

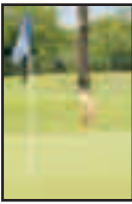
SAFETY 1ST
Distracted driving a
'life-altering mistake'



**SOLDIER
SHOW**
Event entertains
Wiregrass



FORE!
3-player playoff
caps tournament



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ARMY FLYER

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

VOL. 65 ■ NO. 34

FORT RUCKER ★ ALABAMA

AUGUST 27, 2015

PREPARING FOR REAL THING

Force protection exercise helps keep emergency response sharp

By Nathan Pfau
Army Flier Staff Writer

Knowing is not the same as doing, and that's why Fort Rucker makes sure its first responders and emergency personnel know exactly what to do in an emergency situation.

The installation held its annual all-hazards exercise Aug. 20 in the form of an active shooter scenario to test Fort Rucker's, as well as the surrounding communities', response to a threat on post.

"This scenario involved an active shooter, and chemical, biological, radiological, nuclear and explosive threat from a homegrown violent extremist," said Manny Alvarado, chief of Plans, Operations and Mobilization Division of the Directorate of Plans, Training, Mobilization and Security. "We need to be able to teach first responders and emergency personnel what is required when there is an active shooter on post. We went through the same processes as we would if I got a phone call right now saying there was an actual shooter on post."

Aside from completely shutting down the installation, the exercise was as real-world as it gets for law enforcement and emergency per-

sonnel.

As the scenario began, the active shooter entered the installation through the Daleville Gate and began to open fire on bystanders near the 1st Aviation Brigade Headquarters. From there, first responders were to respond to the scene after receiving calls about the shooter.

As military police arrived on the scene, the active shooter was exiting the 1st AB HQ building, where simulated gunfire was exchanged and the suspect was apprehended.

In the scenario, the suspect also brought a canister of hydrogen cyanide onto the installation to test the installation's response to a situation with a hazardous substance. The fire department and hazardous materials response team was deployed to contain and decontaminate.

After police apprehended the suspect, secured the area and made sure there was no further threat, personnel moved in to treat the casualties. None of the scenario was known to any of the responders, said Alvarado, so each person involved had to treat the incident as if it was really happening.

Triage teams were sent from Lyster Army Health Clinic, as well as ambulances and emergency medical technicians from

Enterprise. Along with testing out on-the-spot treatment, travel times were simulated to certain hospitals depending on victims' injuries. The overall goal of the exercise was to identify any issues that arose and fix those issues for future reference, said Alvarado.

Evaluators, both internal and external, were present throughout the exercise to assess how well or how poorly the different agencies responded to the different situations. In some areas, things were done well, and in others, not so much, said the plans chief.

"They'll identify the issue and figure out a solution to the problem to ensure it doesn't happen again in future exercises or in a real-world scenario," he said.

All of the future planning and changes are made during the after-action review, which normally happens immediately following the exercise, as well as continually throughout the following weeks.

An AAR is first held with the garrison commander, then a follow-up AAR is prepared for Installation Management Command, which the post has to submit within 60 days of the exercise, Alvarado said.

"We've done this every year and we learn something new every year.



PHOTO BY NATHAN PFAU

Emergency responders arrive on the scene to render aid to simulated victims during an all-hazards force protection exercise outside of the 1st Aviation Brigade Headquarters building Aug. 20.

The trick is to use what you've learned," he said. "If the AAR comments warrant a change in plans, then we'll incorporate them in the revision of those plans.

"You look at those comments and make sure when you publish a plan that the revisions take care of the processes," he continued. "Whether it be a checklist, a standard proce-

dure or what have you, they all have to be updated to reflect the lessons learned."

Making sure those changes are put into future plans helps ensure the best response to any emergency threat, but Alvarado reminds everyone that prevention through vigilance is the greatest combatant to any terrorist threat.

SHARP

Team hosts free car wash to educate, give back

By Jeremy Henderson
Army Flier Staff Writer

Fort Rucker's Sexual Harassment and Abuse Response and Prevention team hopes a new outreach method will bolster the program's effort to empower the community through information and education.

A SHARP awareness car wash takes place Friday from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950, on Seventh Avenue. People are welcome to meet the team, receive information on prevention, and increase their awareness of sexual harassment and assault while they get their car washed for free.

"This is one way to give back to our community, and this is a service that many people welcome and a friendly way to connect with the Fort Rucker community," Twanna Johnson, garrison sexual assault response coordinator, said.

The goal of the event is to build



trust within the community, strengthen awareness, and provide tools to aid in prevention of sexual assault and sexual harassment, according to Johnson.

"The more awareness the community has of the SHARP program and of our team, the more confidence they have in us and the Army's commitment," she said. "Increased confidence means people are more likely to report incidents of sexual harassment and assault."

Cars and sports utility vehicles are welcome, but Johnson said no commercial or government vehicles may be washed. She added that the team hopes to spend six-eight minutes on each vehicle.

Johnson hopes the time will help

team members educate community members on the importance of SHARP.

"The SHARP program reinforces the Army's commitment to eliminate incidents of sexual assault and sexual harassment through a comprehensive policy on awareness and prevention, and to create a cultural change," she said. "Every Soldier, family member and civilian has a right to work and live in an environment free from sexual assault and sexual harassment.

According to Johnson, community members can help out in other ways.

"Be an active bystander," she said. "Be aware of your surroundings. Ask

SEE SHARP, PAGE A5

ID card section moves to all appointments

Army Flier
Staff Report

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

Under the system that went into effect Monday, the only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issued, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment, according to Luis Ortega, acting director of the DHR and chief of its Military Personnel Division.

"The garrison commander (Col. Shannon T. Miller) and the garrison command sergeant major (Command Sgt. Maj. William D. Lohmeyer) would like to assure the Fort Rucker community that they understand the concerns surrounding the long waits in the ID card section on certain days, and that we're constantly reviewing our processes to be able to provide all our customers the best possible service," he said.

People can make an appointment to renew their common access or ID cards up to 90 days prior to the expiration date, according to Ortega. The appointment system allows people to make an appointment up to 120 days out.

To make an appointment, people just need to go online and visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876> and do the following.

1. To the left of the screen is general information. On the right of the screen is a calendar by month. If the days are grayed out, it means that there are no appointments available for that day. The days that are in green means that there are appointments available that day.
2. Click on the desired date of appointment and the appointment times available for that day will be shown.
3. Click on one of the times, complete the information requested and click submit.
4. An email will be automatically sent to the email address people provide with their appointment date, time and confirmation number.

People with questions on using the appointment system, or who need to verify the documents required to get an ID, should call the ID card section at 255-2182.

Rucker Troop 50 Scout earns Eagle rank

By Nathan Pfau
Army Flier Staff Writer

About 4 percent of Boy Scouts attain the rank of Eagle Scout, but one Fort Rucker Scout was able to become a part of that elite group.

Nicholas Bennett of Fort Rucker's Boy Scout Troop 50 earned the rank of Eagle Scout and was honored during an Eagle Scout Court of Honor at the Veterans of Foreign Wars Post 6683 Saturday.

"To put it into words (how I feel) would be impossible," said Bennett. "All I can say is that the people who helped get me to this point, I'm going to pay them back. It might take me a long time but I will pay them back in some way."

Bennett was presented with his Eagle Scout badge, which was placed on him by his mother, Carla, as well as his Eagle Scout neckerchief, which was placed on him by his father, Stuart.



PHOTO BY NATHAN PFAU

Nicholas Bennett, Eagle Scout of Fort Rucker Troop 50, is congratulated by his mother, Carla, as his father, Stuart, looks on as he earned the rank of Eagle Scout during a ceremony at VFW Post 6683 Saturday.

SEE RANK, PAGE A5

PERSPECTIVE

ONLINE VIGILANCE

Tips to maximize privacy settings on your Facebook profile

By Priscilla Rey
USAG Bavaria Public Affairs

GRAFENWOEHR, Germany – In a survey conducted last year by the Pew Research Center, Facebook remains by far the most popular social media site. As a member of the military, and for family members of service members, it is more important than ever to remain vigilant of operational security.

Sharing information on your Facebook timeline may seem harmless, but it can be dangerous to loved ones and fellow Soldiers.

Never accept a friend request from someone you don't know, even if they know a friend of yours. Don't share information that you don't want to become public. Someone might target you for working in the Department of Defense, so be cautious when listing your job, military organization, education and contact information. Providing too much information in your profile can leave you exposed to people who want to steal your identity or sensitive operational information.

Understanding what you can and cannot post on Facebook goes a long way in protecting yourself online, but more can be done by adjusting your privacy settings.

There are a lot of ways to protect your privacy on Facebook and a lot of people are not aware that most information is available for everyone. I did some research on how to set your settings into the highest security level.

Here is how to set the highest security settings on your Facebook profile.

Choose who can view your posts

1. Log into Facebook. Go to Settings,



Privacy.

2. There you have three subjects: 'Who can see my stuff?', 'Who can contact me?', and 'Who can look me up?'.
3. To maximize the security on your page, choose 'Only me' or 'Only friends'. This prevents other people to see stuff that you post.
4. Under 'Who can look me up?', Facebook will ask, "Do you want other search engines to link to your timeline?" Do not let other search engines link to your timeline.

Maximize privacy, prevent tagging

1. When you post pictures on your timeline, you can change the settings on who can see, comment or add things to it. You can also determine who is allowed to post stuff on your timeline.
2. Log into Facebook. Go to Settings, Timeline and Tagging.
3. There you have three subjects: 'Who can add things to my timeline?', 'Who can see things on my timeline?', and 'How can I manage tags people add, and tagging suggestions?'.
4. The best thing to do is to make this public to just you or your friends only. Don't have friends of friends put stuff or comments on your pictures and

keep this as private as you can.

5. When you're tagged in a post, it means that someone has created a link to your profile. You can turn on Tag Review to review tags friends add to your content before they appear on Facebook. In the 'How can I manage tags people add and tagging suggestions?' section, click edit and click the disabled button and change its setting to enabled.

Prevent others from commenting on your profile picture

1. A new update to Facebook allows you to change the size of your profile picture. It also allows you to make the picture private and unclickable.
2. Through photo editing software, you can change the size to 180 x 180 pixels. This will make it a square image and smaller. Save this and use this one as your profile picture on Facebook.
3. Then, click on your profile picture. You will see a new edit button.
4. Click on the 'Public' dropdown menu and select 'Only Me'.

Stop Facebook from sharing your location

1. Geotagging is the process of adding geographical identification to pho-

tographs, videos, websites and SMS messages. It is the equivalent of adding a 10-digit grid coordinate to everything posted on the Internet. You can prevent Facebook from sharing your location.

2. Geotagging is typically done automatically on your tablet or mobile phone. When you first installed Facebook on your tablet or mobile phone, it probably asked for permission to use your phone's location services so that it could provide you with the ability to "check-in" at different locations and tag photos with location information. Revoke this permission in your phone's location services settings area.
3. There are also apps to strip your geolocation. Koredoko, deGeo (iPhone) or Photo Privacy Editor (Android) are just a few.
4. If you post to Facebook, you may see a light-gray location description in the lower left of the status box. Always check to see if the location is posted. If it is, remove it. Simply hover your cursor or finger over the location and click the X.

The Army's Social Media Handbook provides great information on safe networking and how to register your unit site. It also gives you guidance on Army branding standards and provides Facebook reference guides.

It's available at www.us.army.mil/suite/doc/43167236 (AKO login required) or www.slideshare.net/usarmysocialmedia (login blocked on government computers).

Always remember: Think before you post. Stay safe.

Rotor Wash



Bobby Peterman,
Army veteran

"I just think of what I want to achieve in my goal and how I'm going to reach it."



Derek Higgins,
military family member

"Staying healthy is motivation enough for me."



Pam Jeffries,
military spouse

"The prospect of being able to be there for my children and hopefully grandchildren one day keeps me motivated to stay fit."



Alison Pettengill,
civilian

"Setting small goals throughout the workout can keep you going through it. Sometimes setting too big of a goal can keep you from reaching it, so keep it small to start."



Katie Pettengill,
civilian

"I always feel really good and energetic after a workout, so my motivation is how it gets my day started."

“Lyster Army Health Clinic hosts a Performance Triad Health Event at the Life Space Center in the clinic Friday from 11 a.m. to 3 p.m. What helps to keep you motivated when working out?”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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FORT RUCKER PUBLIC AFFAIRS OFFICER

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

Distracted driving dreadfully dangerous

Army Flier
Staff Report

Driving requires more than the motorist's eyes on the road and hands on the wheel, and a lack of focus could be a life-altering mistake.

According to the National Safety Council, drivers using cell phones are four times as likely to crash and motor vehicle crashes are the No. 1 cause of work-related deaths.

All the more reason drivers on the installation need to put the cell phone down and focus on the task of simply driving, Marcel Dumais, Fort Rucker police chief, said.

"A distracted driver is normally someone using an electronic device that distracts the user and reduces the user's situational awareness," he said.

Devices can impair driving and mask or prevent recognition of emergency signals, alarms, announcements, on-coming vehicles and pedestrians, according to Dumais.

He added that driving distractions are not limited to cell phones.

Other common driving distractions include:

- Too many people in a vehicle;
- Listening to loud music;
- Eating;
- Shaving;
- Applying makeup;



COURTESY GRAPHIC

- Passengers obstructing the driver's view; or
- Children diverting the driver's attention.

Even though using a cell phone isn't the only source of distraction, it is a violation of post regulations.

"If a person is driving on post and using an electronic device, such as a cellular phone, personal data assistant, global positioning system, videogame or any electronic device that sends or receives electronic mail or text messages and is pulled over by Fort Rucker police personnel, they could receive a \$55 citation," he said. "The ticket will be placed in the police blotter and, if the violator is a Soldier, the ticket will be viewed by their chain of command."

Dumais said that upholding this standard can save lives and that if passengers are in a car where the

driver is handling one of these devices, they need to ask the driver to stop.

According to the NSC, most drivers feel a hands-free device creates a safe driving environment free of accident-causing distractions. However, a recent poll suggests otherwise.

The NSC poll shows that 80 percent of U.S. drivers believe hands-free cell phones are safer than using handheld systems. However, according to the NSC, more than 30 studies show that using hands-free systems provide drivers no safety benefit. Even with both hands on the wheel and eyes on the road, the driver's mind is distracted from the task of driving.

The NSC poll also found that 53 percent of respondents believe hands-free devices must be safe to use if they are built into vehicles.

According to the AAA Founda-

AVOIDING THE TEMPTATION

The NSC recommends the follows to reduce the temptation of using mobile devices:

- Turn off your cell phone, or put it on silent, before driving;
- Toss your cell phone in the trunk or glove box to avoid temptation;
- Pre-set your navigation system and music playlists before driving;
- Schedule stops to check voicemails, emails and texts;
- Set special ring tones for important incoming calls, and pull off to a safe place to take them;
- Tell coworkers, family and friends not to call or text you when they know you're driving;
- Start all conference calls by asking if anyone is driving and have them call back when they are in a safe location;
- Install an app on your phone that disables it while your vehicle is in motion;
- Ask a passenger to answer incoming calls and say, "You'll call back when not driving;" and
- Change your voicemail greeting to tell people that you may be driving and you'll call them back when you can safely do so.

tion for Traffic Safety, hands-free devices in dashboards actually increase mental distraction. Also, using voice-to-text is more distracting than typing texts while driving, according the Texas A&M Transportation Institute, and drivers who text with their hands or voice (using speech-to-text systems) keep their eyes on the road less often and have reaction times twice as slow.

"I believe anyone riding in a vehicle has the responsibility of

being a good passenger," Dumais said. "They're the co-driver. They should assist the driver, whenever possible, by looking for potential hazards and alerting the driver whenever possible."

Drivers need to be in the right frame of mind before they drive their vehicle, he added.

For more information on distracted driving, visit <https://safety.army.mil/OFF-DUTY/PMV-4/DistractedDriving.aspx> or <http://www.distractation.gov/>.

1st female Rangers believe experience makes them better leaders

Army News Service
Staff Report

FORT BENNING, Ga. – For the first two women who earned the Ranger tab, one an Army Aviator, attending the Ranger School was all about honing leadership skills and being better leaders for the Army.

Capt. Kristen M. Griest and 1st Lt. Shaye L. Haver, both graduates of the U.S. Military Academy at West Point, New York, were among the 96 Soldiers who graduated Ranger School at Fort Benning Aug. 21.

Haver, an AH-64 Apache pilot, said she wanted to go to Ranger School because she knew it would make her a better leader for her Soldiers.

"The reasons I chose to come were the same as the men here: to get the experience of the elite leadership school and to give me the opportunity to lead my Soldiers the best that I can," said Haver. "I think if females continue to come to this course, they can be encouraged by what we have accomplished, but hopefully they're encouraged by the legacy that the Ranger community has left."

"I knew how badly I wanted to go (to Ranger School) when I was a second lieutenant – before I became a platoon leader," Griest said, during an Aug. 20 press conference. "I was hoping to go to this course because it is the best training the Army can provide and I wanted to have that training before I had a platoon."

Maj. Gen. Austin S. Miller, commander of the U.S. Army Maneuver Center of Excellence, said during a news conference that the two women accomplished every trial and test, both physically and

mentally, that was exacted upon the 94 men who also finished.

"Up front, what we've been very consistent on is we've said there will be no change to the standards and there weren't," he said. "We also said we're going to be professional and objective as we work our way through this process, which is exactly what you would expect from a Ranger-qualified instructor or anybody else in the Army."

While Grist and Haver are the first two women to graduate Ranger School, they said it was evident from their male classmates that their performance in the school – and as teammates – was more important than their gender.

Haver said that during the course it might have been a natural assumption that the female students would have wanted to band together for support, but that was not the case. Instead support came from those Soldiers closest to them – as it would be in combat.

"We immediately integrated in our squad and became teammates that way," she said. "It was never about the women trying to beat the men through Ranger School, or the women banding together for any reason in Ranger School. When you are sucking, it's the person immediately next to you (that you rely on). And how we were dispersed throughout the companies didn't afford for a woman to be there. And quite frankly, I didn't think we needed that support. We needed support from our Ranger buddies next to us. We intentionally tried to rely on our squad mates, because they are the closest to us, and not the females around us."

Fellow Ranger School gradu-



PHOTO BY PATRICK A. ALBRIGHT

Capt. Kristen M. Griest answers a reporter's question about her 62-day journey through Ranger School at a press panel at Fort Benning, Ga., Aug. 20.

ates said they were impressed with Griest and Haver's abilities and that it didn't make a difference that they were women.

"At the end of the day, everyone was a Ranger and it was the same throughout, as long as the team pulled through and accomplished the mission," said 2nd Lt. Erickson D. Krogh, an infantry officer.

"When we were given resupply and you're given 2,000 rounds of machine-gun ammo, the last thing you're caring about is whether your Ranger buddy is a man or a woman – because you're not carrying all 2,000 rounds by yourself," added 2nd Lt. Michael V. Janowski, also an infantry officer.

Spc. Christopher J. Carvalho, who serves as a medic, also earned his Ranger tab. He said that he saw that the two women had finished some tasks ahead of the men.

"I know my first experience with the women in Ranger School was during RAP week. One event in particular was the 12-mile ruck march in which we had about 50 pounds-plus whatever weight we

carried in water on our backs," Carvalho said. "These two women finished well ahead of some of the males and well ahead of 60 other men who didn't complete their ruck march. So, right then and there, that's what validated it for me – these women are for real, they're here to stay and they're doing the same stuff we are. That really solidified it for me."

For the future, Griest said she wants to consider further roles in combat arms that might one day open to women. Already she said she is looking into civil affairs, a part of the special operations community.

She said she is open to doing more.

"I am interested to see what new doors open to women," Griest said. "I think Special Forces is something I would definitely be interested in, if my timeline permits for that. Currently I am trying to pursue civil affairs, which is under the special operations umbrella and which is open to women. But there are also several other options out there. I am honestly not very decided about it. It is something I am looking at pur-

suing if more opportunities open to women."

Haver said she wants to stay in Aviation, to be the best she can be and to go as far as she can.

"I think in the past decade, females have served in those combat roles. I am attack Aviation, which I plan to continue to serve in, in my role as an Aviator. I can't speak to what other females will decide to do if those doors are opened. But I can say I plan to stay with Aviation as far as that will let me go and hope to serve as far as leadership will let me in my position."

Griest says for other women that want to attend Ranger School – and she knows a few – perseverance and confidence is the key to making it through.

"I personally know a lot of women interested in going and, for whatever reason, whether it is timing or deployment or they are in some school at this point in time, they weren't able to go to this assessment. But I know many very qualified women that I can think of that could pass the course or at least make a very good attempt. I would encourage them to go. And I would say keep doing what they are doing. They are motivated. It is definitely more of a mental challenge than physical. If you mentally know you want to get through – and you have to want to get through – then you will make it."

Since Ranger School opened in 1950, only 77,000 Soldiers have earned the Ranger tab. Of the 4,057 Soldiers who attempted the course in 2014, 1,609 tacked on the tab.

The Army plans to run another Ranger School assessment in November, which will also be open to women.

News Briefs

Labor Day gate closures

The Newton and Faulkner gates will be closed Sept. 4-7 in observance of the Labor Day holiday. Also, the Ozark and Enterprise visitor control centers will be closed Sept. 4-7. The Daleville Visitor Control Center will be open during its normal hours, 8 a.m. to 4 p.m., during that timeframe.

Healthy cooking demo

Lyster Army Health Clinic will host a free healthy cooking demonstration Friday at 11 a.m. The cooking demonstration will take place in the Lyster Lifespace area. Participants will be able to taste the dishes, and take home a recipe card complete with nutrition and cost analysis. All, including children, are invited to attend.

Day of Remembrance

The Fort Rucker Religious Support Office will host a 9/11 Day of Remembrance Sept. 11 at 11 a.m. at the Headquarters Chapel, Bldg. 109, on Shamrock

Street. The event will feature a brief inspirational program honoring the memories of those who were lost in the 2001 attacks that will also seek to renew people's commitment to service, America and the community.

For more information, call 255-2989 or 255-2012.

POW/MIA ceremony

Fort Rucker will host its annual POW/MIA Recognition Day ceremony Sept. 17 at 4:30 p.m. at Veterans Park, located in front of the U.S. Army Aviation Museum.

School physical appointments

Lyster Army Health Clinic will offer after-hours school physical appointments during the dates and times below to help ensure the highest continuity of care possible while providing timely access for patients requiring a school physical. The slots will fill quickly, so people are advised to book appointments as soon as possible.

The dates include: today, 4-6 p.m.; and Sept. 10, 4-6 p.m.

People should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with people's primary care providers.

CIF closure

The Fort Rucker Central Issue Facility will be closed for inventory Sept. 21-25. Normal operations will resume Sept. 28. People with questions or concerns should call 255-9573 or 255-1095.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Awareness Month message: Plan for worst

By David Vergun
Army News Service

WASHINGTON — Terrorists have struck military targets in the United States, as well as overseas, and it is likely such attacks will continue. Terrorism experts caution to plan for the worst.

Besides the 2006 Fort Hood, Texas, shooting and the 2009 Little Rock, Arkansas, recruiting office shooting, five service members were killed as a result of a July 16 attack on a recruiting and Reserve center in Chattanooga, Tennessee.

Defense Secretary Ash Carter praised the service and sacrifice of the slain Marines and Sailor during a memorial service in Chattanooga Aug. 15.

“Many of them served abroad, and fought on the front lines of faraway battlefields in places like Iraq and Afghanistan,” Carter said. “And here at home, they were serving among the many men and women in uniform, who represent our military communities – in communities across the country, on the front lines of the force of the future.”

Carter said U.S. leaders take acts of harm against Americans “personally” and will do what it takes to protect the service members who serve and protect the nation.

“The few who threaten or incite harm to Americans – violent extremists or terrorists, wherever they are – will surely, very surely, no matter how long it takes, come to feel the long arm and the hard fist of justice,” he said.

“Those who attempt to inspire fear or terror will find no satisfaction, have no success, in the United States of America. Instead, we come back – we come back from tragedy stronger and more united than before,” the secretary said.

Carter said he has directed the military services to fundamentally review their domestic security procedures and take immediate steps “to improve the security and force protection of our personnel. And we will do more if necessary,” he said.

The Army issued All Army Activities 120/2015, titled “2015 Threat Warning to U.S. Army Standalone Facilities,” July 21.

The message warns about threats from extremists, “particularly lone offenders,” to standalone facilities in the United States, such as recruiting stations.

The ALARACT suggests courses of action to help increase the security of service members in those facilities. Included among the suggestions are the following.

- Conducting random anti-terrorism measures.
- Having a valid plan for active-shooter response and testing the plan periodically.
- Ensuring personnel have situational awareness, and know procedures such as egress and security contacts.
- Varying routines, such as routes and behaviors to avoid being a predictable target.
- Being on alert for and reporting suspicious behavior, or anything out of the ordinary.



PHOTO ILLUSTRATION BY PEGGY FRIERSON

- Thinking before using social media, so as to avoid divulgence of personal information.

Maj. Gen. Jeffrey Snow, commander, U.S. Army Recruiting Command, said the level of force protection at recruiting stations needs to be enhanced, but he personally does not favor arming recruiters.

Recruiters visit schools and other places in the community, and carrying weapons could send the wrong message, he said.

“My concern is that there’s going to be some individuals that see somebody outside one of our recruitment centers with a weapon and it may cause them to think twice about coming in and speaking to one of our great recruiters,” he told Boston National Public Radio’s “Here & Now” host, Robin Young, Aug. 17.

Carter said that despite the attacks, recruits are lining up to volunteer, “in some cases, more than they were before,” the secretary noted.

“Young men and women are still signing up to serve and defend their country,” Carter said. “They will carry forward the legacy of the fallen and, like them, they, too, will serve in the finest fighting force the world has ever known.”

Remain vigilant

“Everyone needs to be mindful that ‘low threat’ does not mean ‘no threat,’” said Phillip Edenfield, an anti-terrorism officer with U.S. Army Garrison Yongsan, South Korea. “Terrorist threats today are becoming more complex as terrorist groups use social media sites to terrorize personnel and to recruit individuals toward their causes.”

Soldiers should maintain a low profile when traveling off installation and be prepared for the unexpected by having

emergency contact numbers readily available, Edenfield said.

In addition, when traveling and sightseeing in South Korea, Germany and other countries, he said Soldiers should always be cautious about giving out their personal and employment information to strangers.

Edenfield said it is everyone’s responsibility to enforce existing protective measures to protect critical information and personally identifiable information that adversaries can use for harmful means. Simple procedures, such as shredding documents and removing labels before placing items into trash canisters, can help protect information.

“With the recent advances in cellular and network technology, it is also crucial we are cognizant of what type of information we are putting out on social media sites that could jeopardize our mission and put us in harm’s way,” Edenfield said. “Ensuring the community is aware and knowledgeable on how to mitigate threats is the ultimate purpose of Anti-terrorism Awareness Month.”

Not all attacks terror related

“There are bad people who do bad things, and I can assure you, we’re going to fight like hell to protect you” from them, but you need to do your part to stay alive and help others stay alive, Scott Wayne said.

Wayne, a police officer with the Pentagon Force Protection Agency, and others spoke during an active shooter presentation in the Pentagon Aug. 20.

Since 1999, there have been approximately 200 active-shooter incidents in the United States, Wayne said.

Some of those attacks have been terrorism-related, meaning using terror to achieve a political, religious or ideological objective. The shooting on Fort Hood is an

example of that kind of attack.

Most active-shooter attacks in the United States, however, are caused by persons who are depressed or have serious personal problems, Wayne said. Of those 200 attacks, 36 percent occurred in office buildings, 24 percent in schools, 12 percent in factories or warehouses and the rest in places like shopping malls or theaters.

Wayne advises anyone who is under attack to “run, hide or fight.”

Run

The best plan is to flee an area under attack, and bring along as many people as you can, Wayne advised. Move away as quickly as possible and, once in a safe area, call 911. Also, try to prevent other bystanders from entering the danger area.

If the police or other first responders are there, do not ask them questions or hinder them from doing their duty, he said.

Police will not stop to help the injured and dying, he cautioned. They are there to save as many lives as possible and to do that, their primary mission is to locate the shooter and eliminate the threat. Those who are injured will be cared for soon after.

If you are exiting the scene, realize that you and everyone else is a suspect. “You might be forced to the ground” by an officer. “Remain calm and don’t take it personally,” he said.

Another word of advice is don’t pull a fire alarm, he said. It will be chaotic enough with the police, shooter and innocent people. Firefighters rushing in would make things much worse, unless there was an actual fire.

Hide

Wayne said that if it is not safe to flee the area, the next best thing to do is to hide. He told listeners at the presentation to lock or

barricade the door if they’re in an office. It is very rare for a shooter to breach the door, he said. The notable exception to that was the Virginia Tech massacre, which took place in 2007.

After securing the door, he said, turn off lights and cell phones, and remain calm and quiet.

Wayne was the incident commander during the 2014 shooting at the Mall in Columbia, Maryland. He noted that store employees in the mall were so well trained that they refused to unlock their doors even after the shooter had committed suicide and the police had cleared the mall.

Fight

As a last resort, fight with anything you have, including chairs, sharp objects or whatever is around, Wayne said, noting that turning fire extinguishers on the attackers has proven successful in the past.

Organize the fight with those around you and fight ferociously, because your life and the lives of others depends on it, he said.

Columbine turning point

The turning point in police training and tactics came following the 1999 Columbine High School massacre, Wayne said.

Before that attack, police waited for backup and SWAT to arrive, he said. They also moved in quietly and stealthily.

Following the massacre, police forces across the country changed their approach to an active-shooter attack, he said.

Today, police call for backup and immediately move into harm’s way. He said in most cases police will be loud, shouting commands and warnings. They want to be heard, he said, so that they, and not innocent civilians, will become the shooter’s target.

PUBLIC NOTICE:

Fort Rucker Solar Array

Notice is hereby given that the U.S. Army, Fort Rucker, Ala., has prepared a Final Draft Environmental Assessment (EA) for a 30-year Utilities Easement with Alabama Power for the design, construction, operation and maintenance of a Photovoltaic Solar Array System capable of a capacity greater than 10 Megawatts of renewable energy. The Easement will be for approximately 110 acres within the Fort Rucker installation boundary.

Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Blvd., Daleville, AL, 36322, phone number 334-503-9119; and the Fort Rucker Cen-

ter Library, Building 212, 5th Ave., Fort Rucker, AL, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker Website at <https://www.fortrucker-env.com/programs.aspx?cur=33>.

The EA will be available for review and comments for 30 days starting Aug. 13. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN:IMRC-PWE, Building 1121, Fort Rucker, AL, 36362 or leigh.m.jahnke.civ@mail.mil.

Comments will be addressed and incorporated into the Final EA.

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III SINISTER 2 - R	Sat-Sun: 2:00, 7:10 & 9:10 Mon-Fri: 7:10 & 9:10

Artillery MOS could open to females

By David Vergun
Army News Service

WASHINGTON — Army leadership has recommended that field artillery military occupational specialties, 13B (cannon crewmember) and 13D (automated tactical data systems specialist), be open to women, the Army’s chief of field artillery said.

“We are waiting on a Department of the Army decision in reference to Field Artillery MOS 13F (fire support specialist), which is specifically tied to the Infantry Career Management

Field 11 and Armor CMF 19, which currently remain closed,” said Brig. Gen. William A. Turner, chief of field artillery and commandant of the U.S. Army Field Artillery School on Fort Sill, Oklahoma.

The Army’s chief of staff recently stated that the Army will not ask for a waiver to keep cannon MOS closed to female Soldiers, said Lt. Col. Donald S. Potoczny, branch chief, Field Artillery Enlisted at Human Resources Command on Fort Knox,



Pfc. Brittany Smith, A Battery, 1st Battalion, 78th Field Artillery, unhooks a Multiple Launch Rocket System ammunition pod on Fort Sill, Okla.

Kentucky.

“This continues the effort of the field artillery branch toward full gender integration,” Potoczny said.

Last year, all operational assignments were opened for female FA officers, he said. “In short time, women have served in every possible assignment including as fire support officers in combat in Afghanistan.”

Two years ago, the Army opened rockets artillery units to women, Potoczny said.

Both multiple launch rocket system crew member (13M) and MLRS operations fire direction specialist (13P) were fully integrated.

The Fires Center of Excellence on Fort Sill presently trains female Soldiers for these MOS, he said. Drill sergeants and instructors will soon be prepared to train the cannon MOS. Female platoon sergeants are serving and are “postured to provide mentorship.”

Currently-serving Soldiers may be able to reclassify into 13B and 13D if their MOS are over-strength, he said.

“Opening these positions ensures the Army is properly managing talent of all our service members, balancing readiness and the needs of a smaller force, and positioning all Soldiers for success with viable career paths. Human Resources Command is prepared to continue to assist the recruiting, training and assigning of all our Soldiers to meet future challenges,” Potoczny said.

“Each of our Soldiers makes tremendous contributions to our Army and the nation’s

defense, regardless of gender or ethnicity. This is about increasing opportunities for all. If the Soldier possesses the necessary qualifications, they will be given the opportunity to perform that job. This will only make our Army stronger,” Turner said.

“We are in the business of recruiting the best Soldiers for the job,” he said.

Serving in the Army’s field artillery is nothing new for American women, Potoczny said. Women have been in the artillery since before the nation earned independence from Great Britain. Mary Ludwig, also known as Molly Pitcher, fought at the Battle of Monmouth in 1778.

When her husband fell, she continued operating his cannon through the battle, Potoczny said. In the 1970s and 1980s, women served in Pershing and Lance missile units. Over the past few decades, they filled supporting roles in artillery units. As field artillery surveyors, they provided accurate unit locations and they gave accurate weather data as meteorological specialists.

SHARP: Community urged to act, be part of the solution

Continued from Page A1

yourself, does someone need help? Be part of the solution. Take action, but be sure to keep yourself safe. Call military police, local law enforcement. Tell a co-worker or supervisor. Educate yourself on what to do. Stop by the garrison SHARP office located at The Commons, Bldg. 8950.

“The feedback of Soldiers, family members and civil-

ians is valued, as the SHARP program looks for ways to improve training and community outreach,” she added.

The Fort Rucker SHARP team members are Sgt. 1st Class Joseph Blackman, U.S. Army Aviation Center of Excellence lead SARC; Twanna Johnson, Fort Rucker garrison SARC; Kimberly Price, garrison SHARP victim advocate; Sgt. 1st Class Robin Williams, 110th Aviation Brigade SARC; Holli Miller, 110th Avn. Bde. SHARP vic-

tim advocate; Sgt. 1st Class Gerald Emery, 1st Avn. Bde. SARC; Ernestine Doby, 1st Avn. Bde. victim advocate; Master Sgt. Anthony Lewis, Air Traffic Services Command and 164th Theater Airfield Operations Group SARC; and Staff Sgt. Adam Trypuc, ATSCOM and 164th TAOG victim advocate.

For more information on SHARP at Fort Rucker, call 255-2382.

Rank: Title requires 21 badges, service project completion

Continued from Page A1

“It makes me very proud and I’m just ecstatic about it,” said Bennett Sr. “He was able to achieve something I didn’t, and I feel like it has helped him a lot. It has really helped him become a young man, so for him to be able to achieve this and join the ranks of Eagle, it’s just amazing to me.”

Becoming an Eagle Scout is no easy task, requiring earning at least 21 merit badges, as well as completing an Eagle Scout service project that the Scout must plan, organize, lead and execute.

The service project is designed to pro-

vide a service to the community to benefit an organization other than the Boy Scouts of America, according to the Eagle Scout Service Project Workbook.

Bennett’s project did just that, benefitting the VFW Post 6683 in Enterprise.

For his project, Bennett noticed that VFW Post 6683 was nearly unnoticeable as people drove by, so he wanted to do something to make the post stand out.

He decided that for his project he would build a flag pole memorial at the entrance to the post, so that passersby would more easily recognize the VFW.

The now complete flag pole memorial

now flies the flags of all five military services, and was laid with bricks that were originally from Camp Rucker, which were donated by Sam Boswell of Enterprise.

The bricks were brought to the VFW post in the hopes of preserving them when Boswell decided to renovate his car dealership where the bricks were laid previously. When Bennett Jr. found out about the bricks, he jumped at the opportunity to use them, according to Bob Cooper, VFW Post 6683 commander.

Bennett’s decision to help the VFW post stemmed from his father’s service, who served in the Army for 19 years as a Black

Hawk pilot.

“Being that my father was in the military, I decided that it was time to show respect to the family that he served and the family that kept him alive and well all this time, so I wanted to make a tribute to VFW Post 6683 and come out here and make it look as best as I could.”

The flag pole memorial was a tribute that Cooper said was more than welcome and well received.

“Thank you on behalf of the members of our VFW post,” he said. “We’re happy to do anything we can to assist with the Scouts and their families, and we’re very proud of it.”

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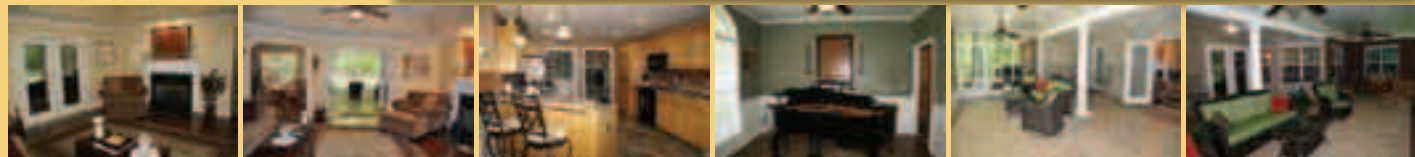


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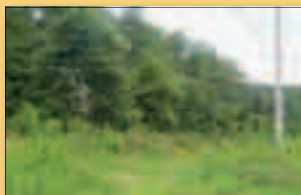


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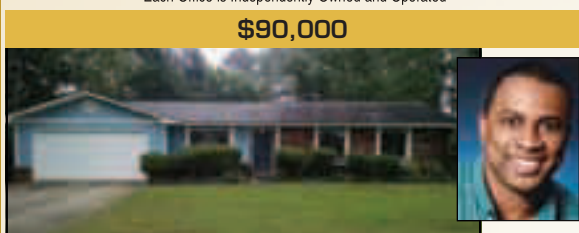
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3-159th says ‘tschuss’ to Germany

By **Spc. Nicholas Redding**
*12th Combat Aviation Brigade
Public Affairs*

RAMSTEIN AIR BASE, Germany — The last AH-64 Apache from 3rd Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade, was loaded onto an Air Force C-5 Galaxy on Ramstein Air Base Aug. 18.

The Air Force C-5 Galaxy headed for Ladd Army Airfield on Fort Wainwright, Alaska.

The battalion is scheduled for activation in September as part of the 1st Attack Reconnaissance Battalion, 25th Aviation Regiment, 25th Infantry Division, as the first attack reconnaissance battalion permanently assigned to Alaska. The 3-159th Avn. Regt. recently returned from deployment in December and shortly thereafter began its preparation for the move to Alaska.

The move is in accordance with the Ar-

my’s Aviation Restructuring Initiative. The unit maintained the aircraft, and ensured that the aircrews were current on their training during the eight months between redeployment and relocation.

The 3-159th Avn. Regt. has been an effective entity within the 12th CAB during its time in Germany, deploying in support of Operation Iraqi Freedom. The flexibility and resilience of the battalion during the height of the Iraq War characterized the 3-159th Avn. Regt. as a steadfast unit.

The unit also deployed twice to Kuwait in support of Operation Spartan Shield, which served as the Aviation contingency force for all of U.S. Army Central Command’s area of operations.

During its second deployment to Kuwait in 2014, the unit served its purpose as threats to the U.S. Embassy were impending in Baghdad. The unit pushed from Kuwait to Baghdad in an unprecedented

SEE 3-159TH, PAGE B4



PHOTO BY SENIOR AIRMAN NICOLE SIKORSKI

Airmen from the 721st APS prepare to upload an AH-64 Apache onto a C-5 Galaxy.



ARMY PHOTO

An AH-64 Apache provides security as Afghan army Brig. Gen. Dawood Shah Wafadar, commander of the 205th Corps, and U.S. Army Brig. Gen. Paul Bontrager, commander of Train, Advise, Assist Command South, fly inside a UH-60 Black Hawk during an aerial battlefield familiarization flight over southern Afghanistan Aug. 4.

Aviation helps signal Soldiers hone skills

By **Sgt. 1st Class Mary Rose Mittlesteadt**
*101st Sustainment Brigade
Public Affairs*

FORT CAMPBELL, Ky. — Soldiers with the 58th Signal Company, 101st Special Troops Battalion, 101st Airborne Division (Air Assault) Sustainment Brigade, trained on both their tactical and technical skills during a two-week field training exercise in a Fort Campbell training area in mid-August.

The 58th Sig. Co. teamed up with B Co., 1st Battalion, 26th Infantry Regiment, 2nd Brigade Combat Team and the 101st Combat Aviation Brigade to provide realistic training using decisive action scenario-based events, while establishing lines of communication for each of those scenarios, according to Capt. Patrick Franks, commander of 58th Sig. Co.

“We are out here to train and validate our mission-essential task list subtasks in order to prepare ourselves for upcoming events, such as battalion field exercises, brigade level field exercises and the Joint Readiness Training Center,” Franks said. “Training is validated by commanders and through these types of exercises.”

The company recently provided signal support to Operation United Assistance and returned from Liberia, Africa, in March. The field exercise provided multiple training opportunities for the company to ensure it is fully operational for continued signal support where needed by the 101st Abn. Div.

“Just watch the news or read the papers – the world is a very



PHOTO BY SGT. 1ST CLASS MARY ROSE MITTLESTEADT

Soldiers with the 58th Signal Company, 101st Special Troops Battalion, 101st Airborne Division (Air Assault) Sustainment Brigade, practice loading casualties into a helicopter for a medical evacuation scenario during a field training exercise at Fort Campbell, Ky., Aug. 13.

volatile place,” said Franks. “At any moment, we can be called upon to go into a theater that we haven’t been in before.”

The company had a large turnover of Soldiers upon return from Liberia, said 1st Sgt. Mark Gomez, first sergeant, 58th Sig. Co. Integrating the new Soldiers and resetting the unit’s equipment has been essential to ensure they are mission ready when called for their next mission.

“The exercise has given us the opportunity to establish our assemblages and make sure they are working properly, and establish operating procedures and crew drills,” said Gomez. “The new Soldiers need to know how we set up and how we fight. They need to know if ‘I’m that guy that fails’ and the link goes down, then commanders can’t command.”

Gomez emphasized that the training is focused on getting their Soldiers out of the mindset that they will deploy into another unit’s footprint that is already set up and ready to conduct operations.

“A lot of combat support units over the past 13 years have grown accustomed to falling in on infrastructure that is already there – bases that are already secured,” said Franks. “We want to give our platoon leaders, sergeants and Soldiers the opportunity to get out to the field, and to find a good signal site and develop their standard operating procedures and their tactics and techniques to set up security.”

Signal site selection and its defense are two of the company’s mission essential tasks.

“These two tasks aren’t something you can really get after and train on back in the office,” Franks said. “The Signal Corps has to accomplish their mission 100 percent of the time. If we don’t get the link, commanders can’t command.”

Although they focused heavily on their technical skills, ensuring their communications networks were reliable, their tactical proficiency went hand-in-hand with those communications skills.

“We’ve been conducting

convoy operations, reaction to contact and improvised explosive devices and aerial medical evacuation,” said Sgt. Stewart Thomas, multi-channel transmission system operator, 58th Sig. Co. “We have a responsibility to be technically and tactically proficient, so Soldiers who have come fresh from advanced individual training and haven’t been in an operational unit are getting hands-on training. They are polishing those basic Soldier tasks.”

The training was made more relevant and realistic with the assistance of fellow Fort Campbell units. B Co., 1st Bn., 26th Inf. Regt., provided operational forces to support specific tasks like reaction to contact and improvised explosive devices, and the defense of their signal sites throughout the field exercise.

“We are getting some very realistic training, being able to go from individual Soldier tasks to collective tasks is allowing us to completely go through the crawl, walk, run

SEE SKILLS, PAGE B4

2ND CAB

Unit celebrates Women’s Equality Day

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

CAMP HUMPHREYS, South Korea — The 2nd Combat Aviation Brigade celebrated Women’s Equality Day with a panel of speakers in mid-August.

First Lt. Sarah Jeon, an AH-64 Apache pilot from the 4th Aerial Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, was one of the guest speakers.

“I believe that it is extremely important that we hold these events where Soldiers can speak freely about gender equality in the Army and on the civilian side,” Jeon said. “It is a great way to educate both men and women.”

The panel members were asked questions and answered them with experiences from their own lives, including Ranger school, deployment and the work place.

“No matter where you go, you just need to keep pushing through and driving on,” Jeon said. “There is nothing holding you back but yourself.”

Jeon talked about her experience at Ranger school and how women have come so far from where they used to be.

“It was difficult, but as long as you carry your own weight, no one can bring you down,” Jeon said.

Capt. Maria Torres, the operations officer for the 602nd Aviation Support Battalion, 2nd CAB, was another member of the panel.

“Regardless of race or gender, we all contribute to the Army,” Torres said. “I have been doing this for 20 years, and every day I put on my uniform and truly love it.”

Torres went through the enlisted ranks before deciding to commission. Right after that, she was deployed to Iraq with an infantry unit.

“I experienced things I hope other females won’t have to experience in the work place, but after I showed that I knew what I was doing, they accepted me,” Torres said.

She shared some of her stories from being with the infantry and also how she feels she has never been hindered by her gender when it comes to her opportunities or advancements in the Army.

“I haven’t personally felt I encounter too many problems, but I know that they are there,” Torres said. “It is disheartening to know that females still have to prove themselves in the work place.”

She talked about one of her female Soldiers who reminds her of her younger self. She said she tells her that the Army gives everyone an opportunity. She just needs to set her mind to it and she can do anything.

“If females came together and lifted each other up, we would be a force to reckon with,” Torres said.



PHOTO BY SGT. 1ST CLASS DAVID WHEELER

First Lt. Sarah Jeon, an AH-64 Apache pilot from the 4th Aerial Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, performs checks in an Apache Aug. 13 at Camp Humphreys, South Korea.

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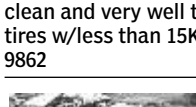


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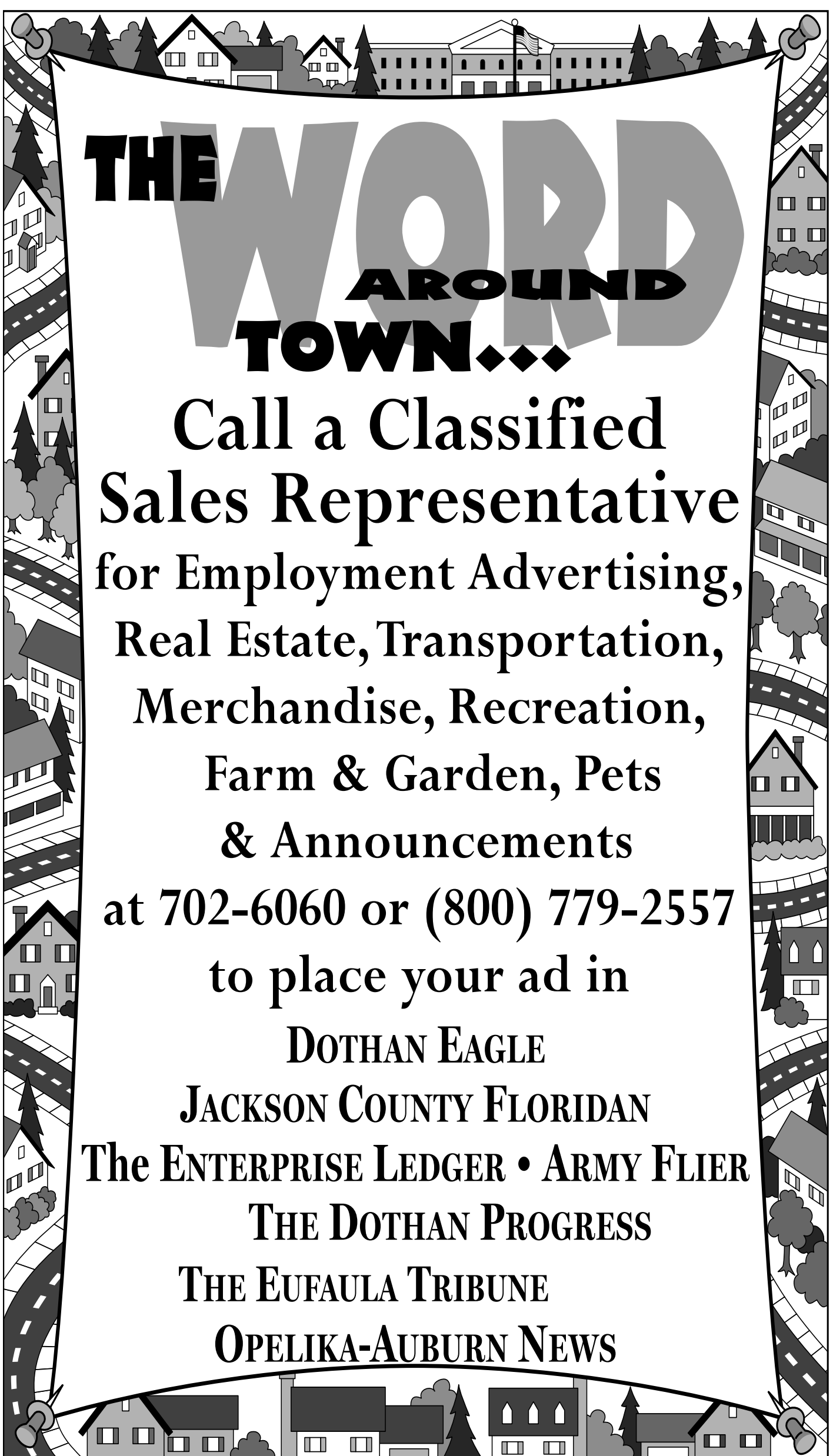
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AUGUST 27, 2015

SOLDIER SHOW

entertains Wiregrass

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Soldier Show returned to the Wiregrass and didn't disappoint with its high-energy, toe-tapping performance that had attendees dancing in their seats.

This year's theme, "We Serve," took audience members on a musical journey through the life of Soldiers and families, giving a glimpse into Army life – both past and present, through good times and struggles.

The show looked at what it means to serve in today's Army, both in and out of uniform, as well as hitting on some issues Soldiers might encounter in the military, ranging from sexual harassment, drug and alcohol abuse to loss of loved ones, and even suicide.

For Spc. Dozje Brown, Soldier Show performer from Fort Bragg, North Carolina, "We Serve" means not having to worry about where you came from, but where you're going as brothers and sisters in arms.

"Your age, your gender, your background, your history – none of that matters," she said. "When you put this uniform on, you are a part of this greater community of greater brother and sisterhood that serves our country together. It shows that if we can stick it out together – we can finish it together."

Performers, like Brown, interpreted this message through song and dance, showing not just civilians in the audience, but fellow Soldiers and veterans, as well.

For Davis Johnson, Army veteran, many of the messages hit close to home.

"I thought the show was great and the message that they were trying to get across really hits home," he said. "A lot of times, Soldiers do struggle with things like (post traumatic stress) and dark thoughts. Thankfully, I never had to struggle with that, but I knew some Soldiers who did, and it can get rough. I think things like this really can open the public's eyes to issues that many Soldiers face, both in and out of service."

The show also served as a memorial to honor those lost in service, as well as Gold Star Family members – family members of those fallen Soldiers.

Regardless of the messages that were being portrayed, however, people in the audience, like Jennifer Barton, civilian, thoroughly enjoyed the performance.



PHOTOS BY NATHAN PFAU

Soldiers perform during the 2015 U.S. Army Soldier Show at the Enterprise High School Performing Arts Center Aug. 20.



"I thought this experience was amazing," said Barton, an Enterprise native. "I came to last year's performance, so I had to come back again. It's always a treat to get to see something like this, and I know they might not be professionals, but you would never know it from the show they put on."

"I think the messages that they were conveying along with the show was great, also," she continued. "Living in this area, you know that Fort Rucker is there and you see a lot of service members, but you don't really know what it's like being a part of the Army unless you've been a part of it, and this gives people a small look into that I think. It really makes me appreciate our service members even more."

It's reactions to the show like Barton's that makes the touring around the country worth the travel for Soldiers like Brown, who said she has a passion for the performing arts.

"I saw the show when I was back in basic, and basically it was like a Broadway show in the Army – singing, dancing and acting," she said. "At the time, I didn't know

that they were actually Soldiers who were performing in the show, but by the time I got to my unit, I was able to audition and be a part of the show."

The show itself will hit more than 30 venues, putting on a total of 63 performances over the span of six months, and Col. Allan M. Pepin, U.S. Army Aviation Center of Excellence chief of staff, said it's no small feat that this handful of Soldiers achieve.

"These Soldiers come across from all military occupational specialties in our Army," said the USAACE chief of staff. "They come from all components – active duty, Guard and Reserve, and they get pulled together, and like a team of diverse Soldiers and great warriors, you can see the teamwork it takes to put a great show on like this."

"These are not professional performers – they're Soldiers," he continued. "They come from all parts of the Army, and in a very short period of time, as a team, they work together to put this great show on. What a great example (they) have set for our Army, and (they've) sent a clear message. Thank you for what you do."

VALUE

Commissary hosts case lot sale

Defense Commissary Agency
Press Release

FORT LEE, Va. — With everyday prices averaging 30 percent less than other grocery stores, the commissary has earned its reputation as the best deal in town.

But every once in a while – around spring and fall, in fact – patrons can find even better deals as stateside commissaries launch their "Customer Appreciation Case Lot Sales." This year's fall sales are starting across the U.S. now, as each store hosts individual two- or three-day case lot sales during one weekend between mid-August and the end of September. Commissaries in Alaska, Hawaii and Puerto Rico are also participating.

Fort Rucker will host a case lot sale Sept. 18-20, according to commissaries.com.

"You will find much higher savings at the case lot sales, up to 50 percent on some items," said Sallie Cauthers, marketing and mass communication specialist at the Defense Commissary Agency headquarters.

Cauthers explained that some of the best values are found in bulk purchases. "If you have a large storage area, you can stock up on bulk supplies of paper products – toilet paper, paper towels and more – and save sometimes double off our regular commissary prices."

The sales events are not limited to just a few select items. "These sales provide shoppers super deals on bulk items in-



cluding cereals, breakfast bars, chips, beverages and paper goods," she said. "Commissaries also offer great deals on seasonal fresh produce and provide high-value coupons for products inside the store."

In addition to better pricing, case lot sales are distinguishable from big-box club stores by what is called "mix and match" offerings. "If you have a large family, you can't go wrong with our mix and match section where you can take like items and mix up bulk-size cases," Cauthers said. "Mix and match offerings include cereals, canned items, beverages and various other grocery items for year-round use."

Commissaries in Europe and the Pacific, while not officially participating, may have substitute events such as sidewalk sales.

"Our commissaries offer the very best grocery products worldwide in savings and great value to our military and their families," Cauthers said. "These twice-a-year sales offer even more value and savings for their hard earned dollar."

VOLUNTEER OPPORTUNITIES

Project: Color Run

Need a volunteer to serve as DJ/master of ceremonies, which involves playing music from a digital playlist, getting on the microphone to get the crowd warmed up and pumped up pre-race, and calling out the names of racers as they cross the finish line. The race is Aug. 29. If interested, call 255-3794.

Project: SHARP Awareness Car Wash

Volunteers are needed to wash and dry cars, and also people to hold up signs to direct people to the car wash. The event will be held Aug. 28 from 11:30 a.m. to 1 p.m. at The Commons. If interested, call 255-2382.

Position: Zumba or Dance Instructors

A certified volunteer interested in teaching in a group fitness setting is needed. If interested, call 255-3794.

Position: Marketing Coordinator AFAP Conference

Volunteer needed to attend required Army Community Service and Army Family Action Plan volunteer training sessions; attend AFAP Advisory Council meetings; submit AFAP marketing status report during advisory council meetings; develop promotional advertising to enhance the visibility of AFAP, including flyers, posters, pamphlets, newspaper, TV and installation briefings; attend after action review meetings and provide input for the final AAR; serve as a spokesperson for the AFAP program; and adhere to guidelines as outlined in Army Regulation 608-47, AFAP program handbook and the installation AFAP Program standard operating procedure. If interested, call 255-9637.

Position: AFAP Facilitators

Volunteers needed to serve as neutral steward of work group; keep workgroup focused during breakout sessions; encourage participation by group members; maintain timeline set forth by AFAP coordinator; work with group recorder, transcriber, issue and staff support personnel, and subject mat-

SEE OPPORTUNITIES, PAGE C3

ON POST

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

Right Arm Night

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

Youth center membership competition

Fort Rucker Child, Youth and School Services hosts a youth center membership competition throughout August. For every new member an active CYSS member brings in to the youth center, Bldg. 2800, their name and the new member’s name will be put into a drawing for a grand prize at the end of the month. The more friends a person brings in to sign up, the greater the chance they will have to win. Youth must be between the ages of 11-18 and in grades six-12 to become a member – membership is free. Families eligible for services include active-duty Soldiers, activated or mobilized Guard and Reserve Soldiers, contractors and Department of Defense civilians. For more information, call 255-2260.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Friday from 9–10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses 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 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. The next workshop is scheduled for Sept. 25.

SHARP awareness car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team will host a SHARP awareness car wash Friday from 11:30 a.m. to 1p.m. at The Commons, Bldg. 8950, on 7th Avenue. People are welcome to meet the SHARP team, and receive information on the prevention and increase their awareness of sexual harassment and assault while they get their car washed for free. For more information, call 255-2382.

Today’s Mom nutrition workshop

Today’s Mom, a four-class nutrition workshop, will be scheduled for 1-3 p.m. Wednesday, and Sept. 9, 16 and 23 at The Commons, Bldg. 8950. Topics covered will include food safety, healthy eating, dealing with pregnancy discomforts and feeding baby. The event will feature free take home items at each class, games and recipe tastings. The workshop will be presented by Expanded Food and Nutrition Education Program - Alabama Cooperative Extension System in collaboration with the Fort Rucker Family Advocacy New Parent Support Program. The workshop is open to active-duty and retired military, Department of Defense employees and their family members. People need to pre-register by Monday. Space is limited to the first 15 people to register. For registration and childcare information, call 255-9647 or 255-3359.

Child, Family Find Campaign

The Exceptional Family Member Program will conduct its Child and Family Find Campaign throughout September to identify active duty military families with special needs. Special needs can include physical, intellectual, developmental delays, and emotional impairments that require special treatment, therapy, education, training or counseling. Enrollment is mandatory for Soldiers who are active duty, Reserve Soldiers in the USAR-Active Guard Reserve program and Army National Guard personnel serving under authority of Title 10, United States Code who have EFM’s. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a family member with a special need or disability or have knowledge of someone who is disabled or with a



PHOTO BY NATHAN PFAU

Oktoberfest

Fort Rucker’s 13th annual Oktoberfest will take place Sept. 25 from 4:30-9:30 p.m. at the festival fields. Oktoberfest will feature live German music by Sonnenschein Express; traditional German food, including bratwurst and schnitzel; a keg toss competition; a Volkswagen Show & Shine; inflatables for children; a pumpkin patch; craft activities; and more. For more information, call 255-1749.

special need, call the EFMP at Lyster Army Health Clinic at 255-7431. Lyster’s EFMP conducts EFM screenings, enrollments, updates and dis-enrollments. By regulation, Soldiers in EFMP are required to update their EFM enrollment every three years or sooner if services for special needs are no longer required. For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

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 Sept. 3. 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 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.

Financial readiness training

Army Community Service will host its financial readiness training Sept. 4 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.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Sept. 12. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 4 a.m. from the West Beach, Lake Tholocco parking lot and return at 9 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people’s fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants. For more information or to sign up, call 255-4305 or 255-2997.

Resilience training

Army Community Service will host resilience training Sept. 8 from 9-11:30 a.m. at The Commons to help people learn the skills that will make them and their families more resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff.

DFMWR Spotlight

Upcoming Family & MWR Events and Activities

Chance to WIN Tickets to the Price is Right LIVE in Dothan, AL

Join us for dinner at The LZ for your chance to WIN!

Order an entrée from The LZ dinner menu (includes items under Char-Grilled Favorites, Land & Sea, or Plates, Ribs and Combos) and receive one entry for a chance to WIN.

Drawing to Win 2 Tickets will be held on Friday, September 11.

The Landing Zone, (334)598-8025 | Open to the Public

*Patrons will receive one entry into the drawing for Price is Right tickets (Dothan, AL) each time they dine at The Landing Zone during dinner hours from the entrée menu. Cannot be combined with any additional discount or promotion.

www.ftruckerdmwr.com

People need to register by Sept. 4. For more information and to register, call 255-3735.

Operation Rising Star auditions

Operation Rising Star is coming to Fort Rucker and auditions will be Sept. 10 and 17 from 7-9 p.m. at The Landing Zone. Auditions are open to active duty and family members ages 18 and older. People need to register by Sept. 3 by calling MWR at 255-9810. Twenty-two garrisons have signed up to host Operation Rising Star audition competitions Sept. 1-30. Online submissions from active-duty military participants will also be accepted for this year’s competition Sept. 21-Oct. 4. The public will be able to vote at www.oprisingstar.com for the two top online vocalists to join the 10 garrison competitors in the finals. Operation Rising Star is one of several Installation Management Command Army Entertainment programs that provide Soldiers and family members the opportunity to showcase their talents, build life skills, and enhance individual resilience and self-reliance. The Top 10 vocalists from the garrison competitions – selected by a panel of judges – will compete in the Army-wide finals in San Antonio, Texas, in November.

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 27-30

Thursday, August 27

The Gallows (R)7 p.m.

Friday, August 28

Southpaw (R)7 p.m.

Saturday, August 29

Paper Towns (PG-13)7 p.m.

Sunday, August 30

Willy Wonka and the Chocolate Factory (G) Free Admission.....1 p.m.

Tour showcases civil rights landmarks

By Lee Sentell
Alabama Tourism Department

You may have read in history books about how Birmingham police used menacing dogs and fire hoses on civil rights marchers a half-century ago, and that racists bombed an African-American church, killing four little girls.

You may have also heard of the Birmingham Civil Rights Institute, a world-class museum on human rights, but chances are you'll be surprised that they are together, side by side. Visiting Alabama's Civil Rights District, where some of America's most painful events took place, is a powerful and emotional experience you should not miss.

In the days leading up to Easter 1963, African-Americans, including many Miles College students and professors, organized a shopping boycott of department stores during the second busiest retail season of the year. One of the great myths of the Birmingham civil rights campaign is that African-Americans were simply trying to walk to City Hall to present their complaints over unequal access to public accommodations and education, and a shortage of meaningful jobs at department stores and in local government, including law enforcement.

The marches, however, had a calculated purpose. The Rev. Martin Luther King Jr. named his mission to Birmingham "Project C." The "C" stood for confrontation.

The marches in Kelly Ingram Park began as nonviolent events, but were intended to goad public safety commissioner Bull Connor into arresting King and others to attract the attention of the national media. Connor responded on May 7 with police dogs and fire hoses. Because 2,000 children who marched were jailed, King got the headlines and media attention he wanted.

Where to begin: The Birmingham Civil Rights Institute

Begin your civil rights experience in Alabama's largest city at the Birmingham Civil Rights Institute. It's one of America's most outstanding museums dedicated to human rights

issues. After a brief video describing how this steel "boom town" became racially segregated, visitors walk past "white" and "colored" water fountains, and exhibits that show the inequality of schools and living conditions during that era.

A life-size bronze statue of minister and civil rights pioneer Fred Shuttlesworth stands guard. During the 1950s, he delivered fiery condemnations of the city's segregation laws from the pulpit of his small church, Bethel Baptist, without much impact other than to have his church and home bombed three times. He traveled to Atlanta in early 1963 and persuaded King to bring the weight of his Southern Christian Leadership Conference – and his celebrity persona – to Birmingham.

Alabama was not the only Southern state involved in the Civil Rights Movement. But some of the most infamous scenes unfolded in the blocks surrounding the 58,000-square-foot institute. The museum was built directly across the street from the 16th Street Baptist Church, where on Sept. 15, 1963, a bomb planted by segregationists killed four African-American girls. The block-long museum faces Kelly Ingram Park, where earlier that same year, the public safety commissioner, Bull Connor, blasted protesters with fire hoses and set dogs on them. Many of the protesters marching in protest of racial segregation laws were children.

Exhibits include a stylized rendition of the heavily segregated city in the 1950s, replete with vintage water fountains designated for use by race, and a sobering side-by-side comparison of white and African-American classrooms of the time. The classroom for white students has a motion-picture projector and glossy textbooks, while the classroom for black students is furnished with little more than beat-up wooden desks.

Many artifacts are on display, like one of the armored police vehicles used by Connor to attack the marchers and a replica of a burned-out Freedom Rider bus. There is also the actual door from the city jail cell in which King began his "Letter from Birmingham Jail" after being arrested on Good Friday, April 14, 1963, during the demonstrations. The 7,000-word letter is a defense of his tactics and is considered a definitive

document in human rights literature.

Near the end of the museum exhibits, you'll see a massive photo of King speaking at the Lincoln Memorial and hear portions of his stirring "I Have a Dream Speech" in which he talks hopefully about how future generations of African-Americans will be "judged by their character and not by the color of their skin."

Chances are you'll not be prepared for what's around the corner: a large photo of the blown-out wall of the 16th Street Baptist Church basement and smiling photos of the four girls who died that Sunday. A wall clock is stopped at 10:22. Look to your right, and through a large window you'll see the front of the actual church, recently nominated as a UNESCO World Heritage Site.

The Tour of 16th Street Baptist Church

If you are visiting Tuesday through Friday, head across the street and walk through the glass doors to the basement of the 16th Street Baptist Church for a tour. Pay the suggested donation of \$5 and learn of the story that woke up the world.

The church was organized in 1873 as the first African-American church in the city. The present building was designed by Wallace Rayfield, the state's first African-American architect, and completed in 1911. Like other churches in the segregated South, it functioned as a meeting place, social center and lecture hall. Because of its central location four blocks from City Hall, it served as a headquarters for marches that began in the city park (where blacks were not allowed) in front of the church.

Tense negotiations continued for months in other areas of community life. Just a few days after African-American students began attending previously all-white schools, a group of Klansmen planted a time-delay bomb of 10 sticks of dynamite at the church. It exploded during Sunday School on Sept. 15, 1963. Four young girls died in the basement and 23 more people were injured. Before the terrifying day was over, police fatally shot one black boy who had been throwing rocks at cars. Another was murdered by a white mob.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

DOTHAN

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

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

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

ENTERPRISE

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.

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.

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

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older

who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., 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

NOW-SEPT. 26 — The Dale County Council of the Arts and Humanities will hold its 15th annual Regional Art Exhibition at the Ann Rudd Art Center/Dowling Museum, 144 East Broad Street.

OCT. 3 — The Claybank Jamboree is scheduled for Oct. 3 and officials expect 8,000 people to attend. Applications for art, craft and food vendors are being accepted. This interested can get an application at www.ozarkalchamber.com/forms. For more information, call 774-9321.

SEPT. 4 — St. Michael's Episcopal Church will host a classical guitar concert at 7 p.m. The classical guitarist is Adam Larison, who plays not only well-known classical music on the guitar, but also lesser-known music and newly commissioned works from young composers.

Following the free concert, there will be a meet-the-musician reception in the parish hall.

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

WIREGRASS AREA

SEPT. 27 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host its Family and Friend Day at 2:30 p.m., featuring guest speaker Bishop J. L. Milton of Bethel Church in Damascus, Georgia. All churches are invited to fellowship. Dinner will be served.

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

Beyond Briefs

Broadway Under the Stars

The Montgomery Symphony Orchestra will host its 29th annual Broadway Under the Stars Sept. 10 at 7:30 p.m. at Alabama Shakespeare Festival-Blount Cultural Park, at One Festival Drive. People are welcome to pack a picnic, bring lawn chairs, blankets and coolers, and enjoy an evening of Broadway hits at the free event.

For more information, call 334-240-4004 or visit www.montgomerysymphony.org/.

Zoobilation

People are welcome to dance to the groove, delight in food samplings from the finest eateries in the River Region, try their luck at the vast collection of auction items and rub elbows with fellow animal lovers at the Montgomery Zoo's Zoobilation Sept. 17 from 6-10 p.m. Zoobilation is a fundraiser geared for adults only -- all guests must be 21 years old or older. Tickets will be on sale soon, and can be purchased at the Zoo's gift shop and museum, and online.

For more information or to buy tickets online, visit montgomeryzoo.com/announcements/zoobilation-2014-the-wildest-party-in-town.

The Montgomery Zoo is located at 2301 Coliseum Parkway.

Coastal Clean-up Day

Panama City Beach, Florida, invites everyone to come out Sept. 19 from 10 a.m. to 1 p.m. at Russell Fields City Pier across from Pier Park to take part in International Coastal Clean-up Day. Officials will hand out gloves, trash bags and water as volunteers help tidy up the beaches. The pier is at 16101 Front Beach Road.

For more information, call 85-0233-5045.

'Ballet and the Beasts'

The Montgomery Zoo will host the Montgomery Ballet in a free performance under the stars at "Ballet and the Beasts" at the zoo Sept. 25. Gates open at 6 p.m. and the performance will begin at dusk. Attendees are welcome to bring picnic blankets and chairs.

For more information, call (334) 240-4900 or visit montgomeryzoo.com/announcements/ballet-and-the-beasts.

The Montgomery Zoo is located at 2301 Coliseum Parkway.

Peanut Boil Festival

Luverne will host its Peanut Boil Festival Sept. 26 from 8 a.m. to 5 p.m. at Turner Park. The festival includes more than peanuts, including arts and crafts, a beauty pageant, a car show, a 5K fun-run and walk, entertainment under the big tent and food. The park is located at 1300 S. Forest Avenue. Admission is \$2 for adults and children 8 and younger are admitted free.

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

Montgomery Biscuits

The Montgomery Biscuits, the Double-A affiliate of Major League Baseball's Tampa Bay Rays, plays in the Southern League. The Biscuits' season is in full swing with regular games at Montgomery's Riverwalk Stadium.

For information on the team, including the schedule, ticket prices, directions to the stadium and the latest news, visit www.biscuitsbaseball.com.

Civil War ironclad CSS Georgia recovered

By Jerry Beddemeier
Army News Service

(Editor's Note: The following is a wrap-up of the efforts to raise the CSS Georgia from January to August.)

SAVANNAH, Ga. — Savannah began its harbor expansion with a team of 10 people, who used wire baskets to raise a handful of objects at a time.

The team, a group of marine archaeologists from Panamerican Consultants, Inc., was recovering and preserving small artifacts from the CSS Georgia, a Civil War-era ironclad that rests at the bottom of the Savannah River.

Their work, along with that of U.S. Navy divers, who recovered ordnance in July and will be raising larger portions of the vessel through September, comprises the first phase of the Savannah Harbor Expansion Project.

Once complete, the approximately \$700 million project will deepen the river from 42 to 47 feet, extend its length by seven miles, widen three bends, and add two meeting areas to better accommodate post-Panamax ships as early as 2021, said Jason O’Kane, a senior project manager at U.S. Army Corps of Engineers Savannah District.

Post-Panamax refers to a new class of cargo ships too large to fit through the Panama Canal before its expansion, which is expected to be complete by April.

“Many have wanted to recover this historically significant Civil War vessel since the 1970s and learn more about her,” O’Kane said. “With SHEP under way, it now must be removed in order to deepen this area of the channel. It’s exciting to be getting both now.”

Humble beginnings

Before marine archaeologists began their daily dives in January, the amount of historical information on the CSS Georgia was limited.

“We know very little about the ship itself, other than from the lithographs from the Civil War period in the newspapers,” Stephen James, lead archaeologist from Panamerican Consultants, Inc., said while presenting his team’s findings at a public lecture in the Savannah History Museum June 2.

Though no blueprints exist, historians do know the Ladies Gunboat Association raised around \$122,000 in 1862 – roughly \$2 million to \$3 million today – to construct the ironclad, whose armor, or casemate, was fashioned from alternating railroad irons because the South lacked sufficient foundries for pressing steel into plates.

The ship’s tonnage and undersized propulsion, combined with the strength of the Savannah River’s currents and tides, pigeon-holed the vessel into becoming a floating battery across from Old Fort Jackson, where it guarded against a Union naval advance into Savannah.

The ship served in this capacity for two years but never fired a shot in battle, except for an unconfirmed volley against a Union rowboat attempting to scout upstream. As Gen. William T. Sherman’s troops advanced on Savannah in December 1864, Confederate forces scuttled the ship to prevent it from being used against them.

The ironclad remained undisturbed for more than a century before a dredge struck and marked it in 1968.

Raising the wreck

The U.S. Army Corps of Engineers contracted Texas A&M University to survey the vessel in 1980, which formed the foundation for further exploration. Six years later, divers recovered approximately 100 cannonballs and rifled Brooke shells, along with two cannons, which are displayed on Old Fort Jackson.

As sonar and survey technology improved, marine archaeologists gained a clearer picture of the wreck site’s topography. This technology also brought into focus the damage inflicted on the vessel from more than 150 years of routine dredging, merchant traffic, and its most formidable enemy: teredo worms, which James likened to “sea termites,” that destroyed most of the ship’s wooden hull.

Divers use multibeam sonar technology to map the ironclad’s tattered remains, which are spread over a 150- by 250-foot area. Archaeologists subdivided this area into 10-foot by 10-foot squares on an electronic grid to enable them to record the location of and methodically recover the artifacts.

James said the 3-D technology allowed archaeologists to virtually fly over the wreck site, pinpoint areas of interest and subsequently send a diver down to explore.

In one case, a suspicious object turned out to be a log trapped underwater in debris. In another, it was a fourth cannon that previous surveys had overlooked because it lay closer to the channel, away from the rest of the wreck.

However, a majority of the artifacts aren’t visible with the multibeam sonar and the conditions in the Savannah River have complicated the recovery process.

The turbid, cold water limits divers’ visibility to 6 inches or fewer and requires them to wear thick gloves, which also inhibit their ability to sense objects. In addition, because

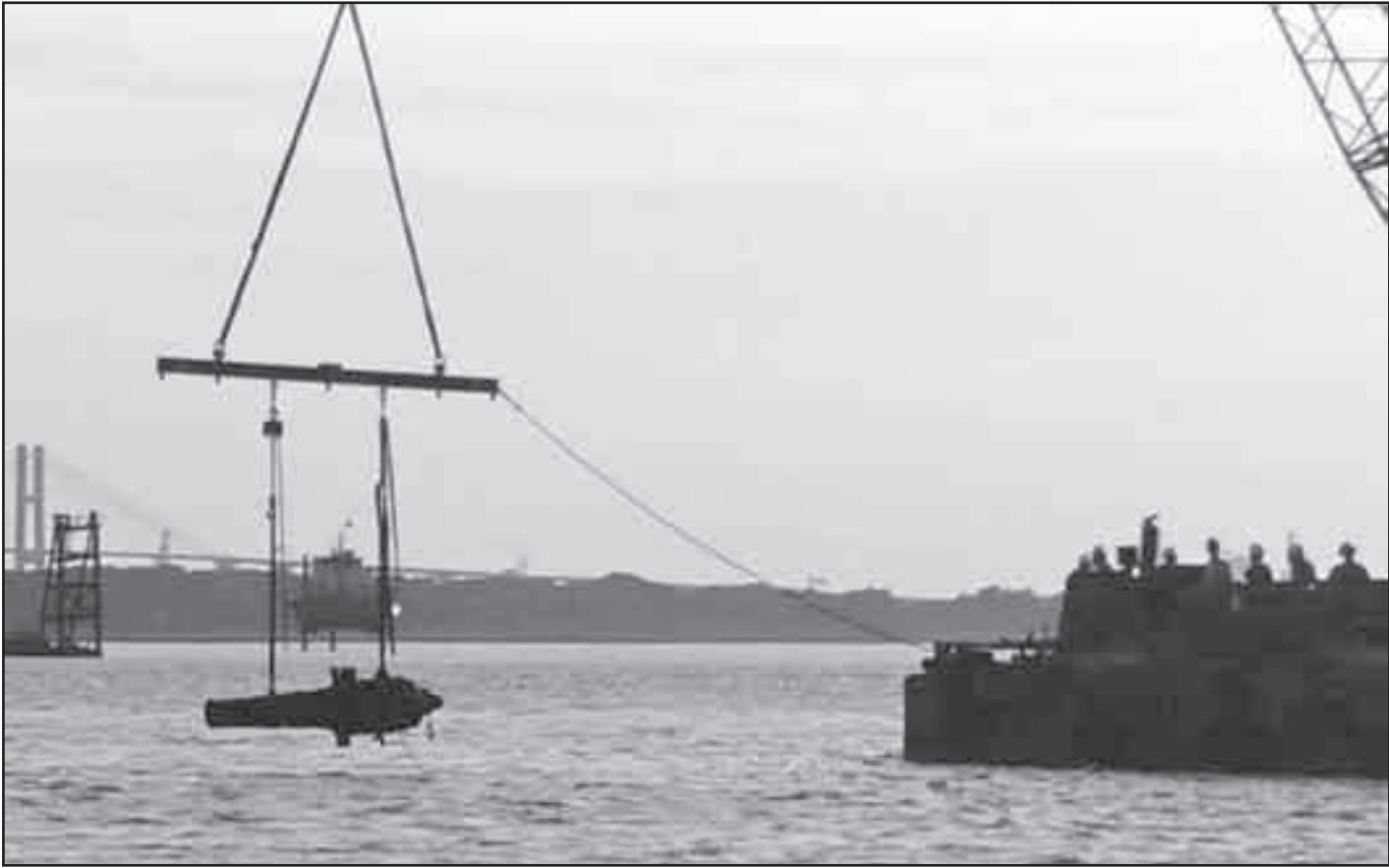


PHOTO BY MICHAEL JORDAN

The CSS Georgia continues to surprise archaeologists. Case in point, this 9,000-pound Dahlgren rifled cannon that archaeologists thought was a different type of cannon before raising it to the surface July 21.

the tides can fluctuate up to 8 feet, and currents are strongest at high and low tide, the optimal safe diving time is limited to a one- to two-hour period at slack tide, when currents slow to a halt.

These factors combine to make the process painstakingly slow. Once on the bottom, the lone diver places a wire basket in the middle of one 10-by-10 foot square and, while holding onto the basket with one hand, uses his other hand and feet to locate objects.

To the untrained eye on the surface, many of the artifacts look like hunks of barnacle-covered rock, which makes the divers’ job even more impressive. A closer examination, sometimes via X-ray, reveals much more.

“Stuff will just appear out of concretions,” James said.

As divers recover artifacts, they’re sent upriver to Jim Jobling and Parker Brooks, a project manager and graduate student, respectively, from Texas A&M University’s Conservation Research Laboratory. They tag and catalogue the artifacts before sending them to the lab in Texas for further analysis and conservation.

Piecing it together

To date, archaeologists have recovered more than 1,500 artifacts that have provided rare glimpses into the lives of Confederate sailors serving aboard the ironclad.

Archaeologists knew life aboard the creaking, leaking ironclad was not a choice assignment, but the discovery of three full sets of leg irons suggests something more: that sailors had to be shackled in some cases to prevent them from going AWOL.

Another item, a bayonet handle from a P.S. Justice rifle bayonet, model 1861, Type II, illustrates Confederate sailors’ hopeless plight if they were to encounter the enemy. P.S. Justice products were notorious for their lackluster performance.

One inspector wrote that the bayonets were “of such frail texture that they bend like lead, and many of them break off when going through the bayonet exercise,” according to College Hill Arsenal, a website specializing in Civil War relics.

Archaeologists have also recovered a panoply of munitions and accoutrements related to the six cannons on board the ship. Brass parts like the “eyes for tackle” and an elevator screw, used to control the direction and height of the cannon, respectively, were still in good condition. Brooks was impressed the elevator screw still turned after being submerged for more than 150 years.

In addition to the cannonballs and rifled rounds, archaeologists raised two grapeshot stands, comprised of five to six golf ball-sized rounds that dispersed from the cannon like a shotgun, and an 80- to 100-pound “bolt” round.

The bolt is a solid, gunpowder-less projectile from a 6.4-inch Brooke rifled cannon that was used to puncture fortifications and iron-clad armor.

“With this, they didn’t want boom, they wanted a hole,” Brooks said.

But amid the fort-busting shells are more delicate items such as pottery, wine bottles, and a hand-polished glass top from a decanter or condiment bottle.

“It really makes our day when we find objects used by an individual,” Brooks said. “It helps tell more of the story.”

During the June 2 lecture, James said the CSS Georgia also functioned as a sieve over the years. His team recovered several pieces of decorated pottery that predated European explorers’ arrival in North America.

Past, future meet

Despite the amount of information archaeologists have gathered from the artifacts, many questions remain.

For example, archaeologists still don’t know if the CSS Georgia had one or two propellers. Divers recovered one propeller July

24, and even though modern surveys have never shown signs of a second propeller, it is probable the second propeller was removed from the site during a salvage operation in the 1860s-1870s, according to Julie Morgan, USACE Savannah District lead archaeologist for the project.

In addition, though Civil War-era lithographs show 10 gun ports, archaeologists haven’t determined how many cannons were on board when it was scuttled.

Six cannons have been identified at the site: two reside on Old Fort Jackson from the 1986 survey and Navy divers recovered the other four in late July of this year. One of those four cannons turned out to be a 9,000-pound Dahlgren rifled cannon, which was a pleasant surprise to archaeologists when it was raised July 21 as they previously thought a different type of cannon rested at the site.

Other issues surrounding the propulsion equipment have archaeologists scratching their heads.

Jobling said the engine block is missing mounting screws, and the wrist pin that would have joined the piston and the connecting rod has been removed. If the wood beneath the engine block rotted away, the screws would still be attached to the block, so this suggests a different explanation.

Did Confederate sailors remove these items before scuttling the vessel? Another hypothesis is that a post-Civil War salvage operation was aborted midstream when the funding ran out and the recovered items were dumped back overboard.

In addition to these nuanced questions, the overall fate of the ironclad and its artifacts after the recovery also remains obfuscated.

Navy divers have begun recovering larger sections of the casemate and are raising them in five-ton chunks. Later, a mechanized five finger-style crane and clamshell will grapple and scoop the remaining casemate, assorted railroad iron and the bed on which the wreck rests.

Archaeologists will quickly sift through the items to separate artifacts of worth and duplicates, Jobling said.

The ship, which is considered a captured enemy vessel, belongs to the Navy. The Corps of Engineers is working with the Navy to find museums interested in exhibiting the ironclad’s artifacts, but nothing concrete has been established.

With time, perhaps the CSS Georgia’s future, like the remnants of its past that are still being raised from the Savannah River’s turbid waters, will become clearer. For now, speculation will have to suffice.

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ARMY LEADER:

Hispanic Heritage Month time to reflect on values, service

By David Vergun
Army News Service

WASHINGTON — The chief of the Strategic Initiatives Group, Office of the Assistant Chief of Staff for Installation Management said he learned at an early age about family values from his parents and extended family growing up in Alhambra, California, several miles from downtown Los Angeles.

Later, when Col. James E. Saenz joined the Army, he said those same values he learned as a child matched the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

Joining a values-based organization made him feel like he'd joined a second family — the Army, Saenz said.

As the Army and the nation celebrates National Hispanic Heritage Month Aug. 15 to Sept. 15, he said it's a time to reflect on contributions and sacrifices Hispanics have made to the United States, not just in the military, but in all walks of life.

A significant number of Hispanics have served in all of the nation's wars beginning with the Revolutionary War, he said.

"In our past history, diversity wasn't as appreciated as it is today and many experienced discrimination, but they still chose to serve their nation despite that," he pointed out.

"The Army has led the nation in showing the strength of diversity and how integration can be the strength and foundation of our democracy," Saenz said.

The Army strives to reflect the society it serves, he said.

Those who claim to be Latino or Hispanic make up about 16 percent of the U.S. population, according to the U.S. Census Bureau's 2010 survey. "Latinos make up about 13 percent of the Army, so I think that's a pretty good reflection" of that rapidly growing demographic, Saenz said.

The military, particularly the Army, is a good place for Hispanics to serve, he said.

Once you become a Soldier, you're a Soldier for Life, he said, referring to the program by that name that helps Soldiers start strong, serve strong and later reintegrate back into their com-



COURTESY OF COL. JAMES E. SAENZ
Col. James E. Saenz is shown at his outgoing change-of-command ceremony at U.S. Army Garrison Bavaria, Germany, with his wife, Leslie, and children last year.

munities, where they help make them even stronger.

On a personal note, Saenz said his parents taught him to appreciate hard work and the value of education, both formal as well as life-experience education.

His father started at a low-level blue collar job with the Los Angeles Department of Water and Power and worked his way up to superintendent for one of the five power districts. His mom cared for the family and later became a secretary for the city school district. His brother, Thomas, is a civil rights lawyer, and is president of the Mexican-American Legal Defense and Education Fund, a national non-profit organization that supports civil rights.

"It's service to country in a different way," he said.

Saenz said he sees a connection of his own family's values with not just the Army's values, but with other Hispanic communities, which also share these same values. He said he learned this from travels around the world, experiencing Latino cultures other than his own.

Non-Latino Americans can celebrate this month, as well, he said. He encouraged others to try to get an understanding of Hispanic culture and history, and to also appreciate the service and sacrifices of its veterans.

"We all need to celebrate our own heritages, cultures and diversity as a nation," he said, referring to Hispanic

and other groups as well. "Much of the strength of our nation comes from our diversity and the multitude of cultures. The Army is a good reflection of that diversity and has been very good at celebrating it. We led the way in integration in many ways by integrating military organizations in preparation to fight our nation's wars."

He said that he hopes more Hispanics will serve and will seek higher levels of responsibility to become role models for others to follow.

"Hispanics have made significant contributions as leaders in government, academics and business," Saenz said. "Role models help show our youth that success in these areas is possible, so more are apt to seek careers in these areas. That increases diversity and strengthens the institution."

Saenz fulfilled his parent's wishes for him to get a good education. He attended the U.S. Military Academy at West Point, New York, and later went to graduate school. He also served in a variety of special operations assignments from detachment commander to group executive officer.

Recently, Saenz served as the commander of U.S. Army Garrison Bavaria. He participated in Operations Desert Storm and Enduring Freedom, as well as numerous counter-narcotics missions in Central and South America.

Saenz said that his father, who also served in the Army, is very proud of his military service.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

Spiritual Life Center, Building 8939
10:15 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 Regt Bible Study
Hanchey AAF, Bldg 50102N, Rm 101, 11:30 a.m.

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

Adult Bible Study
Soldier Service Center, 12 p.m.

Youth Group Bible Study
Spiritual Life Center, 5:30 p.m.

Adult Bible Study
Spiritual Life Center, 6 p.m.

Thursdays
Adult Bible Study
Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study
Wings Chapel, 6:30 p.m.

Saturdays
Protestant Men of the Chapel
Wings Chapel (1st Saturday), 8 a.m.



COURTESY PHOTO

Pick-of-the-litter

Meet Jubilee, an approximately 12-week-old female short-hair tabby kitten for adoption at the Fort Rucker stray facility. She is friendly and playful. She has received a rabies vaccination and tested negative for FeLV/FIV. Adoption fees vary per species and needs of animal. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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AUGUST 27, 2015

3-player playoff caps tournament

By Nathan Pfau
 Army Flier Staff Writer

Professional golfers from across the South participated in Fort Rucker's inaugural Fort Rucker Open, which ended in a three-player playoff to take home the title.

The 54-hole Women's Professional Golf Association tournament was held on the installation's Silver Wings Golf Course Aug. 18-20, and although many Ladies Professional Golf Association professionals took part in the competition, it was Jordan Britt from Chattanooga, Tennessee, who took the win and the \$5,000 prize.

Col. Shannon T. Miller, Fort Rucker garrison commander, attended the awards ceremony following the tournament to offer her congratulations to all the participants for a job well done.

"It's my honor and privilege to be able to present awards to you all today," said the garrison commander during the ceremony. "It's so refreshing, and I'm very pleased to see a bunch of energetic, driven young ladies here."

"I'm really impressed by your dedication, your professional ethic and, most importantly, the teamwork that you all have displayed," she continued. "Even though it's an individual sport, you all don't get here on your own. You get here with the people around you and through learning from each other. That's how our Army is, too. We can't do it by ourselves."

Britt and two other players, Ki'Shui Liao and Carlie Yadlockzky, were tied on the final hole and had to shoot a three-player playoff hole as the tie breaker. Britt man-

aged to eagle the hole for the win, shooting 74, 72 and 73 for the tournament.

"When I finished today, I didn't think it was going to be enough and I was a bit disappointed," said the tournament champion. "But then I found out that I was in a playoff with two other players and I was immediately nervous, but a good kind of nervous."

Britt said she had one of her good friends play as caddy for her, which helped to keep her calm and make the shots she needed. "I can't believe I eagled the hole, but I'm glad I did," she said.

Although she's been playing golf for some time, it's always a challenge when getting to the next level, and the tournament win will help her achieve her goal in becoming a full-fledged LPGA professional, Britt added.

"When you make it to that next level, it just gets harder. Everyone out here has a lot of talent, so you just have to rise to the occasion," she said, adding that the win will help her pay for qualifying school, which is just one step on her way to the LPGA.

The challenges, however, weren't just against the other players, but also with the course itself, Britt said.

"This is a pretty challenging course and you just have to rise to the occasion sometimes," she said. "The greens are a challenge. If you get into the wrong spot on the green, you're going to have a really hard time making your par, especially if you miss the green, but (the course) really was in good shape. I've learned so much over this week - it's been great."



PHOTO BY NATHAN PFAU

Carlie Yadlockzky, Fort Rucker Open runner up, takes a shot onto the green during the playoff round of the Women's Professional Golf Association Tournament at Silver Wings Golf Course Aug. 18-20.

Pilot program helps change behaviors

By Staff Sgt. Sierra Fown
 Army News Service

FORT CAMPBELL, Ky. — The 2nd Brigade Combat Team, 101st Airborne Division (Air Assault) was one of five brigades in the Army selected to participate in the Performance Triad pilot program, an Army-wide initiative to ensure Soldiers and their families are provided tools and information to lead a healthier lifestyle.

Started in 2013 by the U.S. Army Medical Command, the Performance Triad aims at optimizing performance by emphasizing the importance of three components - sleep, activity and nutrition.

The components of the triad have a significant impact on the readiness and resiliency of the Army's total force, said Lt. Gen. Patricia Horoho, Army surgeon general and commander of MEDCOM.

"The value of the program brings industry leading concepts that are already in place in the special operations community and in professional athletes to add to our total Army family," said Lt. Col. Jason L. Silvernail, Performance Triad activity lead, Falls Church, Virginia. "The triad is intended to help the total Army family, which include Soldiers, civilians, retirees and their families, adopt in their short-term and long-term health behaviors in the area of sleep, activity and nutrition that we know are associated in better physical fitness, better health and better performance."

The Performance Triad experts are holding training for Strike Soldiers in their train-the-trainer course titled "Performance Triad University." The goal is for the P3U graduates to go back to their units and incorporate the training into their day-to-day operations.

The Strike brigade was hand-selected by Gen. Ray Odierno, former Army chief of staff, to participate in this pilot based on data generated that indicates Strike Soldiers are better fit than others within the Army's ranks. The pilot kicked off Aug. 3, and is slated to be ongoing within the brigade until February to collect sufficient data.

"We know from the Army's Global Assessment Tool survey that Strike Soldiers actually have better levels of physical activity than your average Soldier," Silvernail said. "We're going to bring a comprehensive suite of tools to help these Soldiers to continue to improve their physical fitness level to perform at the level they need to meet their mission."

The triad and its resources com-



PHOTO BY SGT. JOSHUA DWYER

Soldiers, with the 39th Brigade Engineer Battalion, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), climb ropes during physical training on Fort Campbell, Ky., June 17.



pare the lifestyles of Soldiers to those of professional athletes. Thus implementing the professional Soldier athlete, a term used to describe the need for the force to be able to achieve physical, emotional and cognitive prowess; optimal performance during sustained operations; the establishment of a strong and healthy social, family and spiritual support network; and maintenance of all these areas for sustained Soldier readiness and resilience.

One key component that Soldiers lack in is the amount of sleep needed to perform optimally as a professional soldier athlete.

According to the study compiled by the triad, Soldiers overestimate their own proficiency with insufficient sleep. Less than 5 percent of Soldiers can sustain performance on less than seven to eight hours of sleep per 24 hours.

"All of our sleep recommenda-

tions come from national, professional organizations that have been vetted and proven in multiple scientific studies," Silvernail said. "So, in the Performance Triad, our target goal is to get eight hours of quality sleep in a 24-hour period."

The nutrition goals the program intends to target include refueling 30 to 60 minutes following strenuous exercise and to eat at least eight servings of fruits and vegetables per day.

According to Maj. Bethany A. Belanger, nutrition lead for the program, Soldiers fail to meet that target. She hopes with the spread of information and resources the triad makes available will help change that statistic.

"I see a lot of Soldiers using quick fixes just to get through the day," Belanger said. "It mostly comes in the form of energy drinks. I hear a

SEE PERFORMANCE, PAGE D4



TRICARE pharmacy rules changing for maintenance, brand-name drugs

By Terri Moon Cronk
 Department of Defense News

WASHINGTON — TRICARE beneficiaries who take certain brand-name medications on a regular basis will be required to fill prescriptions at a military treatment facility or through a mail-in program beginning Oct. 1, a Defense Health Agency official said Aug. 20.

George Jones, DHA's pharmacy operations division chief, said the new policy does not apply to active-duty troops, overseas beneficiaries, nursing-home residents and those with other health insurance that has a prescription-drug program. In certain circumstances, he added, some beneficiaries might be waived from the program on an individual basis.

The brand-name, regularly used, or maintenance medications could include those to treat chronic conditions such as blood pressure or cholesterol issues, Jones explained.

Generic medications are not affected by the new policy, he said.

Beneficiaries to be notified

TRICARE pharmacy beneficiaries who will be affected will receive a letter from TRICARE in early to mid-September, with instructions on make the transition from retail pharmacies to a military pharmacy or the Express Scripts mail-in program, he said.

Those with questions about medications in the brand-name maintenance category can call Express Scripts customer service at 1-877-363-1303 or look up the drug online at TRICARE's website.

Beneficiaries can track their medication status and expected delivery date by calling or going online to Express Scripts.

The new TRICARE policy stems from the 2013 National Defense Authorization Act and is designed to save beneficiaries and taxpayers money, Jones explained.

Expected to save money

"Based on estimates, the program is expected to save beneficiaries \$16.5 million in reduced copays and projected Defense Department savings is \$88 million during the first year," he said.

That translates into a savings of about \$176 per medication per year, he added.

A pilot program on the new pharmacy initiative was conducted in 2014 and it was "very successful," he added.

"It was very well received by beneficiaries and met reductions in beneficiary-put-of-pocket costs and reduced costs to the government," he said.

DOWN TIME



Trivia test by Fifi Rodriguez

TRIVIA

1. GEOGRAPHY: Guadalcanal is part of which island group in the Pacific Ocean?
2. TELEVISION: What was Norm's last name in the sitcom series "Cheers"?
3. MOVIES: Which actors voiced the two main characters, Woody and Buzz, in the "Toy Story" movies?
4. ARTS: What country holds a festival of music, literature and performing arts called an eisteddfod?
5. INVENTIONS: Who is credited with inventing the Hula Hoop?
6. HISTORY: Who was known as "The Iron Chancellor"?
7. ANIMAL KINGDOM: What kind of creature does the Australian bandicoot most resemble?
8. RADIO: When did the soap opera "The Guiding Light" begin as a serial show on radio?
9. MEASUREMENTS: The term "vicennial" refers to a period of how many years?
10. GENERAL KNOWLEDGE: What is the symbol for the zodiac sign Capricorn?

See Page D4 for this week's answers.

Super Crossword

- ACROSS**
- 1 On — with (equivalent to)
 - 5 Viking letters
 - 10 South American plains
 - 16 Cap for a Scot
 - 19 "Us" or "them"
 - 20 Prefix with structure inhabitant
 - 21 Lacking scruples
 - 22 — culpa
 - 23 Place for test tubes
 - 26 Bruins great Bobby
 - 27 Lemonade alternative
 - 28 Diving ideal
 - 29 Zero
 - 30 Blind as —
 - 31 "Can it"
 - 32 Warehouse or silo, e.g.
 - 37 Prom suit
 - 38 Antique auto
 - 39 Chum
 - 40 Noisy turkey
 - 41 Hearth residue
 - 43 Title giver
 - 46 Lord's lady
 - 47 Koch and Bradley
 - 48 Saying "Yay me!" say
 - 54 Oldsmobile's last model
 - 55 "Strange — may seem ..."
 - 56 — out a living
 - 57 "You are not!" retort
 - 61 is a sign of
 - 63 it parallels the fibula
 - 66 Pago Pago inhabitant
 - 67 VCR tape displacer
 - 68 Place for excavating building rock
 - 72 Corrosive cleaner
 - 73 Sobieski of "Max"
 - 76 Bosch locale
 - 77 in ciphertext
 - 80 Scandalous company of 2001
 - 81 Senator, e.g.
 - 82 "— shame!"
 - 85 La Scala
 - 86 Uproar over a disputed matter
 - 91 Kennel noise
 - 94 "... friend who never made —": Tennyson
 - 95 Laundry cycle
 - 96 Lion's place
 - 97 Brussels site
 - 99 Suffix with racket
 - 100 Up "I'll
 - 102 Many run Windows
 - 105 Winner's foot
 - 109 "Ave —"
 - 111 Medium gait
 - 112 Refrain syllable
 - 113 Former Egypt-Syr. alliance
 - 114 Twofold nature
 - 116 Lend support
 - 117 Obsolete hypothesis about the universe's origin
 - 121 British verb suffix
 - 122 Wounded
 - 123 Serving a purpose
 - 124 Rock group Mötley — show
 - 125 Springfield's Flanders
 - 126 Have a fixation (on)
 - 127 Repasts
 - 128 Give lip to?
 - DOWN**
 - 1 Give a hand
 - 2 Machu — (site of Incan ruins)
 - 3 Farewells, in France
 - 4 Oboe's pair
 - 5 Starchy grain
 - 6 Antsy feeling
 - 7 Falcons' org.
 - 8 Bard's Muse
 - 9 Cavalry sword
 - 10 Ford product
 - 11 Blown away
 - 12 Recurring subject
 - 13 Spread, as ideas
 - 14 Rowboat propeller
 - 15 Furtive
 - 16 Big name in cell service
 - 17 Made bubbly, in a way
 - 18 They suffer for believing
 - 24 To the — degree
 - 25 Via wagering
 - 30 Balkan Peninsula repub.
 - 33 Salad bar tool
 - 34 Wise adviser
 - 35 "Hot Diggy" singer
 - 36 Two-nation peninsula
 - 38 Letter before sigma
 - 41 Bushy '60s do
 - 42 File resident
 - 44 Jackie O's
 - 45 Onassis
 - 46 Kaffiy of country
 - 46 Capital of Senegal
 - 48 Wrangler's seat
 - 49 An hour before noon
 - 50 Shylock, e.g.
 - 51 Publisher Condé —
 - 52 Starship princess
 - 53 Holiday tuber
 - 58 Crumble into particles
 - 59 Bears Hall of Farmer Gale
 - 60 Eventually
 - 62 Suffix with Peking
 - 64 High figs. for brains
 - 65 Shirt fastener
 - 66 Thesaurus word: Abbr.
 - 69 Christmas carol opener
 - 70 Court plea, in brief
 - 71 Be a parent to
 - 74 "NCIS: — Angeles"
 - 75 Involve by necessity
 - 78 Shore nook
 - 79 Unrestricted
 - 81 Advocates
 - 83 Seat holders
 - 84 Have the helm
 - 87 "That makes two —!"
 - 88 Liberated, in German
 - 89 Big-top event
 - 90 Poem variety
 - 91 Not partake
 - 92 Musical echo
 - 93 Inundated
 - 98 "Skedaddle!"
 - 99 Dodges
 - 101 High school in "Grease"
 - 102 A — (deductively)
 - 103 Lemon, e.g.
 - 104 Agree (to)
 - 106 Draw up
 - 107 Hollywood's O'Neal
 - 108 Preach, say
 - 109 — jongg (tile game)
 - 110 Smart — (wise guy)
 - 115 Plains tribe
 - 117 HBO rival
 - 118 Indenting
 - 119 NFL gains
 - 120 Aunt, to Inés



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

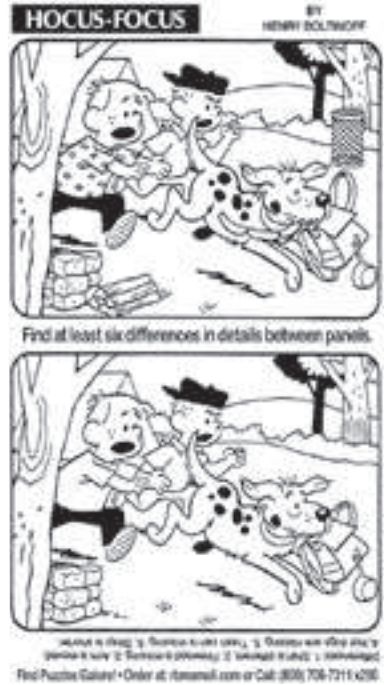
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER



Attendants help ease stress

By Sgt. 1st Class John Cupp
Army News Service

NAVAL SUPPORT ACTIVITY BETHESDA, Md. — In such cases where severely wounded, ill or injured troops are incapable of fully managing their day-to-day affairs on their own, the military offers the option of non-medical attendants who serve as live-in caregivers to help these troops as they continue treatment and work to recover.

For Warrior Transition Brigade-National Capital Region Soldiers at Naval Support Activity Bethesda, NMAs can be a godsend, said Linda Rasnake, a WTB-NCR family readiness support assistant.

“Once a wounded, ill, or injured Soldier gets here, not all of them need an NMA, but for those that do, the NMAs assist with daily living, which can be things like getting someone from their bed to a (wheel) chair, feeding them and in some cases clothing them,” Rasnake said. “When a warrior gets injured, their whole lives have changed, either emotionally or physically or whatever the case may be, whether from a TBI (traumatic brain injury) or from something like PTSD (post-traumatic stress disorder).

“They may not be able to remember to take their pills or remember what appointments they have to go to each day. The WTB Soldier’s job while here is to recover, so their major responsibility is to get to their appointments, and later on down the road, to work on their transition either back to active duty or on to civilian life,” Rasnake said. “The



PHOTO BY SGT. 1ST CLASS JON CUPP

Rachel Williams, a non-medical attendant, shares a lighthearted moment with her daughter, Spc. Allyson Williams, a patient and Soldier with the Warrior Transition Brigade-National Capital Region, at Naval Support Activity Bethesda, Md., Aug. 1.

NMAs help them to get them through their daily routine so there are no hiccups and also assist them in their transition.”

Along with helping with the normal daily activities of shopping, cleaning, cooking, laundry and assisting patients with appointments, NMAs help prepare medications, ensuring proper dosage for patients and keeping them on schedule for taking their medication.

They are also required to motivate patients to work on their transition plans to include such things as future employment and education goals, keep up their spirits, and serve as an advocate for the Soldier with regard to medical and administrative issues.

Christy Blankenship, an NMA, said the best part of being a caregiver has been aiding the recovery

of her friend of six years, Sgt. Eric Osborne, a licensed practical nurse and patient with the WTB-NCR, who was sent to NSAB in July 2014, after an accident fractured his ankle, left fibula, right tibia, lateral hip, pelvis and two places in his back.

“As a civilian, it’s easier for me to advocate and deal with the military for (Osborne), and with appointments, because sometimes he forgets,” Blankenship said. “So I’ll help take some of the stress off him by talking with his nurse case manager and making an appointment so he doesn’t have to remember.

“It can be a hard job, taking up a lot of time, but I enjoy it. When he was first here, he was having three or four appointments a day, but now he is progressing, getting stronger and more independent,” Blankenship said. “The

rewards have been that I get to see him getting better and gaining back his independence as he becomes able to do more things for himself.”

In order to aid in Osborne’s psychological wellbeing, Blankenship said she needed to break up the monotony and tedium of the daily routine by finding recreational activities for him to do.

“When you’re here, your life is on hold and you’re not doing what you want to do, so you need to do things to keep your spirits up and take a break from appointments,” Blankenship said. “We try to do things like going to the movies, taking a trip or eating a meal in Baltimore.”

Doctors, nurse case managers and others work with the local command to make determinations on whether a patient’s case warrants an NMA.

NMAs can be members of a person’s immediate family, such as a spouse, sibling or parent. In some cases, the NMA may be a friend or someone assigned by the command to the service member. Once approved as an NMA, the caregiver receives orders allowing them to live on base with their Soldier.

Having arrived to NSAB on NMA orders in July 2014, Rachel Williams looks after her daughter, Spc. Allyson Williams, a combat medic, who arrived to NSAB for treatment in April 2014 after suffering tears in her hip and issues with her pelvis requiring major surgeries.

“It can be difficult as a parent not knowing what’s going on, especially when I was back home in Massachusetts and she (Ally-

son) was here,” said Rachel, who hails from Merrimac, Massachusetts. “But being here now as her NMA, I can actually watch her doing physical therapy and can see the progress she’s making.”

Although NMAs are not required to have medical training, there are five training modules available to them that focus on NMA duties along with information about base amenities they are permitted to use while on NMA orders.

Soldiers who benefit from having live-in care givers said they are appreciative of the NMA program.

“It’s nice to have an NMA, especially on those days when I’m in a wheelchair (for a long) time and my arms get really tired. So, having someone else push the chair has been great,” said Osborne, who hails from Michigan City, Indiana. “The normal tasks that take people a few seconds to do, take me much longer, so it’s a great help to have someone who can do those things.”

“Having an NMA is kind of a love-hate type thing for me, because it’s hard being an independent person and then having to go back to relying on someone else for everything,” Allyson said. “But I honestly don’t know what I would have done without having my mom here helping me, especially after all the types of surgeries I’ve had this last year. Having an NMA is a vital part of recovery, especially for emotional stability and peace of mind.”

Currently, there are more than 50 NMAs serving Soldiers of the WTB-NCR on NSAB.

Expert Field Medical Badge graduation rates higher than average

By Staff Sgt. Mark A. Moore II
2nd Brigade Combat Team
Public Affairs

FORT DRUM, N.Y. — Each year, medical units across the Army conduct Expert Field Medical Badge testing. Candidates arrive in droves to register, but within weeks, only a select few remain to have the coveted badge pinned upon their chest.

Historically, the event has an average attrition rate of 80 percent. With figures this high, one might question the training efforts Soldiers put forth before attempting such a feat.

Despite statistics and historical averages, hundreds of health care specialists from all components of the Army seek to demonstrate their tactical medical knowledge and skill.

Eighteen days ago, approximately 160 medics from the 2nd Brigade Combat Team, 10th Mountain Division (LI), and units from Fort Drum; Fort Benning, Georgia; Fort Bragg, North Carolina; and the Wisconsin National Guard, as well as Soldiers attending the Uniformed Services University of the Health Sciences, Maryland, attempted to defeat seemingly insurmountable odds during Fort Drum’s Expert Field Medical Badge training and testing lanes held Aug. 2-12 at the Bridgewater-Vaccaro Medical Simulation Training Center.

To earn a badge, candidates must correctly answer 45 of 60 questions in a written exam; complete all performance measures on more than 40 tasks involving tactical



PHOTO BY STAFF SGT. MARK A. MOORE II

A medical Soldier checks a simulated casualty for injuries at one of three critical task training lanes during Fort Drum's Expert Field Medical Badge testing course held at Fort Drum, N.Y., Aug. 2-12.

combat care, reacting to chemical attacks and medical evacuations; find three of four points during day and night land navigation; and complete a 12-mile foot march carrying nearly 40 pounds of equipment within three hours.

This year’s competition yielded an unusually high graduation rate of 35 percent, one-third of whom are assigned to the 10th Mountain Division’s Commando Brigade. But what made these medical personnel

more successful than everyone else?

For the health care specialists assigned to C Company, 210th Brigade Support Battalion, 2nd BCT, the answer was preparation.

“I’ve known about this for five months – there is no excuse to come out here unprepared,” said Sgt. Andrew Coglio, health care specialist with C Co. “You could set a week aside of your own time to review test materials, and hands on will make you perfect.”

Coglio’s company executive officer, 1st

Lt. Tim Lukacz, knew the importance of preparation, and he gave every opportunity for his Soldiers to study.

“We began the train up weeks before the event started,” Lukacz said. “During our recent mission with the Wisconsin National Guard, we would train in the evenings. Once we returned to Fort Drum, we set aside two weeks and concentrated on testable EFMB tasks.”

All candidates began their EFMB testing by learning the medical training lanes testing and grading standards.

Lukacz described the combination of training and practice as the key to successfully completing the lanes.

“If you have dedicated the time to prepare yourself for the competition, if you apply what the EFMB cadre teach you to what you’ve studied, you’ll be successful. But, it’s hard to have success when you’re relying on only one or the other.”

Understanding the grading criteria and perfecting their skills led to C Co. Soldiers earning a 47-percent graduation rate.

Staff Sgt. Justin Auschwitz, a medical laboratory technician with C Co., described the importance of practicing the perishable skills and learning from others’ advice.

“If you don’t practice it, you’ll lose it,” he explained. “You also have to utilize your resources, which is one of the things the badge is hopefully teaching people – you can’t just rely on yourself. You have to branch out and ask people for their input on how to do things. So, it’s also a humbling experience in that aspect.”

Lifespace Center

Zz

Lyster Army Health Clinic
Ft. Rucker, AL

Introducing the new Lifespace Center at Lyster, located right inside the main entrance.

Designed to take care of your entire families healthcare needs, questions, and concerns.

Four wall mounted computers (CAC enabled) for soldiers to complete the GAT 2.0 assessment and assist with the Army Move Program "Move!23" and PHA Part 1 questionnaire. You can access other info such as Ice Comments, TRICARE Online & RelayHealth.

We provide additional health education for all beneficiaries, including established classes such as Diabetes "Basic", Army Move, Healthy Heart, and Sleep Hygiene.

- You can be referred by your Primary Care Manager
- You can refer yourself by calling 255-7038 to make an appointment
- You can simply walk in between the hours of 7:30 AM & 4:45 PM.

Cooking demonstrations, 4th Friday of every month at 11:00 AM. Food samples and recipes with nutritional and cost analysis will be available.

The Lifespace Center is excited to teach you how to prepare healthier meals on a budget, encourage you to get and stay moving, and enable you to take charge of making healthier decisions in your lifespace – where you live, work and play.

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Performance: Diet, activity level key to good health

Continued from Page D1

lot about Soldiers skipping meals because they just don't realize how simple using real food is – fruits and vegetables to truly optimize their performance. I think starting with small changes will really help our Soldiers not only have a better nutrition outcome, but to feel better and perform better.”

The recommended level of activity, according to the Performance Triad, is to include two or more days of resistance training, one day of agility training, at least 150

minutes per week of moderate aerobic exercise, and 75 minutes per week of vigorous intensity physical training sessions. In addition, they suggest individuals aim for 15,000 steps per day.

On any given morning in Strike land, passersby are sure to find Soldiers meeting these goals. But the Performance Triad doesn't stop in Strike's formations. It extends to the family members that some view to be the backbone in the force.

“We realized we can teach the Soldiers all day long about how to optimize their sleep, activity and nutrition, but then when

they went home their families didn't have the same understanding of those concepts,” said Kathleen M. Whittle, Performance Triad team lead, Falls Church. “We now aim to teach the family members as well so they can support the Soldier and turn it into a habit-changing lifestyle for all involved. Because when you work together as a team, it brings the family closer and increases resiliency for everyone in that household.”

The Performance Triad team will be back in Fort Campbell in six months to see the changes the program has brought

to Strike based on data collected by the train-the-trainer instructors. They hope the numbers will reflect how beneficial they feel the program is.

“It's an eye-opener,” Belanger said. “A lot of people know they have to sleep, they know they have to eat right and they know they have to have activity. The problem is, a lot of them think it's not achievable. What this program really does is simplifies it and breaks it down. It gives them the nuts and bolts that they need to actually start making better choices and most importantly changing their behaviors.”

SPORTS BRIEFS

Back in Shape Challenge

The Directorate of Family, and Morale, Welfare and Recreation will host its Back to School, Back in Shape Challenge now through Sept. 25. People can compete to rack up the greatest number of group fitness classes attended. Those who attend 20 or more classes in that timeframe will receive prizes and be entered to win 25 percent off the price of registration for Fort Rucker's Fall Boot Camp, which begins Sept. 28, or win a one-month unlimited group fitness class pass. People can stop by the front desk at the Fortenberry-Colton Physical Fitness Center to sign up and create their official competition log. Participation in the competition is free. Group fitness classes cost \$3.50 for a single class, \$15 for two weeks of unlimited classes and \$30 for one month of unlimited classes.

For more information, call 255-3794.

Fall Color Run

The Fort Rucker Physical Fitness Center

will host a 2-mile Fall Color Run Saturday at 8 a.m. This will not be a timed event and all participants will receive a medal. There will be no separate fun run, and children under age 12 may register for free and complete all or any part of the 2-mile course. Participants should wear white. The cost is \$12 for individual entry, no shirt included, race entry with shirt is \$25 (while supplies last). Team prices are \$160. All team entries include T-shirts (while supplies last). Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Andrews football field. Refreshments will be provided. The event is open to the public.

For more information, call 255-2296.

Silver Wings Club Championship

The Silver Wings Golf Course Members Club Championship is scheduled for Sept. 5-6. Tee Times will be posted by 3 p.m. Sept. 4. People need to register by noon

Sept. 3 in the Silver Wings Pro Shop. Entry fee is \$50 plus cart fees. The golf course staff will make Saturday pairings based on handicap. Sunday's pairings will be based on first round scores. The sign-up sheet is located in the golf shop.

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 scheduled for Sept. 10 at 5:30 p.m. The challenge is open to all authorized patrons. Each class is \$3.50 or people can use their class cards. Each session will feature door prizes and refreshments.

For more information, call 255-3794.

Sunrise Yoga

Fort Rucker Sports, Fitness and Aquatics will host Sunrise Yoga at West Beach, Lake Tholocco Sept. 12 from 7:30-9 a.m. Participants are welcome to enjoy 90 minutes

of sun salutations and vinyasa flow on the shores of Lake Tholocco. All experience levels are welcome. A limited number of yoga mats will be provided, but people are asked to bring their own, if possible. The event is open to the public.

For more information, call 255-3794.

Youth sports coach recruitment

The youth sports and fitness program is looking for prospective coaches for all of its sports activities. Fort Rucker offers a wide range of sports to the youth of the community, including basketball, football, tennis, soccer and more. People interested in helping community youth by volunteering to coach youth sports should stop by the recruiting table at the Fort Rucker Physical Fitness Center on Andrews Avenue Sept. 16 from 10 a.m. to 2 p.m. Training will be held Sept. 26 at 9 a.m. at the youth center gym, Bldg. 2800.

For more information, call 255-2257 or 255- 0950.

PUZZLE ANSWERS

Super Crossword

Answers

A	P	A	R		R	U	N	E	S		C	A	M	P	O	S		T	A	M					
S	I	D	E		I	N	F	R	A		A	M	O	R	A	L		M	E	A					
S	C	I	E	N	C	E	L	A	B	O	R	A	T	O	R		O	R	R						
I	C	E	D	T	E	A		T	E	N		Z	I	P					A	B	A				
S	H	U	S	H		S	T	O	R	A	G	E	F	A	C	I	L	I	T						
T	U	X		R	E	O		B	U	D		G	O	B	B	L	E	R							
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						K	I	S	S																

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Solomon Islands
2. Peterson
3. Tom Hanks and Tim Allen
4. Wales
5. Richard Knerr and Arthur "Spud" Melin
6. Otto von Bismarck, Germany
7. A large rat
8. 1937
9. 20 years
10. The goat

OPELIKA-AUBURN
NEWS
your life. your News.

RUN FOR YOUR LIFE
THE AREA'S NEWEST COSTUMED 5K

Grab your running shoes & join us the morning of Oct. 17 for the area's newest costumed 5k! Costumes are not required, but we will have prizes for the best costumes.

Opelika Municipal Park • Saturday, October 17
Presented by Opelika-Auburn News & Opelika Parks & Rec.

AWARDS FOR

Top Male/Female Runner
Runners by Age Division
Best Individual Costume
Best Group Costume
Best Pumpkin 12 & under
Best Pumpkin 13 & up

PUMPKIN

CARVING CONTEST

Show off your carved pumpkin on our stage for the chance to win a special prize

SCHEDULE OF EVENTS

8:00 Activities Begin
8:15 One Mile Fun Run
8:30 Race Begins
9:30 Awards

FOR MORE INFORMATION OR TO REGISTER VISIT OANOW.COM/RUN