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

VOL. 65 • NO. 28

FORT RUCKER ★ ALABAMA

JULY 16, 2015

Garrison welcomes new commander

Miller 'bonored' by return to Aviation

By Nathan Pfau

Army Flier Staff Writer

Hundreds crowded the U.S. Army Aviation Museum as Fort Rucker welcomed its new garrison commander while bidding farewell to one who leaves big shoes to

Col. Shannon T. Miller assumed command from Col. Stuart J. McRae during a ceremony Friday as the garrison colors passed from one commander to the next.

Davis D. Tindoll Jr., Installation Management Command Atlantic Region director, presided over the ceremony and expressed his appreciation for McRae's leadership over the past three years, as well as welcoming Miller to the command

"Shannon, please accept my personal welcome to this United States Army garrison, and also to the Atlantic Region team," he said during the ceremony. "I'm confident that with your demonstrated leadership you will build on the successes of your predecessors. The challenges are many, but I'm (certain) that you'll bring new energy and excellence to the garrison command and this Army Community of Excellence."

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, said he believes the Army has put their confidence in the right individual.

"I think we've got the right garrison commander coming in to fill (McRae's) shoes and I want to welcome Shannon to the team," he said. "Although you've got some big shoes to fill, I'm absolutely confident that you're going to continue to take our garrison to the next level."

Miller said she stands ready to take on the challenges ahead.

"I'm extremely humbled and honored to return back to the home of Army Aviation, and also to be a part of the Atlantic Region," said Miller. "I can also say that after 23 years of service, never have I felt such an overwhelming sense of (homecoming) than when I returned back here to Fort Rucker a few days ago."

That sense of welcome was brought on by the people of the installation, as well as



Col. Shannon T. Miller, Fort Rucker garrison commander, receives the garrison colors from Davis D. Tindoll Jr., Installation Management Command Atlantic Region director, as she assumes command from Col. Stuart J. McRae during a change of command ceremony at the U.S. Army Aviation Museum Friday.

McRae, who said he has full confidence in Miller's leadership.

"I know you'll be successful with this team of teams behind you – there's no way that you can fail," he said to the incoming commander. "If I had to describe the two

main things that kept our rollercoaster of a garrison on the tracks, it would be the quality of the service and the competency of our workforce. I wish you all the best

SEE GARRISON, PAGE A5



An employee helps a shopper as he and other shoppers enjoy the giveaways, specials and other goings on at the new Fort Rucker Commissary grand opening Wednesday. Joseph H. Jue, Defense Commissary Agency director, Bobby Ward, Fort Rucker commissary store director, and Russell B. Hall, Fort Rucker deputy to the commanding general, cut the ribbon to the new state-of-the-art commissary to open the store. For more on the new facility, see next week's *Army Flier*.

USAARL welcomes new commander

By Nathan Pfau

Army Flier Staff Writer

U.S. Army Aeromedical Research Laboratory Soldiers and civilians welcomed Col. Richard G. Malish as their new commander as he assumed command of the unit from Col. John A. Smyrski III during a ceremony at the U.S. Army Aviation Museum July 8.

Maj. Gen. Brian C. Lein, U.S. Army Medical Research and Materiel Command commanding general, presided over the ceremony to welcome Malish and thank Smyrski for leading a team that helps protect Soldiers through research and development.

"John has transformed this command with personal oversight of realigning the workforce with the five core competencies of this lab," said Lein. "The science behind protecting Soldiers must remain a requirement for our nation and our Army, and nowhere is this more evident than the work being done here at the U.S. Army Aeromedical Research Laboratory," adding that he believes Malish is the right man to keep those requirements relevant and progressive.

"Rich and (his wife), Kate Malish are the right team to take this command forward," said the commanding general. "I know you're going to be phenomenal for this organization."

Malish said he is committed to continuing with and building on USAARL's success.

"I will do my best to ensure the ongoing contributions of this famous lab," said Malish. "I will support its Soldiers, families, civilians, my new neighbors here at Fort Rucker and my new neighbors here at USAMRMC to overcome anything that may be blocking our collective progress. As a commander of USAARL, I will not only support high-quality, relevant research, but I will ensure that the marriage of learning and leadership will not be



Col. Richard G. Malish, USAARL commander, assumes command from Col. John A. Smyrski III as he accepts the organizational colors from Maj. Gen. Brian C. Lein, U.S. Army Medical Research and Materiel Command commanding general, during a change of command ceremony at the U.S. Army Aviation Museum July 8.

separated on my watch."

Malish returns to Fort Rucker after nearly 20 years, and brings with him a wealth of experience having served in numerous leadership positions, including battalion surgeon for the 3rd Battalion, 5th Special Forces Group at Fort Campbell, Kentucky; brigade surgeon for the 173rd Airborne Brigade; chief of cardiology testing for Womack Army Medical Center at Fort Bragg, North Carolina; deputy commander for clinical services at Winn Army Community Hospital in Fort Stewart, Georgia; to his most recent assignment as the commander of Army Health Clinic Southern Command in Doral, Florida.

SEE USAARL, PAGE A5

Force structure decisions impact Rucker, USAACE

Fort Rucker Public Affairs Press Release

The Department of the Army announced July 9 force structure decisions and stationing plans for the reduction of the Regular Army from 490,000 to 450,000 Soldiers.

This reduction of 40.000 Soldiers will occur in fiscal years 2016 and 2017. This represents a cumulative cut of 120,000 Soldiers from the Regular Army (21 percent) since 2012. These will be accompanied by a reduction of approximately 17,000 Department of the Army civilian employees.

Driven by fiscal constraints resulting from the Budget Control Act of 2011, and defense strategic and budgetary guidance, these cuts will impact nearly every Army installation, both in the continental United States, including Fort Rucker, and overseas. The Army was directed to make reductions, and did so in a strategically considered approach to preserve warfighting capability and avoid a hollow force as the Army faces continuing fiscal pressures.

After comprehensive analysis of mission requirements and installation capabilities that included public participation at community listening session at installations including Fort Rucker, the Army determined Fort Rucker will lose 186 total Soldier authorizations by the end of FY 2017 and an unspecified number of DA civilians.

While the U.S. Army Aviation Center of Excellence will lose approximately 68 percent of these 186 authorizations, multiple tenant organizations on Fort Rucker will be impacted and analysis is ongoing on which units will lose personnel authorizations.

While the loss of any Soldier authorizations has an impact, Fort Rucker is fortunate its losses are less than some other installations around the Army. The great participation of the Wiregrass community during the listening session held on post in February was included in the overall Army comprehensive analysis and final decision.

If current law budget caps, commonly referred to as sequestration, are not addressed, the Army endstrength will be further reduced to 420,000 Soldiers by FY 2019. This will result in a cumulative loss of 150,000 Soldiers from the Regular Army (26 percent) cut over a seven year period. The resulting force would be incapable of simultaneously meeting current requirements and responding to the overseas contingency requirements of the combatant commands.

Fort Rucker and Army officials understand the Wiregrass community is directly impacted by these reductions in Soldiers, DA civilian employees and their families who live on Fort Rucker and in the surrounding communities.

The leadership of Fort Rucker will continue to keep local leaders updated on DA force structure decisions that affect Fort Rucker and the Wiregrass community.

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PERSPECTIVE

OPM announces protection plan

Office of Personnel Management Press Release

WASHINGTON, D.C. — The U.S. Office of Personnel Management announced the results of the interagency forensics investigation into a recent cyber incident involving federal background investigation data and the steps it is taking to protect those impacted.

Throughout this investigation, OPM has been committed to providing information in a timely, transparent and accurate manner. As information has become available and verifiable, the agency has updated Congress, the Inspector General, federal employee representatives, and - most importantly - those that are affected. This announcement is the latest in this series of updates and OPM will continue to provide additional information going forward.

Background

Since the end of 2013, OPM has undertaken an aggressive effort to upgrade the agency's cybersecurity posture, adding numerous tools and capabilities to its various legacy networks. As a direct result of these steps, OPM was able to identify two separate but related cybersecurity incidents on its systems.

OPM announced the results of the interagency forensic investigation into the second incident. As previously announced, in late May, as a result of ongoing efforts to secure its systems, OPM discovered an incident affecting background investigation records of current, former and prospective federal employees and contractors. Following the conclusion of the forensics investigation, OPM has determined that the types of information in these records include identification details such as Social Security numbers; residency and educational history; employment history; information about immediate family and other personal and business acquaintances; health, criminal and financial history; and

Some records also include findings from interviews conducted by background investigators and fingerprints. Usernames and passwords that background investigation applicants used to fill out their background investigation forms were also stolen.

While background investigation records do contain some information regarding mental health and financial history provided by those that have applied for a security clearance and by individuals contacted during

SEE PLAN, PAGE A4



OPM GRAPHIC



LIllusionist Wayne Hoffman comes to The Landing Friday from 7-8:30 p.m. Why is it important to maintain a healthy imagination as an adult?"



Toshia Chambers, military family member "I think it helps from

becoming too jaded."



Meghan Sebring-Morris, military family member

"It's good to not take things too seriously all the time."



Brenda Harris. military family member

"I think having a healthy imagination breeds the most creative ideas.



Brooke Garcia, **Army spouse**

"It's a lot like faith. You don't have to be able to see and feel something to believe in it. Using your imagination can help people stay grounded and get more out of life."



Naiasia Cole military Family member

"Life shouldn't be taken so seriously, so it's important to have an escape from reality every now and then."

COMMAND

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Deadlines are Friday at 2 p.m. for the following week's edition. All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL

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Army Flier by e-mail, please contact the editor at jhughes@ armyflier.com.

SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for selfinjury.
- Calmly control the situation, do not use force.
- Actively listen to produce relief.

scort your buddy

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

SURVIVOR

Golden Gate bridge jumper spreads message of hope

By Jeremy Henderson

Army Flier Staff Writer

Two years after being diagnosed with bipolar disorder, Kevin Hines jumped from the Golden Gate Bridge.

"Freefall, he said, 'God, please save me. I don't want to die.' And he didn't die," Traci Dunlap, ASAP suicide prevention program manager, said.

Less than 1 percent of those who have jumped from the Golden Gate Bridge survive, according to Hines' website, and the author of "Cracked Not Broken: Surviving and Thriving After a Suicide Attempt" now uses his miraculous experience to spread his message of mental health awareness across the globe.

Dunlap said she hopes the unique perspective Hines provides will motivate more people to utilize the mental health tools provided by the Army.

"The Army has a lot of tools available," she said. "We just need to make sure every-

one utilizes them."

Hines comes to Fort Rucker's post theater for a two-day engagement July 21-22. Each day features two sessions, 10-11:30 a.m. and 1-2:30 p.m.

"I think this presentation will provide a unique point of view," Dunlap said. "If you come across an individual who is struggling, then you can better understand their struggle. I think when we see someone struggling, we try to see it from their point of view, but we don't always understand. The most important thing to do is respect where they are. Even if you can't fully understand where they are coming from, you should at least respect how they feel and focus on getting them help.

"It is very important to be aware that someone could connect to you for whatever reason and you become their 'somebody,'" she added. "You might not think you are qualified to be their somebody, but you are."

According to his website, Hines was awarded a Lifetime Achievement Award in 2012 for

his outstanding work as a suicide prevention advocate and speaker by the National Council of Behavioral Health. He has also been recognized by SAMHSA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the Veterans Affairs, and he has received a Three Star Marine General's Medal Award in addition to his numerous other accolades.

Hines' will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences with university campuses, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations and various conferences, according to his website.

Hines released "Cracked Not Broken: Surviving and Thriving After a Suicide Attempt" in 2013. His story was featured in the film "The Bridge."

For more information or to register for one of the four sessions, call 255-7916 or email traci.d.dunlap.civ@mail.mil.



COURTESY PHOTO

SMA calms fears over troop cuts

By Staff Sgt. Jerry Griffis

1st Infantry Division Public Affairs

FORT RILEY, Kan. — The Army's top noncommissioned officer addressed Soldiers and family trepidation about troop cuts during his first visit to the home of the 1st Infantry Division "Big Red One" as sergeant major of the Army July 7-9.

"This an emotional topic for many people and I know it is a concern for many of you, as well," Sgt. Maj. of the Army Daniel A. Dailey told a town hall audience of more than 400 July 8. "First and foremost, we are going to do this responsibly and we are going to do it with discipline and focus.

"We are getting smaller," Dailey said. "Some of you may have

heard the news announcement."

This week, the Army announced 40,000 Soldiers will be cut in fiscal years 2016 and 2017, bringing regular Army end strength to 450,000. These changes will be accompanied by a reduction of about 17,000 Department of the Army civilian employees.

Driven by fiscal constraints resulting from the Budget Control Act of 2011 and defense strategic and budgetary guidance, these cuts will impact almost every Army installation, both in the continental United States and overseas.

Cuts are expected to come from two-star and above headquarters, like the 1st Infantry Division on Fort Riley; the reduction of brigade combat teams; the Aviation Restructure Initiative; operational force design changes; and reduction to enabler and generating

forces.

Dailey discussed the importance of balancing budget constraints while maintaining the Army's duty to the nation.

"The most expensive thing in the United States Army is us," Dailey told the Soldiers surrounding him. "We have a responsibility to the American people to make sure that we do not become too expensive."

Army officials were directed by Congress to make reductions and used an approach intended to preserve the Army's warfighting capability while simultaneously avoiding detrimental changes as the Army faces continuing fiscal

"At the end of the day, we fight and win our nation's wars, but our job is also to prevent and deter war," Dailey said. "We need to maintain the most credible and lethal fighting force the world has ever known."

Hines

Dailey told the audience that despite the drawdown, the nation still needs the most highly qualified professional Soldiers to protect American interests at home and abroad.

"Even though we are no longer at war in Iraq and Afghanistan, we still have a very high operational tempo," Dailey said. "Over 100,000 Soldiers are deployed today, and that will continue or at least persist for the foreseeable future."

Dailey said there needs to be great emphasis on retaining the Army's best Soldiers and civilians.

"We have to invest in one thing, and nothing against our other services, but we don't have big aircraft carriers, we don't have fancy airplanes – what we have is people," Dailey said. "The American Soldier fights and wins on the ground."

Soldiers queried Dailey on the selection process for the looming cuts.

"We are going to manage ascensions and attrition to get to 450,000," Dailey said. "Natural attrition occurs and we are going to allow that to happen."

Dailey also said other programs, such as the Quality Management Program and the Qualified Service Program, will continue to be used as necessary to retain the very best of the Army profession.

"There is plenty of room in the Army at 450,000 for Soldiers that want to be a part of the profession," he said. "You should have no fear."

Warrant officer's birthday

The Warrant Officer Career College celebrated the warrant officer's 97th birthday with a ceremonial cake cutting July 10. CW4 James Jernigan, WOCC military history instructor, represented the oldest Soldier present and CW2 Jason Hayes served as the youngest as the two cut the first slice of cake.

The official birthday of the Army Warrant Officer Corps is July 9, 1918, when an act of Congress established the Army Mine Planter Service as part of the Coastal Artillery Corps.



PHOTO BY JEREMY HENDERSON

News Briefs

School registration

Fort Rucker Primary School registration for pre-kindergarten, kindergarten and first grade has begun. Families new to the area that have not yet registered should do so now. Registration hours are Mondays-Fridays from 9-11 a.m. and 1-3 p.m. Parents can pick up a packet, fill it out at home and then return it to the school. People who re-registered with the school in April do not need to do so again.

Lyster Back to School Bash

For more information, call 255-2823.

Lyster Army Health Clinic hosts its Back to School Bash Tuesday from 3:30-6:30 p.m. The event gives parents a chanced to have their children's physicals and immunizations completed, while at the same time receive important information relevant to the school year. Parents are asked to bring yellow shot cards and all medical documentation to assist in better processing time. Alabama blue cards will be processed during this time and, due to patient volume, may be delayed up to 72 hours. Fort Rucker agencies will

be available to answer questions pertinent to off-post and on-post school registration and programs, safety, nutrition, drugs and alcohol, bullying, injury prevention and nutrition alternatives. The event will also feature games and prizes.

Eagle Rising ceremony

The U.S. Army Warrant Officer Career College will host an Eagle Rising ceremony July 22 at 10 a.m. at the U.S. Army Aviation Museum to induct retired CW4 Benny R. McKee into the order.

Healthy cooking demo

Lyster Army Health Clinic will host a healthy cooking demonstration July 24 from 11 a.m. to noon in the Lyster Lifespace Center. All, including children, are invited to attend the cooking demonstration. All attendees will have a chance to sample the dishes and take home a recipe card.

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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: Tuesday, 4-6 p.m.; Aug. 13, 4-6 p.m.; Aug. 28, 4-6 p.m.; and Sept.11, 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.

IG move

The inspector general's office will move to Bldg. 536 July 27-31. During this period, assistance will be by appointment only. For an appointment, call 255-2118. Regular office hours, to include walk-ins, will resume Aug. 3 at 8:30 a.m.

Plan: Call center in works to provide info

Continued from Page A2

the background investigation, there is no evidence that separate systems that store information regarding the health, financial, payroll and retirement records of federal personnel were impacted by this incident – for example, annuity rolls, retirement records, USA JOBS, Employee Express.

This incident is separate but related to a previous incident, discovered in April, affecting personnel data for current and former federal employees. OPM and its interagency partners concluded with a high degree of confidence that personnel data for 4.2 million individuals had been stolen. This number has not changed since it was announced by OPM in early June, and OPM has worked to notify all of these individuals and ensure that they are provided with the appropriate support and tools to protect their personal information.

Analysis

Since learning of the incident affecting background investigation records, OPM and the interagency incident response team have moved swiftly and thoroughly to assess the breach, analyze what data may have been stolen and identify those individuals who may be affected.

The team has now concluded with high confidence that sensitive information, including the Social Security numbers of 21.5 million individuals, was stolen from the background investigation databases. This includes 19.7 million individuals that applied for a background investigation, and 1.8 million non-applicants, predominantly spouses or co-habitants of applicants. As noted above, some records also include findings from interviews conducted by background investigators and approximately 1.1 million include fingerprints.

There is no information at this time to suggest any misuse or further dissemination of the information that was stolen from OPM's systems.

If an individual underwent a background investigation through OPM in 2000 or afterwards (which occurs through the submission of forms SF 86, SF 85, or SF 85P for a new investigation or periodic reinvestigation), it is highly likely that the individual is impacted by this cyber breach. If an individual underwent a background investigation prior to 2000, that individual still may be impacted, but it is less likely.

Assistance

OPM is taking steps to protect those impacted.

- Providing a comprehensive suite of monitoring and protection services for background investigation applicants and non-applicants whose Social Security numbers, and in many cases other sensitive information, were stolen.
- For the 21.5 million background investigation applicants, spouses or cohabitants with Social Security numbers and other sensitive information that was stolen from OPM databases, OPM and the Department of Defense will work with a private-sector firm specializing in credit and identity theft monitoring to provide services:
 - Full service identity restoration support and victim recovery assistance;
 - Identity theft insurance;
 - Identity monitoring for minor children;
 - Continuous credit monitoring; and
 - Fraud monitoring services beyond credit files.
- The protections in this suite of services are tailored to address potential risks created by this particular incident, and will be provided for a period of at least three years, at no charge. In the coming weeks, OPM will begin to send notification packages to these individuals, which will provide details on the incident and information on how to access these services. OPM will also provide educational materials and guidance to help them prevent identity theft, better secure their personal and work-related data, and become more generally informed about cyber threats and other risks presented by malicious actors.
- 2. Helping other individuals who had other information included on background investigation forms.
- Beyond background investigation applicants and their spouses or co-habitants described above, there are other individuals whose name, address, date of birth, or other similar information may have been listed on a background investigation form, but whose Social Security numbers are not included. These individuals could

include immediate family members or other close contacts of the applicant. In many cases, the information about these individuals is the same as information generally available in public forums, such as online directories or social media, and therefore the compromise of this information generally does not present the same level of risk of identity theft or other issues

- The notification package that will be sent to background investigation applicants will include detailed information that the applicant can provide to individuals he or she may have listed on a background investigation form. This information will explain the types of data that may have been included on the form, best practices they can exercise to protect themselves, and the resources publicly available to address questions or concerns.
- 3. Establishing an online cybersecurity incident resource center.
- OPM launched a new, online incident resource center - located at https:// www.opm.gov/cybersecurity -- to offer information regarding the OPM incidents, as well as direct individuals to materials, training, and useful information on best practices to secure data, protect against identity theft and stay safe online. This resource site will be regularly updated with the most recent information about both the personnel records and background investigation incidents, responses to frequently asked questions, and tools that can help guard against emerging cyber threats.
- 4. Establishing a call center to respond to questions.
- In the coming weeks, a call center will be opened to respond to questions and provide more information. In the interim, individuals are encouraged to visit https://www.opm.gov/cybersecurity. Individuals will not be able to receive personalized information until notifications begin and the call center is opened. OPM recognizes that it is important to be able to provide individual assistance to those that reach out with questions and will work with its partners to establish this call center as quickly as possible.

- 5. Protecting all federal employees.
- . In the coming months, the administration will work with federal employee representatives and other stakeholders to develop a proposal for the types of credit and identity theft monitoring services that should be provided to all federal employees in the future regardless of whether they have been affected by this incident to ensure their personal information is always protected.

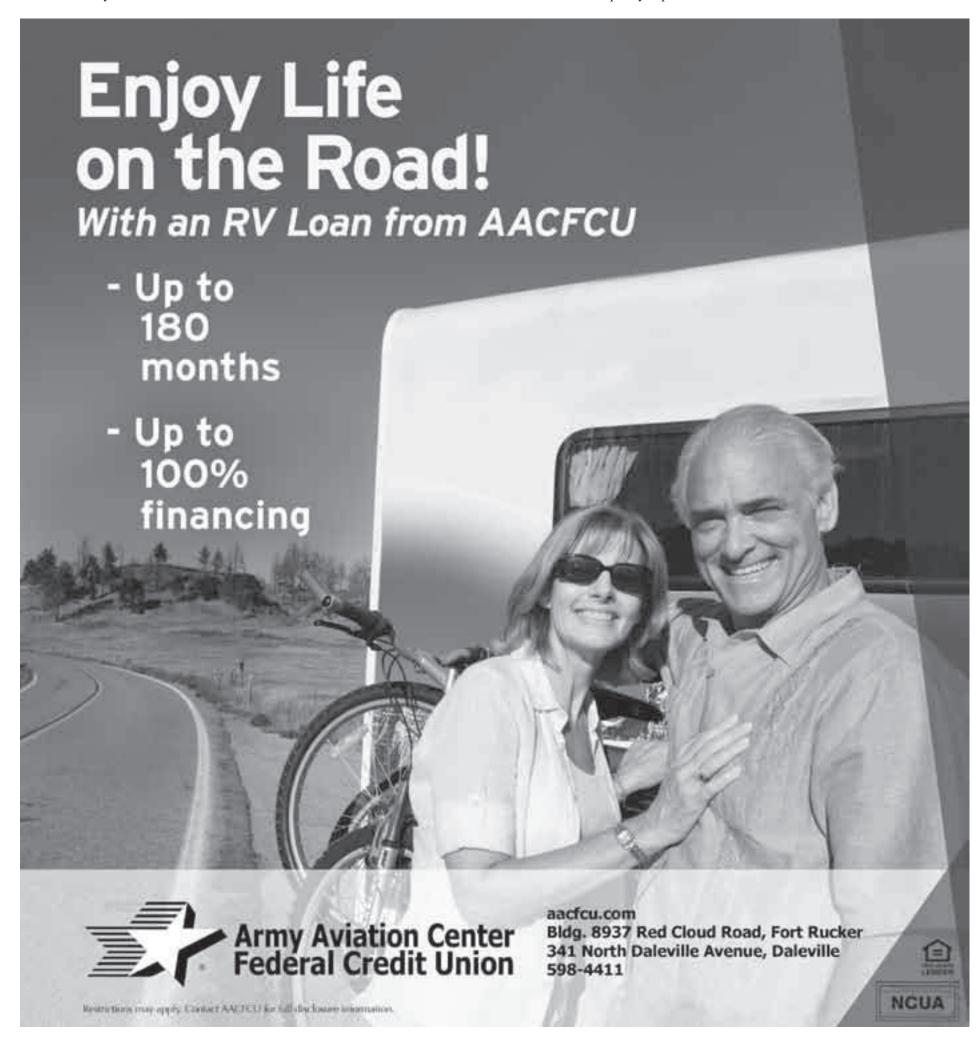
Strengthening cybersecurity

OPM continues to take aggressive action to strengthen its broader cyber defenses and information technology systems, in partnership with experts from DOD, the Department of Homeland Security, the Federal Bureau of Investigation and its other interagency partners. As outlined in its recent Cybersecurity Action Report (https://www.opm.gov/news/ latest-news/announcements/cybersecurityreport/) in June, OPM identified 15 new steps to improve security, leverage outside expertise, modernize its systems and ensure internal accountability in its cyber practices. This includes completing deployment of two-factor Strong Authentication for all users, expanding continuous monitoring of its systems and hiring a new cybersecurity ad-

The OPM director has initiated a comprehensive review of the architectural design of OPM's IT systems, to identify and immediately mitigate any other vulnerabilities that may exist, and assess OPM's data sharing and use policies. That review is ongoing.

In addition, OPM will also continue to participate in a federal government-wide 30-day cybersecurity sprint, whereby immediate steps are being taken to further protect information and assets, and improve the resilience of federal networks, and will participate in a 90-day interagency review of key questions related to information security, governance, policy, and other aspects of this the security and suitability determination process, to ensure that it is conducted in the most efficient, effective and secure manner possible.

OPM is committed to protecting the safety and security of the information of federal employees and contractors. OPM is also committed to helping those that have been impacted by this incident, safeguarding its systems and data, and fulfilling its mission to serve federal workers.



Working group to study implications of transgender service

Department of Defense News Staff Report

WASHINGTON — A Defense Department working group will study the policy and readiness implications of welcoming transgender persons to serve openly in the military, and its work will presume they can do so unless objective and practical impediments are identified, Defense Secretary Ash Carter announced Monday.

In a statement announcing the working group, Carter said that over the last 14 years of conflict, the Defense Department has proven itself to be a learning organization.

"This is true in war, where we have adapted to counterinsurgency, unmanned systems and new battlefield requirements, such as (mine-resistant, ambush-protected vehicles)," Carter said. "It is also true with respect to institutional activities, where we have learned from how we repealed Don't Ask, Don't Tell, from our efforts to eliminate sexual assault in the military and from our work to open up ground combat positions to women.

"Throughout this time," he continued, "transgender men and women in uniform have been there with us, even as they often had to serve in silence alongside their fellow comrades in arms."

Outdated regs

The Defense Department's current regulations regarding transgender service members are outdated and are causing uncertainty that distracts commanders from DOD's core missions, the secretary said.

"At a time when our troops have learned from experience that the most important qualification for service members should be whether they're able and willing to do their job, our officers and enlisted personnel are faced with certain rules that tell them

the opposite," he added. "Moreover, we have transgender Soldiers, Sailors, Airmen and Marines – real, patriotic Americans – who I know are being hurt by an outdated, confusing, inconsistent approach that's contrary to our value of service and individual mer-

Carter said he issued two directives to deal with this matter.

First, DOD will create a working group to study over the next six months the policy and readiness implications of welcoming transgender persons to serve openly. Brad Carson, acting undersecretary of defense for personnel and readiness, will lead the group, which will be composed of military and civilian personnel representing all the military services and the Joint Staff, and will report directly to Deputy Defense Secretary Bob Work.

"At my direction," Carter said, "the working group will start with the presumption that transgender persons can serve openly without adverse impact on military effectiveness and readiness, unless and except where objective, practical impediments are identified."

Administrative discharges

Second, the secretary said, he is directing that decision authority in all administrative discharges for those diagnosed with gender dysphoria or who identify themselves as transgender must be elevated to Carson, who will make determinations on all potential separations.

"As I've said before, we must ensure that everyone who's able and willing to serve has the full and equal opportunity to do so, and we must treat all our people with the dignity and respect they deserve," Carter said. "Going forward, the Department of Defense must and will continue to improve how we do both. Our military's future strength depends on it."

Bases earn **DOD** honors

Department of Defense News Staff Report

WASHINGTON — Defense Secretary Ash Carter July 6 announced the 2015 recipients of the Commander in Chief's Annual Award for Installation Excellence.

The winning installations are:

- Army: U.S. Army Garrison Fort Stewart and Hunter Army Airfield, Georgia;
- Marine Corps: Marine Corps Base Camp Lejeune, North Carolina;
- · Navy: Naval Air Station Pensacola, Florida;
- Air Force: Joint Base Andrews, Carter
- Maryland; and
- Defense Logistics Agency: DLA Distribution Susquehanna,

The award recognizes outstanding and innovative efforts of the people who operate and maintain U.S. military installations, Pentagon officials said.

"Excellent installations enable better mission performance and enhance the quality of life for military men and women and their families," officials said in a statement announcing the winners. "Each winning installation succeeded in providing excellent working, housing and recreational conditions."

Each winning installation will receive a commemorative trophy and flag, as well as a congratulatory letter from the president.



Garrison: Staff praised for dedication, quality of service

Continued from Page A1

in your command and I look forward to seeing more great things from Fort Rucker under your leadership."

It's that quality of service and dedication from the people on Fort Rucker that kept the installation running smoothly, a task that Tindoll said wasn't easy, especially in such challenging times.

"Over the last three years, Stu

has lived up to those expectations and then some," said the Atlantic Region director. "A consummate professional, leading and coordinating the efforts of the garrison, Stu excelled during a time of significant challenges. He postured the garrison for continued success, setting a standard ... capable of accomplishing its mission today and in the future. You've made a lasting impression on this community of excellence."

Miller said she will do her best to meet the challenges ahead.

"To the Fort Rucker community, you have my word that I'm committed to ensuring that all Soldiers, families, civilians and our community are taken care of, and that we'll accomplish the mission with professionalism and perseverance every day. I look forward to this journey with team Fort Rucker," she said.

career in 1992 as a chemical officer and distinguished military graduate from Columbus State University, she transitioned to Army Aviation in 1994. Miller returns to Fort Rucker with a wealth of leadership experience, having served across the world ranging from squadron S1 with the 1st Squadron, 6th Cavalry Regiment in Korea, and battalion S4 and company command-Having started her military er with the 2nd Battalion, 25th

Aviation Regiment in Hawaii, to operations officer for the Federal **Emergency Management Agency** under U.S. Army North and the regimental tactical officer for the U.S. Military Academy at West Point, New York.

She's served in multiple combat deployments in Iraq and Afghanistan, and recently graduated from the National War College with a master of science in national security strategy.

USAARL: Outgoing commander names unit's most valuable asset — its people

Continued from Page A1

He has also served in multiple deployments to Iraq and Honduras, and promised to use his experience in the field and on the home front to ensure his time in command is successful.

In order to do that, Smyrski said that Malish must take advantage of USAARL's most valuable assets – its people.

"This (command) is truly a labor of love, and it's the journey, not the destination," said the outgoing commander. "(The Soldiers and civilians of USAARL) are the reason that (this organization) is relevant to Army medicine and Army Avia-Colonel Malish, just as you did me. I'm confident that you will continue to excel in all that you do."

Having served as the commander for the past three years, Smyrski said when

"Rich is a proven leader who will surely take USAARL to the next level of excelcomplete success of the USAARL mission Health Award.

as we continue to support the Army."

It's because of the team's dedication lence," continued Smyrski. "He is a com-that the research laboratory has been rection. My hope is that you will challenge but veteran who understands and appreci- ognized with numerous awards over the ates the operational needs of the combat years, including, most recently, receiving Soldier. I'm confident that he will ensure the Army Star for Safety Occupational



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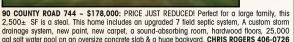




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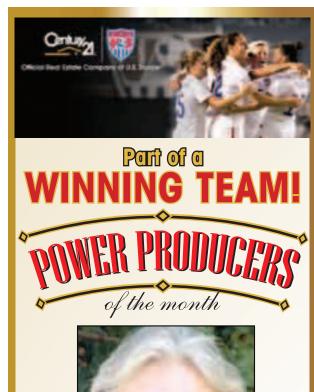


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JULY 16, 2015

Army to realign brigades

By C. Todd Lopez Army News Service

WASHINGTON — By the end of fiscal 2018, the active Army expects to have drawn down in size from 490,000 to 450,000, said Army officials during a press conference at the Pentagon July 9. The service will also shrink the size of several brigade combat teams and will cut 17,000 civilian employees.

"These are incredibly difficult choices," said Brig. Gen. Randy George, director of force management for the Army. "The Army followed a long and deliberate process that included utilization of a (Government Accountability Office)-endorsed military value analysis process, and an inclusive total Army analysis, in order to determine the best construct for the Army, based on the threats we face and the current fiscal environment we must operate in."

The most-recently announced cuts will heavily affect six installations, where more than 1,000 Soldiers will be cut. These

locations include 3,402 Soldiers on Fort Benning, Georgia; 3,350 Soldiers on Fort Hood, Texas; 2.631 Soldiers on Joint Base Elmendorf-Richardson, Alaska; 1,251 Soldiers on Joint Base Lewis-McChord, Washington; 1,214 Soldiers on Schofield Barracks, Hawaii; and 1,219 Soldiers on Fort Bliss, Texas.

During the press conference, the Army provided a list of 30 installations - including those six - where changes would be made. Communities outside those installations will regrettably be affected, by the changes, George said, but "the Army has to operate within the budget provided. Part of doing that is restructuring and reorganizing to be able to accomplish the Army's mission in the best manner possible."

Cuts to the force will come from reductions of headquarters - focusing on two-star and above headquarters, the reduction of brigade combat teams, the Aviation Restructure Initiative, operational force design changes, and reduction to en-



The "Stone Gate" is shown on Benning Road on Fort Benning, Georgia. During a July 9 news conference, the Army announced that by the end of fiscal year 2018, the active Army expects to have drawn down in size from 490,000 to 450,000.

abler and generating forces.

George said that the Army will try to draw down the active force end strength gradually in order to "minimize the turbulence we have with Soldiers and their Families."

By the end of fiscal 2015, the force will be at 490,000 Soldiers; at the end of FY16, 475,000; at the end of FY17, 460,000; and at the end of FY17, 450,000.

In 2012, the regular Army had an end strength of about 570,000

Soldiers, during the Iraq and Afghanistan wars. In 2013, the Army announced a drawdown of 80,000, to be completed by the end of FY17, that would bring

SEE REALIGN, PAGE B4



An AH-64 Apache teams up with ground forces during a demonstration during Secretary of Defense Ash Carter's visit June 26 to the Grafenwoehr Training Area, Germany. Carter viewed the end of exercise Combined Resolve IV, and visited with Soldiers from U.S. Army **Europe and European rotational forces.**

'Sky Soldiers' perform airborne operation

By Sgt. Brooks Fletcher

7th Mobile Public Affairs Detachment

FORT STEWART. Ga. — AH-64 Apache pilots of the 3rd Combat Aviation Brigade, along with field artillery from 1st Battalion, 41st Field Artillery Regiment, 3rd Infantry Division Artillery, teamed with the Air Force A-10 Thunderbolt II pilots of the 74th Fighter Squadron to deliver deadly accurate fire during Joint Air Attack Team training on Fort Stewart June 30.

The exercise was a culmination of a number of events held during Marne Focus, which once again highlighted Fort Stewart/Hunter Army Airfield as the national strategic power projection platform and Joint Training System for the East Coast, according to Col. John D. Kline, commander, 3rd

"What's significant about today's event is that they are all going to be able to shoot simultaneously, but also that we can do all of this here at Fort Stewart," Kline said. "This is not just an installation where we are able to train with Bradleys and tanks - we are now incorporating joint assets as

Kline said this is key in today's military where it needs to maximize the value of each training dollar. The training is also important as the unit prepares to go to Joint Readiness Training Center in Fort Polk, Loui-

Additionally, the Vipers of 1st Battalion, 3rd Aviation Regiment integrated the support once again of the MQ-1C Gray Eagle from E Company, 3rd CAB and conducted manned and unmanned teaming between the AH-64 Apache pilots and the MQ-1C Gray Eagle unmanned aircraft sys-



Soldiers from 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade, out of Vicenza. Italy, prepare to exit a UH-60 Black Hawk from the 3rd Combat Aviation Brigade, 3rd Infantry Division out of Hunter Army Airfield, Ga., during an airborne operation held at Adazi Military Base, Latvia, July 2.



Soldiers from 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade, out of Vicenza, Italy, exit a UH-60 Black Hawk from the 3rd Combat Aviation Brigade, 3rd Infantry Division.

Capt. Jason Galletta, brigade fire support officer, 3rd CAB spoke of the added benefit the unmanned aerial

"The importance of the MQ-1C Gray Eagle as an asset is that it doesn't risk anyone's life. It's unmanned and can give you a heads-up on what's going on in the battlefield before anyone gets there," Galleta said.

During the exercise, the 1st Battalion, 41st Field Artillery Regiment put almost 100 rounds downrange utilizing the M109A6 Paladin Howitzer. The "King of Battle" was accompanied by over 300 rockets from the AH-64 Apaches and additional ordnance from the A-10 Thunderbolt II that worked in concert with the Air Force Joint Terminal Attack Control-

After the training, Kline commented on how he felt everything went.

"I thought the training was fantastic. Any mistakes that were made will lend to quick lessons learned for the next execution, which will be at JRTC," Kline said. "We integrated Air Force, artillery, JTAC, the Gray Eagle and the Apaches all right here. Fort Stewart is a great place to

JOINT ATTACK

Team unleashes deadly fire during exercise

By Sgt. William Begley 3rd Combat Aviation Brigade Public Affairs

FORT STEWART, Ga. — AH-64 Apache pilots of the 3rd Combat Aviation Brigade, along with field artillery from 1st Battalion, 41st Field Artillery Regiment, 3rd Infantry Division Artillery, teamed with the Air Force A-10 Thunderbolt II pilots of the 74th Fighter Squadron to deliver deadly accurate fire during Joint Air Attack Team training on Fort Stewart June 30.

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PHOTO BY SGT. WILLIAM BEGLEY

UH-60 Black Hawks lift off on their way to providing over watch at the artillery impact area at Fort Stewart, Ga., during the Joint Air Attack Team training held during Marne Focus

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OPENING DATE: July 14th, 2015 **CLOSING DATE: July 28st, 2015**

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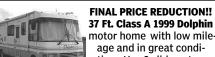
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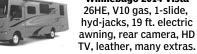
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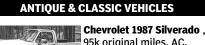
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Pontiac 2003 Bonneville fully electric, keyless entry, cloth interior, AC, excellent condition \$3500. 334-671-0435.



Saturn 1999 SL2 Sedan. loaded, leather, cold air, like new, 68,000

miles. \$3495. 334-790-7959.

Toyota 2013 Corolla, great gas mileage, must sell! \$200 down, \$229 per month. Call Ron Ellis @ 334-714-0028.

VW 2002 Passat: Great car in good condition, leather interior, sun roof, V6, new tires, 169,000 mileage, needs heater core for winter months. Green exterior (looks almost new), tan/black interior, \$3,500 334-475-6683

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fog lights, windshield, back rest, alarm system with pager, luggage rack, mint condition, 13 K miles, original owner. \$12,500 Call 334-598-0061



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Call: 334-714-9607 Yamaha 2002 VMax \$3900. 850-557-2918

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Realign: 30 largest installations undergo analysis

Continued from Page B1

the size of the Army to 490,000 Soldiers. The newest reductions of 40,000, in support of the president's budget, will further reduce the force to 450,000 by the end of 2018.

Much of the initial 80,000-Soldier reduction was achieved by elimination of temporary endstrength increases, wartime allowance and reductions in Eu-

With the latest reductions, the Army will try to use attrition as well, George said, and the slope of the drawdown will help with that. But with this drawdown, not all Soldier cuts will be able to come through attrition. Instead, the Army will need to continue officer and enlisted involuntary separations to meet the endstrength target of 450,000 Soldiers. There will also be early retirement boards. "We do expect that that will happen."

Among civilians, there will be a 17,000-person reduction in fiscal years 2016 and 2017. The Army has said that these reductions can be achieved through attrition and by not filling currently unfilled positions. The Army has already cut the civilian workforce by 8,000. The additional 17,000 cuts will mean a total loss of 25,000 Army civilians by FY17.

Three of the affected Army installations will see changes to some of their largest operational units, called brigade combat teams, which typically involve about 4,000 Soldiers.

At Fort Benning, the 3rd Brigade Combat Team, or BCT, 3rd Infantry Division, will convert to a maneuver battalion task force by FY17. A maneuver battalion task force includes about 1,050 Soldiers rather than the 4,000 in a full BCT. The change on Fort Benning means it no longer needs to expand its training area. The change will also reduce the competition on Fort Benning for ranges and training areas that exist now between the 3rd

BCT, the Armor and the Infantry School. About 3,402 Soldiers will be cut on Fort Benning.

The Army has said that Fort Benning scored in the bottom third of a military value assessment, or MVA, which is largely related to the quality and availability of its training spaces.

The Army also said that despite the temporary nature commonly associated with "task forces," a maneuver battalion task force is actually a permanent part of Army force structure. Such task forces offer commanders the option to grow rapidly to create a

of the MVA – due primarily to availability of quality training ranges. About 2,631 Soldiers will be cut from Alaska.

In Hawaii, the 2nd Brigade Combat Team, 25th Infantry Division, on Schofield Barracks, will convert from a Stryker BCT to a two-maneuver-battalion infantry brigade combat team.

The conversion in Hawaii maximizes collective training for both BCTs there, which can now train with existing units from the 3rd BCT. Additionally, the change streamlines logistics support, and reduces costs assoheadquarters by some 25 percent. For divisions, this means a reduction of about 225 Soldiers. For a corps-sized headquarters, this means about 222 Soldiers.

Additional changes involve the 3rd Expeditionary Sustainment Command relocating from Fort Knox, Kentucky, to Fort Bragg, North Carolina, no later than the end of the year. The 3rd ESC would then be able to colocate with its corps headquarters, the XVIII Airborne Corps.

Additionally, the 1st Theater Sustainment Command will relocate from Fort Bragg to Fort Knox. According to the Army, there are adequate facilities on both Fort Knox and Fort Bragg to support the moves, without the need for additional construc-

When determining which cuts to make and where, the Army conducted environmental and socioeconomic analysis of reductions at the Army's 30 largest installations. Additionally, the Army received more than 111,000 public comments on the force structure changes. The Army also conducted "community listening" sessions at those 30 installations to receive input from residents and civic leaders. More than 22,000 attended the listening sessions to provide

Sequestration

If sequestration continues, the Army is expected to shrink further to about 420,000 Soldiers – a loss of an additional 30,000 Soldiers. George said that would happen after the recently -announced cuts were completed, so they would begin sometime in 2019.

Citing earlier comments by the Army's chief of staff, George said that cuts below 450,000 Soldiers "would be significant risk" for the Army, in terms of meeting current combatant commander requirements and also "being ready for the unknowns."

"Certainly it's about choices, about where you apply forces and what you want those forces to do," George said.

The Army is able to now, and has been able in the past, to respond to a variety of scenarios and multiple scenarios at the same time. An end strength of 420,000 will mean this is no longer possible.

"The resulting force would be incapable of simultaneously meeting current deployment requirements and responding to the overseas contingency requirements of the combatant commanders," George said.

Under current reduction plans, the "Total Army," which includes the active force, the Army National Guard and the Army Reserve, will drop to 980,000 Soldiers. That includes 450,000 active Soldiers, 335,000 Army National Guard Soldiers and 195,000 Army Reserve Soldiers.

Were sequestration to continue unabated, the total Army end strength will drop by an additional 60,000 Soldiers. The Total Army would then stand at 420,000 active-duty Soldiers, 315,000 Army National Guard Soldiers and 185,000 Army Reserve Soldiers.



Certainly it's about choices, about where you apply forces and what you want those forces to do."

— BRIG. GEN. RANDY GEORGE DIRECTOR OF FORCE MANAGEMENT FOR THE ARMY

BCT, if needed. The task force allows the Army to maintain some combat power capability and also allows "reversibility" within a force size of 450,000 Soldiers – versus completely eliminating a BCT.

In January, Army Chief of Staff Gen. Ray Odierno said the Army would achieve the 450,000 end strength though the elimination of four BCTs. This is no longer the plan. Instead, the Army will convert some BCTs to maneuver battalion task forces, as it will in

At JBER, the Army will also convert the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, to a maneuver battalion task force by FY17. The unit will continue to support the U.S. Army Pacific Command rapid reaction capability with an airborne capability. The reduction will also reduce training complications at JBER, which also scored in the bottom third

ciated with training at a training center, because the unit will no longer need to ship Stryker vehicles. Schofield Barracks, like JBER and Fort Benning, ranked in the bottom third of the MVA as well.

The Strykers from 2-25th are expected to move to support the Army National Guard's 81st Armored Brigade Combat Team, 40th Infantry Division, in Washington, Oregon and California. The equipment from that heavy unit will move to the active Army to establish pre-positioned stock in Europe to bolster the ongoing commitment to the European Reassurance Initiative.

Officials expect it could take two years to establish the prepositioned stocks - about one year for the ARNG to divest its heavy equipment, and one year to reset the gear and get it in place in Europe.

The Army also plans to reduce the size of two-star-and-above

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Story on Page C3

JULY 16, 2015



Soldiers and families at Lake Fest earlier this year enjoy canoes and paddle boats that are available for rent at Lake Tholocco's West Beach.

THE GREAT OUTDOORS

Post home to recreational paradise

By Nathan Pfau

Army Flier Staff Writer

Although temperatures continue to soar throughout the South, there are still plenty of reasons to head out to the great outdoors - and Fort Rucker Outdoor Recreation makes sure people don't have to leave post to do it.

From cabins at Lake Tholocco to boating to water slides, people will be hard pressed to find themselves bored when it comes to outdoor recreation on the installation, said Megan Royer, Lake Tholocco Lodging business manager.

For starters, the area around Lake Tholocco boasts 22 cabins, 21 of which are twobedroom cabins and one three-bedroom cabin, all available for rent to Soldiers and Families, active-duty, retirees and Department of Defense civilians.

People can take advantage of everything the cabins have to offer, including: fullyfurnished accommodations, fully-equipped kitchens, screened-in back porch, 32-inch flat screen TVs, satellite and DVD players, and complimentary wireless high-speed Internet access.

Twelve cabins – the Singing Pines Cabins - are found on the lake's West Beach, where people can enjoy breathtaking sunrises, said Royer, and 10 cabins are along East Beach, where people can enjoy a view of an Alabama sunset.

"There are four cabins that are pet friendly, so if people want to bring their fur-children, that is totally acceptable," said the lodging manager.

RV park or rent

In addition to cabin rentals, there is also a recreational vehicle park that people can take advantage of.

"We have a recreational vehicle park with a total of 48 camp sites, 18 of which are long-term sites – the rest are short term that are rented at a maximum of 2-weeks at a time," said Royer The short-term sites rent for \$18 per night and the long-term sites can be rented for two to three months at a time depending on the season.

People can also rent travel trailers – there are seven available for rent that can sleep anywhere from two to six people. They are \$45 a night or \$200 for six nights, and they can go off the installation with no mileage

Camping equipment is also available for

West Beach

One of the largest and most well known attractions to Fort Rucker is Lake Tholocco's West Beach, which is the designated swimming area for the lake. West Beach is fitted with a water trampoline and two water

"Adults are welcome to jump on the trampoline, as well as children, and the slides are also large enough for them to go on – they're not just for the children," said Royer.

"We also have eight pavilions avail-



The cabins at Lake Tholocco.

able for rent, two of which are indoor and air conditioned, and they are open to the public," added Melissa Kelley, ODR lead recreation assistant. The rental rates range from \$25-\$85, and there are also canopies available for rent ranging from 10'x10' to 30'x30', along with folding chairs, tables and basically anything you need for outdoor

To go along with people's camping or cabin experience, outdoor recreation also has what they need to take to the water.

"We have boat rentals available ranging from Jon boats, pontoon boats and ski boats, and we also have canoes, kayaks, paddleboats and new stand-up paddleboards that are available on a first-come, first-served basis," said Kelley.

To be eligible for the boat rentals, people must be a DOD civilian, active-duty military or a retiree. Boat rental prices depend on the amount of time people would like the

Boaters are not required to have the Alabama vessel requirements to rent boats, said



Second Lt. Damien Watkins, D Company, 1st Battalion, 145th Aviation Regiment, goes up for a spike during a volleyball tournament at Lake Fest on Lake Tholocco's West Beach in May.

Kelley, but they do need to complete the Fort Rucker Boater Safety Course, which consists of 25 questions and is an open book exam that people can take free of charge. The course is available online at www. ftruckermwr.com/recreation/outdoor-recreation/boating-safety-course/.

Fort Rucker is also home to some of the best fishing spots in the area with six different lakes covering more than 670 acres that feature a variety of fish from different types of bass, catfish, crappie and bream. For more information on some of Fort Rucker's hottest fishing spots, refer to the Health and Fitness section of the July 2 issue of the Army Flier or visit www.ftruckermwr.com.

For more information, call 255-4305.

School hosts GEMS program

By Dr. Vicki Gilmer

Fort Rucker Elementary School **Principal**

The Department of Defense Education Activity is a civilian agency of the Department of Defense that manages all schools for military children and teenagers in the United States and

Highly qualified teachers make up the teaching staff at all DODEA

A recent DODEA initiative seeks to provide its teachers worldwide the opportunity to participate in the Army Educational Outreach Program's Gains in the Education of Math and Science at various Army locations. This effort reflects the continuous partnership between DODEA and AEOP in providing

students and teachers the opportunity to participate in the many educational activities under AEOP.

The AEOP extended the opportunity for DODEA teachers to participate in 2015 GEMS programs at specific locations across the country, including Fort Rucker. Interested teachers were able to apply to all available locations and observe students learn and engage with Army STEM professionals in a variety of STEM subject areas. Through this program, teachers are able to supplement their regular lesson plans through new experiences and interactions with STEM experts.

GEMS is a non-residential, summer STEM enrichment program for students that takes place in participating Army, university and high school laboratories. GEMS is driven by the overarching mission to interest students in STEM through hands-on Army laboratory experiences that utilize inquirybased learning and mentoring.

The program is based on a multi-disciplinary educational curriculum, and is focused on age- and grade-appropriate hands-on activities in areas such as science, engineering, mathematics, computational sciences, computational biology, biomedical sciences, chemistry and biology.

The Fort Rucker GEMS program is led by the U.S. Army Aeromedical Research Laboratory, which has been a GEMS location for several years. Due to the large number of participants, the Fort Rucker Elementary School has provided an additional GEMS location on post.

At the Fort Rucker location, USAARL selected 11 DODEA teachers to participate, with three of those teachers being from FRES.

Of the 360 total students total who are participating at Fort Rucker in the GEMS program this summer, 199 students are participating in the GEMS program held at FRES.

FRES students Jayson Altieri and Eric Jackson participated in the GEMS program this summer. Jayson stated his favorite part about GEMS is "how they think like a team and learn how to build things like a catapult together."

Jayson said that learning about STEM concepts during the school year helped him a lot with the GEM proj-

Eric Jackson said his favorite part of the GEMS program is "learning about key parts of science and working with other kids."

Fort Rucker Elementary School is a designated STEM school and this has been a great opportunity for our students and teachers. It is wonderful to participate in this partnership that helps promote student success and it is also inspiring to see our students thriving in this STEM program.

OPPORTUNIT Silver Wings Golf Course Project: Volunteers needed for Pro AM Tournament Aug. 18-20.

Aug. 14-16 and Ladies Professional Golf For more information, call 598-2449

Army Community Service

Spouse and Family Master Position: Resilience Trainer

Duties: Candidates will attend a 10-day MRT course instructed by experts in the field of positive psychology. Classroom instruction is generally eight hours per day with a one hour break for lunch. Start time is generally at 8:30a.m. and the class ends at 4:30 p.m. Each course may be slightly different based upon the guidance from local command. Instruction is split between plenary sessions, which introduce specific skills, and didactic sessions, where participants learn the application and education

of the skills. For more information, call 255-1307.

Position: Army Family Action Plan Conference (Nov. 4-5) Marketing Coordinator Duties: Attend required ACS and AFAP 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 media relations with flyers, posters, pamphlets, newspaper, television and installation briefings. Attend after-action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. Adhere to guidelines as outlined in Army Regulation 608-47, AFAP Program Handbook and the installation AFAP Program standard operation

For more information, call 255-9637.

Position: Family Advocacy Program Activities Support

Duties: Support FAP by assisting personnel with general tasks, such as stocking inventory and organization. Conduct inventory and stocking, assist with organizing resource library, and help with shredding and box breakdown. As a benefit, ACS officials said the volunteer will gain knowledge of Family Advocacy Programs.

For more information, call 255-3246 or 255-

REGISTRATION ONGOING partners in education. By Dr. Vicki Gilmer Fort Rucker Elementary School Principal

Fort Rucker Schools are "Above the Best" and registration is going on now

for the approaching school year. Fort Rucker Schools are unique schools with an extraordinary history, tradition and set of opportunities for all who come to the post, whether students,

staff or parents. Fort Rucker Schools focuses on the unique lifestyle of the military child. Fort Rucker schools are committed to high quality education, as well as a dedication to providing military families an environment of support and welcome.

Fort Rucker Schools combine an ambitious, challenging academic program and a rich range of extracurricular activities incorporating the Army Values framework. Both schools on post are designated STEM schools that place additional emphasis and funding in the areas of science, technology, engineering and math. Every grade level has a handson science lab and the schools utilize the wonderful Fort Rucker community as

Students at Fort Rucker Schools have opportunities to participate in reallife learning experiences at USAARL, Lyster Hospital, various training facilities, simulator units and more.

Points of Pride:

- · Our AdvancED Accreditation ratings are some of the highest in Do-
- Smartboards and laptops in every classroom, media center and two complete computer labs; · Fort Rucker students score well

above the national average in all

- content areas in Terra Nova standardized testing; · Free after-school clubs, such as engineers, junior engineers, dance, choral, drama, band, advanced band, robotics, leadership, Studetn
- Extreme; and Deployment clubs that help students and parents stay connected during times of separation.

Government Association and Math

To learn more about Fort Rucker schools, visit http://www.dodea. edu/Americas/Georgia-Alabama/ FortRucker/index.cfm.

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

Army Family Team Building app

People can now complete Army Family Team Building training through AFTB's new app. Visit http://www.ftruckermwr. com/acs/army-family-team-building/ find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices.

For more information, call 255-9637.

Corvias movie night

Corvias Military Living will host a movie night Friday at the Bowden Terrace Community Center pool with a showing of "Big Hero 6." The event will also feature free games, giveaways, food and freeze pops for residents.

Illusionist show

Illusionist Wayne Hoffman will perform Friday from 7-8:30 p.m. at The Landing. Doors open at 6:30 p.m. The show is billed as family friendly for ages 12 and older. Ages 12-17 must be accompanied by an adult. Tickets are \$12 in advance until noon Friday. Tickets sold after that at the door will be \$16. Tickets may be purchased at The Landing, Coffee Zones or MWR Central.

For more information, call 255-9810.

Newcomers welcome

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

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

Volunteer recognition ceremony

Army Community Service will host its quarterly Army volunteer recognition ceremony July 23 at 10:30 a.m. in the U.S. Army Aviation Museum. For more information, call 255-1429.

ACS 50th birthday

Army Community Service will celebrate its 50th birthday July 24 at 11 a.m. Officials welcome people to join past and current staff members for cake at The Commons, Bldg. 8950, while supplies last. For more information, call 255-3817.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, July 25. 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 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 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.

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 July 23. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about at 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Right Arm Night

The Landing Zone will host Right Arm Night July 30 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

......7 p.m.



PHOTO BY TIM HIPPS

Soldier Show

Pfc. Jovan Maires sings lead vocals during a dress rehearsal for the 2015 U.S. Army Soldier Show "We Serve" at Fort Sam Houston Theatre in San Antonio, Texas, April 15. The 2015 U.S. Army Soldier Show will perform in the Wiregrass Aug. 20 and 21 at 7 p.m. each day at the Enterprise High School Performing Arts Center. The Soldier Show is a live Broadway-style variety performance featuring the Army's best talent. This year's production, "We Serve" explores the foundational elements of what it means to serve, in and out of uniform, as well as how the country in return serves them. This year's show is sponsored by GM Military Discount and CHASE. Admission is free. No tickets are required. Doors open one hour prior to the show. Seating is on a first-come, first-served basis. For more information, call 255-9810.

supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop July 31 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.

Grape Stomp Festival trip

MWR Central will host a day trip to the annual Grape Stomp Festival in Arlington, Georgia, Aug. 1. The family-friendly event offers live music, grape stomping, food, hayrides and more. The trip is open to the public. Transportation will depart at 8:30 am and return at about 6 p.m. There will be 27 seats available at \$15 each. Participants must pay in full at time of sign-up. No refunds will be issued unless the event is cancelled by the organizer or MWR Central.

For more information, call 255-2997.

Youth center membership competition

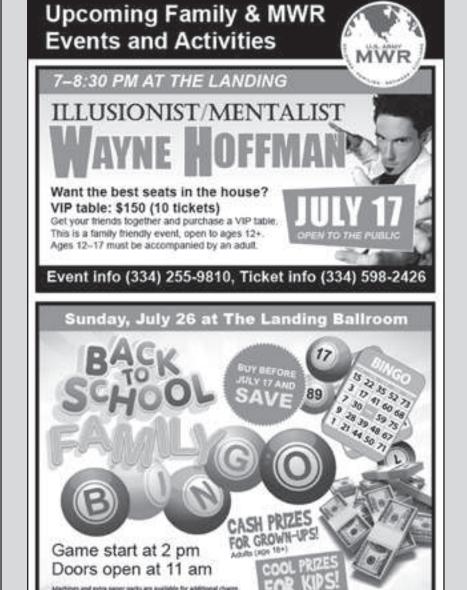
Fort Rucker Child, Youth and School Services hosts a youth center membership competition throughout August. For every new member an active CYSS member brings in to the youth center, Bldg. 2800, their name and the new member's name will be put into a drawing for a grand prize at the end of the month. 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.

ScreamFree Parenting Your Teenager

Army Community Service will offer a free ScreamFree Parenting Your Teenager Workshop Aug.6, 13 and 20 from 9:30-11 a.m. at Bowden Terrace Community Center. This course is designed to help parents start a revolution in their family! ScreamFree Parenting Your Teenager is not just about lowering a person's voice. It's about parents learning to calm emotional reactions

DFMWR spotlight



FORT RUCKER BINGO, (334) 255-9626

www.ftruckermwr.com

and learning to focus on their own behavior more than their children's behavior for their benefit. With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their teenagers, according to ACS officials. This workshop is open to active duty and retired military, Department of Defense employees and their family members. The deadline to register is Aug. 3. Space is limited to the first 35 participants to register. Interested participants must contact the family advocacy program at 255-3898 to register for the event and to discuss childcare coordination.

RUCKER MOVIE SCHEDULE FOR

Thursday, July 16

Friday, July 17

Saturday, July 18

Sunday, July 19

Ant-Man (PG-13)

Aloha (PG-13)

Ant-Man (PG-13)

Ant-Man (PG-13)7 p.m.

......4 & 7 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN. 12 AND UNDER, MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME, SCHEDULE SUBJECT TO CHANGE, FOR MORE INFORMATION, CALL 255-2408.

'A HEART JOB'

Human Resources Command attends to Army casualties, survivors

By David Ruderman U.S. Army Human Resources Command Public Affairs

(Editor's note: This is the second in a two-part series examining the service and support rendered to America's fallen warriors and their survivors by the U.S. Army Human Resource Command's Casualty and Mortuary Affairs Operations Center based on Fort Knox.)

FORT KNOX, Ky. — The mission of U.S. Army Human Resource Command's Casualty and Mortuary Affairs Operations Center remains constant over time: to render full honors and dignity to America's warriors past and present, and to attend to the needs of their loved ones and survivors when they are gone.

Though the mission never ends, the organizational structure of casualty and mortuary affairs within HRC has evolved significantly over the past decade, driven by the operational requirements of an Army at war. In fact, until 2009, casualty and mortuary affairs used to be separate endeavors.

"They used to be separate in so far as some handled the wounded, some handled just the deceased. What we've done is combined it all into a notification and operations cell," said Roger Dray, chief of the notification section, a native of Delphos, Ohio.

"When I first came in there were two separate branches – casualty and mortuary," said Logan, deputy director of the Casualty and Mortuary Affairs Branch. "The mortuary people would make sure the Soldier was buried properly and the casualty people would make sure all the benefits were done properly. In order for us to provide better service, we combined them in 2009."

The move to a case management system was mandated in 2006 by the Office of the Secretary of Defense, but it took until 2009 to implement because of functional restructuring and the underlying personnel changes needed to make it happen.

"That was a very difficult thing to do," said Logan.

"We are not deterred by budgetary and structural challenges," said Col. John A. Cooper, CMAOC director. "We know and believe our leadership will ensure we have the resources to perform our mission. While these challenges require us to think differently, they have no impact on the quality of services we render an established system for bringing back to our fallen and their loved ones.

One major innovation involved the establishment of a separate branch to focus on the development and implementation of regulations, policy and procedures without becoming overwhelmed by dayto-day operations. Today the policy, plans and training branch concentrates on writing and managing the five governing Army regulations and two Army pamphlets to determine mission requirements in the field for both CMAOC and the casualty assistance centers, or CACs.

"I like to think of us as being the enabler," Theresa Lever, branch chief, said. "We're the ones who review the law, the doctrine, codify the law and policy, and other regulation, too."

Lever said her staff of 15 are dedicated to managing policy for casualty, mortuary and memorialization efforts, as well as line-of-duty and fatal incidents brief procedures.

While the Army G-1 is the proponent for casualty and mortuary affairs for the Army, policy is written in CMAOC and approved by G-1, said Erick Hoversholm, chief of the policy, programs and plans team.

"The regulations we write and maintain are mortuary, casualty, line-of-duty, fatal incidents brief and memorialization, plus the two pamphlets that provide guidance for casualty and mortuary," he said.

Hoversholm was enthusiastic about the ongoing re-writing and realignment of the five regulations into one series, which will streamline their use in the field.

"Now all the regulations will be in the 638 series. We consider that kind of a big victory, not only for the staff but more



Members of the U.S. Army Human Resources Command Honor Guard conduct a flag-folding ceremony during a Memorial Day commemoration at Kentucky Veterans Cemetery Central in Radcliff, Ky., May 25.

importantly for the field. In the past they used to have to hunt through the different series to find the regulation. We're pretty excited about that because not only does it put all the regulations there, but it ties in with CMAOC - our mission and vision are now all supported by our policy being in one place. It is kind of the hub of the wheel," Hoversholm said

The revisions being published now incorporate changes gleaned from feedback to practices undertaken during the major combat operations of the past decade. The previous casualty regulation, for instance, was last updated in 2007 and mortuary policy had been last published in 2000, reflecting the needs of a pre-9/11 world.

"That will be a fresh update. So many things have changed because the way we are fighting has changed," Hoversholm

"For the last dozen years, we have fallen in on existing capabilities. That policy and doctrine worked in Afghanistan and Iraq for years, but now we are going into remote areas of the world and taking casualties we hadn't taken before. We had someone who was killed in action in Afghanistan. We did not have an established system for bringing back someone from Africa. Again, the policy becomes more and more important as we go into more contingency-type operations," he said.

Since policy changes can potentially impact CAC operations in the future, the PP and T branch reaches out to the casualty and mortuary community to ensure results are collaborative and based on current practice, he said.

"We bring in subject matter experts to talk to the CAC chiefs and, more importantly, to solicit questions from them. Then that feeds the annual CAC training," Hoversholm said.

Outreach to the field remains critical to ensuring support to families never falters. Chris Stieb, PP and T, travels regularly with the U.S. Army Installation Management Command's G-1 casualty program manager to monitor operations, and ensure training and practices are up to date in the 32 CACs throughout the nation and around the world.

"We go every month to a designated CAC. We ensure they are doing the things they're supposed to do and provide any training they may need on the spot. If we have to adapt training to fix some of the gaps, that's what we do. You need everybody involved in the process to give the families the best service they deserve," said Stieb.

In addition, the PPandT Branch develops training for casualty notification officers and casualty assistance officers in the field, and oversees support and execution for all military funeral honors missions, Lever said.

"We work well with IMCOM, with the

CACs," said Logan.

Above and beyond regulations and requirements, providing casualty and mortuary affairs support is a question of compassionate Army professionals, both Soldiers and civilians, doing whatever it takes to care for the families of the fallen and render honor to the service of the deceased, Logan said.

"That's because of the people that are here. We work from the back. We don't need acknowledgement. We know. We're a very proud organization. We're here for the Army – anybody associated with the Army," he said.

"A lot of people don't know what we do here, or how we serve our nation and our Army, until they read about it or until they experience it," said Tony Shafer, chief of the case management section.

"We like to get the boys and girls home," said Roscoe Tidwell, case manager. "We like being behind the scenes. We manage the case, but we advocate for the families, too. That's all we do."

"The Army, in my opinion, does a great job in being there to support the family," said Barbara Bonnell, director of the Fort Knox CAC.

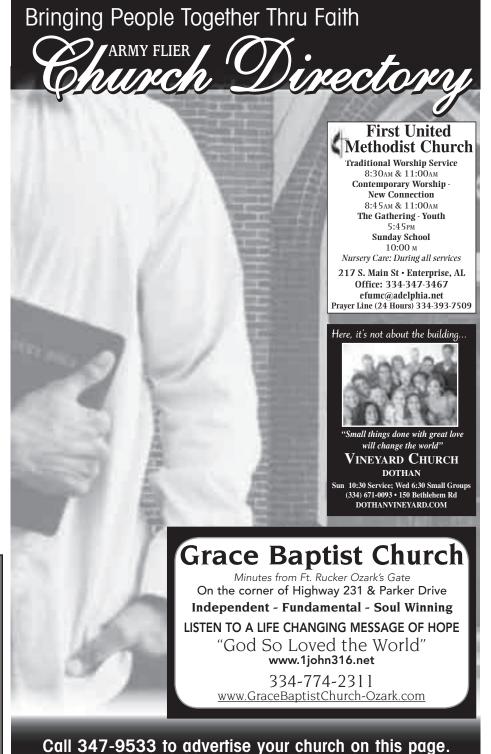
notification – those initial actions. And then there's the process to transition the next of kin to the long-term outreach folks. But the Army is available to them forever. As long as they want to be part of us, we are part of them," she said.

"We must praise the courage of the Family members bereaved by our wars," said Col. James H. Fitzgerald, deputy to the adjutant general of the Army. "Death's great unknowns are what haunt those who have survived. The families, who display a folded American flag in their homes, are never really free of America's wars."

"You have to be called to do this," Bonnell said. "This is not the type of job you go in 9-to-5 and get a paycheck. You can't do it. It has to be a heart job. There are things that will hit you, that will stay with you forever because these are people, they are not cases.

"I wish the American public knew when a Soldier enlists, a Soldier is a Soldier forever," she said. "For us, if something tragic happens with that Soldier, we want to honor him or her, we want to honor their service. I don't care how they died, my job is to honor this Soldier, who offered to take care of us. No one conscripted him, no one forced him. They offered to do this. They volunteered to do this and I think, as a society, we don't appreciate that enough.

"When something happens to one of We in the CACs, we're there at the them, the public has to understand the Army doesn't forget. We're not done as long as their family wants anything to do with the Army. It's an elite society no one wants to join, and I just wish the public knew that we're there and we do it because we want to do it," Bonnell said.





Alabama Road Trip — Eastern Shore getaway features, Daphne, Fairhope

Alabama Tourism Department *Press Release*

Experience a getaway on Alabama's Eastern Shore where the charming small town of Fairhope offers boutiques, bistros, art and the top-rated Marriott spa in the world just down the road.

As you cruise along Scenic Highway 98 to Fairhope, you'll drive under canopies of oak trees draped with Spanish moss. The picturesque views are breathtaking and the beautiful buildings include the modern Daphne City Hall, built in 2008 and inspired by Italian architecture. A statue of Daphne sits atop a water fountain surrounded by palm trees.

The waterfront village of Fairhope on Mobile Bay includes residences of writers Winston Groom and Fannie Flagg and the gallery of Nall, an artist who lives in Fairhope when not in France. The downtown streets are lined with flowers and dress shops, antique stores, cafes, bed and breakfasts, a bookstore and shops where you'll find that unique gift to take home.

It has been named "Best Small Southern Town" by Southern Living and a Top 25 Place to Retire by CNN Money. "Coastal Living" magazine wrote, "This charming village nestles on the eastern shore of Mobile Bay like an idealized, movie-set small town"

Get away, relax and unwind as you take in the breathtaking beauty of Fairhope at the Fairhope Pier and Park on the bay located at the west end of Fairhope Avenue. The park is half a mile from downtown and has a fantastic display of flowers. The pier is a quarter-mile long with restrooms and a covered area. It's a great place to watch birds and spectacular sunsets over



ALABAMA TOURISM DEPARTMENT PHOTO

Patrons shop along Fairhope's French Quarter.

Mobile Bay.

On a still night along the Eastern Shore, you might also be lucky enough to witness a Jubilee, a phenomenon that occurs in only two places around the world – the Alabama's Eastern Shore and Tokyo.

Nobody knows when a Jubilee will happen, but some locals say it has to do with tides and the pull of the moon. Fish, crabs, shrimp, eel and other sea creatures are washed ashore because of low oxygen levels in the water. Locals and lucky visitors run to the shores with buckets to scoop up the bounty. Friends, Family and neighbors call out to alert each other to the phenomenon by yelling, "Jubilee!"

Your getaway starts as you exit I-10 onto Hwy. 98 in Spanish Fort (Exit 35) and take the scenic route through Daphne and Fairhope. After exiting I-10, drive about 1.7 miles and turn right onto Scenic Hwy.

98 (just past the Publix shopping center). Downtown Fairhope is approximately 9.8 miles.

Drive along Scenic 98 under the live oaks draped with Spanish moss from Daphne and Fairhope to the Grand Hotel in Point Clear. Make a quick stop in Daphne at the beautiful city hall and take a picture of the statue of Daphne. A historic marker in front provides a brief history of the city. Stop at the pier in Fairhope to relax and watch the birds flying gracefully over the bay. It's also a great spot to watch the sun set.

Storybook charm of Fairhope

Stroll the waterfront village of Fairhope and you'll discover its storybook charm along the flower-lined streets. Find a bargain in one of the dozens of trendy boutique shops and art galleries filled with

designer clothes, art galleries, souvenirs, antiques and more. There are a number of restaurants, a hotel, and bed and breakfasts as well. The city is also known for its beautiful flowers throughout the year.

You may want to make your first stop at the Fairhope Museum of History (24 N. Section St., Fairhope, (251) 929-1471, www.cofairhope.com/dep_museum.php) to learn about this small town from its early beginnings. The museum features changing exhibits and is also the place to get information on Fairhope's history, such as the origin of its utopian single tax. Visitors can also see the old town jail, toys, Native American artifacts and other displays. The museum is open Tuesdays through Saturdays from 9 a.m. to 5 p.m.

Next door to the museum is the Fairhope Welcome Center (20 N. Section St., (251) 928-5095). It's a great place to pick up brochures, coupons and a layout of the shops. They also have public restrooms.

Take home a work of art from the Eastern Shore Art Center (401 Oak St., Fairhope, (251) 928-2228). You can purchase works by local painters, sculptors and woodworkers. The center also holds workshops for adults and children.

Getting there

The Eastern Shore consists of the towns of Spanish Fort, Daphne, Fairhope and Point Clear and is located on the east side of Mobile Bay. To get there from downtown Mobile, take I-10 across the bay bridge to the first exit (Exit 35). Take a right onto Hwy. 98 and make sure to turn right on the Scenic 98 route about one mile from I-10. The scenic route will take you through Daphne, Fairhope and Point Clear.

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

JULY 16 — The Wiregrass Museum of Art will host Real Lives: Observations and Reflections by Dale Kennington during Art After Hours at 5:30 p.m. This traveling exhibition, organized by the Friends of the Mennello Museum of American Art in Orlando, Florida, presents Kennington's masterful grasp of the post-modern aesthetic through her paintings depicting scenes of everyday life, museum officials said.

Admission to Art After Hours is free for museum members and \$5 for the general public. Kennington will also give an artist lecture Aug. 20 at 6 p.m. at the Wiregrass Museum of Art. It is free and open to the public.

NOW-JULY 25 — The Poplar Head Farmers Market takes place Saturdays from 8 a.m. to noon at the Dothan Civic Center. The open-air market features fresh vegetables, fruits, flowers, locally prepared foods and specialty items. For more information, visit www.poplarheadfarmersmarket.com.

ENTERPRISE

JULY 22 — The Wiregrass-Enterprise Chapter 1807 of National Active and Retired Federal Employees will hold its monthly luncheon at 11 a.m. at Ryan's Steakhouse Restaurant. State Representative Barry Moore will be the guest speaker. All federal employees, active or retired, are invited to attend the luncheon programs at the same time every fourth Wednesday of the month at the restaurant. For more information, call 393-0492.

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

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

JULY 23 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, which is located one block behind the New Brockton police station. Food and drinks will be served, followed by regular chapter business and election of new leaders for the next year. Officials invite veterans throughout the Wiregrass to join as new members. For more information, call 718-5707.

OZARK

JULY 18 — A Christmas in July fashion show will take place at the Perry Recreation Center at 6 p.m. In addition to the fashion show, there will be a silent auction and raffle. Admission is \$3. The fashion show is sponsored by Angels Among Us and Brighton Ministries. Proceeds will benefit Ozark Health and Rehabilitation residents and Oakview Manor residents.

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

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday

at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

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

TROY

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

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

WIREGRASS AREA

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

Beyond Briefs

Nature Connects LEGO® Bricks Exhibit

Now through July 26, the Huntsville Botanical Garden features certified LEGO® Artist Sean Kenney's exhibit consisting of 27 sculptures, making up 14 displays, created from nearly 500,000 LEGO® bricks. Inspired by the garden and wildlife, the exhibit ranges from six inches to nearly eight feet. See birds to flowers, butterflies to garden tools. The garden is located off of I-565 Exit 15 on Bob Wallace Avenue. Admissions is free for members, and costs \$12 for adults and \$8 for children ages 3-18.

For more information, visit http://hsvbg.org/.

Montgomery cruise Montgomery's parks and recreation department wel-

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

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

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming through-

out each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

Turtle Talk

Apalachicola National Estuarine Research Reserve will offer free weekly talks about sea turtles, their nesting habits, how the nests are identified and protected, and how visitors and residents can help sea turtles have a successful nesting season. Turtle Talk – nesting sea turtles of Franklin County beaches – takes place Wednesdays now through Aug. 26 at 2 p.m. at the reserve located at 108 Island Drive in Eastpoint, Florida.

For more information, call 850-670-7700.

'It's the best job ever;' 'We train as we fight'

By Vanessa Villarreal *U.S. Forces-Afghanistan*

BAGRAM AIRFIELD, Afghanistan — "It's the best job ever," said military working dog handler Spc. Ethan Taylor said as he watched his dog, Alex, conduct an outside training-exercise last week on Bagram Airfield.

"The dogs are just like Soldiers," he said. "We train as we fight."

This team supports Task Force Solid, out of the 21st Engineer Battalion, 101st Airborne Division, Fort Campbell, Kentucky. The Soldiers and their dogs deploy together. And each working dog handler is assigned out of different duty stations.

Spc. Anthony Andrews and his dog, Andy, are from the 18th MP Brigade, Germany; Spc. Craig Holbrook and his dog, Niko, are from the 18th MP Brigade, Germany; Taylor and Alex are out of Fort Drum, New York (16th MP Bde., 8th MP Detachment); and Spc. Joseph Mora and his dog, Lee, are out of Fort Drum (16th MP Bde.).

Andrews has been here for over a month. Andy is almost 8 years old. Holbrook has been here for nine months and Niko is 8 years old. Taylor has been here eight months and has had Alex for more than a year. Taylor leaves in a month, so he's working with his replacement, Mora, now. Mora just arrived about two weeks ago and his dog, Lee, is 2 years old.

"Out here, a lot of route clearance is done," Holbrook said. "It's an entire dog team effort. Not just the dog or the handler."

The team's job is to find explosives. Once the dog team finds an improvised explosive device, an explosive ordnance disposal will disarm it. The handlers are not trained to disarm the IEDs.

The dogs are trained at a training center on Lackland Air Force Base, Texas. It's a 120-day course where basic skills are learned and, at the unit, they learn more.

"The dogs, once they finish their training at Lackland, are assigned to a certain installation," Holbrook said. "Once handlers arrive to their duty station, they are assigned a dog. From that point on, they train on just about a daily basis on and around the installation."

Most dogs are Belgian malinois and German shepherds, which come from Germany and Holland. The Army uses breeders that are on a buy list.

"Belgian malinois and German shepherds are great working dogs," Holbrook said. "They have a high drive and have a very good sense of smell. The military has used German shepherds for a long time. They used German shepherds as scout dogs and sentry dogs back in Vietnam."

The team is trained and certified when they arrive in country.

"All we do is get the new handler up to speed on the current techniques, tactics, and procedures, and how we operate out here," Holbrook said. "When we go back to garrison, we will go back to the unit we came from originally. Our job back in garrison is to train, work law enforcement, and support different events such as searching for explosives for the (president of the United States), support Secret Service and other special events."

For the dogs, finding a "no-good item" is a game because if he finds that item, he gets a reward – his toy.

"This is a game for the dogs and we make it as fun as we can for them," Taylor

There are also specific indicators for explosives and a handler can tell which one is which.

"There are a lot of different things that a dog can do to show you the change of behavior," Holbrook said. "If the dog is acting differently than he normally does, that



PHOTOS BY SGT. 1ST CLASS DAVID WHEELER

A military working dog at Bagram Airfield, Afghanistan.

is a change of behavior. After you have been with a dog long enough you get to know exactly how he acts. A lot of us are able to tell when our dog smells an explosive by even the most subtle changes in our dog's behavior. Sometimes it's something so subtle that other people can't even tell that he is acting any differently. But we've trained with them so much that we can pick it up."

The dogs are given aggression and patrol training, such as "the field interview"

"This is when you walk up and the dog doesn't bite unless told," Taylor said. "The second phase is the bite. It attacks when the command is given. And the dog is told to let go. The dog is trained to stay really close. And it's trained and ready to bite. It's less than lethal force. The dog can terminate the pursuit. It's the same thing in the rear. The dog is your backup. He's your partner."

Then there's what's called the stand-off or terminating the pursuit. For example, if a subject runs into a building, the dog won't go in and start biting people. The dog will stop guard or follow the subject

dog will stop, guard or follow the subject.
"One of the biggest things that we focus on is controlling our dog," Taylor said.
"The dog doesn't do anything unless you tell him to. And it doesn't stop until you tell him to."

Every day, the dogs get out at least four hours a day. And, when not running missions, the dogs train. The dogs are on an eating schedule and must maintain a certain weight. Also, a dog's working hours depend on the mission – both inside and outside of BAF.

"Some days we have multiple dogs going outside the wire and other days we don't have any dogs going outside the wire," Holbrook said. "It really just depends on the mission set and how many units request us that week."

"We're making the best dog we can," Taylor said. "Just like Soldiers, we want to keep our dogs as healthy as we can. They're very conditioned. Just like Soldiers, they have to be fit. They get a good amount of exercise. The biggest struggle is keeping the dogs hydrated. They adjust to the weather like we do."

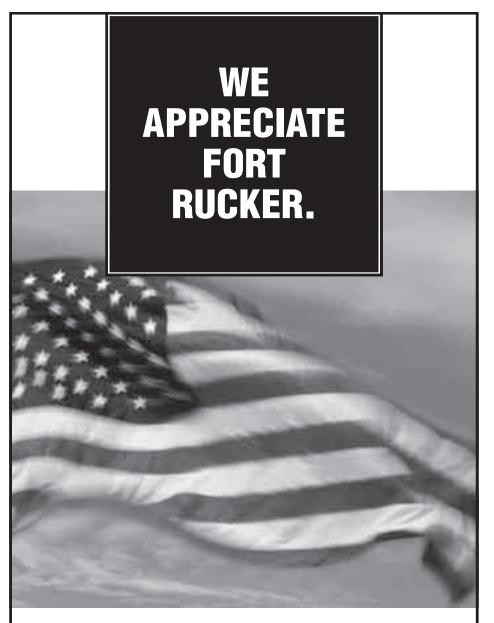
And a dog's retirement doesn't depend on age, but health. There are vets at installations back in garrison and there is also a vet here on BAF. Veterinarians do dog certifications to see if a dog is still able to work.



Lee, a 2-year-old military working dog, trains in Aghanistan.

"We have dogs that work from 12 to 15 years," Taylor said.

"Having a military working dog as a partner is an amazing experience that you can only fully understand by deploying as a military working dog team," Andrews said. "Andy is an amazing dog and he is really great at what he does. Andy to me is more than just a dog. He is my best friend and will always have a special place in my heart. I would do anything for Andy and I know he would do the same for me."



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.





Top 10% in the nation for patient safety



Soldiers and a military working dog train at Bagram Airfield.

1108 Ross Clark Circle Dothan, Al 36301 334-793-8111 samc.org

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 Protes-

tant Service 12:05 p.m. Catholic Mass (Tuesday - Friday)

4 p.m. Catholic Confes-

sions 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 Worshin Service

ship Service (4th Sunday)

Building 8939 10:15 a.m. CCD (except during summer months)

Spiritual Life Center,

BIBLE STUDIES

Tuesdays Crossroads Discipleship Study (Meal/Bible Study)

Wings Chapel, 6:30 p.m.

Protestant Women of

the ChapelWings 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

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 StudySpiritual Life Center, 6 p.m.

Thursdays Adult Bible Study Spiritual Life Center,

9 a.m.

Latter-Day Saints

Bible Study
Wings Chapel, 6:30

Saturdays
Protestant Men of
the Chapel

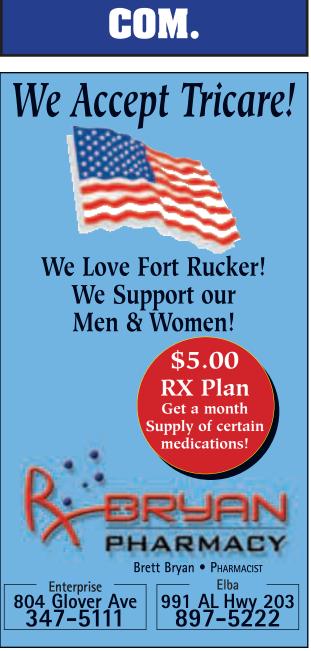
Wings Chapel (1st Saturday), 8 a.m.

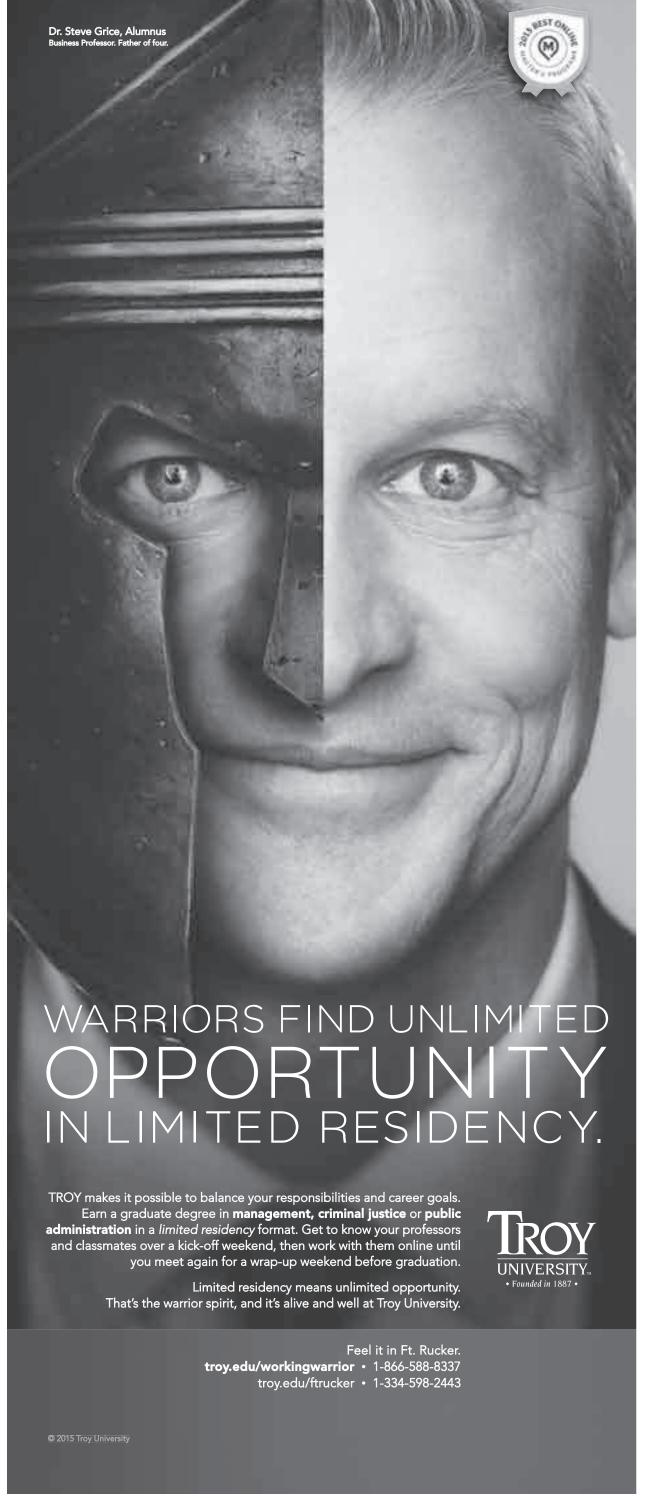
Pick-ofthe-litter

Meet Max, an approximately 3-year-old male Boxer mix for adoption at the Fort Rucker stray facility. He is full of energy, personality and spunk. He has already received his rabies vaccine. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http://www.facebook. com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

COURTESY PHOTO











'COOL EFFORT'

New system helps those with heat injuries

Story on Page D3

JULY 16, 2015

Settlers win post softball championship

By Nathan PfauArmy Flier Staff Writer

After 20 teams competed for months, the 2015 Fort Rucker Intramural Softball Season championship ended up being decided by one run.

The D Company, 1st Battalion, 145th Aviation Regiment Settlers beat the C Company, 1st Battalion, 13th Aviation Regiment's Foul Play, 10-9, in the championship game July 8.

Early on, it looked like the Settlers would romp their way to the championship, but Foul Play managed to get things together enough to create a nail-biting finish.

"It was a good game. We came out here and we just wanted to have fun, and we did that," said 2nd Lt. Bryce Thompson, coach for Settlers. "This is a good way for us to come out here and get away from studying for a little bit, and have fun."

That fun translated into a win for the Settlers, who got off to a relatively slow start as Foul Play started things off at the plate.

The 1-13th team started strong, getting players on base and scoring the first run of the game.

Already down by one run just minutes into the game, the Settlers tightened up their defense and were able to rack up three outs to get their chance at bat.

The 1-145th went to the plate confident and showed off their offensive prowess as they managed to get base hit after base hit, and errors by their opponents allowed for two runs to cross the plate and put the Settlers up 2-1. Despite the errors, Foul Play managed to pull their defense together for an inning-ending double play.

As they took to the plate, Foul Play were determined to turn things back around in their favor, but the Settlers were having none of it and quickly ended the 1-13th's turn at the plate.

The Settlers came up to the plate aggressively, quickly loaded the bases and brought in two runs to extend their lead. Foul Play couldn't seem to find their defensive footing as they fumbled the ball at every turn, allowing the Settlers to bring in more runs,



PHOTO BY NATHAN PFAU

Danny Katz, player for the Settlers, scores a run during the 2015 Fort Rucker Intramural Softball championship game at the Fort Rucker softball fields July 8.

with the onslaught eventually leading to a 7-1 Settlers lead.

The 1-13th team's offense didn't fare much better during their time at bat as they continued to put the ball directly into their opponents hands, getting three outs after just four batters and it looked like the route

But Foul Play found its defensive footing, as they stopped the Settlers from bringing in anymore runs, including catching a foul ball, a line drive to center field and getting a play at first to get their chance to get

back in the game.

That defensive stand perked up Foul

Play's offense a bit, as well, as the team managed to get multiple runners on base to bring in another run and close the gap before heading back into the field down 7-2. The Settlers followed up with an inthe-park home run to make up for lost ground, but Foul Play's defense remained tight for the remainder of the inning to make it 8-2.

Going into the fifth inning, the 1-13th team had their work cut out for them, but they weren't able to get any players on base. Their opponents, however, fared much better, able to find the gaps in Foul Play's defense and bring in two more runs before the

end of the inning to lead 10-2.

With the game seeming all but over for Foul Play, they went into the seventh and final inning. With one final chance to get back in the game, the 1-13th managed to rally and put runners on base and keep the ball in play.

They brought in run after run with multiple hits as they worked to close the scoring gap. Their onslaught continued through most of the inning until they were just one run shy of a tie game, but despite their efforts, the Settlers managed to halt Foul Play's turnaround and win the game,



Surgeon general visits Lyster

Lt. Gen. Patricia D. Horoho, U.S. Army surgeon general and commanding general of the Army Medical Command, takes time out of her visit to Fort Rucker to meet with Lyster Army Health Clinic employees and tour the Lyster Lifespace Center. During her visit, Horoho experienced the health and wellness benefits the Lifespace Center has to offer beneficiaries, including one of Lyster's healthy cooking demonstrations. Horoho told the group in attendance that focusing on health through sleep, activity and nutrition, and encouraging people to utilize the Lifespace Center, would significantly help in improving the overall health and wellbeing of Soldiers, family members and the community.

Tips help prevent insect-, tick-borne diseases

By Rosanne Radavich

U.S. Army Public Health Command

Insect- and tick-borne diseases, such as malaria, dengue fever, yellow fever and Lyme disease, are serious health threats that cause human misery, hardship and more than 1 million deaths worldwide each year

Many of these diseases can be prevented using a few simple protective measures.

Preventing bites

Protect exposed skin from bites by applying Environmental Protection Agency-approved repellents containing DEET or Picaridin. Wear permethrin-treated clothing, which repels ticks, mosquitoes and other biting insects. Some military uniforms and civilian outdoor clothing come pre-treated with permethrin. These garments are highly recommended because factory-treatment lasts the lifetime of the garment.

If your uniform or clothing has not been treated with permethrin, you can treat it yourself with commercially available spray products containing 0.5 percent per-

methrin, which typically lasts for six weeks and six washings. Wearing long pants and long-sleeved shirts also reduces bites by covering your skin.

Wear light colors to help you see and remove ticks from your clothing before they can bite you. Check yourself thoroughly for ticks after you have been in tick habitat and promptly remove any ticks that have attached to your skin.

Remove a tick by grasping it close to the skin with tweezers and pull up until the tick detaches. Secure the tick in a plastic bag or container, and kill it by freezing. Keep the tick, and bring it with you to the doctor in case you become ill. The doctor can use the tick to help diagnose your illness and provide speedy treatment.

Eliminating habitats

Homeowners can also make simple changes to reduce the number of mosquitoes and ticks around their yards. A female mosquito prefers to lay her eggs in standing water, and under ideal weather conditions, it can take less than a week for her eggs to hatch and develop into adults.



PHOTO BY GRAHAM SNODGRASS

The deer tick is the only tick that carries Lyme disease. If individuals remove attached ticks

promptly, they can prevent tick-borne disease.

Break this weekly breeding cycle by removing the standing water from your yard. Empty any water accumulating in toys, lawn furniture, clogged gutters, tarp-covered vehicles and other artificial containers. Water containers, like pet bowls and bird baths, can be emptied and refilled weekly

to get rid of mosquitoes.

Ticks are most common in tall grass and shrubs and are moved around by animals.

Keep your yard free of trash and debris, mow lawns, trim overhanging trees and shrubs, and avoid feeding or attracting feral and wild animals into your yard.

Take your medications

A few important insect- and tick-borne diseases have vaccines or medications developed to prevent them. Highly-effective vaccines exist for diseases like yellow fever and Japanese encephalitis, while pills can be taken to prevent infection with malaria.

Talk to your healthcare provider about insect-borne diseases, especially if you plan to travel. If a medication is not available, take other precautions to protect yourself.

Don't let insects ruin your trip and send you to the doctor. Take your medications, receive your vaccinations, use repellents on your skin and clothing, and modify your yard to ensure that you have the best protection against insect- and tick-borne diseases.

For more information on preventing insect-borne disease, contact the DOD Pesticide Hotline: 410-436-3773.

OWN I'IMF



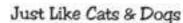




FLASH







by Dave T. Phipps



- 1. U.S. STATES: What time zone is the state of Alabama in?
- 2. LANGUAGE: What does the Greek prefix "crypto" mean?
- 3. SCIENCE: What does an ichthyologist study?
- 4. MOVIES: What was the first major movie to show a flushing toilet? 5. ABBREVIATIONS: What does
- BMW stand for? MUSIC: Who wrote the Beatles'
- song "Here Comes the Sun"? 7. MEASUREMENTS: The word "octennial" refers to a recurring period
- of how many years? 8. ANIMAL KINGDOM: What is the only mammal that can fly?
- 9. GEOGRAPHY: What did the African nation of Burkina Faso used to be called?
- 10. MYTHOLOGY: Who was the Egyptian god of the afterlife?

See Page D4 for this week's answers.

Super Crossword

NOT NOTEWORTHY

35 "Lend ---

36 Buster

(Oscar-

winning

Elrown's

bulldog

 about 42 Gets ready

43 Little darling

as a car 47 "Farewell"

brawls

52 German

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49 Chop to bits

48 Prison

45 Ready to roll,

38 That boy's

- **ACROSS** 1 Film stars,
- e.g. 7 Snake haired Gorgon

AND THESE MARKINGS. SOMETHING CAMBTURAL ABOUT THEM...

BARIN

- 13 General who advised Augustus 20 Golfer Mark
- 21 Rabid Ian 22 More gutsy 23 Really get into making
- electronic scans? 25 Embraced 26 Straitfaced
- Grand party 28 With the
- result being 30 Abbas' gp. 31 Gazed wantonly
- 33 Conrad Hilton with a 16ver? 35 Part of
- AAU: Abbr. 37 Animals: Suffix 38 Like a rough. harsh voice
- 40 Oath reply 41 Cobbler cutter's job? 44 - and yang 46 Raise crops
- 50 Two Guys and —* 51 Gl uplifter

- 52 Make at work 54 Wheel
- spokes, e.g. 55 Disoriented driver's remark to a passenger,
- maybe 58 Decrease in sunbum severity's 61 Last of a
- tetralogy 63 Boeing plane 64 Stranded stuff in cells Too many to 111 Raines of 65 list" abbr.
- 66 Tentacles 69 Gorilla's pre-72 Bit of deceit
- -wester (storm type) 74 Songwriter DiFranco 75 Reactor safety org.
- 76 Put a backup copy on 78 Embrace old French Protestants? 82 Purebred's
- genealogy 86 Vintage auto 87 Ginger treat Milan or
 - DOWN Cousins of haddocks
- 109 That, in Leon 9 Sleep briefly 110 Backyard pavilion The Web 113 Vex greatly
- 116 Suspended ski lift cabin 118 How senior citizens

91 Mythical river

By means of

Bid a Tokyo

(storm type)

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96 Blood-typing

102 Waikiki wear

103 Meekness of

medics?

107 Hillocks

letters.

98 Flowers 101 —'wester

101

- address teens? 121 Old French region
- 122 Tijuana Brass' Herb 123 She's a deity of wisdom
- 124 Progress delayer 125 Sea serpent
- nickname 126 Paring tool

- 3 To whom property lawfully passes on Was a
- Lady" (1933 hit song) 5 Fiancee who's a control freak
- 6 Get less firm Paired up to breed 8 Blue-pencil
- 10 Mentalist 11 Burglar alarm component
- 53 "— a jealous mistress" 12 Local 54 Elvis' label lingoes 13 - chili (kind 56 Chimp's kin of pepper) 57 Second-cen.
- 14 Aspic ingredient 15 Like many violent films
- 16 ICU drips 17 Longstocking of kid lit 18 "Edward I"

29 "And — off!"

- v. Wade

- playwright wake George 19 Passion 24 Start to a bit of bad news
- pope 59 Throw off 60 In need of a meal 62 White with Pat Sajak 66 Fire leftovers 107 1971 Jane 67 Shake to
 - 68 Rocky's gangster partner in cartoons
 - 70 Stage piece Sticky rolls 72 Actor Seth

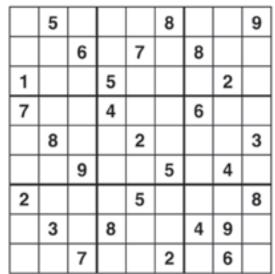
- 77 Asian nation since 2002 79 Group of six 80 Equip
- Disney short) 83 2011 film about boxing
 - robots 84 Raison d'-85 Actor Morales 89 Pt. of GPS
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 - Fonda film 108 Shop shaper
 - 111 Peepers 112 Singer of film 114 Duncan of
 - Obama's cabinet
 - 115 Ivan or Peter 117 Artistic touch 119 Good times



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: * * *

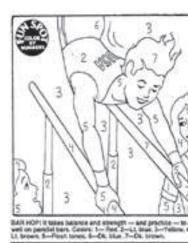
★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER



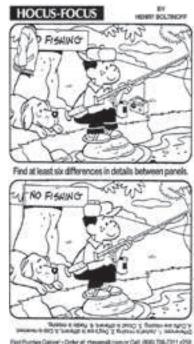


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| SPELLBINDER - | - |
| SCORE is points for using all the latters of the word Sellow In term | |
| | |
| RESEARCH | - |
| THEN score 2 pents such for all soods of four where or more found among the lattice. | |



message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less. than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

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'Cool effort' for those with heat injuries

By Bob Reinert USAG Natick Public Affairs

NATICK, Mass. — In hopes of bringing medical treatment to Soldiers on remote battlefields in warm climates, the folks at Natick Soldier Research, Development and Engineering Center recently put forth a "cool effort."

The Heat Ailment Recovery Pack is being developed by the Joint Foodservice Engineering Team of the Combat Feeding Directorate at NSRDEC. It will help personnel maintain medical supplies at the proper temperatures and keep potable water cool until medical attention can be administered to Soldiers with heat-related injuries.

"They don't have this capability at all," said Ben Williams, a mechanical engineer with JFET. "It's never been done before. It's a brand-new concept."

Williams was approached about a year ago by deployed Joint Special Operations Command U.S. Africa Command personnel about developing something to cool water and medical supplies to treat individuals who are suffering from heat-induced medical conditions. Together, they approached the Rapid Equipping Force, which approved the funds to produce four of the bags for testing and evaluation.

"I love working directly with people in the field because it makes your job easier," Williams said. "You're not trying to develop products in a vacuum and you're not making products that people don't want. It makes your life easy."

Williams had already helped Soldiers in the field cool water with the Beverage Cooling Unit and maintain water temperature with the Insulated Container for Bottled water. JSOC AFRICOM wanted Williams to combine the two concepts, providing a means to not only maintain the temperature of medical supplies and bottled water, but to cool them on demand, when necessary.



Medical supplies, such as IV solution bags, will be kept cool on the way to treat heat injuries by the Heat Ailment Recovery Pack developed by the Natick Soldier Research, Development and Engineering Center.

"Being able to provide Soldiers on the ground with medical supplies and water at the proper temperature after an extended, or even an indefinite, period of time in remote locations is a major challenge," he said. "The state-of-the-art technology before the HARP for this application was just your standard portable, plug-in refrigerator. The HARP is a completely new concept, which can either maintain the contents' temperature or drop it to acceptable levels within minutes, depending on what the user requires."

Williams and Brian Grady, an equipment specialist with the NSRDEC Aerial Delivery Design and Fabrication Team, got to work making the concept a reality.

"We have to actually make this from scratch," Grady said. "We're not production - we're prototype. But to build four of these? It's a production process, and we tackle it and get it done.

"Obviously, it's not a parachute, but its fabric. We have a lot of these items that we take in, too. Who else will build this?"

The result was a 23-inch-wide, by 26-inch-long, by 20-inch-high pack, which weighs up to 60 pounds when fully loaded with medical supplies and water. Its microrefrigeration unit is powered by a BB-2590 lithium-ion battery, which can be run continuously for three hours in 120-degree temperatures.

'You can drag an IV bag or medical supplies down to 50 degrees off of one battery from 120 degrees, if you just let it run," Williams said.

An integrated flexible solar panel can also be used to recharge batteries and extend the HARP's runtime while acting as a solar shade for the system.

"It needs to be a self-sufficient system, capable of running indefinitely," said Williams in explaining the solar panel.

The HARP, coated with a newly developed infrared-reflecting material, can cool its contents down from 120 degrees to a usable temperature of 98 degrees in a mere 15 minutes. Using its remote control and monitoring system, the HARP can keep an IV fluid bag constantly usable (below 98.6 degrees) for 100 hours in 120-degree temperatures, all while being monitored and controlled from a distance of up to 100 feet.

"Remote monitoring and control is an absolute necessity, especially when the system is stored on the outside of the vehicle or in a cargo area," Williams said.

The HARP is also capable of being broken down and configured for man-transportable use within minutes, while still maintaining its cooling capability. Modular Lightweight Load-carrying Equipment features with integrated shoulder straps added to its backside allow the bag to be worn like a backpack or attached to and carried on another pack.

"It's actually a two-bag system," Grady said. "The challenge was (working with) the fabric and how unforgiving the fabric was. There's no room for error with the fabric."

Most of the work on the HARP was done at NSRDEC, but four other Army agencies and two outside companies ultimately were involved in the process.

Eight months after the need for the HARP was determined, four were sent to the REF May 20. Another four systems are scheduled to be fielded to the U.S. Army Medical Materiel Agency for user evaluation aboard MEDEVAC aircraft.

"I think we did a great team effort on this one, because we got everyone involved and leveraged all of the necessary skills to get the job done," Williams said. "We have the capability here at Natick to take a Soldier's need and turn it into a reality. It's a cool effort."

The Champions: Army team earns Interservice Rifle title

By Marine Sgt. Terry Brady Department of Defense News

MARINE CORPS BASE QUANTICO, Va. — The U.S. Army Marksmanship Unit took first place June 30 at the 54th annual Interservice Rifle Team Championship.

The Marine team came in second at the championships, held on Quantico that ended July 1.

During the competition, shooters from across the Department of Defense competed in a myriad of matches consisting of individual and team-scored shoots, varying from distances between 200 and 1,000 yards.

"These are all the best military shooters," said Col. Timothy Parker, commanding officer of the Weapons Training Battalion. "Here we have all of the best

military shooters in the United States, and they go against each other to see who (are) the best military shooters."

During the competition, participants also embraced their common bond through marksmanship and shared with one another their knowledge, so they could improve themselves and share that knowledge with their respective units, said Army Reserve Staff Sgt. Jacob Probst, a competitor at the event.

"When I went overseas, I didn't know how to shoot this is where that really gets to change," Probst said. "We get to develop high-level shooters (here), then they go back to their units and get to teach what they've learned.

"There is a different mentality for individuals, who are competing at this level," Probst said. "They're almost always positive and driven, (and) they set goals and achieve those goals."

After the competition, the participants attended a banquet and awards ceremony. The guest of honor, retired Marine Corps CW4 Martin W. Dankanich, spoke on behalf of the competitors during the event.

"It's truly great to be here and to be with so many competitors," Dankanich said. "What I like about (this) is that this is our match. It captures the true spirit of sportsmanship and the brotherhood in arms."

Soldiers with Army Reserve Team Anderson won the Commanding General, Marine Corps Combat Development Command Team Match with a score



Soldiers with the U.S. Army Reserve team compete during the 54th Interservice Rifle Championship on Marine Corps Base Quantico, Va., June 29.

Service members who participated in the championship will continue on to the National Rifle Matches held at Camp Perry, Ohio, later this month.

"There is only one winner and every single shot counts, and ultimately in combat every single shot counts, too," Parker said. "The difference in winning or losing can be in one shot."

US service member team takes women's basketball bronze

Armed Forces Sports Press Release

Championship.

ANGERS, France — The U.S. Armed Forces Women's Basketball Team beat host team France, 78-41, July 4 to win a bronze medal in the first Conseil International du Sport Militaire Women's World Basketball

Army Spc. Danielle Salley, Army Sgt. Kimberly Smith and Air Force Staff Sgt. Tiffanie Guthrie led the U.S. team by posting double-doubles - both scoring and rebounding in the double digits during the game.

The United States' 6-foot-4 center Salley scored 12 points and brought down 13 rebounds. Guthrie posted 12 points and 10 rebounds, followed by Smith's 11-point, 12-rebound performance.

Army Sgt. Angela Tisdale and Spc. Vanessa Lamison scored 11 and 10 points respectively, while Air Force 1st Lt. Micah Wessinger scored 10 points to round out the offensive show.

Led by the team's coaches, Army Lt. Col. William Johnson and Navy's Tonya Strobridge, the U.S. Armed Forces Women's Basketball team was selected from players at the 2014 Armed Forces Women's Basketball Championship at Camp Pendleton, California, Nov. 7-13.

Loss to China

The day before the bronze-medal game, the United States lost to China in the semifinals. Despite leading 37-31 at halftime, the United States went down by one point within one minute of regulation play July 3.

China was then able to sink four unanswered free throws to win 79-74. Army Spc. Kquanise Byrd led the U.S. effort in that game with 17 points.

China ended up taking home the silver medal after losing to Brazil by a single point. Brazil took home the gold after prevailing 87-86 in the championship.



Looking forward

The United States began the tournament by defeating host-nation France in their opener, 71-59, followed by a dominating performance over Sri Lanka, winning 137-37. It finished with a 3-1 overall record.

Although this was the first CISM World Women's Basketball Championship, France hosted four nations last year at the CISM Regional Championship in Meyenheim.

The United States took silver behind Brazil in 2014.

The United States will host the second edition of the CISM World Women's Basketball Championship on Marine Corps Base Camp Pendleton, California, July 23-30, 2016.

The CISM World Military Games will take place in South Korea, Oct. 2-11. The world games take place once every four years.



The U.S. Armed Forces Women's Basketball team is shown as they prepare for action at the first Conseil International du Sport Militaire World Women's Basketball Championship in Angers, France, June 28 to July 5.

Mindfulness-based stress reduction finds a place in the military

By Shannon Russ *Army News Service*

SAN ANTONIO – Mindfulness-based meditation and the military are generally two things that one would not associate with one another.

But Dr. Valerie Rice, chief of the U.S. Army Research Laboratory's Human Research and Engineering Directorate Army Medical Department Field Element in San Antonio, has participated in the Army Study Program since 2012. She has led a study entitled "Evaluating Next Generation Resiliency Training using the Virtual World of Second Life" for the last four years.

This study, along with her two related 2015 studies "Fortifying and Amplifying Resiliency Training" and "Expeditious Resiliency: Examining a 5-day Intensive Mindfulness Training," which were recently funded, have allowed Rice and her team to work with active-duty military and veterans to examine the potential benefits of mindfulness-based stress reduction for conditions such as post traumatic stress disorder, depression, chronic pain and anxiety, among others.

The practice of "mindfulness, or being in the moment," uses age-old meditation practices, offering practitioners an outlet for stress relief, Rice said.

Members of Rice's research team are not only educated on the topics the study proposes to address, but each member must participate in both the online and in-person portions of the study as a prerequisite to joining the research team. This gives each member a unique understanding and perspective of the study and of the issues and methods that participants are hoping to ad-

Additionally, it builds a trust and camaraderie between participants and the research team, which is important in a situation, where individuals may be reveal-



PHOTO BY SPC. CHARLES PROBST

A Soldier goes through training at the National Training Center, Fort Irwin, Calif., in this file photo.

ing their deepest thoughts and

Members of the Army Study Program Management Office team were invited to participate in an online mindfulness mediation session to gain an understanding of the experience. The virtual world, Second Life, is a 3-D computer environment, where avatars represent the individuals, who are participating.

In the virtual world, participants are able to design the avatars to represent themselves and even have the option to disguise the sound of their voice to the other participants. The virtual world includes not only the lodge, where participants meet, practice meditation and have open discussions, but walking trails, horse stables and other relaxing activities for participants.

"The virtual world reduces the anxiety that comes from going into a behavioral health center by offering anonymity," Rice said. "There is still a stigma we have to confront that asking for help is a sign of weakness."

A group of previous study par-

ticipants came out to the Stillwell House on Fort Sam Houston to greet the team from ASPMO and to discuss their experience and outcomes pertaining to the study. It was made clear during the discussion that the group environment — whether in-person or through the virtual world — is greatly beneficial and builds a supportive network for those participating.

Feedback regarding the study has been very positive, as each participant not only shared the positive results of the mindfulness meditation itself, but also the benefits for a wide range of conditions experienced within the group including PTSD, chronic pain and anger management. Participants also experienced some positive unexpected benefits.

Researchers and participants were surprised to experience not only the firsthand benefits of the mindfulness meditation, but the secondary benefits experienced by some including weight loss, improved sleep, lower blood pressure, reduced anger and increased calmness. The ages,

backgrounds and ailments of participants varied greatly. The participants are active-duty military and military veterans, and range in age from 22-75 years.

Regardless of the demographics, the participants overwhelmingly agreed on the benefits of the group setting and of the mindfulness meditation to the admitted surprise of those who were formerly skeptical.

The participants, who met with the ASPMO team were anxious to share their experiences, which varied greatly. One young woman was experiencing severe chronic pain resulting from an intensely stressful work environment. After participating in the mindfulness-based stress reduction study, her pain has decreased so significantly that her medication has been cut to a fraction of what she required before learning the techniques and practices the study allowed her to acquire.

Another participant spoke about his hesitation to participate because as a retired Army officer, he was skeptical of the benefits of meditation or anything that resembled therapy. However, participation allowed him to deal with a variety of issues including PTSD and a recent cancer diagnosis. He was quick to sing the praises of both the virtual and in-person sessions, as well as the study team.

A third participant shared his intimate story of being the sole survivor of a military helicopter accident. The immense stress caused by the accident, as well as the issues that arose during the investigation, gave him cause to seek out assistance.

He received "a free banana that happened to have a flyer about the study attached."

"I really just wanted a banana, but read the flyer and decided it was worth looking into further," he recalled.

As a result of the positive experience he has had with the mindfulness meditation, he is sharing his story on larger stages in hopes of eliminating the stereotype associated with such practices and encouraging other military service members to participate.

The study, which has competed for and been awarded funding each of the last four years, has shown tremendous success in helping Soldiers and veterans. According to one article, evidence shows that participants are still employing the mediation methods they learned six months after participation has ceased.

If virtual training proves effective, "we can support Soldiers and veterans anywhere there is an Internet connection and a computer," Rice said.

The results of the study are exciting, as this could be a break-through treatment for Soldiers suffering from a wide variety of ailments, she added.

As Rice and her team continue to successfully compete for funding and receive positive results from the research, the study will continue, potentially helping countless service members and veterans.

SPORTS BRIEFS

Zumbathon

The Fortenberry-Colton Physical Fitness Center will host a Zumbathon in honor of National Dance Day July 25 from 9-11 a.m. This grassroots campaign encourages Americans to embrace dance as a fun and positive way to maintain good health and fight obesity. Door prizes and refreshments will be available. Cost is \$3.50 or people may use their fitness class card.

For more information, call 255-3794.

Open Championship Match-Up

Silver Wings Golf Course will host its Open Championship Match-Up Saturday. Players will play a normal Saturday round of golf, but before they tee off, they choose someone from the Professional Open Championship in the Britain field as a partner, and pay \$5. At the end of their round, Silver Wings Staff calculate the two-man team's best ball score from the Fort Rucker player's score and the professional's round score. Prizes will be given for both gross and net scores. All rounds must tee off by 9 a.m.

For more information or to sign up, call 598-2449.

Post golf championship

The post championship at Silver Wings Golf Course will be held July 25 with tee times from 7–9 a.m. People can play with their regular group or SWGC can assign people to a group. The post champion will be the active duty low gross score. All other prizes – gift certificates – will be net scores. Entry fee is \$5. The event is open to the public. People must register by 4 p.m. July 23.

For more information, call 598-2449.

Youth sports registration

The registration dates for upcoming youth sports – football, cheerleading, tennis and fall soccer – are now through July 31. All interested participants must have a valid child, youth and school services registration and a current sports physical to participate. Fall soccer practices will begin on Aug. 10. Football and cheerleading practices will begin Aug. 17. Tennis practices will begin Sept. 9.

For more information, including available age groups, call 255-0950.

SNAG Golf

Silver Wings Golf Course will offer SNAG Golfing the fourth Saturday of the month from noon to 2 p.m. now through August. SNAG is an alternate form of golf and a way to introduce new players to the game. The cost is \$10 for adults and \$5 for juniors. The cost includes play, a hot dog, chips and small fountain drink.

For more information, call 598-2449.

Family Fun Day at Silver Wings

Silver Wings Golf Course will host its Family Fun Day every Sunday starting at 1 p.m. now through December. This family experience is intended to introduce people to the game in a fun environment and help develop life-long golfers. The cost is \$20 for one adult and one junior, which includes cart rental, any applicable green fees, and one bucket of balls for nine holes.

For more information, call 598-2449.

Ladies Guest Day at Silver Wings

Ladies are welcome to bring a guest to Silver Wings Golf Course every Tuesday from 7 a.m. to 1 p.m. now through September. The cost for guests is \$25 and includes cart, green fee, one bucket of range balls and lunch. Members who bring a guest will receive 20-percent off lunch at Divots.

For more information, call 598-2449.

Ladies League golf

Silver Wings Golf Course will host Ladies League golf every Wednesday in July from 6–7 p.m. The cost is \$60 for all sessions, or \$15 per night. Cost includes range balls, group and private instruction, green fee and cart fee. All levels of players are welcome to take part.

For more information or to sign up, call 598-2449.

Enterprise baseball

Enterprise's semi-pro baseball team needs players. The team is currently 10-0. For more information, call Joe Jackson at 464-1729.





TRIVIA

Asswers

1. Central

2. Hidden or sextet

3. Fish

4. "Psycho"

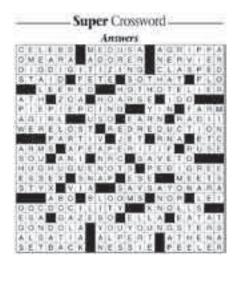
5. Bas arian Mistor Works

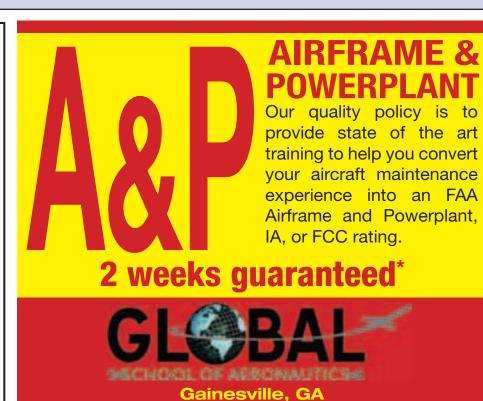
6. George Haratson

7. Eight

9. The Republic of Upper Volus

9. The Republic of Upper Volus





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*with proper paperwork