

DEADLINE
New cyber MOS
application deadline
looms
Story on Page A3



GIRLS NIGHT
Giveaways, music,
fun make for
'lovely night'
Story on Page C1



PRO AM
Pros, amateurs
share same green
Story on Page D1



ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

AUGUST 20, 2015

RETIREEES MOVE ONTO POST

*Safety, convenience
cited as benefits*

By Nathan Pfau
Army Flier Staff Writer

Two military veterans, with a combined service of nearly half a century and who have moved from installation to installation throughout their military careers, have found a place they can truly call home — Fort Rucker.

Military retirees Bill Murray, and friends Deryl Nestor and his wife, Lora, got the chance to experience moving onto a military installation as retirees as they were among the first retired service members to move into Allen Heights community housing on post.

"It feels like I'm coming back home," said Lora. "I think it's going to be very nice living here now. Right now, I'm looking forward to getting my house ready, but the safety of being on post will be nice. The whole area is just so nice."

Murray, 91, and the Nestors, both 79, lived in a Dothan senior living community prior to moving into Fort Rucker housing, but they would frequently visit the installation's Lyster Army Health Clinic to pick up medications, for doctor visits or to have lab work done, so the availability for housing on post to them was a blessing.

"We had various trips that we had to take (onto Fort Rucker)," said Deryl. "(Living on post) will save us a lot of time."

For Murray, living on post is an opportunity to live close to his son, Billy Murray Jr., retired military who lives in Enterprise.

"I'm looking forward to the conveniences of being close to my son," said Murray Sr. "He's a very devoted son. I think he's spent as much time in Dothan with me as he did in Enterprise with his wife, so he'll have a shorter route to travel now to see me — I'm looking forward to that. I'm also looking for a better lifestyle than I've been accustomed to in the past year and a half. I get to eat when I want and what I want — this was an answer to my prayers."

"Dad was so excited about (moving here) that it made me happy," said Murray Jr. "It brings him and me closer together and it's more convenient to see each other. I think he's looking forward to doing things like running down to the new commissary, going to the PX and playing golf. You can almost walk to the golf course from here."

Murray received his keys to move in Friday, and although the Nestors had already moved in, they're all



PHOTO BY NATHAN PFAU

Bill Murray, military retiree, has a conversation with friends Deryl and Nora Nestor, military retiree family, as they get ready to move into their new homes in the Allen Heights community on Fort Rucker Friday.

looking forward to getting completely settled into their new homes, which they say are among the best they've lived in.

"I love just about everything about our new place, but the first thing that really impressed me was the staff here," said Deryl. "Those people are wonderful and they'll help you do anything. I think the housing here is the best of any military installation that we've been on," adding that in 21 years the couple has moved a total of 21 times during his military career, so they had no problem with one final move home.

The changes to on-post housing

eligibility were made due to the decrease in the number of families that current live on Fort Rucker, according to JC Calder, Corvias Military Housing business director. Because of this decrease, housing is now available for retirees.

Additionally, since retirees do not receive a Basic Allowance for Housing, rental rates for retirees are set by market rates, which Calder said is very comparable to housing off post. But with included amenities, such as most utilities included with rent, as well as 24-hour maintenance, lawn care, use of the neighborhood centers and overall security of living on post, the value can't be

beat, he said.

Pricing ranges from \$875 for a two-bedroom home to \$1,050 for a four-bedroom home, with various pricing in between depending on the floor plan type.

"This is an exciting opportunity for more people to take advantage of the quality housing, property management services and excellent customer service (available on post)," said Calder. "These veterans and military personnel are already connected to the military family and are part of the fabric of the community on Fort Rucker. Many have lived on post before and we look forward to welcoming them back."

FORC E PRO TEC TIO N



PHOTO BY NATHAN PFAU

Fort Rucker emergency responders render aid to a victim during a simulated active shooter exercise during the installation's All Hazards Exercise Wednesday. The exercise is designed to test the installation's and surrounding community's response to an emergency situation, requiring first responders and emergency responders test their skills as if it were a real-world event. For the full story, see next week's *Army Flier*.

Post welcomes new EFMP navigator

By Jeremy Henderson
Army Flier Staff Writer

Soldiers with exceptional family members now have a guiding light to provide a smoother transition into the Fort Rucker community — an Exceptional Family Member Program systems navigator.

EFMP provides comprehensive support to family members with special needs and the systems navigator, a job newly opened to Fort Rucker, helps families find the resources they need.



Suber-Houston

Mirian Suber-Houston, who served as Army Community Service director at Fort Greely, Alaska, before transferring here, feels her 34 years of experience in human service field will enable her to empower families.

"I am here to empower each family, so they can become advocates for themselves," she said. "I know the services. I just like working with families. I feel like if I can make a difference in someone's life, I want to help. It doesn't matter if it's my job or not."

Systems navigators provide outreach, coordination, support and case management services to Soldiers and families and their exceptional family members. An exceptional family member can be a child or adult family member with a physical, emotional, developmental or intellectual disorder requiring special treatment, therapy, education, training or counseling.

Houston said she will help Soldiers and families navigate the system of Army, community, state and federal agencies that provide support or benefits.

"When a Soldier receives orders to Fort Rucker and their family has special needs, I will be notified in advance and can begin searching for the services they need," she said. "It eliminates some of the stress of joining a new community."

"They could possibly be here for years without knowing all the resources available," she added. "But, with me navigating them through the system, I can find the services and resources they need."

According to Houston, the position also enables her to conduct home visits and gain an even better understanding of what each exceptional family member requires.

For more information about EFMP or help navigating its resources, call 255-1429.

Milley becomes Army's 39th chief

By C. Todd Lopez
Army News Service

WASHINGTON — Continued freedom in America requires a continued commitment to maintaining strong, equipped, well-led and well-trained ground forces, said Gen. Mark A. Milley, the Army's 39th chief of staff.

"There are many who think wars only can be won from great distances — from space, the air, the sea. Unfortunately, those views are very, very wrong," Milley said.

Milley spoke immediately following his oath as the new chief, assuming responsibilities from Gen. Ray Odierno, who retired during the same ceremony Friday morning on Joint Base Myer-Henderson Hall, Virginia.

"War is an act of politics, where one



PHOTO BY C. TODD LOPEZ

Army Secretary John M. McHugh swears in Gen. Mark A. Milley as the 39th chief of staff of the Army during a ceremony on Summerall Field, Joint Base Myer-Henderson Hall, Va., Friday. Milley's wife, Hollyanne, holds a Bible.

side tries to impose its political will on the other," Milley said. "And politics is all about people. And people live on the ground. We may wish it were otherwise. But it is not. Wars are ultimately decided on the ground, where

people live, and it is on the ground where the U.S. Army, the U.S. Marine Corps and the U.S. Special Operations forces must never, ever fail."

The general warned that flagging commitment to maintaining ground forces will have a devastating cost, in terms of lives and freedom.

"If we do not maintain our commitment to remain strong, in the air, on the sea, and yes, on the ground, we will pay the butcher's bill in blood, and we will forever lose the precious gift of our freedom," he said. "As your chief of staff, I will ensure we remain ready as the world's premier combat force. Readiness to fight and win — ground combat is and will remain the U.S. Army's No. 1 priority. And there will be

SEE CHIEF, PAGE A5

PERSPECTIVE

SOLDIER FOR LIFE

Employment expert offers salary negotiation tips

By Bryan Tharpe
Fort Rucker Soldier for Life
Transition Services Manager

Negotiating a salary is every job hunter’s final hurdle.

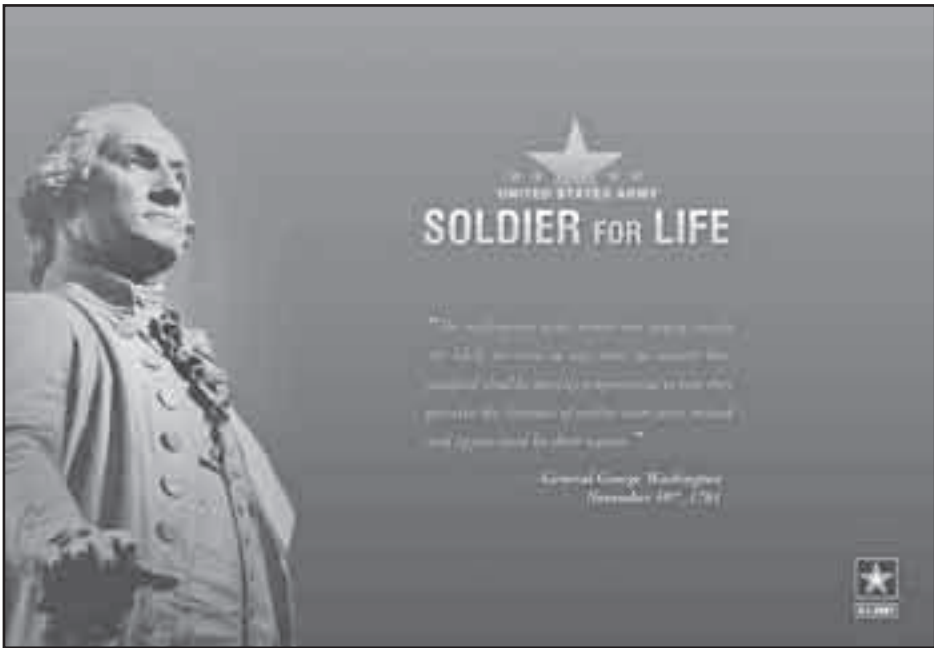
Many times job seekers are so eager to have an offer that they forget to take advantage of the leverage they have at this critical moment. Your negotiating strength is never stronger than at the moment when the company invites you to join their team.

Many job seekers fail to prepare themselves for this final hurdle and may end up with less compensation than they are worth. This can be avoided by researching, practicing and expecting negotiations.

Before you can begin to develop a negotiation strategy, you must learn about yourself. You can begin this process by analyzing your financial needs and wants. Determine what compensation you will require by preparing a brief balance sheet of your assets and liabilities. This simple exercise will quickly reveal your salary needs.

In addition, you need to research current compensation packages within your specific career field. You should become familiar with all parts of the compensation package because there are options with a civilian package that may be new to you. You can find salary information in the “Jobs Rated Almanac,” the “American Almanac of Job Salaries” and the “Occupational Outlook Handbook,” all of which are available online.

You should enter the negotiation pro-



cess with a win-win attitude. The end result should be a benefit to you and the company.

You should determine how soon the company needs to fill the position and whether or not you are a good fit. Never be the first to mention money. The rule is that the first to mention money loses. This is true. You want the employer to reveal their money position first – this gives you the upper hand in negotiation.

Always remember, you can come across as too greedy and this may turn off your potential employer. You must use tact and common sense during the negotiation.

If you find yourself at an impasse with a potential employer, try to negotiate some-

thing other than salary. There are a multitude of benefits other than salary that you may be able to negotiate, such as vacation or leave time, 401K plans, stock options and health benefits. Many times relocation benefits are also a negotiation point. Do not overlook these benefits when you begin to develop your own negotiation strategy.

In summary, the most important points are never mention money first and always enter the negotiation with a win-win attitude. In order to receive the compensation you want, you will need to prepare, so you will come across as calm confident and flexible. Communicate that you are searching for a mutually satisfactory agreement as a potential

SUCCESS STORIES

- A specialist got an air traffic control job with the Federal Aviation Administration as a result of having a great resume and work experience.
- A sergeant first class got a sales job in motorcycles, all-terrain vehicles and utility vehicle sales and management by networking.
- A sergeant first class got a detention officer job with the DeKalb County Sheriff Department by working in the field of higher education and networking.
- A captain got a job with Berexco, LLC, in business operations as a result of having a good resume, good interviewing skills and persistence.

member of the team.
The Soldier for Life Center is available to assist you in developing a negotiation strategy or to simply answer questions you may have about how to properly enter a salary negotiation.
Fort Rucker counselors can be reached at 255-2558.

Rotor Wash

“The 2015 U.S.Army Soldier Show is 7-8:30 p.m. today and Friday at Enterprise High School. The event showcases Army talent, but what else does it provide for Soldiers and the Army as a whole?”



Alain Perez,
civilian

“I think it’s a good way to showcase the different talents in the Army and instill pride.”



Derek Linderman,
military family member

“From what I’ve seen, it provides a little snippet into Army life.”



2nd Lt. Brandon Baker,
1st Bn., 145th Avn. Regt.

“I think it provides a good form of entertainment – a sort of escape.”



Joseph Tragen,
Army veteran

“It’s a good way for people to see the lighter side of the Soldier.”



Melissa Danford,
military family member

“I think it’s a good way to show how diverse the Army is with different backgrounds and people.”

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

Preparation, knowledge key to successful DA photo

Army Flier
Staff Report

There are many things Soldiers have to do to prepare for a promotion board, but one key requirement seems to be causing a bit of confusion for Soldiers – their official photos.

Denise Reyes, Multimedia and Visual Information Service Center quality assurance specialist, said the first thing Soldiers needing to get an official photograph taken for a promotion board need to do is setup an appointment in the visual information online work order system, www.vios.army.mil.

And the day of their appointment, they need to arrive in the MVISC, Bldg. 535, 15 minutes early and they need to come ready.

“The end of the year is when there are numerous promotion boards and Soldiers are trying to update their Department of the Army photos in preparation for boards. We have one studio and can only set up a fixed number of appointments. The longer they wait to make an appointment, the harder it will be to find one available,” she said. “We encourage all Soldiers to not procrastinate and to get their photo updated when a significant change (takes place), such as the award of the Army Commendation Medal or



FILE PHOTO

Holly Keith, photographer, straightens out then-Lt. Col. William Riley's jacket before taking his DA photograph last year.

above.”

In recent months, many Soldiers have shown up for their photograph not knowing what they are responsible for – a problem for both the Soldier and the photographer, according to Reyes.

“Army Regulation 640-30 outlines the Soldier’s responsibility when taking the photo. And in that regulation, it states that Soldiers must come in with a properly fitted and pressed uniform. We will not clip a jacket in the back to make it tighter,” she said. “They need to ensure that their awards and racks are all correct

and even. They must have a fresh haircut and be clean shaven when they arrive here.” Soldiers must be a first lieutenant or higher, a chief warrant officer 2 or higher or a staff sergeant and above, unless the Soldier is in the National Guard or Reserves, in which case all officer and warrant officer photographs will be taken.

“Most Soldiers need a DA photo for a promotion, and a promotion is an evaluation. It is the Soldier who is entering this new professional rank and it is their responsibility to know how to set their uniform up, not ours,” continued Reyes. “Although we help

as much as we can, we are not the ones who are supposed to know how their awards should be laid out. And their uniform should be ready when they come in the door.”

Soldiers also need to bring their Common Access Card with them and they need to be prepared to give their whole Social Security number, she added.

Reyes suggests Soldiers bring their uniform in on a hanger – not wearing it in. “We cannot digitally alter photographs, such as taking out wrinkles, on an official DA photograph, per Army regulations.”

Photographers note problems happen when Soldiers come in not knowing what insignia, badges and tabs should be worn. “Soldiers only wear their permanently authorized awards, decorations, combat and special skill badges and tabs. If affiliated, regimental insignia will be worn. Shoulder sleeve patches and distinctive unit crest will be worn and are the only exceptions from the permanent rule,” she said.

A mistake or error caused by the photographer or equipment is the only reason a reshoot may be made, unless a memo signed by the company commander is provided, continued Reyes.

The facility has three changing rooms for Soldiers to utilize, and Reyes said the staff helps

Soldiers look the best they can, and will lint roll and straighten out the uniform before they get in front of the camera.

If a Soldier gets a promotion or is awarded a new permanent award, they should renew their DA photograph within 60 days. Reyes also suggests retaking a DA photo if there is a major change in appearance, such as losing a significant amount of weight.

To make an appointment for a DA, head and shoulders, or a photo in support of Soldier actions, such as officer candidate school or warrant officer applications, Soldiers must make an appointment online at www.vios.army.mil. Appointments are not made by telephone.

If Soldiers must cancel their appointment, though, they do have to call the office at 255-2116, 255-2805 or 255-2950 at least 24 hours before the appointment. Soldiers cannot reschedule an appointment until they call in to cancel.

The DA studio is located in Bldg. 535, before L Avenue, and appointments can be made for Monday and Wednesday mornings, and Tuesday and Thursday afternoons.

For more information on regulations concerning official Soldier photographs, see AR 640-30, or call the numbers above.



PHOTO BY NATHAN PFAU

Soldier Show

A scene from last year's Soldier Show performance. The 2015 U.S. Army Soldier Show will perform in the Wiregrass today and Friday 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 our 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.

Submission deadline for new cyber MOS applications looms

By Laura Levering
Fort Gordon Public Affairs

FORT GORDON, Ga. — The Army is looking for Soldiers who want to sign on as part of the cyber branch.

An Army Military Personnel message published in June notified Soldiers of the opportunity to reclassify into the 17C military occupational specialty, which is called cyber operations specialist. Soldiers have until Aug. 31 to submit their packet for the first school date. Those who miss it will have to wait until the next course announcement.

“It’s on the individual,” said Master Sgt. Mike Perry, Cyber Protection Brigade career counselor on Fort Gordon. “I always believed that if you want to get something, you’ll motivate yourself to get it.”

Highly motivated individu-

als are precisely what the Cyber Branch is seeking, he said.

The primary duty of a cyber-operations specialist is to “provide offensive and defensive cyberspace operations in support of the full range of military operations by enabling actions and generating effects across all domains.”

Despite it being a field that might seem most suitable for those with an intelligence or technical background, the 17C MOS is open to all Soldiers in ranks E-1 through E-8, per MILPER message 15-164.

Training for the new MOS lasts 12 months and is conducted in two phases. The first phase happens at the Cyber Center of Excellence on Fort Gordon. The second phase happens in Pensacola, Florida, where Soldiers will attend the Joint Cyber Analysis Course.

Newly-minted 17C MOS Sol-



PHOTO BY BILL BENGSTON

Members of a 7th Signal Command Cyber Protection Team work in a virtual-training environment on Fort Gordon, Ga., June 5.

diers will be assigned to one of its seven functional areas. Though individuals are designated one functional area, there will be ample opportunities to cross-train in the other associated skill areas.

“With a lot of other MOSs, you learn your specific job, and that’s it,” said Sgt. Maj. Michael D.

Redmon, Fort Gordon command career counselor. “These Soldiers get an opportunity to sit next to one another and learn from each other constantly.”

There is also unmatched potential for additional training, schools and professional growth development. The 17C course alone is

enough reason for some Soldiers to consider changing fields. Perry said that the certification Soldiers will get by having attended the course is significant.

Acceptance into the course will be determined by the strength of the Soldier’s application packet. It’s a packet that requires careful planning, said Sgt. Sandra Richter, an intelligence analyst with the Cyber Protection Brigade.

“I wouldn’t say it was necessarily difficult, but it’s a very open-ended packet,” said Richter.

“It’s almost kind of like an ego check,” Perry said. “You’re writing about yourself, so it’s a self-assessment.”

It took Richter about two months to complete her packet because she had to wait for documents, such as high school transcripts. Other documents took time to receive, but were not required.

News Briefs

ASAP closure, move

The Fort Rucker Army Substance Abuse Program offices and clinic will close Friday-Tuesday while the agency moves into its new location of T301 – the temporary trailers in the southwest corner of the Lyster Army Health Clinic parking lot near Andrews Avenue. The agency will resume normal operations, 7:30 a.m. to 4:15 p.m., Wednesday.

For urgent ASAP concerns during the move, people should call 255-7509 or 447-3859.

Spouses club Super SignUp

The Fort Rucker Community Spouses Club will hold its annual membership Super SignUp and Exposition today from 10 a.m. to 2 p.m. at The Landing. The event will feature club information, music, food, shopping, door prizes and more. The theme, Bloom Where You Are Planted, is a fun way for the club to encourage and

support members as they find their place in what may be a home in transition or new permanent place, according to organizers. The event is free, and open to spouses of active duty and retired military personnel residing in the Wiregrass area, and also to civilian employees and spouses of civilian employees employed at Fort Rucker.

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

Chapel Kickoff Celebration

Fort Rucker Chapels will host its annual Chapel Kickoff Celebration Sunday at noon at the Spiritual Life Center, Bldg. 839 on Red Cloud Road. The theme is country-style picnic and the event will feature food, a water slide, a bouncy house and several games. All are invited.

For more information, call 255-2989.

AAAA meeting

The Aviation Center Chapter of the Army Aviation Association of America will host a general membership meeting today at 5 p.m. at The Landing.

Healthy cooking demo

Lyster Army Health Clinic will host a free healthy cooking demonstration Aug. 28 at 11 a.m. The cooking demonstration will take place in the Lyster Lifespace area. Participants will be able to taste the dishes, and take home a recipe card complete with nutrition and cost analysis. All, including children, are invited to attend.

POW/MIA ceremony

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

Soldiers must complete school before promotion

By C. Todd Lopez
Army News Service

WASHINGTON — Soldiers will no longer be promoted without first having successfully completed related professional military education courses, according to a recently-signed Army Directive. Soldiers will need to complete their schooling before they are allowed their new stripes.

“By linking structured self-development and the NCO Education System to subsequent promotion, we better prepare NCOs for the complexities of today’s operational environment while reinforcing the benefits of a deliberate, continuous, sequential and progressive professional development strategy,” wrote Army Secretary John M. McHugh in Army Directive 2015-31, which was released Aug. 13.

Beginning with the January 2016 promotion month, pinning on sergeant will require that Soldiers have first completed the Warrior Leader Course. For Soldiers who want to pin on staff sergeant rank, they must first have completed the Advanced Leader Course.

“Soldiers on the recommended list who are not graduates of the respective course will not be considered fully qualified for promotion pin-on regardless of their accumulated promotion points,” the directive reads. “These Soldiers will remain on the recommended list in a promotable status, but they will not be selected for promotion pin-on until they become fully qualified by completing the required course and a promotion requirement exists.”



ARMY PHOTO ILLUSTRATION

Soldiers expecting to pin on sergeant first class as a result of a fiscal year 2016 selection board must first complete the Senior Leader Course before pinning on their new rank.

“Conditions are set so we can enforce a standard and a requirement for Soldiers to complete professional military education – that is the NCOES platform – before promotion to the grade in which it was designed to support,” said Gerald J. Purcell, personnel policy integrator within the Army G-1.

Purcell said that a Soldier, who is otherwise qualified to be promoted from corporal or specialist to sergeant, will be on the promotion list. But when that Soldier’s name is next to fill an Army promotion

requirement, if that Soldier is found to have not completed PME – for a specialist seeking sergeant, this means Warrior Leader Course – then the Soldier will be passed up for that promotion.

“There will be a filter in place that takes their name off the list of fully-qualified names,” Purcell said. “They will get skipped. Even if they have more promotion points, they will not be considered to be fully-qualified to pin the grade of sergeant on.”

The Soldier who is skipped for promotion due to a lack of PME still stays on the promotion list. But once that Soldier gets the PME, he or she doesn’t automatically get stripes. Instead, that Soldier will be eligible to be promoted against a future

requirement.

Since the 1980s, Purcell said, the Army has allowed “conditional promotions,” where Soldiers could get their stripes without having had the corresponding professional military education.

“We had NCOs walking around who weren’t school-trained, but they had to get it done or they were going to be reduced,” he said. “We are in a scenario now where the leadership believes there is an ability to ensure the Soldier has opportunity to go to training, complete the training and have all of the fundamental skills in place before they are asked to perform at the next higher grade.”

With the new PME requirement, a Soldier’s stripes will not just be an indicator of rank or pay – it will be an indicator that the Soldier has been trained as a leader, Purcell said.

“When you see a Soldier wearing a sergeant rank, you know that Soldier is going to have been trained formally through an education system to prepare him and give him the tools to succeed at that grade,” Purcell said. “So the Soldier is going to have all the tools in their kit bag to fully succeed at their grade.”

The new policy also similarly affects National Guard Soldiers.

Additionally, the directive makes changes to the retention control point for active-duty and Army Reserve Soldiers. According to the regulation, effective Oct. 1, Soldiers selected for promotion to sergeant first class and master sergeant will not get an extended retention control point until they actually pin on their higher rank.

SMA: NCOs should strive to serve at National Training Center

By Gustavo Buhena
Fort Irwin Public Affairs

FORT IRWIN, Calif. — Sgt. Maj. of the Army Daniel A. Dailey emphasized the importance of the mission of the National Training Center, which trains 10 brigades per year and was the site of Exercise Joint Forcible Entry Dragon Spear Aug. 5-6, during his visit here Aug. 4-6.

“The National Training Center is the premier training location for the United States Army, and the job our Soldiers, family members and our great civilian team here are doing is paramount with regards to the way we need to train and educate our Soldiers for the future,” Dailey said. “Readiness is important. The chief of staff of the Army, the secretary of the Army – we hear them say that consistently and the National Training Center is doing just that, building readiness for our forces, so they’re ready to be globally engaged when that time comes.”

Dailey’s first stopover since becoming the Army’s 15th sergeant

major in January to this active-duty Army installation situated in the Mojave Desert was hosted by NTC Command Sgt. Maj. Noe Salinas and Fort Irwin U.S. Army Garrison Command Sgt. Maj. Carlos Esmurria.

Dailey stated that NCOs from throughout the Army should aspire to serve at the NTC and on Fort Irwin.

“This is one of those assignments that builds character, builds diversity with our noncommissioned officers and gives them the ability to be able to see how other organizations train and utilize their Soldiers throughout the battlefield,” Dailey said. “It’s an opportunity for them to broaden their experience and build upon the knowledge, skills, and attributes they need to go back and effectively train and lead Soldiers in the future in other organizations.”

During his visit, Dailey received a briefing from Maj. Michelle Agpalza, manager of the installation sexual harassment/assault response and prevention, and ready and re-



PHOTO BY GUSTAVO BAHENA

Spc. Jamaal Weems briefs Sgt. Maj. of the Army Daniel A. Dailey, right, about his role as an unmanned aircraft system operator with B Company, 229th Aviation Regiment at the National Training Center on Fort Irwin, Calif., Aug. 4.

silient programs. Sexual assault response coordinators and civilian employees of the Fort Irwin Advocacy Center also attended the meeting and spoke with Dailey about the SHARP campaign.

Dailey’s initiative “Not in My Squad” augments the current SHARP program throughout the Army. He has described the proposal as an effort to empower junior NCOs to make an impact at the lowest levels within the ranks.

“This is really a grassroots approach, at getting at the heart of the problem. That is young squad leaders, young Soldiers down there – those really are the ones who have to say at the end of the day whether or not they’re going to fix the problem,” Dailey said.

He added that he would like to see the Army’s SHARP program evolve to encompass a more positive approach.

“I think we have to change the

tone of the SHARP program,” Dailey said. “I think it was very good to come in very hard and very heavy at first, but now the perception across the Army, at least from a Soldier’s perspective, it’s very negative. It’s starting to cause a divide between males and females in the Army, where we don’t want to talk to each other and that’s not the intent. The goal is success – an environment conducive for everyone to succeed, where everyone works together and prospers.”

The sergeant major said that there needs to be a change in culture, where “it’s OK to talk to SHARP representatives, it’s OK to report.” Also, a positive culture permits bystander intervention to increase.

Later, at a town hall with sergeants major and senior NCOs, Dailey spoke about a fellowship program available to sergeants major. The one-year education program offers fellows a master’s de-

gree and an additional three years of service in the Army. During the master’s studies, fellows focus on their academics, Dailey said. After graduating, they will serve as instructors at the U.S. Army Sergeants Major Academy on Fort Bliss, Texas.

Dailey briefed other initiatives and improvements he is working on, including: enlisted professional military education, one Army school system, credentialing that is equivalent to civilian academics or training, ensuring Soldiers are trained to support regional alignment, Performance Triad, and personal readiness as it relates to Soldier deployability.

Daily, a career infantryman, stated that all Soldiers in the Army should be deployable. About 45,000 Soldiers are currently not deployable. The American public pays and expects the Army to fight and win the nation’s wars.



Sgt. Maj. of the Army Daniel A. Dailey walks with leadership and Soldiers, of B Co., 229th Avn. Regt., Aug. 4 during a visit to their facility where they operate MQ-1C Gray Eagle UAS.

PUBLIC NOTICE:

Fort Rucker Solar Array

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

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

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

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

Comments will be addressed and incorporated into the Final EA.

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94 men, 2 women earn Ranger Tab

Fort Benning Public Affairs
Press Release

FORT BENNING, Georgia — The U.S. Army Maneuver Center of Excellence announced Monday that 94 men and two women met the standards of the Swamp Phase and will graduate the Ranger Course Friday.

Ranger School is the Army’s premier combat leadership course, teaching Ranger students how to overcome fatigue, hunger and stress to lead Soldiers during small unit combat operations. A graduation ceremony will be held on Victory Pond on Fort Benning for those students who met the standards of the entire Ranger Course.

The Ranger Course is a 62-day course on leadership and small unit tactics, which pushes Ranger students to their mental and physical limits by forcing them to operate on minimal food and sleep. About 34 percent of students who enter Ranger School recycle at least one phase of the course, adding to the student’s physical and mental fatigue. Male and female Ranger students completed the phases of Ranger



PHOTO BY STAFF SGT. SCOTT BROOKS

Soldiers conduct airborne and air assault operations during the Ranger Course at Camp Rudder on Eglin Air Force Base, Fla., Aug. 6.

School and have proven their determination, physical stamina, and mental toughness to succeed. All have earned the right to wear the Ranger Tab.

“Congratulations to all of our new Rangers,” Army Secretary John M. McHugh said. “Each Ranger School graduate has shown the physical and mental toughness to successfully lead organizations at any level. This course has proven that every Soldier, regardless of gender, can achieve

this or her full potential. We owe Soldiers the opportunity to serve successfully in any position where they are qualified and capable, and we continue to look for ways to select, train and retain the best Soldiers to meet our nation’s needs.”

During the course, students learn how to operate in three different environments: woodlands in Fort Benning, mountainous terrain in Dahlonaga and coastal swamp in Eglin Air Force Base, Florida.

Highlights of the course include a physical fitness test consisting of 49 push-ups, 59 sit-ups, a 5-mile run in 40 minutes, and six chin-ups; a swim test; a land navigation test; a 12-mile foot march in three hours; several obstacle courses; four days of military mountaineering; three parachute jumps; four air assaults on helicopters; multiple rubber boat movements; and 27 days of mock combat patrols.

About 165 men and two women began the challenging training in the coastal swamps of Eglin Air Force Base Aug. 1. Additionally, Ranger students selected to recycle the Swamp Phase will start the phase again on Aug. 29.

Nineteen women and 381 men started Ranger Class 06-15 April 20. Eight women successfully completed RAP week; however, all were recycled into Ranger Class 07-15 as Darby inserts for a second attempt at patrolling. After the second Darby Phase attempt, five were dropped from the course and three were given a Day 1 recycle into Ranger Class 08-15, starting the course again June 21.

These three women successfully met the standards of the Benning Phase and moved on to the Mountain Phase, July 10. All three women passed the knot test, military mountaineering skills assessment, the foot movement up Mount Yonah and were given opportunities to lead patrols. One woman recycled into Ranger Class 09-15 to start the Mountain Phase again Aug. 9.

Two women received a passing grade in the mountains during platoon level combat patrols and moved on to the Swamp Phase Aug. 1. The two women also met the standards of the Swamp Phase, proficiently leading waterborne platoon level combat patrols and will earn the Ranger Tab Friday.

Chief: Leaders credit family for strength, ability to command

Continued from Page A1

no other No. 1. We will always be ready to fight today and we will always prepare to fight tomorrow.”

Milley most recently served as commander of U.S. Army Forces Command on Fort Bragg, North Carolina, before replacing Odierno, who served as chief of staff for nearly four years and retired after having served 39 years in the Army.

New chief

Defense Secretary Ash Carter told those at the change-of-responsibility ceremony that he has great confidence in Milley’s ability to lead the Army into an uncertain future.

“He’s the right officer to lead the Army over the next four years, to shape our force, to continue restoring its readiness, to get there quickly and to win – as our nation expects of its Army. Mark is a leader, a warrior and a statesman,” Carter said.

The secretary said he has had personal visibility of Milley’s command ability. In 2013, he said, the two were together on the day that Taliban fighters attacked the U.S. consulate in Herat, Afghanistan.

“As we flew there, I saw him take decisive command of the scene,” Carter said. “In addition to decades of such operational experience, Mark clearly also has the strategic vision needed to build on what Ray started. I have confidence – I know he’ll succeed, because he carries that same unyielding

commitment to Army, to Soldier and to family.”

Milley’s new boss, Army Secretary John M. McHugh, said he’s seen Milley lead Soldiers both at home and overseas, as well as at FORSCOM.

“At all times he’s lead with distinction, in both war and peace,” McHugh said. “He’s a remarkable leader, and I’m confident he’ll be an exceptional chief of staff of the Army and member of the Joint Chiefs.”

Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, said that, going forward, the Army will be smaller and different than what it has been in the past. But the Army will still do what the nation asks it to do, and to do that, Soldiers must be well-trained, well-led and well-equipped.

“You are an inspired choice to lead our Army into the future and you are going to be terrific,” Dempsey said.

Outgoing chief

Odierno began his military career after graduating from the U.S. Military Academy at West Point, New York, in 1976.

At the change of responsibility ceremony, the outgoing chief of staff remarked at how the Soldiers of the 3d U.S. Infantry Regiment “The Old Guard” performing there reminded him of Soldiers still serving around the world.

Soldiers still in Iraq “are the best of who we have – attempting to train and advise Iraqi security forces,” Odierno said. “I think of our Solders in Afghanistan, continuing to

build an Afghan army. I think of our Soldiers in Eastern Europe, reassuring our allies. By the way, a Soldier was the ‘Man of the Year’ in Lithuania last year. That’s who our Soldiers are. They are in Republic of Korea, supporting our allies. (They are) fighting the global war on terror around the world. That’s why I stayed in this uniform for so long – because of our Soldiers, and their dedication and commitment to this nation.”

The Army today, Odierno said, is admired by America’s allies, feared by America’s adversaries, and remains an essential part of the joint force.

“And I know they will continue to do whatever they are asked, wherever they might be asked to do it – they will be there prepared,” he said, adding that with Milley, “The Army is in great hands.”

The general also credited his ability to continue to serve to the strength of his own family – especially his wife, Linda, whom he said has stood by his side since he was a cadet at West Point.

“She is the epitome of selfless service,” he said. “She has always put others before herself. She has always been by my side through the good and the bad. She has always been the strength of our family. She has been a role model for so many spouses throughout the Army, because she always treated everybody with dignity, respect, and with a little touch of love. She sacrificed her entire life for me. I can never repay her for that.”

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Effective Communication Drives Satisfaction: First-Time Buyers/Sellers Want to Be Kept Informed, and Repeat Buyers/Sellers Want Responsiveness

WESTLAKE VILLAGE, Calif., Aug. 5, 2015 /PRNewswire/- - CENTURY 21 ranks highest in customer satisfaction among real estate brokerages across all home buyer/seller segments, according to the J.D. Power 2015 Home Buyer/Seller Satisfaction StudySM released today.

The study, now in its eighth year, measures customer satisfaction with the nation's largest real estate companies among customers in four segments: first-time buyers, repeat buyers, first-time sellers and repeat sellers. Overall satisfaction is measured across four factors of the home-buying experience: agent/salesperson; real estate office; closing process; and variety of additional services. In the home-selling experience, the same four factors are evaluated plus a fifth factor, marketing. Satisfaction is measured on a 1,000-point scale.

According to the study, satisfaction is significantly higher when real estate companies meet four key performance measures related to communication. These include receiving a timely response to questions and concerns; being informed at all important contact points; receiving follow-up communications after the close of the home; and being shown sales information for comparable properties. Gaps in satisfaction are substantial across all customer segments when these measures are met vs.

when they are not met.

Among first-time buyers and sellers, satisfaction is 125 points higher among buyers and 107 points higher among sellers when they are kept informed vs. when they are not (850 vs. 725 and 839 vs. 732, respectively). Among repeat buyers and sellers, satisfaction is 130 points higher among buyers and 217 points higher among sellers when they receive a timely response to questions and concerns vs. when they do not (851 vs. 721 and 835 vs. 618, respectively).

"Knowing how and when to communicate with customers is essential for real estate companies," said **Christina Cooley, director in the diversified services industries practice at J.D. Power.** "To satisfy first-time customers, it is really about holding their hand by keeping them informed at key points throughout the purchase or selling process to ease their anxiety. For repeat customers, satisfaction hinges more on the timeliness of the response by their real estate agent

when questions or concerns arise with the process."

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Repeat Home-Buyer Satisfaction Ranking

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- **CENTURY 21** ranks highest for a second consecutive year and performs particularly well in all five factors.

The 2015 Home Buyer/Seller Satisfaction Study includes 6,059 evaluations from 5,066 customers who bought and/or sold a home between March 2014 and April 2015. The study was fielded in February through April 2015. *For more information about J.D. Power solutions for the home improvement industry, visit <http://www.jdpower.com/industry/home-improvement>*



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HELP FROM ABOVE



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Paratroopers from 1st Battalion, 508th Parachute Infantry Regiment, 3rd Brigade Combat Team, assaulted an objective with Aviation support from the 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, North Carolina, Aug. 4. This training further enhanced the interoperability between the ground and Aviation units, according to officials.



PHOTO BY SPC. MARCUS FLOYD

Polish soldiers with the 6th Airborne Brigade conduct an air assault training exercise Friday at the Nowa Deba Training Area, Poland. The training is part of Operation Atlantic Resolve, an ongoing multinational partnership focused on combined training and security cooperation between NATO allies.

BLACK HAWK

UH-60s elevate training during Atlantic Resolve

By Spc. Marcus Floyd
7th Mobile Public Affairs Detachment

NOWA DEBA, Poland — Soldiers with P Troop, 4th Squadron, 2nd Cavalry Regiment, conducted an air assault training exercise Friday at the Nowa Deba Training Area.

Throughout the mission, Soldiers with P Troop scouted ahead to observe a pre-

determined target that was later assaulted by Polish soldiers from the 6th Airborne Brigade.

However, none of this would have been possible without the UH-60L Black Hawk. “Our mission here is to be a part of the NATO assurance. We’re here as an alliance,” said CW2 Ashley Thomas,

SEE TRAINING, PAGE B4

Aviation takes K9s to new heights

By Sgts. Gina Russell and Erick Yates
Multinational Battlegroup – East
Public Affairs

CAMP BONDSTEEL, Kosovo — Soldiers with F Company, 5th Battalion, 159th Aviation Regiment, a MedEvac unit out of Clearwater, Florida, and the 345th Combat Support Hospital, a military field hospital out of Jacksonville, Florida, conducted hoist evacuation training for military working dogs and their handlers July 24 at Camp Bondsteel.

The training familiarized the dogs, handlers and medical team on how to secure and safely hoist the dogs for transport during an emergency situation.

These Soldiers are currently deployed to Kosovo as part of Multinational Battle Group-East, which ensures safety and security in eastern Kosovo in support of NATO’s peace support mission in the region.

The 345th CSH, which serves as MNBG-E’s Task Force-Medical and runs Camp Bondsteel’s medical facilities, had Soldiers from its emergency and preventative medicine sections participate in the hoist training. Emergency medicine consist of sick-call, ambulatory, dental and surgical care, while preventive medicine includes veterinary services and field sanitation.

“We see the military dogs about once a month,” said 1st Lt. Kathryn Tiernan, an Army veterinarian and the officer in charge



PHOTO BY SGT. ERICK YATES

Sgt. Hundi, military working dog assigned to the 100th Military Working Dog Detachment out of Miesau, Germany, sits in a UH-60 Black Hawk after taking part in medical hoist training on Camp Bondsteel, Kosovo, July 23.

of MNBG-E’s preventive medicine clinic. “It is preventive medicine’s job to ensure the MWDs stay healthy by keeping their check-ups current.

“The training was wonderful for our Soldiers because (we haven’t) done hoist operations with MWDs,” Tiernan said. “And it is important for staff to be trained.”

The veterinary clinic is capable of providing a certain level of care, but if a dog’s

injuries go beyond the Camp Bondsteel clinic’s capabilities, the preventive medicine staff is now familiar with the proper procedures to safely MedEvac the MWDs to the Army’s Dog Center Europe, in Kaiserslautern, Germany.

“Incoming units on the Kosovo Force rotation are required to go through MedEvac and hoist training,” said Staff Sgt. Christopher Gandy, platoon sergeant for F Co.

Gandy and his fellow Soldiers support all MedEvac requirements for KFOR personnel, as well as support to civilians in conjunction with Kosovo’s emergency services.

“The MWD handlers on Bondsteel, in coordination with Task Force-Medical, requested for the training to take place so that the dogs could be familiar with the aircraft and get used to being put in a hoist situation,” Gandy said. “This training was also new for us – we have never performed this type of hoist operations with anyone other than Soldiers. But military dogs are Soldiers, too.”

Staff Sgt. Lex and Sgt. Hundi, the two MWDs assigned to MNBG-E, took part in the training. Donning their goggles, hearing protection and carrying harness, Lex, Hundi and their handlers went through simulation training to test their reactions to the noise of the Black Hawk and their feet elevated off of the ground. Both MWDs remained calm in the arms of their handlers and maintained their composure as they were hoisted more than 75 feet into the air.

At the end of the day, the mission of the MedEvac team is to rescue injured Soldiers – whether of the human or canine variety –and this training gives the medical staff and dog handlers the knowledge and confidence necessary to provide lifesaving care in the event of an emergency, according to officials.

Aviators, engineers bridge gap on training

By Sgt. 1st Class Darrin McDufford
Army News Service

FORT CHAFFEE, Ark. — U.S. Army Reserve and active Army engineer and Aviation units cooperated in constructing a movable bridge across the Arkansas River to create a path for units to cross during Operation River Assault, a training exercise that culminated Aug. 4.

“The partnership is an advantage. After a persistent conflict (over) the past 14 years, this exercise helps tie together many of the experiences of these units,” said Lt. Col. Jon Brierton, of Pittsburgh, Pennsylvania, commander of the 841st Engineer Battalion located in Miami, Florida.

Brierton refers to the proficiency units have earned by these units’ deployments.

“These units’ training here

continue that partnership. We don’t know where the next contingency is going to be, but this builds the relationship between the forces,” said Brierton. “There is all kinds of cool and sexy training here to benefit the active duty and Reserve Soldiers.”

This event gave the Army Reserve and active units an opportunity to share knowledge and familiarize with each other.

“The cross training here allows the Reserves to see how the active unit works. We showed we can work together and this is a proof in the pudding moment,” said 1st Lt. Nikolas Johnson, commander, 401st Engineer Company (Multi-Role Bridge Company), Oklahoma City, Oklahoma.

Coordination for this exercise took place over the past year,

SEE BRIDGE, PAGE B4



PHOTO BY SGT. JEFF SHACKELFORD

Bridge crew members with the 502nd Engineer Company (Multi-Rolled Bridge Company), from Fort Knox, Ky., assembles a pair of interior bridge bays on the Arkansas River during gap training at Fort Chaffee, Ark., Aug. 4.

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Training: Task force enhances exercise

Continued from Page B1

a helicopter pilot and Aviation safety officer with 4th Battalion, 3rd Aviation Regiment (Assault Helicopter Battalion), Task Force Brawler. “I’m sure everybody, including all of our partners in the Baltics and all across Europe and the south, as well, are assured that we’re here and we’re absolutely always here supporting interoperability among the soldiers, as well as commands.”

Operating in more than 17 countries across Europe, the Soldiers with Task Force Brawler bring a unique training platform to Atlantic Resolve.

“Helicopters bring another capability to familiarize our Soldiers with, and to look at ways to increase cooperation and build interoperability on different platforms,” said Capt. Kaleb Blankenship, the commander of P Troop.

Although focused primarily on air assault operations, the Black Hawk crews also have conducted airborne, helocast and other helicopter missions during Atlantic Resolve.

“It’s been very interesting. There are many different areas that we’ve been able to focus on with a lot of different Soldiers,” said Thomas. “I love working with the other countries.”



PHOTO BY SPC. MARCUS FLOYD

Soldiers with P Troop, 4th Squadron, 2nd Cavalry Regiment, conduct an air assault training exercise Friday.

However, not every mission the Black Hawk crews face centers on training. Sometimes it involves just getting to know the local people.

For example, Thomas and her crew participated in a static display in Latvia, and it was great to see how people respond to their presence, she said.

“The highlights are getting people around a Black Hawk. They love it and

they absolutely appreciate our appearance here,” said Thomas. “They believe that we’re here to help and they believe we’re here to support.”

For one member of the crew, Spc. Brian Sawyer, a crew chief and flight instructor with Task Force Brawler, working with NATO allies is the primary job.

Operating as a trainer, Sawyer conducts a lot of cold-load training and coordination

with the European soldiers to show them how to operate in and out of the helicopter.

“For me personally, it’s not that bad, because my grandparents are immigrants, so I’m used to dealing with heavy accents,” he said. “But here especially, a lot of (the NATO allies) are very gung-ho and motivated.”

By working with the different soldiers, Sawyer and his crew not only expose U.S. allies to the helicopter’s capabilities, but reassures them of America’s presence.

“It’s great to be able to show them our capabilities, and it’s also really good to let them know at certain times we’re at their disposal and if they need assistance we’re there for them,” said Sawyer. “We’re learning a lot about how they operate and they’re learning a lot about how we operate, and that helps us be a better Army.”

The training is part of Operation Atlantic Resolve, an ongoing multinational partnership focused on combined training and security cooperation between NATO allies. Led by the mission command element of the 4th Infantry Division, and in conjunction with European partner nations, Atlantic Resolve is intended to improve combined operational capability in a range of missions and ensure the continued peace and stability of Europe.

Bridge: Active, Reserve Soldiers partner to improve

Continued from Page B1

bringing together a multitude of units, mostly from the Army Reserve. The bridging event was a partnership of three Army Reserve and one active duty bridging units.

“We are bridging companies, and we do our job. It’s no different. It’s just training with other units and we build bridges,” said Johnson. “Separately, we may have different ways of operating back home, but here on the water we’re taking care of business and building bridges.”

The units did not find many differences as much as they did similarities.

“This gives us the ability to see what the reserve is and observe their techniques. Our training cycles are different but basically we’re able to maneuver our units to an objective,” said Capt.



PHOTO BY MASTER SGT. MICHEL SAURET

A CH-47 Chinook prepares to pick up a bridge bay during a slingload training operation at Fort Chaffee, Ark., July 31.

Timothy G. Rhodes, of Tucson, Arizona, commander, 502nd Engineer Company (Multi-role

Bridge Company), located at Fort Knox, Kentucky. “I hope to build relationships and continue

that relationship for future training and share results.”

For operational effectiveness the collaboration of the two forces will allow for improved synchronization and communication on the battlefield and during training.

“(Ensure) mobility to maneuver and make it to an objective free of concern or without much interferences will show the culmination of future operations and training,” said Rhodes.

River Assault is designed to exercise the unit’s ability to cross a river obstacle. Forces working together serves as a benefit for mission success.

Staff Sgt. Zachary Stinzel, combat engineer with the 401st Engineer Company (Multi-Role Bridge Company), said, “This training is a good deal for us. This is what we do (to) get Soldiers out there to get that experi-

ence and deployment training for the main mission. Cross training with the active force enhances our practice.”

Soldiers work hard at training, and this involves an abundance of planning just within a unit. A natural byproduct of that is the development of leaders.

“Half of the Soldiers have experience and half haven’t, so some are a bit green,” said Staff Sgt. Wayne Bolen, combat engineer with the 401st. “This gives those Soldiers the experience they don’t get during the month.”

Another benefit of this training exercise is leader development and setting the example.

“Our noncommissioned officers are taking care of the Soldiers and setting the example of what leadership is and what leaders do,” said Col. Ralph Henning, “Morale is very high.”

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AUGUST 20, 2015

GIRLS NIGHT OUT

Giveaways, music, fun make for a 'lovely time'

By Nathan Pfau
Army Flier Staff Writer

With nearly 300 women in attendance, one of Fort Rucker's favorite nights out went off without a hitch Friday.

The Directorate of Family, Morale, Welfare and Recreation held its second Girls Night Out for the year where ladies got the chance to browse vendors, shop and get the chance to win a few prizes.

"The event was extremely successful," said Aida Stallings, DFMWR community recreation division business manager. "It's a fun event to get out with just your girlfriends and shop, eat, get pampered and leave with some really nice things. We had great giveaways with great music and dancing, and everyone had a good time."

Many of those giveaways included handbags, and a grand door prize, which included a Michael Kors bag, that many of the ladies were waiting to get their hands on.

There were also more than 41 booths set up that allowed women to browse local shops, spas, vacation destinations and beauty products, as well as medical specialists that cater especially to women.

For Glorynne Leonguerrero, civilian, her favorite part of the night was the photo booth, where she was able to take photos with her friends.

"I had a great time at Girls Night Out this time around," she said, adding that this wasn't her first time to the event. "Although there weren't as many booths set up as last time, the ones that were here were nice and I really enjoyed them. It's also great that it's open to the public and not just Army (spouses) because we're all one team."

For others, the time at Girls Night Out was less about the browsing and more about the time with friends.

"I had a lovely time at the event," said Sara Seymour, Army spouse. "I was able to shop and have fun with a few friends."

Seymour said between browsing the booths, spending time with friends, dancing and waiting for giveaways, the event kept her entertained throughout the evening.

"The night wasn't stretched out to where I felt like I was just standing around waiting for the giveaways and it wasn't so short to where I felt rushed to visit all the booths, either," she said, adding that she was glad to see many women's health booths set up that allowed her to browse new technological advances that help monitor skin health, as well as breast and ovarian health.

"I headed straight for the skin diagnostic booth to see just



PHOTOS BY NATHAN PFAU

Alice Henderson, military family member, gets pampered as she gets her eyebrows shaped by India Moorhead, Rituals Day Spa of Dothan, as her friend, Venus McCullough, civilian, looks on and takes a photo during Girls Night Out at The Landing Friday.



Ladies gather on the dance floor to showcase their moves during Girls Night Out at The Landing Friday.

how much the sun has damaged my face," said Seymour. "I have never had that done before and probably never would have, so I am really thankful I was able to do it at Girls Night Out. I had more damage than I ever expected and can now be aware of it thanks to that test."

Along with the health checkups, one of the more memorable portions of the night for Seymour and many women was the dancing with music provided by a DJ.

"The DJ played upbeat music all night and I felt comfortable to dance wherever I was standing when I was waiting to speak with a vendor," said Seymour. "At one point I was grooving to "Don't Believe Me Just Watch" and a few other women that I didn't know started dancing along with me, even though we were not anywhere near the dance floor. It was a fun, goofy moment that I believe we all thoroughly enjoyed – probably a little too much."

That sense of fun is what the night is all about, along with bringing women together.

"A big part of what we do is to provide morale-boosting and recreational fun," said Janice Erdlitz, DFMWR marketing director. "Girls Night Out is one of our most-loved events and it's just a fun opportunity for our female population to get together."

The event is so popular, many women, like Seymour, are repeat attendees and return for every iteration of the event.

"I have attended Girls Night Out every time DFMWR has hosted it," said Seymour. "I always return and will continue to return because there are always new booths that participate or booths that have new items to look at. It's just great that The Landing and DFMWR created an environment where we all felt comfortable to let loose and be silly if we wanted to."

FAMILY FIND CAMPAIGN

Effort seeks special-needs families

By Marion Cornish
Exceptional Family Member Program Manager

The Exceptional Family Member Program is in the process of identifying active duty military families with special needs.

Special needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, training or counseling.

Enrollment is mandatory for Soldiers who are active-duty Army, Army Reserve Soldiers in the USAR-Active Guard, Reserve program and other Soldiers on active duty exceeding 30 days, and Army National Guard (AGR) personnel serving under authority of Title 10, United States Code who have exceptional family members. Mobilized and deployed Reservists and National Guard members are not eligible.

Enrollment allows the assignment manager at Army personnel agencies to consider the documented medical and special needs of EFM in the assignment process. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. This will depend on a valid personnel requirement for the Soldier's grade, specialty and eligibility for the tour. All Soldiers are still eligible for worldwide assignments.

If you are a Soldier with a family member with a special need or disability, or have knowledge of someone who is disabled or with a special need, contact the EFMP at Lyster Army Health Clinic,



255-7431. Lyster's EFMP conducts EFM screenings, enrollments, updates and disenrollments.

Army Regulation 608-75, Exceptional Family Member Program, requires Soldiers to update EFM enrollment every three years or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call Army Community Service EFMP at 255-9277.

EFMP Child and Family Find Campaign activities include: a display at the post exchange Sept. 15-30, Center Library bibliography display throughout September, and a parenting children with special needs workshop Sept. 29 from 5:30-7:30 p.m. at The Commons.

For more information and to register, call 255-9277.

VOLUNTEER OPPORTUNITIES

Project: Color Run

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

Project: SHARP Awareness Car Wash

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

Position: Zumba or Dance Instructors

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

Position: Marketing Coordinator AFAP Conference

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

Position: AFAP Facilitators

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

SEE OPPORTUNITIES, PAGE C3

ON POST

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

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/> to 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.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at the Wings Chapel nursery. The playgroup is for families with children ages birth to 3 years old.

For more information, call 255-9647 or 255-3359.

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.

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.

Get REAL

Fort Rucker Army Family Team Building will host its free Get Rucker Experience Army Learning workshop Tuesday from 8:30 a.m. to 2:30 p.m. at the Divots Banquet Room at Silver Wings Golf Course. Get REAL is billed as being for people who may be confused by Army life who want to make new friends and learn more about Fort Rucker. Topics include: acronyms, Army customs and courtesies, military rank, community resources and more. Advanced registration is required. The workshop is open to active duty and retired military, Department of Defense civilian employees and their family members.

For registration, childcare and more information, call 255-9637.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Aug. 28 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.

SHARP awareness car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team will host a SHARP awareness car wash Aug. 28 from 11:30 a.m. to 1p.m. at The Commons, Bldg. 8950, on 7th Avenue. People are welcome to meet the SHARP team, and receive information on the prevention and increase their awareness of sexual harassment and assault while they get their car washed for free.

For more information, call 255-2382.



PHOTO BY NATHAN PFALZ

Right Arm Night

The Landing Zone will host Right Arm Night Aug. 27 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Today’s Mom nutrition workshop

Today’s Mom, a four-class nutrition workshop, will be scheduled for 1-3 p.m. Sept. 2, 9, 16 and 23 at The Commons, Bldg. 8950. Topics covered will include food safety, healthy eating, dealing with pregnancy discomforts and feeding baby. The event will feature free take home items at each class, games and recipe tastings. The workshop will be presented by Expanded Food and Nutrition Education Program - Alabama Cooperative Extension System in collaboration with the Fort Rucker Family Advocacy New Parent Support Program. The workshop is open to active-duty and retired military, Department of Defense employees and their family members. People need to pre-register by Aug. 31. Space is limited to the first 15 people to register.

For registration and childcare information, call 255-9647 or 255-3359.

Child, Family Find Campaign

The Exceptional Family Member Program will conduct its Child and Family Find Campaign throughout September to identify active duty military families with special needs. Special needs can include physical, intellectual, developmental delays, and emotional impairments that require special treatment, therapy, education, training or counseling. Enrollment is mandatory for Soldiers who are active duty, Reserve Soldiers in the USAR-Active Guard Reserve program and Army National Guard personnel serving under authority of Title 10, United States Code who have EFM. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a family member with a special need or disability or have knowledge of someone who is disabled or with a special need, call the EFMP at Lyster Army Health Clinic at 255-7431. Lyster’s EFMP conducts EFM screenings, enrollments, updates and disenrollments. By regulation, Soldiers in EFMP are required to update their EFM enrollment every three years or sooner if services for special needs are no longer required. For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Sept. 3. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the pro-

DFMWR

Spotlight

Upcoming Family & MWR Events and Activities

FORTENBERRY-COLTON PFC

COLOR RUN

2-MILE FALL COLOR

SATURDAY, AUGUST 29

RUN STARTS AT 8 AM

INDIVIDUALS

\$20 by Aug 23*

\$25 after Aug 23*

\$12 race only entry fee (does not include t-shirt)

8-PERSON TEAMS

\$120 by Aug 23*

\$160 after Aug 23**

CHILDREN 12 & UNDER RUN FOR FREE

Race t-shirts may be purchased for \$10.

Participants are encouraged to pre-register at either Physical Fitness Center, (334) 255-2296 or MWR Central, (334) 255-2997.

*includes shirt **includes shirt(while supplies last) Refreshments will be provided. This will NOT be a timed event

Present Your Fort Rucker Color Run Race Bib at SPLASH!

August 29

Receive 50% Off Admission Fee

SPLASH!

FORT RUCKER

OFFER VALID ONLY: 8/29/15

www.ftruckermwr.com

gram.

For more information, call 255-2594.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Sept. 12. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 4 a.m. from the West Beach, Lake Tholocco parking lot and return at 9 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing li-

cense, six-hour fishing trip, and people’s fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

Resilience training

Army Community Service will host resilience training Sept. 8 from 9-11:30 a.m. at The Commons to help people learn the skills that will make them and their families more resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff. People need to register by Sept. 4.

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

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 20-23

Thursday, August 20

The Gallows (R)7 p.m.

Friday, August 21

Magic Mike XXL (R)7 p.m.

Saturday, August 22

Trainwreck (R)7 p.m.

Sunday, August 23

Minions (PG)1 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.

Military Youth of Year award recipient announced

By Terri Moon Cronk
Department of Defense News

WASHINGTON — The 2015 Military Youth of the Year honor, presented jointly by the Defense Department and Boys and Girls Clubs of America, was awarded to an 18-year-old military daughter from Vogelweh, Germany, during a ceremony held at the Navy Memorial Naval Heritage Center Aug. 13.

RianSimone Harris, 18, an 11-year member of the program, was selected from six finalists for her sound character, leadership abilities and willingness to give back to her community – the partnership’s goal in supporting youth programs and military youth, officials said.

“Great futures do start here,” Harris said of the Boys and Girls Clubs of America program. In Germany, the organization became her “home away from home.”

Harris received a \$20,000 scholarship and will represent military youth in their communities around the world as part of her title. She plans to study sociology and criminal justice at Point



COURTESY PHOTO

RianSimone Harris, 18, recipient of the joint Defense Department and Boys and Girls Clubs of America 2015 Military Youth of the Year Award, addresses attendees at a ceremony held at the Navy Memorial Naval Heritage Center in Washington, D.C., Aug. 13.

Loma Nazarene University in San Diego.

Harris has spent 14 years overseas as a military child, she said. Harris said she initially felt confused when she arrived in Germany, until she joined the Boys & Girls Club program. She said she knew she fit in there and went ev-

ery day, studying guitar and pursuing her artistic abilities.

The biggest challenge Harris faced by working in the program was fear of the unknown, she said at the ceremony, “slight hesitation every time I was on the phone because I didn’t know when, or if, I’d ever hear my dad’s voice

again,” she said.

At club gatherings, however, Harris said she was surrounded by other youth going through even bigger challenges.

“I learned to open up and allowed them to help me grow,” she said. “Not only did we help each other, but as a group, we could impact an entire community,” because of the club’s brand, and being a product of that brand makes her proud.

All six finalists spoke about overcoming challenges from their parents’ deployment to divorce, illness and bullying, and each described how the club program helped them with leadership and a variety of other skills.

The military youth services and the Boys and Girls Clubs organization have worked together on the initiative for nearly 25 years, and this year marks the third military child competition.

“I’m not only truly awed by these six amazing teens, but also by those they set the example for out there serving every day,” said Navy Cmdr. Peter Hoegel Jr., deputy director of the Pentagon’s office of family policy/children and

youth, before announcing Harris as the 2015 Military Youth of the Year.

Of the six regional winners in the final competition yesterday, Harris represented the overseas region. The five other finalists were:

- Andrew Brown, 17, Robins Air Force Base, Georgia, Southeast regional winner;
- Daniela Suarez, 16, Joint Base Lewis-McChord, Washington, Pacific regional winner;
- Kathryn Combs, 17, Army’s White Sands Missile Range, New Mexico, Southwest regional winner;
- Paige Holmes, 17, Grand Forks Air Force Base, North Dakota, Midwest regional winner; and
- Karlinette Galvan, 18, Coast Guard Air Station Borinquen, Puerto Rico, Northeast regional winner.

Next month, Harris and five nonmilitary regional winners from the club will gather in Washington again, and one will be named the Boys and Girls Clubs of America’s 2015 National Youth of the Year.

Make-A-Wish recipient reunites with Army general years later

By Sgt. 1st Class Brent Hunt
Army News Service

FORT SAM HOUSTON, Texas — It was more than 10 years ago when 9-year-old Evan Schneider was granted his wish as part of the Make-A-Wish Foundation to become an Army Ranger.

Schneider was diagnosed with a heart defect before birth and had a heart transplant when he was just four weeks old.

After years of medications and the risk of his body rejecting the transplanted heart, Schneider qualified to fulfill his life-long wish through the non-profit organization. Nov. 21, 2004, a limousine escorted Schneider and members of his family to the airport where they were then flown to Fort Benning, Georgia – home of the U.S. Army’s Ranger Training Brigade.

The commander of the regiment, Col. K.K. Chinn met Schneider, outfitted him with a specially-sized uniform and escorted him on a five-day tour with the elite unit.

Schneider participated in various activities including wearing night-vision goggles, riding in a tank, repelling down a 30-foot wall and learning hand-to-hand combat techniques. He even enjoyed a Thanksgiving feast with the Rangers before flying back to California with his family.

After experiencing life as a Ranger, Schneider always hoped he would someday be healthy enough to become a part of the Army family and fulfill a lifelong dream.

Fast forward to today, the previous little 9-year-old with a life-threatening medical condition is now a tall private first class, who is a citizen-Soldier with the California State Military Reserve. The unit is an all-volunteer service whose mission is to support California National Guard service members during times of state emergencies.

And the former commander of the Ranger Training Brigade now wears two stars and is the commanding general of U.S. Army South on Fort Sam Houston. Remarkably, Schneider and Chinn have stayed in touch throughout the years. Schneider recently mentioned to Chinn that he and his brother



PHOTO BY SGT. 1ST CLASS BRENT HUNT

Pfc. Evan Schneider, California State Military Reserve and a former Make-A-Wish Foundation recipient, and Maj. Gen. K.K. Chinn, commanding general of U.S. Army South, listen to a briefing at the Warrior and Family Support Center in San Antonio Aug. 7.

would be in Texas on vacation and Chinn invited them to visit. Schneider was thrilled to visit his Ranger friend again.

“Hanging out with the general today was really great. I got to see a lot of behind-the-scenes work with the wounded warriors, the inner workings of the base and a day in the life of a general,” said 19-year-old Schneider. “I really appreciate the general taking time out of his day, because I know he is pretty busy.”

Just as in 2004, Chinn was glad to see Schneider, and to show him around his command and the post. Chinn said he always felt a connection to Schneider through the years.

“I stayed in touch with his mom over the years and one day he e-mailed me and asked if I remembered him. I told him absolutely,” Chinn said. “I was really excited and inspired when he said he wanted to come and see me again. I told him to come on down to San Antonio.”

During Schneider’s visit, he and his brother, Austin, toured U.S. Army South headquarters; the Quadrangle, the oldest building on post - built in 1876; the Fort

Sam Houston Museum; the Center for the Intrepid, a state-of-the-art medical facility; the Department of Combat Medic Training and the Warrior and Family Support Center, an organization dedicated to providing wounded warriors and their families support during their recovery.

“Today inspired me,” said Schneider, a native of Murrieta, California. “My mentor for wanting to stay connected to the Army is Maj. Gen. Chinn, and to see all of the support and training outlets available to Soldiers reaffirms my choices.”

The commanding general was glad to see Schneider fulfilling his dream as a member of the CSMR.

“I’m really proud to see how he has grown. The last time I saw him was when he was 9,” Chinn said. “Evan is a remarkable human being. He is the kind of son that personifies the best of America. I am extremely proud of him.”

Schneider said he never wanted to do anything else but be a part of the Army, and the



COURTESY PHOTO

Evan Schneider, a Make-A-Wish Foundation recipient, stands with then-Col. K.K. Chinn, commander of the Ranger Training Brigade, as part of Schneider’s dream of becoming an Army Ranger.

Make-A-Wish Foundation and the Ranger Training Brigade made his dream come true as a young boy. With great perseverance, he continues to fulfill his dream as a member of CSMR.

“Working with the California State Military Reserve is great, because we are all volunteers and we all have the same reasons for serving,” Schneider said.

Not only is Schneider proud of the journey he’s made, but his brother, Austin, who accompanied him to Fort Benning years ago and traveled with him to San Antonio, is also proud of his brother.

“Back then it was a dream, but now it is a reality,” said Austin, 24. “It is amazing to me. Although, because of health limitations, he can’t be in the Army, he still gets to be a part of it. I loved watching him buy equipment the other day that he will actually get to use when he is back at the CSMR. The Make-A-Wish Foundation made his dream come true back then and today he is continuing to fulfill that dream.”

Opportunities: Weekly listing of volunteer positions on post

Continued from Page C1

ter experts for accurate reporting of issues; ensure delegates complete symposium evaluation forms and forward to the AFAP coordinator; ensure concise and precise wording of proposed issues and recommended solutions; focus energy of the group on a common task; suggest alternative methods and procedures; protect individuals and their ideas from attack; help group find win-win solutions; attend AAR meetings and provide input for final AAR; and serve as a spokesperson for the AFAP program. If interested, call 255-9637 or 255-1429.

Position: DFMWR Training Clerk

Volunteer needed to file correspondence, cards, invoices, receipts, and other records in alphabetical or numerical order, or according to the filing system used; add new material to file records; and create new records as necessary. If interested, call 255-1898.

Position: Library Aid

Following basic and well-established library procedures, a volunteer is needed to assist library staff in performing one or more

of the following duties: shelving books, periodicals, newspapers; disposing of library materials; physical processing of new materials; maintaining and preserving collections, including shelf reading, and cleaning and repairing materials; morning routine of collecting and shelving materials from tables and chairs; collecting items from book drop; checking status of printers and copiers; inter-library loans; reserve book program; overdue notices; serials check-in; story time, includes reading stories; summer reading program; teen and adult programs; displays and exhibits; special events; and library beautification projects. If interested, call 255-1429.

Position: ACS Greeter I&R

Volunteer needed to assist in: welcoming and directing clients into ACS; answering the telephone; and providing light clerical support relative to ACS Information and Referral Program. If interested, call 255-3161.

Position: ACS /ESL Volunteer Teacher

Volunteer needed to provide language instruction to foreign-speaking individuals interested in speaking English. If interested, call 255-3735.

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1 Corinthians 11:1

Call 347-9533 to advertise your church on this page.

Expo provides 1-stop preparation for hunting season

Rick and Bubba Outdoor Expo
Press Release

BIRMINGHAM — Local outdoor enthusiasts can one-stop shop in preparation for the upcoming hunting season during the Rick and Bubba Outdoor Expo August 28-30 at the Birmingham Jefferson Civic Complex.

The Rick and Bubba Outdoor Expo will feature hundreds of outdoor retailers, exhibitors and organizations from across the country, including Mossy Oak, Academy Sports and Outdoors, Woods and Water, Thompson Tractor, Freedom Marine and more.

“The Rick and Bubba Outdoor Expo is the last state of Alabama outdoor expo before hunting season kicks off in the fall,” Justin Ragland, show manager, said. “The entire family is invited to learn about the outdoors, shop the top outdoor retailers in the country, win amazing door prizes, and enjoy the Road Runner Moving Kid’s Zone. Come be part of the best Outdoor Expo in the state of Alabama at the Rick and Bubba Outdoor Expo.”

In addition to offering the best in hunt-

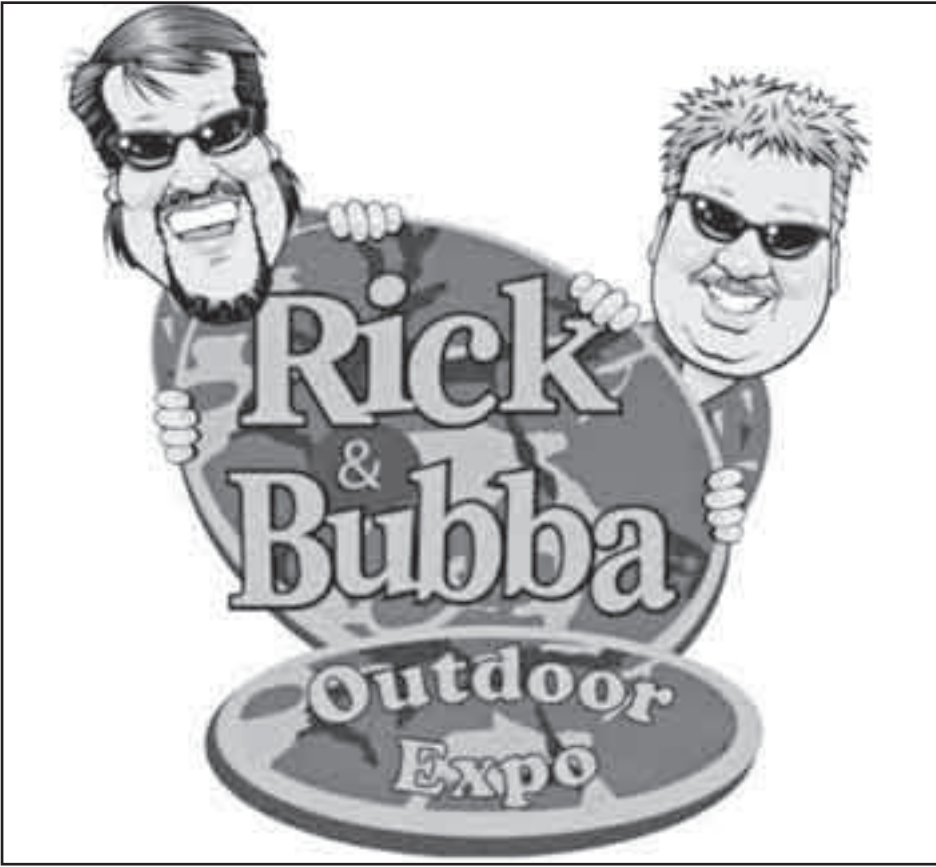
ing, fishing and all things outdoors, the expo will feature celebrity guests, including:

- Former University of Alabama football stars David Palmer, Prince Wimbley, Antonio Lagham;
- Dan Moultrie;
- Rick Burgess;
- Bill “Bubba” Bussey; and
- the entire Rick & Bubba Cast.

“Bubba and I love the outdoors and spending time hunting and fishing with our children,” Rick Burgess said. “Late August is a great time to team up with the biggest names in the outdoor industry and host an Outdoor Expo Rick and Bubba style.”

Expo hours are Aug. 28 from 5-9 p.m., Aug. 29 from 11 a.m. to 7 p.m. and Aug. 30 noon to 5 p.m. Tickets are \$10 for ages 13 and up. Children 12 and under enter free. Tickets can be purchased at the gate or online at www.rickandbubbaoutdoorexpo.com. No weekend passes are available. Tickets must be purchased separately each day.

For additional information, visit www.rickandbubbaoutdoorexpo.com.



COURTESY GRAPHIC

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

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

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

AUG. 22 — The Wiregrass Museum of Art’s annual Yard Party for Art, a fundraiser for arts education, features local food and music. Doors open at 6 p.m. Tickets are for sale online at <http://www.wiregrassmuseum.org/yard-party-for-art/> and at the gate. General admission is \$15 pre-sale and \$20 at the gate, \$30 for reserved seating next to the stage, and \$60 for gold plate tickets. For more information, visit the website or call 794-3871.

ONGOING — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction.

For more information, call 393-2376.

ENTERPRISE

AUG. 26 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its monthly luncheon program at 11 a.m. at Ryan’s Steakhouse. The speaker will be Mary Jane Oakley, Dothan office of Legal Services for Alabama. All federal employees, active or retired, are invited to attend the luncheon programs at the same time and place every fourth Wednesday of the month. For more information, call 393-0492.

ONGOING — Enterprise Women’s Day Class of Community Bible Study at First Baptist Church takes place Mondays from 10 a.m. to noon. The group will study the book of Isaiah. There is also a children’s ministry available for infants through eighth grade. Home school credit is available. Community Bible Study is an interdenominational study. For more information and to preregister, call 494-2039 or visit <http://enterprise.cbsclass.org/>.

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

AUG. 27 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the New Brockton police station. New

chapter officers for 2016 will be sworn-in and the \$500 DAV Forget-Me-Not Scholarship Award will be presented to Maurice Murphy, a recent graduate of Enterprise High School. A \$12 per person fee will be charged at the door as it is a catered event. People should RSVP at 347-6009 no later than Aug. 24. DAV also extends an invitation to veterans throughout the Wiregrass to join as new members or as DAV Auxiliary.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

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

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

SEPT. 18-20 — The Ann Rudd Art Center and Dowling Museum will host a stained glass art class from 8 a.m. to 5 p.m. The cost is \$200. For more information, 774-7322. The classes are sponsored by the Dale County Council of Arts & Humanities.

NOW-SEPT. 26 — The Dale County Council of the Arts and Humanities will hold its 15th annual Regional Art Exhibition at

the Ann Rudd Art Center/Dowling Museum, 144 East Broad Street.

PINCKARD

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

SAMSON

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

TROY

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

WIREGRASS AREA

AUG. 23 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual Men Day at 2:30 p.m., featuring guest speaker Pastor Randy Sewell of Little Rocky Mount in Jacksonville, Florida. All churches are invited to share in this special occasion. Dinner will be served.

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

Beyond Briefs

Turtle Talk

Apalachicola National Estuarine Research Reserve will offer a free talk 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 Aug. 26 at 2 p.m. at the reserve located at 108 Island Drive in Eastpoint, Florida

For more information, call 850-670-7700.

Friday Fest

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

Fun in Montgomery

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

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

Montgomery cruise

Montgomery’s parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city’s greatest down-

town 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.

Ark of India exhibit

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

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

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

For more information, visit: http://historymuseumofmobile.com/ark_india_exh.php.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the

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

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

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 throughout 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.

Montgomery Biscuits

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

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

Interns share ideas, solutions with Army

By David Vergun
Army News Service

WASHINGTON — While many people are spending their summer on vacation, this is a busy time of year for interns working beside Soldiers and Army civilians.

As a result of their experiences, some of the interns will go on to other jobs and some will decide to become Soldiers or Army civilians, said Anna Miller, chief of the Employment Policy Division at the Department of the Army.

Miller said that during her 30-year career, she's hired many interns who've gone on to do great things both inside and outside the government.

Besides on-the-job training, which broadens their knowledge and experience, interns sometimes bring with them new ideas and better ways of doing things that benefit the Army.

As the Army is operating in an increasingly complex world, it's important for Soldiers and Army civilians to be exposed to different schools of thought, she said.

Sylvia Godfrey, human resources specialist, EPD, said the experience benefits the interns, as well. Besides helping with their education, the internship gives them new-found responsibilities and the ability to adapt when they go into a new job, whatever it might be.

Godfrey said that many of the interns at installations come from the local community, and this creates a lot of goodwill both on and off post.

The following are intern snapshots from around the Army.

Medical

This past year, the U.S. Army Institute of Surgical Research on Joint Base San Antonio, Texas, hosted nine interns to conduct combat casualty care research.

"The purpose of this program is to give students exposure to the lab environment and invaluable research experience," said David M. Burmeister, Ph.D., an ISR staff scientist and lead intern mentor. "Hopefully this not only helps them clarify what their goals and aspirations are for the future, but also facilitates reaching those goals."

The interns were paired with ISR researchers who served as mentors to work on projects to optimize combat casualty care.

"This program introduces Army programmatic research to students, who are interested in careers in science and medicine," said Maj. Stuart Tyner, ISR's deputy director of research. "Unlike an academic research setting, the research performed at the ISR is geared toward solving a military important medical threat and develops products, things or knowledge that solves that problem."

Sean Christy, a sophomore at Southwestern University and biology major, was assigned to do research with microbiologist Lloyd Rose, Ph.D., at the ISR Dental and Trauma Research Detachment. Christy's project involved the use of skin cells and the healing process after a burn.

"I'm taking samples of tissue to determine what happens to genes that leads to good or bad healing," Christy said.

Rose said that genes play a major role in how a burn patient heals and the scarring associated with the healing.

"Every burn patient heals different," Rose said. "We're breaking down the genes to determine what it is in the DNA that determines the healing and scarring pattern."

Programming

Mahogany J. Bullock, an intern at Corpus Christi Army Depot, Texas, works on databases, testing and software applied to manufacturing and remanufacturing. According to the depot's homepage, it is the "largest rotary-wing repair facility in the world" and it "excels by delivering the highest-quality product on time at the lowest possible cost."

Bullock, who hails from Corpus Christi, said she's proud to be a part of that effort.

She just graduated from the University of Tennessee with a major in agricultural business, and is looking to work as a program analyst or in a similar occupation. Her work with the Army has broadened her experience and she thinks it will be helpful in the future, she said.

While a lot of the programming she's been doing at the depot uses software she's familiar with, she said she did learn to use a new type, known as SAP software.

Personnel at the depot gave her a tour of the facility so she'd gain an appreciation for the role her work would play in the big picture, she said, adding that she's proud to have served the Army.

The depot is unlike many other Army installations, she said. There are very few uniformed Soldiers. It's almost all Army civilians. All of the ones she met were very professional and helpful.

Bullock did an interning stint with the U.S. Department



PHOTO BY STEVEN GALVAN

Sean Christy, a summer intern, was assigned to do research with microbiologist Lloyd Rose, Ph.D., at the U.S. Army Institute of Surgical Research Dental and Trauma Research Detachment.



PHOTO BY MAHOGANY J. BULLOCK

Mahogany J. Bullock, an intern at Corpus Christi Army Depot, Texas, works on programming for the depot. She is shown here receiving a tour of the depot to show her the impact her work has on the mission.

of Agriculture before coming to the depot. She said once programming is learned, it's a skill that's easily transferable from one organization to another.

Journalism

Laura Vaitsas, a journalist intern from Temple University, who uses the professional name Lora Strum, spent part of her summer this year covering news for Army News Service at the Pentagon. She interviewed senior Army leaders, as well as enlisted Soldiers, telling their stories and covering important news.

This was Vaitsas' first exposure to the military. Her father was a Marine, who served in Vietnam and received a Purple Heart Medal, but Strum said he never spoke about his service.

Vaitsas, who is going to be a senior this year, has completed other internships outside of the Defense Department. She said several things impressed her about the Army, including the respect, politeness and civility personnel show to each other and to those outside the military. For instance, people kept calling her "ma'am," something she had to get used to.

Another thing that struck her is that Soldiers were open and willing to tell their personal stories. One Soldier suffered from post-traumatic stress disorder and another had been injured by an IED. "I felt privileged that they would invite me into their lives," she said, referring to the interviews.

Another thing that really impressed her, she said, is that she was given a great degree of freedom and autonomy to report on really important stories, including the article on Gen. Mark A. Milley's nomination for Army chief of staff. For that story, she went to Capitol Hill for the Senate hearing.

Vaitsas said she plans to write international news stories for a major newspaper or TV station when she completes school.

STEM

Two summers ago, for the first time ever, the Albuquerque district of the U.S. Army Corps of Engineers started an eight-week science, technology, engineering and math internship.

The district collaborated with the University of New Mexico to bring in civil engineering students, said John Moreno, chief of the Engineering and Construction Division.

Civil engineering student Corey Bowen helped the district with several on-going design projects. When asked why she chose to study civil engineering, Bowen said that in addition to enjoying math and science, "an art major wouldn't pay the bills."

Since Bowen had prior computer-aided design experience, or CAD, she's "been a great help," said Corina Chavez, a civil engineer with the district. Bowen said that the internship has helped her understand the district processes and how CAD is used in real-world settings.

(NOTE: Contributing to this article were Steven Galvan, public affairs officer, Joint Base San Antonio, Texas, and Elizabeth Lockyear, public affairs officer, Albuquerque district, U.S. Army Corps of Engineers.)



PHOTO BY LISA LOCKYEAR

University of New Mexico civil engineering student Corey Bowen, right, and Corina Chavez, civil engineer at the Albuquerque district of the U.S. Army Corps of Engineers, pause while discussing a design project.

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DODEA announces leadership changes

Department of Defense Education Activity
News Release

ALEXANDRIA, Va. — The Department of Defense Education Activity announced the selection of a new principal deputy director and associate director for education Aug. 5.

Thomas M. Brady, DODEA director, said that Linda L. Curtis moves into the role with the departure of Adrian B. Talley, who will become the executive director of student services in Prince Georges County Schools in Maryland.

Brady cited Curtis' experience in DODEA schools as a critical factor in moving the system's priorities forward in the coming months and years. The new assignment is a promotion for Curtis, who moves to Tier 2 of the federal civil service's Senior Executive Service. Curtis formerly was the director of DODEA Pacific Schools.

Brady also named Gael Coyle as acting area director of DODEA Pacific Schools — she was the deputy director for curriculum, instruction

and assessment for DODEA Pacific Schools.

Experienced educator

"Dr. Curtis' experience in DODEA truly spans every level — from teacher to administrator to educational leader," Brady said. "She served in DODEA schools in Europe as a teacher, assistant principal, principal, assistant superintendent, district superintendent and deputy area director.

"In our stateside schools, Dr. Curtis has served as the deputy director for curriculum, instruction and assessment and the interim area director. Not only does she bring a vast amount of experience and perspective, but she also brings a tremendous amount of energy and dedication and a passion for education and student achievement. We are fortunate to be able to invest her experience into achieving our school system's top priority of college and career readiness," he added.

Curtis shared her thoughts about her new assignment and continuing to serve military-connected students and their families.

"It is an honor and privilege to

continue to serve our military and civilian families," she said. "I have been fortunate to serve in a variety of positions from teacher to director in all three areas — Europe, Pacific, the Americas and now at DODEA headquarters. This promotion gives me an opportunity to bring my field experience to the headquarters level," she added.

"I look forward to working with the headquarters staff in support of DODEA Director Tom Brady," Curtis continued. "By focusing on college, career, ready standards, 21st century skills and high student achievement, DODEA will continue to be a world class school system."

Prior to joining DODEA, Curtis taught in Australia and in Fort Wayne, Indiana, schools. She holds a bachelor's degree in elementary education from Indiana University. Additionally, she earned two master's degrees from Indiana University in school administration and elementary education with a concentration in reading and special education. In 2006, Curtis earned her doctorate in educational leadership from Argosy University.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

Spiritual Life Center, Building 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

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

the Chapel
Wings Chapel, 9 a.m. and 6 p.m.

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

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

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

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

164th TA06 Bible Study
Bldg 30501, 11:30 a.m.

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

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

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

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

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

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



COURTESY PHOTO

Pick-of-the-litter

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

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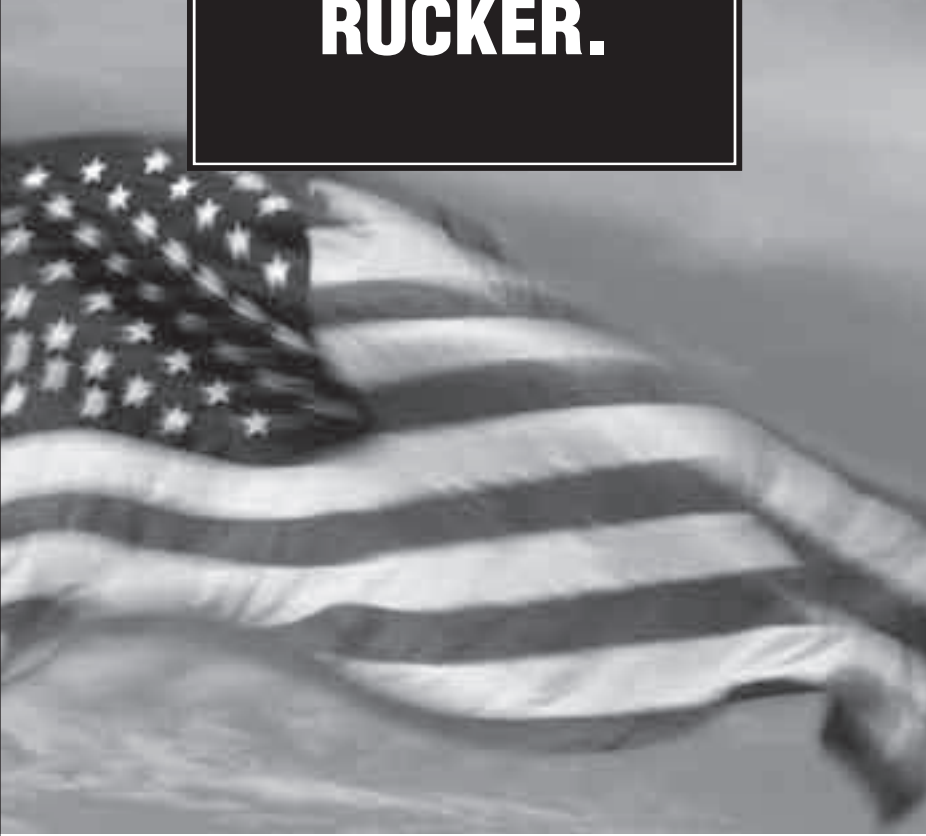


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AUGUST 20, 2015

Pros, amateurs share same green

By Nathan Pfau
Army Flier Staff Writer

The Silver Wings Golf Course held one of its most unique tournament experiences where professionals and amateurs came together for a weekend of friendly competition.

The 2015 SWGC Pro-Am golf tournament was held at Silver Wings Golf Course Friday through Sunday where Lady Professional Golf Association professionals from all over came to have fun before taking on the National Women's Golf Association Women's Professional Tournament, which is being held Tuesday through today.

The pro-am tournament was a 36-hole event with teams comprised of one professional player and three amateurs playing Team Stableford, which is a point system in which teams lump their scores together to add their points to a pot depending on how well they shoot. Unlike traditional scoring in golf, the objective in Team Stableford is to have the highest score, rather than the lowest.

Although many professionals weren't accustomed to the Team Stableford scoring system, the objective for them wasn't about winning, but more about having a good time and meeting new people.

"I thought this was a really cool opportunity for me," said Tessa Teachman, LPGA professional of three years. "This is the first time I've done a pro-am in conjunction with the NWGA series, and I thought it was a really cool idea to come up here, get to meet some new people and see the course a few times before the tournament."

For Teachmen, who has never visited a military installation, the highlight was getting to play with new people and getting a glimpse into their lives – an experience she won't soon forget.

"I've met some really cool, wonderful people so far," she said. "It's been a great experience. I played with two different groups, so my score is counting for two groups, and these groups



PHOTOS BY NATHAN PFAU

Tessa Teachman, LPGA professional, watches her shot as her teammates look on during the 2015 Silver Wings Golf Course Pro-Am Golf Tournament Saturday.

have been a lot of fun. They've got a great attitude and they're a bunch of fun – there have been a lot of laughs."

The unforgettable experience wasn't only for the professionals, however, as the amateurs were able to pick up invaluable tips to help their golf game.

John Davis, civilian participant, said he'd never had the chance to meet a professional golfer, let alone play with one, so when he saw the opportunity to do so, he jumped at it.

"I just thought this would be a really neat opportunity to get the chance to go up against some pros and see where I stand in my game," he said. "I'm not the best golfer, but I like to think that I'm OK, but when you're playing with a professional, it really shows how much room for improvement there is."

Davis, who's been golfing on and off for close to 10 years, said he admires the professionals for

their dedication to the game.

"I enjoy the game a lot, but it really is a tough game to master, and these ladies have really got their disciplines down to be able to shoot their way they do," he said. "I really admire them and I'm thankful that they were able to take the time out and play some golf with us."

For Kelsey Hanie, LPGA professional, spending time with the amateurs to help with their game and just enjoy the game was what the tournament is really about.

"Pro-ams are a lot of fun. You get to come out and meet new people and play in a different environment," she said. "It's just fun for us. We're always out there in a very competitive mode, but this way we get to relax a little and we get to play the golf course, meet new people, interact and have a good time just enjoying the game."

"It's been a really fun experience, and although the rounds of



Eric Henry (right), software engineer, explains the intricacies of mapping the simulators to LPGA professionals Jordan Britt (left), Mackenzie Puryear and Kelsey Hanie in a flight simulator during a tour of Warrior Hall Monday.

golf are a little slower, we've all been having a really good time," she continued. "It's great that we get to be here at Fort Rucker and give our support and be in this environment. It's been an awesome time and a lot of fun. It's a hard golf course, so it's a good challenge for us so we've all just been having a really good time."

"This tournament is something

that comes along only once a year, and it's a good, fun opportunity to play a little different format and learn from someone who knows a lot about the game," said Chet Hallman, SWGC business manager. "The professionals are very cordial and more than willing to help with tips and encourage the amateurs on how they can get better. It's just a great time."

Post hosts 1st Color Run

By Nathan Pfau
Army Flier Staff Writer

There are many ways to make fitness a fun, active part of daily life, and Fort Rucker's physical fitness centers are looking to help show the way.

The Fort Rucker Physical Fitness Center will host its first Color Run Aug. 29 at 8 a.m. as a fun way to tackle fitness, according to Anne Sullivan, fitness programs coordinator.

"This is not your typical run," said Sullivan. "A lot of the races we run on post are more competitive, and we have timing systems and trophies and medals, but with the color run we wanted to go in a different direction, so this run is just a fun run."

People won't earn any accolades or bragging rights for this particular run, but one thing they will have is a good time, said the fitness programs coordinator.

The run is a 2-mile event that will feature color stations that are set up along the course. The stations will feature different colors made up of corn starch that will be thrown by volunteers onto runners as they pass, so participants are encouraged to wear white to get as colorful as possible.

"There will be people there whose job it is just to cover people in colors, so hopefully people will be completely coated by the time they're done," said the fitness programs coordinator.

The event is a way to encourage people to get out and be active, said Sullivan, and show people that fitness doesn't always have to be a chore. Participants are welcome to walk or run the course, and are encouraged to bring their children and pets to take part in the race.

There will also be inflatable bounce



PHOTO BY NATHAN PFAU

Sgt. Ted E. Bear is dressed and ready for the Color Run, which will be held Aug. 29 at 8 a.m. as a way to encourage people to get active.

houses for children to play in.

The route will start on Ruf Avenue behind Fortenberry-Colten Physical Fitness Center and head down toward Lyster Army Health Clinic. From there the route will circle back around, making a figure eight before heading back to the fitness center.

When all participants have crossed the finish line, everyone will gather with a cup full of color and toss it in the air for maximum color coverage to close out the event.

Sullivan said this is a new approach to encouraging people to get involved in fitness, and hopes that it's something that will start a lifestyle change for some.

"As a fitness professional, I think it's really important to invite people in," she said. "There are a lot of people who don't think of fitness as something they might enjoy, but rather something that's more of a chore."

"That's why an event like this is

really cool because, especially for younger people, it could open their eyes to fitness and show them that being fit and being active can be fun – it can be a social thing," she added.

Sullivan said that one of the biggest discouraging factors for people to get into fitness is how intimidating working out can be, especially in front of others.

"A lot of people can get discouraged in participating in some runs because they don't want to be the last ones to cross the finish line," she said. "There's this sort of idea that you have to be a runner to participate, but you don't."

She is also hopeful that the Color Run can open up the fitness program to more exciting, new events to encourage more participation.

"If this is well received, I hope that this can open up to more fun races," said the fitness programs coordinator. "We've got pretty good numbers signed up, and if we do well, I think the seed will be planted and hopefully we'll be able to add some new events."

The event is open to the public and the cost of the run is \$12 per individual entry with no shirt included, and \$20 with a T-shirt included, if signed up by Monday. After that, the cost of registration up to the day of the race is \$25, which includes a shirt while supplies last. Teams of eight can also register through Monday for \$120, which includes a T-shirt, with prices increasing to \$160 after.

People can register at either physical fitness center, as well as in Bldg. 5700 at MWR Central, and people are encouraged to register early. Children under age 12 may register for free.

For more information, call 255-2296.



LAHC celebrates Performance Triad Week

By Jenny Stripling
*Lyster Army Health Clinic
Public Affairs*

Lyster Army Health Clinic officials invite everyone to join them in celebrating Performance Triad Week Aug. 28 from 11 a.m. to 3:30 p.m.

The Performance Triad — sleep, nutrition and activity — is about setting the conditions that make the healthy choice the easy choice for the Total Army Family.

Lyster will kick off the event with a healthy cooking demonstration at 11 a.m. with healthy recipes that make cooking fun for kids. Samples will be available for you to try.

Sleep experts will be present at the event to answer any questions you may have regarding getting a better night's sleep. Sleeping less than five hours for five days -- or one full day without sleep -- correlates with a 20 percent decrease in cognitive ability, which is the equivalent decrease in decision making and memory loss associated with being legally drunk.

It's also that time of year again for school and sports. Come speak with a physical therapy technician and get the most up-to-date information from experts on ways to keep your family safe from injury.

Participants at the event will also be able to utilize the personal body composition machine.

The strength of the Army is the Soldier – personal performance directly impacts unit readiness. Sleep well, move more, and eat nutritious food – your health readiness, performance, family and unit depend on it.

The event is free and open to all. For more information on the event or if you have any questions regarding your health, call 255-7038.

DOWN TIME



TRIVIA

1. HISTORY: What country once was known by the Latin name of Caledonia?
2. ANIMAL ADJECTIVES: What is a group of dragons called?
3. ANATOMY: Where is the retina located?
4. TELEVISION: Who played the character Latka Gravas on "Taxi"?
5. U.S. PRESIDENTS: How old was Bill Clinton when he was inaugurated as president?
6. MYTHOLOGY: The Greek god Acolus commanded domain over what area?
7. GEOGRAPHY: The Catskill Mountains are located largely in which U.S. state?
8. FOOD & DRINK: What kind of plant does saffron come from?
9. MOVIES: Who directed the movie "The Lost Weekend"?
10. U.S. STATES: What is the only letter of the alphabet that does not appear in the name of any U.S. state?

See Page D3 for this week's answers.

Super Crossword CITY FOLKS

ACROSS				DOWN			
1 "So sad"	47 Haagen- —	97 Actor from central	40 Cuts of fish	1 Top grade	41 Singer	80 Special area	
5 Baby ovines	48 — de France	98 Arkansas?	41 Singer	2 Tilted, to	42 Newton-John	81 of demand	
10 Talmud experts	49 Prefix with	103 tour	42 Actress Leah	3 Brits	43 Oxen holder	82 Greenish	
16 CD followers	50 Bad grade	104 Golden	43 Oxen holder	3 Often-twisted	44 joint	83 citrus drinks	
19 Sean of film	51 Yahoo! rival	105 Arches pork	44 Makeover	4 joint	45 Madeline of	84 Reality-	
20 Rankled	53 The, to Henri	106 sandwich	45 Madeline of	4 Curl one's lip	46 funny films	85 avoiding sort	
21 Colored ring of the iris	54 Arm, for one	107 Bear,	46 Egg part	4 toward	47 Chaney Sr.	86 Suddenly	
22 Shar- —	56 Alias abbr.	108 in Baja	47 Chaney Sr.	5 Lion player	48 and Jr.	87 Very strong	
23 Naturalist from southern Louisiana?	58 Running-and-cycling event	109 NYC dir.	48 and Jr.	5 Bert	49 Mel of voices	88 clutching power	
26 "— Fool to Care" (1961 hit)	63 Like a villain	110 Actress from western Wisconsin?	49 Mel of voices	6 — end (over)	50 Help desk invitation, maybe	89 Funny Barr	
27 Discard knowledge of	64 Singer from northern Utah?	112 Low areas between hills	50 Help desk invitation, maybe	7 Sea, to Henri	51 Kin of Hindi	90 Uno and due	
28 Sign of the zodiac	70 Fey and Brown	116 Interest	51 Kin of Hindi	8 Voted	52 As sick as —	91 Escorted	
29 Ready for use, as a roll of film	72 Soul's car make	117 Honda Classic org.	52 As sick as —	9 Cheapest cruise option	53 O'Neal with an Oscar	92 Fortune's 500: Abbr.	
31 Not at all lax	73 "j" finisher	118 Flowing fulcrum	53 O'Neal with an Oscar	10 '90s kids' exclamation	54 Chilly	93 Buys and sells	
32 Actress from southern California?	74 Lark	120 Morse click	54 Chilly	11 Coach	55 Flooring unit	94 "Kapow!"	
35 Dispenser taking a PIN	75 Painter from southern Minnesota?	121 Dancer from southern New York?	55 Flooring unit	12 Composer Hector	56 Crying bouts, e.g.	95 "Half — is better than none"	
37 Airport guess, briefly	81 Crux	125 Immigrant's course: Abbr.	56 Crying bouts, e.g.	13 Put a — (adorn, as a wrapped gift)	57 Batches of grain to be crushed	96 "Who can — to?"	
38 H.S. science class	82 Least fine	126 Dixie Chicks member	57 Batches of grain to be crushed	14 Homeric epic	58 Prefix meaning "different"	97 Simian creature	
39 Pulitzer winner Alison	83 Roman 2,001	127 Maguire	58 Prefix meaning "different"	15 Summer shoe	59 Iranian capital	98 Mucho	
40 Hockey player from northern Indiana?	84 River to the North Sea	128 Get by logic	59 Iranian capital	16 Childbirth anesthetic	60 Put in a hold	99 Shows biasedly	
	85 Rural tract	129 What "vidi" means	60 Put in a hold	17 Make girlish	61 Shovel's partner	100 Low dice roll	
	86 Jostling type	130 Hog hangout	61 Shovel's partner	18 50-foot woman, say	62 First class for painters	101 Ranch unit	
	89 Old space station	131 Worth mentioning	62 First class for painters	24 "— all just get along?"	63 Look — now!"	102 Trade for tat	
	92 World Series mo.	132 Pod veggies, old-style	63 Look — now!"	25 Wall in grief	64 "Are you hurt?" reply	103 Neckline shape	
	94 Ditty syllable	133 D.C. ball team	64 "Are you hurt?" reply	30 Israel's Barak		104 Friend — friend	
	95 13-digit ID in publishing			32 Tokyo coin			
				33 "Honest" guy			
				34 Really tipsy			
				36 Parrot variety			



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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 D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

★ SITE STUDY! Studies made at a questionable dump site resulted in the complicated report contained in the diagram at right. Are you able to decipher it?

Give it a try. First, starting at lower right hand corner, read upward, then down, read outside, up, read, etc. What does it say?

Answers appear on page 100.

★ HOCUS-FOCUS! Find a traffic light color at each sentence. 1. The pig restrained the pen. 2. Let's hear the education. 3. I am Hercules loud.

Answers: 1. Red 2. Yellow 3. Green

★ TIME HAS WING! Each of these persons hopes to catch a plane and learn more that how she must hurry to do so. How many minutes does it take to catch a plane?

1. John's watch is 10 minutes fast, and she thinks it's 5 minutes slow.

2. Joe's watch is 5 minutes fast, and he thinks it's 5 minutes fast.

3. Bob's watch is 5 minutes fast, and he thinks it's either correct or 5 minutes slow.

Who among the three will be able to catch the plane?

Answers: 1. John 2. Joe 3. Bob

★ CAMP SIDNEY! A local resident is causing a stir at the camp site above. How did it start to complete the scene.

Answers: 1. A tent 2. A tent 3. A tent

Wishing Well

5 3 8 3 8 2 4 5 2 6 4 7 4
A L T E E A K N P U N V O
3 6 4 3 6 5 3 2 6 8 3 8 3
I R W S N E U E O N R E E
4 6 3 2 4 6 2 7 2 3 8 3 8
Y N T R O C F A E I R M G
2 6 3 2 3 4 3 2 5 7 4 3 5
C H E T A U H U W R R E F
6 3 7 3 8 2 8 4 7 5 4 2 4
A A I D Y N I S E R E I L
7 4 7 8 2 7 6 2 7 6 5 8 6
T F Y S O I R N S R I E M
7 5 7 8 7 8 7 8 5 7 5 8 8
Y E O N U E R W N S D E D

HERE IS A PLEASANT LITTLE GAME that will give you a 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 6. 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 to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS

BY HENRY BOLTHOFF</

ArmyFit puts experts on tap

By David Vergun
Army News Service

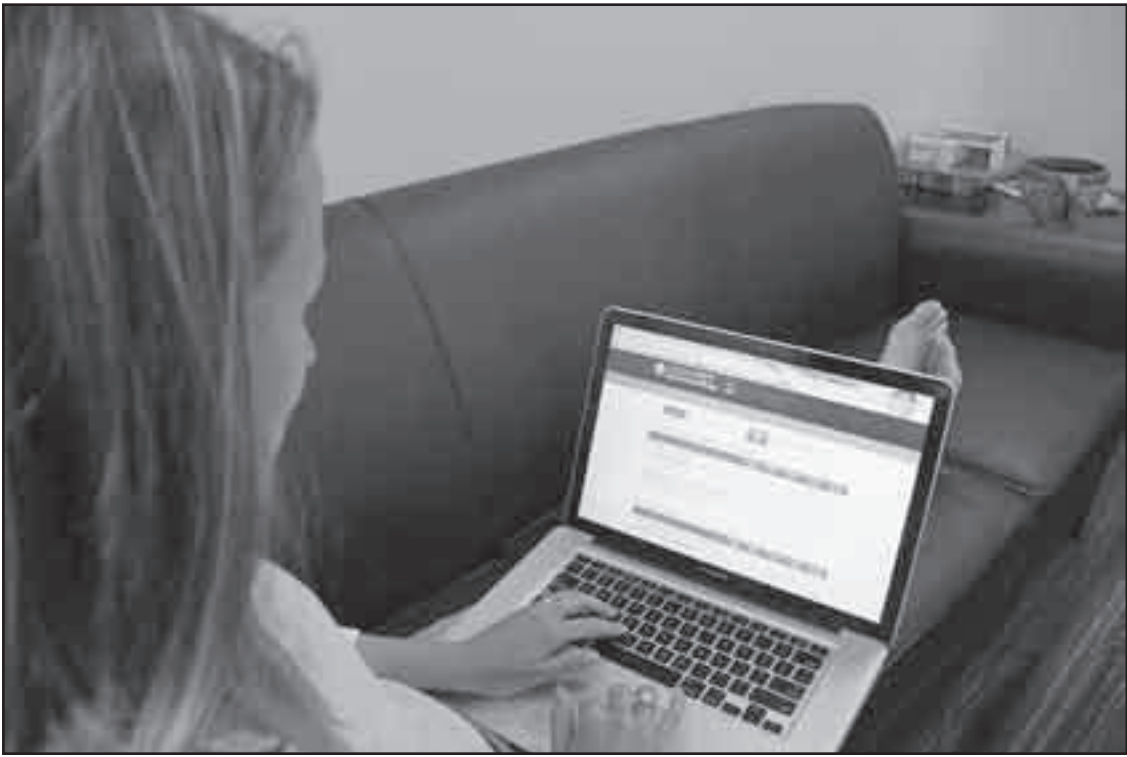
WASHINGTON — ArmyFit, a comprehensive, online resource site at armyfit.army.mil, just added three “new and exciting features,” the overseer of content for ArmyFit said.

ArmyFit, which now synchs to personal readiness devices, is accessible by smartphones and has experts standing by to answer health and fitness questions, Capt. Kristin Saboe said.

Saboe has a doctorate degree in organizational psychology and also serves as the program manager for the Army Global Assessment Tool.

The “Ask the Experts” feature is just a click away on the site, Saboe said. Simply choose a category, write in a question and a subject-matter expert will respond. Experts are available to respond to an entire range of topics, including physical fitness, sports medicine, nutrition and sleep. Experts can also answer questions dealing with relationships, environmental concerns, and spiritual, mental and emotional health.

These experts are research-



ARMY PHOTO

An ArmyFit user accesses the site remotely without a common access card, one of the benefits of the new site.

ers who specialize in their field, and offer research-based advice to Soldiers and their families, as well as Army civilians. All interactions with the experts are confidential, she added.

The experts are from the Human Performance Resource Center, which is part of the Con-

sortium for Health and Military Performance at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

ArmyFit and GAT are now both mobile-ready, so they can be accessed from anywhere using a smartphone or computer, Saboe said. No common access

card is needed and Soldiers can log in using their AKO username and password.

The GAT is an annual requirement for Soldiers. Participation by families and Army civilians is encouraged. The GAT is also a prerequisite to accessing the content in ArmyFit. Users can now

complete the GAT via any mobile device. Data from GAT is also kept confidential.

Users can also synch personal readiness devices, such as Fitbit and Jawbone, to ArmyFit, Saboe said. The ability to synch Withings and Garmin will also soon be available.

ArmyFit will store, track and integrate data from those devices, and provide real-time feedback so users can track such things as running, steps taken, nutrition and even sleep.

“Tracking all of those behaviors increases awareness, increases mindfulness and also can prompt behavioral change, such as being more aware of what you’re eating and how much you’re working out. That alone can lead to change and increase resilience,” she said.

“Soldiers have a personal responsibility to manage and maintain their overall health and resilience,” Saboe said. “ArmyFit is a platform to help Soldiers do that. Army civilians and families are key to the Army, as well, so making sure they have access to the same kind of information helps us all be a more ready and resilient Army.”

Forum briefs on ways to improve SHARP

By J.D. Leipold
Army News Service

WASHINGTON — During one of the final briefings of his tenure as Army chief of staff, Gen. Ray Odierno heard solutions and offered his thoughts to some 140 sexual assault response coordinators and victim advocates.

The SARCs and VAs had met for two days to discuss issues, solutions, ideas and policies to better the Sexual Harassment/Assault Response and Prevention program. It was the first-of-its-kind SHARP Program Improvement Forum held in Arlington, Virginia, Aug. 6-7.

When plans were drawn up for the forum under SHARP Director Monique Ferrell, the idea was to conduct a meeting in the same manner as the Army Family Action Plan forums. And, like AFAP forums, Ferrell plans to conduct the forum annually.

“Commands sent in 78 issues and concerns,” she said. “Many were repetitive because commands were having the same problems worldwide, so we consolidated them into different issue statements, coming up with six issues, which were presented to the chief.

“We had two additional briefings on issues that we’re seeing across the entire Department of Defense that we are really trying to tackle – male victimization and retaliation – these are spaces where we don’t have much policy because these are emerging issues,” she said.

On the first day of the forum, the issues were framed to the SARCs and VAs. Groups of 10-12 were formed to discuss the issues based on what they were seeing through their lenses – what challenges they had with particular issues and what innovative ways in which they’ve tried to resolve problems. Finally, they were to offer recommendations to the chief of staff.

Expedited transfer

Generally, a victim of sexual assault has the choice of being transferred or staying

put. If the victim opts for transfer, he or she meets with the SARC before the permanent change of station to discuss whether the case should be transferred to the SARC at that new installation. If the decision is to opt out of a new SARC on transfer, then the case is not transferred, the briefer said.

“For the victims, it is the importance of the speed of the transfers, but also doing it quietly,” Odierno said. “We have to figure out how we do that and we hand it off appropriately so that they understand and do it in such a way that they do not get re-victimized.”

Complaint process

The SARC briefer said a standard for tracking informal sexual harassment complaints needed to be developed for commanders to receive an accurate representation of the organizational climate. Informal sexual harassment complaints reported to a SHARP professional should be tracked in the Integrated Case Reporting System, according to the briefer, who added the ICRS should be modified to provide better visibility of hierarchy across Army installations.

“It is very clear in all the studies that we read that this starts with comments and if nothing is done, it could go into more serious things,” Odierno said, adding that he agreed tracking was necessary. “Now there are a couple of things we have to be careful about. When I go out to units now, we are getting to the point that males and females won’t even associate with each other because of this issue. We have to find the right balance. What is the appropriate balance so people aren’t afraid to be with each other?”

Odierno added that the way the problem is solved is by making sure people understand right and wrong, acceptable and unacceptable.

“To me, the issue is that if somebody does something and they are told to stop and they stop, then we are OK,” he said, adding what worries him are the ones who don’t stop, who get angry and continue to harass.

Annual training

According to the briefer, the SHARP annual military training support package is linear and doesn’t incorporate the needs of Soldiers and leaders at varying levels. Additionally, the online training was not an optimal delivery method for Soldiers based on extensive feedback from the field.

“Got the training, I agree. The power of this program has been at the squad and company level, taken seriously and is really interactive,” Odierno said. “It has no PowerPoint and it is about discussion – it is about talking about the issues – it is about males and females sitting down and having honest discussions about this.

“That is when we will really start to resolve the problem,” he added. “I think you are right on target with that.”

SARC, VA training

The briefer said their team was able to identify gaps in the SARC/VA training program and that there was no standardization for attending non-Defense Department-sponsored professional conferences, which offer continuing education for SHARP professionals and that tier training was needed to allow career progression for SHARP professionals.

“We put the school together and that was done pretty hastily. I am pretty proud of how we did that, but we have to continue to progress,” said Odierno, referring to the stand-up of the SHARP Academy on Fort Leavenworth, Kansas, last October. “I do think that we have to have a hierarchy of courses that we have to go to. I think it should be somewhat associated with promotions.”

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PUZZLE ANSWERS

Super Crossword

Answers

ALAS	LAMBS	RABBIS	EFG
PENN	ATEAT	AREOLA	PEI
LAKE	CHARLES	DARWIN	IMA
UNLEARN	LEO	LOADED	IN
STERN	YORBALINDA	HUNT	
ATM	ETA	BIO	LURIE
FORTWAYNE	NEGRETZKY	DAZS	
ILE	ECO	DEE	AOL
LIMB	AKA	DUATHLON	
EVIL	WEST	JORDANKNIGHT	
TINAS	KIA	DOT	SPREE
SAINTPAUL	AUGUIN	PITH	
COARSEST	MMI	YSER	
LEA	WIT	MIR	OCT
ISBN	LITT	LOCK	HUDSON
MCRIB	ORE	OSO	ENE
EAUCLAIRE	DANES	DALES	
APPEAL	TPGA	OARLOCK	
DIT	MOUNT	VERNON	CASTLE
ESL	MARTIE	INFER	ISAW
STY	OFNOTE	PEASE	NATS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Scotland
- Aways or flight
- The eye
- Andy Kaufman
- 46
- Ruler of the winds
- New York
- Cheese flower
- Billy Wilder
- The letter "Q"

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Keep in step to stay active, healthy

By Lisa Young
U.S. Army Public
Health Command

Get up, get out and get moving! This is what the World Health Organization recommends as part of its global strategy on physical health and activity.

Regular physical activity can reduce your risk of hypertension, diabetes and depression, and it can improve your bone health, and cardiorespiratory and muscular fitness.

As the summer season ends, do not let the changes in weather and daylight keep you from staying active. Commit to maintaining your health through regular activity during all the seasons of the year by not limiting your idea of physical activity. Leisure time events, transportation, occupational tasks, household chores, play, games, sports, and planned exercise throughout your daily, family and community activities all count.

“Your work hours and family commitments may challenge you, but it is all about making a decision to take control of your own life, and sticking with it,” said Col. David Bitterman. “It’s about rounding up your family on the weekends and visiting Enchanted Rock State Park, or walking the Mission



ARMY PHOTO

A group of Soldiers go for a run.

Reach Trail, or playing soccer with your kids instead of watching them play.”

As a unit, a command, a Soldier or a family, the Performance Triad encourages everyone to achieve 15,000 steps a day, use proper resistance training techniques and prevent injuries. Doing something convenient and that you enjoy, makes staying active easier. Walking, jogging, cycling, swimming, muscle strengthening and endurance resistance training are some of the ways to be physically active.

Staying physically active can:

- Increase energy;
- Tone muscles, easing back pain;

- Reduce stress, helping you relax and sleep better;
- Manage body weight by burning more calories and controlling appetite;
- Reduce risk of heart attack and Type 2 diabetes;
- Manage high blood pressure and diabetes; and
- Slow osteoporosis bone loss.

Be sure to consult a healthcare provider so that there is no health problem or physical reason that would limit your exercise.

The following points are important to keep safe and ensure your activity is effective.

- If you are walking or running, choose safe places with several different routes for variety.

- Schedule time in your daily routine that will be the most consistent.
- Find a partner or group of people to exercise with you.
- Wear athletic shoes that fit well, will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- Wear a hat – a warm knit cap in the winter and a baseball cap in the summer.
- Begin with a warm-up, for five to seven minutes. A focused and tailored warm-up can increase performance and decrease the risk of injury. Gradually increase your activity to a moderate pace for the main routine. Cool down by ending with slower activity for five minutes.
- Stretch the major muscle groups – back, chest, hips and legs – afterwards. Hold each stretch for 20 seconds.
- Exercise most days of the week, but plan for at least three to five. To prevent injury, do not increase your intensity and your distance or time in the same week. If you exercise less frequently, progress more slowly.
- Drink water before, during and after you participate in an activity.

- Stay aware of your surroundings.
- Wear bright colors or reflective tape after dark so that motorists can see you.

A successful physical activity program that lasts throughout the year takes commitment. As motivation, purchase an activity tracker to count how many steps you take, the distance you go and how long it takes. An activity tracker might help you go an extra lap around the neighborhood to get to 15,000 steps. They are able to detect body motion, count footsteps, display calories burned, distance walked and time elapsed. Joining a fitness group can also be fun, and a way to make new friends.

Things will interrupt your plans to stay physically active. Don’t let a few days off sabotage your dedication to stay fit and maintain good health. Keep from getting discouraged by setting realistic goals. Include simple lifestyle changes that will increase your daily activity, like taking the stairs, parking at the end of the parking lot or walking the dog twice a day.

Even though staying active can be difficult with changes in the weather or job schedules, keep your goals in mind.

SPORTS BRIEFS

Back in Shape Challenge

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

Participation in the competition is free. Group fitness classes cost \$3.50 for a single class, \$15 for two weeks of unlimited classes and \$30 for one month of unlimited classes.

For more information, call 255-3794.

Fall Color Run

The Fort Rucker Physical Fitness Center will host a 2-mile Fall Color Run Aug. 29 at 8 a.m. This will not be a timed event and all participants will receive a medal. There will be no separate fun run, and children under age 12 may register for free and complete all or any part of the 2-mile course. Participants should

wear white. The cost is \$12 for individual entry, no shirt included, or \$20 through Aug. 23, with a T-shirt included. After Aug. 24 and through race day, race entry with shirt is \$25 (while supplies last). Team prices are \$120 for a team of eight through Aug. 23 – for teams larger than eight, each additional member pays the normal registration fee. Team fee is \$160 from Aug. 24 through race day. All team entries include T-shirts (while supplies last). Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Andrews football field. Refreshments will be provided. The event is open to the public.

For more information, call 255-2296.

Silver Wings Club Championship

The Silver Wings Golf Course Members Club Championship is scheduled for Sept. 5-6. Tee Times will be posted by 3 p.m. Sept. 4. People need to register by noon Sept. 3 in the Silver Wings Pro Shop. Entry fee is \$50 plus cart fees. The golf course staff will make Saturday pairings based on handicap. Sunday’s pairings will be based on first round scores. The sign-up sheet is located in the golf shop.

For more information, call 598-2449.

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