

MEMORIAL SERVICE

A memorial service for CW4 Jason McCormack, killed during a training flight in South Korea Nov. 23, is scheduled for Friday at 3 p.m. at Wings Chapel.

ARTS & CRAFTS

Center offers artistic outlet

Story on Page C1



RACE TO SEE SANTA

Old Saint Nick to cap off Mistletoe 5K

Story on Page D1



ARMY FLYER

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

VOL. 65 ■ NO. 48

FORT RUCKER ★ ALABAMA

DECEMBER 3, 2015

KEEP SAFETY ON WISH LIST

Preparation key to safe winter driving

By Nathan Pfau
Army Flier Staff Writer

Winter in the South isn't usually filled with snow storms and below-zero temperatures, but oftentimes southerners can be taken by surprise when winter weather does hit.

Fort Rucker officials want to make sure that people on the installation are ready for anything, especially when hitting the roads, including Rebecca Ghostley, garrison safety director.

She suggests that people stay prepared by making sure their vehicles are in tip-top shape before they take long trips or venture out in less-than-favorable weather conditions.

People should take the necessary steps to make sure their vehicles are prepared for the season before winter weather hits, said the safety director, adding that they can make sure they're ready by having necessary maintenance checks performed.

Ghostley said that people should make sure they get an engine tune up and check to make sure that all lights are in good working order. They should also have their brakes adjusted, and have their battery



PHOTO BY NATHAN PFAU

Chris Davis, mechanic for hire at the Fort Rucker Automotive Skills Center, works on a car in one of the bays at the center last year. The center offers complimentary holiday vehicle inspections Mondays and Tuesdays from now through Dec. 16 from 8 a.m. to 4 p.m. by appointment.

and voltage regulator checked, as well.

To ensure that their vehicle's engine is able to perform in colder weather, people should switch to winter-weight oil if they aren't already using all-season oil, she said, and make sure to check tires.

When checking tires, people should make sure they check tire tread to make sure the tires aren't too worn and ensure the tires are properly inflated, she added.

Having a car in proper working order isn't the only thing people

should consider before heading out on trips, said Ghostley, who offered up tips people should consider before taking an extended trip:

- Get plenty of sleep the night before and never drive while tired;
- Map out a route prior to leaving;
- Let others know your route, destination and estimated time of arrival;

SEE WINTER, PAGE A4

Prepare, plan to avoid drunk driving

By Nathan Pfau
Army Flier Staff Writer

As people prepare to be out and about for the holidays, personal responsibility can sometimes take a backseat, but Fort Rucker wants to make sure that safety remains at the forefront.

As Fort Rucker observes Drunk and Drugged Driving Prevention Month, Lynn O'Brien, Fort Rucker Army Substance Abuse Program

prevention coordinator, wants to remind people that driving while impaired isn't only expensive and damaging to people's careers, it can also end lives.

"The holidays are a time to celebrate and to enjoy your families and the blessings that you have," said the prevention coordinator. "It's a time for people to wind down and get ready for a reset with the new

SEE PLAN, PAGE A4



Remain vigilant when buying online

By Nathan Pfau
Army Flier Staff Writer

With the holiday season rapidly approaching and retailers beckoning people to spend their hard earned money online, the Directorate of Public Safety wants to make sure people take special care when taking their information online.

With the ease and convenience of online shopping, people have been quick to offer up their personal information for that special deal, but if shoppers aren't careful, their online dreams could quickly become a nightmare if they don't make sure to stay safe while shopping on the Web, said Peggy Contreras, Community Police supervisor for Fort Rucker's DPS.

"A lot of people now shop online during the holiday season and, when they do so, they need to make sure that they are shopping on a secure website," she said. People should look for a little lock pad in the URL that tells them that the website is secure, and if they have any questions about the site, they should call the site directly and ask questions, or do whatever they can to verify that the site is reliable.

Most reputable websites will secure their websites with encryption, especially when dealing with financial information like credit card numbers or bank information. Encrypted websites will start with "https" at the beginning of the web address – the "s" at the end of "http" stands for "secure," according to the Federal Trade Commission website, ftc.gov/idtheft.

The threat of identity theft is everywhere, but people can be more at risk while doing shopping online, said Contreras. If

SEE VIGILANT, PAGE A5



GIVING THANKS

PHOTO BY NATHAN PFAU

U.S. Army Aviation Center of Excellence and Fort Rucker senior leaders serve Thanksgiving meals to Soldiers and family members at the dining facility Nov. 26.

Pets at increased risk from snakes in southeast

By Nathan Pfau
Army Flier Staff Writer

Although snake activity in winter months is low, interaction with the slithering reptiles can still be dangerous, especially for unsuspecting pets.

Snakebites can be very traumatizing for both pets and their owners, and if not treated properly, can be fatal.

Snakes aren't typically active during winter months since they are cold blooded and tend to hibernate, but that doesn't mean they can't be stumbled upon, said Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

Since snakes hibernate during the winter months, coming across a snake during this time of year can be increasingly dangerous due to the fact that the snake's lethargy from hibernation can cause a snake to strike without warning, said Gray.

This can pose as a threat for pets due to their often inquisitive nature, and for pets in the South, the threat can come from coral snakes and pit vipers, or snakes with fangs. Some pit vipers include copperheads, rattlesnakes and the cottonmouth.



COURTESY PHOTO

While snake activity decreases as the weather gets colder, the reptiles are still a risk to humans and their pets, like this Eastern Diamondback that was found at a Yano Hall classroom in November.

Snake venom comes in two forms, said the vet facility OIC – hemotoxic and neurotoxic.

Hemotoxic venom destroys red blood cells and prevents blood from clotting, which can cause organ and tissue damage, according to Gray. Neurotoxic venom is destructive to nerve tissue, which can cause progressive weakness and lead to respiratory failure. Pit vipers typically have hemotoxic venom and coral snake venom is neurotoxic, she added.

If a pet owner suspects that their pet has

been bitten by a snake, they should take them to a veterinary hospital immediately, said Gray.

"Owners should phone their veterinarian to inform them of the issue (while they're on the way) so the veterinary team will be prepared to treat the pet upon arrival," she said.

Sometimes, pet owners might not see that their pet was bitten by a snake, and should look out for signs that a bite might have occurred.

Gray said to look for changes in behavior or swelling of the face and neck. They should also be aware of any acute onset pain after their pet has been outside.

If an animal is bitten by a pit viper, fang or puncture wounds are usually obvious in the face, head, leg and paw area, said the vet facility OIC.

"Clinical signs usually develop within 30 minutes after animal is bitten," she said. "The punctures can ooze a bloody liquid, and the affected area will swell and is very painful for the animal.

"Abnormal effects on the red blood cells can occur within 24 hours," she continued,

SEE SNAKES, PAGE A5

PERSPECTIVE

WANTED!

Army Criminal Investigation Command seeks Soldiers

By Mary Markos
U.S. Army Criminal Investigation Command Public Affairs

QUANTICO, Va. — “Wanted.” The word, placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge, incites fear in criminals around the world.

The latest wanted poster released by the U.S. Army Criminal Investigation Command; however, is seeking assistance of a different kind. Commonly known as CID, the command is seeking applications from qualified Soldiers to train and serve as sworn federal law enforcement agents.

CID and its agents support the Army in peace and war, by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID’s reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement.

“If you want to do real detective work, if that is where your heart is, Army CID is where you need to be,” said CW5 John Welch, the command’s chief warrant officer. “That is what we do day in and day out.”

CID special agents are on the cutting edge with the latest in criminal investigative tactics and techniques and receive some of the best training available in law enforcement today. Agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Policy Academy at Scotland Yard and the Canadian Police College.

“Our mission is felony investigations and anything associated with Title 10 criminal investigations,” Welch said. “We work hand-in-hand with U.S. attorneys, local law enforcement agencies, the FBI, DEA (Drug

Enforcement Administration), and ATF (Bureau of Alcohol, Tobacco, Firearms and Explosives).”

CID special agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis, and provide personal security services, much like the U.S. Secret Service, for key Department of Defense and Army officials.

For many CID special agents like Welch, the mission is second to the difference they make.

“There is no better feeling than helping people through your investigative efforts, whether it be helping an individual or helping a community,” he said.

Soldiers must be U.S. citizens at least 21-years-old and a maximum rank of sergeant (non-promotable)]. Promotable sergeants and staff sergeants with one year or less time-in-grade may apply with a waiver. All applicants must have at least two years - but not more than 10 years time-in-service, have an ST score of 107 or higher (110 or higher if tested prior to Jan. 2, 2002), have at least 60 college credit hours (waiver of up to half of this prerequisite may be considered), and have normal color vision and no record of mental or emotional disorders.

Additionally, they must be able to speak and write clearly, attain and maintain a Top Secret-Single Scope Background Investigation security clearance, no record of unsatisfactory credit, and no felony or court-martial convictions. Lastly, they must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

Soldiers with a passion for real detective work and the above qualifications are “Wanted” by CID and can start the application process at www.cid.army.mil.



WANTED

BY THE U.S. ARMY CRIMINAL INVESTIGATION COMMAND



DESCRIPTION

Special agents from the U.S. Army Criminal Investigation Command are seeking your assistance in finding qualified Soldiers to become CID Special Agents and join the Department of Defense's premier investigative organization. CID Special Agents are highly-trained federal agents who conduct criminal investigations that range from homicide to fraud, and when appropriate, work in conjunction with local, state, and other federal investigative agencies.

CID Special Agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis, and provide personal security services, much like the U.S. Secret Service, for key DoD and Army officials. CID agents also provide a variety of other services normally associated with modern law enforcement activities.

SHOULD BE CONSIDERED EXTREMELY MOTIVATED

As a CID Special Agent you will be on the cutting edge of criminal investigative tactics and techniques and receive some of the best training in law enforcement today. CID agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment, and the Canadian Police College.

REWARD

By joining CID you will be on the fast-track to become a sworn federal law enforcement agent investigating felony-level crime with training and experience second to none.

JOIN TODAY - GO TO WWW.CID.ARMY.MIL TO APPLY OR CONTACT YOUR LOCAL CID OFFICE





Rotor Wash



Alison Pettengill,
military family member

“Make sure to check all your tires and fluids before heading out.”



Katie Pettengill,
military family member

“Check the weather report before you drive on a long trip.”



Troy Golden,
civilian

“Take it a little bit slower, especially if you’re driving into an area with snow or ice.”



Marcus Edgar,
civilian

“Make sure to have the right kind of tires on your car if you’re driving in snow, and make sure they’re properly inflated.”



Jason Pfau,
civilian

“Don’t drive too fast and always wear a safety belt.”

“People are visiting families and taking road trips as the holidays approach. What tips can you offer for people to stay safe when getting on the roads this winter?”

COMMAND

Maj. Gen. Michael D. Lundy
FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR 255-1239
jhughes@armyflieger.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR 255-2253
jhenderson@armyflieger.com

Nathan Pfau
STAFF WRITER 255-2690
npfau@armyflieger.com

BUSINESS OFFICE
Robert T. Jesswein
PROJECT MANAGER 702-6032
rjesswein@dothaneagle.com

Jerry Morgan
REGIONAL SALES DIRECTOR 702-2631
jmorgan@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING 393-9718
llallgood@eprisenow.com

Mable Ruttlen
DISPLAY ADVERTISING 393-9713
mruttlen@eprisenow.com

CLASSIFIED ADS (800) 779-2557

Statement of Publication authorization

The Army Flier is an authorized publication for members of the Department of Defense. Contents of the Army Flier are not necessarily the official views of, or endorsed by, the U.S. government, or the Department of the Army.

The editorial content of this publication is the responsibility of the Fort Rucker Public Affairs Office.

Ten thousand copies are published weekly by The Dothan Eagle, a private company in no way connected with the U.S. government under exclusive contract with the Department of the Army.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or The Dothan Eagle.

Business matters

For business, advertisements, subscriptions or to report printing errors, contact The Dothan Eagle, 227 N. Oates St., Dothan, AL 36303 or call (334) 792-3141.

The Dothan Eagle is responsible for all printing matters and commercial advertising.

Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

Equal Opportunity Statement

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,

national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Editorial contacts

Contribute news items or photographs by contacting the Army Flier, Public Affairs Office, U.S. Army Aviation Center of Excellence, Fort Rucker, AL 36362, or call (334) 255-2028 or 255-1239; calls to other PAO numbers are not normally transferable.

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

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

Escort your buddy

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

KEEP WARM

Soldiers can mix camo patterns for cold-weather gear

By C. Todd Lopez
Army News Service

WASHINGTON — As winter weather approaches and temperatures drop, Soldiers turn to their cold-weather gear to keep warm outdoors while conducting training or operations.

Many Soldiers now wear their Army Combat Uniform in the new Operational Camouflage Pattern. But their organizational clothing and individual equipment, such as their wet-weather gear and their Extended Cold Weather Clothing System sport the Universal Camouflage Pattern.

Soldiers don't need to freeze so as to avoid a uniform faux pas, however, the Army wants Soldiers to know that it's OK to wear the foliage green fleece cold-weather jacket and other UCP cold-weather gear on top of their new OCP uniform.

"Soldiers should continue to use the equipment they have been provided to remain safe and warm in environments that call for it," said Sgt. Maj. Eva M. Commons, uniform policy sergeant major, Army G-1. "This is why the Army gives you this gear to wear."

Cold-weather gear is not part of the "clothing bag" issued to Soldiers during basic training. Instead, Soldiers get items like the fleece cold-weather jacket, the wind cold-weather jacket, the soft shell cold-weather jacket and trousers, or the extreme cold/wet-



PHOTO BY SPC. FERDINAND REJANO

An Intelligence and Sustainment Company team races through the snow transporting a simulated casualty to a landing zone during the Gauntlet Challenge on Fort Drum, N.Y., in this file photo.

weather jacket and trousers from the clothing issue facility, or CIF, at their installation.

Commons said that no matter what ACU Soldiers are wearing — the one in UCP pattern or the one in OCP pattern — they are allowed to wear the winter-weather gear that is issued by the CIF.

"Any item issued from CIF is permitted for wear," she said. "There is no restriction based on camo pattern or color."

The Army also has two different colored T-shirts available for wear under their ACU. There is the "sand-colored" T-shirt and the "Tan 499" T-shirt. Belts are also available in both of those colors.

Boots are available in sand or coyote colors, as well.

The rule here, Commons said, is that when a Soldier is wearing the UCP ACU, he or she must wear the undershirt, belt and boots designed for wear with the UCP ACU. However, when Soldiers wear the OCP ACU, they can wear "any combination" of boots, belt and T-shirt, in any of the available colors; the boots, belt, and t-shirt do not have to match each other.

Commons caveated that, however, by saying "both your left and right boot must be the same color."

The Army, Commons said, has

an inventory of items including belts, boots, T-shirts, uniforms, and cold- and wet-weather gear. Each of those items has a certain wear life on them. Items such as cold-weather jackets last a very, very long time, she said. Other items, such as T-shirts, can be worn for less than a year before they ought to be replaced.

The liberal policy for how uniform items can be mixed with the OCP ACU allows the Soldiers more flexibility in the wear of their uniform, and additionally allows more time for the Army to eventually get OCIE in the new OCP pattern.

"With all these different uni-

forms, we have to give the widest range of allowance to Soldiers to properly wear, and not have that come out of pocket," she said. "It also allows the Army to make sure they have proper stock in issuing facilities to support demand."

Commons said that Soldiers can continue to wear the UCP ACU until Sept. 30, 2019. After that, they must show up to work wearing the OCP ACU.

Soldiers who are deploying or have an operational need are provided with OCIE items in the Operational Enduring Freedom Camouflage Pattern, also known as OEF-CP.

"Deployers will never go without," Commons said. "The Army will ensure Soldiers get the appropriate equipment for their mission."

The Army has been issuing the pattern to those deploying for some years and will continue to do so until the transition to OCP.

It will be some years before UCP OCIE is exhausted and is replaced with OCP OCIE because the items are "quite durable," Commons said.

Commons also said some Soldiers had expressed confusion about what camouflage pattern the name and service tapes should be in on their UCP-colored fleece jacket. She said the name and service tape pattern should match the color of the fleece jacket, not the pattern of the ACU the Soldier is wearing underneath.

New facility shows path to future Army training

By Mike Casey
Combined Arms Center – Training Public Affairs

FORT LEAVENWORTH, Kan. — A team of Soldiers and civilians is hammering plywood together and adding off-the-shelf electronics to demonstrate ideas for a new generation of Army training capabilities.

The Combined Arms Center - Training Innovation Facility began its mission of assisting the Army in generating ideas for enhanced training with low-cost solutions last year.

"The CAC-TIF is a living laboratory for the field and tactical formations," said Brig. Gen. Mark J. O'Neil, deputy commanding general of the CAC-T. "We want to work with the force to find ways to fill training gaps. Through collaborative efforts, we will save time and money in developing the new training capabilities."

Besides working with the force, the CAC-TIF team will collaborate with the Program Executive Office for Simulation, Training and Instrumentation, which develops, acquires and sustains simulators for training.

The CAC-TIF's work on the Stryker Virtual Collective Trainer concept exemplifies how the facility is taking requests from the field.

In 2013, Lt. Gen. Robert B. Brown, then commanding general of I Corps, wanted a Stryker training simulator, but not at the cost of simulators that replicate



PHOTO BY MIKE CASEY

Majs. Mike Stinchfield and Greg. Pavlichko demonstrate the virtual capabilities of the Stryker Virtual Collective Trainer concept at the Combined Arms Center - Training Innovation Facility on Fort Leavenworth, Kan.

the Abrams, Bradley and other vehicles. CAC-TIF developers used commercially available virtual reality headsets to create a 360-degree immersive environment and opted for touch screens instead of a number of buttons. Rather than creating an expensive metal platform, developers chose plywood.

"We built one vehicle interface for less than \$7,000," said Maj. Mike Stinchfield, who manages the CAC-TIF. He emphasized that the current model is for demonstration and testing — not for use by the force now.

This month, the CAC-TIF team will showcase the Stryker Virtual Collective Trainer concept at the Interservice/Industry

Training, Simulation and Education Conference, and later take the demonstration to Maneuver Center of Excellence and home stations to receive Soldier feedback.

"We want to hear from Soldiers to find out what works and what doesn't work," Stinchfield said.

The CAC-TIF is part of the U.S. Army Training and Doctrine Command Capability Manager - Virtual and Gaming, which writes requirements for training simulators and approves simulators for the field.

Getting early feedback from the force will help the Army get training products to Soldiers quicker and at lower costs, Stinchfield said.

One of the cost savers is the virtual re-

ality headset versus the more expensive simulator's computer screens.

"Virtual reality provides immersion and a sense of presence that is as good, if not better than the current simulators, at a fraction of the cost. The technology needs improvements, but several major companies will release retail versions in 2016 that we anticipate will be fully capable for the Stryker trainer," he said.

The CAC-TIF, however, did not scrimp on some items. "The joystick that controls the remote weapon system in the Stryker is exactly the same as the real one," Stinchfield said. "That form, fit and function needed to be there."

Stinchfield's team used the Army's flagship gaming program, Virtual Battlespace 3, to create the simulation environment for the Stryker.

Brown, now the commanding general of the CAC on Fort Leavenworth, recently visited the CAC-TIF. "The CAC-TIF has the potential to significantly improve readiness through home station training," he said.

"This needs to get out and demonstrated to home stations for feedback from Stryker leaders and Soldiers," said Brown regarding the Stryker vehicle.

The CAC-TIF team is planning several visits to Stryker locations with the demonstration.

People can submit suggestions for future CAC-TIF projects to Stinchfield by sending an email to usarmy.leavenworth.cac.mbx.cac-t-pao@mail.mil.

News Briefs

Holiday concert

The 98th Army "Silver Wings" Band will perform the Commanding General's Holiday Concert Dec. 9 at 7 p.m. at the post theater.

Amnesty Day

The Fort Rucker Amnesty Day is scheduled for Dec. 9 from 8 a.m. to 3 p.m. at the ammunition supply point off of Christian Road for people with authorization to access Fort Rucker to anonymously drop off any unused, unwanted, or unauthorized military or commercial ammunition and explosives.

For more information, call 255-4224 or 255-4898.

Also, everyone should be cautioned against picking up unexploded ordnance and advised to call 911 if they encounter one. For more information on UXO, visit: <https://www.denix.osd.mil/uxo/>.

A Night in Bethlehem

The Fort Rucker Chaplaincy will host it's a Night in Bethlehem event Dec. 15 from 6-8 p.m., which will re-enact the events leading to Jesus' birth with a drive-through experience at the main post chapel loop. For more information, call 255-3140.

Scholarships, grants

Corvias Foundation recently announced that applications for the 2016 scholarships and educational grants are now available. Applications for the 2016 scholarships must be submitted by Feb. 11 and will be awarded to high school seniors with plans of attending a four-year university or college. The scholarships are in the amount of up to \$50,000 per person. The scholarship is available to children of active-duty service members stationed at Fort Rucker and a number of other Army and Air Force installations. All scholarship applicants will be notified of their award status by the end of April.

Applications for the 2016 educational grants must be submitted by May 5. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members stationed at Fort Rucker and the other installation. Corvias Foundation will select 20 recipients and applicants may be in any stage of the educational process. All applicants will be notified of their award status by the end of July.

Applications and all necessary paperwork for both the scholarship and educational grant must be submitted by the due date in order to be considered. Selected recipients may begin using their scholarship or educational grant in the fall of 2016. Families do not have to reside

in on-post housing in order to qualify for scholarships or grants.

Applications are available now at <http://corviasfoundation.org>. For more information, send an email to info@corviasfoundation.org or call 401-228-2836.

Tuesday Tracks

Lyster Army Health Clinic's Physical Therapy Service hosts a Tuesday Tracks walk every Tuesday at noon for anyone on Fort Rucker interested in walking a mile during lunch. Those interested can meet in the Lyster Lifespace Center at 11:45 a.m.

Clinic closures

Lyster Army Health Clinic will maintain normal operational hours during the holiday season with the following exceptions: Dec. 16 closing at noon for training; closed Dec. 25 and 26; and closed Jan. 1.

Clinic appointment line

Lyster Army Health Clinic beneficiaries who experience issues, such as a busy signal, when calling the local appointment line at 255-7000 should call the second line at 1-800-261-7193. This will also get people to the right place to make appointments.

SOLDIERS TO SMA:

‘Stagnant NCOs’ hurt morale, readiness

By David Vergun
Army News Service

FORT LEAVENWORTH, Kan. — The Army has a lock on the world’s best leaders when it comes to NCOs, but within their ranks, there are an unacceptably large number who are “stagnant,” an Army senior NCO told the Sergeant Major of the Army.

Sgt. 1st Class Matt Torres and other NCOs spoke to Sgt. Maj. of the Army Daniel A. Dailey at the chief of staff of the Army-sponsored NCO Solarium II held at the U.S. Army Command and General Staff College Nov. 20.

Torres serves with the U.S. Army Reserve Command on Fort Bragg, North Carolina. He has served with active and Reserve Soldiers for 13 years and said he has seen stagnant Soldiers in all components and all ranks. But since this solarium is about NCOs, he said that’s who they’re focusing on.

Stagnant defined

A stagnant NCO is one who is not taking the initiative to improve himself professionally and is not going out of his way to help other Soldiers, Torres said.

Once some NCOs reach the 10-year mark, about halfway to retirement, “they’re at the point in their career where they say, ‘you know what, I’ve given enough to the military, now I’m going to sit back and chill. I’m going to take up this position until it’s time for me to retire,’” he said.

The current system is structured to enable this to happen, Torres



PHOTO BY DAVID VERGUN

Sgt. Maj. of the Army Daniel A. Dailey, center, responds to NCO feedback during the chief of staff of the Army-sponsored NCO Solarium II held at the U.S. Army Command and General Staff College on Fort Leavenworth, Kan., Nov. 20.

said. Once staff sergeants reach their 10-year mark, they can re-enlist indefinitely to stay until retirement. It’s similar to what civilians refer to as having tenure.

The importance of a re-enlistment, he said, is to give commanders a point in time where they can, if need be, “bar a Soldier from continued service” by denying re-enlistment.

One small step to reducing stagnation, Torres said, is to require Soldiers to re-enlist up to their 12-year mark.

Another thing that would help, he said, is getting senior leadership more involved in assessing the potential of NCOs for further service. Leaders need to say: “If you can’t fight and win, then I don’t want you on the team.’ We need to call them out.”

With the Army drawing down from 490,000 to 450,000, Torres said the problem of stagnation is

magnified, with fewer Soldiers expected to do more with less. Since NCOs are not only expected to lead junior Soldiers but also mentor officers, having one who is stagnant — and does just the bare minimum to get by — creates low morale.

Dailey said he agrees with Torres and other NCOs who called out stagnant NCOs and said he’d present recommendations to the Army’s chief of staff.

Readiness is the chief’s No. 1 priority, and Dailey translates that as the “the ability to fight and win when called to do so.” There’s no room in the Army for those who stagnate, he said, by doing the bare minimum to pass the physical fitness test and refusing to attend leadership courses.

Three in 10 Soldiers already have permanent profiles and that, coupled with those who are stagnant, damages morale and torpe-

does readiness, Dailey said.

Importance of counseling

Looking out for the growth and welfare of one’s Soldiers is a sign of a good NCO — one who is not stagnant. Counseling plays a major part in that effort, said Sgt. 1st Class Matthew Scherbinski, Headquarters, 4th Infantry Division on Fort Carson, Colorado.

“When someone says, ‘I just got counseled,’ people think it means you did something wrong,” Scherbinski said.

Unfortunately, that assumption came about because often the only time Soldiers E-4 and below got counseled is when they screwed up, he said.

Counseling should be something that’s a set requirement for NCOs to do and should focus on the positive as well as the negative, he said. Junior Soldiers need that feedback and NCOs need to know how well their troops are doing to provide constructive coaching.

There’s no mechanism in place to do that, he added. “It’s hit or miss,” with some units requiring counseling for junior Soldiers and not for others.

For example, in Scherbinski’s case, he said he was never once counseled as a junior enlisted.

On the other hand, Sgt. 1st Class Jason Hull, 20th Chemical, Biological, Radiological, Nuclear, Explosives Command on Aberdeen Proving Ground, Maryland, said he always received formal monthly counseling as a junior enlisted.

Sgt. 1st Class Tyrone Rawls, 2nd Battalion, 1st Air Defense

Artillery Regiment on Camp Carroll, South Korea, said it’s important to provide NCOs and officers with training on how to effectively communicate, and how to write incisive counseling statements so it’s not just template or copy-and-paste writing.

Rawls said individuals require counseling that’s tailored specifically to them. Doing this requires a certain amount of time and effort, he added, something that a stagnant NCO might not have.

Dailey said he wholeheartedly agreed with everyone’s feedback on stagnation and counseling and he said this solarium itself was a kind of professional development counseling he and the chief were receiving from them.

Looking back in his earlier career as a platoon sergeant, Dailey said he recalled working over the weekend on writing counseling comments for his Soldiers. But the added effort pays off with better, more ready Soldiers.

Scherbinski offered that counseling of junior enlisted could be tied in to the Army Career Tracker, or ACT. As it is, ACT is useful but could be even more useful if used as a counseling tool.

Hull added that time should be allotted to “oak tree” style counseling, an informal group counseling between an NCO and the junior troops he supervises.

Dailey agreed that “we’re terrible at documenting counseling. Counseling is serious business and it’s not getting the attention it deserves.”

He promised to take their input to the chief.

Winter: Check weather, emergency kits prior to travel

Continued from Page A1

- Check weather forecast along the route and avoid traveling in areas with advisories;
- Never warm up a vehicle in an enclosed area due to possible carbon monoxide poisoning; and
- Prepare an emergency kit in the event you become stranded.

An emergency kit should include blankets, warm clothing, food and water, booster cables, flares, flashlights, battery-powered radio with extra batteries, cell phone, first-aid kit and any needed medications, said Ghostley.

While driving, people should always take extra caution, especially while driving in inclement weather, she said.

“Always ensure everyone in the car is buckled up and take a break at least every two hours,” said the safety director. “Never use cruise control when driving on slippery or wet surfaces, and make sure you’re familiar with your braking system before attempting to drive on wet or slick roads.

“People should always maintain a safe following distance behind another vehicle,”

she continued. “Depending on road conditions and speed, the following distance can vary between three to 10 seconds from the vehicle in front of you, with a minimum of six seconds during inclement weather.”

In the event that people become snow-bound or stranded, she said the best course of action is to stay with the vehicle, which will provide a temporary shelter and make it easier for rescuers to locate them. Additionally, people should continue to move their arms and legs to keep blood flowing; tie a bright cloth on their antenna to signal they’re in distress; turn on the dome light at night; make sure the tailpipe isn’t blocked or clogged with snow or mud; run the engine and heater no more than 10 minutes every hour to conserve gasoline; and keep a downwind window open for ventilation.

In order to help people on Fort Rucker stay safe throughout the holidays, the automotive skills center is offering free pre-Christmas vehicle inspections Mondays and Tuesdays from now through Dec. 16 from 8 a.m. to 4 p.m.

“We conduct these free safety inspections before most major holidays. We want to make sure Soldiers and their families are

safe before they go on long trips,” said Tina Barber, auto skills center program manager.

The mechanics will do an overall inspection of the vehicle — checking multiple areas, including engine fluid levels, radiator fans,

tire condition, belts and lights. The inspections are by appointment only, so people must make sure to call to reserve a time.

For more information or to make an appointment, call 255-9725.

Plan: Officials urge caution, no driving after any drinking

Continued from Page A1

year coming up, but the word of caution is to always be prepared and to plan ahead when it comes to drinking.”

O’Brien said people should always make a plan before they decide to drink — either designate a driver or be the designated driver.

“The plan needs to be either I will drive, or I will drink, but not both,” she said. “Most people have the misconception, whether they’re what they consider an amateur drinker or an old pro, that they’re capable or able to adapt, but they can’t. If you’re going to be driving, then don’t drink at all.”

The holiday season is when there is a spike in cases of driving under the influence and an increase in accident rates, said O’Brien.

According to the National Highway Traffic Safety Administration, 32,675 people died in motor vehicle crashes in 2014, and of those, about one in three were related to drunk driving, resulting in nearly 10,000 deaths.

Looking at crash fatalities in the month of December from 2009 to 2013, there were a total of 3,857 people killed in crashes that involved drivers with high blood alcohol concentrations, according to the NHTSA’s

data.

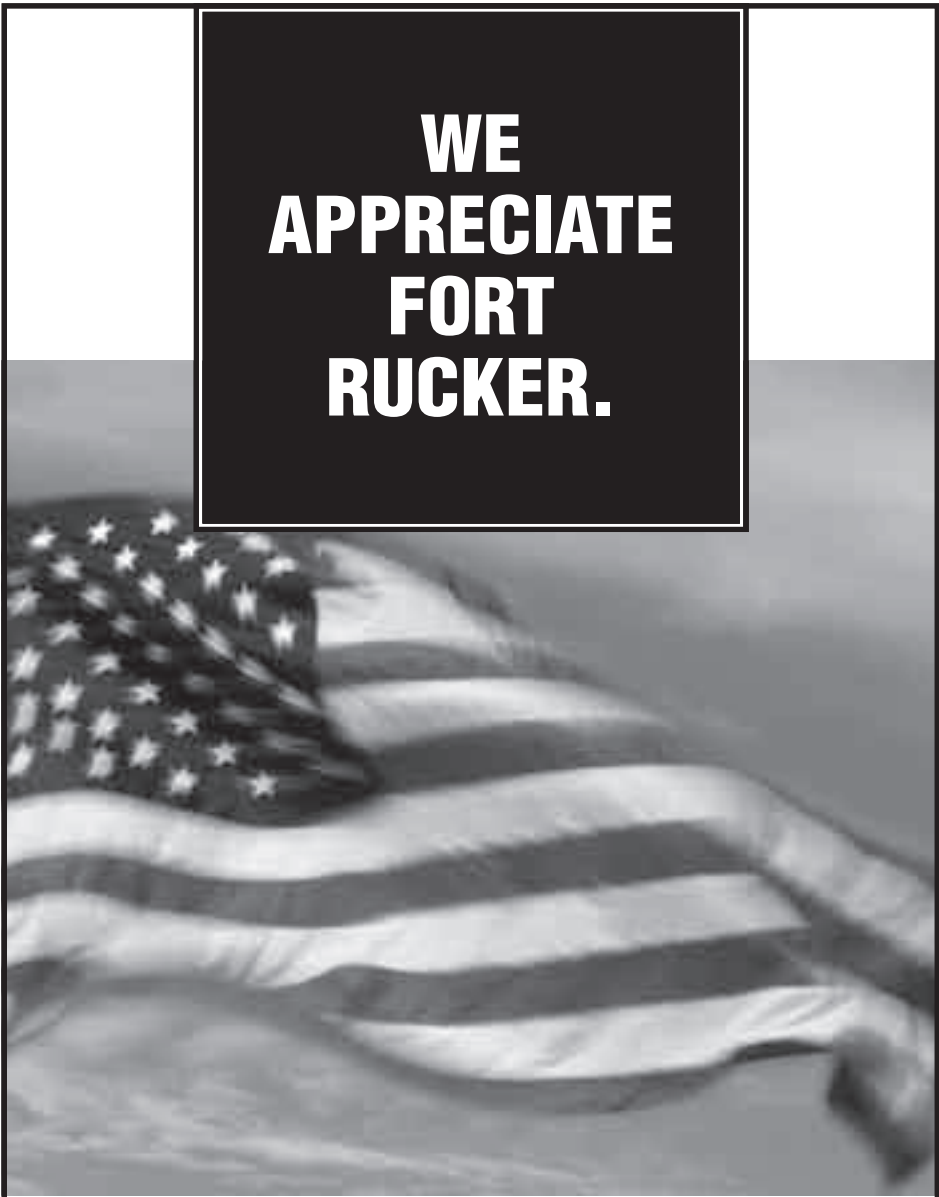
“People think that they can calculate whether they’re OK to drive based on the amount of drinks that they’ve had, but the truth is that they just can’t,” said O’Brien. “There is no way to calculate if you’re OK to drive. The only way to know you’re OK to drive is if you haven’t been drinking at all.”

Around the holidays, law enforcement is actively out in force to protect the public and on the lookout for drivers who might be under the influence, so it’s better for people to be safe than sorry, she added.

The average cost of a DUI is about \$10,000 for a first offense, said O’Brien, which can be a sobering experience, but comparatively, it’s a small price to pay for the potential of ending someone else’s or one’s own life.

Some ways people can avoid drinking and driving are simply by giving their keys to someone else or leaving them at home, riding with a friend who isn’t drinking, or taking a taxi or other transportation service.

“It’s never a good day to take a break from safety,” said the prevention coordinator. “We just want to encourage everyone to stay safe and enjoy the holidays by doing so.”



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

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



SOUTHEAST ALABAMA
MEDICAL CENTER



CareChex
A Division of COMPANION

Top 10% in the nation for patient safety

1108 ROSS CLARK CIRCLE DOTHAN, AL 36301 334-793-8111 SAMC.ORG

Vigilant: Research online vendors before making purchases

Continued from Page A1

people do their shopping online, she suggests that the visit only websites that they have trusted in the past or meet those secure standards.

“People need to do their homework when shopping online, or in general,” she said. “If you are shopping on a new website that you’ve never been to before, you need to be extremely careful. If there is any indication to them that the website might be bogus, take the extra step to check it out or avoid it altogether.”

People should also be wary of misspelled words in emails and especially web addresses, which are usually telltale signs that the website is fraudulent, she said. Also, people should never divulge personal information through email, phone or text messages, and especially avoid giving out Social Security numbers.

Another threat that people should be aware of are online scammers who will pretend to sell items that they don’t really have, said the community police supervisor. Websites that people can buy directly from other people are usually done at their own risk, so she suggests that people avoid those entirely if possible.

Although the threat of identity theft is out there, Contreras said that responsibility continues to fall on the individual to make sure they are protected, and that protection should also extend to their children.

“It would be wise to think about your children because a lot of times we don’t think about it, but their identities can be stolen, as well,” she said. “You don’t want

to wait until they’re 16 or 18 to find out that they have something on their credit report, so make sure you check up on it while they’re young.”

An extra preventative measure that people can take is to take on a credit-monitoring service, said Contreras. These companies will monitor your information and any unusual activity to prevent identity theft.

Some red flags people should look out for include: mistakes on bank, credit card or other statements; bills or collection notices for services never received; calls from debt collectors about debts that don’t belong; unwarranted collection notices on their credit report; or even calls and emails about accounts in their child’s name, according to the FTC.

If people experience anything like this, they need to contact one of the nationwide credit reporting companies, said Contreras. Even if there is no issue, she suggests that people do this after the shopping season is over to be sure.

Having one’s identity stolen is bad enough, but the recovery from the havoc it can cause to a person’s credit report can take a long time to bounce back from, so Contreras said the best form of protection is prevention.

“You don’t want to wait six months down the road to find out that somebody might have used of your information,” she said. “We live in a new time now. We used to sleep with the doors open, but now you we can’t do that. If you leave your information where someone can get it, they will.”

TAKE CHARGE:
Fighting Back Against Identity Theft

DETER-DETECT-DEFEND
AVOID THEFT
www.ftc.gov/idtheft

FTC GRAPHIC

Snakes: Keeping dogs on leash, indoors best snake bite prevention

Continued from Page A1

“and in severe cases, an animal can bleed from many body sites, and progressive muscle weakness and respiratory paralysis may occur.”

Tissue necrosis can also occur around the area of the bite within six to 24 hours, and bleeding can potentially last for weeks after the bite due to the low platelet numbers as a result of the venom, she added.

A bite from a coral snake would be less noticeable as fang wounds are not as obvious and there is usually less tissue damage, said Gray.

“An owner may see predominately neurological signs within three hours of the animal being bitten,” she said. “These signs can include muscle weakness, tremors, drowsiness, disorientation, drooling, paralysis, convulsions, problems swallowing and problems breathing.”

If people notice any of these signs, they should contact their veterinarian right away, as complications in some cases can lead to death in a matter of hours, depending on the bite site.

There are no effective measures to prevent the spread of venom from the bite site, said Gray, and cutting and sucking the wound, applying a tourniquet and applying ice to the area are not recommended.

“The goal is to stabilize

the pet,” she said, “and treatment can be very expensive, especially if antivenin is administered.”

Treatment for pit viper bites is extensive and includes administering of IV fluids and other medication to treat shock and minimize the local and systemic effects of the venom; pain medication; antibiotics to

prevent a secondary bacterial infection; local wound cleansing; antihistamines if antivenin is administered; as well as a ventilator if the animal is in respiratory failure.

Antivenin therapy should be administered as early as possible after the bite to give the pet the best chance of survival and may be less

effective the longer it takes to administer, so reacting quickly is imperative, said Gray.

Although there are ways to treat snake bites, the treatments are not 100 percent effective and the pet may still die as a result of the bite. That’s why the best form of treatment is prevention, said the veterinarian.

“Avoid snakes if all possible by keeping dogs on a leash or in an enclosed area, and keep cats inside,” she said.

There is also a rattlesnake vaccine called *Crotalus Atrox Toxoid*, which is most effective against rattlesnake venom, but does not provide protection against cottonmouth venom.

The vaccine helps the pet generate protective antibodies against the rattlesnake venom and the vaccine can be administered to puppies, but is not licensed for cats. It’s recommended that two vaccinations per year be considered where the risk is high for snake bites, such as in the southeastern U.S., said Gray.

CLARK THEATRES
ENTERPRISE

MOVIE INFO 800-847-8594

ADULTS: \$10.00 CHILDREN: \$5.00

DECEMBER 4 - 10, 2015

Extended Screenings Available

THE MONUMENTS MEN
MON-SAT 10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00
SUN 1:00, 3:00, 5:00, 7:00, 9:00

THE GOOD WIVES
MON-SAT 10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00
SUN 1:00, 3:00, 5:00, 7:00, 9:00

THE MONUMENTS MEN
MON-SAT 10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00
SUN 1:00, 3:00, 5:00, 7:00, 9:00

THE MONUMENTS MEN
MON-SAT 10:00, 12:00, 2:00, 4:00, 6:00, 8:00, 10:00
SUN 1:00, 3:00, 5:00, 7:00, 9:00

2821 Ross Clark Circle, S.W. • 793-3045

Come Help Celebrate
Anniversary Sale

49th

"Your Family
Owned & Operated
Store For Over
49 Years"

Sale Good Thur., Fri., Sat. & Mon.

BUNK BEDS
SALE \$98 each

RECLINERS
LARGE QUANTITIES
PRICED TO MOVE

DINETTE TABLE
with 4 chairs.
Compare at \$268
SALE \$99⁹⁵

4 PC. BEDROOM SUITE
Dresser, Headboard,
Mirror & Chest.
Compare at \$599
SALE \$299

TRUCKLOAD SALE
NEW 2 PIECE
LIVINGROOM SUITE
Sofa & Loveseat
Choice of Patterns
Reg. \$998
SALE \$398

MATTRESS SALE
Twin.....Ea. Pc. \$49.95
Full.....Ea. Pc. \$59.95
Queen.....Ea. Pc. \$69.95
King.....Ea. Pc. \$99.95
Sold Sets Only

FREE
Gift with
every purchase

FRIGIDAIRE REFRIGERATOR FREEZER
26 Cu. Ft. Side-by-Side,
Ice & Water Thru Door,
Stainless Steel, Was \$1198
SALE \$749

14 cu. ft. FRIGIDAIRE UPRIGHT FREEZER
\$319

WHIRLPOOL DRYER
Heavy Duty, Comm. design,
perm. press cycle, cool down
care. Was \$238
SALE \$195

WHIRLPOOL WASHER
Heavy Duty, 2 Speed, 3 Temp, 5
Cycle. Was \$348
SALE \$248

WHIRLPOOL WASHER
Heavy Duty, Select Load Size &
Temp. Was \$248
SALE \$229

FRIGIDAIRE UPRIGHT FREEZER
21 cu. ft. Was \$699
\$519

FRIGIDAIRE REFRIGERATOR/FREEZER
18.0 cu. ft., New in Carton
Ice Maker Ready
Was \$599.
SALE \$445

14.8 cu. ft. FRIGIDAIRE CHEST FREEZER
\$329

FRIGIDAIRE FRONT LOAD DRYER
Was \$599.
SALE \$298

FRIGIDAIRE FRONT LOAD WASHER
Was \$649.
SALE \$419

FRIGIDAIRE DISHWASHER
New in Carton, Under Counter
Dishwasher, Heavy Duty, Built In,
Easy Start Regular Wash & Dry
Cycle. Compare at \$398
SALE \$218

AMANA ELECTRIC RANGE
30 inch, plug in, plug out burners.
New in carton. Compare \$498.00
SALE \$295⁹⁸

OTHER RANGES
Starting at \$269

KING'S FURNITURE & APPLIANCES
2821 Ross Clark Circle, S.W. • Dothan, Alabama

(Across From Eye Center South)

LARGEST SELECTION OF APPLIANCES & FURNITURE IN THE WIREGRASS!

YOUR FAMILY OWNED & OPERATED STORE FOR OVER 49 YEARS

SAME DAY DELIVERY • NATIONWIDE SERVICE

Limited Quantities • Some One and Two of a Kind • Floor Models & Scratch & Dent • Pictures Similar To Illustration

Bring us the best price you can find for any merchandise we carry - if we don't beat it, we'll give you the item FREE!

334-793-3045

VISA MASTERCARD DISCOVER

Member

Brand Source Associated Volume Buyers
Lower Prices Thru Volume Buying
One Of The Nation's Largest Buying Groups

Member

All Merchandise Similar To Illustration Some One & Two Of A Kind

REAL ESTATE SHOWCASE

Century 21
REGENCY REALTY, INC.

THE STRONGEST TEAM OF REALTORS IN ENTERPRISE.

334-347-0048 | c21regencyrealty.com View our website for more photos or to view all the homes on the market!

New Listing



2 CR 278
\$204,750: This 4 BR/2.5 BA home in Wynfield Place is in SHOWCASE - move in ready condition. Built in 2004, it has 2226 +/- square feet and was built in 2004. Long entry foyer takes you into the grandroom with a gas fireplace in the corner, formal dining room, kitchen with breakfast area that has French doors to the back covered patio. Split bedrooms with the master side having an extra bedroom or office, half bath and laundry. Features a media room off the dining room. Tankless electric water heater in one car garage. **EVELYN HITCH 406-3436 MLS #20152006**



New Listing



702 George Wallace
\$99,700: One owner home just needs a little TLC but otherwise in move-in condition. Enter through the front door and you have a grandroom with fireplace straight ahead and 2 bedrooms off to the left side of house. Dining area off to the right of foyer going straight in to the kitchen with master bedroom and laundry room on the right side of the home. Covered porch on front and covered patio on back. Side entry 2 car garage. You need to see this before it is gone! **EVELYN HITCH 406-3436 MLS #20152010**



New Listing



1524 Highland ~ Elba
\$229,900: Great lot, 3 BR/2.5 BA home with large 2 car garage, separate storage building with roll up door. **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072 MLS #20152024**




New Listing



Hwy 167
\$69,900: 9+ acres which fronts Hwy. 167. Convenient to Enterprise (approx. 5 miles from Boll Weevil Circle), wooded. Perfect for a home or hunting. **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072 MLS #20152029**




New Listing



611 Simmons
\$32,000: Older home with great potential! Some updating done. Hardwood floors!! **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072 MLS #20152030**




New Listing



22 Woodland ~ Daleville
\$85,000: This 3BR/2BA ranch is very well located, close to Fort Rucker and schools. Well established subdivision. Alabama Right of Redemption may affect this asset. Seller does not guarantee or warrant title to the property. **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534 MLS #20152050**




New Listing



100 Highland
\$149,900: Great family home with so many possibilities. Main level has formal living and dining rooms, master suite with bath, laundry room, family room, kitchen with bar area and a sun room. Upstairs has two bedrooms and one bath with an extra office area off the one bedroom. Large corner lot with partial privacy fence and there is an extra covered area for your RV or extra car off the driveway. Partial basement with walk-out and area for workshop. A DIAMOND IN THE ROUGH!! **EVELYN HITCH 406-3436 MLS #20152057**



New Listing



201 Stonechase
\$223,000: New construction, 4BR/2BA in Stonechase. 30 year architectural shingles, brick and stone exterior, open floor plan, granite tops, refrigerator, stainless appliances, sprinkler system and fenced rear yard. This new home will be finished soon. Seller is a licensed REALTOR in the State of Alabama. **NORMAN RILEY 406-6746 MLS #20152068**



New Listing



203 Stonechase
\$246,000: New construction, 4BR/3BA in Stonechase. Still time to choose your own inside and outside colors. Phase II in this new development will be starting soon. Seller is a licensed REALTOR in the State of Alabama. **NORMAN RILEY 406-6746 MLS #20152060**



New Listing



305 Huntington
\$218,000: Move-in ready 4BR/2BA with fenced yard, sprinkler system, screen porch and pool in a nicely landscaped back yard. Inside you'll find new granite counter tops, new sinks, new faucets, new mirrors, new door knobs, new stainless kitchen appliances, new washer and dryer, new hardwood flooring in foyer, dining room and grand room, new carpet in the master bedroom, several new light fixtures and a freshly painted inside. Seller is a licensed REALTOR in the State of Alabama. **NORMAN RILEY 406-6746 MLS #20152067**



New Listing



36 & 38 G Street ~ Daleville
\$36,000: Unit 36 is a 3/2 and unit 38 is 2/2. Square footage refers to both units together according to court house data. VA foreclosure to be sold "as is". Alabama Right of Redemption will apply. Very close to Fort Rucker, Enterprise and Daleville. Great rental property. **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534 MLS #20152114**




New Listing



206 Aaron
\$217,000: Immaculate 3 BR/2.5 BA home with formal living & dining rooms, breakfast room and den has room for everyone. Situated on a nicely landscaped level lot with privacy fence. This home offers the feel of country living within a subdivision. Many recent upgrades/improvements to include granite counter tops and kitchen appliances. Great location convenient to Faulkner Gate. **SAM HELMS 798-3357 MLS #20152101**



Smarter Savings. Bolder Exposure. Faster Results.

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.
www.c21regencyrealty.com

334-347-0048
531 Boll Weevil Circle

Each Office is Independently Owned and Operated

Your Home Search
is in **Good Hands**
with our
POWER PRODUCER
of the month!



OCTOBER TOP SELLER
PAT LEGGETT • 334-406-7653



OCTOBER TOP LISTER
MAGGIE HAAS • 334-389-0011

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.
www.c21regencyrealty.com

334-347-0048
531 Boll Weevil Circle

Each Office is Independently Owned and Operated

\$129,900 ~ REMODELED



252 SPRINGDALE: Completely renovated 4/2 on .70 +/- acre lot. Master suite & sun room added on in 2010. New roof, windows, appliances & electrical wiring in 2010. Fresh paint, new flooring, new recessed lighting & light fixtures, molding, and beautifully updated and tiled bathrooms are part of the package. Flood lights, gutters, a 12x24 metal shed, and a large concrete pad perfect for parking can be found outside as well as a great covered deck for grilling. Beautiful moldings above the windows. Move in ready! **JAN SAWYER 406-2393**

MUST SEE!



1435 FOREST LAKE: \$235,000: A must see! 3 BR/2.5 BA, one owner, lovely area, can fish in the lake, cart path on end of cul de sac to Elba Country Club golf course. Living and dining room, kitchen with breakfast area, updated appliances. Playroom with bathroom, stairs to floored attic, lovely deck and detached storage. **ANGIE GOODMAN 464-7869**

BROOKWOOD SUBDIVISION



207 GREY FOX TRAIL: \$199,800: Contemporary 3bd/2ba brick home with upgrades galore. Granite, gas log fireplace, molding, tray ceilings, bronze fixtures, custom cabinets...Large walk in closet in master. The huge backyard will fit a pool and has a privacy fence. Open concept floor plan is great for easy living and easy entertaining. Gate to the Kindergarten center is just a few houses down in the cul-de-sac. **TERRI AVERETT 406-2072**

PLUS EXTRA LOT



996 WINSTON: \$177,900: Well built home that is privately located and extra lot is included in sale. Kit appl updated to include Jenn-Air down draft grill cook top, Microwave/convection oven, ref & DW. You will love the energy efficient Pella Windows! The spacious sunroom overlooks the private back yard. Storage galore in walk-in attic--you will have room for everything that is in the storage bld! Shop bld has 1 c.p., grilling area, decks and patio area. **MARY M. JONES 790-2933**

\$113,000



118 FOXHILL: Attention: First Time Buyers PRICE REDUCED! If you've been dreaming of a home of your own, come see this immaculate 3 bdrm ranch in Foxhill subdivision. This home is priced to sell and move in ready with new neutral paint inside and out and recent updates including windows w/ lifetime warranty, HVAC, roof and appliances. Convenient to Ft. Rucker and shopping with the added benefit of a fire station around the corner. **JUDY DUNN 301-5656**

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.
www.evelynhitchrealestate.com
evelyn@c21regencyrealty.com

334-347-0048
334-406-3436

Each Office is Independently Owned and Operated

100% financing available on USDA

Merry Christmas & HAPPY NEW YEAR!

\$60,300



504 CRAWFORD: Lots of character in this stucco home with three bedrooms (split) and two baths, hardwood floors in main areas, tile in kitchen and breakfast area. Built in 1954, this home has 1508 square feet. Plantation blinds on the windows, so you just have to bring your stove and refrigerator and move in. Beautifully landscaped yard with chain link fence in the back with a drive through gate on driveway side. Front porch has stairs off both sides. Just call to make your appointment to see. **MLS #20151656**

\$71,900



511 VICTORIA: Enter through the front foyer, and you can go either into the living room with fireplace to enjoy the morning sun while sipping your tea, or you can go into the family room with tiled floor and ceiling fan and sit at the bar to the kitchen. Equipped with stove, vent hood, dishwasher and refrigerator, you only need to bring your household items. Jacuzzi tub in master bath, mirrored closet doors, and laundry room in close proximity. In ground pool for summer enjoyment with retaining wall. **MLS #20151935**

\$99,700



702 GEORGE WALLACE: One owner home just needs a little TLC but otherwise in move-in condition. Enter through the front door and you have a grandroom with fireplace straight ahead and 2 bedrooms off to the left side of house. Dining area off to the right of foyer going straight in to the kitchen with master bedroom and laundry room on the right side of the home. Covered porch on front and covered patio on back. Side entry 2 car garage. You need to see this before it is gone! **MLS #20152010**

\$149,900



100 HIGHLAND: Great family home with so many possibilities. Main level has formal living and dining rooms, master suite with bath, laundry room, family room, kitchen with bar area and a sun room. Upstairs has two bedrooms and one bath with an extra office area off the one bedroom. Large corner lot with partial privacy fence and there is an extra covered area for your RV or extra car off the driveway. Partial basement with walk-out and area for workshop. A DIAMOND IN THE ROUGH!! Call for your personal showing. **MLS #20152057**

\$204,750



2 COUNTY ROAD 278: This 4/2.5 home in Wynfield Place is in SHOWCASE - move in ready condition. Built in 2004, it has 2226 square feet and was built in 2004. Long entry foyer takes you into the grandroom with a gas fireplace in the corner, formal dining room, kitchen with breakfast area that has French doors to the back covered patio. Split bedrooms with the master side having an extra bedroom or office, half bath and laundry. Features a media room off the dining room. Tankless electric water heater in one car garage. **MLS #20152006**

WE WERE SOLDIERS

Veterans recall Battle of Ia Drang at 50th anniversary



PHOTO BY MIKE PRYOR

Ed Times, a veteran of the Battle of Ia Drang Valley, salutes after placing a wreath at the Korean War Memorial on Veterans Day.

By Staff Sgt. Bryce Dubee
1st Cavalry Division Public Affairs

WASHINGTON, D.C. — The Ia Drang Valley. It is among the most famous battles in the storied history of the 1st Cavalry Division and the first major battle of the Vietnam War.

Veterans from the division gathered in Washington, D.C., Nov. 14 to commemorate the anniversary of the battle and pay tribute to their fallen comrades in an event hosted by the 1st Cavalry Division Association.

“It’s hard to believe it’s been 50 years,” said Bill Beck, a former machine gunner with A Company, 1st Battalion, 7th Cavalry Regiment, who fought at LZ X-Ray. “We’re lucky to have made it this far.”

While the battle now has a legendary status, Beck said that at the time, the Soldiers on board

the UH-1 Huey helicopters heading into the valley weren’t aware that they were also riding into the history books.

“We knew nothing (about the battle’s eventual historical significance),” he said. “It was just another day for us.”

Benning beginnings

Pfc. Joseph Tramontano distinctly remembers the day he heard the news that the division would be going to war.

Enlisting in 1963 and having graduated from airborne school on Fort Benning, Georgia, Tramontano said that after graduation, Soldiers were being sent to one of three divisions: the 82nd, the 101st and a recently reactivated unit — the 11th Air Assault Division (Test). This new

SEE SOLDIERS, PAGE B4

1st Air Cav. Bde. Soldiers take over European rotation

By Sgt. Thomas Mort
12th Combat Aviation Brigade
Public Affairs

ILLESHEIM, Germany — The 4th Battalion, 3rd Aviation Regiment transferred authority to the 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade Nov. 18 at Illesheim Army Airfield.

In March, the 4-3rd Avn. Rgt. deployed from Hunter Army Airfield, Georgia, to Illesheim Army Airfield in support of Operation Atlantic Resolve as the first rotational Aviation task force in Europe.

“The hard work that you saw over the last nine months made us masters of our METL (mission essential task list),” said Lt. Col. Phillip Mazingo, 4-3rd Brawlers commander. “Every Soldier is better trained and more prepared to lead our military into the future.”

Task Force Brawler deployed with 381 personnel, 26 aircraft and over 30 vehicles. They conducted air assault, air movement, medical evacuation, air traffic services, downed aircraft recovery and sustainment operations in support of NATO allies and partner nations, in a strategically consequential and geographically challenging environment, he said.

During the nine month rotation, the Soldiers flew 3,200 flight hours, moved 2,300 passengers, conducted 360 Aviation missions and controlled 4,500 aircraft movements. The Brawlers also conducted 43,000 hours of air-ground maintenance.

Through operations and sustainment, 4-3rd Avn. Regt. demonstrated continued support to NATO allies and built the framework for a continued rotational aviation presence in Europe, Mazingo added.

“The ability to conduct Aviation operations the way you did is nothing short of spectacular,” said Col. Christopher W. Waters, 12th Combat Aviation Brigade commander, who presided over the ceremony. “No other battalion or task-force-sized element has projected combat power and assured our allies as effectively as you have.”

Lt. Gen. Ben Hodges, commanding general of U.S. Army Europe, thanked Soldiers from Task Force Brawlers at Lielvarde Air Base, Latvia, as he was there observing Operation Arcade Fusion Nov. 17.

Hodges highlighted the fact that the rotational Aviation force embodies the pillar of dynamic presence.

Hodges also noted that Army rotary wing Aviation is requested by NATO allies in every exercise. Allied partners recognize the amount of firepower and mobility 12th CAB and the rotational Aviation force brings to the fight.

The incoming 3-227th Avn. Regt. is ready to step in and get the job done. The Spearhead Soldiers and roughly 25 Black Hawk helicopters will be at Illesheim on a rotational basis as part of the U.S. Army’s commitment to the European theater to ensure Army Europe continues to have the right capability to meet training and operational requirements. The rotation for these Soldiers is expected to last about nine months.



PHOTO BY SGT. THOMAS MORT

Soldiers of the 4-3rd Avn. Regt. sing the Army Song during a transfer of authority ceremony after a nine-month rotation Nov. 18 at Illesheim Army Airfield, Germany.



ARMY PHOTO

Soldiers from the 82nd Combat Aviation Brigade, 82nd Airborne Division, conducted a brigade esprit de corps run on Simmons Army Airfield, Fort Bragg, N.C., Nov. 24. The run was one of many events during the CAB’s Fall Fest, which was a celebration of Soldiers and families.

Soldiers keep Apache aircraft flying

By Capt. Adan Cadarez
82nd Combat Aviation Brigade
Public Affairs

FORT BRAGG, N.C. — Before any NASCAR vehicle is ready for its race, the pit crew conducts routine maintenance ensuring it’s ready for race day. The AH-64D Apache repairer Soldiers from B Company, 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, conducted their first 500-flight-hour phase maintenance on an Apache at Simmons Army Airfield Nov. 9 since the battalion redeployed late last year from Afghanistan.

Just as a pit crew, the Apache maintainers have a critical and essential task ensuring aircraft remain in a suitable condition to continue their tireless missions into the fight.

“Phase maintenance is a scheduled period that occurs after 125, 250 and 500 flight hours,” said Staff Sgt. Daniel Raymond, phase team leader with B Co. “The maintenance begins when



PHOTOS BY CAPT. ADAN CADAREZ

Spc. Patrick Travis, aircraft structural repairer, repairs a section of the tail boom.

the aircraft is received from the owning unit.”

At that point our Soldiers conduct a detail inspection, he added. During this phase, a complete teardown of the aircraft begins to ensure if whether or not the aircraft requires a complete overhaul or replacement.

“The aircraft is basically stripped bare, to include all panels and major

components,” said Spc. Steven Jones, attack helicopter repairer with B Co. “Having completed multiple phase maintenances, each one possesses different constraints.”

Every action taken during the maintenance from the smallest part must be accounted for and logged into the computer to ensure accountability, he added.

As a NASCAR crew chief orchestrates the multiple moving pieces in the pit stop, the phase team leader ensures the same.

“All of the shops within Company B are involved collectively working as a team, from sheet metal, avionics, engine, power train and armament,” said Raymond. “For this 500-flight-hour phase maintenance, we have 25 Soldiers contributing to this mission.”

The maintenance and breakdown of the aircraft is extremely time consuming and at times tedious. “With a target date of 25 days to complete this phase, many challenges occur along the way,” said Raymond. “It’s hard planning or predicting the unpredictable.”

“As an NCO and the phase team leader, it’s my responsibility to ensure the safety of our Soldiers even if it means going over 25 days to complete the mission,” he added.



Soldiers with B Co., 122nd ASB, 82nd CAB, conduct a scheduled 500-flight-hour phase maintenance on an AH-64D Apache Nov. 9.

SEE APACHE, PAGE B4

CLASSIFIEDS

(334) 347-9533 • (800) 779-2557

ANNOUNCEMENTS

GENERAL & SPECIAL NOTICES

★ CASINO TRIPS ★

**Wetumpka, AL
Montgomery, AL**

**\$\$ Have Fun & Win Big \$\$
EVERY FRIDAY NIGHT**

Depart Dothan, AL 6:00PM Fri.
Return Dothan, AL 10:00AM Sat.

➔ Come and Join Us

334-405-2060

HURRY! Seats won't last long .

★ GUN SHOW ★

Dec 5th & 6th

*** National Peanut Festival Building *
Hwy 231 S. Dothan, Alabama**

*** Over 275 Tables ***

Sat. 9-5 • Sun. 10-4

Call 334-279-9895

MERCHANDISE

FIREWOOD & FUEL

Split Oak Firewood

Delivered in the Wiregrass!

\$75 For a Full Sized Pickup load.

\$13 for 5 Gallon bucket of kindling wood.

➔ 334-393-9923 ➔

HEALTH PRODUCTS

**DIABETIC TEST STRIPS
NEEDED I BUY SEALED/
UNEXPIRED BOXES
CALL BOB (334) 219-4697
OR (850) 710-0189**

JEWELRY & WATCHES

**Wanted: Old Coins, Gold,
Diamonds, Guns, And Tools**

West Main Jewelry & Loan 334-671-1440.

LAWN & GARDEN EQUIPMENT



**Wells Lawn Mower
Taylor, AL.**

334-702-9566

**➔ WANTING TO BUY
USED RIDING LAWN MOWERS**

PETS & ANIMALS

DOGS

Christmas Puppies - Boston Terrier Puppies (8)
Full blooded, 6 wks old Dec. 23rd, S&W, great
markings, parents on site, Ready Now! \$350.
Call 334-243-5916 or 334-461-9332

Young, Sleek Black Lab. Playful/Athletic/Loving.
Loves Fetch. Neutered. Free. 334-693-9097.

Lg Red Nose Pit Bull mix. Loving Girl, great with
People. Only dog. Spayed. Free. 334-693-9097

Lab/Bulldog Mix. White w/ golden spotted ears.
Loving/Playful. Spayed. Free. 334-693-9097

Handsomen Brindle Bully Mix. Playful/Energetic
Companion. Neutered. Free. 334-693-9097

LOST Tuxedo cat, has one eye off Dale Co.
1 N. Level Plains. 334-347-4015.



Maltese XMAS Puppies!
Small 4- Males \$650.
Will hold with deposit
ADORABLE!!
Call 334-703-2500

FARMER'S MARKET

FRESH PRODUCE

Satsuma, Pink Grapefruit & Navel Oranges
\$20.00 Per box (can ship as gift)
Bar-L Ranch Hwy 73 South (South of Marianna)
on Laramore Rd. Call 850-209-5506

SAWYER'S PRODUCE

HAS FRESH HOME GROWN PRODUCE



**Vine Ripe Tomatoes, Shelled
Peas & squash and more!**
220 W. Hwy 52 Malvern
➔ 334-793-6690

HAY & GRAIN

**➔ Top Quality Coastal
Bermuda Hay**
**2015 Lg. Rolls Net wrapped,
Fertilized, Freshly Rolled**
\$45. per roll 850-209-9145

SEEDS & PLANTS



BIG TREES

12 ft.tall 30 gal.

\$49.95 ea.

Live Oaks and

Crepe Myrtle

334-692-3695



EMPLOYMENT

GENERAL

The Coffee County Commission is
accepting applications for the position of
CUSTODIAN for its facilities in New
Brockton, Alabama. Duties include but are
not limited to: clean buildings' floors,
windows, bathrooms, and minor yard and
building maintenance. Experience
preferred. Must have valid driver's license.
Pay - \$10.19 to \$14.00 per hour, dependent
on experience. Benefits include: paid
vacation, sick leave, health insurance,
holidays, and State retirement.

**Closing date 12/11/2015. Please apply at
the Alabama Career Center, Enterprise, AL.**
Coffee County is an Equal Opportunity Employer.

HEALTHCARE

Enterprise Health and Rehab

LPN's

FT-PT-PRN

2ND & 3RD SHIFTS

Please apply at:
300 Plaza Dr. Enterprise, AL



Full Time Dental Assistant

Experience Preferred.

Mail Resume to "Box GG" Attn: Classified
227 N. Oates St. Dothan, AL 36303 or email
Dentalstaffing2008@gmail.com



RECREATION

BOATS



NITRO BASS BOAT,
garage kept, very clean,
exc. cond., SHARP! 115 hp
Mercury 4 stroke with
stainless prop., low hours,
Minnkota Maxxum Trolling MTR. Fish finder
with GPS. Galvanized trailer. Other options &
access., too many to list. \$9,500. 334-678-2131.

MOTOR HOMES & RVs

Newmar 2004 MTN. Aire Motor Home.
Workhorse Classis, 32,750 miles, 2-slides,
computer desk/Dine. New roof & refrigerator,
auto satellite dish, includes 10K lb. blue Ox tow
bar & brake buddy. \$69,900.
850-272-0596 or 850-326-3615.

MOTOR HOMES & RVs

Travel Supreme Select 2003 Spartan Chassis,
45 ft., 4-slides, 55K miles, 12K generator,
500 HP. Diesel Cummings, all electric.
\$140,000 334-596-5744.



Winnebago 2014 Vista
26HE, V10 gas, 1-slide,
hyd-jacks, 19 ft. electric
awning, rear camera, HD
TV, leather, many extras.
6,900 miles, ONLY \$59,000 334-797-0324

TRAVEL TRAILER LOTS FOR RENT



Heartland 2013 Pioneer QB,
30ft. travel trailer, 1-slide,
Q-bed, quad bunks, dinette
& couch convert to beds,
sleeps 8-10, 3 burner stove,
microwave, refrigerator, great condition.
\$12,500. OBO 334-596-5847.



TRANSPORTATION

ANTIQUE & CLASSIC VEHICLES

Buick 1937 Street Ride, black cherry, all buick
running gear, completely restored, very good
condition, might trade \$29,000 Call 334-618-
8312

AUTOS FOR SALE

2004 EZ-Go Golf Cart, new batteries, charger in-
cluded, excellent condition \$1850 Call 334-677-
7748

Cadillac 1981 Fleetwood DElegance Brougham
diesel, 4-dr. 1 owner. 127,200 actual miles.
Clean. Avg. 25 miles per gallon. \$3,900. Call
850-569-2697

Corvette 2008 Coupe, 6.2 430 HP Plus, ILT pack-
age, silver with black interior, 21,112 miles, au-
tomatic, cold air-intake-air-aid, 3" x pipe, ma-
gna floor and cargo mats, new battery and
spark plugs, tires has 3k miles, tuned by
veganance racing, garage kept, very clean, no
smoking. Asking \$29,000 Call 850-209-3479.

Dodge 2002 Intrepid, approx. 58k miles,
tan in color \$5500. 334-248-6043.

DO YOU NEED A VEHICLE ?
***O down Ride Today.**
Good Credit, Bad Credit?
No Credit Guaranteed Approval
Buy here Pay here
Pass, REPO, BK'S,
SSI & VA OK Call Steve Pope 334-803-9550
AKA Mr. Ride today!
#1, 5 yrs in a row. *Call for more info.



Mini Cooper 2007 S Conver-
tible, clean, great cond.,
107k, service record, auto-
matic, super charged, sil-
ver w/ black leather seats,
premium package, premi-
um Harman Kardon sound,
new tires & floor mats. \$9400 Call 334-703-9060

Nissan 1995 pick up, 141 K miles, cold AC,
good tires, nice truck. \$2995. 334-792-8018

Volkswagen 2007 Jetta Wolfsburg, silver with
leather interior, alloy wheels, heated seats,
power sunroof, 4 door, 5 cylinder, cold AC,
excellent condition, 850-272-5286.

MOTORCYCLES

★ ★ ★ ★ ★ 2011 ★ ★ ★ ★ ★
GREAT CHRISTMAS PRESENT !
Harley Davidson Superglide Custom
Adult owned, factory original, garage kept.
★ Lovingly cared for ★
fog lights, windshield, back rest, alarm
system with pager, luggage rack,
mint condition, 15 K miles, original owner.
➔ \$12,500 Call 334-598-0061 ➔

Victory Kingpin 2006, red in color, 100 cubic
inch & 6 speed overdrive, 7500 miles, exc cond.
\$6000. OBO 334-797-9328.

MOTORCYCLES

Harley 100th Anniversary 2003 Dyna Low Rider
Like new, Second Owner, Loaded with
accessories, Low miles, Asking \$7800.
334-797-9144.

Harley Davidson Dyna Low Rider, 2003
100th Anniversary, low miles, black, lots of
chrome with custom pipes, very nice bike!
asking \$6500. 334-369-8017.



Honda 2013 CRF 250L, one
owner, electric start, 900
miles, \$500 worth of acces-
sories, great for street or
off road, still under war-
ranty! \$4,200 Firm. Call 334-618-2077



Trike 2002 Road King
Classic, garaged,
lowered, runs well,
beautiful, vance & hines
pipes, lots of chrome,
17,300 miles, \$18,500. 88 yr. old owner
Bill 334-762-2700 or Call: 334-714-9607

TIRES

Bull Dozier - Komatsu D37-E5, pilot controls,
new sprockets, chains, pins & bushings,
6 way blade, runs good \$18,500. 334-735-3532.

TRUCKS, BUSES, TRACTORS, TRAILERS

AN Ford 1952 Tractor, runs good, new tires
\$3000. OBO 334-596-7754.

F150 2014 XLT Super Crew 4x4, 3.5L eco boost,
leather, with all accessories, spray on liner,
blue jeans met. 4000 miles, like new condition,
\$35,900. 334-723-2985.



Finish Line Trailer,
heavy duty, 8ft. x 18ft.
2013 model. only pulled
1500 miles. 402-469-7983.
Located in Marianna.

Ford 1998 Ranger, 289k miles, new paint, AC,
good tires, \$2000 OBO. Call 334-585-5288

Mazda 1992 Pick-up 5-speed, good condition,
new wheels, cold air. \$2800. OBO 334-790-5050.

VANS

Honda 2007 Odyssey Ex-L: FSBO: Leather, heated
seats, new tires, new battery, new brakes. 167k
miles. Runs great. All maintenance records on
hand. \$6,500 obo. 334-701-9800 or 334-798-1373

WANTED AUTOS

**1ST PLACE TO CALL FOR ALL OF
YOUR TOWING NEEDS!**

Harger's 24 Hour Towing

AUTO BODY & RECYCLING

PAYING TOP DOLLAR FOR JUNK CARS

Contact Jason Harger at 334-791-2624

Wanted to buy Junk Cars,

Trucks and Vans

We pay the most !!

Hauled the same day as called.

➔ Call Jim 334-379-4953

We buy Wrecked Vehicles

Running or not !

334-794-9576 or 344-791-4714

The Classifieds Work Like
MAGIC

Work got you stressed?



Maybe it's time for a new
job or just a vacation....
whatever the case, we've got the solution.

Wiregrass Classified Marketplace

(334) 347-9533 • (800) 779-2557

Call today!



1995 SEDAN
AT olrm snr
1988 SEDAN
rbht ang \$14

Soldiers: Reunion gives time for reflection

Continued from Page B1

division had last seen action in World War II, jumping into the Philippines, and was now going to test the new battlefield concept of air mobile operations.

“Every day we trained with the choppers,” said Tramontano, who was a machine gunner with the 511th Infantry Regiment and later the 1st Squadron, 9th Cavalry Regiment.

He added that rumors floated around about the eventual mission for the air mobile – if they would go overseas and, if so, would they go to Vietnam.

Then, on July 28, 1965, those rumors were confirmed.

“I was sitting in the day room when President (Lyndon) Johnson came on the news,” Tramontano said.

One month later he was in Vietnam.

But not all the troopers, from the 1st Cavalry Division at Fort Benning, were originally part of the 11th Air Assault Division, many – including Jon Wallenius – came from reflagged units of the 2nd Infantry Division, which had been moved to Korea from Benning.

“I was (on temporary duty) as a lifeguard at the Sand Hill swimming pool,” Wallenius said. “And my first sergeant called me and said we’re going to make you a (specialist five) and send you to forward observer school.”

From there, things moved in a hurry for Wallenius as the division prepped to deploy.

“We got issued M16s, got one ride in a helicopter and off we went,” he said.

Into the valley

A member of the scouts for 1-9th Cavalry, Tramontano saw first-hand the threats that were present in Ia Drang. Before the November battle, his unit had scouted the area and observed operation in the region.

“We told them that there was maybe 1,200 to 1,500 (North Vietnamese army soldiers) coming over the mountain,” he said. “And by November, there would be 4,000.”

The 1st Battalion, 7th Cavalry

Regiment, under the command of Lt. Col. Hal Moore, was sent in to assault and destroy the enemy forces.

“Moore wanted some firepower on the ground right with him as we first went into the Ia Drang,” said Ed Times, a member of the mortar platoon for B Company, 1-7th Cavalry – the first company to land at LZ X-Ray.

Times recounted his memories from that day during a Nov. 14 live-stream with present-day troopers from 1-7th Cavalry.

“When we first came on in, it was kinda quiet, but things started getting live real quick,” he said.

By early afternoon, hundreds of North Vietnamese army soldiers were assaulting the 1-7th Cavalry position around the landing zone.

“I was about to head to mass when we got the call the 1-7th was surrounded,” Tramontano said.

B Company, 2nd Battalion, 7th Cavalry Regiment was sent in the evening of Nov. 14 to support its sister battalion.

Wallenius and Spc. 4 Sam Fantino, the radio telephone operator for 1st Lt. Rick Rescorla, were part of the relief force.

“The LZ was hot, but it wasn’t ridiculous,” said Wallenius, recalling their arrival at LZ X-Ray.

Fantino said that he and the rest of Rescorla’s platoon were sent to support C Company, 1-7th Cavalry along a dry creek bed.

“After we secured the position, Rick went out in front,” Fantino said. “He always wanted to see what the enemy saw versus what we saw.”

Rescorla was able to correct the fields of fire for his platoon to prepare for the enemy assault.

That attack came the morning of Nov. 15.

“I was drinking coffee with my platoon sergeant and we saw a bunch of guys in khakis run by,” said Wallenius, adding that for a brief moment they were unsure who exactly those individuals were until they saw one carrying a machine gun.

“It was just attacks going on

day and night,” Times said. “You didn’t know when they were coming.”

For three days, the battle at LZ X-Ray raged, with 80 U.S. Soldiers killed and another 124 being wounded. Estimates for North Vietnamese dead ranged between 600 and 1,200 killed, depending on the source.

But the battle for Ia Drang Valley was far from over.

Ambush at Albany

The 2nd Battalion, 5th Cavalry Regiment and the rest of 2-7th Cavalry had moved in to help secure LZ X-Ray Nov. 16, while 1-7th Cavalry and B Company, 2-7th Cavalry returned to Camp Holloway. The morning of Nov. 17, the remaining 1st Cavalry Division troopers left LZ X-Ray, with the men of 2-7th Cavalry foot marching roughly 2 miles to the nearby LZ Albany.

“You get through this LZ X-Ray part and you heave this sigh of relief that it’s over. Only, it ain’t over,” said Joe Galloway, the famed UPI reporter, who, along with Moore, chronicled the Battle of Ia Drang in the book, “We Were Soldiers Once ... and Young.”

Galloway participated in the live-stream alongside Times and Medal of Honor recipient retired Col. Bruce Crandall, and explained to the current 1-7th Cavalry troopers what happened next.

“The 2nd of the 7th marches off toward a clearing called Albany and walk into an L-shaped hasty ambush by fresh North Vietnamese reserve troops, who’ve been waiting for their shot at killing Americans,” he said. “Something like 155 American boys were killed in a matter of six hours’ time in that tall elephant grass – another 130 wounded.”

Back at Camp Holloway, while many of the Soldiers fresh from the fight at LZ X-Ray were grabbing a shower, hot meal or even a beer, Fantino said that Rescorla had his Soldiers busy cleaning their weapons and resupplying to head back out if the call came through.

“That was his way,” Fantino said.

The call did come, and B Company, 2-7th Cavalry was heading back in to support the Soldiers at Albany.

“The men were all on the slicks (troop transport helicopters),” he said, recalling that he informed Rescorla that everyone was present and accounted for. “He said to me, ‘I’ve never been more proud of my men in my life.’”

Fantino said that Rescorla’s pride came from seeing every man ready to head back into combat, even though they had just come from LZ X-Ray and knew what they were flying back into.

“We came (into Albany) at dusk,” Wallenius said. “And that was a hot LZ.”

Flying in to heavy enemy fire, Fantino said that the co-pilot on their helicopter was hit and they were forced to bank hard to avoid more fire about 10 to 12 feet from the ground.

“Rick looked at all of us and said, ‘jump,’” he said.

Landing outside the perimeter, between the U.S. and North Vietnamese forces, Fantino said they had to fight their way in – while at the same time avoiding friendly fire from their comrades already at Albany.

As dawn rose Nov. 18, after the brutal 18-hour fight at LZ Albany, the troopers were able to see the full cost of the battle.

“Charlie Company of the 2nd of the 7th started the day with 110 men, and the next morning had exactly eight present and accounted for,” Galloway said. “The rest were dead, or wounded and evacuated.”

Reunion

As time passed, the veterans of the Battle of Ia Drang came to recognize the significance of their actions, and came together each year to reconnect and remember their fallen comrades in arms.

The battle’s anniversary, falling so close to Veterans Day, adds even more significance for some.

On Veterans Day this year, Times and other members of the 1st Cavalry Division Association placed bright yellow and

black “Cav Patch” wreaths at the World War II, Korea and Vietnam War Memorials – this was Times’ 20th year doing so at the wall, he said.

On this year’s 50th anniversary of the landing at LZ X-Ray, many of the surviving veterans gathered for their annual reunion banquet.

“Most of us didn’t know each other in Vietnam,” said Wallenius, commenting on the almost family-reunion-style feeling of the event.

For some, that’s literally the case.

First Lt. Erica Tramontano, currently serving in the Operations Section of the 1st Cavalry Division Artillery, said she has been attending the reunions with her father, Joseph, since she was about 8 years old.

“I have 30 uncles,” she said, explaining the feeling she has every year she attends.

In fact, she said her father’s service was her main impetus into joining the Army, and even attended college with the help of a 1st Cavalry Division Association scholarship.

“I’m ecstatic,” said the elder Tramontano, about his daughter now serving in the same division that he once did. “I never forced them to join, but I stressed to them that there’s no greater honor than to serve your country.”

First assigned to 2-7th Cavalry when she arrived on Fort Hood, Tramontano said that even though she had grown up around part of the 1st Cavalry Division’s history, she didn’t fully realize the significance until she came on active duty.

“It felt like coming home when I got here,” she said.

As the veterans gathered to share old war stories and catch up with long-lost comrades, Fantino – who carried with him the French bugle taken by Rescorla at Albany from a North Vietnamese soldier – remarked on the strength of the bonds forged 50 years ago in the central highlands of Vietnam.

“No one can understand the kind of feelings that we all have for each other,” Fantino said. “It’s a brotherhood.”

Apache: Mechanics contribute to overall mission readiness

Continued from Page B1

Though the Soldiers diligently work on the aircraft as swiftly as possible, they do not sacrifice the quality of their work. “It’s vital that we ensure every inch of the aircraft is mission ready,” said Daniel. “We can’t afford to run the

risk of putting the pilots’ lives in danger. Our job is to ensure our customer has a suitable product in order for them to accomplish their missions.”

Once an aircraft has been reassembled and serviced, technical inspectors check all repairs have been made and haven’t been overlooked. A test pilot would then fly

the aircraft to ensure all parts are operational and no new problems have surfaced that might endanger the crew or other pilots. “It’s a team effort with many people behind the scenes to complete this phase maintenance,” Raymond said. “But collectively it’s a great feeling knowing we contribute to the overall mission.”

DOWNLOAD A PDF OF THIS WEEK'S EDITION AT WWW.ARMYFLIER.COM.

FIND WHAT YOU'RE LOOKING FOR!

BUSINESS CARD SPOTLIGHT



Christian Mission Bargain Centers
For Donation Pickup Call
347-GIVE
307 N. Main Street
ENTERPRISE
www.christmissions.org

Get Your Sales Moving in the Right Direction!

Advertise Your Business **TODAY!**
YOUR AD...THIS SPACE...
ONLY \$96/mo

Call **Mable Ruttlen** for more information at **334-393-9713**

ADVERTISING THAT WORKS HARD FOR YOU!

We Accept Tricare!



We Love Fort Rucker! We Support our Men & Women!

\$5.00 RX Plan
Get a month Supply of certain medications!

BRYAN PHARMACY
Brett Bryan • PHARMACIST

Enterprise
804 Glover Ave
347-5111

Elba
991 AL Hwy 203
897-5222

Coffee County Arts Alliance
presents



What do you get when you bring together the fiddle, mandolin, banjo, guitar, upright slap bass, beautiful rhinestone costumes, hilarious comedy, & bluegrass, rockabilly & gospel music? Only one answer, Branson On The Road® - Christmas Style. Begin your holiday with this Branson style performance for the entire family.

December 8, 2015 • 7PM
Elba High School
Gold Corporate Sponsor: Anonymous Donor
– **TICKETS • 334-406-ARTS (2787) –**
In Advance: Adult \$25 • Student \$20
At the Door: Adult \$30 • Student \$23

Performances are made possible by support from corporate and individual memberships, by the Alabama State Council on the Arts and the National Endowment for the Arts.

www.CoffeeCountyArtsAlliance.com



Center offers artistic outlet

By Nathan Pfau
Army Flier Staff Writer

When people think arts and crafts, many think of popsicle sticks and glue guns, but the Fort Rucker Arts and Craft center offers a myriad of outlets to help people get their creative juices flowing, and even offers some shopping for those looking for personalized gifts.

The center, located in Bldg. 9205 on Ruf Avenue, not only provides a great opportunity for stress relief, but also gives people the opportunity to learn a new craft that they can take with them as they move throughout the military, according to Joan Varner, arts and crafts center program manager.

"Our Soldiers who come (to Fort Rucker) are usually here for about 18 months to two years, and oftentimes they'll bring their spouses with them," said the program manager. "Usually, the length of time they're here isn't enough time for them to find a job, so this gives them an outlet where they can work on things or learn a new craft in the time that they're here."

Varner said the arts and crafts center is a great place for people to get into their creative side, even if they've

never had any experience with arts and crafts before.

"People who don't know what their medium is can start small with something easy like scrapbooking, and then take other classes to explore their creative side," she said. "We offer classes from stained glass and pottery, to wood burning and framing."

There are also classes for sewing, quilting, mosaics, drawing and painting, as well as some classes for children 4 and older. The center also offers a fully-equipped woodshop with an experienced staff to help people build anything from a jewelry box to custom furniture, added the program manager.

To use the woodshop or take classes in the woodshop, participants must first complete a one-hour safety course, which will help people become familiar with the equipment and how they work. Safety classes are available Saturdays from 9-10 a.m.

Most classes have age requirements and are by appointment only, so Varner asks that patrons sign up for all classes at least 24 hours before class time, with the exception of the regular woodshop safety class.

If people would rather have someone do the work for them, the center



PHOTO BY NATHAN PFAU

Cecilia Peterson, military spouse, sends a piece of wood through a wood planer for a project she's working on at the woodshop of the Fort Rucker Arts and Crafts Center Wednesday.



PHOTO BY JAY MANN

Mini Sgt. Ted E. Bears, fresh out of the molds, await their fate on the painting table at the Fort Rucker Arts and Crafts Center last year.

also offers a host of services, including framing, gifts, engraving, custom embroidery, screen printing and sublimation, which allows people to customize just about anything from clothes, bags, mugs and more.

There is plenty of merchandise that people can purchase and engrave, including the miniature sculptures of Sgt. Ted E. Bear; silver, bronze and copper award eagles; various plaques and trophies; as well as personalized name plates and office gifts.

"There are literally hundreds of things people can buy and customize here," she said.

Also, beginning in January, the arts and crafts center will be offering "Resiliency through Art," which is a program designed for the wellbeing of Soldiers.

Oftentimes Soldiers will return from deployments and require an outlet to release the stresses from their time

away, said Varner, and the program is designed to provide them an outlet.

Soldiers won't be limited to the medium of art they wish to use, and can participate if they are just starting out in art or if they are seasoned professionals, said the program manager.

"This is a place where people can learn a new hobby," she said. "They can get a certification that says they are qualified to do something, so when they come in, they can walk in and utilize the shop instead of having to buy something."

The center is open Tuesdays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 4 p.m. All classes have a cost associated with them, depending on the class, and the center is open to Soldiers, family members, retirees, Department of Defense civilians and contractors.

For more information on classes or pricing, call 255-9020.

VOLUNTEER OPPORTUNITIES

Position: Installation BOSS Secretary

Duties: Record and prepare the minutes of Better Opportunities for Single Soldiers committee meetings. Become a subject matter expert on the BOSS program. Assume the duties of the president in the absence of the president, vice president and treasurer. If interested, call 255-9180.

Position: Installation BOSS Treasurer

Duties: Prepare and render financial reports at meetings, as needed. Serve as chairperson for the finance committee. Responsible for cash controls at all events where monies are allowed. If interested, call 255-9810.

Position: Installation BOSS Vice President

Duties: Serve as chairperson of the BOSS volunteer committee. Assume the duties of the president in his or her absence. If interested, call 255-9180.

Position: Intramural Sports Assistant with Sports, Fitness and Aquatics

Duties: Light duty setup and breakdown of sports, fitness and aquatics branch fields and courts to include sporting equipment, lights, etc. If interested, call 255-2393.

Giveaway

Grab a book, get a gift during 12 Days of Giving

By Jeremy Henderson
Army Flier Staff Writer

Fort Rucker's Center Library invites the community to get into the holiday spirit with a good book and receive a free gift during the 12 Days of Giving Monday through Dec. 19.

"Check out a good book and get a gift," Cameron Hill, library technician, said. "Need I say more?"

Patrons who check out any holiday-themed book will receive a gift during that timeframe. The giveaway will be open to all authorized patrons.

"The goal is mainly to thank our patrons for their continued support," Hill said. "We also hope to bring in new patrons and show them how much the Center Library has to offer."

And what does Center Library offer? Quite a bit, according to Hill.

"Anyone who utilizes the library will benefit all throughout the year," she said. "The Center Library does not just offer books, patrons can also check out video games, movies, audio books and music CDs. We have copy and fax capabilities, and computer terminals, as well. There is free Wi-Fi for any device, as well as a large online database that can be accessed by patrons at home or on the go. So, if you're traveling this holiday and don't want the hassle of keeping up with materials, the Overdrive database has several e-books and e-audiobooks."

According to Hill, the 12 Days of Giving also provides an opportunity for families to bond through reading.

"Spending time as a family is associated with better communication among family members, which in turn leads kids to do better in school and have less behavioral problems," she said. "Family time gives children an opportunity to learn and model behaviors, and everyone gets to participate."

"Today is so fast-paced and high-tech," she added. "It seems that young people are drawn to instant gratifica-



FILE PHOTO

A family creates Christmas crafts at the Center Library in 2013. The library hosts a holiday craft session this year Dec. 15 for children ages 3-11.

tion activities. Reading can be a way to unwind and relax, but it can also be a great form of entertainment. Reading exercises our brains, improves our concentration, increases our vocabulary and develops our imagination. It is especially important for children because it helps them do better in school."

The Center Library will also host a Christmas craft session Dec. 15 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. The event is open to all authorized patrons. Space is limited to the first 65 children to register.

"I'm excited for this month's activity because we will be doing a variety of crafts, to include decorating cookies and making reindeer food," Hill said.

Hill also urged families to attend children's story time every Friday from 10:15-11 a.m.

"This month will feature holiday books and crafts, such as homemade ornaments," she said.

For more information or to register for the Christmas craft session, visit the Center Library located just off 5th Avenue or call 255-3885.

ON POST

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

International Spouses Get Together

Army Community Service Relocation Readiness Program will host an International Spouses Get Together Friday at 9 a.m. at the Allen Heights Community Center. Spouses are welcome to attend and meet spouses from other countries, along with gaining the support and knowledge in finding the resources for obtaining U.S. citizenship, education, getting a drivers license and more. Multilingual volunteers will be available. For more information, call 255-3735.

Riverboat dinner cruise

MWR Central will host a Riverboat Dinner Cruise with Santa Day trip to Montgomery Dec. 12. The trip will depart from Bldg. 5700 at 4 p.m., the boat boards in Montgomery at 7 p.m. and cruises until 9 p.m. Return time to Bldg. 5700 will be 11:30 p.m. Price is \$65 for adults and \$45 for children, and includes transportation to and from Montgomery, full holiday meal, live entertainment, and a meet and greet with Santa. The trip can seat a maximum of 29 passengers. People need to register by Friday through MWR Central at 255-2997 or 255-9517.

Jingle Bell Skate Night!

The Fort Rucker School Age Center will host its Jingle Bell Skate Night Friday for current child, youth and school services members. Safety skate will be from 6:15-7:15 p.m. for \$2, and parents must be present. Regular skate is from 7:30-9:30 p.m. for ages 6 and older for \$5. Christmas giveaways will be given out every half hour and a photo booth will be set up. There will also be competitions for the ugliest Christmas sweater, the craziest Christmas hats and to see who can bring the most guests. Guests must be registered members with CYSS.

For more information, call 255-9108. For membership information, call 255-9638.

Annual spaghetti dinner

The Landing will host its annual spaghetti dinner Monday from 6-7:30 p.m. For more information, call 598-2426.

Giving giveaway at library

The Center Library will help celebrate the holidays by holding a 12 Days of Giving Giveaway from Monday-Dec. 19. Patrons who check out any holiday-themed book will receive a gift during that timeframe. The giveaway will be open to all authorized patrons.

For more information, call 255-3885.

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

For more information, call 255-2594.

Single parent family game night

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation offers a single parent family game night Dec. 10 from 5-7 p.m. at The Commons, Bldg. 8950. The event is open to single parents – who are military and Department of Defense civilians – and their children. Registration is limited to the first 15 families. People are urged to sign up early to secure their space and free board game to take home after the event. Registration deadline is Monday. Light refreshments will be served.

For more information, call 255-3817 or 255-3815.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Dec. 11 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.



PHOTO BY NATHAN PFAU

Christmas tree lighting

Fort Rucker will host its Christmas tree lighting ceremony Monday from 5-6 p.m. at Howze Field. The event will feature music from the 98th Army “Silver Wings” Band and local choirs, hot chocolate, the lighting of the post Christmas tree and a special visitor from the North Pole. Afterward, there will be complimentary photos with Santa and Mrs. Claus at The Landing. The event is free, open to the public and exceptional family member friendly. In case of inclement weather, the event will take place in The Landing. For more information, call 255-1749.

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

Parents day out

Dec. 12, parents can bring their children to the school age center while they enjoy some time out and about, free of children, to shop for the holidays, decorate, go to a matinee movie or just have some “me” time, according to organizers. The parents day out is open to parents of child, youth and school services members ages 6-10 in first-fifth grades. The center will provide breakfast, lunch and a snack. Children will skate, make Christmas crafts, have hot chocolate and tell Christmas stories. Cost is \$4 per hour from 8 a.m. to 1 p.m. and free from 1-6 p.m. Parents can drop their children off at whatever time best suits them.

For more information, call 255-9108. For CYSS membership information, call 255-9638.

Christmas Craft

The Center Library will host a Christmas craft session Dec. 15 from 3:30-4:30 p.m. for children ages 3–11. Light refreshments will be served. The event is open to all authorized patrons. Space is limited to the first 65 children to register. For more information or to register, visit the Center Library or call 255-3885.

Winter Wonderland Skate Night

The Fort Rucker School Age Center Winter will host its Wonderland Skate Night Dec. 18. Cost is \$20 for the safety skate from 6:15-7:15 p.m. (parents must be present) and \$5 for regular skate from 7:30-9:30 p.m. for ages 6 and older. Children are welcome to dress up as a snow princess, ice prince, snowboy or snowgirl, and judges will pick the best costume. A crown will be presented to the winner. There will also be giveaways and picture taking sessions. Youth must be registered child, youth and school services members.

For more information, call 255-9108. For CYSS membership information, call 255-9638.

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.

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

DFMWR
Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities



FORTENBERRY-COLTON PFC

Mistletoe
5K & 1 Mile
Fun Run

December 12

Race starts at 9 am

Race Day Registration from 7:30 am–8:30 am
Pre-registration recommended. Register at MWR Central
(Bldg. 5700, Rm. 130) or either of the Physical Fitness Centers.

Individuals
\$20 by Dec 6*
\$25 after Dec 6**
\$12 run only option
(does not include t-shirt)

8-Person Teams
\$120 by Dec 6*
\$160 after Dec 6**
(each additional team member
pays normal registration fee)

*includes shirt
**includes shirts (while supplies last)

UGLY
SWEATER
CONTEST!

Open to
the Public

For more information call Fortenberry-Colton
Physical Fitness Center, (334)255-3794.

www.ftruckermwr.com

for AFTB in the app store for Apple devices. For more information, call 255-9637.

Newcomers welcome

Army Community Service will host a newcomers welcome Dec. 18 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.

FORT RUCKER MOVIE SCHEDULE FOR DECEMBER 3-6

Thursday, December 3

The Good Dinosaur (PG)7 p.m.

Friday, December 4

The Martian (PG-13)7 p.m.

Saturday, December 5

The Martian (PG-13)4 p.m.

Bridge of Spies (PG-13)7 p.m.

Sunday, December 6

Pan (PG)1 p.m.

Bridge of Spies (PG-13)4 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.

WHAT’S COOKING?

Disabled vets use baking to work through PTSD symptoms

By Shannon Collins
Department of Defense News Features

WASHINGTON — Smiles and the smells of freshly baked bread, cakes and cookies greet visitors of Dog Tag Bakery here, a place where disabled veterans can learn more than just baking.

Disabled veterans, their spouses and caregivers can participate in a work-study fellowship that will help them as they transition from the military to the civilian workforce, said Kyle Burns, senior program director for the fellowship program at Dog Tag Bakery.

Burns said the program has three prongs. The first is education, where they partner with Georgetown University to deliver a certificate in business administration through the university’s School of Continuing Studies.

The second prong is rotations through the different business roles at the bakery, such as management, human resources, marketing, public relations, product development and customer service. The third prong is developing transition skills such as resume preparation, interview skills, group dynamics, resolving conflict in the workplace and networking.

“Throughout the course, we put what they learned from the classroom into the hands-on experience here in the bakery,” she said.

The bakery opened last year, and its second set of students began their five-month course in June and graduate next week. Most of the students have post-traumatic stress or traumatic brain injuries.

“It’s incredible to see the transition for all of them,” Burns said. “They start anxious and excited, and then they go through this journey. It’s challenging, and it’s interesting and exciting. It’s just amazing to watch as they blossom and grow and begin to see how valuable the skill sets are and how needed they are in the civilian world – and they begin to see their place in it.”

Helping plan for the future

For Josh Tredinnick, a medically retired Army sergeant, the Dog Tag Bakery fellowship gave him a new future.

Tredinnick was injured in 2009 in Afghanistan when he was struck by an improvised explosive device. He had hip and back surgery and has a TBI and PTSD. He said his work in a veteran support office was fulfilling, but baking has always been beneficial for him.

“Baking has been very therapeutic as far as just getting me involved in a healthy activity,” he said. “What I’ve enjoyed most about it that you can take this set of ingredients, you can follow these steps and you’re more than likely to come out with this final product every single time.



PHOTOS BY MARVIN LYNCHARD

Josh Tredinnick, a retired Army sergeant and fellow at the Dog Tag Bakery, is training to become a baker through a work-study program conducted by Georgetown University's School of Continuing Studies in Washington.



Tredinnick bakes in the Dog Tag Bakery.

“You take these small steps and do it correctly, you put everything you’ve got into it and you’ll come out with a better product on the other end,” Tredinnick added. He said his favorite part of baking is the variety of breads that can be made from the same basic set of ingredients.

He said his wife, Erica, has enjoyed his work at the bakery, especially when he brings home some of the French baguettes he bakes.

“She’s been very supportive,” he said. “She’s excited for what happens next.”

Taking advantage of opportunity

Burns said Tredinnick is making the

most of his fellowship.

“Josh is really dedicated to the program and what he can take from it, taking advantage of all kinds of opportunities and making this an experience that will benefit him in his future,” she said.

Tredinnick said he hopes to open his own bakery and already has a job lined up at another bakery when he graduates next week.

He and Burns recommend that disabled veterans and their spouses and caregivers consider applying to programs like this one.

“It’s OK to take help, and it’s OK to know that the next steps are probably

going to be a little difficult. But take advantage of the opportunities that are out there, especially when you can find good programs like this. It will really be beneficial,” Tredinnick said.

The professors provide handouts, resources online and a book to reinforce the material for those with PTSD and TBI issues, he added.

“There are two fellowship programs each year,” Burns said. “We are always looking for wounded warriors, sponsors and caregivers to be a part of those classes.”

The application is available at www.dogtagbakery.org, she said, noting that they are recruiting right now for the January class.

“We encourage anybody who thinks this might be a great program for them to please apply,” Burns said.

She also encourages anybody who would just like to visit the Dog Tag Bakery to just stop by.

“We’re open Tuesday through Sunday in Georgetown, off M Street and Wisconsin, toward the river. We have free Wi-Fi. Come down and get a great cup of coffee and great pastry or a sandwich,” Burns said. “You can also get a dog tag made on one of the original dog tag presses and take one home as a keepsake, and we’ll hang the other up on the dog tag chandelier to honor a fallen service member. Proceeds go toward the fellowship.”



**DON'T
TEXT OR
TALK AND
DRIVE**

No call
is worth
sacrificing
the safety
of yourself
and
others. Do
not talk or
text and
drive. It
can wait.

Get your
NEWS
FEATURES
SPORTS

every Thursday in the Army Flier

NOW OPEN
ENTERPRISE USKA MARTIAL ARTS ACADEMY
AND SPORTS COMPLEX

MENTION THIS AD AND
RECEIVE 10% OFF
ANY CHILDREN
& ADULT CLASSES

TRANSPORTED AFTER SCHOOL KARATE
TUTORING & HOMEWORK ASSISTANCE
CHILDREN & ADULT KARATE • BASKETBALL
ADULT KICKBOXING • GAME ROOM
PLAYGROUND • TRIPS • SUMMER CAMP
BOOT CAMPS & MUCH MORE

1145 JAMES DRIVE ENTERPRISE, AL 36330
(BEHIND WINN DIXIE)
WWW.SCORPIONKARATEI.COM • 334-475-4308

NEED STOCKING STUFFERS??
Love 2 Run has you covered!

...
PROBARS • Feetures
Swiftwick • Hydro Flash
TomTom • Red Fox
KT Tape
Gift Certificates

LOVE 2 RUN

560-3 WESTGATE PARKWAY • (334) 699-5007
Next to Butcher's Block • Military Discount

Bringing People Together Thru Faith

ARMY FLIER
Church Directory

**First United
Methodist Church**
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the
Fellowship Hall..... 11:00AM
Contemporary C-3 - in the
Fellowship Hall.....8:45AM
The Gathering (Youth)6:00PM
Sunday School9:55AM
Nursery CareEvery Service

Here, it's not about the building...



"Small things done with great love
will change the world"
VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

Grace Baptist Church
Minutes from Ft. Rucker Ozark's Gate
On the corner of Highway 231 & Parker Drive
Independent - Fundamental - Soul Winning
LISTEN TO A LIFE CHANGING MESSAGE OF HOPE
"God So Loved the World"
www.1john316.net
334-774-2311
www.GraceBaptistChurch-Ozark.com

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

Wiregrass welcomes gem show

From Staff Reports

Army Flier

The 45th annual Montgomery Gem, Mineral and Jewelry Show will be held at Garrett Coliseum Dec. 4-6. Dealers will have beads, crystals, geodes, rough, cabochons, gem stones, finished jewelry, tools, supplies, and mineral and fossil specimens. Club members will display their individual collections, and will give demonstrations on gem and rock cutting, faceting, cabochon making and knapping.

Show times are 9 a.m. to 6 p.m. Dec. 4, 10 a.m. to 6 p.m. Dec. 5 and 11 a.m. to 5 p.m. Dec. 6. Admission is \$2 for adults or \$3 for a weekend pass, and is free for those 18 and younger with a student ID and one paid adult.

For more information, visit <https://www.facebook.com/MontgomeryGemClub/>.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

DECEMBER — Court Square will host Christmas in Candyland Fridays, Saturdays and Sundays in December. For more information, visit <http://www.christmasincandyland.com>.

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

DALEVILLE

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.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

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

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a

service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

DEC. 4 — Enterprise High School will host a military appreciation night at its basketball games against Rehoboth. All military and family members with military ID will get into the game for \$1. The girls team plays at 5:30 p.m. and the boys team plays at 7 p.m. The next military appreciation night will be Jan. 8 in games against Prattville.

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

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

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

ONGOING — 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.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

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

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

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

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

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

Beyond Briefs

Chocolate! The Exhibition

The Gulf Coast Exploreum Science Center in Mobile will host Chocolate! The Exhibition now through Jan. 17. Chocolate! and its national tour were developed by the Field Museum of Chicago and supported, in part, by the National Science Foundation. Visitors will discover chocolate's impact on human cultures and tropical ecosystems through scenic elements, original video, interactive displays, rich imagery and graphics, and about 150 objects. This major exhibition includes replicated pre-Columbian ceramics and other decorative objects, European silver and porcelain servers, as well as examples of 19th- and 20th-century advertising and packaging, vintage chocolate molds and detailed botanical replications. The exhibition features the real story of chocolate beginning with the discovery of the cacao bean in the rainforests 1,500 years ago. The Mayans created a spicy drink and the Aztec civilization actually used the beans as currency.

Combination tickets are available for Chocolate! The Exhibition that also includes IMAX films: \$18 for adults, \$16 youth (13-17), \$14 child (7-12) and \$8 pre-kindergarten (4-6). Discounts available for active and retired military.

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

‘A Christmas Carol’

The Alabama Shakespeare Festival in Montgomery hosts its production of “A Christmas Carol” now through

Dec. 24. ASF officials said, “Charles Dickens himself, who, with sleight of hand and sense of humor, brings his magical story to life. When miserly Ebenezer Scrooge receives an unwanted visit from the ghost of his former business partner, an overnight journey of epic proportions begins. With a gorgeous set, period costumes, carols and a spectacular new ending, you and your family will be left totally enthralled!”

For more information, show times and tickets call 334-271-5353 or visit www.asf.net. Ticket prices vary based on play, date and availability of seating.

Capitol Christmas Tree Lighting

Montgomery invites everyone to the 2015 Capitol Christmas Tree Lighting Dec. 4 at 5:30 p.m. at the Alabama State Capitol. Following the tree lighting, there will be a Capitol open house from 6-7 p.m., refreshments, an art show and gift collection for foster children, and Santa Claus will be available for pictures. Admission is free.

For more information, call 334-242-3935.

Christmas lights festival

The Montgomery Zoo will transform into a Winter Wonderland sparkling with thousands of lights and festive decorations during its annual Christmas lights festival Dec. 3-31. People are welcome to take a leisurely stroll, a brisk train ride or view the lights from atop the Zoofari Skyliift Ride. The festival will also include Santa, nightly entertainment, and hot chocolate and fresh-baked cookies. Regular night time admission is \$15 for ages 3

and older. Ticket includes entry and one Christmas Lights Festival train ride.

For more information, call 334-240-4900 or visit montgomeryzoo.com/announcements/christmas-lights-festival-week-1.

Panama City Beach Marathon

The Panama City Beach Chamber of Commerce will host the inaugural Panama City Beach Marathon Dec. 5. The 26.2-mile race's start and finish line is located just a few yards north of Margaritaville on Pier Park Drive in front of As Seen On TV. There is no race day registration.

For more information and to register, visit <http://www.pcbmarathon.com/>. Online registration will close Dec. 3 at 11 p.m.

Eufaula Christmas Tour of Homes

Eufala will host its Christmas Tour of Homes Dec. 5 from 1-6 p.m. The tours begin at 340 N. Eufala Ave. For more information, visit <http://www.eufaulapilgrimage.com>.

Governor's Mansion Christmas tours

Governor's Mansion Candlelight Tours are scheduled for Mondays, Dec. 7, 14 and 21, from 5-7:30 p.m. to allow people to see the mansion decorated for Christmas. Admission is free and tickets are available at the Governor's Mansion Gift Shop. No reservations are required.

For more information, visit <http://governor.alabama.gov/governors-mansion/mansion-tours/>.

CST-2 members share stories

By Senior Airman Grace Lee

Luke Air Force Base
Public Affairs

LUKE AIR FORCE BASE, Ariz. — Today, less than half a percent of Americans serve in the U.S. military and, of that number, 14 percent are women. Commonly, war stories are told through the eyes of men and it is rarely illustrated from a woman’s perspective.

“The purpose of this presentation is to let students ask questions, and become familiar with and educated by these incredible women,” said Joseph Brett, Veterans Heritage Project vice president. “The Veterans Heritage Project’s mission is to connect students with veterans. Today, we are using film to let veterans tell their stories.”

The presentation was on behalf of the Veterans Heritage Project and a collaborative effort with the Scottsdale School of Film. Film students had the opportunity to record and capture the event.

During the presentation, the women were asked several questions and each had a chance to share their story.

The questions varied from why they decided to join the military to what training for special operations was like for women at the time.

“First, we were assessed and then we were selected to be trained,” said CW4 Raquel Patrick, Army Ordnance Training Detachment-Fort Gordon, Georgia, division deputy chief and Cultural Support Team-2 member. “We went to training to specifically support the special operations forces. Overall, I thought the training was



PHOTO BY TAZANYIA MOUTON

Wearing a black head cover, CW4 Raquel Patrick, Army Ordnance Training Detachment-Fort Gordon, Ga., division deputy chief and Cultural Support Team-2 member, is shown asking an Afghan child if she was enrolled in school and if not, if she’d like to go, in November 2011 in Afghanistan.

a lot of fun, but it was challenging.”

For one CST-2 member, the attitude of her fellow Soldiers is what pushed her through.

“I think physically they push you to your limits, as far as how they didn’t let you sleep,” said Capt. Serena Stagnaro, Army Reserve CST-2 member. “But for me, being surrounded by all these women, who were very driven and positive made the situation bearable.”

The women also shared the challenges

of being a CST-2 member.

“The missions were difficult because it wasn’t really cut and dry,” Stagnaro said. “It was whatever the team needed us to do depending on their area of responsibility, and all the areas were very different.”

Patrick then chimed in and explained the rewards of the job.

“I was also involved in Key Leader Engagement so I got to meet the town’s leadership,” Patrick said. “I would appear every weekend hoping that women would reach

out. The biggest deal for me was when a woman presented a grievance at the town hall meeting. For her to feel that she could be represented was a big deal for me and that was the whole point of why we were there, to help them help themselves.”

The women were also involved in missions to help women get to where they need to be safe.

“My first mission was quite unusual,” said Rose Mattie, UH-60 Black Hawk pilot and CST-2 member. “We got word that a woman had dressed up as a man and made it to a remote base. The guys called us to ask what they should do with her. So we did some research and figured out what course of action we could take with her. We presumed that if she took that extreme to dress up as a man, there must be some extreme measures she was running from.

“We had two options – to either send her back or send her to a shelter in Kabul, Afghanistan,” she added. “So, they put us on a Black Hawk and we went in and got her. We took her to Kabul, and the last thing I heard was she was getting her education there.”

The event closed after a question-and-answer session.

The women are hopeful they left a positive impact while they were deployed to Afghanistan and they are thankful to be able to share their stories.

“This is a really monumental time in history for us,” Patrick said. “We’re breaking through a lot of barriers today and I want it to be captured and shared with future generations.”



COURTESY PHOTO

Pick-of-the-litter

Meet Ivy, a 6-month-old female long-hair orange tabby cat available for adoption at the Fort Rucker stray facility. She is approximately the size of a 10-12-week old kitten. She is good-natured and loves to be snuggled. 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.

RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

Fort Rucker Chapel

HOLIDAY WORSHIP SERVICES & PROGRAMS SCHEDULE



17th Army Aviation Center (off Exchange) & Fort Rucker
Fort Rucker, Alabama

2015

Event	Date/Time/Location
Advent Workshop	22 Nov, 1200-1430 Spiritual Life Center
Post-wide Thanksgiving Service	24 Nov, 1130-1200 Headquarters Chapel
Thanksgiving Eve Mass	25 Nov, 1700-1800 Main Post Chapel
Hanukkah	6-13 Dec, 1700 Main Post Chapel
Children Christmas Program "Miracle on Main Street"	13 Dec, 0930 Wings Chapel
A Night in Bethlehem: A Drive-Thru Nativity	15 Dec, 1800-2000 Spiritual Life Center
Christmas Eve Candlelight Service	24 Dec, 1900-2000 Main Post Chapel
Children's Christmas Eve Mass	24 Dec, 1600-1700 Main Post Chapel
Christmas Midnight Mass	24 Dec, 2400-0100 Main Post Chapel
Christmas Day Mass	25 Dec, 0900-1000 Main Post Chapel
New Year's Eve Mass	31 Dec, 1700-1800 Main Post Chapel

For more information regarding other religious holiday services, contact the Religious Support Office at 334-255-2963/2012

Visit us at: www.rucker.army.mil/chapel or Find us on Facebook: www.facebook.com/fort.rucker.chapel

KNOWLEDGE

THE OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY



GOT LEADERS?



ARMY STRONG



<https://safety.army.mil>

REAL. LOCAL. SAVINGS.

See how much you could save on car insurance today.



Nancy Moseley | 334-671-1726
4177 Montgomery Highway • Dothan

Saving people money on more than just car insurance.®

GEICO
Local Office®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Homeowners, boat, PWC and flood coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. The GEICO Personal Umbrella Policy is provided by Government Employees Insurance Company and is available to qualified Government Employees Insurance Company and GEICO General Insurance Company policyholders and other eligible persons, except in MA. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076, a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2015. © 2015 GEICO.



Our plans may have surprising new ways to save.

It’s Open Season — the time to explore health plans that could be a better fit for you and your budget. Consider plan options from UnitedHealthcare that include:

- Low-cost options
- No-cost annual checkups
- No-cost preventive dental care
- Virtual health visits and rewards for healthy actions

Learn more at uhcfeds.com.
Open Season runs from November 9 through December 14.



Not all health plans are available in all areas. Visit uhcfeds.com to find a listing of plans available in your area.
©2015 United HealthCare Services, Inc. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Health Plan coverage provided by or through a UnitedHealthcare company. Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.



DECEMBER 3, 2015

Race to see Santa

Old Saint Nick to cap off Mistletoe 5K

By Jeremy Henderson
Army Flier Staff Writer

Santa will make an extra stop this year to greet participants at the finish line of this year's Mistletoe 5K Dec. 12.

"The jolly fellow will be at the finish line to congratulate participants," Lynn Avila, Fort Rucker fitness programs coordinator, said. "He will also be present at the awards ceremony to present medals."

The 5K begins at 9 a.m. just outside the Fort Rucker Physical Fitness Center on Andrews Avenue. A 1-mile fun run will begin after the 5K is complete.

"The fun run is a great way for children to be a part of the event," Avila said. "It is a great introduction to fitness and friendly competition."

The free fun run is open to all children. Each child will receive a medal.

According to Avila, some simple steps can help prevent injury and provide a more enjoyable race experience.

"Drink plenty of water the night before and the morning of



PHOTO BY NATHAN PFALZ

Runners dressed in festive attire make their way through the Mistletoe 5K run in front of Fortenberry-Colton Physical Fitness Facility last year.

the race," she said. "Be sure to get at least eight hours of sleep. It is important to be well-rested. Eat a well-rounded breakfast the morning of the race."

Proper warm-up prior to the race and thorough stretching after the race's completion can help prevent injury and reduce

soreness, Avila said.

"Don't do deep stretches before warming up your muscles," she said. "Utilize dynamic stretching exercises – such as jumping jacks and high knees – to warm and loosen up your muscles. Save the deep stretches for after you cross the finish

line."

According to Avila, the 5K can be a perfect opportunity for anyone who has been sedentary or wants to become a better runner.

"You don't have to be an avid runner to join this 5K," she said. "It is just good fun. Participants

can run, walk or a combination of both to reach the finish line. We also have the option for participants to complete the race as an 8-person team."

The cost for the 5K is \$20 per individual with a t-shirt through Sunday or \$25 with a T-shirt while supplies last from Monday to race day. There is also a \$12 no-shirt option. Teams cost \$120 for eight participants – each additional teammate pays the normal registration fee – through Sunday with T-shirts, or \$160 from Monday to race day with T-shirts while supplies last.

Trophies and medals will be awarded in various categories. Refreshments will be provided. The event is open to the public. Participants are encouraged to pre-register at either physical fitness center.

Participants are encouraged to dress festive and bring their ugliest sweaters for an ugly sweater contest. Prices will be awarded for the ugliest sweater and the most original sweater, according to Avila.

For more information, call 255-3794.

Research seeks to boost Soldiers' cognitive ability

By David Vergun
Army News Service

ABERDEEN PROVING GROUND, Md. — New and complex technology for Soldiers can tax their mental ability, since the brain has finite processing capability, according to an Army neuroscientist.

David Hairston and his colleagues at the Army Research Lab's Human Research and Engineering Directorate want to someday use electroencephalogram to aid Soldiers in those mental tasks. He's leading the Real-World Neuroimaging program to make that happen.

The EEG, which has been in use now for more than 60 years in clinical practice, measures and records voltage fluctuations in different parts of the brain to determine a person's neural patterns. Those patterns provide insights into what a person is seeing, hearing, thinking and feeling – like peering into an individual's mental and emotional state, he said.

For instance, if a Soldier is fatigued, a unique EEG pattern will be produced, he said. That sort of information could be useful for a commander, who could rotate in a more rested Soldier for a critical mission requiring alertness.

Unfortunately, there's currently no way to monitor a Soldier's neural pattern out in the field, since EEG equipment is bulky, and it's located in laboratories or medical facilities.



PHOTO BY JENNY STRIPLING

A traditional electroencephalogram head hookup is messy with lots of wires, sensors and gel that irritates the scalp and causes mild discomfort, as well as taking time to set up.

Hairston's goal is to provide positive results to Soldiers by leveraging what can be learned from an EEG. The challenge, he said, is that science currently has very little understanding of how the brain works outside of the laboratory, because the brain is very rarely measured outside a clinical setting. He compared that task to putting together a giant jigsaw puzzle that's missing many of the pieces. "We have to create the pieces as we go along."

Piece No. 1

The first puzzle piece Hairston's team cre-

ated was a simplification of how the EEG is hooked up to a person's head. The traditional method is attaching wired sensors to different parts of a person's scalp. A gooey gel is used on the person's head to facilitate electrical conductivity.

That gel and all those wires are messy, bulky, invasive, uncomfortable and time-consuming to connect, he said.

Instead of using gel, ARL researchers invented new sensors based on spring-loaded pins. "The pins wiggle their way through your hair to make contact, so you don't need gel," he said.

Piece No. 2

The second piece of the puzzle involved removing all the individual, separate wires and sensors from the scalp and encasing them in a custom-fitting, lightweight cap made of plastic that's fitted over the head.

The cap could be worn, he said, by an image analyst sitting in front of a computer, looking through images from an unmanned aerial vehicle, searching for a pattern, which might be, for example, an enemy emplacement or a tank.

When the analyst is pouring over thousands of images, he might miss something important because of the immense amount of cognitive processing required. Plus, it is a very time-consuming and tiring process.

Wearing the cap would facilitate that task with EEG, since "we can pick out that sort of

ah-ha, pop-out moment in your brain, which happens very quickly," he said.

In other words, the Soldier's brain subconsciously picked out the signal, but the brain's internal communication didn't elevate it to the conscious level, he said.

Using an algorithm, a computer that's hooked up to the EEG would then process that information and quickly figure out that of 1,000 images, perhaps 10 are likely very important based on the EEG pattern, he said. Those could then be re-presented back to the Soldier very slowly so they can look for the target.

One problem, though, is that most EEG caps are not comfortable because they are designed as "one-size fits all," so people will not wear them long. As an alternative approach, Hairston picked up a prototype of a custom-fit cap that had been printed out by one of ARL's 3-D printers. The Soldier's head had first been measured in 3-D by magnetic resonance imaging, or MRI. The cap felt lightweight, spongy and comfortable, and would be a perfect fit for that Soldier.

Piece No. 3

The third puzzle piece involved completely ditching the cap and wirelessly transmitting EEG data via a microprocessor. This is one of the most challenging stages.

ARL's material scientists are looking at

SEE ABILITY, PAGE D4

PIGSKIN PICKS



	Green Bay vs. Detroit	N.Y. Jets vs. N.Y. Giants	Atlanta vs. Tampa Bay	Houston vs. Buffalo	Kansas City vs. Oakland	Indianapolis vs. Pittsburgh	Dallas vs. Washington
 Col. Tom von Eschenbach CDID (53-31)							
 Capt. Louis Hill 6th MP (49-35)							
 Jim Hughes PAO (55-29)							
 Capt. Mike Simmons DPS (59-25)							
 Sharon Storti NEC (54-30)							

DOWN TIME



Trivia test

by Fifi Rodriguez

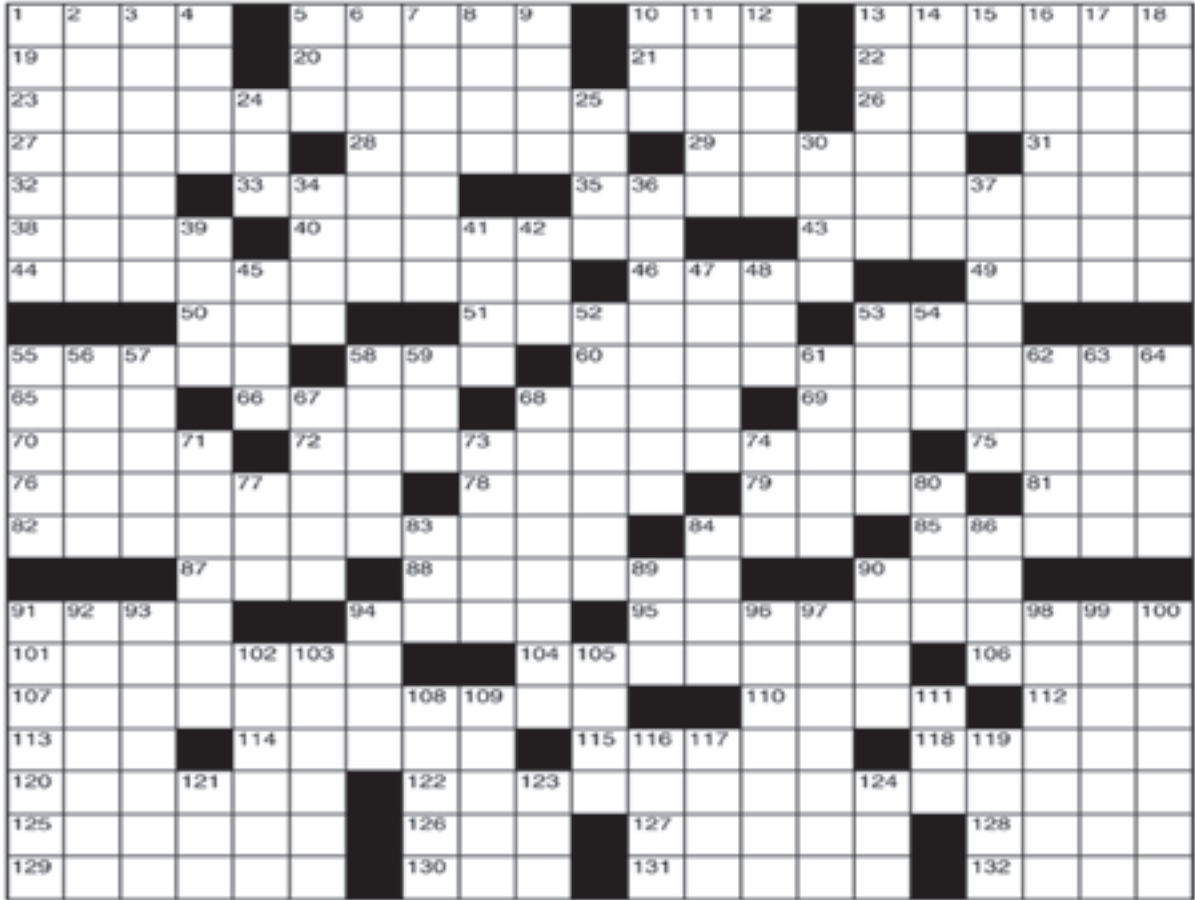
T R I V I A

1. MOVIES: What was the 1953 film for which Frank Sinatra received a Best Supporting Actor Oscar?
2. GENERAL KNOWLEDGE: What is a natatorium?
3. FAMOUS QUOTATIONS: Who once said, "I have not failed. I've just found 10,000 ways that won't work"?
4. CHEMISTRY: What is the symbol for the element copper?
5. LITERATURE: What was the name of the captain in Jules Verne's "Twenty Thousand Leagues Under the Sea"?
6. MUSIC: What pop artist had a No. 1 hit with "Escape (The Pina Colada Song)"?
7. GEOGRAPHY: What is the highest point in the United States east of the Mississippi River?
8. AD SLOGAN: What company's product was featured in ads with the slogan "the ultimate driving machine"?
9. FOOD & DRINK: What flavor is the liqueur Cointreau?
10. LANGUAGE: What is a courgette?

See Page D4 for this week's answers.

Super Crossword L-IMINATION

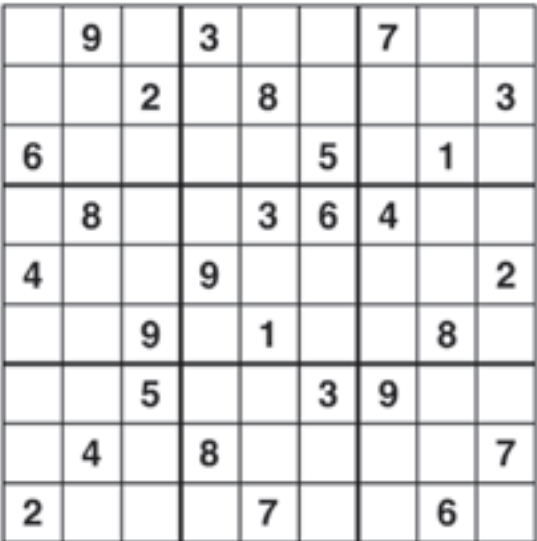
- ACROSS**
- 1 Start for legal or chute
 - 5 Dame Nellie of opera
 - 10 Dems' rival political gp.
 - 13 B flat's equivalent
 - 19 Portent
 - 20 Distant Nin
 - 21 "No —, ands or butts!"
 - 22 Person ogling
 - 23 Escorted one's rival?
 - 26 Lemon-lime soft drink
 - 27 Wipe the slate clean
 - 28 Stand in an art studio
 - 29 Saint — (Caribbean island)
 - 31 Ending for dull or drunk
 - 32 Border
 - 33 Dress in Goa
 - 35 Weekend time spent with pals?
 - 38 Luau strings, for short
 - 40 Large, red apple variety
 - 43 "Be quiet!"
 - 44 Actors in a film featuring church ministers?
 - 46 Position
 - 49 Ticked (off)
 - 50 "— takers?"
 - 51 Nasal partition
 - 53 Moray, say
 - 55 One-named flamenco entertainer
 - 58 Rowdydow
 - 60 Cry to comic
 - 61 Sales when he's losing his grip?
 - 65 With 66-Across, drudge's routine
 - 66 See 65-Across
 - 68 Army post
 - 69 More audacious
 - 70 "— ask is that ..."
 - 72 Laryngitic pigeon's comment?
 - 75 Positive
 - 76 Sir Walter Scott novel
 - 78 Muhammad and Laila of the ring
 - 79 — cava
 - 81 Soldier of Seoul
 - 82 Situation when a fuel gauge is at 50%?
 - 84 Balking beast
 - 85 "Oro y —" (motto of Montana)
 - 87 Prefix with cyclist
 - 88 Got old due to excess
 - 90 "— always say ..."
 - 91 Address for a lady
 - 94 1976-81 sketch show
 - 95 Watch over a 787?
 - 101 As a group
 - 104 One making an attempt
 - 106 Tech caller
 - 107 Walk with no lights on?
 - 110 Tax doc. whizzes
 - 112 Plains tribe
 - 113 Mouthwash bottle abbr.
 - 114 Did autumn yard work
 - 115 Peter & Gordon's "— Pieces"
 - 118 Loft
 - 120 Species-crossing
 - 122 Things that a drum-playing lush has?
 - 125 Like sweet-hearts
 - 126 Stogie name
 - 127 Like many shiny floors
 - 128 Impressionist
 - 129 Seesaw
 - 130 Quit delaying
 - 131 Veil wearer
 - 132 Contradict
 - 36 Parvenus
 - 37 Bottom-line red ink
 - 39 With 57-Down, map book for an astronomer
 - 41 Old filling station name
 - 42 Beatified Fr. woman
 - 45 — about (roughly)
 - 47 — del Este, Uruguay
 - 48 Texter's "Holy cow!"
 - 52 In a fake way
 - 53 2001 bankruptcy company
 - 54 Juan's "that"
 - 55 Jenny —
 - 56 Turkish confection
 - 57 See 39-Down
 - 58 Emeril Lagasse's "There's — in My Soup!"
 - 59 Narc hirer
 - 61 Clarinets' kin
 - 62 "Star Trek" lieutenant
 - 63 Politico Ross
 - 64 California city on I-5
 - 67 Garlic mayo
 - 68 Toppled
 - 71 Barbaric
 - 73 Bank safe
 - 74 Rite Aid rival
 - 77 — Solo
 - 80 Lhasa —
 - 83 TV watchdog
 - 84 1998 Sarah McLachlan song
 - 86 Stead
 - 89 911 gp.
 - 90 "— Ca-Dabra" (1974 song)
 - 91 Blockbuster
 - 92 Pain reliever
 - 93 Genial
 - 94 Try to find
 - 96 Big Apple cab words
 - 97 Testified under oath, old-style
 - 98 Uranium 235, for one
 - 99 Web habitué
 - 100 Food store
 - 102 Try hard
 - 103 Parasol, e.g.
 - 105 Short parody
 - 108 Skin: Prefix
 - 109 — committee
 - 111 Religious day of rest: Abbr.
 - 116 41st U.S. pres.
 - 117 Actor Epps
 - 119 Frog cousin
 - 121 Go to seed
 - 123 To this point
 - 124 34th U.S. pres.



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2015 King Features Synd., Inc.

See Page D4 for this week's answers.

KID's CORNER

Junior Whirl
by Hal Kaufman

CHANGE SEASONS! Are you more partial to warmer than colder? Here is a simple way of switching seasons without getting out of your skin. Rule: the word Winter appears diagonally in the diagram right. Just rearrange the order of words from top down and you can change the word WINTER to spring.

How quickly can you complete the rearrangement?
Time limit: 2 minutes.

2000 DOR Challenge: Rearrange all 10 letters of the word HIDEWRAPES to form three short words appropriately applicable to a seasonally correct one scene. What are the words?

WEIGHING IN
WHEN Juan, Beth, Green and Donna all gave birth to the same hospital on the same day, nursery and together their newborns weighed the following:
Juan's baby, Estelita, had a birth weight of six pounds, 11 ounces.
Beth's baby, Brian, had a birth weight four ounces less than Estelita.
Green's baby, Dianne, weighed four ounces less than Donna's baby, Dana.
Dana's Dan weighed two ounces less than Estelita and two ounces more than baby Brian.
How much did baby each weigh?

SLIP-SLIDING! Now you see him, now you don't. Slip bottom strip one hat space to left and Santa at right disappears.

Wishing Well

FOOT LOOSE! "Let me help," says the nice young man above. Add colors by number. Codes: 1—Red, 2—LL, 3—LL, 4—LL, 5—LL, 6—LL, 7—LL, 8—LL, 9—LL, 10—LL, 11—LL, 12—LL, 13—LL, 14—LL, 15—LL, 16—LL, 17—LL, 18—LL, 19—LL, 20—LL, 21—LL, 22—LL, 23—LL, 24—LL, 25—LL, 26—LL, 27—LL, 28—LL, 29—LL, 30—LL, 31—LL, 32—LL, 33—LL, 34—LL, 35—LL, 36—LL, 37—LL, 38—LL, 39—LL, 40—LL, 41—LL, 42—LL, 43—LL, 44—LL, 45—LL, 46—LL, 47—LL, 48—LL, 49—LL, 50—LL, 51—LL, 52—LL, 53—LL, 54—LL, 55—LL, 56—LL, 57—LL, 58—LL, 59—LL, 60—LL, 61—LL, 62—LL, 63—LL, 64—LL, 65—LL, 66—LL, 67—LL, 68—LL, 69—LL, 70—LL, 71—LL, 72—LL, 73—LL, 74—LL, 75—LL, 76—LL, 77—LL, 78—LL, 79—LL, 80—LL, 81—LL, 82—LL, 83—LL, 84—LL, 85—LL, 86—LL, 87—LL, 88—LL, 89—LL, 90—LL, 91—LL, 92—LL, 93—LL, 94—LL, 95—LL, 96—LL, 97—LL, 98—LL, 99—LL, 100—LL, 101—LL, 102—LL, 103—LL, 104—LL, 105—LL, 106—LL, 107—LL, 108—LL, 109—LL, 110—LL, 111—LL, 112—LL, 113—LL, 114—LL, 115—LL, 116—LL, 117—LL, 118—LL, 119—LL, 120—LL, 121—LL, 122—LL, 123—LL, 124—LL, 125—LL, 126—LL, 127—LL, 128—LL, 129—LL, 130—LL, 131—LL, 132—LL.

SPELLBINDER
SCORE 10 points for using all the letters in the word below to form two complete words.
SOUNCIER
THEN score 2 points each for all words of four letters or more found among the letters.
Try to score at least 10 points.

Wishing Well

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 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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

HOCUS-FOCUS
BY HENRY BOLTRACOFF

Find at least six differences in details between panels.

Panel 1: A man in a suit and a woman in a dress are standing in front of a sign that says "VISIT SANTA". The man is holding a bag and the woman is holding a hat. Panel 2: The same man and woman are standing in front of the same sign. The man is now holding a hat and the woman is holding a bag. The sign now says "TO SANTA".

TALKING TURKEY

Army researcher develops healthier bacon, jerky

By Jane Benson
*Natick Soldier Research,
Development and Engineering
Center
Public Affairs*

NATICK, Mass. — An Army researcher wants to talk turkey.

Dr. Tom Yang is a food technologist in the Combat Feeding Directorate at the Natick Soldier Research, Development and Engineering Center, or NSRDEC. He is working on healthier forms of jerky and bacon made from turkey that he believes Soldiers will gobble up.

Yang has been experimenting with osmotic meat technology, which was originally developed in France, to develop the new turkey jerky and turkey bacon products that taste great, but are much lower in salt and fat.

The turkey, osmotic version of jerky stays moist and avoids the texture problems of commercial jerky, which can become brittle. It is also higher in protein. The turkey version of bacon allows all Soldiers to enjoy bacon anywhere in the world because it does not contain any pork.

“This is new technology, and



PHOTO BY DAVID KAMM

Tom Yang, a food technologist at the Natick Soldier Research, Development and Engineering Center, is developing new turkey bacon, as shown here, and turkey jerky products for the warfighter.

it is very energy efficient and is inexpensive,” Yang said. “The technology uses a principle called osmosis. So, what we have now is a semi-dried meat. It has much less salt and stays moist.”

During the process, the meat is ground and made into a paste. It is then extruded onto a sheet, sandwiched between two layers of paper and put through a conveyer. “The conveyer will take the

sheet into an osmotic tank, which contains a high concentration of non-sugar solution,” Yang said. “Ninety-two to 95 percent of moisture will migrate from the meat into the solution. The whole process takes place at refrigeration temperature so any heat-sensitive nutrients will not be destroyed.”

In addition to turkey, this process can be used on beef, pork, chicken and seafood. The meat’s texture is somewhat moist, resembling the texture of prosciutto.

“The French eat the meat as is,” Yang said. “It’s safe. But Americans are used to a cooked-meat type of texture. So we toast it. We can then, according to the recipe, make a jerky or a bacon. The toasting is for two or three minutes at 350 degrees.”

Yang’s recipes add omega-3s and use lean, turkey breast. He sees applications beyond bacon and jerky.

“You could also use the meat as a wrap by wrapping the meat around vegetables,” Yang said. “This type of wrap would have a lot of protein, as opposed to carbohydrates. And because the meat is lean, it is not greasy at all. It is a very healthy alternative. Soldiers

need more protein, as opposed to carbohydrates.”

In addition to working on healthier forms of bacon and jerky, Yang is also working to improve hash browns with bacon, a very popular item in the meals, ready-to-eat. The new, healthier version has osmotic meat that tastes like bacon. It is pork-free.

“Soldiers will be able to have the hash brown and bacon that they like without pork,” Yang said. “It is healthier. There is no grease from bacon and it is a good source of beef protein.”

It is important to Yang to develop cost-efficient, good-tasting, nutritious food for the warfighter. He plans to continue to find new uses for the osmotic technology and to continue improving his recipes.

“To see Soldiers eat and like something that you have developed, and see that it improves their morale and helps them perform their mission better – I think that is the most fulfilling my job as a researcher can get,” Yang said. “My mission is to know they are well-fed and well-nourished. They risk their lives to protect us.”

Soldiers take reins of their recovery

By Lori Newman
*Brooke Army Medical Center
Public Affairs*

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Transitioning warriors have a plethora of activities to choose from in the Soldier Adaptive Reconditioning Program, but only one involves a 1,000-pound animal.

Soldiers from Brooke Army Medical Center’s Warrior Transition Battalion have the opportunity to go horseback riding at the Joint Base San Antonio-Fort Sam Houston Equestrian Center every Tuesday.

Part of the equine therapy is learning to care for and bond with the animal as well as ride, said Annie Blakely, who is a certified and registered Professional Association of Therapeutic Horsemanship instructor. PATH is a global authority, resource and advocate for equine-assisted activities and therapies.

According to the Equine Assisted Therapy website, this type of therapy can help people both physically and mentally by improving respiration, circulation, balance, metabolism, muscle strength and agility.

Army Staff Sgt. Cedric Richardson never rode a horse before he started the program three months ago.

“When I came out here I’m having fun with the animal, but I’m also taking care of the animal,” Richardson said.



PHOTO BY LORI NEWMAN

Sgt. Andrea Kraus brushes her horse after a ride at the Joint Base San Antonio-Fort Sam Houston Equestrian Center, Texas, Nov. 10.

“I’m learning a new skill – horseback riding. It’s unique and different if you haven’t grown up doing it.”

Richardson usually rides Gary. “I think he’s one of the biggest horses out here. He’s very energetic and he has the muscle to match, so you have to really know what you are doing and have confidence when you ride him,” he said.

“When I bring people out here (to the equestrian center) I see their inner child come out because they relax and they really enjoy being around the animals,” said Brad Bowen, Military Adaptive Sports Program coordinator.

“It gives me a little bit of release from the Army side. I get to come out here and just enjoy being outside and with my favorite animal,” said Pvt. Ashiah Moshauer.

“I love the animals – they seem to be so intuitive of what you are feeling. It’s nice to be able to take a step back – it creates a sense of mindfulness,” said Sgt. Andrea Kraus.

Adaptive horseback riding is just one of several options the transitioning Soldiers can participate in during their recovery.

“The Soldier Adaptive Reconditioning Program offers Soldiers the opportunity to get out and do what they really like to do as part of their recovery,” Bowen said.

SARP offers more than 15 different options for transitioning warriors including high-impact, high-energy activities such as wheelchair basketball, cycling and track and field, as well as low-impact options such as brain games, chess or arts and crafts.

“SARP is designed to get Soldiers active during their transition. They are required to participate 150 minutes a week in one or more of our activities,” Bowen said. “We try to incorporate almost any activity that you can think of or anyone wants to do into our program.”

To fulfill the requirement of 150 minutes per week, activities are held Mondays, Tuesdays and Wednesdays, and there are different programs each month. Soldiers participate in their physical training and can pick other activities.

Art therapy provides lifeline for wounded warriors

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Service members who take part in art therapy to soothe the symptoms of war’s invisible wounds display acts of courage and resilience to put them in control of their lives, the assistant secretary of defense for health affairs said Nov. 12.

Speaking at the 2015 Wounded Warrior Healing Arts Recognition “Show of Strength” event at the Pentagon, Dr. Jonathan Woodson said service members, professionals, families and other caregivers have critical roles by supporting art therapy and ensuring its success.

Woodson said a wide variety of wounded service members’ “museum quality” art on display at the event caught his eye.

“I was reminded of the infinite potential of art to assess the human emotion, access the human emotion, and exploring – to understand emotions are complex issues,” the assistant secretary said.

“Today is a celebration of recovery and rehabilitation,” he said, noting that the celebration includes the expanding partnership of the Military Healing Arts partnership between the Defense Department and the National Endowment for the Arts as part of the Warrior Care



PHOTO BY MARC BARNES

Staff Sgt. Jonathan Meadows and Jackie Biggs discuss a painting during an art therapy session at Fort Belvoir Community Hospital’s traumatic brain injury clinic at Fort Belvoir, Va., Dec. 19.

Month observance.

The NEA supports music, writing and visual art therapy at military care facilities for those who might not benefit from traditional therapy, Woodson said, adding that the partnership represents some of the “finest institutions in America coming together to aid in the healing of wounded warriors.”

Nine service members whose artwork was displayed received certificates of recognition for artistic achievement. Healing arts therapy was a key part of their recovery and rehabilitation, explained James Rodriguez, deputy assistant secretary of defense for warrior care and policy.

Acknowledging that healing arts might not benefit every service member, because each case is individual, Woodson said the option to enter the program should be included for all as an option to expand their therapy plan.

“The progress of creating can lead them places they otherwise (might not) access,” he said. “It is safe to say we are all just beginning to understand how engagement in the arts can change lives of military members affected by traumatic brain injury to post-traumatic stress syndrome and other conditions. We know (the arts) can be an extremely powerful tool in assisting with recovery.”

And there are many reasons why the

DOD-NEA partnership is important, he noted.

Studies show creating art can produce calming effects on invisible wounds, because art therapy can decrease stress hormones, which can relax and lessen anxiety – especially for those used to staying hypervigilant in high-stress environments, Woodson said. Creating art to express feelings and help them externalize what they might have repressed for a long time can help return service members to a

normal existence, he added.

Because of what they’ve experienced, service members often deal with a complex set of feelings and emotions that make it difficult to relate to people, Woodson said. The invisible wounds can lead to feelings of shame, guilt and identity crises that might cause them to retreat and engage in isolating behaviors,” he added.

“Art therapy is a lifeline out of that isolation,” the assistant secretary said.

Opening Soon

CHOW KING

GRILL & BUFFET

Serving Chinese, Japanese, American, & Noodle Soup Bar

Tremendous Price, Outstanding Value

Enjoy over 250 items for the best value in town!
You'll truly get what you pay for at Chow King.

STEAK • RIBS • CRAB LEGS • JUMBO SHRIMP
CATFISH • SUSHI BAR • HIBACHI GRILL
SALAD BAR • DESSERT BAR
HOT BAR-B-Q GRILL • OPEN KITCHEN
10 FOOD BARS

3112 Ross Clark Circle #3 • Dothan, AL 36303
Across from Planet Fitness • Next to Dove Christian

12,300 SQ. FT. FULLY REMODELED RESTAURANT • 450 SEATING
PARTY ROOM SEATING 120 PEOPLE • RESERVATIONS WELCOMED

Ability: Equipment designed to not burden Soldier

Continued from Page D1

a number of materials to make non-metallic polymer sensors that are stretchable and pliable, so they'll be comfortable and lightweight, he said. "In order to do this, we must work as a multi-disciplinary, collaborative team, involving members from other areas including material science,

aerospace engineering and electronics engineering."

The material holding the sensors and the sensors themselves would need to be thin enough to fit inside a Soldier's helmet safely, and the electronics operate only on locally-harvested power to alleviate the need for a bulky battery.

Hairston held up an example of one

that's being tested. It was lightweight and comfortable. "We don't want to burden Soldiers with more equipment," he said.

The other parts of the puzzle would be getting the sensors to transmit on ultra-low power and getting the algorithms needed to assist Soldiers in a variety of tasks.

It's probably still years away from happening, he said.

But at ARL, it's about "taking what we know from basic neuroscience research and finding ways of turning that into useful applications for Soldier systems and future scientific methods and understanding of how the brain actually works in real, dynamic environments."

SPORTS BRIEFS

Fitness centers holiday hours
The Fort Rucker Physical Fitness Center and indoor pool will be closed Dec. 19-Jan. 3. During the closure, the Fortenberry-Colton Physical Fitness Center will be open Mondays-Fridays from 6 a.m. to 6 p.m., Saturdays from 8 a.m. to 6 p.m. and Sundays from 10 a.m. to 6 p.m. It will be open Dec. 24 and 31 from 6 a.m. to noon, and closed Dec. 25 and Jan. 1. Both facilities will resume normal hours Jan. 4.

Basketball Coaches Meeting
People interested in coaching an intramural basketball team should attend one of the meetings Tuesday at either 9:30 a.m. or 5:30 p.m. at the Fort Rucker Physical Fitness Center Conference Room. The meetings are open to anyone interested in coaching a team. All games will be played at Fortenberry-Colton Physical Fitness Center.
For more information, call 255-2296.

Expansion of Functional Fitness Area
The Fort Rucker Physical Fitness Center on Andrews Avenue will soon undergo changes. The current basketball and volleyball courts will be designated as the new functional fitness area. This will provide space for additional functional fitness equipment, including but not limited to power racks, lifting platforms, TRX equipment, Olympic bars, plyometric boxes and climbing rope. Space will be available for full body movements, including sprints, lunges, battle ropes and more. In December, intramural basketball and volleyball will be relocated to the Fortenberry-Colton Physical Fitness Center.
For more information, call 255-2296.

Spin Challenge
Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour

spinning challenge each month, with the next taking place Dec. 15. The challenge is open to all authorized patrons. Each class is \$3.50, or people can use their class cards. Each session will feature door prizes and refreshments. All challenges are held at Fortenberry-Colton PFC at 5:30 p.m.
For more information, call 255-3794.

Holiday Ham Golf Shootout
Silver Wings Golf Course will host its Holiday Ham Golf Shootout Dec. 19. Tee times are from 7-9 a.m. Participants must tee off no later than 9 a.m. Cost is \$20 per person, plus cart and green fees, if applicable. This game is individual stroke play and USGA Handicap or Weekend Dogfight points will be used. Hams and gift certificates will be awarded to gross and net winners.
For more information, call 598-2449.

Hunting Incentive Program
In an effort to control the coyote and feral pig population, Fort Rucker has developed a Hunting Incentive Program that runs now through Aug. 31. Registered hunters who shoot 20 feral pigs or five coyotes during the 2015-2016 hunting season will receive a free Fort Rucker Post Hunting Permit for the 2016-2017 hunting season. People who trap five or more coyotes July-September are also eligible for a free permit. Hunters must be registered to hunt on Fort Rucker, be a registered participant of the Hunting Incentives Program and verify, through an outdoor recreation staff member or the Fort Rucker Game Warden, all animals shot or trapped on the installation. After verification with an ODR staff member or the game warden, hunters may remove the animal.
For more information on how to participate, call 255-4305.

PIGSKIN PICKS



Temple vs. Houston
Florida vs. Alabama
Troy vs. LA-Lafayette
Air Force vs. San Diego State
Stanford vs. USC
Michigan State vs. Iowa
North Carolina vs. Clemson

David C. Agan Jr. PAO (51-33)							
Kent Anger, DPTMS (58-26)							
Todd Conyers USAACE (47-37)							
Wes Hamilton NEC (57-27)							
John Tkac DPS (51-33)							

PUZZLE ANSWERS

Super Crossword

Answers

FLAMINGO	MAH	COMEBACK
AEROSOLS	LAPE	ACADEMIA
MOCHAGALLERY	LEGALITY	
ESOB	ZOO	OMAHAN
GREY		
ALE	DYNAMO	NETWORK
BELAMI	NEV	MUSTY
CLEMATIS	SEASON	PAMPA
DANA	ATA	SCI
SPEEDER		
ENDZONE	TETRA	SIRE
OLYMPIC	ASSOCIATION	
KEANE	ANO	TOT
CHINA		
NATIONWIDE	GASOLINE	
ATRA	PARODY	ONETWO
RUINERS	IN	ALP
IONA		
SPASM	INTERPOL	LOCKUP
MASSE	OAK	ASSESS
PREWAR	HOLLAND	LYE
LALA	RAMSES	RAE
FIDO		
EMISSIVE	MOHENO	IRONED
BEST	EVER	ON
INCURRED		
SNEEZERS	NTH	PAINTERS

Weekly SUDOKU

Answer

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

Trivia

- Answers
1. "From Here to Eternity"
 2. Building containing an indoor swimming pool
 3. Thomas Edison
 4. Cu (Latin "cuprum")
 5. Captain Nemo
 6. Rupert Holmes
 7. Mount Mitchell, North Carolina
 8. BMW
 9. Orange
 10. Zucchini

Security Clearance Denied/Revoked?

Don't let security clearance issues jeopardize your employment or career.



NAMED ALABAMA
SUPER LAWYER 2008,
2009, 2013, & 2014
10.0 SUPERB RATING
FROM AVVO.COM
AV PREEMINENT
RATING BY
MARTINDALE-HUBBELL
NCMS MEMBER

"I am keenly aware of the importance of a security clearance for both a military career and government and civilian contractor jobs. My goal with all of my security clearance clients is to put the clearance issue to rest at the lowest possible level. I handle cases throughout the United States and, if needed, will fly to your location to represent you at your hearing."

As a former U.S. Army Judge Advocate, attorney Ron Sykstus has been successfully handling security clearance cases for many years, covering all areas of government concern including:

- Financial Considerations
- Security Violations
- Drug Involvement
- Alcohol Consumption
- Personal Conduct
- Criminal Conduct
- Sexual Behavior
- Foreign Influence
- Foreign Preference
- Misuse of Information Technology

To learn more about Ron Sykstus, his experience and the services he can provide to protect your security clearance please visit www.SecurityClearanceDefenseLawyer.com

Contact Ron Sykstus NOW!

Personal email rsykstus@bondnbotes.com. Direct Office Phone 256-713-0221



BOND, BOTES, SYKSTUS, TANNER & EZZELL, P.C.

ATTORNEYS AT LAW • 225 PRATT AVENUE • HUNTSVILLE, ALABAMA 35801

Alabama Bar rules require the following: No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

REAL. LOCAL. SAVINGS.

See how much you could save on car insurance today.



Nancy Moseley | 334-671-1726 | 4177 Montgomery Highway • Dothan

Saving people money on more than just car insurance.®

GEICO
Local Office



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Homeowners, boat, PWC and flood coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. The GEICO Personal Umbrella Policy is provided by Government Employees Insurance Company and is available to qualified Government Employees Insurance Company and GEICO General Insurance Company policyholders and other eligible persons, except in MA. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2015. © 2015 GEICO.