

PERSONNEL CHANGE

Army adjusts retention control points for junior enlisted

Story on Page A3



HEALTHY HABITS

Students learn importance of exercise, diet, oral hygiene

Story on Page C1



GYM RAT

Program offers motivation, T-shirts, healthy lifestyle

Story on Page D1



ARMY FLYER

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AVIATION SENIOR LEADER FORUM

Aviation leaders target future, sustainment

By Kelly P. Pate
Fort Rucker Public Affairs

More than 150 senior leaders returned to the home of Army Aviation at Fort Rucker Feb. 3-6 to chart the Branch's future.

The Aviation Senior Leaders Forum provided a chance for commanders and command sergeants major, senior warrants and command chief warrant officers across Army Aviation to interact and weigh in on key issues.

The theme this year was how to sustain the indispensable capability Army Aviation has amassed over the years and provided to the warfight, and the most fundamental part of that is trust, said Maj. Gen. Kevin W. Mangum, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker.

"The reason we exist is to remain relentlessly focused on and dedicated to honoring that sacred trust with commanders and Soldiers on the ground. All of our efforts are focused on that end," Mangum said, as he opened the forum Feb. 4.

Those efforts include how to get the most out of home station training and flying-hour dollars in light of fiscal challenges, Mangum said.

"Army Aviation must figure out where we are with the fiscal environment and how do we build the best Aviation force we can within those constraints," Mangum said.

Mangum called for a change of mindset in order to become a more agile and expeditionary Aviation force in the future, and for more deliberate planning.

Key Aviation topics include manned-unmanned teaming, modernization strategy, training



PHOTO BY SARA E. MARTIN

WO1s Yoelkys Perez, Matthew Plicque and Francis Fox, all with B Company, 1st Battalion, 145th Aviation Regiment, observe and learn about prototype aircraft during Friday's Aviation Industry Day held at the Landing.

and leader development, lessons learned from recently deployed combat Aviation brigades, combined arms air-ground maneuver and enlisted training.

Gen. Robert W. Cone, Army Training and Doctrine Command commanding general, commended the participants on Army Aviation's leadership across the force.

"This Branch represents the very best of our Army when we talk about standards, discipline and trust. As the Army's lead trainer, I recognize that all of that starts here (at Fort Rucker)," Cone said.

Cone said what he sees on the Army's horizon is a significant increase in the velocity of human interaction, and a shift toward expeditionary maneuver that will require the force to be more versatile and agile.

For Aviation, that means more virtual training and more manned-unmanned teaming as we move toward Force 2025, Cone said.

In an afternoon session, Ellis Golson, director for the Capability Development and Integration

Directorate for USAACE, provided an update on current CDID efforts including updates to doctrine manuals, focusing on home station training, changes in Aviation courses and multiple efforts across the TRADOC capability managers here.

"We want to make sure we are managing the force as best we can as we start to draw down," Golson said.

Aviation requirements for the future include collecting and developing actionable combat information, moving personnel, equipment and supplies by air, and destroying or neutralizing enemy forces, Golson said.

Golson also led a panel discussing the challenges ahead as Aviation looks at developing formations that are tailorable, agile, expeditionary and deployable.

Brig. Gen. Bob Marion, Program Executive Officer for Aviation, Redstone Arsenal, gave an update on modernization, including the strategy of buying modernized airframes to save money, and how the Branch can best support the Army in the way ahead.

The roster of speakers Feb. 4

also included Maj. Gen. Lynn Collyar, Army Aviation and Missile Command commander, Redstone Arsenal and Brig. Gen. Timothy J. Edens, commander of the Army Combat Readiness/Safety Center.

After breakout sessions the morning of Feb. 5, the afternoon lineup kicked off with a panel session about achieving readiness at best value led by Col. Mike Aid, commander of the Aviation Center Logistics Command here, which manages the maintenance of the training fleet. Topics included maintenance procedures and leveraging the team, and an update on full-spectrum support to the fleet including training opportunities at Corpus Christi Army Depot, Texas.

Aviation Branch Command Sgt. Maj. James H. Thomson Jr. led a session about a holistic approach to the Aviation enlisted training model 2015, and a "job book" Army-level initiative for tracking Army careers.

Col. Robert C. Doerer, deputy commander for USAACE, led a

SEE FUTURE, PAGE A5

AAAA issues top honors to Aviation units, people

By Nathan Pfau
Army Flier Staff Writer

Hundreds came together at the U.S. Army Aviation Museum during the Senior Leaders' Dinner to honor Army Aviation Soldiers receiving recognition during the 2013 Army Aviation Association of America National Function Awards ceremony Feb. 5.

Lt. Gen. James O. Barclay III, deputy chief of staff, G-8, Headquarters, U.S. Army, Washington D.C., and Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, were among those to present the awards.

"Tonight, we recognize these great Americans," said Barclay. "It's truly an honor for me to come out here and speak to all of you, but more importantly it's an honor for me to come back to the Aviation center to present awards to these great Americans, and recognize their sacrifices and their service for what they've done over the past year."

The awards have been given out since 1972 and the U.S. Army Air Traffic Control Activity annually selects air traffic control awardees in five separate categories from two main categories: the Air Traffic Control Awards and the AAAA Awards, according to Col. Jayson A. Altieri, 110th Aviation Brigade commander and master of ceremonies.

ATC Unit of the Year

The 2013 ATC Unit of the Year Award was presented to F Company, 6th Battalion, 101st Combat Aviation Brigade.

"(This unit) provided exception-

SEE HONORS, PAGE A5



PHOTO BY SARA E. MARTIN

Jose Cintron, installation postal officer, inspects mail and places it into the letter and package cubbies at the Fort Rucker Postal Center Feb. 6. This week's "Day in the Life" features Fort Rucker mail carriers. For more, see page A3.

Day in the Life

Gold Star Families

Fort Rucker hosts survivors for tour

By Sara E. Martin
Army Flier Staff Writer

Most of the time, flight students are the ones receiving simulator briefs, but on Saturday, 19 Families were honored when they received private Warrior Hall tours as part of a celebration to recognize Gold Star Families from the region – a designation given to spouses, parents and other relatives of fallen service members.

All types of Families participated in the day, and many did not have any connection with Army Aviation or even the Army – some Air Force and Marine Gold Star Families participated, but all of them jumped at the idea of finding a way to get closer to their fallen heroes, said Beth Gunter, survivor outreach services financial counselor.

"They (had) the opportunity to learn about simulator flight training, what our Soldiers have to go through to fly, and were able to go into the simulators and experience flight situations with pilot volunteers. We also (had) a luncheon for them at The Commons where they (received) Aviation



PHOTO BY SARA E. MARTIN

Glenda Weeks, Gold Star Family member, flies in a TH-67 simulator Saturday during a simulator tour at Warrior Hall.

lapel wings so they have a memento for the day," she said.

SOS, Flight School 21 and several other organizations on Fort Rucker helped to make the day possible – an opportunity that many Family members were emotionally thankful for.

"I love that they have events like this for Families. I really feel like we are welcome and connected to the base," said Ann Yoakum, Gold Star Family member. "We have been really excited for this day to see what kind of train-

ing (my son) had to go through to be able to fly."

"To enjoy taking steps that he once took during a major transition in his life, to remember him is going to be amazing – we can connect with him more now," said Jim Butler, Gold Star Family member. "We really appreciate everything Fort Rucker does to reach out to us, and make us and the other Families feel like we are still important."

SEE TOUR, PAGE A4

PERSPECTIVE

Combined ingredients

Black history is also American history – vice versa

By Larry D. McCaskill
Army Contracting Command

(Editor's note: McCaskill is the editor of the Army Contracting Command's weekly "News-Blast" at Redstone Arsenal. He is an Army veteran and native New Yorker.)

February is Black History Month, a time set aside to highlight the achievements of African Americans. As an American, I am more than proud of the contributions made by my ancestors to making this nation, this world, a better place to live.

I remember studying black history in elementary school. My teachers were of various ethnicities and all shared a great sense of knowledge and pride in introducing young minds to the works of authors like Phyllis Wheatly, Langston Hughes and Lorraine Hainsberry just like they did when discussing William Shakespeare and Mark Twain. They were just as enthusiastic discussing inventors. If you learned about Thomas Edison, you would also learn about Lewis Latimer – the scientist and inventor who perfected the filament for light bulbs to make them last longer and cost less.

My favorite teacher back then was Mrs. Graham, an intense woman who shared her passion for education with you whether you liked it or not. She opened up a whole new world of possibilities for me. For her, black history wasn't restricted to 28 calendar days. For her, it was a 365-day experience. For her, it was American history.

With Mrs. Graham, there was no other way of explaining it. She was the first one I remember using the analogy of Americans being part of a salad rather than a melting pot. In a melting pot, things blend together to become one. In a salad things are combined, each maintaining their unique characteristics to become something much more than each ingredient, without each piece losing its own flavor. That made a lot of sense to me. Mrs. Graham taught me that black history is American history and vice versa.

When we honor those who helped build this great country we live in, we need to make sure we do so in a way that unites, not divides. Some may view ethnic celebrations as being for only certain groups. That's anything but the truth. The honoring of the various groups only shows what their contributions meant to this nation.

Until fairly recently, history has been written by those with the power, and more often than not, those people chose to write about themselves and others like them. As Americans became more educated, they also became more aware that some bits and pieces were left out of the tale of what this nation was built upon.

These moments of remembrance serve as a further opportunity to educate and grow as a people. We should take time to honor those who helped build this great country we live in. You can separate achievements by race, ethnicity or gender all you like but when the rubber hits

'Hell Fighters' From Harlem

(Editor's note: The art and accompanying write-up is taken from the Center of Military History, U.S. Army at www.history.army.mil.)

Meuse-Argonne, Sept. 26 to Oct. 1, 1918. The 369th Infantry fought valiantly in the Allied (Champagne) Offensive as part of the French 161st Division. Attacking behind a fiery barrage, the 369th Infantry assaulted successive German trenchlines and captured the town of Ripont. Against determined resistance, the 369th advanced up the heights north of the Dormoise River and spearheaded the attack toward the town of Sechault. On Sept. 29, the regiment "... stormed powerful enemy positions, ... took, after heavy fighting, the town of Sechault; captured prisoners and brought back six cannons and a great number of machine guns." Despite heavy casualties, the 369th, called "Hell Fighters" by the French and Germans, relentlessly continued the attack at dawn. Raked by enemy machine guns, they assaulted into the woods northeast of Sechault, flanking and overwhelming enemy machine gun



ARMY ARTWORK

positions. The "Le's Go!" elan and indomitable fighting spirit of the 369th Infantry was illustrated throughout the battle action. Their initiative, leadership and gallantry won for their entire Regiment the French Croix de Guerre.

The citation for the French Croix de Guerre with Silver Star was published in War Department General Orders 11, 1924, and reads:

369th Infantry

Under the command of Colonel Hayward, who although

wounded, insisted on leading his regiment into combat; of Lieutenant Colonel Pickering, admirably cool and courageous; of Captain Cobb (killed); of Major Spencer (severely wounded); and of Major Little, a real leader of men, the 369th Regiment of American Infantry, under fire for the first time, captured some powerful and energetically defended enemy positions, took the village of Sechault by main force, and brought back six cannon, many machine guns, and a number of prisoners.

the road, they – we – are all part of the fabric that is America.

So yeah, we celebrate February as Black History Month. Next month we'll celebrate Women's History Month, and so on and so on.

The one thing that should be taught and never forgotten as we pay tribute to our past is that our past is the foundation of this great nation. The foundation is a solid one built on the aspirations of Americans.

That being said, I say every month is American History Month – each building on the other for the greater whole. Let's not forget the uniqueness of every ingredient in this salad and enjoy it for what it is.

Rotor Wash



Patricia Thomas,
retired Army

"Communication is key. When you argue it's not about winning, it should be about coming to a rational solution. Don't stop talking and don't stop listening to each other."



2nd Lt.
Brennan Randel,
D Co., 1st Bn.,
145th Avn. Regt.

"Write sweet notes and put them on the mirror before you go to work so they will see it when they get ready."



CW3 Brian Imwold,
WOCC

"Have fun every day. Don't wait for just one day to appreciate each other. Try to enjoy every day like it was Valentine's Day."



W01 Dan Mossman,
B Co., 1st Bn.,
145th Avn. Regt.

"Hobbies – you have to have a common ground where you can both have fun enjoying the same thing. Do it on a weekly basis at least, too."



Ray Drum,
retired Army

"Just love her forever and always."

“Valentine’s Day is Friday. Romance is made simple with cards, candy, and flowers. What other things can be done to rekindle romance in a relationship the rest of the year?”

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FORT RUCKER COMMANDING GENERAL

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Post mail carriers strive on

Neither snow, nor rain, nor heat, nor gloom of night keeps these workers from their duty

By Sara E. Martin
Army Flier Staff Writer

(Editor's note: This is part of a continuing series looking at different jobs and the people who get them done at Fort Rucker. Readers who have ideas for jobs or people to be highlighted in the series can send an email to jhughes@armyflyer.com for the staff to consider.)

Nearly half the day was gone, but the postal clerks at the Fort Rucker Postal Center were not nearly finished completing inspections and putting postage on mail of the nearly 400 envelopes and magazines that were waiting for their attention Feb. 6.

As Derold Boyett, mail clerk, and other clerks placed postage on mail, Jose Cintron, installation postal officer, inspected each piece of mail and talked with the others about how nothing could keep them from protecting the base, one day at a time.

“We have a lot of responsibility keeping (people on post) safe from those who would use mail to harm them,” he said. “It can be dangerous, and we always have to keep that in mind, but that’s not going to keep us from doing our duty, our jobs. And our job is to not only make mail delivery efficient but to keep what is in the mail safe and to keep who it is going to safe.”

The day in the life of a postal serviceman at first glance might not seem that exciting or interesting, but for the five postal workers that operate the center, their work lives are full of changing information and security checklists.

“On average we have about 700 to 800 letters and packages a day, and each envelope can pose a danger to us and everyone else on post,” he said. “It can be stressful if you think all the time, ‘Oh this envelope could have a substance in it.’ We always expect that something hazardous will be in a package or an envelope, but we hope with every item we touch that that is not the case, but it can always happen.”

The postal center is different from a normal post office because only official business mail of workers on the installation is processed there. Mail coming in and going out, as well as interpostal, meaning mail going from one part of post to another, is



PHOTO BY SARA E. MARTIN

Britney Coker, mail clerk, operates the meter machine to process the mail at the Fort Rucker Postal Center Feb. 6.

processed there.

“We do not process personal mail, but other than that we are just like other post offices,” said Cintron.

Mail is visually inspected. If a letter or package does not meet security requirements then workers put it through an X-Ray machine. If it is still suspicious then workers call security.

“(Parcels) go through an X-Ray machine if it looks suspicious, such as it is making a noise or it has an oily film on the outside, has a weird or phony return address or has unusual writing. That’s when we call the fire department and the police,” said the

postal officer.

The police were called several times to the mailroom when the center was located in the Soldier Service Center, once leading to an evacuation of the entire building, said Cintron.

“That is why we now have our own small building, because we don’t want to put hundreds people at risk,” he said.

But don’t worry, said Cintron. Each team member is professionally trained to know what to look for.

The postal workers arrive each day to Bldg. 118 at 7:30 a.m. and leave around 4:15 Mondays through Fridays, which

does not close for lunch.

The day begins with marking the letters for postage after a visual inspection by the clerks before the mail is placed in the mailboxes at the center or put in bags, where the postal officer will again inspect the parcels, to be delivered across the installation.

“That process takes all morning. Then someone will take up the route around lunchtime where they drop off and collect accountable mail from about 60 different organizations,” said Cintron. “Once we get that mail back here we organize it, run it through our machines and put postage on it.

“We do that for the rest of the afternoon along with other jobs, such as organizing the mail for the next day, re-addressing mail that has the wrong address or name on it, locating misaddressed Soldiers and workers, helping customers and making out reports,” he continued.

Workers take turns each day on who goes out to do the route and other jobs to make sure the work doesn’t get monotonous.

“Variation is key to safety here, I think. We are always changing up our routines and who does what to make sure that each piece of mail that comes through here gets the attention it deserves,” said Boyett. “Plus, we always double check everything that comes in and out. We are Family here – we have to look out for each other to make sure we don’t make mistakes.”

Both Boyett and Cintron agree that once someone starts mail work, it’s hard to get away from it.

Boyett said one of the perks of his day is when he gets to talk to people as he delivers their mail, admitting he does enjoy chatting.

“The mail never has much personality – it’s the people that make everything fun and interesting,” said Boyett. “I like working with and helping the Soldiers I come in contact with everyday. I connect with everyone on the route and everyone that comes to the windows.”

By the time 4 p.m. rolls around and the mail that leaves the base has been processed, a truck comes to pick up the carrier’s hard work, and for the first time in the day they are allowed to jump into their own vehicles, go home and check their own mailboxes.

Army adjusts retention control points for junior enlisted

By C. Todd Lopez
Army News Service

WASHINGTON – The Army has announced changes to retention control points for Soldiers in the ranks of corporal through sergeant that took effect Feb. 1.

RCPs are the number of years a Soldier may serve to at a particular rank. For example, the retention control point for a staff sergeant is 20 years. Soldiers must retire at 20 years, unless they are promoted to sergeant first class.

Army ALARACT 026-2014, “Change to retention control points for enlisted Soldiers serving in the regular Army or under the Active Guard Reserve Title 10 programs,” released Jan. 31, spells out the changes in detail.

The new RCP for promotable corporals and specialists is eight years. That is down from 12 years, as spelled out in an earlier 2011 ALARACT. The new RCP for sergeants is 14 years, up from 13. And the new RCP for promotable sergeants is 14 years, down from 15.

The changes apply to Soldiers serving in the active Army. It also applies to Soldiers in the Army Reserve or Army National Guard who are serving under Active Guard Reserve Title 10 programs, but not reserve component Soldiers who are mobilized.

According to Paul Prince, Army G-1 spokesman, Soldiers who are not serving on an indefinite re-enlistment and who reach their RCP during their current enlistment agreement will perform active service until they reach their expiration term of service date.



U.S. ARMY PHOTO ILLUSTRATION

The Army has announced changes to retention control points for Soldiers in the ranks of corporal through sergeant. The changes took effect Feb. 1.

News Briefs

TRADOC IG visit

The Army Training and Doctrine Command Inspector General will conduct a staff assistance visit at Fort Rucker Feb. 24-26. The visit seeks to assess: the installation IG functions and operations; assess the perceptions about the installation command climate from Soldiers, Army civilians, Family members and retirees; and conduct an IG Action Request.

Sensing sessions will be conducted with Soldiers, Army civilians, retirees and Family members – participation by retirees and Family members is voluntary. Sensing sessions for retirees and Family members are scheduled for Feb. 25 from 3:30-5 p.m. in Bldg. 8950, the Fort Rucker Family Readiness Center, on Seventh Avenue.

For more information, call 255-2118 or 255-1876.

AER kickoff

The 2014 Army Emergency Relief Fund Campaign kickoff ceremony will be held March 4 at 2 p.m. in the U.S. Army Aviation Museum. The theme this year is “A Soldier’s First Choice.

For more information, call 255-2341.

SSA closes for inventory

The Logistics Readiness Center’s Supply Support Activity in Bldg. 1212 will close while it conducts a wall-to-wall inventory March 24-28. Normal operations will discontinue at 4:15 p.m. March 21. SSA expects to resume normal business March 31. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

Contracting 101

Because of the inclement weather in late January, the Mis-

sion and Installation Contracting Command-Fort Rucker rescheduled its first Contracting 101 class for March 26 from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm. 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to ambrosio.c.alvarezestero.mil@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang.mil@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.hulsey.mil@mail.mil.

AER scholarships

Applications for Army Emergency Relief scholarships for the 2014-2015 school year are due by May 1. AER scholarships are available for spouses and dependent children of active-duty, retired and deceased Soldiers.

For more information and to apply, visit www.aerhq.org, or call 1-(866) 878-6378.

Spouse club scholarships

Fort Rucker Community Spouses Club scholarship applications are available on the FRCSC website at www.fortruckeresc.com/scholarships. Scholarships are available for high school and continuing education students who are dependents of active-duty, Reserve, National Guard, retired and deceased military residing within a 50-mile radius of Fort Rucker, and also for dependents of Department of Defense civilians assigned to Fort Rucker. The club additionally offers scholarships to any student (military affiliation not required) who will be enrolled in a full-time engineering program in the 2014-15 academic year.

More information is available on the website.

Opportunity knocks

The following internal position is available on Fort Rucker: Administrative Support Assistant, GS-0303-07, with a closing date of Feb. 20.

For more, check out www.usajobs.gov.

Commissary scholarships

Applications for the 2014 Scholarships for Military Children Program are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by the close of business Feb. 28. Packages must be hand-delivered, or shipped via U.S. Postal Service or other delivery methods – not emailed or faxed. This year’s award amount has risen to \$2,000 and the program awards at least one scholarship at each commissary with qualified applicants. Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

For more information, students or sponsors should call (856) 616-9311, or send an email to militaryscholar@scholarshipmanagers.com.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday.

The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Bogus

Scam website imitates legitimate benefits website

By Army Criminal Investigation Command
Public Affairs

QUANTICO, Va. — The U.S. Army Criminal Investigation Command reports there is a false website emulating the official U.S. Army benefits website for former and current service members.

CID reports that a website claiming to be an official U.S. Army benefits website, using the web address www.usmilitary-benefit.org, is not an official U.S. Army website and it is neither affiliated nor endorsed in any way by the U.S. Army.

The official MyArmyBenefits website can be found at <http://myarmybenefits.us.army.mil> — this is the authorized U.S. Army benefits website, and serves as the go-to source for all benefits and services available, and continues to successfully assist Soldiers and their Families. Soldiers and former service members are required to use either their common access card or Army Knowledge Online login information to access the official website. As a reminder, the official site ends with “.mil.”

According to CID special agents, the primary purpose of the bogus website is to collect as many Soldiers’ AKO email accounts and passwords as it can get. The bogus website also makes the false claim that (sic)



“The US military has granted access to unclaimed and accumulated Army benefits for the under listed active-duty Soldiers. Benefits not claimed within the stipulated period will be available for claims after 60 months.”

CID strongly recommends that Soldiers, Department of the Army civilians, Army retirees and Family members avoid this website, and ignore any informa-

tion or claims posted on the site.

Most online scam attempts are easily recognizable as they are usually unsolicited emails or texts; hoax websites that contain misspelled words, punctuation and grammatical errors; and often ask for private information, such as an individual’s email address and password.

Cyber-crime and Internet fraud presents unique challenges

to U.S. law enforcement agencies as criminals have the ability to mask their true identities, locations and cover their tracks quickly. Websites and accounts can easily be established and deleted in very little time, allowing scam artists to strike and then disappear before law enforcement can respond.

The ability of law enforcement to identify these perpetrators is very limited, so individuals must stay on the alert, and be personally responsible to protect both themselves and their loved ones.

CID strongly recommends that Soldiers, civilians and Family members who receive any suspicious or unsolicited emails should delete them immediately without response.

People who provided any information to the My Army Benefits website or who have received any correspondence from the website should take the following steps.

- Don’t log onto the website.
- Don’t respond to any emails.
- Stop all contact if they have previously responded to any emails.
- Immediately contact their local information assurance office if you accessed the website from a government computer or system.

Other cyber-crime resources available include:

- Internet Crime Complaint Center — <http://www.ic3.gov/>

- default.aspx; and
- Federal Trade Commission — spam@uce.gov.

By reporting this cybercrime people can assist law enforcement agencies in their investigations and help bring those responsible to justice. For more information regarding cyber crime and staying safe online, visit the CID Lookout or the Computer Crimes Investigative Unit website at www.cid.army.mil.

CID Lookout is a U.S. Army Criminal Investigation Command initiative to partner with the Army community by providing a conduit for members of the Army Family to help prevent, reduce and report felony-level crime.

CID is an independent criminal investigative organization that investigates serious, felony-level crime, such as murder, rape, sexual assault, robbery, arson, fraud, and even cyber crime or intrusions into the Army networks.

Solving and preventing these types of crime cannot be achieved solely by CID special agents and the military police. Together, professional law enforcement officers and the Army community must work hand-in-hand to fight serious crime. CID is on point for the Army and depends heavily on Soldiers, Family members and civilian employees to be on the lookout, and provide assistance in keeping the Army Strong and safe.

Tour: Military Families connect during post visit

Continued from Page A1

Gunter said that through the simulators the survivors learned more about the love that some Soldiers have for Aviation and why, along with it being a fun activity they will probably never experience again.

“All of them have seen the helicopters flying overhead, even the ones who live in Florida and central Alabama. And even though many of their Soldiers were not Aviators, they can connect with the community a little better, and have a more in depth understanding of something that is very essential to our community,” she said.

Participants will also have a different appreciation for the helicopters they see flying overhead and the pilots who have to keep them in the air, she added.

“I’m hoping they will leave here with the reassurance that they have not been forgotten — that the Army Family cares and wants them to be a part of this Family,” said the SOS counselor.

Top Fort Rucker leaders and their spouses spent the day expressing condolences and gratitude to those in attendance, and to thank them for their sacrifices.

“At any time any of us could be a Gold Star Family member and it comes down to treating others the way we would want to be treated,” said Col. Stuart J. McRae, Fort Rucker garrison commander. “They are a part of our Family, and just because tragedy occurs to someone in your Family you don’t suddenly stop associating with them.”

Butler drove down from his home near Birmingham to attend.

“(My son) was living his dream. He loved to fly and he loved what he did. When they told us we could sit in the simulators, I said it would be great to see and sit where he had trained,” said Butler, whose son, CW3 James Butler, was killed on his fourth deployment in 2007.

“He was flying C-12s during the deploy-



PHOTO BY SARA E. MARTIN

The Brown Family, a Gold Star Family, gets ready to take turns to fly a Black Hawk simulator during a simulator tour at Warrior Hall Saturday.

ment and I remember he was so excited because after the deployment he was going to be flying jets,” he continued.

Jennifer Butler, Jame’s mother, said that every time James would deploy Jim would grow out a rattail in his hair, and when James would come home he would cut it off for his father.

“When we had his final service, I cut it off for Jim and we put it in James’ casket. In honor of him now, Jim wears it all year long, but much shorter,” she said.

Other Family members remembered how “spunky” their Soldier was and recalled their go-get-`em attitudes.

“He was a do-everything-right-now kind of man. He always had to be busy doing something,” said Yoakum, whose

son, Keith, was killed while flying AH-64 Apaches. “I sat in an Apache once and all I kept thinking was, ‘My kid flies this thing?’ It was just hard to believe that he could fly something like that. It was really impressive.”

Keith was 41 when he was killed, but his mother and sister know he died doing what he loved and what he believed in.

“When he called me and told me he was going back to the Apache and was turning down the opportunity to fly with the Golden Knights, I was so against it. I knew that I would probably never see him again,” said his mother.

And although Yoakum did see her son one more time before he took up the Apache and deployed, he did pass away halfway

through his tour.

“My little brother was an amazing pilot — I would rather fly with him than let him drive any day,” said his sister, Mary Brown. “When he was 7 or 8, there was an event where children could fly in an airplane for a penny a pound, and he saved his pennies for weeks to get his weight in them so he could fly. I believe it was the first time he flew, and he was hooked.”

As the crowd emptied after their luncheon, several members patiently spoke with one another about their personal journeys of grief and exchanged numbers to help each other no matter how long it had been since their Soldier had passed, because, they said, that’s the way Families support each other.

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Future: Forum garners relationships, lessons

Continued from Page A1

panel discussion focused on leader development and talent management.

Feb. 6, Maj. Gen. H.R. McMaster, commander, Army Maneuver Center of Excellence at Fort Benning, Ga., guest spoke via video teleconference, about air-ground operations and Army Aviation’s vital role as a maneuver arm.

The bottom line is “Aviation is what makes the warfight unfair. Our Army’s asymmetric advantage is our ability to fight in three dimensions, and to conduct combined arms

air-ground maneuver,” McMaster said. “Nobody should want a fair fight.”

From the maneuver perspective, the Army needs manned and unmanned, scout and attack capability to win the fight today and in the future, he said.

Other forum participants included command team Col. Tom Drew, commander of the 101st Combat Aviation Brigade, and Sgt. Maj. Stuart O’Black, 101st CAB. For them the event was an opportunity to realign with the direction the Army and Army Aviation Branch is heading.

“It’s a chance to center ourselves, and to cross talk and have discussions we wouldn’t have otherwise,”

O’Black said.

Drew said it’s important at a time when there is anxiety in the force due to fiscal constraints, to garner the lessons and relationships forged among Aviation leaders here to ensure from the top down to the lowest levels every Soldier is in step.

“All of us across the Aviation Enterprise, whether you’re a tactical unit, a TDA unit, or program manager, we can all get together and talk about our profession and make sure we understand where we’re going,” Drew said, “because when you’re [in the field] you’re not focused on where the branch is going, you’re focused on your mission.”

Honors: Awards recognize Soldiers’ service

Continued from Page A1

ally meritorious service as a forward deployed tactical air traffic services company in support of Operation Enduring Freedom,” said Altieri. “Foxtrot Company has provided unrivaled air traffic services support to Regional Command-East, Afghanistan through ground breaking ATC methods and accomplished unprecedented responsibilities.

“Their proficiency while controlling a high volume of coalition, join and multinational rotary- and fixed-wing aircraft are unrivaled,” he continued. “Moreover, they have been commended for their outstanding operations by tenant military and civilian units, U.S. Air Force personnel and Soldiers within the units that depend on Aviation assets for outstanding mission accomplishment.”

ATC Facility of the Year

This award was presented to Shank Tower, F Co., 6th Bn., 101st CAB, Task Force Corsair Eagle Assault, in Afghanistan.

“Shank Tower provided VFR air traffic control services to coalition, multinational military and civilian aircraft, and unmanned aircraft systems units at one of the most complex airfields in support of Regional Command-East,” said Altieri. “The intricacy of FOB Shank’s airfield continually increased due to the increase in volume of traffic, multiple landing surfaces, congested airspace, enemy threat and a complex airfield layout.

“Shank Tower has supported myriad military and civilian fixed- and rotary-wing operations and unmanned aircraft systems, which directly and positively impacted combat operations in Afghanistan,” he added. “Operations that resulted in life-saving situations for countless aircrew members and Soldiers within RC-East.”

ATC Maintenance Technician of the Year

The 2013 ATC Maintenance Technician of the Year Award was presented to Staff Sgt. Christopher M. Squires, F Co., 3rd Bn., 10th CAB, TF Knighthawk.

“Squires represents the core ideals of Army Aviation and serves as a model of excellence within the ATC community,” said the master of ceremonies. “(He) served as the unit’s maintenance manager, headquarters platoon sergeant, company training noncommissioned officer, and was hand selected by the unit commander to help offset the airfield management responsibilities on the only Army-controlled airfield in Afghanistan.

“His efforts enabled the assigned controllers to execute their duties in safely controlling over 160,000 airfield movements by U.S. coalition, civilian and Afghan air force units,” he continued.

ATC Manager of the Year

This award was presented to CW2 Victor B. Villaluz, F Co., 6th Bn., 101st CAB, TF Eagle Assault.

“(Villaluz’s) outstanding duty performance as the deployed FOB Shank airfield management officer in charge and tower platoon leader was pivotal to the support of (his unit) and the extensive list of tenant users and Soldiers that were impacted by his contributions to the only U.S. Army operated C-17 capable airfield in RC-East,” said Altieri. “(He) far surpassed his operational duty description as an air traffic and air space management warrant officer, and dedicated his efforts during Operation Enduring Freedom to the safety, efficiency and security of FOB Shank.

“He continuously demonstrated sound judgment, a tireless work ethic, unrivaled initiative and the innate ability to balance the rigors of managing a complex airfield in an austere combat environment while facilitating day-to-day operations of an intricate ATC tower,” he added.

Air Traffic Controller of the Year

The 2013 Air Traffic Controller of the Year Award was presented to Staff Sgt. Monica Y. Willard, A-511 tower facility chief, 4th Bn., 58th Aviation Regiment, Camp Humphreys, Korea.

“Willard demonstrated outstanding performance in every aspect of air traffic control operations, Soldiering and leadership,” said Altieri. “She served as the A-511 tower chief immediately upon arrival in country and made a significant impact.

“Willard’s performance as the tower chief



PHOTO BY NATHAN PFAU

Sgt. Brandon J. Travers, A Co., 3rd CAB, TF Viper, and recipient of the 2013 Army Aviation Trainer of the Year Award, shakes hands with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, during the AAAA Award Ceremony at the U.S. Army Aviation Museum Feb. 5.

was nothing short of amazing as she rapidly overhauled the training program and record keeping, ensuring smooth operations for every member of the facility,” he continued.

Army Aviation Trainer of the Year

Presented to the trainer who has made an outstanding individual contribution to Army Aviation, the 2013 Trainer of the Year Award was presented to Sgt. Brandon J. Travers, A Co., 3rd CAB, TF Viper.

“Travers took a company barely capable of completing their assigned mission due to lack of qualified crew chiefs to man the UH-60L Black Hawk aircraft assigned to (his unit), and created a team of trained and ready warriors ready to accomplish any mission,” said Altieri. “His duties as the primary trainer within the company were not limited to the progression of crew chiefs, but also for the newly assigned door gunners, none of whom had prior Aviation crew-duty experience.

“During his nine-month deployment to Forward Operating Base Wolverine in Regional Command-South, Afghanistan, he was able to progress Soldiers and complete annual proficiency and readiness tests to enhance the warfighting capability of the assault helicopter company in the Zabul Province of Afghanistan,” he said.

Army Aviation Medicine Award

This award was presented to Capt. Nicholas P. Pelletier, 1st Bn., 10th CAB, TF Tigershark.

“Pelletier is a highly regarded, combat-proven physician assistant who contributed immensely to Task Force Tigershark’s overall success in providing emergency medical care, aeromedical evacuation and mass casualty support to coalition forces operating throughout Regional Command-East in Afghanistan,” said the master of ceremonies. “While deployed, Pelletier led a team of professionals that provided timely and life-saving medical treatment to coalition forces,” he continued. “He flew more than 30 missions supporting Regional Command-East, International Security Assistance Force, special operations and Afghanistan National Security Forces, and treated more than 2,000 patients and performed more than 100 invasive medical procedures without any complications while assisting in the operating room during nine major surgeries.”

Army Aviation DUSTOFF Flight Medic of the Year

The 2013 DUSTOFF Medic of the Year Award was presented to Sgt. Jeremy M. Wicklin, C Co., 2nd Bn., 3rd CAB.

“As a highly experienced and combat-tested flight medic, Sergeant Wicklin contributed greatly to the overall success of his unit’s medevac mission in Kandahar, Afghanistan,” said Altieri. “While deployed, he successfully completed more than 60 medevac missions, flew 100 hours and provided enroute treatment to more than 70 patients, including International Security Assistance Force Soldiers and Afghan Nationals.

“During three particular medevac mis-

sions in the dangerous Panjwai Valley, which involved improvised explosive devices and gunshot wounds, his medical expertise and leadership helped save the lives of multiple critically-wounded patients,” he added. “He also service as the NCOIC and instructor for the highly successful Afghan Flight Medic Partnership Training Program with the Kandahar Air Wing.”

Army Aviation Air and Sea Rescue Award

The 2013 Army Aviation Air/Sea Rescue Award was presented to the crew of DUSTOFF 18: CW4 Daniel Jacques, pilot in command; 1st Lt. Braden Hunter, pilot; Sgt. Ashley Corey, crew chief; and Sgt. Gregory Tufts, flight medic, all of C Co., 3rd Bn., 238th Avn. Regt., 10th CAB.

“The crewmembers of DUSTOFF 18 distinguished themselves through professional and meritorious conduct on Aug. 22, 2013, while in support of U.S. and Afghan Soldiers securing critical supply routes through the Khost-Gardez Pass in the vicinity of Combat Outpost Wilderness during Operation Enduring Freedom,” said Altieri. “Operating under night-vision goggles, low illumination and deteriorating weather conditions, their dedication, teamwork, composure and skilled utilization of the HH-60A hoist to gain access to otherwise inaccessible terrain at 8,900 feet of elevation were instrumental in evacuating a critically wounded casualty, as well as the overall success of the

mission.”

Aviation Mission Survivability Officer Award

This award was presented to CW3 Mathew P. Ruffner, B Co., 1st Bn., 104th Avn. Regt., 28th CAB, Fort Indiantown Gap, Penn., who was killed, along with his co-pilot, CW2 Jarrett Yoder, when their Apache crashed in eastern Afghanistan.

His parents, Chuck and Dianne Ruffner, and his fiancé, Jackie Buhrke, accepted the award on his behalf.

“Ruffner’s performance as an AMSO was exceptional,” said Altieri. “He initiated and organized monthly joint terminal attack controller training for unit Aviators, which acclimated them to the joint environment, and while deployed to Afghanistan, he served as the AMSO for B Co., 1-104th Attack Reconnaissance Battalion, and was also a qualified instructor pilot and instrument examiner.

“Upon his arrival at Forward Operating Base Konduz, he assumed the role of primary air mission commander for the night quick reaction force mission and took responsibility as the primary mission planner for the company, establishing a mission planning network with the task force,” he continued. “He was the first to volunteer to deploy with A Company to FOB Fenty when the ARB was tasked to self-deploy an attack company from RC-North to RC-East.”

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121 Rosemount ♥ \$255,000
Situated on the 2nd green Par 3 at Tartan Pines Golf Course. Lots of crown molding in downstairs area, tray ceiling in master bedroom with recessed lighting, door to screened porch, master bedroom with double vanity and dressing table area, Jacuzzi and full tiled shower, 2 water heaters and 2 HVAC units. Closet with built-ins, upstairs bedroom with bath as well as 2 other bedrooms with hall bath. Downstairs all hardwood and tile.
EVELYN HITCH 406-3436 **MLS# 20140106**

NEW LISTING



307 Academy, Geneva ♥ \$325,000
House updated while retaining as much character as possible along with a new addition of approximately 775 sq. ft. Game room (635" sq. ft. large enough for pool table, bar, game table, etc. and 139" sq. ft. office. A new 12' x 24' porch added off game room. 5 bedrooms with their own bedroom, master down with bath and large walk-in closet. Lot of storage throughout house, too many features to list. House was a bed and breakfast and could easily be used as one again with more features than before. **MILDRED OWENS 464-2121** **MLS# 20140104**

NEW LISTING



112 S. Greenwood, Geneva ♥ \$119,000
Reconfigured floor plan with better flow and additional storage. New roof, new heating/cooling system, new vinyl windows, insulated doors, additional storage, all upper end appliances, stove with 5 burners, ceiling fan in master bedroom heats as well as cools. Gas logs are not connected. Fenced back yard with covered porch or carport.
MILDRED OWENS 464-2121 **MLS# 20140103**

NEW LISTING



309 Red Cliff ♥ \$398,000
Family home with lots of charm! This custom built 4 bedroom, 4 1/2 bath with handcrafted woodwork and cabinetry throughout, beautiful hardwood & tile floors, granite counters in kitchen, 6 burner cooktop, double oven, large formal dining room, 2 large living areas, master bedroom with office space. The partially finished walkout basement has a fireplace and lots and lots of storage. All this and more located on a beautiful established lot very convenient to schools!
JACKIE THOMPSON 406-1231 **MLS# 20140124**

NEW LISTING



270 Oak, Daleville ♥ \$78,200
Nice flat, fenced back yard with a shed. This would be a good starter home with the master bedroom downstairs. Very large laundry room with easy access from the garage to the kitchen.
JOHN 389-1450 & BOB 389-8534
MLS# 20140107

NEW LISTING



2487 Will Logan, Ozark ♥ \$109,000
Updated home conveniently located only minutes outside the Fort Rucker gate. A few of the recent updates include bamboo flooring in living area and bedrooms, kitchen cabinets, granite countertops and stainless appliances, new doors and windows. The living dining area combination has a stone wood burning fireplace, roofing 9 years old and HVAC 5 years old. A fenced yard, workshop and level landscaped yard with pecan trees.
JUDY DUNN 301-5656 **MLS# 20140118**

NEW LISTING



110 Cambridge ♥ \$135,000
Nice flat, fenced back yard with a shed. This would be a good starter home with the master bedroom downstairs. Very large laundry room with easy access from the garage to the kitchen.
AGNES KARVONEN 406-9752 **MLS# 20140108**

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715 Highway 85, Daleville ♥ \$112,000
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MAGGIE HAAS 389-0011 **MLS# 20140126**

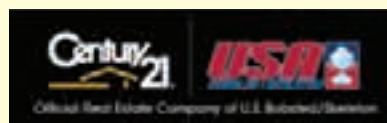
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BOB KUYKENDALL 369-8534 Directions: Rucker Boulevard toward Fort Rucker gate, turn left into Legacy Farms, turn left on Tumbleweed, house on the right.

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118 GREY FOX TRAIL

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\$220,000: Unique color choices make this such a warm & inviting place. Owner added screened porch & attached patio for easy entertaining. Also added gutters & stained privacy fence with double gate. Plenty of room to park your boat or motor home. Master bath features large L-shaped walk-in closet & awesome tile work. Located in Brookwood with beauty & convenient to everything plus gives you a jump on the beach traffic each weekend. **AGNES KARVONEN 406-9752**

126 GREY FOX TRAIL

OPEN 2-4

\$225,000: Great location in the Brookwood subdivision with all the upgrades. Spacious, 4BR home with immaculate landscaping. Owner installed large screened in porch & additional patio in backyard for the perfect outdoor entertaining space.

REDUCED!!! 112 GREY FOX TRAIL

OPEN 2-4

\$226,900: Not your average 3BR/2BA. Pristine is the only way to describe this wonderful home located in popular Brookwood. Open floor plan includes granite counter tops & tile flooring in kitchen & bathrooms with hardwood flooring elsewhere. Separate master shower & awesome light fixtures. A 12x12 shop with electricity located in backyard. Hours of hard work & inspired design have transformed the backyard into a haven for entertaining & relaxing. **JAN SAWYER 406-2393**

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\$249,900: Magnificent home with a tempting sparkling pool, open family friendly floor plan, stainless steel appliances, granite counter tops & all the other amenities of a new home. **BOB KUYKENDALL 369-8534**

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NEW CONSTRUCTION
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NEW CONSTRUCTION
229 JASMINE CIRCLE

OPEN

One Story
3BR/2BA
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NEW CONSTRUCTION
225 JASMINE CIRCLE

OPEN

One Story
3BR/2BA
\$149,500

FEBRUARY 13, 2014

Sea Hawk



PHOTO BY SGT. 1ST CLASS MAURICE SMITH

An HH-60 Black Hawk helicopter from the 25th Combat Aviation Brigade conducts a deck landing qualification aboard the USS Michael Murphy Jan. 29 during Operation Koa Kai, an integrated maritime exercise, near the Hawaiian Islands.

Aviators become ‘Sea Warriors’

25th CAB takes part in joint exercise Koa Kai

By Sgt. William Sallette
25th Combat Aviation Brigade
Public Affairs

KAUAI, Hawaii — The 25th Combat Aviation Brigade added a different twist to the primary joint training exercise Koa Kai 14-1 around the islands of Kauai and Ni’ihau Jan. 22-31.

“Koa Kai,” which is Hawaiian for “Sea Warrior,” is an integrated maritime exercise that prepares independent deployable units in multiple warfare areas, while also providing training in a multi-ship environment.

One of the major changes to this year’s exercise was integrating 25th Combat Aviation Brigade rotary wing aircraft aboard the naval ships.

Participating units included Hawaii- and San Diego-based surface ships and submarines, as well as Aviation forces from the Army, Navy, Air Force and Marine Corps, as they conducted integrated-flight operations, anti-surface and anti-submarine training.

“Koa Kai provides an opportunity to exercise multiple warfare disciplines to ensure our ships maintain war fighting readiness and the capability to operate forward on short

notice,” said Rear Adm. Rick Williams, Naval Surface Group Middle Pacific and Navy Region Hawaii, commander. “Koa Kai is integrated, challenging, state-of-the-art training for our sea warriors here in the middle Pacific that helps us achieve full deployment readiness.”

The 25th CAB conducted multiple operations throughout the exercise, including transport, security, MedEvac and scout operations, utilizing the OH-58D Kiowa Warrior, and the UH-60 and HH-60 Black Hawk airframes.

Koa Kai demonstrates the Army’s contribution to the U.S. Pacific Fleets forward readiness as they prepare middle Pacific ships to meet current and future challenges as part of the re-balance to the Indo-Asia-Pacific.

“The 25th CAB supported the joint exercise through movement of personnel from

ship to shore, conducting deck landing qualifications to build our capabilities for future Navy integration operations, and conducting operations with our scout weapons teams which provide the Navy with security and reconnaissance when they do movement through transits or confined areas as well as countering small boats and special operations forces,” said Maj. Mark Fulmer, 25th CAB assistant operations officer.

Planning for the exercise began more than a year ago. This is the ninth iteration of the exercise, according to officials.

“We’re extremely pleased with the level of commitment from the joint commands on island to support Koa Kai 14-1,” said Capt. Chris Bushnell, commander of Destroyer Squadron THREE ONE. He said, that the participation of all the supporting commands added great value and depth to the exercise.



PHOTO BY CAPT. CHRISTINA WRIGHT

Super Flight MMXIV

Pilots and aircrews from 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), fly past Met Life Stadium in East Rutherford, N.J., to conduct the Super Bowl XLVIII flyover Feb. 2.

New Soldiers get readiness training



PHOTO BY SGT. JONATHAN C. THIBAUT

Pvt. Kyle Bergquist, front, and Pvt. Andrew Duke, back, both AH-64 Apache repairers from 4th Combat Aviation Brigade, 4th Infantry Division, practice guards and changing positions in a Level 1 combative course, during in-processing at the Aviation Mission Readiness Integration Company building on Fort Carson, Colo., Jan. 27.

By Sgt. Jonathan C. Thibault
4th Combat Aviation Brigade
Public Affairs

FORT CARSON, Colo. — Combat lifesaver qualification, combative Level 1 and weapons training are the norm for Soldiers in-processing at the Aviation Mission Readiness Integration Company on Fort Carson.

AMRIC is a 4th Combat Aviation Brigade, 4th Infantry Division, reception company that was formed to help Soldiers in-process the brigade and get mandatory training before reporting to their units.

“In addition to regular in-processing, we get Soldiers trained,” said Staff Sgt. Keron Wilkerson, AMRIC operations noncommissioned officer. “We train them to be mission-ready. This allows their leaders to concentrate on advancing them in their jobs rather than basic Soldier tasks.”

Col. Robert T. Ault, commander of 4th CAB, said he believes in a total-Soldier philosophy that is seated on basic foundations facilitated in AMRIC.

“We are setting up a leader-centric

culture that is firmly grounded in the Army Values,” said Ault. “AMRIC allows us to get to know our new leaders and they, in turn, get to know us and our standards. We certify our best leaders through the process of selecting, training and trusting them. AMRIC also facilitates the development of the culture we are trying to deliberately create by helping privates to battalion commanders understand the CAB’s philosophy and be able to do basic Soldier tasks before going to their subordinate units.”

Similarly, Command Sgt. Maj. Antoine Duchatelier Jr., senior enlisted leader of 4th CAB, said Soldiers’ and their leaders’ time should be spent more on advancing their skills when they get to their battalion rather than working on the basics.

“It is the responsibility of leaders to enforce standards at all times, however you cannot enforce what you don’t know,” said Duchatelier. “We must at all times strive to maintain our proficiency and that of our Soldiers in our warrior tasks and battle drills. No op-

SEE TRAINING, PAGE B4

Astronaut class visits Pentagon

Former Fort Rucker instructor pilot among group of NASA visitors

By Jim Garamone
American Forces
Press Service

WASHINGTON — On the E-ring of the Pentagon hangs a picture of the Mercury 7 – NASA’s first group of astronauts.

All were military test pilots: Marine Corps Maj. John Glenn, Navy Cmdr. Alan Shepherd, Air Force Maj. Gus Grissom, Air Force Maj. Gordon Cooper, Navy Cmdr. Wally Schirra, Navy Cmdr. Scott Carpenter and Air Force Maj. Deke Slayton.

The military tie remains strong in the astronaut corps today – as NASA’s new class of astronauts has six serving military officers, including a former Fort Rucker instructor pilot. The group visited the Pentagon last week and met with Navy Adm. James A. Winnefeld Jr., the vice chairman of the Joint Chiefs of Staff.

Army Maj. Anne McClain, formerly at Fort

Rucker, and Air Force Lt. Col. Tyler Hague, Navy Lt. Cmdr. Josh A. Cassada, Navy Lt. Cmdr. Victor J. Glover, Marine Corps Maj. Nicole Mann, and Army Lt. Col. (Dr.) Andrew Morgan are the military members of the class. Drs. Jessica Meir and Christina M. Hammock are the civilians.

The military astronauts – like just about anyone else in the services today – bring the experience of operating in Iraq. Hague worked to detect or jam improvised explosive devices. McClain flew helicopters in and around Kirkuk and Tal Afar. Morgan was a flight doctor who deployed with the 3rd Special Forces Group to Iraq.

Until the inclusion of this class, the United States had fewer than 50 active astronauts. They serve in a variety of jobs, including at Mission Control in Houston or as liaisons with

SEE PENTAGON, PAGE B4



PHOTO BY SGT. JONATHAN C. THIBAUT

Navy Adm. James Winnefeld, vice chairman of the Joint Chiefs of Staff, greets the newest group of NASA astronauts in his Pentagon office, Jan. 31.

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Pentagon: New astronauts must learn Russian



Navy Adm. James Winnefeld, vice chairman of the Joint Chiefs of Staff, speaks with NASA's newest astronauts in his office at the Pentagon, Jan. 31. Left to right: Marine Maj. Nicole Mann, Dr. Jessica Meir, Army Dr. (Maj.) Andrew Morgan, Army Maj. Anne McClain, Dr. Christina Hammock, Air Force Lt. Col. Nick Hague, Navy Lt. Cmdr. Victor Glover and Navy Lt. Cmdr. Josh Cassada.

Continued from Page B1

commercial space vendors. Others live and work with the Russian space agency. Those astronauts train in Star City outside Moscow and at the launch facilities at Baikonur. All of the new astronauts are learning Russian, a development that probably would surprise the Mercury astronauts who were selected at the height of the Cold War. It was a tough process to be selected. More than 6,100 applications went to NASA in 2011. For some, it wasn't the first experience. Hague, for example, first applied to be an astronaut in 2003. "It boils down to two rounds of interviews, and the interviews consist of a lot of medical screening," Hague said. "There's not a

lot of time away from service during the selection process." Hague said he almost forgot he had submitted an application when he was notified he had been selected. His packet had to go through the Air Force and NASA. His civilian colleagues had it a bit easier. Hammock, one of the civilians, said she simply filled out a resume on the USAJobs website and submitted it. The astronauts have begun their two years of training before their first flight into space. There are only a few slots for U.S. astronauts per year aboard the International Space Station. Some could be involved in development and testing of new spacecraft. And one could be landing on Mars someday. You never know where a government job can take you.

Training: Soldiers embrace new program, hope for more

Continued from Page B1

portunity to train will be wasted. AMRIC allows the CAB to conduct basic Soldier tasks by providing realistic and relevant training which help our leaders effectively coach and mentor their subordinates." The 4th CAB's subordinate commanders said they find going through AMRIC helpful and have never seen anything like it at the brigade level.

"I just arrived to the CAB and I'm about to take command of Company B, 404th Aviation Support Battalion," said Maj. Chris Finnigan, CH-47 Chinook pilot with 4th CAB. "AMRIC takes a large burden of the training that the companies and battalions would have to do. Going through AMRIC allows me to know what kind of Soldier I am getting when I take command." Newly arriving Soldiers said they are surprised by the amount of training they are receiving and would like more

training to be added to AMRIC. "I just came from Fort Riley, Kan., and I've never seen an integration company at the brigade level," said Spc. Codey McDowell, wheeled vehicle mechanic with 4th CAB. "I've been in AMRIC for almost a month. We are getting beneficial training, and I believe Soldiers are going to be more than prepared to do their jobs when they get to their subordinate units. I hope that they add more training for future Soldiers arriving to the CAB."

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FEBRUARY 13, 2014



PHOTO BY SARA E. MARTIN

Jennifer Francis, FCC provider, has pajama day at her home with some of the children under her care, Danica Geisel and Urijah Walker, Friday afternoon.

Quality Care

Program offers child care, career opportunity

By Sara E. Martin
Army Flier Staff Writer

For busy and working Families, Fort Rucker's Family Child Care program offers a way for parents to find quality child care providers who welcome children into their homes, and also a career opportunity for those looking for a job.

The FCC offers patrons a Family atmosphere to meet their child care needs, where children are cared for in a home on post, said Pam Williams, child, youth, and school services coordinator, adding that finding the right provider is as easy as looking in the backyard.

"The program differs from the child development center because it is run by Families on post," she said. "This program allows access to quality, affordable child care that allows them to continue working and contributes to the healthy, emotional and social development of the child, but also provides career opportunities for providers to gain significant skills."

FCC providers offer care for children ranging in age from 4 weeks to 12 years old, and the children have indoor and outdoor activities.

Providers also receive a monthly program guide to assist them in planning activities that will enhance the growth and development of the children, said Williams.

FCC providers can work regular work week hours as well as weekend shifts and night shifts to cover the needs of training and working Soldiers and those employed by the Army.

Positions are also available for full day, hourly, emergency, before and after school, overnight care and special needs, said Vender Tabb, school age center and Family child care director.

"These homes offer child care services to children whose parents have irregular duty hours, children who need small group settings and those preferring care in a home setting," added Williams.

Williams described the homes as warm and friendly, adding that it can be a better, more intimate choice for some parents.

"It can be more convenient if there is a FCC down the street," she said. "Plus, some parents and children like that siblings can stay together because our homes are a multi-age environment. They can play together, grow together and learn together."

"Also, some parents may like the fact they know the one person personally who is watching their child, as opposed to multiple people," she added. "And those children almost become a part of the provider's

extended Family."

That's how it is for provider Jennifer Francis, who has been a child care provider for six years.

"I love seeing the kids grow and watching them develop because most of my kids I got as babies," she said. "Even on the weekends some of my kids want to come to my house. They love coming here, I am their second mom and this is their home away from home."

Currently six houses on post provide in-home care, so there is plenty of space for new providers who are wishing to have a private, home business.

"Becoming a provider is a good employment opportunity because people can stay at home with their own children," said Williams. "But, the Army wants the highest quality of care for its Soldier's children, so this is not for someone who is not sure of what they are doing."

Parent fees are based on total Family income and follow DOD fee guidance, said Tabb. FCC providers participate in the subsidy program designed to increase the availability of care for special needs children, infant care, income equalization, part-time care and extended care.

"Providers can attain child development associate credentials — skills they can take with them wherever they may go," she said.

Applicants must fill out an application packet at the FCC office in Bldg. 132. The office is open Mondays through Fridays 7:30 a.m. to 4:15 p.m. Depending on the background check, it takes anywhere from a few weeks to more than a month for an applicant to be approved.

Applicants then must complete 40 hours of orientation training in child development and must adhere to fire, health and safety requirements and inspections. Multiple additional elements must be completed before a home can be approved.

"Once providers are certified, they must complete a total of 13 modules in child development, two modules on child abuse identification, reporting and prevention, and an additional 10 special-needs care modules," said Tabb.

When providers first enter the FCC program they receive a start-up kit that consists of items such as fire extinguishers, safety latches, door knob covers, a first aid kit, lock boxes for medicine and outlet covers, said Williams, so parents know that child safety is the No. 1 priority.

Training for prospective providers occurs quarterly and by demand. To begin the process of becoming an FCC provider, or to enroll a child, call 255-3446.

Healthy habits

Students learn importance of exercise, diet, oral hygiene

By Sara E. Martin
Army Flier Staff Writer

Often in this growing age of technology and fast food, children as young as 3 are becoming obese.

To combat this growing epidemic in America's children, the Fort Rucker Primary School is fighting back with dancing, lunch talks and play-hard attitudes, said Debbie Doggett, school nurse.

This month the school is focusing on hearts in honor of American Heart Month, which includes learning about the heart and how it works along with ways to keep it healthy, Doggett said.

"We are teaching the kids all about keeping our hearts healthy," she said. "I try to show the children that the heart is a muscle. I have a balloon filled with red water to show the children how the heart contracts, and when it contracts it pushes the blood through our (veins) which helps us stay healthy and to grow."

Teachers are finding fun and interactive ways to teach the children the importance of staying healthy.

"I like to go into the cafeteria during lunch time and ask the kids to hold up something from their lunch boxes that they think is good for their hearts, and they get excited and hold up carrots and things like that and we talk about it," said the nurse.

"All of the classrooms have time between subjects when the children begin to get a little antsy and they are tired of sitting," she continued. "The teachers will have some type of activity to get them moving, such as dancing to music or watching an interactive video that requires the children to duplicate what they are seeing, and then teachers might talk about how that helped their hearts or their body in some way."

Teachers are also helping the students learn the importance of playing hard.

"We talk about playing hard — that exercising isn't just doing jumping jacks or dancing. We try to teach them that riding a bike, playing a sport, roller skating or playing tag is a way to exercise," said Doggett. "We tell them that when they are playing they have to be sure to play hard and that they can feel their heart beating and feel a little bit out of breath."

Landyn Marta, a first grader, said he knows all about playing hard, and that he and some of his friends do it in the best ways.

"I know I play hard. I play with my three dogs every day. We play fetch and I chase after them," he said. "But my favorite thing is to play with my friend every day after my homework is done. We run around and we fight imaginary bad guys — they are usually evil robots that have taken over the world. I like to play hard because



PHOTOS BY SARA E. MARTIN

Isabella Barton, kindergartner, dances to exercise Feb. 5 at the Fort Rucker Primary School.

I can say I am exercising."

Doggett said she uses herself as a role model for her students. She tells them that if they want to be in good physical shape to do the things they want, like dancing or riding horses, by the time they are her age they have to learn now how to take care of their bodies.

"I feel like if we wait too long to begin teaching children about obesity and its side effects they have already developed eating habits that are not healthy. And if they can learn when they are young the things that will keep their body healthy then hopefully they will carry that out throughout their lives and keep that lifestyle."

She also reinforces the idea that the children are in charge of their own bodies.

"They have to make the smart choices, it is up to them, not their moms and dads, to be healthy," she said.

Children aren't the only ones making sure their hearts and bodies stay

in top notch shape at the school. The staff has an exercise class held after school every day that is open to the entire team.

Several volunteers from the dental clinic and the Red Cross also contributed to help the children understand the importance of keeping other parts of the body healthy last week.

Ann Bagley, a dentist at Fort Rucker Dental Clinic, along with some of her staff and Red Cross volunteers, gave oral screenings to the whole school Feb. 6.

"We are looking for obvious decay of the mouth and we try to encourage them to keep brushing every day," she said. "We emphasize that even though they are baby teeth, decay and oral neglect can affect the underlying tissue and permanent tooth growth. Plus, maintaining good dental health at this age will make them have better habits later."

The school had a toothbrush turn-in where students bring in their old toothbrush and get a new one from the dental clinic Wednesday.



Debbie Doggett, school nurse, demonstrates to Fort Rucker Primary School kindergartners Feb. 5 how the heart is a muscle that keeps the body healthy.



Kevin Hargrave, dental assistant, gives Xavier Ledoux, kindergartner, an oral screening Feb. 6 at the Fort Rucker Primary School.

ON POST

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

Sweetheart Dinner

The Landing Zone will offer a Sweetheart Dinner Friday and Saturday from 4-8 p.m. People can enjoy a three-course meal of their choice with three selections to choose from for each course for \$23.95 per person. Reservations are recommended if people plan to attend the Dueling Pianos show. The event is open to the public.

For more information and to make reservations, call 598-8025.

Dueling Pianos

Fort Rucker hosts a Dueling Pianos show Friday and Saturday from 8 p.m. to midnight in The Landing’s ballroom. The high-energy, all request, comedy piano show features two pianists duel it out to see who can play better and faster. Audience participation is highly encouraged. Advanced tickets will be available at The Landing for \$16 at the door. VIP tables will also be available for \$150 with 10 seats per table. The event is open to the public for those ages 16 and older.

For ticket information, call 598-2426.

EFMP Focus Group

Army Community Service Exceptional Family Member Program invites people to let their voices be heard at an EFMP Focus Group Friday from 10-11 a.m. at The Commons, Bldg. 8950. EFMP officials want people’s ideas and suggestions on providing services to eligible active-duty Soldiers with exceptional Family members or disabled Family members. Participation is free and open to all interested eligible parents, guardians and spouses.

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

Candy Jam dance party

The Fort Rucker Youth Center offers post youth the chance to celebrate Valentine’s Day at a Candy Jam dance party Friday from 6-10 p.m. The event will feature dancing, arts and crafts, photo opportunities, games and more. A prize will be awarded to the cutest couple – for those who attend with a partner – as well as to the life of the party – for most festive attire or costume. Both contests will be voted on by attending members and paid guests. The event is open to all registered child, youth and school services members, ages 11-18. Guests are also welcome for a fee of \$10 -- only cash is accepted.

For more information, call 255-2271.

Youth sports batting cages close

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Monday.

For more information, call 255-2254 or 255-2257.

AFTB personal growth

Army Community Service offers Army Family Team Building personal



PHOTO BY SARA E. MARTIN

Join the BEST

Fort Rucker’s Better Empowered Soldier Today’s quarterly event will be held today at 4:30 p.m. at The Commons, Bldg. 8950. The topic will be conflicting perceptions. The workshop will include: a skit on a Soldier interviewing for a civilian job (proper and not so proper attire); a fashion show that demonstrates outfits that the Soldier deems to be appropriate for clubbing, but may give the wrong perception by others; and a video from the perspective of a sexual offender who targeted college girls. For more information or to RSVP, call 255-3735.

growth classes Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons. Whether it is managing your time better, managing stress better or communicating more effectively, AFTB classes are designed help. The classes include topics such as: learning to communicate, overcoming stress, winning at time management, growing through change and more. Advance registration is required today. For registration and childcare information, call 255-2382.

Equipment sale

The Directorate of Family, Morale, Welfare and Recreation will host an office and information technology equipment sale Feb. 22 from 8 a.m. to 2 p.m. in Bldg. 24207 at Lake Tholocco. The sale includes items such as printers, computers, monitors, office supplies, etc. Only cash will be accepted as payment and there will be no early sales. All sales will be final, and purchases will be as-is – no warranties or guarantees. Purchasers will need to load and carry items themselves. Numbers will be given out at 7 a.m. for order of entrance at 8 a.m.

For more information, call 255-9808.

SFA Lifeguard Courses

American Red Cross Lifeguarding weekday Courses will be held in both weekend and weekday sessions in March. The weekday courses are March 3-6 and March 10-13. The weekend course is March 8-9 and March 15-16. People must attend both weekends, Saturday from 8 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m.

Courses are available to people ages 15 and older. Cost is \$100 per person. Prerequisite test on first day must be passed to enter the course – non-stop swim of 500m, two-minute

tread, timed brick retrieval and 15m underwater swim. People must attend both weeks, Monday-Thursday from 4-8 p.m. People can register at the front desk of the Fort Rucker Physical Fitness Center cutoff for registration is two day prior to the start date.

For more information, please contact the Fort Rucker Physical Fitness Center, (334) 255-2296.

Travel Extravaganza

Fort Rucker Leisure Travel Services presents the 26th annual Travel Extravaganza March 5 from 11 a.m. to 1 p.m. at The Landing. The event will feature discounts on various destinations – from day trips to week-long packages – door prizes from vendors and more. Admission is free and open to the public.

For more information, call 255-2997 or 255-9517.

Scream Free Parenting

Army Community Service will offer a free Scream Free Parenting course March 6, 13, 20 and 27 from 9-11 a.m. at The Commons, Bldg. 8950. This two-session course is designed to help people start a revolution in their Family. Scream Free Parenting is not just about parents lowering their voices, it’s about learning to calm their emotional reactions and learning to focus on their behavior more than their children’s for their benefit. Organizers said that with these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children. Registration is required by March 3 and is limited to the first 10 participants to register. The workshop is open to active-duty and retired military, DOD employees and their Family members.

For more information, call 255-3898 or 255-3359.

DFMWR

Spotlight

Fort Rucker Child, Youth & School Services

CYSS Baseball, Softball & Jump Roping

Youth Sports Baseball Fields & Youth Center

U.S. Army Child, Youth & School Services

Registration: February 1-28, 2014

Parent Central Services, Bldg. 5700, Soldier Service Center, Rm. 193
(334)255-9638/2257


Costs:

Jump Roping- \$25 per child (Ages 7-18)
Baseball- \$45 per child (co-ed Ages 5-12)
Age control date May 1st of current year.
Softball- \$45 per child (girls Ages 9-15)
Age control date Dec. 31st of previous year.




A CURRENT SPORTS PHYSICAL and a valid CYSS REGISTRATION are required for participation.
Special request for coaches and players cannot be honored.

Coaches Are Needed!


If you would like to become a volunteer coach for our program, please call (334) 255-0950.



Rucker CYSS
Rucker CYSS Teen
Rucker CYSS Youth Tech Lab



www.ftruckerdmwr.com



FORT RUCKER MOVIE SCHEDULE FOR FEB. 13 - 16

Thursday, Feb. 13

The Monuments Men (PG-13)

.....7 p.m.

Friday, Feb. 14

Robocop 4 (PG-13)

.....7 p.m.

Saturday, Feb. 15

Robocop 4 (PG-13)

.....7 p.m.

Sunday, Feb. 16

Robocop 4 (PG-13)

.....2 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

National Children's Dental Health Month

Things to do to ensure children's super smiles

By **BethAnn Cameron**
U.S. Army Public Health Command

Seeing a child's big, happy smile lets parents know that all is right in world.

We get excited when babies get their first teeth. We want our children to grow up strong and healthy. But unfortunately, many parents are unaware that a child cannot be truly healthy without a healthy smile (mouth).

February is National Children's Dental Health Month. Children with dental problems have problems eating, have trouble concentrating in class and miss more days of school than children with healthy mouths. By eating a healthy diet, avoiding added sugars, brushing and flossing, and having regular dental visits, children can avoid cavities and get a super smile.

Parents can get their child off to the right start by caring for their child's mouth – this is just as important as caring for the rest of the body. Cleaning teeth and gums removes a sticky film of plaque that contains harmful bacteria that cause tooth decay. Help your child to develop good habits at an early age.

The following are some tips to ensure your child has strong, healthy teeth and gums for a

lifetime.

- Prevent cavities in babies by wiping their gums with a clean, wet gauze pad or soft washcloth after each feeding – breast or bottle-fed.
- Babies should not be put to bed or allowed to fall asleep with a bottle of milk, formula or juice.
- Avoid using sweet foods or sweetened drinks to reward your child. This includes beverages that are acidic such as sodas, juices, lemonade and sports drinks.
- Make your child's first dentist appointment as early as the first birthday. This appointment will get your child used to the dentist's chair and will educate you on good dental health techniques.
- Learn proper brushing and flossing techniques.
- Ask your dentist about dental sealants. They are a protective coating that helps prevent bacteria from causing tooth decay on the chewing surfaces of teeth.
- Protect your child's smile by ensuring mouth guards are used when playing sports – this will protect teeth from getting broken and protect the face from injury.



PHOTO BY JEFF CRAWLEY

Capt. Nathan Buckner, dental resident, shows that the average soda contains about nine teaspoons of sugar to second graders at Sheridan Road Elementary School last year at Fort Sill, Okla. February is National Children's Dental Health Month.

- Teach children to say no to tobacco. Tobacco can cause tooth decay, gum disease, tooth loss and oral cancer. And here are some tips to raise awareness about National Children's Dental Health Month in your community.
- Ask health care providers to give oral health advice to their patients.

- Work with local schools and civic groups to provide presentations about oral health.
- Ask dentists to sponsor a display or a dental health exhibit at a health fair using posters and hands-on demonstrations at a library, bank or shopping center. Finally, use these keys for a lifetime of good oral health to

get that super smile for you and your family.

- Eat a healthy diet.
- Limit snacking between meals.
- Brush gently twice daily for two minutes.
- Floss each day.
- Get regular dental check-ups.
- Avoid tobacco use.

Heart health

Small steps now stave off future problems

By **Katherine Rosario**
Lyster Army Health Clinic Public Affairs

Even though February is the shortest of all the months, it's still enough time to make some big improvements to your heart health.

Small steps each day, such as reducing sodium intake, exercising, and eating more fruits and vegetables can help your body make huge strides in fighting off heart disease.

Heart disease is the leading cause of death for both men and women, with about 600,000 people dying from the disease yearly, according to the Centers for Disease Control and Prevention.

"Heart disease may seem like something that is of no real concern to healthy, young service members, but young Soldiers will turn into old Soldiers one day – healthy behavior now can help reduce the risk of life altering (or life ending) events as they age," said Capt. JoAnn Ward, Army public health nurse at Lyster Army Health Clinic.

Her advice, she said, is the same for Family members, as steps toward better health is best achieved when done as a group effort.

"As a nurse on the open heart and lung surgery ward at Walter Reed Army Medical Center, I saw too many prior Soldiers and Family members struggle back to health after having their chest literally cracked open as a life saving measure," Ward said. "Ironically, the subsequent lifestyle changes these patients faced are also the recommended lifestyle choices to reduce the risk of heart disease."

So what makes a person at risk for heart disease? Elevated blood pressure and cholesterol are key risk

factors for heart disease, Ward said, as well as diabetes, obesity and lifestyle choices, such as poor diet, physical inactivity, excessive use of alcohol and smoking.

"This may seem like common knowledge, but heart disease is still the No. 1 killer of men and women in this country, so somehow, people aren't getting the message," Ward said, explaining that she became

a public health nurse to encourage people to make healthy lifestyle changes, before health problems forced them to.

One of the main focuses of Army public health nurses (and civilian community health nurses) is health promotion – reaching out to the community to offer health education that will increase the chances of preventing illness or injury with the aim at improving

current and future quality of life.

"We are Lyster Army Health Clinic's liaisons for the Surgeon General, as we seek to get into the Lifespace of our community members," Ward said. "We want to be a source of information to help make life better between visits to the doctor."


Here are some simple changes to help improve your heart health:

- Read nutrition facts labels and look for lower sodium food options;
- Eat more servings of fruits and vegetables a day;
- Aim for 30 minutes of activity a day to include cardio and strength training;
- Quit using tobacco products;
- Limit alcohol intake; and
- Talk to your primary

care manager, Family and friends for support. "Implementing health changes to reduce ones risk may not be a guarantee that a serious health issue will never occur, but positive preventive measures has been proven to give us all a better chance," Ward said.

For more information on heart disease or to speak with a public health nurse, call 255-7356.

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1 Corinthians 11:1

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Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
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A War of 1812 Road Trip: Fort Mims to Horseshoe Bend

By Edith Parten
Alabama Tourism Department

For nearly a century, prior to the start of the War of 1812, whites and Creeks had lived side by side with good trade relations, intermarriage, and reliable treaties.

There was almost full cooperation between the two groups, but this would soon change. In the fall of 1811, believing that whites were encroaching upon their land, the great Shawnee Chief Tecumseh traveled to Alabama to rally all Creeks to war against the whites and mixed-breed families in the region.

He gave a speech at Tuckabatchee, near Tallassee, on the banks of the Tallapoosa River, challenging them to regain their former glory and retain their Indian culture and lifestyles. Each Indian chief voted: red stick for war, white stick for peace.

By June 8, 1812, when the U.S. declared war on Great Britain and so started the War of 1812, the Creeks had become significantly divided among themselves. Most Upper Creeks, called Red Sticks because of their bright-red war clubs, wanted to resist white encroachment while most Lower Creeks, more accustomed to whites, were

inclined toward peace. As principal Red Stick leaders William Weatherford, Menawa and others violently clashed with the other chiefs of the Creek Nation, their dispute became a part of the War of 1812 and eventually led to the Creek War of 1813–14.

On this Bicentennial Road Trip, you are invited to follow the progression of the Creek Indian War from Burnt Corn and Fort Mims to Atmore, where many Creek descendants now live in sovereignty. As an added option, continue to Tallapoosa County, near Dadeville, where Andrew Jackson and his large army defeated the Red Sticks during the Battle of Horseshoe Bend and effectively brought the Creek War to a close with the signing of the Treaty of Fort Jackson five months later.

Fort Mims Living History Weekend

2013 marked the 200th anniversary of the attack at Fort Mims, as well as the beginning of the Creek War in Alabama. The best time to visit is in August during the annual Fort Mims Re-enactment and Living History Weekend, (251) 937-5665 or (251) 533-9024. In August, volunteers will dress in period clothing to re-enact the Battle of Burnt Corn followed by the Battle

of Fort Mims. You can witness living history as well as enjoy period music, arts, crafts, covered wagons, tomahawk throwing, blacksmithing, concessions, dancing and 1800s cooking demonstrations.

Before leaving the area, visit the burial ground of William Weatherford in the nearby Little River community. The gravesite is about a 10-mile drive north on Highway 59. To get there, turn west on Dixie Landing Road, travel about 2.3 miles and then take a left on T.J. Earle Road. Drive one mile to Red Eagle Road on the right. At the end of the road you will find the stone grave marker of Weatherford beneath beautiful moss-laden oak trees. He is buried next to his mother, Sehoy, who was also a prominent Creek Indian.

Retrace the drive from Weatherford's grave back to Dixie Landing Road, then turn left and drive approximately one mile to arrive at Dixie Landing Café, 15133 Dixie Landing Road; (251) 862-5220, and a gorgeous view of the Alabama River. From the vantage point of the bluffs at the edge of the cafe, you can look across the river to see into three counties: Clarke, Monroe and Baldwin. A hole-in-the-wall stop that's well worth the visit, the cafe offers fresh local catfish and lots of great seafood.

Visiting Horseshoe Bend

The first stop when visiting Horseshoe Bend is the visitor's center, where you'll get an excellent overview of the history of the site through photos, arrowheads, cannonballs, a miniature display of the battlefield, and other artifacts. After watching a 20-minute introductory video, enjoy the three-mile walking or driving tour that takes you along the battlefield to the horseshoe-shaped bend in the Tallapoosa River.

Five stops along the tour route are marked with kiosks that provide details of what took place at the site. The first stop, a scenic overlook approximately 100 yards from the visitor's center, is where Andrew Jackson's Army arrived at the start of the 1814 battle. A 2.8-mile nature trail through the battlefield is right next to the paved path up to the overlook. At the top of the overlook, you can enjoy great views of the battle-grounds and hear the wind whisper through the tall pine trees.

Other stops include the site of the former village at the bend in the river and the fields with white posts marking the original site of a log barricade. If you want to make a day of it, nature trails, picnic areas, boating and fishing are available.

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

NOW THROUGH FEB. 28 —The Flagship Theater is enrolling people for spring classes. The play featured will be "The Golden Fleece of Colchis." The theater will also be putting on "The Complete Works of William Shakespeare (Abridged)" March 19-22. Tickets are \$10 for students and \$12 for adults. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

SATURDAY — JonJam, an all-day outdoor music event featuring "The Best Chili in the South" Cook-Off, will be held from 2-10 p.m. at the Wiregrass Rehabilitation Center. Chili tasting will be from 2-6 p.m., with music lasting to 10 p.m. Ticket includes entertainment, chili tasting, cash bar and more. Advance tickets are \$20, at the gate tickets are \$25. For more information, visit www.jonjam.com.

FEB. 22 — The Southeast Alabama Photography and Adventure Club will host a basic photography workshop at Landmark Park. The goal of the workshop is to help participants acquire basic photographic knowledge that will improve everyday images. Registration will take place at 9 a.m., and the workshop will begin at 9:30 a.m. and conclude at 5 p.m. The cost for the workshop is \$15 for members and \$20 for nonmembers. For more information and to pre-register, call 794-3452.

MARCH 8 — The Veterans of Foreign Wars Post 6683 hosts Vets for Pets Poker Run at 10:30 a.m. at Old Homestead in Level Plains. Drawings will begin at 2:30 p.m. at VFW Post 6683. Cost is \$20 per bike and \$5 for extra riders. Participants

will be fed at the end of the ride along with prizes. For more information, call 477-7076 or 406-3077.

MARCH 16 — The Flagship Theater will have auditions for "Romeo and Juliet" from 2-6 p.m. Actors must have a one-minute Shakespearean monologue prepared. All minors must have a parent with them in order to audition. For ages 6 and older. The show will run April 29-May 3 at 7 p.m. with a special matinee performance at 2 p.m. on May 3. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

APRIL 8 — The Flagship Theater will have an intermediate and advanced acting showcase at 7 p.m. Tickets are \$10 for students and \$12 for adults. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

ONGOING — People are invited to play ultimate disc with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children's groups are also available. For more information, call 792-9814.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

NOW THROUGH FEB. 28 — The Mitchell Auto Group is hosting a food drive for the Christian Mission Centers, Inc. The fifth annual Restock the Christian Mission Pantry food drive goal is to

fight hunger in the Wiregrass region by lending a hand to those members of the community who are less fortunate than others. Interested donors can make their donations at any of the three Mitchell locations. Customers who make donations of non-perishable food items during the food drive will receive 10 percent off their next service visits. For more information, call (888) 806-1252.

SATURDAY — St. John's Catholic Montessori School is hosting Trivia Night in the New Hall at 123 Heath Street. Doors open at 6:30 p.m. All tickets can be purchased at www.eventbrite.com. For adults, tickets are \$50 per table, which includes both games and snack food. For children, tickets are \$5 per Family, which include the quiz, snack, and drink. For more information, call 709-4156 or email sjcmtrivianight@yahoo.com.

FRIDAY — The Dallas Brass will be performing at 7 p.m. at the Enterprise High School Performing Arts Center. The concert "American Musical Journey" incorporates a full complement of brass and percussion for a musical travelogue through American history. From the time of George Washington to the present day, music will be selected from the masters — Copland, Bernstein, Gershwin, Berlin, John Williams, Sousa; and styles from Dixieland, swing, folk, patriotic and pop. The concert is intended for the entire Family. For more information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

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 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 — Disabled American Veterans Chapter #99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. 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 — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

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 — 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, finger foods, and refreshments. For more information, call Janet Motes at 808-8500.

Beyond Briefs

Chili cook-off

Considered one of the area's largest annual events, St. George Island will host its annual Charity Chili Cook Off and Auction March 1.

The winner of the competition advances to the world championship and all proceeds benefit the Island Volunteer Fire Department and first responder unit. Activities also include a golf tournament, 5k Red Pepper Run, Crock Pot Judging and the naming of Miss Chili Pepper and Mr. Hot Sauce. For more information, call (850) 927-2753.

Welcome Home Celebration

A Vietnam Veteran's Welcome Home Celebration will be held March 26 -30 in Branson, Mo. The week will include a registration and an expo hall for information, an opening ceremony, a meet and greet, an awareness motorcycle ride, a Flame of Freedom ceremony, a parade, a "hoe-down" barbecue and a patriotic closing show. For more information, email Julie Peters at jpeters@bransoncvb.com.

Job Fair

The 26th annual Bay County Job Fair will be held Saturday from 9 a.m. to 1 p.m. at the Haney Technical Center in Panama

City Beach. People will have the opportunity to meet employers, so officials ask for participants to bring several copies of resumes and be dressed for on the spot interviews. Veterans are allowed to come early. For more information, visit www.bay-countyjobfair.com or call (850) 767-5500.

Community Family Fun Day

Community Family Fun Day at The Science and Discovery Center in Panama City Beach will be held Feb. 23 from 10 a.m. to 5 p.m. Hosted by North Bay Haven Marching Band, there will be hands on science activities, food stands, silent auctions, door prizes, live music and more. For more information, visit www.scienceanddiscoverycenter.org or call (850) 769-6128.

Comprehensive Soldier and Family Fitness

ArmyFit: Army launches new social media platform

By Comprehensive Soldier and Family Fitness
Press Release

ARLINGTON, Va. — The Comprehensive Soldier and Family Fitness program launched a new social media platform in late January — ArmyFit — for Soldiers, their Families and Army civilians.

ArmyFit is designed to offer members of the Total Army with tools and resources that will help them be more self-aware, and therefore have the ability to begin the process of self-development and self-improvement.

“Being Army fit is a state of mind in addition to having a strong

physical capability,” said Col. Kenneth Riddle, CSF2 director. “The ArmyFit online platform is designed to build one’s comprehensive fitness across all areas of strength: social, emotional, spiritual, Family and physical. ArmyFit will help our Army Family be Army Strong both physically and psychologically.”

Understanding that self-awareness is key to self-improvement, the user begins by taking a scientifically-validated self-assessment survey, known as the Global Assessment Tool 2.0. Once the users receive their results in the five areas of strength on the GAT 2.0, they then receive recommended

tools and resources tailored to them within the ArmyFit environment.

ArmyFit is tailored to an Army audience, making the platform one-of-a-kind. Recognizing that Soldiers, their Families and Army civilians face unique challenges as part of Army life, CSF2 wants to ensure members of the Total Army have what they need to be successful throughout their careers.

“The tools and capabilities of ArmyFit enable Soldiers, their Families, and civilians to take control of their self-development in all dimensions of strength,” said Sgt. 1st Class Robert Trice, CSF2 program manager at Fort Carson, Colo. “I’ve provided resilience

training to Soldiers at my unit, and I know that ArmyFit is an excellent supplement to formal resilience and performance training.”

“In addition to online tools and resources, ArmyFit also provides an opportunity for our Soldiers and their Families to connect virtually,” said Riddle. “With constant moves and deployments, it’s often hard to connect with others that understand what you may be going through. Being able to share improvements in the various areas of fitness, compete against each other in friendly competitions, and be part of this community, will help our Soldiers and their Families feel connected.”

CSF2 plans to keep adding new

content and functions to ArmyFit over the coming months. These include the ability to synch a personal activity monitor’s data with the site to chart a person’s daily physical activity, and use that data to compete with other users. CSF2 is developing a geo-targeting capability that will allow users to locate experts and resources in their immediate area, and to turn virtual communities into local face-to-face group activities.

“The launch of the ArmyFit online platform is just the start,” said Trice. “As Soldiers, their Families and Army civilians engage more with the platform, the more ready and resilient they will be.”

Performance Triad

Squad leaders motivate Soldiers toward better health

By Lisa Ferdinando
Army News Service

WASHINGTON — The Army’s Performance Triad program, which aims to increase Soldier performance through an increased emphasis on adequate sleep, physical activity and proper nutrition, is showing signs of success in part because responsibility for its implementation has been pushed to the lowest level of command.

“By putting the onus on squad leaders, Performance Triad has reinforced the notion of delegating responsibility to the lowest level,” said Maj. Jay A. Bessey, operations officer of 4th Battalion, 6th Infantry Regiment, 1st Armored Division.

Bessey’s battalion, located at Fort Bliss, Texas, is one of three units undergoing a pilot-test of training for the Performance Triad program. The program could be implemented Armywide, later this year, pending review by the Army chief of staff.

The Performance Triad training consists of training by medical and fitness professionals on the importance of sleep, activity and nutrition on human performance. The training also involves implementing a program for improvement in those three areas.

As one of the main pillars of the Army’s Ready and Resilient Program, Performance Triad is aimed at reducing injuries, improving battlefield performance and combating a host of illnesses and maladies such as depression, stress and obesity.

Surgeon General of the Army Lt. Gen. Patricia Horoho said recently, “If we can ... show that by focusing on sleep, activity and nutrition, we can bend the cost curve of health care — that we can increase health outcomes — I think we could have a pilot that we could share with the nation to really look at how do we improve [the health of] young Americans.”

In the Performance Triad pilots, each six

months in duration, squad leaders are responsible for imparting on their Soldiers the knowledge they acquire and also encouraging them to continue making progress.

Bessey said the wisdom of making squad leaders responsible for the training is that they are the ones who interact with the more than 500 Soldiers in the battalion on a daily basis, planning, preparing and executing training and mission tasks. The Soldiers look to them for guidance and inspiration.

“Our squad leaders have stepped up to the challenge,” he said. “Their ingenuity has led to the utilization of several venues around the installation that may have gone unnoticed otherwise.”

The installation’s “fusion” wellness center is an example of one of the venues squad leaders have used in getting health and fitness baseline measures to gauge improvements over time. The professionals at the wellness center assessed each Soldier’s fitness using body fat, aerobic and anaerobic test equipment.

Bessey noted that a number of the Soldiers are getting their Family members onboard with Performance Triad training and testing, as well.

Squad leaders and company commanders are helping Soldiers monitor their sleep, activity and nutrition progress using wearable technology that was issued to everyone in the battalion, he said.

The wearable technology is a Soldier-proof wrist band that measures caloric intake, the number of steps taken per day — 10,000 is what triad recommends — and the number of hours of uninterrupted sleep. Data can be uploaded to computers and smartphones and graphed to track progress over time.

Since the beginning of the pilot, Bessey said squad leaders and company commanders have “noticed a marked improvement in the number of Soldiers that voluntarily update their data to the website. Over half of the

battalion’s Soldiers now monitor their progress on a weekly basis, with our Charlie and Delta companies, led by Capt. Jeff Johnson and Capt. Steve Holden, leading the battalion with rates over 80 percent.”

Bessey said there is more good news. Over the four-month period since the pilot started, “the battalion’s average Army Physical Fitness Test score has increased about 10 points.”

“Personally, I’ve used it to meet my annual New Year’s resolution,” Bessey said. “Over three weeks, I’ve lost 14 pounds of holiday leftovers by monitoring my activity level — reaching 15,000 steps per day — and limiting my caloric intake.”

Recently, Bessey said the battalion was involved in intensive and prolonged field exercises supporting Expert Infantryman Badge and Excellence in Armor training and live-fire exercises.

During that period, focus on sleep, activity and nutrition was somewhat limited, although the medical platoon leader, 1st Lt. Julio Rodriguez, kept the weight control program active.

Additionally, 1st Lt. Elya Hillebrand, the division nutritionist, continued her training

as well, he said. Bessey said Hillebrand will expand nutrition courses for all Soldiers as the pilot nears conclusion in February and March.

Bessey said the Performance Triad program is showing measurable success. But he also said continued success will be challenged by high-stress field exercises, possible deployments, and opportunities to make less-than-the-best dietary choices.

“Unfortunately, several factors exist around the battalion area that mitigate the positive impact of the program,” he said. “Gut trucks persist around the company headquarters, providing Soldiers with a quick and non-nutritional, mid-morning snack or lunch.

“Even if the dining facility is a block away, that truck is just feet away, making it a simple choice on most occasions,” he said. “Furthermore, the dining facility near our area is closed and Soldiers who want to eat at a dining facility on the weekend typically need to travel more than two miles to the nearest open facility. It’s easier to order delivery or go to a fast food restaurant that’s nearer. More will need to be done at the installation level Armywide to steer our Soldiers away from potential pitfalls.”



COURTESY PHOTO

Pick-of-the-litter

Meet Frank, an 8-month-old male lab mix. He is calm for his age, but also likes to play in the yard. He is very alert and willing to learn. Frank is \$80 to adopt, which includes neutering, a microchip and heartworm testing. 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 6 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 veterinary clinic or the commissary. Visit the Fort Rucker stray facility’s Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109
8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass
Sunday
11:00 a.m. Liturgical Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4:00 p.m. Catholic Confessions Saturday
5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service.
8 p.m. Latter-Day Saints Worship Service, Sundays.

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

BIBLE STUDIES

Tuesday –
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center

Wednesday –
11:00 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday –
9:00 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

Mothers of Preschoolers (MOPS)
MOPS is a Christian-

based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

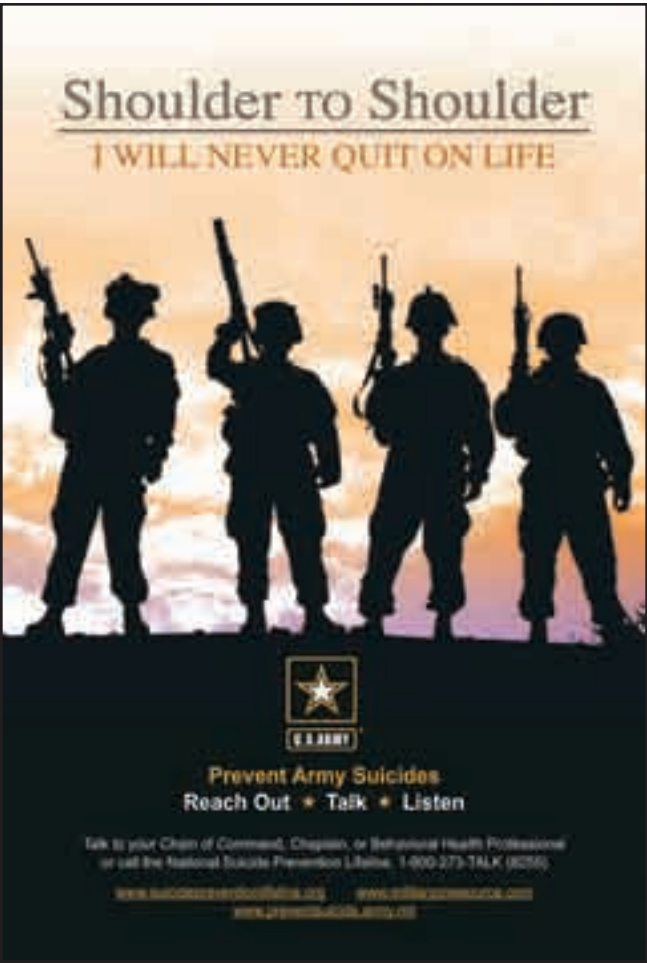
Protestant Men of the Chapel (PMOC)
PMOC meets the first Saturday of each month at 8:00 a.m. – 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel (PWOC)
PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m. For more information, call 255-2989.

Catholic Women of the Chapel (CWOC)
CWOC meets every Wednesday, 8:30 a.m. – 10:30 a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.
Youth Groups / Club Beyond
Tuesdays, 5:30 p.m., Spiritual Life Center. For more information call 255-9995.

Alcoholics Anonymous (AA)
AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. AA meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center (Bldg 8939, Room 38). For more information, contact the Religious Support Office, 334-255-2989.

Shoulder to Shoulder
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FEBRUARY 13, 2014

GYM RAT



Program offers motivation, T-shirts, healthy lifestyle

By Nathan Pfau
Army Flier Staff Writer

Many people say that the hardest part about working out is finding the motivation to get up and do it, but a new, free program is trying to help by providing a little push to help get in shape.

Gym Rats is available at Fort Rucker's fitness centers that allows people on the installation to become part of an exclusive club that members have to work at to earn, according to Lynn Avila, Fort Rucker fitness program coordinator.

The program requires participants to complete 100 days of fitness activities, whether through classes at either fitness center or workouts in the gym, but either way, fitness center staff members must sign off to get credit, said Avila. After 100 days is complete, the participant will be awarded an official Gym Rats T-shirt that is only available to those who complete the program.

"This program came about to really encourage people to join more of our fitness classes or to get into the gym," said the fitness coordinator. "We just want to help people reach their fitness goals, and some times even a small goal like this can motivate them to do that."

Avila said that people don't have to complete the 100 days of fitness in a row, but can take their time with it over the course of a year, if needed. It's more than just a T-shirt that people are shooting for, but the goal of striving for a healthy lifestyle.

"It's so easy to find yourself in a rut, and this is something that



PHOTO BY NATHAN PFAU

Participants push themselves during a spin class at the Fortenberry-Colton Physical Fitness Center Monday. Classes at both fitness centers count toward the 100-day requirement for the Gym Rats program.

can help keep people interested in coming to the gym," she said. "That's our main goal – to keep people healthy and in shape, but people still have to get up and achieve that goal themselves."

Just about any fitness program qualifies for a sign-off on the Gym Rats program, but Boot Camp is excluded from the program because it has an exclusive

membership of it's own for those that complete it, said Avila.

"We already give out T-shirts for that program, which you can only get by participating," she said. "Also, Boot Camp runs for six weeks straight, so that would be an unfair advantage."

But just because someone is in Boot Camp doesn't mean that they can't take part in Gym Rats,

added Avila. Boot Camp offers its participants free access to any of the fitness classes at the gyms, so people can still take advantage of those classes and get signed off to count toward their 100 days.

Although there is no cost for Gym Rats, if people wish to participate in the fitness classes, the cost is either \$3.50 per class or \$30 a month for unlimited class-

es, Avila said.

"You just can't beat a deal like that," she said. "If you take more than one class a day, which people are more than welcome to, the cost comes out to less than a dollar a day," adding that all class instructors are certified.

For more information, call 255-3794 or 255-2296, or visit either Fort Rucker fitness center.

Bragging rights: 1-145th wins battalion football tournament

By Nathan Pfau
Army Flier Staff Writer

Although football season is officially over, four battalions went head-to-head over the course of three days and fought to be named the Army Sports Program Battalion Football Tournament champion on Fort Rucker.

The 1st Battalion, 145th Aviation Regiment Old Warriors took on 158th Airfield Operations Battalion Guardians during the final game of the tournament Feb. 6 at the Fort Rucker Physical Fitness Center football field, but 1-145th came out on top and took home the trophy as battalion champs, dominating 36-6.

"This really feels awesome. I love playing with these guys and a few of the guys who played with our intramural team are playing with us, so it feels good," said 2nd Lt. Brennan Randel, coach of the 1-145th team, whose intramural team, Waiver Wire, won the post championship in December.

Col. Stuart J. McRae, Fort Rucker garrison commander, and Command Sgt. Maj. Buford E. Noland, Fort Rucker command sergeant major, were both on hand to see the last legs of the game as well as hand out trophies to both teams.

"Congratulations to you guys for having dominated to this point, and the participation is good for the installation and good for the Army," he said. "Just being out here in the cold weather, I've got to give hats off to you guys – well done. There was a lot of good competition in the football games



PHOTO BY NATHAN PFAU

Staff Sgt. Ernest Beasley, player for the Old Warriors, runs the ball past an opposing player during the Army Sports Program Battalion Football Tournament championship game Feb. 6.

we've had here."

The Old Warriors dominated throughout most of the game with Randel, who is also the quarterback, running in multiple touchdowns. His speed, coupled with his team's strong defensive capability, allowed them to get through most of what the Guardians threw at them.

The 1-145th started off strong as they took possession to start, and were able to push past their opponent's defense and score early in the first half.

The Guardian's defense couldn't seem to hold off their opponents and their offense couldn't break the Old Warriors' lines.

The Old Warriors, however, were able to

find all the gaps in their opponent's defense, scoring their second touchdown and extra point with just six minutes left in the first half.

The 158th AOB seemed to step up their game as the clock wound down with a 25-yard pass to get closer to the opposing end zone. As things seemed to look up for the Guardians, an interception turned the tide once again as the Old Warriors took possession.

Within just a few short plays, the 1-145th managed a 20-yard pass for their third touchdown.

The Guardians didn't have much time to get on the scoreboard before the half ended, and try as they might, couldn't break through their opponent's defense and turned the ball over with 15 seconds remaining in the half.

Not wasting a second, the Old Warriors quarterback, Randel, unable to find a receiver to throw to, ran the ball with no time left on the clock for his team's fourth touchdown to end the half up 28-0.

The Guardians had some advantage going into the second half as they received to start, and took full advantage of the opportunity with a 35-yard run by Staff Sgt. Ernest Beasley, followed by a 25-yard pass to Trexler Jaison for another touchdown and 2-point conversion, ending the game 36-6.



MOUNTAIN OPENINGS

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I KNOW YOUR NEW YEAR'S RESOLUTION WAS TO TRY NEW THINGS, BUT I THOUGHT YOU MEANT SKYDIVING. NOT AN ENTIRE BOX OF MIXED VALENTINE CANDY.

Mike

TRIVIA



Trivia

test by Fifi Rodriguez

1. TELEVISION: What kind of car did "Starsky & Hutch" drive?
2. MEASUREMENTS: How many yards are in a bolt of cloth?
3. MOVIES: Who directed the movie "Inside Llewyn Davis"?
4. AD SLOGANS: What company "has a way with b-o-l-o-g-n-a"?
5. INVENTIONS: Who is credited with inventing aspirin?
6. ART: Where is the Whitney Museum of Art located?
7. GEOGRAPHY: Where is the Great Sandy Desert located?
8. FOOD & DRINK: What are the ingredients in The Rickey cocktail?
9. FAMOUS QUOTATIONS: What 19th-century author said, "There is no remedy for love but to love more"?
10. LANGUAGE: The name of what common occupation has three consecutive pairs of double letters?

See Page D4 for this week's answers.

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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KID'S CORNER



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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.

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Soldiers see Russian history at Sochi Opening Ceremony

By Gary Sheftik
Army News Service

SOCHI, Russia – Team USA marched into Fisht Olympic Stadium to thunderous applause during Friday’s opening ceremony choreographed to highlight centuries of Russian folklore and history.

Ten Soldiers from the U.S. Army World Class Athlete Program are in Sochi for the XXII Olympic Winter Games, and WCAP bobsled driver Sgt. Nick Cunningham was among those smiling and waving to 40,000 spectators in the stadium and a worldwide television audience.

“I’m overwhelmed with joy and pride,” Cunningham said after closely following the Stars and Stripes as Team USA – decked out in blue star-studded jackets – paraded into the ceremony.

Russian Federation President Vladimir Putin watched from a skybox. He welcomed the athletes from 97 nations and officially opened the 2014 Olympic Winter Games.

The main character in the ceremony, however, was a young Russian girl named Lubov, meaning love. She guided the audience through generations of Russian heritage. The culture of 180 different Russian ethnic groups was displayed during what organizers dubbed the “most technologically innovative” show in Olympic history.

The extravaganza featured 2.64 million luminary objects produced by 132 projectors, and spectators wore flickering medallions in the grandstands, adding to the dazzling array of flashing lights. An aerial track on the arena roof pulled more than 80 large illuminated props across the ceiling. Twenty-five lifts and 18 traps on the stadium floor enabled props and performers to transition between 13 scenes.

Three thousand performers, including Russian ballet stars, circus professionals, acrobats and young volunteers, adorned more than 6,000 costumes.

Opening ceremony producer Konstantin Ernst said he wanted to reveal Russian history in a manner that had not been seen, an exhibition “untainted by decades [of] propaganda and the Cold War.”

Featuring a “Dreams of Russia” theme, the show began with letters of the ancient Russian alphabet, Azbuka, swirling across video screens throughout the stadium. Lubov took the audience through the Cyrillic alphabet of Russian innovations, ranging



PHOTO BY TIM HIPPS

U.S. Army World Class Athlete Program and Olympic gold medalist bobsledder Sgt. Justin Olsen (arms upraised) of San Antonio, Texas, helps lead Team USA into Fisht Olympic Stadium during the opening ceremony of the Sochi 2014 Olympic Winter Games Friday in Russia.

from Mendeleev’s periodic table of elements to Pushkin’s fairy tales.

The young girl grabbed the strings of a kite that lifted her into the air and across the diverse Russian landscape of 6.6 million square miles, spanning nine time zones. She passed the volcanoes of Kamchatka, over a central Russian village, and around the cliffs of Lena Island, while floating alongside circling birds. The music of 18th-century composer Alexander Borodin, “Fly away on the Wings of the Wind,” accompanied a scene that ended with a husky and two reindeer popping their heads above a night snowstorm.

Another Borodin piece from “Prince Igor” accompanied an Olympic Rings segment that preceded the entrance of dignitaries, such as Putin and Thomas Bach, president of the International Olympic Committee. The Sretensky Monastery Choir then sang the Russian national anthem.

Unlike other Olympic opening ceremonies in which athletes entered the stadium from corner portals, here they seemingly came from underground, parading up a ramp from the middle of the playing field.

After the parade of nations, a “Russian Odyssey” scene depicted centuries of infrastructure development, culminated by the construction of Fisht Olympic Stadium.

The stadium ceiling featured

a giant horse-drawn “troika” sleigh that illuminated a “Rites of Spring” segment. Portraying the 1700s, the troika was pulled by horses galloping three abreast to move mail and passengers across the country. Appearing to trot across the ceiling, the troika symbolized the magic of Russian past. On the stadium floor below, puppets represented boyars, the highest rank of Russia’s medieval era.

Huge helium-filled inflatables represented the colorful, swirling domes of St. Basil’s Cathedral in the “Festivity” scene and were accompanied by inflatable boyars and Dymkovo toys, symbols of Russian folk art. A street circus included 50 tumbling acrobats who enacted festivities of Maslenitsa, or Pancake Week, celebrated for centuries by Russians.

A segment on Peter the Great – the late 17th-century czar who built St. Petersburg and brought commerce to Russia – was highlighted by 300 marching troops who symbolized changes he made to the Army. They marched off to a grand ball.

The imperial ball – enacted by Russian ballet stars and other dancers – was designed to depict a scene from Leo Tolstoy’s “War and Peace,” written in 1869. This 1,200-page novel followed the struggles of five Russian families during the Napoleonic Wars. The long waltz scene included music by Aleksander Sergeyevich

Zatsepin.

The ball ended with Alfred Schnittke’s “Concerto Grosso No. 5” as a red vortex swirled across the ballroom floor and ceiling, representing the 1917 Revolution. The cogs of a giant industrial machine ground to a halt and a mechanical horse sculpture imploded. This scene was titled “Time Forward! Suprematic Ballet.”

The next act was “Moskva,” covering 40 years of the Soviet era, highlighted by massive construction. Construction workers were joined by policemen, students, athletes and cosmonauts on a metropolitan city map. This cross section was designed to depict a day in the life of a Soviet metropolis and ended with Lubov holding a red balloon.

Lubov then took the audience on a journey into a dream world of the future, punctuated by symbolic doves of peace, and a final piece comparing athletes to Olympic gods.

Following the speech of Sochi 2014 Organizing Committee President Dmitry Chernyshenko, IOC President Bach took the stage. He recounted how the Russians’ passion for sports on snow and ice prompted them to build the winter resorts around Sochi in just seven years, while other nations took decades to develop such facilities. He thanked the Russian hosts and challenged all athletes and their leaders to live up to the Olympic dream.

“Olympic Games are always about building bridges to bring people together,” Bach said. “Olympic Games are never about erecting walls to keep people apart. Olympic Games are a sports festival embracing human diversity in great unity.”

Tennis star Maria Sharapova carried the Olympic torch into the stadium. She handed it off to two-time Olympic pole vault medalist Elena Isinbaeva. The next runner was legendary heavyweight wrestler Alexandr Karelin, a four-time Olympic medalist who went undefeated for 13 years before losing to Team USA’s Rulon Gardner at the 2000 Olympic Summer Games in Sydney, Australia, the most historic upset in U.S. Olympic wrestling history. Gymnast Alina Kabaeva, a two-time Olympic medalist, then took the torch. She passed it to skater Irina Rodnina and Vladislav Tretyak, goalie of the legendary Russian hockey team of the 1970s.

Rodnina and Tretyak ran out of the stadium together past a host of Olympic volunteers. The two runners held their torch to a mini cauldron and the flame ignited a path up a pillar to light the cauldron of the XXII Olympic Winter Games at Olympic Park. Fireworks burst into the air and the stadium emptied in a matter of minutes as thousands rushed to see the aerial display.

The Sochi 2014 Olympic Winter Games officially had begun.

SPORTS BRIEFS

Spin Challenge

The Fortenberry-Colton Physical Fitness Center will hold a two-hour Spin Challenge today from 5:30-7:30 p.m. The cost is \$3.50, or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Gobbler Classic Turkey Hunt registration

Registration for the Gobbler Classic Turkey Hunt is being held Friday through March 14 at Fort Rucker Outdoor Recreation. The hunt will be held March 15 through April 30. Cost is \$25 per person. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Alabama State regulations and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker in order to qualify.

For more information, call 255-4305.

Youth sports registration

Registration for youth baseball and jump roping continues through Feb. 28. Baseball season will take place April 8 to May 31. Children must meet age requirements by May 1. A current sports physical and valid child, youth and school services registration are required for participation. Youth sports will host a parents’ meeting for baseball and jump roping March 13 at 6 p.m. in the youth center gymnasium, Bldg. 2800, for parents who are new to the Fort Rucker Youth Sports and Fitness Program.

Coaches are needed, so interested people can call 255-0950 to volunteer or get more information. Also, parents should call 255-2257 or 255-2254 to let the staff know children’s shirt size when using WebTrac.

Coyote hunt

Outdoor recreation will host a coyote hunt from Feb. 22-28 during legal hunting times. Cost is \$20 for a one-man team and \$40 for a two-man team. An authorized escort and youth team costs \$30 with \$5 for additional youth. All hunters must be registered before the event starts. All hunters must possess an Alabama hunting license and a Fort Rucker hunting permit. Trappers must have an Alabama trapping license. The trapping of coyotes and bobcats ends Feb. 28. All hunters and trappers must abide

by Fort Rucker and Alabama game laws. Hunters must present their game at time of check-in, 8 a.m. to 4 p.m. daily. There will be prizes for the top weigh-ins, a Big Dog Bounty will be \$5 extra per person and the total purse will go to the heaviest coyote. The closing ceremony will be held March 2 at 1 p.m. in the outdoor recreation service center.

For more information, call 255-4305.

ATV Trail Ride

Outdoor recreation hosts an ATV Trail Ride Feb. 22 from 6 a.m. to 1 p.m. Preregistration is required and people must be 16 or older to participate. Participants must pass the safety driving test through outdoor recreation, and they must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup March 1-24 at SWGC. Format is individual match play (USGA handicap required). Registration costs \$20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries.

For more information and to register, call 598-2449.

Enterprise baseball

Enterprise’s semi-pro baseball team needs players and will hold try-outs Saturday and Sunday. For times and location, call 464-1729 or 347-4275.

Two-Man Buddy Bass Tournament

Outdoor recreation will hold a Two-Man Buddy Bass Tournament March 1 from 6 a.m. to 2 p.m. at West Beach, Lake Tholocco. There will be a \$100 entry fee per two man team. All entrants must have an Alabama State fishing license, Fort Rucker post fishing permit, and a Fort Rucker boater safety completion card. There are only 25 slots available, so early registration is encouraged. The Top 3 weigh-in totals will receive a cash prize. Door prizes will also be rewarded, as well as a special prize for biggest fish.

For more information, call 255-4305.

Youth sports batting cages close

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Monday.

For more information, call 255-2254 or 255-2257.

Rucker Lanes’ Mardi Gras

Rucker Lanes will host its own version of Mardi Gras March 1 from 8 p.m. to midnight. People are welcome to bring out the Family and let the good times roll with unlimited bowling for up to six people per lane; shoe rental for all guests; one large 16-inch, one-topping pizza; one pitcher of fountain soda or tea; and Mardi Gras goodies for just \$50 per lane. Reservations are required and space is limited. Those who come dressed in costume become eligible for additional rewards and giveaways. Also, a VIP Experience price is available for \$75 and includes all the features of the standard reservation, plus an extra lane and the use of the VIP Bowling Lounge. The event is open to the public and exceptional Family member friendly.

To make reservations or get more information, call 255-9503.

Youth turkey hunt

Outdoor recreation will host a youth turkey hunt March 8 from 5-11 a.m. The event is exceptional Family member friendly and is open to youth, ages 7-15. Youth must be escorted by an adult and the escort must have an Alabama State Hunting License and a Hunter Education Completion Card. The entry fee is \$7 and registration is required. The event is open to the public.

For more information, call 255-4305.

Run/Walk Program

The Fort Rucker physical fitness centers offers a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member’s mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Video Game Spotlight >>



COURTESY SCREENSHOT

‘Lightning Returns’ opens world

By Jim Van Slyke
Contributing Writer

(Editor’s note: All opinions stated in the Video Game Spotlight are solely those of the article’s author.)

The biggest criticism of the two previous games in the “Final Fantasy XIII” series is that gamers felt like there weren’t enough options to explore the impressive world around them. The games forced them on a predictable path that made the games a lot less interesting than they could have been.

“Lightning Returns: Final Fantasy XIII” reverses that trend and opens up things for the gamer. There is more exploration and the gamer can enjoy plenty of sidequests before jumping on the main quest. Exploration was made a much bigger priority, and that can mean that each gamer’s experience in the game can be much different than their friend’s. The main story features Dr. Gyashi, a Chocobo expert who offers Lightning, the main character, advice on her search for the Angel of Valhalla,



Publisher
Square Enix
Rated
Teen
Systems
Xbox 360, PS3
Cost
\$60
Overall
3 out of 4

a pure white Chocobo that the people of the grasslands believe will ensure their safety. The story takes place 500 years after the events of “Final Fantasy XIII-2.” Lightning was dormant for those five centuries and doesn’t know what’s happened during that time. That should help gamers who have never played the Final Fantasy series get into “Lightning Returns: Final Fantasy XIII,” but it’s still going to appeal most to those gamers who have been long-time followers of the series. The variety of quests in this role-playing game is good and the combat doesn’t disappoint. The graphic shine and the audio is solid



COURTESY SCREENSHOT

as always. It goes merit some replay value since gamers can go back to find new quests and areas. While it does its best to pull in new fans, “Lightning Returns: Final Fantasy XIII” is ultimately still built for someone who has played “Final Fantasy” before (and knows what a Chocobo is). If that’s you, or you’re willing to put in some time to fill in the back stories, then “Lightning Returns: Final Fantasy XIII” is electric.

Reviewed on the Xbox 360

PUZZLE ANSWERS

Super Crossword

Answers

MYBAD	ATTEMPT	MARTHAS
EARLE	MARSALA	AVERAGE
WHITNEY	MUSEUM	RITALIN
LOA	ONS	MIATA
SONATA	CARMELBY	THESEA
VIM	AGEE	DREI
REDONE	BRONCHUS	LAZES
SNOWGLOBES	LIL	TABULA
VIES	RYE	POLL
PDS	TOR	SHASTADA
IONIC	EW	HARTE
HOODORNAMENTS	LAY	AFT
ONSIDE	RAHS	ABA
RESOLD	PIE	FUJIAPPLES
AGATE	FEDERICO	CEASES
OBIT	OVER	TNT
IDAMORGENSTERN	ELECTS	
NADA	AUDIT	SRI
OMANAIR	COOKONES	GOOSE
IMMENSE	ENVELOP	HOSED
LESSEES	REAGENT	THERE

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Ford Gran Torino
2. 40 or 100 yards
3. Joel and Ethan Coen
4. Oscar Mayer
5. Felix Hoffmann
6. New York City
7. Australia
8. Gin or bourbon, lime juice and soda water
9. Henry David Thoreau
10. Bookkeeper

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