooden birdhouses are the handiwork of area residents who designed, constructed and painted them. Many of the birdhouse designs depict scenes from “To Kill a Mockingbird.” Taking a picture standing by one of the birdhouses will make for a fun photo to remember your trip.

More to see and do

Art galleries are also popular in Monroeville. As you stroll along the square, be sure to stop and explore some of the quaint shops. A good stop is Pottery by Williams, 173 N. Mount Pleasant; 251-282-0844 or 251-743-3563, a working studio where you will discover unique art made from clay, including a wonderful collection of Sam Williams’ folk pottery. His displays include popular face jugs featuring the likes of President Barack Obama, Hillary Clinton and others. At the pottery shop, you can purchase bottles, vases and face jugs, or have something custom made.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegiopost80.org.

DALEVILLE

MAY 16 — A benefit event for Jimmy Storm will be held from 7 a.m. to noon at Faith Baptist Church, 4481 Rucker Boulevard. The proceeds will assist the lifetime Daleville resident, who became disabled after an accident, to purchase a handicap-accessible, electronically controlled van. The event will feature a community yard sale, car wash, silent auction, bake sale and a bounce house for children. For more information or to assist with the event, call 973-222-3318 or 406-2774.

DOTHAN

MAY 25 — The Wiregrass Area’s ninth annual Memorial Day Ceremony will be held at 10 a.m. at Sunset Memorial Park. For more information, visit www.sunset-memorialpark.com or call 983-6604.

ONGOING THROUGH JUNE 27 — The Wiregrass Museum of Art offers a display of the Gee’s Bend Quilters Collective with more than 15 quilts from Alabama quilters on display in the main gallery of the museum. Admission is free for museum members and \$5 for the general public. The museum will also host a free Quilting Bee May 23 from 10 a.m. to 3 p.m. For more information, call (334)794-3871.

Beyond Briefs

Marianna Armed Forces Day

The Jackson County Tourism Development Office and city of Marianna hosts the fifth annual Armed Forces Day May 16 from 9 a.m. to 3 p.m. at the Marianna municipal airport. Activities include static displays of the T-6 Texan and T-28 trainer airplanes, and the UH-1 Huey and Cobra helicopter gunship. Flights in the Huey cost \$60 and flights in the Cobra cost \$300. The helicopters are part of the Army Aviation Heritage Foundation, Wiregrass Chapter, located in Ozark. Pilots from the Bonifay, Enterprise and Dothan chapters of the Experimental Aircraft Association will provide free airplane flights for children ages 8-17. Parents and guardians can register children at the airport beginning at 9 a.m. and the first flights will take off about 10 a.m.

Pilots can earn WINGS credit by attending a FAASteam Aviation Safety Seminar with a free dinner May 15 from 6-9 p.m. Pilots can register at Faasafety.

ENTERPRISE

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

MAY 28 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center located one block behind the New Brockton Police Station. Food and drinks will be served, followed by regular chapter business. Officials ex-

tend an invitation to veterans throughout the Wiregrass to join as new members of both DAV and DAV Auxiliary. For more information, call 718-5707.

ONGOING — Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers 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

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

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more informa-

tion, call 774-5480.

PINCKARD

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

SAMSON

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

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.

WIREGRASS AREA

MAY 24 — New Hope Freewill Baptist Church at 3819 County Road 31 in Abbeville will celebrate its annual choir anniversary at 2:30 p.m. All churches, choirs, soloists, and soloist groups are invited to attend and bring two selections. Refreshments will be served.

gov. There will also be a Graham Air Base reunion for pilots and all employees associated with the bBase. A Red Dragon Aerial Demonstration will take place at 10 a.m. and the Chipola Radio Remote Controlled Airplane Club pilots will fly their airplanes. The event will also feature food, and arts and crafts from local vendors all day.

Taste of the Beach

Panama City Beach will host Taste of the Beach May 16 from 2-6 p.m. at Pier Park, 600 Pier Park Drive. People can purchase a wristband with 10 taste tabs, each redeemable for a tasting at one of the participating restaurants set up along the drive. There will also be live music, cooking demonstrations and more. Wristbands cost \$10 for one or \$15 for two and can be purchased at the Pier Park Mall office.

For more information, call 850-236-9974.

Freedom Run

The inaugural Elwood Hintz Freedom Run is sched-

uled for May 16 at 8 a.m. in Montgomery. The 5-k and 1-mile run will go through the Dailraida neighborhood behind St. Paul Lutheran Church. May 16 is Armed Forces Day across the country and the run is designed to honor the nation’s military. All proceeds will go to Operation Warm Heart at Maxwell Air Force Base. Inflatable moon bounces and slides will be on site, along with food and refreshments. Registration is \$15.

For more information or to register for the race, call 334-451-1699 or visit www.facebook.com/events/824610277618158/.

River Jam

Montgomery will host two free nights of music at Riverfront Park at the River Jam Music Festival May 15-16. The event is presented by Wind Creek Hospitality, the Alabama Roots Music Society and the city. Gates open at 6 p.m. May 15 and 4:30 p.m. May 16.

For more information, call 334-625-2100 or visit www.funinmontgomery.com/announcements/river-jam.

Military moms honored at White House

By Lisa Ferdinando
Army News Service

WASHINGTON — “When your children leave, a part of your heart leaves,” so it was particularly special, said a mother whose daughter and son-in-law are in the Army, about a White House event to honor military mothers.

Sherry Warner was among the 180 guests Friday at a special Mother’s Day tea hosted by First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden.

The event featured musical guest Ben Folds, and included uniformed service members from all branches, military children, military spouses, Gold Star mothers and caregivers of wounded warriors.

It was a great event and wonderful way for the White House to show its deep appreciation for all that military moms do, Warner said.

It was particularly moving to see a Gold Star mother, Warner said. “You just start tearing up and you can’t even imagine her pain. It just gets to you.”

A family affair

Warner, who attended the event with her daughter, Maj. Robin Johnson, said Soldiers are the best of society and chose to serve.

“They’re not like the rest of us,” Warner said. “They’re extremely brave. They’re extremely courageous. They are selfless.”

Also in attendance was Johnson’s mother-in-law, Kathy Johnson, who said it was a great event she’ll always remember.

“It was wonderful to hear from Mrs. Obama and Dr. Biden – that they really understand that the families do have a loss” when loved ones deploy, she said. “It was wonderful to hear from Mrs. Obama and Dr. Biden that they really understand that the Families do have a loss” when their loved ones deploy.

Obama thanked the military moms for their commitment. They face many challenges, she said, including separation from loved ones, career demands, frequent moves and job changes.

In the midst of everything, whether they are in the service themselves or their loved ones are, military moms always find time to give back to their communities, Obama said.

“You give us energy. You give us strength. You give us focus and purpose,” Obama said.

The White House tea, she said, is a way to say thanks for everything that military moms do.

Biden’s son, Beau, is a major in the Delaware Army National Guard and an Iraq veteran.



PHOTO BY LISA FERDINANDO

First Lady Michelle Obama helps military children create Mother’s Day gifts during a Mother’s Day tea honoring military mothers at the White House Friday.



First Lady Michelle Obama speaks during a Mother’s Day tea honoring military mothers at the White House Friday.

“I want you to know just how much we appreciate everything your families do in serving our country,” Biden said.

“We ask a lot of our military families,” she said. “I believe that each of us – no matter where we live, no matter whether we’re connected to military ourselves – all of us should make our best efforts to show our military spouses, kids, siblings

and parents how much we appreciate their service and their sacrifice.”

Support for military families

Michele Bajakian’s husband serves on Fort Drum, New York. She has been through many moves and deployments during her 17 years as a military spouse.

“One of the many things that I appre-

ciate about Mrs. Obama and Dr. Biden is they have been strong advocates for our military Families and they recognize military spouses and military service member moms do go through a lot,” she said.

“It’s not an easy lifestyle,” said Bajakian, who attended the event with her daughter, Hannah, and friend Patricia Eassa, who has been an Army spouse for 25 years.

“It was so nice to be in the White House, and be with friends and other service families and service spouses and know that we’re all one big family,” Eassa said.

Special guests

Obama and Biden greeted the military children, who were talking with the White House chefs and doing Mother’s Day craft projects.

Hannah enjoyed her time at the White House.

“It was a lot of fun to be able to meet some of the chefs who are in the White House and to be able to talk to Mrs. Obama and Dr. Biden in person. It was very nice meeting them,” she said.

She and the other military children swapped tales of moves and where they had been stationed.

“It was really nice because as military kids, we know what it’s like to move around and we just kind of connect easier and we were able to make friends there just in a short amount of time that we had

Swimming: Corvias residents allowed to invite 2 guests to neighborhood pools

Continued from Page C1

lifeguard training and recreational swimming from the fall through the spring.

Allen Heights, Munson Heights and Bowden Terrace residents will have options to keep cool closer to home this summer.

“Pool season begins with our grand opening May 23 at all locations,” Melissa Bryson, senior community manager, said. “Each pool has a beach-style entrance, so children of all ages can enter the pool without getting too deep. They also have a large helicopter-style water feature at the entrance for enhanced play for kids of all ages. Each pool is equipped with swimming lanes for patrons wishing to use

the pool for exercise purposes.”

Bowden Terrace pool hours are Mondays through Saturdays from 10 a.m. to 8 p.m. and Sundays from 1-6 p.m. The Bowden Terrace pool is closed Wednesdays.

The Munson Heights and Allen Heights pool hours are Mondays through Saturdays from 11 a.m. to 8 p.m. and Sundays from 1-6 p.m. The Munson Heights pool is closed Tuesdays and the Allen Heights pool is closed Thursdays.

According to Bryson, pools are open only to Corvias residents, but residents are permitted to bring two guests to the pool.

Bryson said residents should abide by the rules in place while enjoying time poolside to ensure everyone remains safe.

“Adults may supervise up to four children,” she said. “(Youth) ages 14 and up may swim without adult supervision. Pool rules are posted at the pool entry and can be obtained from each community office. Wear sunscreen and have fun.”

Hunt: Begin building financial fund while employed

Continued from Page C1

and vocational trends. The classes typically last an hour and forty-five minutes and are free, he said.

“(People) don’t plan to fail, (they) just fail to plan. Entering the civilian marketplace sets up a whole new set of challenges, which may become obstacles to success after transitioning from military service,” said Kozlowski. “My constant advice to Soldiers who are even thinking about entering the civilian job market is to plan, plan and to plan some more for every possibility that would affect them financially and vocationally.”

He said the job environment is a tough one, with a number of economic factors affecting companies’ abilities to hire on full-time employees, which makes sessions such as these that much more valuable.

“You can count on a three- to six-month time-

frame (hopefully less) for your job hunt. During this time, bills will keep coming in, and with no income the question becomes, ‘How am I going to survive this job hunt?’” Kozlowski said the time to start a financial fund is not a month or two from separation or retirement, but at least a year in advance of the anticipated date.

“I always encourage Soldiers, near-retirees and their spouses to begin the transition planning process early and to practice it daily. It relieves them of most stressors associated with the unknowns out there in the civilian marketplace,” he said.

Kozlowski said National Guard Soldiers on Title 10 orders going through flight training would greatly benefit from the class.

“They usually have no job to which they can return following their training here, and the ERP sessions, along with one-on-one résumé re-

views and career counseling, can set them up for success when they return to civilian life. Knowing that they will have meaningful employment when they return home allows them to devote more attention to becoming Army

Aviators,” he added.

To learn more about ACS employment programs, refer to the session schedule at <http://www.ftrucker.mwr.com/register-for-employment-readiness-program-events/>.

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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
10:45a.m.WingsCrossroads(Contemporary Worship Protestant Service)
12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Bldg. 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesdays
Crossroads Discipleship Study (Meal/Bible Study)
Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel
Wings Chapel, 9 a.m. and 6 p.m.

Adult Bible Study
Spiritual Life Center, 7 p.m.

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn. Rgt. Bible Study
Hanchey AAF, Bldg 50102N, Rm 101, 11:30 a.m.

164th TAOG Bible Study
Bldg 30501, 11:30 a.m.



COURTESY PHOTO

Pick-of-the-litter

Meet Hazel, an approximately 3-4-year-old female Red Hound mix available for adoption at the Fort Rucker stray facility. She is very smart and attentive. She is learning basic commands with ease without a treat incentive. 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.

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Starts Thursday
I **PITCH PERFECT 2** - PG-13
Mon-Fri: 7:00 & 9:20
Sat-Sun: 2:00, 4:15, 7:00 & 9:20

II **HOT PURSUIT** - PG-13
Mon-Fri: 7:10 & 9:10
Sat-Sun: 2:00, 4:00, 7:10 & 9:10

WESTGATE CENTER

III **AGE OF ADALINE** - PG-13
Mon-Fri: 7:00 & 9:10
Sat-Sun: 2:00, 4:10, 7:00 & 9:10

IV **FURIOUS 7** - PG-13
Mon-Fri: 7:00 & 9:30
Sat-Sun: 1:50, 4:10, 7:00 & 9:30

COLLEGE CINEMA • ENTERPRISE

I **AVENGERS: AGE OF ULTRON** - PG-13
Mon-Fri: 7:00 & 9:40
Sat-Sun: 1:30, 4:30, 7:00 & 9:40

II **AVENGERS: AGE OF ULTRON** - PG-13
3D - Mon-Fri: 7:00 • Sat & Sun: 1:30 & 7:00

MAD MAX: FURY ROAD - R
3D - Mon-Fri: 9:30 • Sat & Sun: 4:30 & 9:30

III Starts Thursday
MAD MAX: FURY ROAD - R
Mon-Fri: 7:00 & 9:30
Sat-Sun: 2:00, 4:30, 7:00 & 9:30

MAY IS NATIONAL STROKE AWARENESS MONTH

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Southeast Alabama Medical Center is proud to partner with area first responders and four other Stroke Care Network hospitals to provide the region's highest standard of comprehensive stroke care. This telemedicine based network offers faster diagnosis via live video interview with a neurologist, speeding prescription of life-saving drugs and treatments. *You can help save lives.* Please memorize the graphic below to recognize stroke symptoms.

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S A M C

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Mizell Memorial Hospital – Opp
Troy Regional Medical Center – Troy



MAY 14, 2015

Summer Fitness

Classes help maintain physical fitness, beat heat

By **Jeremy Henderson**
Army Flier Staff Writer

Remaining physically active during the summer can be both tedious and hazardous, but Fort Rucker's physical fitness centers offer a variety of classes geared to make fitness safe and fun.

According to Anne Sullivan, fitness program coordinator, the group fitness schedule offers something for everyone.

"Whether the person is a beginner, someone who has maybe been away from fitness for a while or someone who has never darkened the doorway of a gym, we have options for them," she said. "If their interest is in overall strength and mobility, we offer yoga. If they want to build a sound cardiovascular base, we offer spinning. If they want to have fun while getting physically fit, we offer dance and Zumba classes."

Those who are new to fitness shouldn't be discouraged, Sullivan said. Spinning serves as the perfect introduction to group fitness.

"It is really easy to pick up," Sullivan said. "There's not a lot of technical prowess or knowledge you have to gain to obtain a good workout. There is a good group atmosphere. If you haven't worked out in a while and don't feel super fit, you can find your own level of exertion and gain encouragement from a nice group of people."

Sullivan also suggested the Strong Bod-



PHOTOS BY JEREMY HENDERSON

Megan Oldorf, fitness specialist, times 20-second workout intervals for participants during a recent tabata session. The High Intensity Interval Training is one of many group fitness classes offered at Fort Rucker Physical Fitness Centers.

ies class for beginners in search of a full-body workout to improve overall physical fitness.

"It is a good, all-around workout," she said. "There is a nice mix of body weight workouts and weight training. Each class uses a variety of movements to work out lower body, upper body and core. You don't target any one portion of the body."

What if an individual is already physically fit? Can they benefit from any classes offered? Yes, Sullivan said.

"Having a good variety brings larger numbers of patrons to our door," she said. "We also have class options for those who are highly motivated and train on their own, but like the group atmosphere."

"We have Ultimate Conditioning and Strong Bodies Plus, which offer the group fitness element with a very real level of intensity," she added. "We do have our course descriptions that those classes are designed for well-conditioned individuals."



Oldorf observes and encourages participants during a recent tabata session.

Sullivan said class attendance is evaluated at the end of each month to determine what times work best and adjust scheduling as needed to better accommodate patrons.

"We do our best to offer a wide variety of fitness options with a range of available times, as well," she said. "Maybe you like to work out in the morning, you possibly are a lunchtime warrior or maybe you need something in the evening. We do our best to offer something at every timeframe."

The first class is free. Each class afterwards is \$3.50 per class, \$15 for two weeks of unlimited classes or \$30 for one month of unlimited classes.

Classes are open to military ID card holders, DOD personnel and contractors. Youth under the age of 13 are not allowed to attend fitness classes as a participant or spectator.

For an updated list of classes, including descriptions of each class, and available times, visit <http://www.ftruckerfwr.com/recreation/physical-fitness-centers/> or call 255-3794.



PHOTO BY JENNY STRIPLING

Margaret Corley, Educational Development and Intervention Services medical support assistant, shares information regarding Better Hearing and Speech Month with Georgia Walters, volunteer at Lyster Army Health Clinic.

Lyster offers hearing, speech screenings

By **Jenny Stripling**
Lyster Public Affairs Officer

Ineffective communication in people's lives can sometimes lead to not having their essential needs and wants met. This is why Lyster Army Health Clinic recognizes Better Hearing and Speech Month during the month of May.

As part of the recognition, Lyster will offer free hearing and speech screenings for post children ages 0 through 2 Wednesday from 8 a.m. to noon at the clinic.

"If parents have concerns, they are welcome to call Educational Development and Intervention Services and request a screening appointment," said Nancee Dixon, speech and language pathologist at Lyster Army Health Clinic. "We want Fort Rucker children seen for their benefit and their families. We are also willing to do screenings for older children on a case-by-case basis."

Better Hearing and Speech Month is in place to help further inform the community that there is help available, and where and how to possibly get that help. It also helps educate others on the range of communication problems for which people can get help and support.

"Better Hearing and Speech Month helps people understand some of the issues that people face when they cannot communicate or understand appropriately," said Dixon.

Dixon said Lyster offers many programs

to help families of children and adults with communication and developmental disorders.

EDIS supports children ages birth to 3 who have developmental disabilities. These disabilities often look like communication problems at first, but are more global and have far reaching concerns.

"Lyster's speech and language pathologists provide services for speech and language disorders – the most prevalent disorders in our population," said Capt. Lydia Malloy, chief of audiology at Lyster Army Health Clinic. "The Eye and Ear Clinic at LAHC commonly sees children who have delays in speech or language, or a history of hearing issues, such as ear infections. Hearing is essential to speech and language development. When a child has difficulty hearing, it may subsequently affect their speech and language development. If we identify a hearing issue, the patient is referred to their primary care physician or ENT physician for treatment."

Dixon said one of the biggest issues she notices is that people are told to wait to contact a speech or language pathologist or audiologist.

"Early intervention is best. If you see any signs of your child not responding to your voice or having trouble with words and speaking, please call to make an appointment."

For more information or to schedule a time for a child to be seen Wednesday, call EDIS at 255-7237.

STRONG, RESILIENT

Experts explain mental state of military children

By **Elizabeth Collins**
'Soldiers' Magazine

FORT MEADE, Md. — They are strong and they are resilient. They are adaptable. They are well-travelled and fiercely patriotic. They are bright, inquisitive and eager to help out, whether that is at home or in their communities.

They have advantages many kids do not: parents with jobs and steady incomes, health care, safe housing, good education systems and access to early intervention programs.

But they are also children, and they are navigating a new and strange world of school and sports, bullies and gossip, first boyfriends and girlfriends, and puberty and hormones.

Growing up is hard. It is scary. It is easy for kids to lose their way. And life can become harder and scarier when kids have to move every three years or when their parents miss portions of their childhoods because they are regularly deployed.

And it becomes twice as hard when those parents come home changed from post-traumatic stress or traumatic brain injuries.

While most Army kids tend to handle one or two deployments well, and as a whole are doing great, experts say the trouble can start with repeated, back-to-back deployments.

Distress

"Kids often experience more anxiety," said Dr. Michael Faran, a psychiatrist, retired colonel and chief of the Child, Adolescent and Family Behavioral Health Office at Army Medical Command, explaining that while there is not a lot of data, some studies suggest about 30 percent of children will have difficulties as a result of deployment. "There's an increase in depression and anxiety. There can be a decrease in academic performance. In some adolescents, there's an increase in use of drugs and alcohol. And there has been more gang activity reported in some teens."

There have even been reports of higher levels of suicidal ideations among chil-

dren who have been through numerous parental deployments, said Dr. Stephen Cozza, a retired colonel, psychiatrist, researcher, professor and associate director of the Center for the Study of Traumatic Stress at the Uniformed Services University in Bethesda, Maryland.

"That that doesn't necessarily mean that military children are mentally ill, but that they're distressed," he said. "They express it in a variety of ways. The other thing that's important to recognize is that ... the majority of children are doing well despite those challenges."

Warning signs of stress in children vary by age, but can include anything from developmental regressions such as bed-wetting in very small children to a lack of interest in formerly favorite activities to anger and risk-taking behavior in teenagers.

However, parents should not equate good behavior with mental health. Faran cautioned that parents can easily overlook children who withdraw because they are quiet and they are not causing trouble.

"They may be getting very depressed or anxious and no one is aware of it," he said. "So these kids stop talking and they used to talk to the parents. That is a red flag."

Signs of anxiety – the most common disorder in military children – also include separation anxiety, fears for the health of the parent left at home, excessive worry, sleep problems and frequent physical complaints, such as headaches or stomachaches.

Maisley Paxton, a child clinical psychologist on Fort Meade, Maryland, said that while parents should expect to see some changes in their children in the period immediately after a permanent change of station move, a deployment or even a homecoming, they should not let any pronounced differences persist for long before seeking help. Paxton also recommended that children be evaluated by their pediatricians, especially if they are experiencing those frequent aches and pains.

Any child who self harms, threatens to

SEE STRONG, PAGE D4



PHOTO BY STAFF SGT. JORGE INTRIAGO, PHOTO ILLUSTRATION BY PEGGY FRIERSON

DOWN TIME



Trivia test

by Fifi Rodriguez

T R I V I A

1. GEOGRAPHY: The island of Sardinia is part of which nation?
2. LITERATURE: Which poet won a Pulitzer Prize in 1948 for a long poem called "The Age of Anxiety"?
3. U.S. STATES: What state's nickname is "The Evergreen State"?
4. GENERAL KNOWLEDGE: What was the former name of the United Arab Emirates?
5. HISTORY: During which century were Papal Swiss Guards first posted in the Vatican?
6. MOVIES: Who wrote and directed the movie "La Dolce Vita"?
7. MYTHOLOGY: Tyr was a Norse god of what?
8. INVENTIONS: Which English agricultural pioneer invented a seed drill that planted seeds in a neat row?
9. LANGUAGE: What's a fedora?
10. ENTERTAINERS: What French entertainer's most famous character was clown named Bip?

See Page D4 for this week's answers.

Super Crossword

APPELLATION TRUNCATION

- ACROSS**
- 1 Duelist's weapon
 - 5 — Club (retail chain)
 - 9 Weds on the sly
 - 15 Swine food
 - 19 Carter of "Gamme a Break"
 - 20 "Stat!"
 - 21 Film director George A. —
 - 22 Bluish hue
 - 23 Cruel Curry in a London borough?
 - 26 Kitty chip
 - 27 The real —
 - 28 Skirt's edge
 - 29 Give Mason the ax?
 - 31 Make do with Paul?
 - 34 "— a Letter to My Love" (1981 film)
 - 35 Road goop
 - 36 Song syllable
 - 37 Acne care brand
 - 38 Physics prize of note
 - 42 Show penitence
 - 44 College founded by Hagen?
 - 51 Heredity determiner
 - 52 Attired
 - 53 Flummoxed
 - 54 Mrs., in Bonn
 - 55 Question for Knotts when he's holding a package?
 - 60 Bygone space station
 - 61 Extreme joy
 - 64 Arcing tennis shot
 - 65 Second letter addendum: Abbr.
 - 66 Singer with the 2011 album "21"
 - 68 Goes by car
 - 69 Came in first
 - 71 Sculpting aid
 - 72 Not too tasty
 - 73 "— a Rock" (1966 hit)
 - 76 "Ni-i-ice!"
 - 78 Semis, say
 - 79 Go bad
 - 80 Return
 - 81 Shearer's phone call?
 - 84 Operatic solo
 - 86 Running shoe brand
 - 87 Traffic sound
 - 88 Bison: giga- trillion: —
 - 92 Anthony championing personal liberties?
 - 96 — noires (bugbears)
 - 97 January, in Spain
 - 98 Coll. dorm supervisors
 - 99 — -haw (donkey's sound)
 - 101 Moose kin
 - 102 With 111-Down, connect two dots, maybe
 - 106 Battling it out with Murdoch?
 - 109 Put Arthur on mood-stabilizing medication?
 - 113 Regatta tool
 - 114 Poet John
 - 115 Exclude
 - 116 "Whew, such a relief that Kahlo arrived!"
 - 120 Area
 - 121 Samplings
 - 122 Kin of beige
 - 123 Prep school on the Thames
 - 124 Tram loads
 - 125 Ukrainian port city
 - 126 Exclude
 - 127 Unit of force
 - 41 Victors' wreaths
 - 43 Sir Isaac —
 - 45 Slangy negative
 - 46 Shaft of light
 - 47 Call a halt to
 - 48 "The jig —"
 - 49 Turner and Kennedy
 - 50 Ming of basketball
 - 52 Elliot of the Mamas & the Papas
 - 56 Feature of "gum" but not "gem"
 - 57 Pledge
 - 58 Download for a Kindle
 - 59 Bible book before Habakkuk
 - 61 Give a hug to
 - 62 Fill with a crayon
 - 63 Not dynamic, as a verb
 - 67 Expand
 - 70 "— so much"
 - 71 Lug
 - 73 "Who's there?" answer
 - 74 Make — deal out of
 - 75 Speed-of-sound ratio
 - 77 Scorching
 - 78 "The — Coochi Coo" (1961 hit)
 - 81 Musicality
 - 82 Winter hrs. in Wichita
 - 83 "— iron bars a cage"
 - 85 When shows are broadcast
 - 89 Forever
 - 90 Had faith in
 - 91 Inquires
 - 93 Bereft
 - 94 — Lanka
 - 95 Myopic "Mr."
 - 96 "I — You" (hit for Elvis)
 - 100 Concludes
 - 103 Hard — follow
 - 104 "I thought — a deal!"
 - 105 Humble
 - 106 Phones
 - 107 Fast one
 - 108 One way to mark losses
 - 109 Clown name
 - 110 Love dolly
 - 111 See 102-Across
 - 112 Sinus docs
 - 117 Cookie-pushing org.
 - 118 Hexa-halved
 - 119 Hex- ending



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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.

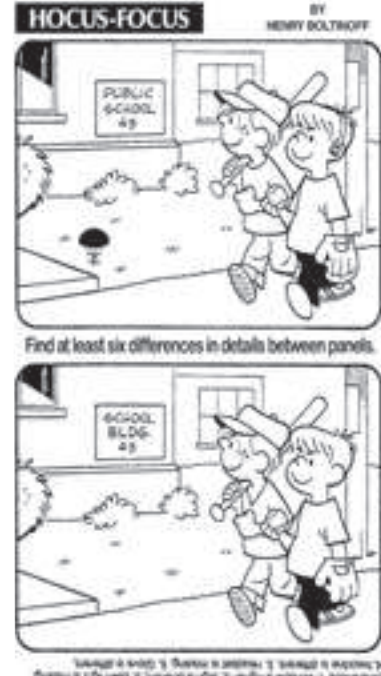
DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER



Health: Early intervention can help correct behavior

Continued from Page D1

kill herself or says he wishes he was dead, needs immediate help.

Early intervention

“People always think that it’s a phase,” said Paxton, adding this attitude is especially common in military families. It is all too easy to blame the current duty station or the local school and teachers for a child’s behavior or sudden poor grades, and just hope that things will be different after the next move. Occasionally, that is a valid belief. “However, the news that parents need to have is that the earlier they get the intervention, the earlier they get the treatment, the better the prognosis and the better the outcome.”

“I think it’s important for a lot of parents to recognize that kids don’t always use the same words and terminology that we do,” said retired Lt. Col. Patti Johnson, psychologist and Faran’s deputy chief at CAFBHO.

She explained that many children express their emotions differently than parents might expect – depression often manifests itself as anger in teenagers, for example. She urged parents to see their children’s mental health as every bit as important as their physical health and to readily seek care just like they would for a medical illness.

“Parents think it will go away,” Faran said, “and then by the time they’re teenagers, it can be a big issue.”

He said that the Army is rolling out the Child and Family Behavioral Health System to better connect family members with top-notch mental health care. It includes traditional behavioral health care, but also integrates care into primary care clinics and schools – the places issues are often first identified in

children and teens. Elements of CAFBHS are on 20 installations and will be implemented Army-wide by 2017. “The CAFBHS is a collaborative program with the Army medical homes, working with the primary care folks ... to ensure that our kids are first identified if they are having problems, and then that they’re getting services they need. Once it’s out there, it’s going to reach more Army youth than we have in the past.”

Under the umbrella of CAFBHS, the Army has also instituted the School Behavioral Health Program, embedding psychiatrists, psychologists and social workers in 46 schools on eight installations, with plans to expand it to 107 on-post schools.

Paxton, who is the program chief for Fort Meade, explained that children are referred to the program from a variety of sources: parents, teachers, school administrators and pediatricians.

Poor grades and poor behavior in school are big red flags, so she said the ability to observe children in their environments is invaluable for practitioners.

“It’s not unusual for you to be able to see a child right there in the moment when they need you. We get to talk to the teachers. We get to talk to the administrators. We get to talk to the school staff, and advise and counsel them. Sometimes, with permission, we can sit in the classroom,” she said, adding that it is also easy for parents and kids to get to the appointments because they do not have to go anywhere. They miss less work and school.

Many of the issues practitioners see in military kids – attention deficit hyperactivity disorder, depression, mood disorders and personality issues – may have little or

nothing to do with their military upbringings, the experts stressed. Most of the time, the same kids would have the same issues in the civilian world. With a little professional help, the majority will be fine.

Invisible wounds

It is the children of parents, who return from war with their own wounds, with PTSD, with depression, with TBIs, who most concern experts because “those kinds of incidents tend to be highly disruptive to families,” Cozza said. “There’s less structure. There’s more chaos. There are more immediate needs. There’s a lot of upheaval in families. Parents may be preoccupied in dealing with the injury so we need to help them draw their attention back to their children.

“Those disorders specifically change parents in ways that can be confusing or complicating for both spouses and children,” he said. “It changes a parent’s personality or makes them more gruff or less engaged, more avoidant, more reactive, getting angry or impulsive.

“Those can be changes that can be really difficult for kids to understand. First of all, they may not be as physically apparent to a child,” Cozza said. “They’ve been referred to as invisible injuries, so children can be confused as to why a parent could be acting so differently. They may draw their own conclusions about what it is that I did to cause this or why my dad doesn’t like me anymore ... or I’ve disappointed him.”

Kids might develop their own anger issues and act out, Faran said. Again, they might experience depression and anxiety. Their grades might fall. But however confusing and disruptive it is for children, whose parents have a di-

agnosis, at least they have a name for it. Parents can explain it in age-appropriate ways. It is far, far worse for children whose parents have not gotten help and are, say, uncontrollably angry and drinking all the time.

Sometimes, Paxton said, she sees children who startle or shake in fear simply at the sounds of their parents’ voices. No one wants that, so it is doubly important that these families get help – not just the Soldiers, the families.

Paxton, Faran and Johnson encourage the Service members they see to bring their families in for counseling, as well, although Cozza does not believe this happens enough.

He said the benchmarks of successful PTSD treatment should not only be whether flashbacks and nightmares have decreased, “but we also probably want to ask them other questions related to the impact of treatment, like ‘How is the treatment helping you with your relationship with your kids? Are you being less reactive with them? Are you finding ways of being calmer with them? Are you finding ways of communicating with your spouse about how to manage problems around the house?’ All of those are also kind of important targets for treatment that may not be traditional, but ... have the capacity to powerfully impact the family.”

Helping children

Experts agree that when it comes to stressors, be it the mental health of parents, deployments or a PCS move, kids tend to handle things as well as their parents do. “Parents, who are managing those transitions well, typically help their children do well,” Cozza said, “so recognizing that as a family, ‘We can manage this,’ giving children

their own jobs ... and addressing those transitions can be really helpful. You want to try to help parents help their children recognize that their lives are predictable, so they want to be able to talk with them about if in fact there’s going to be a change, giving them an appropriate amount of time ... to get ready.”

Even if parents try to fake it, acting like they are OK when they are really stressed or worried or overwhelmed, Paxton said, kids will pick up on it. “They’re like antennas. Parents don’t have to say anything. They can pick up body language. They can pick up tone of voice. They can pick up eye gaze. So even if the mom has a stiff upper lip, and says ‘Everything’s great,’ she needs to come in (and get help) and say she’s crying in the shower at night. It’s OK to have other people say that it’s not unusual and to just talk about it. I always tell parents ... regardless of whether you feel damaged or hurt or broken ... you are the most important thing in that child’s life.”

Routines and rituals are crucial when it comes to getting children through these challenges. During a deployment, for example, it is important to keep bedtime routines as close to the same as possible. After a move, maintain the same traditions for pizza night or family game night. Get kids involved in the same sorts of after school sports or activities. Start new rituals that encourage parent-child bonding. That last one is especially important when parents have PTSD and might want to isolate themselves, Paxton said.

And let children be children, Cozza said. Find time to let them hang out with friends or participate in extracurricular activities, even if the family is reeling and in chaos.

PUZZLE ANSWERS

Super Crossword

Answers

Weekly SUDOKU

Answer

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

Trivia

Answers

- Italy
- W.H. Auden
- Washington
- Trucial States
- 16th century
- Federico Fellini
- War
- Jethro Tull
- Hat
- Marcel Marceau

SPORTS BRIEFS

Youth Extreme Fitness

Youth can sign up now through Monday for Fort Rucker Child, Youth and School Services’ Youth Extreme Fitness sessions that will be held Tuesdays and Thursdays between Tuesday and June 18 from 6–7 p.m. at the youth sports football field. CYSS officials said that this program will be both challenging and rewarding, adding that parents should keep in mind that the program is intended to push children beyond their normal comfort zones – mentally and physically. The

cost is \$20 and it is open to youth ages 8–18. A current sports physical and valid CYSS membership are required for participation.

People can sign up at parent central services, 255-9638. For more information, call 255-225.

Stars and Strikes

Rucker Lanes will offer its Stars and Strikes special on Memorial Day, May 25, from 10 a.m. to 10 p.m. Games will cost 25 cents per person and shoe rentals

will be 50 cents. Regular pricing will apply to other menu items.

For more information, call 255-9503.

Memorial Day Flag Golf Tournament

Silver Wings Golf Course will host its Memorial Day Flag Tournament May 25 with tee times from 7-9 a.m. People can register up to 9 a.m. May 25. Entry cost is \$5, plus green and cart fees. Players must have a valid handicap. For more information, call 598-2449.

Fitness Challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour fitness challenge each month, with the next one taking place May 28. The challenge is open to all authorized PFC patrons. Each class is \$3.50 or people can use their class card. Each session will feature door prizes and refreshments. All challenges are held at Fortenberry-Colton PFC at 5:30 p.m.

For more information, call 255-3794.

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2010 LEXUS IS 250 TILT, TILT, CRUISE, AM/FM/CD WAS \$19,816 SALE \$19,816	2014 VW JETTA PW, PL, TILT, CRUISE, AM/FM/CD, LEATHER WAS \$14,988 SALE \$14,988	2014 HYUNDAI ELANTRA TILT, TILT, CRUISE, AM/FM/CD WAS \$14,987 SALE \$14,987	2014 CHEVY SILVERADO 1500 HIGH COUNTRY 4X4, CREW, AM/FM/CD, PW, PL, TILT, CRUISE, NAVIGATION WAS \$43,841 SALE \$43,841	2014 GMC SIERRA 1500 4X4, CREW, AM/FM/CD, PW, PL, TILT, CRUISE, NAVIGATION WAS \$45,585 SALE \$45,585

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