

DAY IN THE LIFE
Follow a day in the life
of a military optometrist



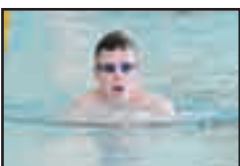
Story on Page A3

EXTRAVAGANZA
Event offers vacation,
staycation options for
all tastes



Story on Page C1

IRON AVIATOR
Soldiers compete for
coveted title



Story on Page D1

ARMY FLYER

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

VOL. 64 ■ NO. 7

FORT RUCKER ★ ALABAMA

FEBRUARY 20, 2014

WELCOME HOME 164TH TAOG

Soldiers return to Family after 6-month deployment

By Nathan Pfau
Army Flier Staff Writer

Close to 20 Soldiers were met with cheers, hugs and tears of joy as they returned to Fort Rucker from a nearly six-month deployment.

Families and friends gathered at the Spiritual Life Center Monday night to welcome back Soldiers of the 164th Theater Airfield Operations Group from their deployment to Kuwait and Afghanistan, where the unit focused on transitions while maintaining standardization and safety advances, according to Col. Michael L. Shenk, commander of the 164th TAOG.

“We basically supervised units,” he said. “The brigade headquarters provides the staff planning and the command leadership for the battalions on the airfields in Afghanistan and Kuwait, and this time we had one operating in (both), and both of which finished their missions.”

The unit deployed in September of last year, and this deployment differed from previous ones in that its duration was shorter.

“We had an eight-month deployment last year,” said Shenk. “This year, we only had (less than a six-month) deployment because we had the chance to finish the mission early.”

Despite being a relatively short deployment, Soldiers

SEE 164TH TAOG, PAGE A5



PHOTO BY NATHAN PFAU

Capt. Francena Walker, 164th TAOG, hugs members of her family as they line up to welcome her home from a nearly six-month deployment in Afghanistan and Kuwait at the Spiritual Life Center Monday. Close to 20 Soldiers were welcomed home along with Walker.



PHOTO BY NATHAN PFAU

Jeanelle Joseph, winner of the FORSCOM Commanding General's Award for Supply Excellence Property Book Table of Distribution and Allowances, is presented the award by Lt. Col. H. David Brook, ATSCOM executive officer, during a ceremony at Cairns Army Airfield Feb. 13.

THE BEST ATS employee earns FORSCOM honors

By Nathan Pfau
Army Flier Staff Writer

It's one thing to earn an award at a local level, but one of Fort Rucker's own went above and beyond to be recognized as one of the top in all of the U.S. Army Forces Command.

Jeanelle Joseph, Air Traffic Services Command, was awarded the FORSCOM Commanding General's Award for Supply Excellence Property Book Table of Distribution and Allowances during a ceremony at Cairns Army Airfield Feb. 13.

Joseph first thanked God, and then thanked her team of coworkers and supervisors for their support and efforts to help her win the award.

“I would really like to thank (Marie House, ATSCOM chief

of supply readiness division),” said Joseph. “If it weren't for her, this wouldn't have happened. She pushes you and motivates you to do what you need to do and will give you everything you need to achieve what it is you want.

“I've never had a supervisor like that before and I want to be just like you when I grow up,” she said.

The award is given to recognize supply excellence at various unit and installation levels, and was designed to “enhance logistical readiness of all Army units; enhance the Command Supply Discipline Program; provide a structure for recognition of group and individual Soldiers; perpetuate group competition; and increase public awareness of supply

SEE HONORS, PAGE A5

UNITED IN PRAYER

Community gathers for National Prayer Breakfast

By Sara E. Martin
Army Flier Staff Writer

Members of the local community came together at The Landing Feb. 13 for the annual National Prayer Breakfast to pray for the nation, the American Soldier and Family, and Fort Rucker.

It is important to recognize the spiritual needs of Soldiers, staff and everyone in between, said Chaplain (Col.) Dennis Newton, garrison and U.S. Army Aviation Center of Excellence chaplain.

“We are a spiritual people, Americans. You get to a point where you recognize that there is something beyond you, greater than you. So, regardless of who came today and who they are, we understand that it is about the free exercise of religion. The majority of Soldiers hold these spiritual values and we want to honor that,” he said.

Staff Sgt. David Lopez, NCO in charge of the War Fighter Health Division, U.S. Army

Aeromedical Research Laboratory, said he wanted to attend the event because he feels that prayer is slowly being forgotten about in today's modern world.

“It is always good to come back and relate our mission to God. Sometimes we forget about him, but in times of trouble, that's when we always remember to pray. And it should not be like that,” he said. “It's a great feeling knowing the command supports the prayer breakfast and the Soldiers who have beliefs.”

The breakfast was established by Dwight D. Eisenhower in 1952, and the first breakfast was celebrated in 1953, and since then every president has attended the event in Washington D.C.

“For some people, prayer is just another form of just saying that they are thinking about people. We hear it a lot in the South, ‘You're in our thoughts and prayers.’ But to the American Soldier, prayers are an entirely different concept to them,” said Col. Stuart J. McRae, garrison

commander, remarking on the importance of the day.

Chaplain (Maj.) Chris Offen prayed for God's presence among America's Soldiers, and for them to be the best Soldiers and the best Americans.

Chaplain (Maj.) Everett Franklin prayed for God to bless the nation with a rich land and a rich future.

Chaplain (Capt.) Troy Allan thanked God for military Families and their selfless support to their Soldiers.

“Thank you for their persistence and dedication in the face of so many difficulties. I ask that you bless them for their sacrifices,” he prayed. “Be with those who are in harm's way. Comfort those who are fearful and lonely. Bring courage in times of difficulty and love in times of hatred.”

Newton spoke at the event as the main speaker, remarking on how ice not only has been affecting daily commutes to work, power to homes and businesses, and emergencies at hospitals, but that ice and prayer can go together.

SEE PRAYER, PAGE A5



PHOTO BY SARA E. MARTIN

Sgt. George Sanchez, Class 14-002, races to the top of the NCO Academy rope climb at the end of the NCOA obstacle course during the Iron Sergeant competition Feb. 10. Competition results will be announced when the class graduates later in the month.

PERSPECTIVE

To eat, or not to eat?

Use by, sell by dates – when is food still safe to eat?

By CW5 Christopher Finch
U.S. Army Public Health Command

Use by, sell by dates – when is food still safe to eat? As consumers, we inevitably fall prey to the ambiguousness of the food labels placed on packaging by food manufacturers.

The most commonly misunderstood labeling involves the terms: use by, best if used by and sell by. Each term is sound, but what should be more defined is whether the term relates to economics or food safety.

Grocery products cannot last forever. Grocery manufacturers want you to buy their products, and they spend considerable capital on designing a product that is palatable and presentable. It's about quality.

Food quality terms

The manufacturers use labeling terms such as, use by, best if used by, best by, and best before, to ensure that their product is purchased while the quality of the product is optimal. For example, if a consumer

purchases a jar of mayonnaise and realizes at home that the best by date is a week away, there need not be a food safety concern, but quality will begin to degrade.

As the ingredients start to degrade – emulsifiers and inhibitors lose effectiveness and colors fade – the product slowly loses the best quality characteristics. A mayonnaise product that is considerably past a best by date may begin to separate and darken in color, but still be safe to eat.

Manufacturers profit by turn-over of product on grocery store shelves – these dates assist in moving product and ensuring quality for a reasonable amount of time. As well, these terms are commonly placed on shelf-stable products (semi-perishable).

Food safety terms

Shelf-life terms that relate to food safety are sell by and expiration date. Manufacturers of perishable food products, such as fresh meat, prepackaged salad greens and dairy foods, use the term sell by to ensure

perishable foods maintain a status of safe-to-consume within a reasonable timeframe.

For example, prepackaged salad greens typically have a 10-14 day shelf-life under refrigerated conditions of 40 degrees. If a consumer stores the packaged greens appropriately, the product could still be safe to consume several days after the sell by date. Any fluctuation of storage conditions or temperature abuse will dramatically decrease the ability of a product to last much longer than the sell by date.

The term expiration date will most likely be seen on products like baby food, infant formula and nutraceuticals (food products that provide health benefits in addition to their basic nutritional value). Food products with an expiration date should be used by the date indicated and discarded after that date.

The bottom line: if a food product does not smell, taste or look right, do not eat it. Consumers can find various home food safety tips at www.fda.gov.



PHOTO ILLUSTRATION BY CHRISTINA GRABER

Manufacturers of perishable food products, such as fresh meat, prepackaged salad greens and dairy foods use the term sell by to ensure perishable foods maintain a status of safe-to-consume within a reasonable timeframe.

This month in Army Aviation history

This month, we're spotlighting the February 1975 issue of the *U.S. Army Aviation Digest*. This issue features:

Terrain Flying in Bavaria: Reforger '74

Army aircraft were used extensively for the first time in an anti-armor role. More than once, attack helicopters changed the tide of battle, but weather, including blowing snow and freezing fog, also had an effect on the action.

The Wonderful World of Simulation

A world away from the famous Link

trainer, affectionately called the "Blue Canoe," is the new family of high-fidelity flight simulators currently being developed by the U.S. Army Training Device Agency. The buzz word is "visual" and the advanced systems will have full visual capability.

Flight Testing: The Unglamorous Side

The term "flight testing" has always been associated with the image of a daring, death-defying test pilot who risks life and limb taking up the latest high-performance experimental bird for the first time ... just to see if the wings

– (pardon me) – rotor blades stay on.

Just Judgment

The day dawned miserably cold and bleak for CWO Jim Crenshaw, and with the dawn came the full realization that this might be his last day on Earth. It had been 48 hours since his UH-1 had smashed into the 8,000-foot level of Mount Lamar in northern Alaska.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-feb75>



Rotor Wash

“The Center Library hosts story time from 8:30-11 a.m. Friday. Why do you feel it is important to encourage children to read?”



Sgt. 1st Class
Loshana Alexander,
NCOA

"Reading helps them have a broader understanding of vocabulary and the proper way to communicate. Children are starting to talk and write like they text, and if they are not reading on a daily basis they will continue to speak poorly and not know how to write a proper sentence."



Staff Sgt. John Lattoz,
C Co., 1st Bn.,
13th Avn. Regt.

"Reading is fundamental for people to communicate. It is important to communicate as children because that is how they make friends, and reading is essential for all learning, which is essential for their future."



Staff Sgt. Terry Hall,
B Co., 1st Bn.,
13th Avn. Regt.

"Reading and math are the fundamental blocks of life. If you cannot read you cannot communicate or succeed in life. Nothing else matters if you cannot read."



Staff Sgt.
Scott Vongpradith,
NCOA

"Reading develops all education, and is the foundation for all education. Knowledge is power and you need to know how to read to gain knowledge."



Sgt. Mariah Green,
B Co., 1st Bn.,
11th Avn. Regt.

"It increases their literacy, and they are able to know how to process information and build on information later in life."

COMMAND

Maj. Gen. Kevin W. Mangum
FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

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

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

Sara E. Martin
STAFF WRITER.....255-1240
smartin@armyflyer.com

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

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

Brenda Crosby
SALES MANAGER.....347-9533
bjcrosby@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING.....393-9716
lallgood@eprisenow.com

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

Joan Ziglar
DISPLAY ADVERTISING.....393-9709
jziglar@eprisenow.com

CLASSIFIED ADS.....(800) 779-2557

Statement of Publication authorization

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

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

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

The appearance of advertising in

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

Business matters

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

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

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

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

Equal Opportunity Statement

Everything advertised in this publication shall be made available for

purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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

Editorial contacts

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

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

The eyes have it: *Optometrist strives to keep community seeing clearly*

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.)

Saint Jerome once said that the face is the mirror of the mind, and eyes, without speaking, confess the secrets of the heart. But, unlike Saint Jerome, one Fort Rucker doctor is more interested in the eyes themselves, not their secrets.

Capt. Bret Lehman, optometrist and chief of the department of specialty services at Lyster Army Health Clinic, has peered through many windows to the soul, but while he can clear people to fly, help them see better and even spot hidden tumors, he has not seen any immortal enigmas.

Averaging about 14 to 15 patients a day, ranging in age from 5 years old to 64 years old, Lehman said his days start off like most other Family men's.

"I get up around 6 a.m. I have a 2 year old and a 7 month old – both are boys, so they usually wake me up first," he said. "I help my wife with morning chores before I get ready for work, I grab my lunch that I packed the night before and that's it."

He typically arrives at the clinic around 7 a.m., though his first patient won't arrive until 8 a.m.

"My first hour I spend checking up on emails and doing administrative work. For the morning I usually see eight patients. I see each patient around 10 minutes to an hour and a half depending on what issues they are having," he said.

During lunch he tries to squeeze in as much physical training as possible with a bite or two to eat along with paperwork. After that, it's on to his six afternoon patients.

"When patients come to see me, they usually need glasses or a check to be able to fly, but on occasion people are having eye issues such as seeing spots, having dry



PHOTO BY SARA E. MARTIN

Capt. Bret Lehman, optometrist and chief of the department of specialty services at Lyster Army Health Clinic, inspects the eyes of Staff Sgt. Daniel Abeyta Friday.

eyes or red eyes," he said.

Thursday mornings are set aside for eye flight physicals for the clinic, said Lehman. They day begins at 6:30 a.m. and he sees around 35 Soldiers before 10 a.m. All of the students who want to be pilots have to come through him to be cleared to fly.

"It is a streamlined process, most definitely. Our goal is to (examine) all of those Soldiers and have all of their paperwork done by lunchtime so we can see other patients after lunch," he said. "Thursday afternoons are also a time that we have patients needing a class on how to put in and take out contacts, and everything that goes along with wearing contacts."

There are only two eye doctors at the clinic, and they are responsible for the needs of everyone who walks in Lyster's doors, but Lehman said the job is typically stress free.

"We have a pretty healthy population, and the work is really gratifying because we have the opportunity to help patients with their life satisfaction by helping them see better," he said. "It's the best thing about this job. I want to help patients fix issues that they might have been struggling with for a long time."

He keeps from getting complacent by trying to find a creative or interesting thing about each patient.

"Everyone's eyes are a little different and you can't just go through the motions when you see them. I always try to look deeper into their situation. That keeps the monotony at bay," he said.

That extra digging on routine eye exams has led him to discovering several patients' brain tumors.

"I do a test on every patient, a test that many doctors bypass because it is a basic,

simple test that some other tests might catch," he began. "But I always do the test anyway and it has helped me identify three brain tumors on three different patients."

"My extra time is seeing to other administrative needs, returning emails or completing projects that my chain of command has asked me to complete," he said. "One of my big roles at this clinic is to look months down the road to where we will be and how we can operate most efficiently."

Lehman is also on a committee that is trying to streamline eye equipment that eye doctors use across the country at military installations. The streamline is important, he said, so when military eye doctors move from clinic to clinic, they are always familiar with the clinic's systems and documentation practices.

At the end of the day, around 4:40 p.m., he heads home for some Family time.



PHOTO BY SARA E. MARTIN

Assistant secretary of the Army visits Fort Rucker

Katherine Hammack, assistant secretary of the Army for installation and environment, eats lunch with Soldiers from Better Empowered Soldiers Today at The Landing Zone during her visit to Fort Rucker Feb. 11-12.

News Briefs

TRADOC IG visit

The Army Training and Doctrine Command Inspector General will conduct a staff assistance visit at Fort Rucker Monday-Wednesday. 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 Tuesday 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.

Spouse club scholarships

Fort Rucker Community Spouses Club scholarship applications are available on the FRCS website at www.fortruckercsc.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.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. 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.

The thrift shop is also giving out about \$30,000 in scholarships – people can pick up packets to apply at the shop during business hours. The deadline is March 1.

For more, visit <http://www.fortruckercsc.com/scholarships.html> or call 255-9595.

Opportunity knocks

The following internal position is available on Fort Rucker: Human Resources Assistant, GS-0203-06, with the Directorate of Human Resources, with a closing date of Feb. 28.

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.

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 Mission 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@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.hulsey@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.

Tax center opens

The Fort Rucker Tax Center is open Mondays-Fridays from 9 a.m. to 4 p.m. until April 15 in Bldg. 5700, Rm. 371F. The center is available to valid military ID card holders at no cost. Reservists must be on Title 10 status and bring a copy of their call to active duty orders.

People using the tax center should bring the following documents: Social Security card; all W-2s and wage and earnings statements; blank or canceled check with routing and account number of bank, 1099-R; copy of last year's tax return (if available); and any documents pertaining to earnings from gambling winnings, unemployment or compensations. Use of the tax center is by appointment only.

For more information or to make an appointment, call 255-2937 or 255-2938.

Mind's eye

Sexual assault prevention trainer makes it personal

By Shayna Brouker
Installation Management
Command

WIESBADEN, Germany — “If you could keep one person safe, who would it be?” asks the petite woman of a roomful of military police men and women. “Bring that person to your mind’s eye and constantly reflect on that person throughout this training.

“I can’t change the whole world – not on my own” said Jennifer Quain, a trained sexual assault victim advocate and prevention educator, during the rape culture and consent awareness class. “But if I can convince you to say, ‘I’m going to stop using the words slut or whore to stop rape culture,’ I’ll take it.”

Staff Sgt. Kasey Trapp, a platoon sergeant for the 529th Military Police Company, asked Quain to speak with his platoon for the company’s weekly Sexual Harassment/Assault Prevention and Response Program training after hearing about her background through word of mouth.

“When you have 21-plus years of learning one thing, it might take seeing something else every week to get it ingrained,” Trapp said. “But this week we wanted to try something new, something proactive instead of reactive.”

Quain was trained through the Missouri State

Coalition Against Domestic and Sexual Violence and Phelps County Family Crisis Services as a victim advocate for domestic and sexual violence, a hospital sexual assault advocate and a prevention educator. During her job at a women’s shelter, she spoke at more than 200 public venues in a given year about prevention of intimate partner and sexual violence.

This marks her first time speaking with Soldiers.

She requested they wear civilian clothes, not uniforms to encourage an open discussion.

Besides, rape is not an Army issue – it’s a human issue, she said.

The goal is culture change and it starts with individuals. Quain invites her class to take an honest look at the nitty-gritty, ugly roots of rape culture – for example, misogynistic song lyrics – and how individuals relate to them.

Rape culture is defined as an environment in which sexual violence is considered the norm.

“Whenever I leave my house to walk my dog, I think about what kind of shoes I’m wearing and if I can run fast enough in them. I think about the first number in my phone to call in case I’m attacked,” she said. “Society teaches us, ‘don’t get raped’ rather than ‘don’t rape.’”

The first segment of her

training focuses on rape culture, and how the media and social norms perpetuate violent language, thoughts and actions. The afternoon covers consent and what constitutes a “yes,” along with how to actually talk about consent with a partner.

“Were you taught about consent in your sex ed class?” she asked. “Why is it so awkward to talk about consent? We have no examples of it in movies, music, etc.,” going on to show a clip from “The Little Mermaid” illustrating an example of lack of consent.

“There is one way to ask her / It don’t take a word / Not a single word,” croons Sebastian in Prince Eric’s

ear. “Go on and kiss de girl.”

A questionnaire revealed almost all of the attendees said they found the training useful and recommended it for their service members.

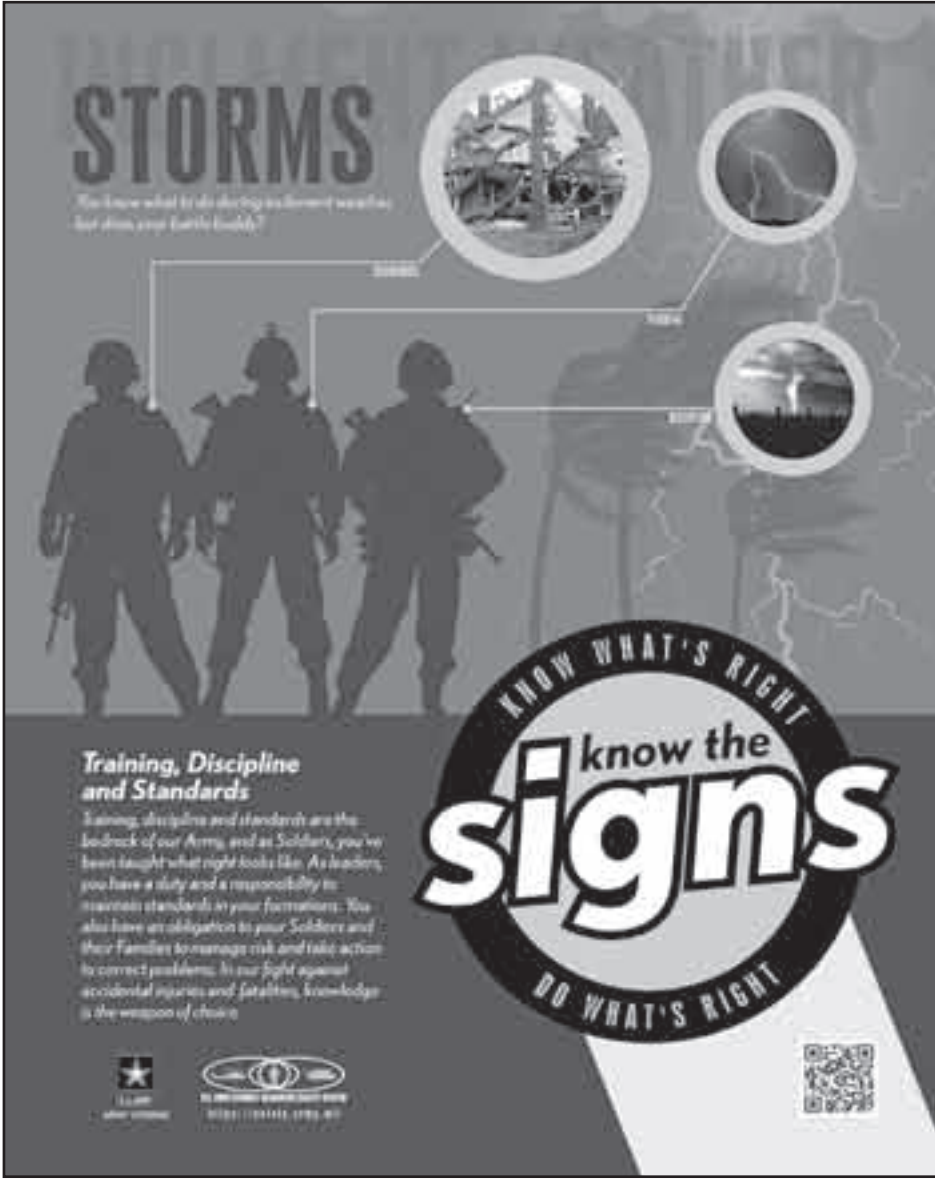
Spc. Timothy Dawson said it inspired him to use “stronger force” to discourage his peers from objectifying women or using degrading language.

“I took a step back and saw how much we subconsciously take everything in,” he remarked. “Media is brainwashing us. I see that a lot with my battle buddies.”

Quain will teach another class in April during Sexual Assault Awareness Month, per the request of another platoon.



ARMY GRAPHIC



Prevention tip #2

Cough or sneeze into your elbow, thus covering your nose and mouth to avoid spreading cold germs.

Health bulletin

WE APPRECIATE FORT RUCKER.

Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.

SOUTHEAST ALABAMA MEDICAL CENTER

CareChex
A Division of COMPANION

Top 10% in the nation for patient safety

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

164th TAOG: Soldiers overjoyed to return home

Continued from Page A1

like Capt. Francena Walker, 164th TAOG, said that there is nothing like being home.

“It feels great to be back, it’s one of the best feelings I’ve ever felt — to be back with my Family,” she said. “It’s always hard to leave Family, especially when you have such a supportive Family like I do that have always had my back. That’s the hardest part of a deployment.”

Walker, who now has three deployments under her belt, said she relies on spiritual guidance and the thought of returning home to her Family to help get her through

her deployments.

“I rely on my heavenly Father,” she said. “I made sure I went to church, worked out, connected with friends and stayed in contact with my Family when I could.”

Although Walker has been through many deployments, she said that it’s not something that is easy to get used to. It’s something that’s not just tough on her, but her entire Family, added Francena’s brother, Joseph.

“I’m just very happy to see her, I’m so glad,” he said. “She’s been gone for a long time and we’re just glad she’s back. When she’s gone, I was just hoping that she stayed safe and I just pray that the Lord kept

His hand on her.”

Returning from a deployment comes with a bevy of emotions and the journey from a deployment is one thing that can add to the stresses, but despite the long hours, the excitement when returning is indescribable, said Shenk.

“Coming back there’s a bit of mixed emotions because we’ve been up for about 50 hours,” said the colonel. “It’s a very long travel process with the airports and the bus rides, so it’s very tiresome. But the troopers get very excited when we get back and a lot of these (Soldiers) are first-time deployers, so it’s very exciting for them.”

Honors: Employee credits teamwork for award

Continued from Page A1

excellence in the U.S. Army,” according to the Army Quartermaster website.

The framework of the evaluation includes compliance to current policy, total Army quality performance, logistics imperatives identified as special-interest items in the command, logistics review program and management control objectives identified in the command supply discipline program, said the narrator for the ceremony.

In order to be considered for the award, a

person must be nominated, and once nominated, FORSCOM will perform a review to either accept or reject the nomination, said House.

Once Joseph was accepted, the inspection took place in August, and her results were beyond anyone’s expectations, said Lt. Col. H. David Brooks, ATSCOM executive officer.

“In order to even qualify, you have to get at least a 90 percentile in each area of inspection,” said Brooks. “Joseph got a 99 percent on her inspection. I don’t think I’ve ever gotten 99 percent on a test, much less

an inspection — it’s almost unheard of.”

Not only did Joseph score a 99 percent on the inspection, but FORSCOM officials said that she did such a good job that they returned to get additional information about how she was attaining such high standards so that they can instill some of her methods across the command.

But Joseph said that the achievement wasn’t something that was accomplished on her own, but rather a team effort, something that, Brooks said, was what makes ATSCOM shine so bright.

“I keep talking about the professional-

ism and dedication that our folks have here at ATSCOM, and (Joseph) is a fine example of this,” said the executive officer. “She doesn’t come to work every day just to do her job — she comes to work every day to excel at her job, and that’s what almost everybody here does.”

“It’s the pride that you guys show every day when you come to work — it’s 24/7 with ATSCOM,” he said. “That goes to show as a testament to the professionalism and hard work that you all put into this organization. I am so proud to be a part of this organization, and very proud of Joseph.”

Prayer: Chaplain feels faith strengthens community

Continued from Page A1

“When I am driving on ice, I know I am praying,” he joked. “Prayer is the only thing that keeps your tires to the road, nothing else can. On the other side of ice, though, you have fire, and often they go together.”

He quoted Robert Frost’s “Fire and Ice,” remarking on how the poet said the world might end.

“He got his inspiration from Dante Alighieri. And what he was remarking on was the character of people, including clergy,” said Newton, before remarking on a story of Elijah who struggled with the prophets of Baal.

According to Newton, Elijah delivered the word to a king about a drought, and when the drought happened the king said that Elijah had caused it. When

Elijah said that the kingdom’s behavior had caused the disaster and that he knew how to fix it, the people refused.

He quoted 1 Kings, verse 18:1-41, and told the story of how Elijah proved to the people of Samaria that his God was the true God.

“So we are here today to pray for our nation, for our leadership, for our Army, and we have heard the prayers, but there needs to be more private prayers,” he said at the end of the sermon. “We need to be involved, and we need to really care about what God wants us to really do and he wants us to give him a reason to, just like Elijah.

“God needs a way to fellowship with men; he wants us to encourage him to bless us. He is looking for men who are seeking him,” continued Newton.

Newton said the warning of Elijah carries into the prayer of Saint Michael, the patron saint of Aviation.

“What I find fascinating is that the prayer is about the battle between good and evil,” he said. “God wants to do good things for those who seek him. God cannot stand those who are lukewarm, he doesn’t mention fire or ice.

“So what do we have to do?” he continued. “We have to find something we are passionate about in this world, like Elijah, and use it to spread God’s word and use it to serve him. How else are we going to fight evil with Saint Michael?”

Newton ended by saying that Aviation is built on great science, but that it is the pilot’s faith that keeps the helicopters in the air.



PHOTO BY NATHAN PFAU

Sheila Jackson sings at the National Prayer Breakfast Feb. 13 at The Landing.

**REFINANCE
WITH US AND
PAY OFF YOUR
HOME SOONER!**

**3.49% APR*
10 year mortgage**

**3.99% APR*
15 year mortgage**

**No closing costs!
No appraisal fees!
No long approval times!**

**If you live, work, worship or attend school in
most Wiregrass areas, you can join!**



**Army Aviation Center
Federal Credit Union**

Bldg. 8937 Red Cloud Road, Fort Rucker Across from the Commissary
341 North Daleville Avenue, Daleville
(334) 598-4411 www.aacfcu.com



*APR means annual percentage rate. This is a fixed rate mortgage. Some restrictions apply. Free closing costs do not include documentary stamps in FL. If appraisal is needed, cost is not covered by the credit union (loans over \$250,000 will require an appraisal). Determination of value is at the sole discretion of AACFCU. This loan not available in all areas. This loan is good only for loans new to AACFCU. Current AACFCU loans cannot be refinanced into this loan. This is a first mortgage for the primary residence only. Limited time offer.

REAL ESTATE SHOWCASE

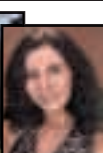
Smarter Savings. Bolder Exposure. Faster Results.

NEW LISTING




County Road 730 ~ \$84,150
Convenient to Enterprise, make this 18.7± level land your little slice of heaven. Located in Coffee County but, Chancellor address. **EVELYN HITCH 406-3436 MLS# 20140051**

NEW LISTING

101 Becky ~ \$72,000
This nice ranch has fenced yard, nice deck for grilling, 2 living areas, storage room, excellent location. Easy access to schools & shopping areas. **NANCY CAFIERO 389-1758** *Hablo Español.* **MLS# 20140139**

NEW LISTING




202 Sonya ~ \$200,000
Excellent price for this nice traditional home with huge fenced yard. Big, open living area, kitchen is fabulous, great floor plan for entertaining. Covered patio. **NANCY CAFIERO 389-1758** *Hablo Español.* **MLS# 20140140**

NEW LISTING




806 East Town: Geneva ~ \$199,000
Chef's make your dream a reality! Check out this newly renovated building, set up to be a restaurant but a job transfer prevented the opening for this owner. So take advantage & establish your own style. Building with all new wiring, plumbing, roof, heating & cooling system. All equipment is top of the line professional brands. Seating for 50 plus a bar. Excellent location & opportunity in downtown. **MILDRED OWENS 464-2121** **MLS# 20140150**

NEW LISTING




123 Trotman: Ozark ~ \$129,000
This nice home features a great floor plan for entertaining, 2 dining areas, fireplace, nice back deck for grilling & more. **NANCY CAFIERO 389-1758** *Hablo Español.* **MLS# 20140161**

NEW LISTING



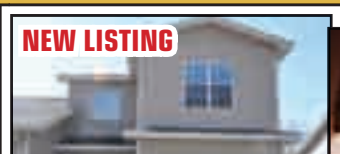
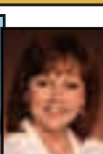

81 Courtyard ~ \$105,000
Fabulous floor plan for this 2BR/2.5BA townhouse with lots of amenities. Pool, exercise & tennis courts are included in your monthly HOA. On the way to Ft. Rucker & built in 2004; all you have to do is move in today! Washer & dryer come with the townhouse & the huge tub in the master bathroom is a real treat! **MAGGIE HAAS 389-0011** **MLS# 20140180**

NEW LISTING




3483 Augusta ~ \$185,000
Pool, 3BR/2BA on cul-de-sac. Large laundry room, remodeled baths, formal dining & back features den or bonus room & screened & glass porch. Large hot tub negotiable. 20x40 pool with new liner & enclosed also a lanai. Backyard with brick BBQ & detached 2-car garage. **EVELYN HITCH 406-3436** **MLS# 20140202**

NEW LISTING

112 Creeke ~ \$114,000
Great price on this townhome located in Holly Hill & Dauphin school zones. It is in great shape & ready for you to call home. **JAN SAWYER 406-2393** **MLS# 20140199**

OPEN HOUSE SUNDAY 2-4

NEW LISTING




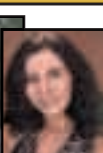

1213 Skipperville: Ozark ~ \$194,900
Country living convenient to town in this updated ranch with pool & 2-car detached garage/shop. 4BR/2BA, beautiful updated kitchen including custom cabinets, separate dining room, sun room & tile throughout. Relaxing sparkling salt water pool off large patio. 30x30 shop with 1/2 bath is large enough for 2 cars plus work area, tall doors for boat or motor home. All of this on a private acre of land. **JAN SAWYER 406-2393** **MLS# 20140213**

NEW LISTING




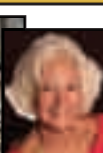

3094 Achey ~ \$126,000
Are you looking for a nice starter or retirement home with small privacy fenced yard & covered patio? Well you can stop looking as this is ready to move in. 3BR/2BA complete with all appliances to include washer & dryer. Ready now. **EVELYN HITCH 406-3436** **MLS# 20140212**

NEW LISTING

104 Oakland ~ \$90,000
Nice ranch home with big den/family room with wood burning fireplace, dining area with lots of windows, built-in shelving in bedrooms & more. Excellent location, convenient to schools & shopping areas. Low maintenance exterior. **NANCY CAFIERO 389-1758** *Hablo Español.* **MLS# 20140227**

NEW LISTING

106 North Live Oak: Geneva ~ \$89,000
Cute 3BR/1BA bath brick home on a shaded lot in downtown Geneva with almost everything redone. Hardwood floors throughout except the kitchen & bath which feature ceramic tile. Backyard features a fire pit to enjoy that outdoor life. Great for entertaining. All appliances to remain including the washer & dryer. **EVELYN HITCH 406-3436** **MLS# 20140228**



SMARTER. BOLDER. FASTER. JUST LIKE OUR AGENTS.



SOLD

Century 21

SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

Find us on Facebook

- Trusted 39 Years
- Quality Service Pinnacle 2009, 2010, 2011 & 2012
- 2008, 2007, 2005 #1 Century 21 Office In Alabama
- Top 21 Producing Century 21 Office In Alabama 1995-2012
- Top 21 Century 21 Office in the Southeast Region 1988-2012
- Gold Medallion 2010 & 2012

www.c21regencyrealty.com

531 Boll Weevil Circle
334.347.0048



Each Office is Independently Owned and Operated

Century 21

SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

Each Office is Independently Owned and Operated

334-347-0048

531 Boll Weevil Circle

View more pictures of these homes at www.c21regencyrealty.com

Become a fan on Facebook

SOMMER BROOKE




100 HIDDEN CREEK ~ \$408,000: Custom built, over 3000± sq ft, many extras plus 1715± sq ft in unfinished basement that is heated & cooled & has it's own garage door. 4BR/3.5BA, 2 heat pumps, convection ovens & gas cooktop, bar area...you just won't believe it. Make your appointment today to see all the incredible special touches this home has to offer. **EVELYN HITCH 406-3436**

BRIDLEWOOD 1.75± ~ POOL




149 COUNTY ROAD 557 ~ \$298,000: BRING THE HORSES!! 4BR/2BA, cul-de-sac just minutes from downtown. Large kitchen with brushed nickel appliances & kitchen bar. Extra-large grandroom with corner fireplace overlooking enclosed patio & sparkling pool. Pasture is fenced & ready for horses with access to barn & stalls. **MARY JONES 790-2933**

\$139,000




829 COUNTY ROAD 58: Country living on 9± beautiful acres. Brick & vinyl for low maintenance. Acreage in grass & ready for planting or animals. **PAT LEGGETT 406-7653**

RENT TODAY

ASK ABOUT OUR RENT SPECIALS!

FOR RENT! \$350 - \$425

ASBURY OAKS • DALEVILLE
• 1 & 2 bedroom units

REGENCY MANAGEMENT, INC.

347-0049

Century 21

SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

Each Office is Independently Owned and Operated

334-347-0048

531 Boll Weevil Circle

Become a fan on Facebook

OPEN HOUSE

COME CHECK US OUT

OPEN SUNDAY 1:00 - 4:00




204 JANICE ~ \$249,950: Like new home. Built in 2010, 4BR/3BA, open floor plan, beautiful kitchen with custom cabinets, granite countertops & tile backsplash, granite in all bathrooms, hardwood floors throughout. One of the extra bedrooms has a private bathroom which would be great for a teen or in-laws. **BOB KUYKENDALL 369-8534** *Directions: Boll Weevil Circle to W Lee Street, right on Alberta, right on Janice, home is on the right, the corner of Janice & Gail.*

NEW LISTING! OPEN SUNDAY 2:00 - 4:00

112 CREEKE ~ \$114,000: Great price on this townhome located in Holly Hill & Dauphin school zones. 2BR/2.5BA. It is in great shape & ready for you to call home. Come see it today. **JAN SAWYER 406-2393** *Directions: Boll Weevil Circle to Shell Field Road turn onto Creeke Lane. Home is 7th on the right.*




\$385,900



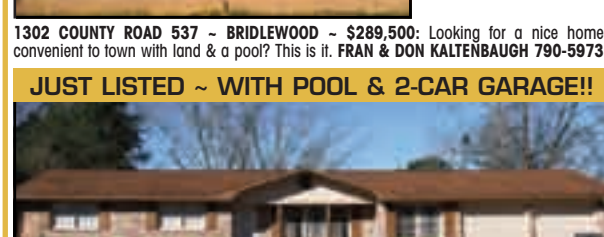


121 DEER RUN ~ GATEWAY: 4BR/3.5BA, Jack & Jill bathrooms between the 2 upstairs bedrooms with antique vanities & porcelain washbowls, 2 1/2 car back entry carport with extra storage above, workshop situated among the gardens with electricity (15 outlets) & 220 service. Ramp & side cover for storage as well as in the attic area. SO MUCH MORE. Kitchen has built-ins w/doors to hide appliances & still have the convenience. BUY THE TWO LOTS ACROSS THE STREET & HAVE YOUR OWN HEAVEN!! **EVELYN HITCH 406-3436**

BRING YOUR HORSES ~ 4.75± ACRES




1302 COUNTY ROAD 537 - BRIDLEWOOD ~ \$289,500: Looking for a nice home convenient to town with land & a pool? This is it. **FRAN & DON KALTENBAUGH 790-5973**

JUST LISTED ~ WITH POOL & 2-CAR GARAGE!!

303 RICHLAND ~ \$150,000: Swim in your POOL! Lots of updates, on the way to Ft Rucker, 3BR/2BA, storage shed, new paint, all new closet doors, new garage door opener, new flooring. Allergy sufferers there is no carpet. Newer dishwasher, light fixtures, crown molding, tiled laundry room & bath, back splash & privacy fence. 2-car garage with bathroom for pool convenience, large backyard. **ANGIE GOODMAN 464-7869**

The Cottages at Woodland Park

STARTING AT \$149,500

Exclusively marketed by Century 21

347-2600

BILLY COTTER CONSTRUCTION, INC.

VISIT OUR OPEN HOUSES

SUNDAY, FEB. 23 • 1-4 PM

THE COTTAGES AT WOODLAND PARK:
Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Fort Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom.

Directions: Boll Weevil Circle West. After you pass the Enterprise High School on your left, the next left is Jasmine Circle.



HOSTED BY: JONATHAN PURVIS-STEVENS 447-3100

NEW CONSTRUCTION 232 JASMINE CIRCLE



Two story
3BR/2.5BA
\$165,500

NEW CONSTRUCTION 248 JASMINE CIRCLE



One story
3BR/2BA
\$152,500
Hardwood in foyer, kitchen & grand room

NEW CONSTRUCTION 229 JASMINE CIRCLE

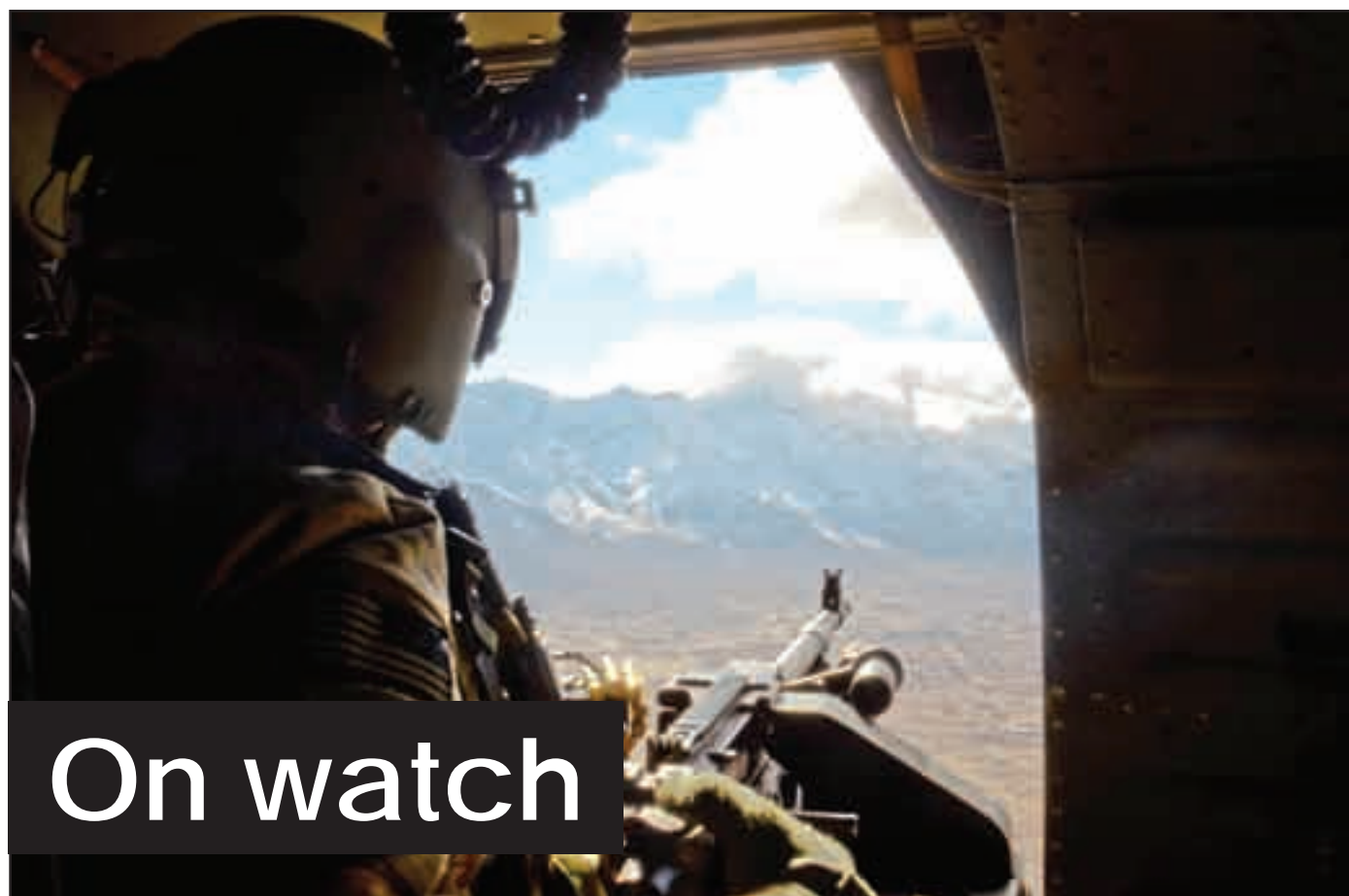


One story
3BR/2BA
\$151,500

NEW CONSTRUCTION 225 JASMINE CIRCLE



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



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.

On watch

Showing the way

1st CAB trains Afghans on becoming self sufficient

By Capt. Andrew Cochran
1st Combat Aviation Brigade
Public Affairs

KANDAHAR AIRFIELD, Afghanistan - Soldiers of the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, trained the airmen of Kandahar Air Wing, Afghan air force, in ground vehicle maintenance techniques Feb. 5.

"The training was a part of the partnership between the Kandahar Air Wing and the 1st Combat Aviation Brigade," said Lt. Col. Richard Martin, 601st ASB commander.

"The goal is to assist the air wing with skills geared towards eventual self-sufficiency in providing for their own ground maintenance," he said.

"The U.S. Air Force advisers handle just about everything the KAW needs Aviation wise and has for some time," Martin said. "What the KAW needs now is further assistance with the ground piece of Aviation operations, and that is what my Soldiers can do. We have a bit more capability than the Air Force advisers and we are

just trying to help them better assist the KAW."

The weekly training started Jan. 27, and the 601st ASB Soldiers used a Humvee as the test vehicle for the training. Beginning with a refresher in preventative maintenance checks and services, it transitioned to electrical and hydraulic systems on a Humvee and 10,000-pound forklift.

"We started teaching them the basics of troubleshooting and tracking down a fault," said Sgt. Jose Ortiz Rivera, a wheeled-vehicle repairer and training instructor. "Most of the vehicles these airmen are used to working on have a light to tell them where to start. A Humvee does not have trouble lights, so basic troubleshooting skills are key."

Making the most of the training, the Afghan airmen paid close attention to the instructors and impressed Rivera with how quickly they found a fault, particularly in the electrical systems.

"We just taught them these skills this morning," said Rivera. "When we create a fault on the Humvee to test their



As part of the partnership between the 1st Combat Aviation Brigade and the Kandahar Air Wing, Staff Sgt. Jorge Rojas, a wheeled-vehicle repairer with the 601st Aviation Support Battalion, 1st Combat Aviation Brigade, demonstrates the Army's way of conducting preventive maintenance checks and services on a Humvee to an unnamed airman with the Afghan air force at Kandahar Airfield, Afghanistan, Jan. 27.

learning, these airmen troubleshoot and find the fault in 10 minutes. I would like to work with them fixing vehicles all the time."

"The airmen of the Kandahar Air Wing are incredibly mechanically minded," said Capt. Anthony Prose, 738th Air Expeditionary Advisory Group and head of the local U.S. Air Force liaison team. "They can do things I find hard to imagine, and they just need time to learn what they don't already know."

Prior to the vehicle maintenance training, a weapons

training session was held at the KAW compound. The training taught Afghan airmen how to completely tear apart, reassemble and fix common faults on the M16 rifle, the M9 pistol and the M240B and M249 machine gun at the armorer level.

The 601st ASB plans on hosting future training sessions with the Afghan air force.

"I look forward to continuing this partnership," said Martin. "This is what we are all here to do - help the Afghans with their independent security, governance and stability."

SEAL

Admiral rouses cadets with speech on leadership

By Mike Strasser
U.S. Military Academy Public Affairs

WEST POINT, N.Y. — The U.S. Military Academy Class of 2015 celebrated a milestone with a banquet event at Washington Hall Jan. 18 as the cadets reached the 500th Night until graduation.



Adm. William H. McRaven

The 500th Night tradition began with the Class of 1965 to recognize this particular night in the 47-month West Point experience. Class of 2015 Cadet William Goodwin said that when those cadets gathered for the first 500th Night in 1964, the nation was still grieving over the death of President John F. Kennedy, and so, too, were the Corps of Cadets over its commander in chief.

It's too easy for cadets to get caught up in the day-to-day routines at the academy and lose perspective on what's ahead, Goodwin said. It's even easier to dwell on the past and second-guess choices made.

"Tonight we're here to celebrate looking ahead to our shared future," Goodwin said. "Both over the next 500 days at West Point and upon graduation when we open a new chapter as second lieutenants in our nation's Army."

Adm. William H. McRaven, commander of the U.S. Special Operations Command, delivered an inspired address to the class about today's Army and the responsibilities they will assume as the next generation of leaders.

McRaven is credited with organizing and executing the special operations raid on May 2, 2011, that led to the death of Osama bin Laden, said Lt. Gen. Robert L. Caslen Jr., superintendent of USMA.

McRaven said many of the lessons he has learned about Army leadership came from observing West Point graduates like David Petraeus, Gen. Ray Odierno, Army chief of staff, and Gen. Lloyd Austin, commander of U.S. Central Command.

"I have learned, first and foremost, that your allegiance as an officer is always, always to the nation and to those civilian leaders who are elected by the people, who represent the people," McRaven said. "The oath you took is clear: to support and defend the Constitution, not the institution."

Leadership is difficult even in the best of situations and, McRaven said, as future of-

SEE SEAL, PAGE B4

Saving Soldiers: Air Force, 12th CAB sharpen rescue skills

By Airman 1st Class Ryan Conroy
31st Fighter Wing Public Affairs

AVIANO AIR BASE, Italy (AFNS) — Joint-service combat search and rescue training missions were held for the first time Jan. 28 to Feb. 11 at Cellina Meduna training grounds near Maniago, Italy.

The 31st Fighter Wing teamed up with the 12th Combat Aviation Brigade for joint training. Aspects to the training mission included close-air support, Survival, Evasion, Resistance and Escape training for personnel on the ground and a search and rescue coordinated with a UH-60 Black Hawk helicopter crew extracting isolated pilots from "hostile" environments.

"The 12th CAB originally approached us about using our base for training, and when we found out what kind of equipment they were bringing down here, which included U.S. Army UH-60 Black Hawk medical helicopters, we thought it would be the perfect opportunity to practice our personnel recovery operations," said Maj. Christopher Potter, 31st Fighter Wing Plans and Programs air battle manager.

With a long-standing tradition of making Airmen the priority, CSAR training stresses the real-world threat of the Air Force's most precious commodity — military personnel.

"Not only is the isolated person a U.S. military member, but they are also someone's son, daughter, father, mother, Fam-

ily relative or friend," explained Staff Sgt. Claude Brown, 31st FW SERE specialist. "Obviously, the U.S. never wants to lose a military member or see them fall into the hands of the enemy and neither does their Family or friend. If the training we provide can help or be the deciding factor in returning them home as safe as possible, then they will live to fight another day and go home to their friends and Family."

This unique training allowed the joint personnel recovery team to exercise skills that aren't commonly applied in a field environment here. Firstly, it allowed for SERE specialists and aircrew to evade capture, communicate with assets in the air and practice hoist training with a helicopter.

"In the case of this exercise, we placed opposing forces on the ground. The individuals on the ground executing their survival training evaluated what the threats on the ground were and it really gave them an opportunity to go out there and practice their evasion skills," said Potter.

The training also provided search and rescue training for the pilots in the air. Several F-16CM Fighting Falcons were launched in support of the isolated pilot extraction and were able to practice deploying simulated ordnance on opposing forces to prevent capture. This is most commonly referred to as close air support

SEE TRAIN, PAGE B4



Lt. Col. Christopher Austin, 510th Fighter Squadron commander, utilizes red distress smoke to signal his location to a 12th Combat Aviation Brigade UH-60 Black Hawk helicopter during a simulated combat search and rescue Jan. 28 at Cellina Meduna training grounds near Maniago, Italy.

CLASSIFIEDS

(334) 347-9533 • (800) 779-2557

ANNOUNCEMENTS

ADULT SERVICES

➔ **House Cleaning - Days and I will sit & take care of your loved one at night in all locations. 11 yrs. exp. Ref. avail. 334-446-3923. Good Rates.**

CEMETERY LOTS & RELATED

Family Plots of 4 in Memory Hill Cemetery "Garden of Chimes" \$800. Ea. 334-899-8564

GENERAL & SPECIAL NOTICES

TOURS AMERICA TOURS

Branson, MO. Ozark Mnt. Jamboree
5 nghts, 6 days. 5 shows Elvis Presley home & museum & more March 30 / April 4, 2014
Charleston, SC/Savannah, GA
Historic City Tour, Citadel & Fort Sumter, Trolley Tour, Lunch at Lady & Son's
May 22-25, 2014 & more
Tropical Costa Rica 8 nghts, 9 days
San Jose, Monteverde Lake Arenal Cruise
August 2-10, 2014 & more
NORTHEAST CRUISE & TOUR
Nova Scotia, Sydney, Halifax Prince Edward Island, 14 nghts, 15 days 7-ntg cruise
September 9-23, 2014 & more
For information Merita Stanley (850)594-9980

YARD & ESTATE SALES

HURRY SALE !!!!

NOW SELLING 100's of Misc. ITEMS

Reduced to 50% off. Furniture 30% off in " BC booth "

★ Backyard Treasure 2331 Ross Clark Cr.

FINANCIAL

BUSINESS OPPORTUNITIES



Be your own boss and partner with the world's largest commercial cleaning franchise. \$20K! equipment, supplies, training and \$5,000. in monthly customer included.

1-888-273-5264

www.janiking.com

Daycare Center For Sale By Owner, completely furnished, great location, established for 35 yrs. 334-677-3704

Fully equipped Beauty Salon or Barber Shop for rent by the month or chair rental. Call Ronald 334-793-4263 2050 Montgomery Hwy Dothan, AL

MERCHANDISE

FIREWOOD & FUEL

FIREWOOD (all split oak)

Delivery available! TRUCK LOAD \$70. CALL MARK 334-701-4967 or 791-6735

GUNS

★ GUN SHOW ★

March 1st & 2nd

*** National Peanut Festival Building ***

Hwy 231 S. Dothan, Alabama

*** Over 275 Tables ***

Sat. 9-5 • Sun. 10-4

Call 334-279-9895

HEALTH PRODUCTS

DIABETIC TEST STRIPS

NEEDED I BUY SEALED/

UNEXPIRED BOXES

CALL BOB (334) 219-4697

OR (850) 710-0189

HOBBIES, CRAFTS & SHOWS



Dothan Home Depot
"Do it Herself" workshop

6:30pm to 8:00pm
February 20th

JEWELRY & WATCHES

Wanted: Old Coins, Gold, Diamonds, Guns, And Tools
West Main Jewelry & Loan 334-671-1440.

COOL STUFF

Flute: Carnegie XL Jupiter flute. Sterling silver plated. \$350. 334-618-1312

Glass Display Case \$50. Glass Blocks - good for crafts 200 total) \$1.00 - 2-Wall Hanging glass display \$25. ea. 334-379-4226.

PETS & ANIMALS

DOGS

CKC Reg. Golden Retriever 4-M, 1-F \$300. 8 wks old, Parents on site Call 334-441-8283 or 334-791-9831.

DOGS

S.E. ALABAMA KENNEL CLUB

★ Good Manners Obedience,

★ Confirmation classes,

\$50. for 6 weeks

Rally /Agility Intro. \$75.

➔ **Shots required** ←
Starting March 4th

➔ **Call 334-790-6226 or 334-299-3315 or 850-547-2370**

SUPER DOOPER PUPPY SALE !!

Yorkies Mixes and Japanese Chin Mixes
Ready soon Multi-Poos, Chihuahua & Chorkies.
\$100. - \$150. 334-718-9745



FARMER'S MARKET

FRESH PRODUCE

GREEN FROZEN PEANUTS

850-352-4423

850-209-3322 or 850-573-6594

Dry Shelled Peanuts

SAWYER'S PRODUCE

HAS FRESH HOME GROWN PRODUCE



HOME GROWN, FRESH

Home grown Tomatoes

\$10. per box &

Fresh Greens

Other Fresh Vegetables!!

All Farm Fresh!

220 W. Hwy 52 Malvern

• 334-793-6690 •

HAY & GRAIN

➔ **Bahia seed for sale** ←
Excellent germination with over 40 yrs experience. Kendall Cooper
Call 334-703-0978, 334-775-3423, or 334-775-3749 Ext. 102

BULK WHEAT

for Sale

\$9.00 per bussell

➔ **229-246-1340** ←



MADDOX FARMS

Beautiful Bermuda Coastal Hay

➔ Round Rolls \$50 ➔ Square \$5

Call 334-791-0023

PASTURES & STALLS



MADDOX FARMS

• Horse Boarding (barn or pastures)

• Beautiful Trails

• Excellent Care

Call 334-791-0023 or 334-791-7312

SEEDS & PLANTS



TREES TREES

TREES

12 ft.tall 30 gal.

containers

\$49.95 ea. 10 or

more \$39.95

Live Oaks, Crape Myrtle,

Cherry Laurel & Magnolias

By appointment

➔ **334-692-3695**

WANTED - FARM & GARDEN

Buying Pine / Hardwood in

your area.

No tract too small / Custom Thinning

Call Pea River Timber

➔ **334-389-2003** ←



EDUCATION & INSTRUCTION

SCHOOLS & INSTRUCTION



Look ahead to your future! Start training for a new career in Medical Assisting, Medical Office Admin., Pharmacy Technology, & HVAC!

Call Fortis College **855-445-3276**
For consumer info: visit www.fortis.edu

Place your ad in our
Sales & Service Directory
and grow your business!!!



RESIDENTIAL REAL ESTATE FOR SALE

CONDOS & TOWNHOMES

2BR, 2.5BA Townhouse for sale in walking distance of downtown Eufaula. Quiet and quaint. Deck with large backyard. W/D hookup and large pantry. Spacious rooms. Not for rent. \$92,000. Call 256-437-3768

FARMS, LAND, TIMBER

373 acres Santa Rosa County, FL \$2,200/acre
Larson & McGowin Properties Broker, 334-734-1382. www.larsonmgowinproperties.com



RECREATION

BOATS



Sun Tracker 24-DL Pontoon

Boat, 90HP Evinrude Outboard Model E 90 TL CEM, deck table, fold-up ladder, new battery. Trailer not included. Older model but it looks good and runs great. \$4,500. Lake Seminole south of Donaldsonville, GA on Rt. 374. Contact Dee at dee.german@aol.com or call 229-515-7600.



TRANSPORTATION

AUTOMOTIVE INFORMATION SERVICES



Chevrolet 2004 Trailblazer

LT. Red, 4WD, PS, PW, PDL with remote. 4.2 L6 275 HP engine. Good MPG, cold AC. Looks, runs and drives great. \$6,995. Call owner 334-671-3059.

AUTOS FOR SALE



1993 50. Convertible

Triple Black, 5sp. AC, PL, PW, PS, CC 94,020 mi. \$4900. OBO 334-397-4881

2006 Nissan Sentra 4-door Sedan, 93,751 miles, 23 mpg, good cond. tan int. auto-trans, power steering, AM/FA stereo, rear spoiler & cold AC \$4800. 850-2092502



GOT BAD CREDIT?

\$99. RIDE TODAY

Already filed Taxes

Call Steve Pope Today

334-803-9550

Repo pass bankruptcy

SLOW CREDIT OK - SSI & VA OK

Lexus 2007 RX350 Silver in color, new tires, sun roof, leather int. very clean, this is a very sharp car! 104K miles, exc. cond. \$14,000. 334-791-9407

Lincoln/Mercury Tracer 1991 with 44K miles original miles, 4-dr. sedan, automatic, AC, blue metallic paint, 4 new tires \$4500. 334-701-0010.

Toyota 1998 Avalon, new tires & paint, cold AC, exc. cond. 154K miles, \$2500. 334-792-8018 OR 334-792-8827

Toyota 2005 Camry LE, Gray int. & ext. 268,493 mile, good cond. auto trans, power doors, windows & drivers seat, cruise control, rear spoiler, cold AC, 25mpg. \$4500. 850-209-2502.

MOTORCYCLES

2002 Harley Davidson Ultra Classic:
Garage kept, nice bike, 24,000 miles. Two-tone blue. \$10,200. 334-794-5296 or 334-596-5098

SPORT UTILITY



Ford 1987 Bronco 4x4

RUNS GREAT!! Good tires.

New Sears battery, rear

window motor, fuel gauge.

Brakes recently overhauled. Less than 10k

miles on major tune-up (including distributor,

plugs, wires, oxygen sensor, etc.) Been used as

my hunting camp truck the last 7 years. Asking

\$2,900. 334-750-5000

Ford 2005 Explorer: Green. Extra clean, loaded with all power. Low miles. New tires. Garage kept. Excellent condition. \$9,250 or best offer. Call 334-347-6375

JEEP, 2006 Rubicon, 44,000 miles, loaded with extras, excellent condition, FSBO 205-902-4212

TRUCKS, BUSES, TRACTORS, TRAILERS

Chevy 2010 Silverado, 4 door, 54K miles, On-star, Bluetooth, Weathertech mats. Retiring and must sell. \$23,500. 334-585-5288

GMC 1998 Sierra 1500 state owned and maintained, runs & rides great! \$3495. OBO 850-526-2963 or 850-557-2523.



Toyota 2010 Tacoma SR5

White, 2 wheel drive, 4 door

V6, tow package, new tires,

Excellent condition. 46,000

miles. \$23,300. 334-693-4987 or 796-5919

WANTED AUTOS



CALL FOR TOP PRICE

FOR JUNK VEHICLES

I ALSO SELL USED PARTS

24 HOUR TOWING ➔ 334-792-8664



Got a Clunker

We'll be your Junker!

We buy wrecked cars

and Farm Equip. at a

fair and honest price!

\$250 & ↑ Complete Cars

CALL 334-714-6285

♣ ★ **We buy Wrecked Vehicles**
Running or not !

334-794-9576 or 344-791-4714

WE WILL BUY YOUR CAR

OUTRIGHT !

Regardless of year, make, model, we have millions of dollars on hand to pay you good money for your current vehicle.

We Are On The Coast But Worth The Drive, & reputable, & we can give you a fair price appraisal in 15 minutes.

Call for appointment, dealer. 877-497-7975

Buy It!

Sell It!

Find It!

Does your company
provide a **SERVICE?**

Let us provide one for you.
Call today to place your ad in
Wiregrass Classified Marketplace.
(334) 347-9533 • (800) 779-2557

PRINT. INSERT. DELIVER.

Get results **NOW** with four-color print and deliver inserts.

- 8.5"x11"
- 70# Coated Stock
- Multiple Drop Options
- Full Process Color
- Printed Both Sides

Reach **32,500** homes in Coffee and Dale Counties for only **\$1,430**.
Other sizes and quantities available.



For more information, contact the Enterprise Ledger advertising sales at **334.347.9533**



Searching for a **Big Deal**?
We've got you covered at
TheBigDDdeal.com

SEAL: Accountability key to Soldiers' success

Continued from Page B1

ficers, the Class of 2015 will be challenged to do it well. “I have learned that taking care of Soldiers is not about coddling them, it’s about challenging them — establishing a standard of excellence and holding them accountable for reaching it,” McRaven said. “I’ve learned that good offi-

cers lead from the front. I learned that if you’re in combat, move to where the action is the hottest. Spend time with the Soldiers being miserable, exhausted or scared.” The great leaders know how to fail, and McRaven said it is to be expected and used to steel oneself. “No great leader I’ve watched got it right every time,” he said. “But the great ones know that when they fail they

must pick themselves up, learn from their mistakes and move on.” In his 37-year military career, McRaven has led Soldiers from the most historic and elite units in the Army, to include the 101st Airborne Division, 1st Armored Division, 1st Cavalry, 10th Mountain, Rangers and all the special forces divisions.

Train: Field training excercises test ‘will to win, survive’

Continued from Page B1

training with pilots flying as low as 1,000 feet to the ground. “We had the aircrews simulate what we call a semi-permissive environment,” said Potter. “This is similar to what we would be operating in a deployed location, such as Afghanistan, where it is a friendly nation, but there could be some unfriendly forces there if we had to eject or if they had to get recovered.” “We attempt to create as secure of an environment as possible using our available assets so that we can safely get a recovery team in and protect our man on the ground. This is one of the top priorities during a CSAR mission,” said Brown.

After successfully evading opposing forces and communicating with assets in the air, isolated Airmen needed to be extracted. This allowed for the 12th CAB to exercise its rescue procedures and hoisting training. The training also allowed for the assimilation of different rescue procedures to become more effective. “Someone going through the survival training can do everything perfect up to actual recovery,” said Brown. “But, if they aren’t familiar or know how to deal with the process associated with recovery, they run a greater chance of endangering not only themselves but the recovery team. Anytime we can physically train and integrate an asset like the 12th CAB, it adds more realism to the training.”

Citing history, Lt. Col. Christopher Austin, 510th Fighter Squadron commander, the more realistic a training operation is, the better chance at survival the



PHOTO BY AIRMAN 1ST CLASS RYAN CONROY

A 12th Combat Aviation Brigade UH-60 Black Hawk helicopter sends debris flying during its descent on a simulated combat-search-and-rescue mission Jan. 28 at Cellina Meduna training grounds near Maniago, Italy.

pilot has in a real-world situation. “I think this is excellent training — there’s a will to survive,” said Austin, who participated as the simulated isolated pilot. “That’s the good thing about training in the field, you get to

practice that will to win, will to survive. The history we have at Aviano with Capt. Scott O’Grady is a prime example of why this training is so critical.” O’Grady was a pilot assigned to the 555th Fighter Squadron here when he was shot down over

Bosnia-Serb territory while patrolling a no-fly zone in 1995. He evaded capture from unfriendly forces for six days using training he received during a 17-day SERE program before he was extracted safely. “There are many risks associ-

ated with an isolating incident regardless if they’re in a combat or non-combat environment,” said Brown. “The training we provide gives them the knowledge to deal with any risk they may encounter and mitigate as much of the ‘what if’ scenarios as possible.”

ORDNANCE DEPOT
GUN SHOP & INDOOR RANGE
BUY • SELL • TRADE
8 Firing Points • 25 yd. Indoor Range
454 Hwy 84 E. Tuesday - Saturday
Daleville, 36322 10:00-5:30
334-598-1101
Email: gahbb@aol.com

CLARK THEATRES ENTERPRISE
Web Site: www.hollywoodconnector.com
MOVIE INFO 24/7 - 347-2531
ACTIVE DUTY SERVICE MEMBER DISCOUNT
(WITH ACTIVE MILITARY ID) + 1 Guest
FEBRUARY 21-27, 2014
"R" Rated Films, one must be 17 or with parents

ENTERPRISE SHOPPING CTR
I **ROBOCOP** - PG13
Mon - Fri: 7:00 & 9:20
Sat & Sun: 2:00, 4:20, 7:00 & 9:20
II **3 DAYS TO KILL** - PG13
Mon - Fri: 7:10 & 9:30
Sat & Sun: 2:00, 4:20, 7:10 & 9:30

WESTGATE CENTER
III **ENDLESS LOVE** - PG13
Mon - Fri: 7:00 & 9:10
Sat & Sun: 2:00, 4:10, 7:00 & 9:10
IV **MONUMENT'S MEN** - PG13
Mon - Fri: 7:00 • Sat & Sun: 2:00 & 7:00
WINTER'S TALE - PG13
Mon - Fri: 9:20 • Sat & Sun: 4:20 & 9:20

COMING... **SON OF GOD**
COLLEGE CINEMA FEB. 28 - INFO 347-1129X24
COLLEGE CINEMA • ENTERPRISE

POMPEII - PG13
3D: Mon - Fri: 7:00 • Sat & Sun: 4:15 & 7:00
2D: Mon - Fri: 9:15 • Sat & Sun: 2:00 & 9:15
II **THE LEGO MOVIE - 2D & 3D** - PG
2D: Mon - Fri: 7:10 • Sat & Sun: 2:10 & 7:10
3D: Mon - Fri: 9:10 • Sat & Sun: 4:10 & 9:10
III **ABOUT LAST NIGHT** - R
Mon - Fri: 7:15 & 9:20
Sat & Sun: 2:15, 4:20, 7:15 & 9:20

We Accept Tricare!



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

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



Brett Bryan • PHARMACIST

Enterprise
804 Glover Ave
347-5111

Elba
991 AL Hwy 203
897-5222



**DOTHAN
CIVIC
CENTER**

**Friday & Saturday
March 14 & 15
9am - 6pm**

**Looking to update your
Home & Garden?**

The Professionals will be there
with the Latest Trends and
Helpful Ideas...
ALL UNDER ONE ROOF!



**Limited
Booth Space
Available!**

- Floor Covering
- Windows, Doors & Siding
- Bath & Kitchen Remodeling
- Landscaping
- Decorating
- Home Security
- Granite
- Outdoor Living
- Appliances
- Home Products & Services

**\$5.00 Admission
Benefits Wiregrass
Habitat for Humanity**

Presented By:

DOTHAN EAGLE



Dothan Civic Center

**Call Today 334-702-2600 or Visit Our Website
DothanEagle.com/homeexpo**

**New Year,
New Home.**



If buying a house is on your “to do” list this year, start preparing now with Veterans United.

Prequalifying is simple with a VA loan.

- ★ Qualify quickly with this flexible, government-backed program
- 0 Finance 100% and put no money down
- ☑ Save money every month by paying no private mortgage insurance (PMI)



Veterans United.
Home Loans

Your local VA loan experts also offer FHA, USDA, and conventional financing.

Contact us today to get started!

(334) 347.LOAN
EnterpriseVALoans.com

1405 Rucker Blvd
Enterprise, AL 36330

Veterans United Home Loans is a VA-approved lender and is not affiliated with any government agency. NMLS #1907. "Veterans United" is a registered trademark of Mortgage Research Center, LLC. All Rights Reserved.



ARMYFIT
Thousands using
new site for self-
improvements

Story on Page C5

FEBRUARY 20, 2014

Vacation, staycation options for all tastes, budgets at

TRAVEL EXTRAVAGANZA

By Sara E. Martin
Army Flier Staff Writer

Whether it's a staycation or a 14-day cruise to Alaska, the Fort Rucker Leisure Travel Service's 26th annual Travel Extravaganza will surely offer something for everyone looking for the perfect vacation for

their Family and budget needs.

The event comes to Fort Rucker March 5 from 11 a.m. to 1 p.m. at The Landing, promising to educate people on what the surrounding community, as well as neighboring states, have to offer, said Michelle Harris, leisure travel services program manager.

"The extravaganza is a travel show where vendors from all around will give participants new and updated information regarding their particular venue," she said. "There will be vendors from Alabama, Georgia, Florida, Tennessee and other areas. We are expecting around 45 vendors."



COURTESY PHOTO ILLUSTRATION

Among the vendors will be tourism departments, chambers of commerce, vendors for hotels and amusement parks, and even vendors from the Directorate of Family, Morale, Welfare and Recreation to highlight some things that people can take advantage of on the installation, she said.

"The event gives attendees a more in-depth view of what the different vendors have to offer rather than what they see at face value," she said. "After the show, people can come to leisure travel and get even more information if they need help sorting some information out."

Around 800 people attended last year's event, but officials expect 1,000 this year.

The event is open to the public with free admission, so Harris encourages people to come out and take advantage of the chance to win door prizes that include attraction tickets, hotel stays, dinner show tickets and more. She even teases that there will be a very desirable grand prize.

"They don't have to be present to win a prize, but throughout the event if their name is called, they can come up and collect their prize. So the earlier they get here, the more chances they have to win," said Harris.

Some of the vendors that will be in attendance are: Armed

Forces Vacation Club, The Kennedy Space Center, Wild Adventures, Universal Studios, Camp Butter and Egg, Water World, and The Silver Door Hands Arts and Craft Center.

"We want to connect Soldiers, retirees, DOD civilians, and their Family members and all of the support staff on Fort Rucker to the surrounding community. We want them to know what is available – that they don't have to stay on the installation if they don't want to. There are so many options," said Harris.

Leisure travel is meant to be enjoyable and stress reducing, said Harris, adding that sometimes people need a change of scenery to be at the top of their game, even if it is just a day trip.

"A staycation allows for a lower cost but going away for the weekend or the week allows people to reset," she said. "So no matter what your needs are, we can help you find the perfect vacation for you."

The leisure travel office will be closed March 5 for the event, but Harris asks that people use the interactive customer evaluation kiosks that will be available at the event to let officials know if the event was successful.

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



PHOTO BY SARA E. MARTIN

CW2 Justin Arfa, B. Co., 1st Bn., 145th Avn. Rgt., with wife, Talia, and son, Owen, explore the booths at the travel extravaganza last year.

ACS readies for Military Saves Week

Counselors help Soldiers make most of money

By Sara E. Martin
Army Flier Staff Writer

For the past couple of years, there has been a bit of discussion in the media about how Americans are not saving much money.

Even if people were to begin saving money or increase the amount they save, inflation rates have required people to get creative, so Mike Burden, Army

Community Service accredited financial counselor, and other financial counselors and financial institution representatives on post are taking the time to help Soldiers find ways to get their money working for them.

"We like to do outreach and information tables during Military Saves Week," he said. "In conjunction with the Army Aviation Center Credit Union and Armed

Forces Bank, we will set up a table to help reach as many people as possible Feb. 28 in the atrium of the Soldier Service Center (Bldg. 5700)."

About 52 percent of Americans earned more than they spent, according to the Federal Reserve Survey of Consumer Finances, and it almost seems unnecessary to save anyway because people are not making enough cash in interest to make up for inflation, Burden said, agreeing with a recent report in Time Magazine.

But if Soldiers and their Families want to find the best ways to beat the heat when it comes to saving money, Burden said to stop by the table to learn the tricks of the trade.

"We want to educate military Families about how they can save and spend their money wiser," said Burden. "We provide information about the program and answer financial questions people have. It is also a chance to set up appointments if people wish to get further information about saving and finances in general."

The tables are manned by financial counselors and bank representatives with pamphlets and helpful information.

According to a memo from Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, and his senior enlisted adviser, Sgt. Maj. Bryan Battaglia, the campaign's goal is to persuade, motivate, and encourage military service members, their Families and DOD-associated personnel to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

"Military Saves Week is an opportunity for our military community to come together with federal, state, and local resourc-



es ... to focus on the financial readiness of military members and their Families to help them reduce debt and save for the future," the memo reads.

Anyone is allowed to stop and speak with the representatives at the table, but only military personnel and their Families can make an appointment with Army Community Service financial services.

Burden said that there are many types of savings accounts and long-term investments that many people may not know very much about, and that stopping at the table can help clear up any misconceptions.

"People have questions about their saving vehicle; things concerning interest or stocks," he said. "Typically, younger people are not sure about ways to save, like money market accounts and the like. Others may just be putting away a few dollars a paycheck, which is good, but we

might be able to help them save even more."

Since the economic adjustment from 2007 Burden said that it is more than smart to save money away – it can make life safer.

"For Soldiers, it is not uncommon to have to go on emergency leave because of an ailing Family member who lives far away, or heaven forbid they get in some type of accident. Everyone has those unexpected emergencies, and if you have some money put away it is not as stressful," he said.

If people get into the habit of saving, it is easier to do, said Burden, adding that people should pay themselves first and that the first step is stopping to talk to a counselor or bank representative in the atrium or making an appointment to speak with a financial counselor.

For more information, visit www.militarysaves.org, or call 255-3817.



You Made the Grade

AAFES rewards students with incentive program. For the full story, see page C3.

ON POST

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

Right Arm Night

The Landing Zone will host Right Arm Night beginning February 27 from 4-6 p.m. The event is designed to provide a night of camaraderie and esprit de corps among the Fort Rucker community. Right Arm Night will feature special complimentary appetizers (quantity limited). Right Arm Night will be held the last Thursday of every month and is open to the Fort Rucker Community.

For more information, call 598-8025.

Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30-11 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

Equipment sale

The Directorate of Family, Morale, Welfare and Recreation will host an office and information technology equipment sale Saturday 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.



PHOTO BY SARA E. MARTIN

Girls Night Out

Marcey Periman and Lisa Sargent, Army spouses, enter a giveaway at last year's Girls Night Out. The Directorate of Family, and Morale, Welfare and Recreation will hold its latest iteration of Girls' Night Out March 7 from 6-9 p.m. in The Landing ballroom. The event is only for women ages 18 and older. Tickets cost \$10 and include DJ entertainment, fashion show, door prizes and gift bags, and sampling of numerous companies' wares that cater to women. People must be present to win door prizes. For more information, call 255-9810.

Travel Extraganza

Fort Rucker Leisure Travel Services presents the 26th annual Travel Extraganza 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.

Welcome guides

The 2014 Fort Rucker Family and Morale, Welfare and Recreation Welcome Guides are available to all organizations on post. People in units or organizations who would like guides delivered should call 255-2292 or 255-1879.

People should have the following information ready: Organization/Unit name, POC name, POC telephone, POC email, directions to the facility, and the quantity requested (minimum delivery is 25 copies and there are 63 copies to a box). People can also arrange to pick up copies at the DFMWR marketing office, located in the Soldier Service Center, Bldg. 5700, Rm. 390.

Financial readiness training

Army Community Service offers its financial readiness training March 7 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4) and spouses are welcome to attend.

For more information, call 255-2594 or 255-9631.

Anger Management

Army Community Service will offer its free anger management class March 11 from 9-11:30 a.m. at The Commons, Bldg. 8950. Topics include: identifying causes and symptoms of anger, using different techniques to manage anger and developing an anger management plan. Registration is required by March 7. Pre-registration is required and space is limited to the first 16 participants to register. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898, 255-9644 or 255-9641.

DFMWR Spotlight

FAMILY & MWR UPCOMING EVENTS



ATV Trail Ride

Saturday, February 22nd | 6 am – 1 pm

Cost: \$20 per person. Pre-registration is required, and participants must be 16 years or older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times. Outdoor Recreation, (334) 255-4305.



Coyote Hunt

February 22nd - 28th

Cost: \$20.00 for one person team, \$40.00 for two person team, \$30 Authorized Escorts & Youth Team (below the age of 16) - Extra Youth \$5.00 each. All hunters and trappers must abide by Fort Rucker and Alabama game laws. Outdoor Recreation, (334) 255-4305.



Two Man Buddy Bass Tourney

Saturday, March 1st | 6 am – 2 pm

Cost: \$100 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. The top 3 weigh-in totals will receive a cash prize. Outdoor Recreation, (334) 255-4305.

DFMWR Office & IT Equipment SALE

February 22
8 am – 2 pm

Location: Lake Tholocco, Bldg. 24207
Contact : DMWR, (334) 255-9808

Sale to include:

- printers
- computers
- monitors
- office supplies
- much more!



Fort Rucker
MWR

www.ftruckerdmwr.com

FORT RUCKER MOVIE SCHEDULE FOR FEB. 20 - 23

Thursday, Feb. 20

Robocop 4 (PG-13)

.....7 p.m.

Friday, Feb. 21

Robocop 4 (PG-13)

.....7 p.m.

Saturday, Feb. 22

The Legend of Hercules (PG-13)

.....7 p.m.

Sunday, Feb. 23

The Nut Job (PG)

.....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.

EFMP screening

Lyster makes exceptional Family member processing user friendly

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Soldiers coming to Lyster Army Health Clinic to obtain signatures on their Exceptional Family Member Program paperwork for in or out processing can now look forward to a smoother process.

An additional staff member will join the EFMP office at LAHC within the coming months to help provide signatures and process

paperwork.

The office sees upward of 25 people per day, with numbers increasing during PCS season.

“Every Soldier must obtain a signature on the EFMP in and out processing paperwork, whether they have Family in the program or not,” said Sgt. Shandrea Moore, EFMP support staff at LAHC.

The office is currently open from 8:30 a.m. to 4:15 p.m. When the new staff member is

hired, the office will open at 7:30 a.m. Appointments are not needed to bring paperwork into the EFMP office.

Soldiers PCSing overseas with their Families must have proof that all Family members have had a physical exam within the last year. Sport physicals along with well baby, well child, and well woman exams all count as physicals. Appointments for physicals can be made by calling the appointment line at 255-7000.

“If physicals are not conducted at a military treatment facility, the Family will need to provide documentation from the facility where the physical was conducted,” Moore said.

Although the EFMP regulation states that Soldiers’ EFMP needs to be updated every three years, LAHC recommends updating the information every two years, or as a Family member’s conditions and needs change.

For questions regarding EFMP, call 255-7431.

You Made the Grade

AAFES rewards students with incentive program

Army and Air Force Exchange Service
Press Release

Military students can turn good grades into rewards with the Army and Air Force Exchange Service’s You Made the Grade program.

From first-graders to high school seniors, pupils who maintain a B average or higher are eligible for the program that recognizes academic excellence, said Fort Rucker Exchange General Manager Lorenzo Salgado.

The You Made the Grade program rewards military students with a coupon booklet filled with free offers and discounts, including a free regular six-inch Sub-



AAFES PHOTO ILLUSTRATION

way sandwich and a Burger King Tendergrill chicken sandwich. Those who make the grade will also score Snack Avenue coupons for a free 16-ounce drink, a complimentary hot dog and more, Salgado said.

Other offers include \$5 off a \$25 iTunes gift card as well as discounts on clothing and shoes, among oth-

ers. Students with a B average or better can also enter the You Made the Grade semiannual sweepstakes to receive gift cards worth \$2,000, \$1,500 or \$500, he added.

“The Fort Rucker Exchange is proud to reward military students who make it their mission to do well in school,” Salgado said.

“Service members’ children face unique challenges inside and outside the classroom,” he said, noting MilitaryFamily.org reports that most military children will attend nine different schools from kindergarten through 12th grade. “The Fort Rucker Exchange recognizes these students’ challenges, and they deserve to

be rewarded.”

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military ID and proof of an overall B average at the Fort Rucker Main Exchange customer service counter. Eligible students can pick up one coupon booklet for each

qualifying report card, Salgado said.

Entries for the gift card sweepstakes drawing can be submitted twice a year, with drawings typically held in June and December.

Students and guardians can visit the Fort Rucker Exchange for more information about the You Made the Grade program.



COURTESY PHOTO

Pick-of-the-litter

Meet Ryker, a 3-1/2-year-old, 12 1/2-pound, neutered male cat available for adoption at the Fort Rucker stray facility. He’s very friendly – very social with people – and he loves laps. It costs \$80 to adopt Ryker and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility’s Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

Tips to quit tobacco

Use the 5 Ds to help with urges

- **Deep** breathing — Take slow deep breaths to feel relaxed and in control.
- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don’t reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.



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

Your ad could be here for only
\$96 PER MONTH

Call Mable Rutten for more information at 334-393-9713

Church Directory

“Be ye followers of me, even as I also am of Christ.”
1 Corinthians 11:1

Here, it’s not about the building...

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

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00AM
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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

Trip plan highlights Athens’ southern splendor

By **Brian S. Jones and Jeanette Jones**
Alabama Tourism Department

Athens is a small city in North Alabama with a charming downtown square full of history. Those who enjoy the Southern tradition of “exaggerated remembrances” will feel right at home at the Athens Storytelling Festival. The Delmore Days festival and the Tennessee Valley Old Time Fiddlers Convention have become annual pilgrimages for music lovers. Foodies make their own pilgrimages to the area to enjoy the nationally award-winning goat cheese produced at the nearby Belle Chèvre creamery.

Where to begin: Athens State University
Begin your tour of the area at Athens State University, 300 N. Beaty St.; (256) 233-8100. Founded in 1822, it is located four blocks from the home of George S. Houston, who served as governor of Alabama from 1874 to 1878.
Athens State began as the Athens Female Academy and later became an institution of the Methodist Church before going coeducational. The state of Alabama took control of the college in 1974, changing its name to Athens State College and then Athens State University.
It is the only two-year, upper-level university in the state. It serves as a complement to the state’s junior colleges by offering only junior and senior level classes. Athens State offers more than 30 undergraduate majors through three colleges: Busi-

ness, Arts and Sciences, and Education. It has an enrollment of about 3,500 students. Calhoun Community College, one of the state’s largest, is in the southern part of the county.
The main building on campus, Founders Hall, was built in 1842. Local legend says the building was saved from burning by Union troops during the Civil War when college President Jane Hamilton Childs produced a letter from President Abraham Lincoln asking that it be spared. Listed on the National Register of Historic Places, it also houses the majestic Altar of the New Testament woodcarvings. The nearly life-size carvings took 12 years to complete, and depict Christ and New Testament figures and verses carved in tulip poplar. Tours are available by appointment. This is one of the buildings featured on the annual October Haunts Walks.

Explore historic downtown Athens
Historic downtown Athens is just 1 1/2 miles from Exit 351 on Interstate 65. The 1916 Limestone County Courthouse, crowned by a dome in the French Second Empire style, dominates the business district. The courthouse square offers an eclectic mix of shops featuring a wide variety of antiques, gifts, gourmet foods, clothing and hardware. The courthouse square is also home to the annual Athens Storytelling Festival.
One block off the square on Houston Street is the Houston Memorial Library and Museum, 101 N. Houston St.; (256) 233-8770, which was the home of George S. Houston, U.S. senator and governor of

Alabama (1874-1878). The facility serves as one of the cornerstones of the historic Athens community and is both a public library and a period museum. The home, said to have “spirits,” is another featured stop on the October Haunts Walks. It is open to the public Mondays through Fridays, 10 a.m. to 5 p.m., and on Saturdays from 9 a.m. to noon.
The U.G. White Mercantile Store, 101 N. Jefferson St.; (256) 232-4540, has been an anchor of the Athens downtown square for nearly a century. The business was started by Ulysses Grant White in 1917. White moved to the area from Tennessee and decided to open the store after being injured in a farming accident. He sold everything from horse-drawn plows and tractors to radios, heating stoves and cast-iron skillets. The store passed through four generations of White’s descendants to the Aycocks, Derrick Young and Johnny Furline. Today, visitors walk along the hardwood floors and roam the historic store looking at the vintage signs, and shopping an eclectic blend of old and new offerings.
Located inside the U.G. White building is Lu-Vici’s restaurant, specializing in Southern cooking. It offers a quiet respite from hours of touring and shopping plus a great meal. Displaying the slogan “Put some South in your mouth,” the restaurant features blackened sea bass, shrimp bisque and a different entrée each week. It is open Mondays through Wednesdays for breakfast and lunch, and Thursdays through Saturdays for breakfast, lunch and dinner.

Where to stay
Located about 10 miles west of Athens in the Ripley Community is The Drop Farm, 11185 Snake Road; (256) 777-0964. There you will find The Drop Inn, a bed and breakfast. The Drop Farm also offers horseback riding lessons and trail rides.
Civil War Trail self-guided driving tour
The self-guided driving tour of the Athens-Limestone County Civil War Trail travels through sites of the battles of Athens and Sulphur Creek Trestle. The Decatur and Nashville railroads in Limestone County played a vital role in the Civil War, and the Athens to Decatur portion of this route still operates today. In southern Limestone County, visitors will see the Memphis & Charleston, which was the longest railroad line in the Confederacy.
Visitors can follow the trail starting at the Athens Depot, which now serves as the Limestone County Archives, 102 W. Washington St.; (256) 233-6404. F Company, 9th Alabama Infantry, consisted of 163 men who left from the Athens Depot on June 6, 1861, to fight with Joseph E. Johnston and the Army of the Shenandoah.
Housed in the L&N Depot, built in 1928, is the Alabama Veterans Museum, 100 Pryor St.; (256) 771-7578. The museum is especially interesting in that it honors the accomplishments and sacrifices of local servicemen and women and their Families, not just the glory of their commanders. The museum is open Mondays through Saturdays from 9 a.m. to 3 p.m.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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 TVs 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 — 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 Ju-

liet” 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.

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

FEB. 27 — Disabled American Veterans Chapter No. 99 will meet on at 6 p.m. in New Brockton’s old National Guard Armory building. Food and drinks will be served followed by regular chapter business. For more information, call 718-5707.

ONGOING — Disabled American Veterans Chapter No. 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

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.

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.

Beyond Briefs

Friday Fest

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

Chili cook-off

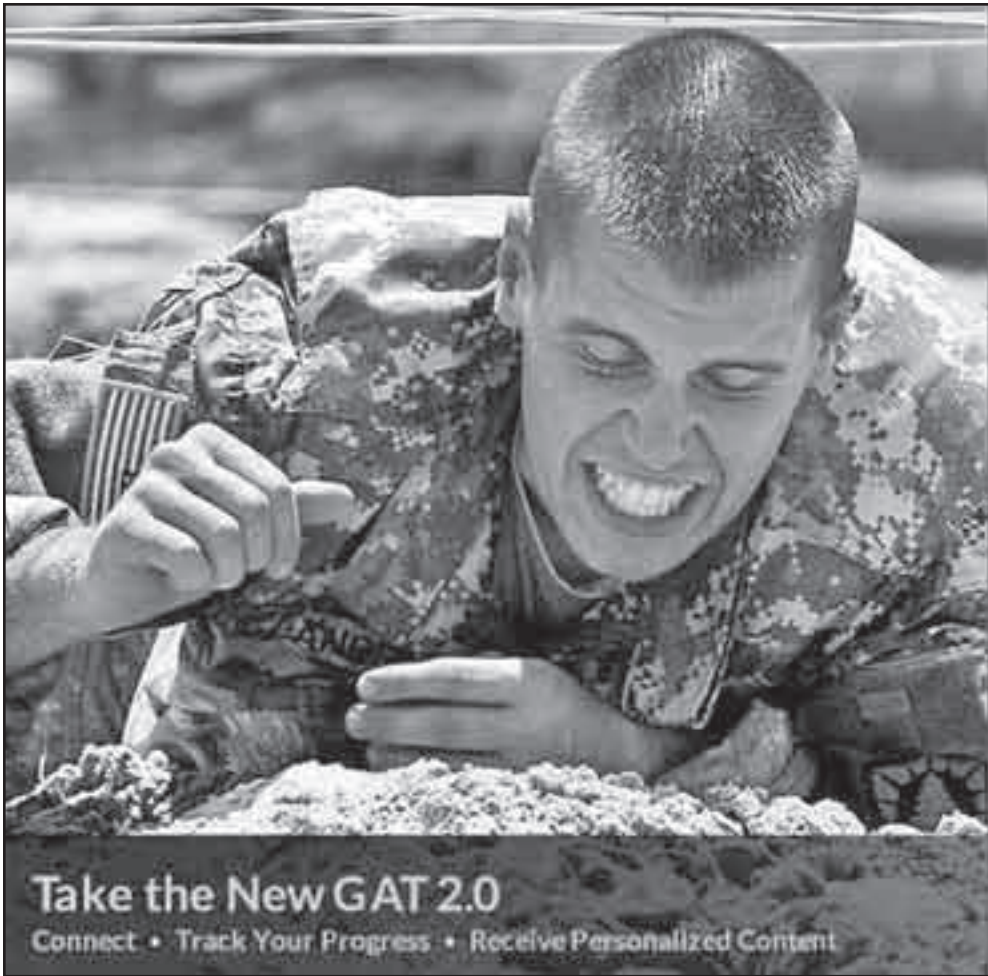
Considered one of the area’s largest annual events, St.

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



COURTESY COMPREHENSIVE SOLDIER AND FAMILY FITNESS

Since Comprehensive Soldier and Family Fitness launched its ArmyFit site two weeks ago tens of thousands have logged on and are taking advantage of its features, designed to improve self-awareness in health and resilience.

ArmyFit

Thousands using new site for self-improvements

By David Vergun
Army News Service

WASHINGTON – Since Comprehensive Soldier and Family Fitness launched its ArmyFit site in late January, tens of thousands have logged on and are taking advantage of its features, designed to improve self-awareness in health and resilience.

In the first week alone, some 28,000 users visited the site where they took the Global Assessment Tool 2.0, and many then went on to view the myriad help and resources offered, said Lt. Col. Daniel Johnston, program manager for ArmyFit.

GAT 2.0 is an online assessment that’s been scientifically validated, and accurately measures five dimensions of health, including the emotional, social, spiritual, familial and physical. The physical dimension consists of sleep, activity and nutrition – the three parts of Performance Triad.

The metrics from those five dimensions are then aggregated through an algorithm that has been scientifically validated to accurately predict a person’s life expectancy, Johnston said.

The assessment takes an average of 23 minutes to complete, is easy to do and the results are presented in colorful graphics depicting how the person rates in each of the five dimensions compared to his or her peers, he said.

The GAT 2.0 also scores a person’s “real age” with their “actual age.”

In other words, someone who is 35 years old but is especially strong on all or most of the categories might be several years younger in real but not “actual” age.

Each of those dimensions have been shown to be a strong predictor of life expectancy and quality of life, and those taking GAT 2.0 will hopefully be motivated to use the advantages of ArmyFit’s extensive information, programs and coaching.

Taking GAT 2.0 “is the first step in self-awareness and starts the on-boarding process to ArmyFit,” Johnston said, adding that taking GAT 2.0 annually is a requirement for every Soldier and it is also the first step in using ArmyFit.

As to the help that’s offered after taking GAT 2.0, Johnston said there are some

5,000 pages of sites relevant to those five dimensions on ArmyFit and, he noted, within the first week those topical pages generated around 86,000 page views.

Those topical pages, he continued, connect people with organizations, groups and other users. Johnston emphasized that GAT 2.0 protects people’s confidentiality and that those who do the assessment can choose whether or not to continue on the site and how much information they’re willing to share.

Lessons learned

The original GAT, hosted on a site called “Soldier Fitness Tracker,” was missing the physical dimension of sleep, activity and nutrition. One of Johnston’s first tasks was to build that “critically important” fifth dimension into a new GAT.

But while looking at building out the fifth dimension, Johnston discovered something else that disturbed him.

“I noticed right away that the site was archaic with very little follow-on training, advice or recommendations following completion of the GAT,” he said.

“I just felt we were failing our Soldiers in terms of giving them great online feedback and training,” he said. “It had become just another requirement to check the box and see you next year. We needed to get our Soldiers engaged, and provide them with some interactive content and information they needed to improve.

“So then my mission became much greater,” he continued. “Not only did we need to enhance this assessment tool by making it truly global, we also needed to make the entire web platform much more engaging.”

Johnston said he found solutions after doing a lot of research on the latest web engagement strategies, stuff like Web 3.0, and talking to a lot of users and experts.

His Web developers also came up with a more enhanced graphical user interface. The site is easier to navigate and more appealing to the eye. It also includes shorter, more enticing videos, and the ability to interact with organizations, communities and persons, depending on the user’s comfort level, he said.

Branding was important as well, he noted. So his team of developers changed the name of the site to ArmyFit, hoping to erase the memories of the older, clunkier site. That all started about 18 months ago.

His metrics analyst – the person who compiles the statistics on-site visits, page views and so on – found after just the first week that instead of spending 30 seconds to a minute, users were loitering after taking GAT 2.0 an average of 4.5 minutes – about a five-fold increase. And, there were about twice as many users as before.

User interactions

Spc. Ryan Bradley, a medic at Fort Bliss, Texas, said he found the content to be interesting and compelling.

After completing GAT 2.0, he said the site offered content appropriate to his needs.

“I’ve never before been able to connect spirituality in my life,” he said. The site “linked me to information that explained self-awareness, valuing self and having a purpose for being. Now I understand what that pillar means.”

Bradley also said he clicked around on Family topics and that dimension brought up a lot of resources as well. “It wasn’t at all bland and offered certain aspects I wanted to improve in my life and great suggestions.”

ArmyFit was also good at “helping me set goals and get a sense of accomplishment as I moved toward achieving them.”

After taking the original GAT for several years, Bradley said the new 2.0 version is “a lot more accurate in finding parts of my life I’d like to improve,” adding that the real-age data impressed him.

“I wish the site was there when I first came in the Army six years ago,” he said.

Sgt. 1st Class Justin Littel found ArmyFit useful as well. He’s currently attending the Army Senior Leader Course at Fort Gordon, Ga., and has been recommending the site to “over 50 NCOs at the leadership course.”

Like Bradley, Littel said he wishes ArmyFit had launched earlier. In his case, he said he needed to track his weight and diet.

So, in the absence of ArmyFit, Littel said he was using Foodlog and LiveStrong, two

sites that track diet and weight. But now he’s using ArmyFit. ArmyFit “is similar but offers even more.”

Before joining the Army, Littel was a Marine infantryman. He did five deployments to Iraq and Afghanistan and was in pretty good shape, but when he joined the Army, he said his new job in signals found him sitting at a desk most of the day and that’s when his weight spiked and physical fitness level went down.

After injuring his ankle several times, he said “I took great pity on myself. It was a real low point in my life.”

Then he said he got help from an Army nutritionist who is an advocate of Performance Triad. He also received help from a master resilience trainer. And ArmyFit, of course.

Using the three programs, he said he dropped 50 pounds since last August.

He said his wife and six children “are happy that I’m happy. It’s made a huge difference in my outlook and well-being. I’m totally stoked.”

Littel said there’s still a stigma in the Army with seeking help and he thinks the more Soldiers use the tools of the site to improve themselves, the better the prospects for a culture shift.

Work in progress

Surveys and anecdotal evidence, Johnston said, point out “that we’re going in the right direction.”

Future plans include expansion of content that will provide “an ecosystem of knowledge from the Army, the Department of Defense and civilian accredited organizations.”

Several enhancements will be added to the site like financial readiness assessment tools, an installation profile dashboard for leaders to see trends and other metrics for their population to understand their unique needs, aids in navigation and so on, he said.

Whatever the future holds, Johnston promised that the site will always focus first on the Soldier, providing them “appropriate, customized content.”

SEE ARMYFIT, PAGE C6

How will the Affordable Care Act affect your taxes?

AL'S TAX SERVICE

- Health Care Tax Planning Available
- Military Tax Returns A Speciality
- No tax return too big or too small
- Open All Year

Over 35 years of tax experience
1247 Rucker Blvd ▪ Suite 1 ▪ Enterprise
(across street from Mitchell Mazda)
393-3860
www.alstaxservice.com

Al Kleng,
USA RET.,
RTRP

Brittany Dionne,
RTRP

USKA

AFTER SCHOOL KARATE

621 Boll Weevil Circle Enterprise, AL 36330
www.scorpionkarate1.com • 334-475-4308

SERVING THE WIREGRASS FOR 10 YEARS

- Homework & Reading Assistance
- Exciting Karate Classes / Self-Defense
- Bully Prevention Training
- Art & Craft
- Korean / Japanese Terminology
- Personal Development / Weight Loss

Registering Now for new Members

FREE PICK UP

MONDAY - FRIDAY
AGES 5-12YRS

See us on Facebook @ United Scorpion Karate Association
Karate and Kickboxing Classes also available for adults

MEDICAL & SURGICAL EYE CARE OF ENTERPRISE

Gene Pahmeier M.D.,
Ophthalmologist, F.A.A.O.

Specializing In:

- Cataract Surgery
- (No Stitch, Topical Anesthesia)
- Eyelid Surgery
- Diabetic Retinopathy Treatment
- Glaucoma Treatment (Medical & Laser)
- Pediatric Eye Disorders
- Neurological Eye Disorders

Full Service Optical Shop

We accept Medicare, BCBS, All Tricare & other major insurances

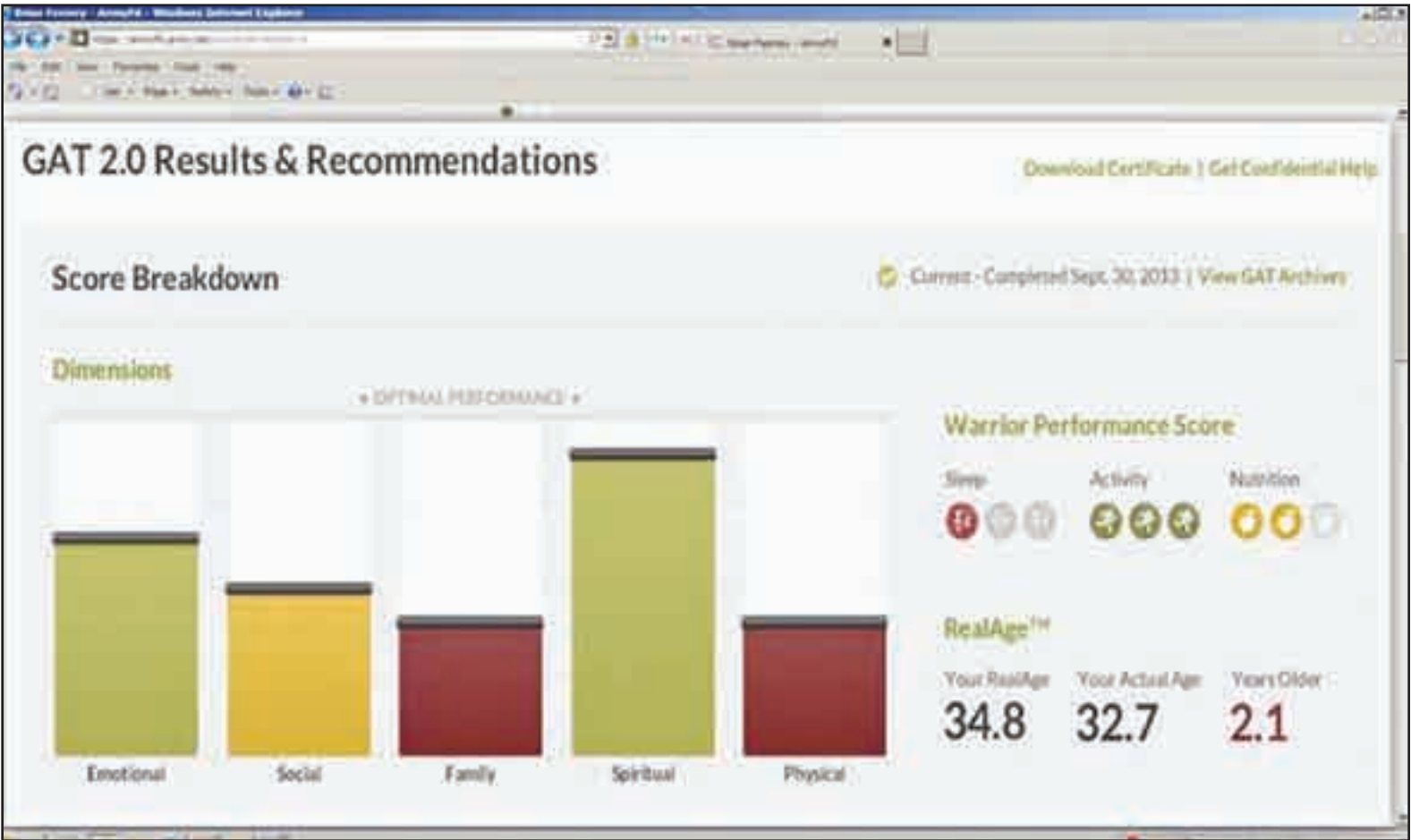
100 Professional Dr., Suite A ▪ Enterprise
(Next to Martin Colley Drugs on the Bypass)

334-347-4018

ArmyFit: New site improves ease of access

Continued from Page C5

Johnston encouraged members of the Army Family to “let ArmyFit show you how to be ‘Army Strong.’” To access the ArmyFit site, visit <https://armyfit.army.mil>. Users may log in using CAC login or AKO username and password. Family members must be registered in DEERS. Those experiencing difficulties getting in or needing more information about GAT 2.0 or ArmyFit should contact CSF2 at <http://csf2.army.mil/contact.html>.



Upon completing GAT 2.0, users see graphics of where they rate in each of the five dimensions.

COURTESY COMPREHENSIVE SOLDIER AND FAMILY FITNESS

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.

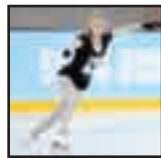
★ WE KNOW WHAT IT MEANS TO SERVE. ★

98% SATISFACTION RATE AMONG USAA MEMBERS!

At USAA, we strive for the highest satisfaction rate in the industry. It’s more than a short-term goal, it’s a long-term commitment. Because many of us have served, we’re committed to help make your life easier in any way we can. Compare our members’ satisfaction with customers from other companies.

★
Get an auto insurance quote today.
[USAA.COM/INSURANCE](https://www.usaa.com/insurance) or 800-531-8722

¹Based on a 2013 satisfaction survey of USAA auto insurance members, commissioned by USAA. Use of the term “member” or “membership” does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership and product eligibility restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 150349-0114



FEBRUARY 20, 2014

Iron Aviator

Soldiers compete for coveted title

By Nathan Pfau
Army Flier Staff Writer

The sun hadn't yet melted the frost that gripped the installation, but students of the Aviation Captains Career Course were up early to compete for one of Fort Rucker's most coveted titles.

Seven teams and three individuals from Class 1304 of AVC3 competed in the Iron Aviator competition Friday, but only one individual came out on top to earn the title.

Capt. Nicholas Shamrell, A Company, 1st Battalion, 145th Aviation Regiment, beat out all other individual competitors with a total time of 1:45:13, despite taking a wrong turn in the first event.

"I really like doing these competitions in general, but it felt even better knowing that I lost (a few minutes) during the ruck march and still came in first," he said. "There was (an obstacle) blocking the way I was supposed to go instead of indicating the way that I was supposed to go, and I got turned around."

Despite the misstep, Shamrell managed to beat the closest individual's time by more than three minutes, and was only five seconds behind the team with the best-combined time.

Abusement Park donned a superhero theme and finished first with a time of 1:45:08. Team members consisted of Capt. Trevor White, who adorned a full-body chicken suit during the road march; Capt. Tyler Freeman, swimmer dressed as superman; Capt. Chris Benjumea, biker also dressed as superman; and Capt. Michael Sudweeks, runner dressed as Captain America.

For them, the competition was not only about the chance to compete against one another, but also a chance to have fun and hang out with those they've grown so close to before they graduate Friday.

"I think this is a really good team-building thing for us," said Sudweeks. "It helps maintain that competitive spirit that we all have as Aviators."

"It's a really good chance for us to get out and do this all together as a team before we finish up," added Freeman. "It's just a good time and it's all in good fun."

The competition consists of four events: a 4 ½-mile road march, 300-meter swim, 6 ½-mile bike ride and 2 ½-mile run. Competitors were allowed to participate as either individuals or as a team of four, in which each team member would take on a different event.

For most people, the hardest part of the competition is the road march, and that rang true for the top finisher, as well.

"The run is usually the hardest thing to do because it's at the end of everything, but the ruck is tough because it's 4 ½ miles in boots with nearly 40 pounds of equipment on your body," said Shamrell, who also participates in competitions outside of Iron Aviator.

The competition also features pit crews made up of remaining students and cadre in the course to come out and help their teams. Each pit crew helps its team by assisting participants during the transitions throughout, providing food and refreshments, and providing the camaraderie and support, said Capt. Travis Owen, officer in charge for the event.

"This is always a great opportunity for all the students and cadre to come out, do something together, and build some camaraderie and esprit de corps," said. "We want to leave a lasting impression as a class to remember some of the relationships and bonds that have been built through the course."



PHOTO BY NATHAN PFAU

Deacon Green, player for the Knights, runs the ball downfield as an opposing player attempts to tackle him during a 7-on-7 tackle football game at the youth football field last year. The Fort Rucker CYSS Youth Sports program is looking for volunteer coaches for all sports, and people can pick up and fill out background packets in Bldg. 5700, Rm. 193, if interested in volunteering.

Become a mentor Youth sports seeks coaches

By Nathan Pfau
Army Flier Staff Writer

The youth sports program on Fort Rucker offers children an outlet for competition and the opportunity to learn valuable life lessons, but the program wouldn't have legs to stand on if it weren't for one of its fundamental assets – volunteer coaches.

The Fort Rucker Child, Youth and School Services Youth Sports program is looking for volunteer coaches for all sports who can stand up to the challenge when it comes to guiding and mentoring the installation's youth, said Jackie Johnson, CYSS program associate.

"We're looking for people who have the time, quality of work, responsibility, kindness and patience to teach our youth the fundamentals of youth sports," she said. "It's important that the volunteers are excited and engaging with the children because when the coaches are excited about what they're doing, then the children are more likely to have fun and participate."

Randy Tolison, Fort Rucker Youth Sports director, said that coaching is mostly about the commitment to the children and being there for them when needed the most.

"We really like to emphasize to our coaches that if they step in to fill this responsibility, those kids are depending and counting on them to be there for them," he said.

Practices and games for the younger children last about 45 minutes to an hour, said Tolison, and practices and games for the older children can last a little over an hour.

"The teams stay pretty active and can practice anywhere from two to three times a week prior to the season," he said. "When the season starts, teams will normally practice once a week and play twice a week."

Safety is also a major concern, and volunteers are properly vetted and trained to take on the responsibility.

No volunteers will be turned away, said Johnson, but people interested must submit a background packet, which can be filled out in Bldg. 5700, Rm. 193, and attend a mandatory training session.

The training sessions last about three to three and a half hours, but if people aren't able to attend the session in one sitting, accommodations can be made, added the CYSS program associate.

"We understand that people are busy, and a lot of people find it difficult to come and do the training all at once," said Johnson. "We will work with them and break up the sessions into times that will accommodate them, but either way, the training must be completed."

During the training, volunteers will be given an introduction to and go over the sport that they are interested in coaching. They will also watch a parent video and a video relating to child abuse, and Tolison said the time is a good opportunity for people to ask questions.

Experienced coaches are welcomed, but experience is not necessary, said Johnson.

"We've had lots of people that started coaching by volunteering with us for the first time who said they were hesitant about doing it because they didn't have the experience," she said. "Once they came aboard and started, they had some of the best experiences with the children and loved it so much that they come back to coach for us again."

Coaching isn't all just about giving, however, said Tolison. A lot of the reward for coaching comes from seeing the children improve throughout the season, but also building relationships with the children and their families.

"I've had some coaches tell me that the greatest thing about coaching is when a kid comes up to you outside of practice or games and just gets so excited to see you," he said. "The rewards may not be monetary, but it's one of those intangible moments that is so rewarding."

For more information, call 255-0950.

The rewards may not be monetary, but it's one of those intangible moments that is so rewarding.

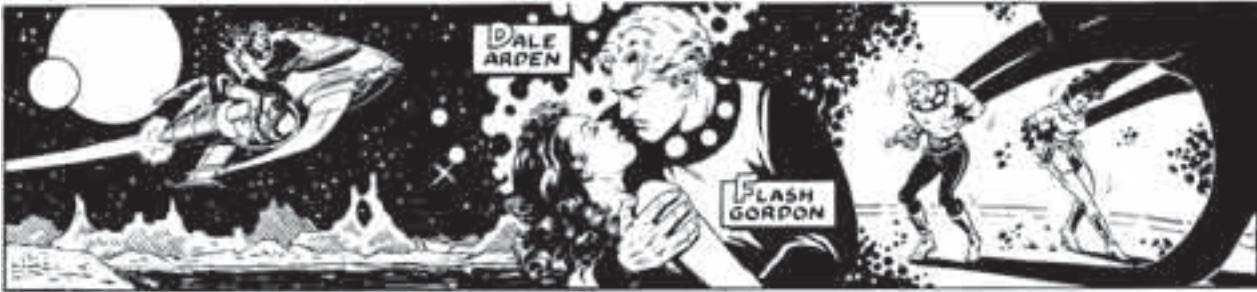
— RANDY TOLISON
FORT RUCKER YOUTH
SPORTS DIRECTOR



PHOTO BY NATHAN PFAU

Capt. Trevor White, Abusement Park team member adorned in a full-body chicken suit, tags his teammate, Capt. Tyler Freeman, swimmer dressed as superman, during the Aviation Captains Career Course Iron Aviator Competition Friday. Abusement Park finished first as the top team during the competition.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. LANGUAGE: What does the word "glabrous" mean?
2. MUSIC: Which folk music group recorded the original theme song to "Gilligan's Island"?
3. LITERATURE: In which of Shakespeare's plays does the character of Titania appear?
4. GOVERNMENT: What are the five rights guaranteed in the First Amendment of the U.S. Constitution?
5. GEOGRAPHY: Mexico is divided into how many states?
6. ENTERTAINMENT: What was the title of Elvis Presley's first movie?
7. MEDICAL: How is dengue fever transmitted?
8. HISTORY: Which World War II general earned the nickname "The Desert Fox"?
9. GENERAL KNOWLEDGE: Where does the phrase "eat, drink and be merry" come from?
10. INVENTIONS: Who invented the bathyscaphe, used for underwater exploration?

See Page D4 for this week's answers.

Super Crossword

- ACROSS**
- 1 Measure that led to a 1773 Boston Harbor "party"
- 7 Battery ends
- 13 Five o'clock
- 19 Medicine vial
- 20 Quick reviews
- 21 Finished
- 22 "Spartacus", "Wall Street"
- 25 Music producer Brian
- 26 King, in Lyon
- 27 — de mer
- 28 Duplicit
- 29 "The Defiant Ones"; "Halloween"
- 37 "... — I've been told"
- 38 At a reduced price
- 39 Skippy swimwear brand
- 40 UV part
- 44 See 17-Down
- 47 Fawn, e.g.
- 48 "On Golden Pond"; "Kiute"
- 56 Tamish
- 57 Adam named her
- 58 Noted period
- 59 Sci-fi vehicles
- 60 Active sort
- 61 Conning
- 62 Egoist's love
- 64 Prepare for publication
- 65 Muppet frog
- 67 "Hot Shots"; "The Fabulous Baker Boys"
- 74 Corporate shake-ups, briefly
- 75 Runtish
- 76 False god
- 78 Cpt. outranker
- 81 French for "mine"
- 82 Where dawn arises
- 83 Gave nutrients to
- 86 Prefix meaning "equal"
- 87 College in Cedar Rapids, Iowa
- 88 "Love Story"; "Little Darlings"
- 92 Ladder unit
- 94 Actress Mazar
- 95 Weed-B-Gon maker
- 96 Repetitive response to "Who wants ice cream?"
- 99 Othello's lieutenant
- 103 "... corn, — don't care"
- 107 "Badlands"; "Platoon"
- 113 Smart- (wise guys)
- 114 Sort
- 115 Stop on a bus rle
- 116 Tax return pro
- 117 "Chinatown"; "Prizzi's Honor"
- 124 Very disorderly
- 125 Fighting — (Big Ten team)
- 126 Drill directive
- 127 Glittery tree decoration
- 128 Latino corner store
- 129 Easier to see
- DOWN**
- 1 Develop a liking for
- 2 One-sharp musical key
- 3 Spill catchers
- 4 Black-and-white seabird
- 5 Bow of film
- 6 Mortise insertion
- 7 Ulna's place
- 8 — Marcus (retailer)
- 9 — razor ("keep it simple" rule)
- 10 Mexican flower
- 11 MPG org.
- 12 180 degrees from NNW
- 13 Emotion-hiding sorts
- 14 Come to a stop
- 15 Made mad
- 16 Marina — Rey
- 17 With 44-Across, just for fun
- 18 Sentence units; Abbr.
- 21 Together, musically
- 23 Executed
- 24 Size up from mod.
- 30 BYOB part
- 31 Steinbeck's Tom
- 32 Model Macpherson and others
- 33 Foliage bit
- 34 Bursts (with)
- 35 Exemplar
- 36 Apologetic
- 41 Caustic stuff in Drano
- 42 Road gunk
- 43 Cellular stuff
- 45 Passed on a bicycle, say
- 46 Big name in soup mixes
- 48 "— So Shy"
- 49 Motorcyclist Knievel
- 50 Carter of sitcomdom
- 51 Naomi and Wynonna
- 52 Tell — (lie)
- 53 Journalist's tablet
- 54 Moore of film
- 55 Parched
- 63 All — naught
- 64 Turbine, e.g.
- 65 Kinte of "Roots"
- 66 — Friday's 2012, e.g.
- 69 "I'll — best!"
- 70 On — to nowhere
- 71 Vienna loc.
- 72 Sedgwick of Warhol films
- 73 Sammy of baseball
- 77 Texter's titter
- 78 Theater curtain fabric
- 79 Cheese type
- 80 Choir part
- 82 Huge 1940s computer
- 83 Hide hair
- 84 Pro at giving first aid
- 85 Oaf's cry
- 89 Run before E
- 90 Saw or ax
- 91 Actor Wyle
- 93 Popular 1980s jeans
- 97 Grow wider
- 98 Common soccer score
- 100 Sword go-with
- 101 — Mae (loan company)
- 102 Milking
- 104 It lures bees
- 105 Unthrone
- 106 More asinine
- 108 Electrically adaptable
- 109 Hush-hush govt. org.
- 110 "This — stickup!"
- 111 "— Frome"
- 112 Fry quickly
- 117 RR crossing
- 118 "— get it now!"
- 119 Solo of "Star Wars"
- 120 Point on a pen
- 121 "I'm Real" singer, for short
- 122 Espionage gp.
- 123 Salty body



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2014 King Features Synd., Inc.

See Page D4 for this week's answers.

KID's CORNER





PHOTOS BY GARY SHEFTICK

The eight members of Team USA who took bronze in the first-ever Olympic team figure-skating competition stand on stage in Victory Plaza at end of the awards ceremony Feb. 10 in Sochi, Russia. Army Family member Ashley Wagner stands second from left.

Army daughter wins bronze in Olympic team figure skating

By Gary Sheftick
Army News Service

SOCHI, Russia – Before receiving a bronze medal in the inaugural Olympic team figure-skating event, Ashley Wagner spent more than 20 years as an Army Family member and said the experience helped strengthen her skating.

Growing up with the military broadened her horizons and exposed her to many different people, she explained, and some of those folks helped sharpen her skating skills. They also helped instill a competitive spirit, stamina and determination, especially after she moved nine times as a youth.

Wagner, 22, was born in Heidelberg, Germany, and began skating at age 5 near Fort Richardson, Alaska (now Joint Base Elmendorf-Richardson.) Her mother offered her the choice between ballet lessons or skating, and Wagner told other media she “never liked the pink tutus,” so she picked ice skating.

Installations where she lived as a youth include Campbell Barracks, Germany, and Fort Leavenworth, Kan. She’s now a student at Saddleback Community College in Mission Viejo, Calif.

Her father is a retired lieutenant colonel who worked at the Pentagon during the 9/11 terrorist attack, and he still lives in Alexandria, Va.

Her dad has always supported her in skating, she said, and he’s in Sochi watching the competition.

“It’s the thrill of a lifetime,” Wagner said about earning an Olympic medal. “It’s what I’ve always dreamed about.”

She was selected for the Olympic Winter Games in Sochi despite falling twice on the ice during her free skate at the National Championships in Boston and ending up in fourth place. Members of the national governing body for figure skating reportedly took her overall winning record into consideration.

She was the “Four Continents” champion in 2012 and finished fourth in the World Championships that year in Nice, France. Last year, she finished fifth in the World Championships



Army Family member Ashley Wagner practices on the ice in Sochi, Russia, Feb. 10, just hours before she and Team USA received the first-ever Olympic bronze medal for Team Figure Skating.

and second in the Grand Prix in Sochi.

Over the past month, Wagner said she has stepped up her training routine, working harder than ever.

On Feb. 8, in Sochi, she finished fourth in the Ladies Team Short Program, with an overall score of 63.10, earning Team USA a total of 7 points. That score put the USA among the top five teams and enabled Gracie Gold to continue the next night in free skating.

Gold finished second Feb. 9, in free skating, scoring 67.49 to earn 9 points and helped earn a bronze medal for Team USA.

The team competition included four events: men’s singles, women’s singles, pairs and ice dancing. The USA ice-dancing duo of

Meryl Davis and Charlie White scored 114.34 during the final team competition Feb. 9, earning 10 points for the USA and setting a new record for ice dancing.

This was the first Olympics for the team event in figure skating. Russia took the gold with a total score of 75. Canada took silver with 65 points, and Team USA finished with a total of 60 points. Italy trailed in fourth place with 52 and Japan was fifth with 51.

The last time a new event was added to Olympic figure skating was in 1976, officials said, when ice dancing was introduced.

This means that a competitor can now win more than one medal in figure skating at an Olympic Winter Games for the first time in 78 years. In 1936, Ernst

Baier from Germany won gold in the pairs event and silver in the men’s singles.

Wagner will strive to tie that record of two medals next week when she returns

to the Sochi ice to compete in women’s singles, Feb. 19.



The Big Ole House

334-447-5699 423 N. Daleville Ave. Daleville

From now until March 1, treat yourself to one of our delicious lunch entrees and get a FREE 4-PACK of our tasty signature cupcakes!

Bring in this coupon to get

A FREE 4-PACK OF OUR SIGNATURE CUPCAKES

with purchase of an entrée!

Offer good thru March 1st at The Big Ole House



Like us on facebook
www.facebook.com/TheBigOleHouse

Video Game Spotlight >>



COURTESY SCREENSHOT

Donkey Kong good fit for Wii U

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 Wii U has taken a lot of abuse in the video game world because many hard-core gamers don't view it as a console to be taken seriously.

That criticism is somewhat true because it doesn't offer the same number of high quality games as the consoles from Microsoft and Sony.

"Donkey Kong Country: Tropic Freeze" won't completely win back those Wii U complainers, but the owners of Nintendo's console will be happy. The game is fun from beginning to end, even though there are some portions of the game — please drop the mine cart portions in the future, Nintendo — that are a bit stale.

This side-scrolling platformer has beautiful graphics with a lot of detail. The audio is su-



Publisher
Nintendo of America
Rated
Everyone
Systems
Wii U
Cost
\$50
Overall
3.5 out of 4



COURTESY SCREENSHOT

perb and don't be surprised if you find yourself humming some of the tunes hours after playing the game.

The gamer is tasked with helping Donkey Kong and his friends save their home and bananas from a bunch of marauding Vikings. The game takes place in a variety of environments and there are tons of secrets to find in every level. Curious gamers will love all the time they have — if they want — to explore each level.

Except in a few places, the platform challenges are fair. Gamers will discover that Donkey Kong will need to pair up with his family and friends to succeed. Diddy Kong

helps Donkey Kong jump farther and Dixie Kong helps him jump higher, for example. The boss encounters are challenging, especially in a couple of instances.

Nintendo fans should be pleased. "Donkey

Kong Country: Tropical Freeze" is the kind of game that should be on the Wii U. It's fun, full of personality, has tons of secrets and is the quality game Nintendo is known for. Wii U fans should brave the freeze and pick it up.

SPORTS BRIEFS

Coyote hunt

Outdoor recreation will host a coyote hunt Saturday through Feb. 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 Saturday 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.

Gobbler Classic Turkey Hunt registration

Registration for the Gobbler Classic Turkey Hunt continues 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.

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.

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.

Rucker Lanes' Mardi Gras

Rucker Lanes will host its own version of Mardi Gras March 1 from 8 p.m. to midnight. People are welcomed 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.

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

Super Crossword

Answers

TEA	ACT	ANODES	SHADOW
AMPULE	RECAPS	ATANEND	
KIRKAND	MICHAEL	DOUGLAS	
ENO	ROI	MAL	QUILE
TONY	AND	JAMIE	LEECURTIS
ORSO		ONSALE	SPEEDO
ULTRA		LARK	DEER
HENRY	AND	JANE	FONDA
EVE	ERA	UFOS	DOER
SELF		EDIT	KERMIT
LLOYD	AND	BEAUBRIDGES	
REORGS	PUNY	IDOL	
SGT	AMOI	EAST	FED
COE	RYAN	AND	TATUM
RUNG	DEBI	ORTHO	
IDOIDO	CASSIO	AND	J
MARTIN	AND	CHARLIES	SHEEN
ALECS		ILK	STAC
JOHN	AND	ANGELICA	HUSTON
CHAOTIC		ILLINI	ATEASE
TINSEL	BODEGA	NEARER	

TRIVIA

- Answers
1. Hairless or smooth
 2. The Wellingtons
 3. "A Midsummer Night's Dream"
 4. Speech, religion, press, peaceful assembly and the right to petition government for redress of grievances.
 5. 31 states and one federal district
 6. "Love Me Tender"
 7. Mosquitoes
 8. German Field Marshal Erwin Rommel
 9. Ecclesiastes 8:15
 10. Auguste Piccard

REAL. LOCAL. SAVINGS.
See how much you could save on car insurance today.



Now Open on Saturdays!

Ron Davis | 334-671-1726
4177 Montgomery Highway • Dothan



Saving people money on more than just car insurance.®

GEICO
Local Office®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Homeowners, boat, PWC and flood coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. Motorcycle and ATV coverages are underwritten by GEICO Indemnity Company. The GEICO Personal Umbrella Policy is provided by Government Employees Insurance Company and is available to qualified Government Employees Insurance Company and GEICO General Insurance Company policyholders and other eligible persons, except in MA. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway subsidiary. GEICO Gecko image © 1989-2013. © 2013 GEICO.