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

VOL. 64 • NO. 21

FORT RUCKER ★ ALABAMA

MAY 29, 2014

REMEMBERING FALL

Hundreds pay respects to nation's fallen

By Nathan Pfau Army Flier Staff Writer

Since its inception in 1868, borne out of the Civil War, Memorial Day has served as a day of remembrance for those who have made the ultimate sacrifice in service to the United States, and Fort Rucker is no exception when it comes to showing honors.

People on the installation and surrounding communities came by the hundreds to pay respects to the nation's fallen Soldiers at Veterans Park Friday.

"Today we honor our fallen comrades in the United States military in the form of remembrance, and with it comes a deep sense of appreciation for their selflessness in protecting the land of the free, and all they've done to ensure it stays that way," said Col. Robert C. Doerer, the U.S. Army Aviation Center of Excellence chief of staff during the ceremony. "It's because of their resolve that we're able to enjoy the lives we live today. The lives we've grown accustomed to here in America, living free from tyranny and fear."

Originally dubbed Decoration Day by General John Logan, national commander of the Grand Army of the Republic, on May 30, 1868, according to www.usmemorialday.org, it wasn't until 1966 that President Lyndon Johnson recognized the day as Memorial Day officially.

For many the day was meant for a day to remember Soldiers, and for others it's a day to remember the liberation that those Soldiers provided and continue to provide.

Lt. Col. Eric Merck, French liaison officer to USAACE and Fort Rucker, said that

he and his country will never forget the contributions that the U.S. armed forces played in the liberation of France in World War II.

"I know in my flesh that France will never forget," he said during the ceremony. "We, the French people, owe you our liberty and we will never forget. The image of the liberation of France by American G.I.'s is a part of our collective memory."

Merck said that the French Republic is to bestow the Legion of Honor to all living World War II veterans who fought on French soil as a means of gratitude in playing their part in the liberation.

"It is the highest honor that France can bestow upon those who preform remarkable deeds for France," said the French liaison officer. "You wanted France to be free, and you fought to liberate France. Is there any higher deed than yours?

"You were so young, yet you were ready to sacrifice your young lives for our freedom," he said about the veterans. "You wrote some of the most gallant pages of military history, some of you fought under the worst conditions for almost four years, and your courage was extraordinary, and for that we will never forget."

Merck comes from a long line of military service members who fought in both World Wars, so he said that the sacrifices that Soldiers have made hits close to home

"You gave your blood to France and to the French people," he said. "Indeed, many of your veterans never saw France liberated and they will stay forever in Normandy they will stay forever in our hearts."

For the sacrifices that were made, Doerer



Brig. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch, and Command Sgt. Maj. Eric C. Thom, command sergeant major of the Aviation Branch, salute after laying a wreath during a Memorial Day ceremony at Veterans Park Friday.

said it's a debt that will never be able to be fully repaid, but people can start by remem-

"Each and every one of us owes a great debt to the courageous men and women who have given their lives to protect us," said the USAACE chief of staff. "While giving back to the extent that they deserve is impossible, today, as we should everyday, we merely attempt to repay in the form of remembrance."

Charlie Stanhope, military veteran, is hoping to do just that for his brothers and sisters in arms.

"I'm proud to have served my country, and it makes me even prouder to be able to honor those that came before me and allowed me to have the choice to serve the country that I love so much," he said. "I come from a time when the military wasn't appreciated as much as it is now, so to see the overwhelming support that these people have for the Soldiers of today and those of the past is amazing — we've come a long way."



Sarah Pierce, 8-year-old military Family member, lays an American flag at one of the monuments at Veterans Park as her mother, Ingrid, looks on during a Memorial Day ceremony Firday.

German liason captaın makes life-saving move

By Sara E. Martin Army Flier Staff Writer

Soldiers are considered by many to be heroes for what they do defending the country, but it was a typical lunch that caused one Fort Rucker Soldier to be considered a hero to a local woman.

German officer Capt. Stefan Huebner, German Army Liaison Staff, was having lunch two weeks ago at a Daleville restaurant when he noticed the woman behind him was having a hard time breathing after taking a bite of food.

Something had blocked her airway, and that is when he stepped in to help the panicking woman.

"She was with a group of friends who were trying to help her, but they didn't know what to do," he said. "That's when I just stood up and I gave her one or two firm slaps on the back to help dislodge what was in her throat, hoping I would clear her airway."

But, unfortunately, it did not work.

"That is when I tried the Heimlich Maneuver a couple of times. At a certain point she wasn't looking too happy, but after a few more tries she was able to (cough up) a pea or a bean, which was what was blocking her airway," he said.

A few people called 911, and soon an ambulance arrived to make sure the victim was alright. After that, Huebner said he finished his lunch and went back to

"Before I left, I checked on her and apologized for slapping her back," he said. "I asked if I had hurt her. She said I saved her life and just thanked me. I was just happy to help."

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, gave one of his coins to Huebner in the general's office Friday as thanks for his instant action and for doing the right



PHOTO BY SARA E. MARTIN

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, thanks German officer Capt. Stefan Huebner, German Army Liaison Staff, Friday for his possible life-saving actions in Daleville recently.

thing.

"What you did was outstanding. You did a really great thing," said Lundy.

"I am flattered that the general wanted to recognize me today because I only did what anyone else would do," said the German officer. "Fort Rucker is now my home. I hope to stay as long as possible because I love the area and the people. Working with the joint forces has been amazing."

German Sgt. Maj. Mohamed Boouhloui was at lunch with Huebner when the incident occurred.

"It was great to see him immediately act to do the right thing. Everyday heroism like that is what makes the world a better place," he said. "We all need to look after each other, and that's what he

"You can choose to not get involved or you choose to follow your natural instinct, which is to help," he continued. "It didn't matter that he didn't know her or that he is German. We are all of the human race and we need to look out for one another."

Children learn through hands-on experiences

By Nathan Pfau Army Flier Staff Writer

Learning through interaction is the focus of Fort Rucker's Vacation Bible School, as children will learn through hands-on experiences to create lasting memories.

This year's VBS will run June 9-13 from 8:30-11:30 a.m. at the Spiritual Life Center, with the theme, "Covenant Adventure – God calls his people," said Nancy Jankoski, Fort Rucker Religious Support Office director of religious education.

Each day during the event will cover a different lesson that will offer children experiences to learn about the Bible. Although different faith groups have different lessons they learn, Jankoski said that Fort Rucker's VBS will focus on what makes the faith groups similar, rather than what sets them apart.

"We're using a multiplicity of faith groups," she said. "All of the groups that

are involved in Vacation Bible School will have a Christian base, such as Catholic, Protestant, Latter-day Saints, Evangelical Pentecostals, and more, which will all cooperate together on this annual event. Instead of zeroing in on the things that the various faith groups differ on, we're going to focus on what do all people who believe in Christ have in common."

Throughout the week, children will take part in events based on different covenants throughout the Bible.

June 9 will be Noah's covenant, where children will learn about how God spares a Family and renews the world; June 10 will be Abraham's covenant, where God works with one man to bless all mankind; June 11 will be Moses' covenant, where children will learn about when God gave people good rules to live by; June 12 will be David's covenant, where God will

SEE VBS, PAGE A6



LaMaray Moultrie, VBS student, saws a piece of wood to create a dradle as his friend Alex Villa watches during last year's Vacation Bible School at the Spiritual Life Center. This year's VBS will be June 9-13.

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PERSPECTIVE

Philippine Scouts exemplify honor

By Capt. Madonna McPhaul 171st Infantry Brigade

FORT JACKSON, S.C. — "Stand aside, the Scouts are coming.'

Retired Col. John Olson said that these simple words from a poem written by an American officer in a Japanese prisoner-of -war camp shortly after the fall of Bataan reflect a sincere and respectful tribute to some of the finest Soldiers ever to serve our ranks.

However, the history of the Philippine Scouts is not as popular as the battles they fought in, such as that of the Bataan Death March. The Bataan Death March was the forcible transfer of more than 80,000 American and Filipino prisoners of war after the World War II Battle of Bataan in the Philippines in 1942.

Of the more than 80,000 POWs, it was estimated that 54,000 were Filipinos. The transfer was difficult to manage because of the overwhelming amount of POWs. Food, water and other supplies ran very low if they were available at all.

There were only three options during the march: march, be beaten or die. The conditions were so horrid that many succumbed to their fatigue and died. The death toll averaged 50 a day and many men were buried in shallow graves, piled body on top of body.

The march cemented the legendary bond between Filipinos and Americans, for if a man fell, it was certain he would die unless another picked him up and supported him. Food was so scarce that the prisoners ate everything they found along the way, such as locusts. The tropical rains healed a little bit of the dehydration, but there was just no way to escape the heat and humidity.

Among those who survived the approximate 70-mile march from Bataan to Camp O'Donnell were the Philippine Scouts. The Scouts were organized in 1901 during the early American occupation of the Philippine Islands. One of the units was the 57th Infantry Regiment. The 57th was charged with holding the line on both sides of the only major road into the peninsula. The 57th withstood the attack of the best elements of the Japanese Army during the Battle of Abucay in WWII – it stopped the enemy's attempt to penetrate

Though successful, the enemy shifted westward and into the jungle-covered mountains, finally outflanking the Scouts. Even when the order came to surrender April 9, 1942, the Scouts units were still fighting and were determined to carry on. Many Scouts who were able to escape the enemy and the Death March reformed into guerrilla bands, continuing their fight and providing vital intelligence to Gen. Douglas MacArthur's headquarters.

Of the thousands who fought side-by-side with the 57th Infantry Regiment and survived the grueling conditions of the Death March, one man stands out the most to me – Silvestre Candelario Ares.

He was born Jan. 1, 1919, in Umingan Pangasinan, a small agricultural town in the Philippines. Ares was the only son of a farmer, and dreamed of writing books and visiting foreign lands. Early in his life, he came to understand that education could take him to places his friends would only read about. He walked for miles to be in school every day and never wavered in his commitment.

At the age of 20, Ares volunteered to fight in the war as many other young Soldiers do today. He joined L Company, 57th Infantry Regiment as a rifleman and was later reassigned to be a motor transport operator.

Reading about the atrocities of the death march, someone today might find it difficult to imagine how he survived. His stories were not of solemn memories, but of courage and, of course, laughter. His American comrades kept him alive during the march with painted mental pictures of a place called America and of an opportunity called the American Dream. And, of course, his longing for a love yet unrealized named Teodora Sinuto made it worth living. Sixty-five years later, he confessed that it was all worth it.

During his capture, Ares found himself volunteering as a cook. Quite the innovative prisoner, he said you couldn't go hungry if you prepared the food. He prepared meals mixed with any greens found on the pathway, the occasional catfish and mudfish, and on his lucky days he cooked porridge with a little shovel. Most of the food was served to the guards and scraps to the prisoners. He recalled that hunger, thirst and fatigue caused a lot of men to fall back, finding them at the end of a bayo-

The rain quenched the prisoners' thirst, but filled their shoes with water, causing blisters

and added agony. Ares recalled passing by piles of dead prisoners. He vividly remembered waking up in the pile himself. He was stripped of clothing as many of the others were. His clothes and shoes were handed to others on the march who needed them. To his amazement, he was not shot nor stabbed.

Apparently, he passed out from his ailments and was thought to be dead. He climbed over the pile and, when it seemed safe, took the opportunity and ran for the woods. He ran and hid for miles until finally coming upon a small hut or field house where he was aided by a Family. This experience should have been enough to deter him from returning, however, he returned back to the ranks, a true display of resilience and fortitude.

He has been quite an important person to me. As you may have guessed, Silvestre Ares is my grandfather. His will to survive and excel became a theme in his lifetime. He earned multiple degrees in business and education, and, at the age of 54, he earned a law degree. His service later earned him the Bronze Star with one oak leaf cluster. His stories inspired four of his five children to serve in the Navy and Air Force – four of 15 grandchildren to serve in the Navy, Air Force, and Marine Corps, and me to serve in the Army.

I was inspired by his stories, the laughter when he reminisced, his unwavering resiliency to move forward, the lifelong friends he has made and his legacy. You see, legacy stories are not the ones we remember, but those by which we will be remembered. They are defining moments that inform and inspire.

This month in Army Aviation history

This month we're spotlighting the May 1966 issue of the U.S. Army Aviation Digest. This issue features:

On A Long Wide Base for 09

Lieutenant Clyde Navace hurried out to the airfield in the late afternoon of a cold winter day. The place: Godman Army Airfield, Fort Knox, Ky. The mission: a passenger haul in an O-1A to Simmons Army Airfield, Fort Bragg, N.C., RON, and return the following the day.

Homeliness – A Thing Called Otter

Of the many Aviation units operating in Vietnam, probably least publicized are the Otter units. The U-1A faster than present armed helicopters Otter, the Army's single engine light transport aircraft, was rapidly approaching obsolescence in favor of the newer and bigger CV-2 Caribou. However, the conflict in Vietnam gave the old girl a chance to prove that she was by no means finished.

Huey-Cobra

The Army plans to buy Bell Helicopter Company's Huey-Cobras to replace some of the UH-1B helicopters now used in armed support missions. Designed primarily to protect slower moving troop carriers from ground fire, the Huey-Cobra is much

and has a lot more firepower.

Make the Most of Maintenance

The sweetest words a good helicopter mechanic can hear are "It flies as smooth as silk." Wherever these mechanics are stationed they knock their brains out trying to figure out ways to keep their aircraft flying smoothly.

... and more.

Download this issue of the U.S. Army Aviation Digest at http://bit.ly/ av8-may66.



Rofor W

Family interaction can be sparse in the age of social media and instant messaging. What tips would you suggest to help Families step away from technology for a while and increase personal interaction?



WO1 Brendan Slaney, B Co., 1st Bn., 145th Avn. Regt.

"I would set aside a time at dinner as much as possible where technology is not allowed. Whether it be every night or once a week, don't permit technology at the table and commit to talking to each other."



Patty Distasio, **Army spouse**

"If possible have a set time during the day where everyone plays or interacts together. Each day you can do something different.



CW4 Jared Thompson, HHC, 2nd Bn., 501st Aviation Regt., Fort Bliss, Texas.

"Just make the commitment as a Family to go do things together where being on a phone is not really conducive to what you are doing. Go to the beach or a park or a lake. Do something outdoors that does not involve technology at all.



Capt. David Mack, A Co., 1st Bn., 145th Avn. Regt.

"Limiting the time allowed on any device is a good idea. Taking it away is not the answer, but limiting time using technology is good - even for older children."



CW2 Donovan Fraser, B Troop, 466th Area Medical Co., Fort Drum, N.Y.

"Get them outside by playing with them. Don't just tell them to go outside, set the example first and practice what you preach."

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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.

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

Day in the life

Soldier strives to inspire others

By Sara E. Martin

Army Flier Staff Writer

Before the sun stretches its rays over the horizon each morning, more than 160 students at the NCO Academy are lined up ready to take on the day.

Students look to their instructors, also known as small group leaders, to lead them down the road to success and help them become better leaders.

And one SGL feels there is no better way to be an elite NCO than to instruct and teach other NCOs.

He aspires to be the leader he always wished to see in his units across the U.S., the one that others always aimed to be to make the NCO Corps a stronger and more professional force.

"I hope I can make an impression on them where they might think, 'I had that great instructor at the Senior Leaders Course, and he really helped me out. I want to be a great leader like him for those who are under my leadership," said Sgt. 1st Class Michael Holmes, NCO Academy Senior Leaders Course instructor for the career maintenance field.

He feels it is an honor to work at the academy because he not only loves the work he does, but he "truly" believes in the NCO Corps.

"That is where the rubber meets the road, and the academy is what makes or breaks a future leader. It's great to guide other Soldiers to success," he said.

His course consists of staff sergeants and sergeants first class, and he has anywhere between 16 and 20 students – all maintainer

NCOs from Kiowa Warriors, Apaches, Black Hawks, Chinooks and the Gray Eagle unmanned aircraft system – each cycle, which lasts for six weeks.

His primary mission is to teach and show his students the proper and most successful way to lead from the front, and instructs them on everything from leadership to the Army Body Composition Program.

Helping cultivate the next generation of elite NCOs, Holmes said he has to show and facilitate to his students what right looks like, answer any questions they might have concerning their profession, guide them towards the standards and demonstrate the standards so they will uphold the standards once they leave his classroom.

"Coming through my course is a Soldier's next progression in their careers," he said. "It is a stepping stone where once they complete the course they are that much more knowledgeable, have that many more tools that they can use to ensure that the future of the Army maintains it high standards and possibly even raises the standards."

This class is more than just an Army requirement for Holmes, it is a gateway for NCOs and the Army to know that those who pass the course are ready for the next step the military might have in store for them.

"The classes I teach prepare Soldiers to be looked at for a master sergeant position," he said. "Through my class, the Army will get the information it needs on these Soldiers – if they are ready or if they need more train-

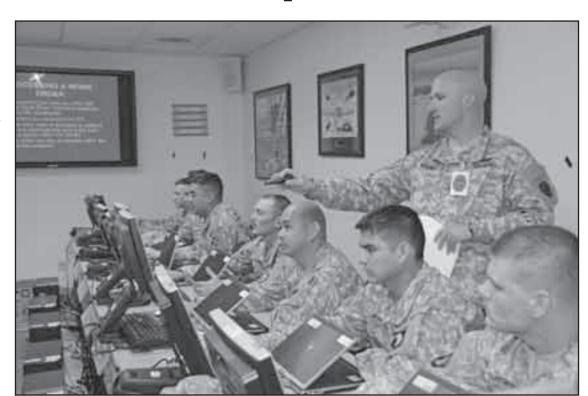


PHOTO BY SARA E. MART

Sgt. 1st Class Michael Holmes, NCO Academy Senior Leaders Course instructor for the career maintenance field, leads a class discussion May 22 at the NCO Academy.

ing before they are put in the front to lead

"That is a big deal because we don't just check blocks here at the academy – we look at the Soldier as a whole. From not only knowing what a manual says, but how to lead it in all its minute details," he continued.

Soldiers cannot just wake up and show up to his class, they have to be prepared mentally every day. That goes for Homes, too.

"As their instructor, I am the one who they come to when they have questions, and I am the one who they look up to during that time for guidance," he said. "If I am not on my A Game every day I will falter, and if I falter it might

cause them to falter, and then it becomes a domino effect around the class."

In the SLC maintainer classroom, HoImes is more of a facilitator, not a droning lecturer.

"I want the class to be relevant and realistic for them. So, I have the students talk in discussions to relay their experiences, that way they don't only learn from me but they learn from their battle buddies," he said. "That type of learning is more conducive to what the Army encourages during everyday training. It's a great way to learn because each one has different experiences than I do, and the classroom ends up being a revolving door."

Helping develop NCOs that

will reinforce the powerhouse that is the Army, Holmes said that being around other top notch NCOs is the best thing about his job.

"There is nothing like a school full of NCOs. We all have the same mindset, and everyone is out to better themselves, learn and be the best Soldier they can be," he said. "The students don't only come to the academy with questions – they come with answers, too.

"And with Aviation being so small, there is a good chance that I will work with some of my students down the road. So, I want to make sure they are good enough to be in my unit, and I want to make sure I am good enough to be in theirs," he added.

Child passenger safety certification available

By Nathan Pfau

Army Flier Staff Writer

Although the National Highway Traffic Safety Administration reports that highway deaths over the past five years remain at historic lows, Fort Rucker doesn't slow down its efforts in traffic safety, especially when children are involved.

That's why the installation is providing the opportunity for people to become nationally certified child passenger safety technicians through a course that will be offered Tuesday-June 5 from 8 a.m. to 5 p.m. in the Police Training building, Bldg. 7213 on Dustoff Ave., said Peggy Contreras, Fort Rucker Community Police supervisor.

"This class will provide the proper techniques that people need to correctly put child safety seats in cars, and make sure they are properly fit and secure in the event

of an accident," she said. "It's a full three-day course and there is a lot to learn."

Throughout the course, participants will take part in a variety of activities, including child safety seat checks where parents and caregivers will receive education and hands-on assistance on how to properly use child restraint systems and seat belts, according to www.cpsalabama.org.

"Different types of vehicles have different types of seat belts and locking mechanisms, so people will learn all of the different techniques for the different vehicles," said Contreras. "It seems obvious enough to be able to put a child seat in a car, but if the child's seat is not properly latched, it can do more harm than good."

Contreras said that people should make sure that the child's seat is securely locked so that it's not moving around while the vehicle is under operation. "Often times you hear about car accidents that were absolutely horrific, but a child was found safe in the car because he or she was properly strapped into their car seat," she said. "The bottom line is they gave live."

Participants will also learn about crash dynamics, injury prevention strategies, child restraint selection, and installation and vehicle occupant protection through a combination of hands-on activities, lectures and discussions, according to the CPS website.

Those who are interested must be actively involved throughout the course and must be able to dedicate the full three days to the course. Certification is provided on a pass-or-fail basis and is not awarded based on attendance alone.

"Normally this course is for law enforcement officers, but this class will be free

and open to the public, so if any parents or organizations want to come and take part, they are more than welcome," said Contreras. "If anyone is involved with any type of children's activities or they have children that they spend a lot of time with or are transporting, then they should come and learn how to properly operate the child safety seats."

The lessons learned throughout the course could potentially save a life, and can also be passed on to Family members, friends and community members, added the community police supervisor.

People should dress comfortably for the classes, as they will be climbing in and out of vehicles during demonstrations.

For more information, call 255-3273. To sign up, visit www.cpsalabama.org/register. htm and choose the Fort Rucker certification class from the drop menu.

News Briefs

Heritage month

Fort Rucker continues its Asian American/Pacific Islander Heritage Month celebration with a luncheon at The Landing Friday from 11:30 a.m. to 1 p.m. that features a guest speaker, themed displays and entertainment.

'Maleficent' to Debut at post theater

On the same day as its U.S. release, the Army and Air Force Exchange Service has teamed up with Disney to provide Soldiers and Families the opportunity to see "Maleficent." Friday, the Fort Rucker Reel Time Theater will begin showing the PG-rated science fiction/fantasy movie. "Maleficent" explores the untold story of Disney's most iconic villain from the classic "Sleeping Beauty," and the elements of her betrayal that ultimately turn her pure heart to stone.

Show times for "Maleficent" and all other showings at the Rucker Reel Time Theater are available at www.shopmyexchange.com.

SOAR briefings

The 160th Special Operations Aviation Regiment (Airborne) Night Stalkers will hold recruiting briefings for officers and warrant officers Tuesday and Wednesday from 11 a.m. to 2 p.m. in Bldg. 5700, Rm. 371A. The briefings will cover all aspects of the regiment and there will be an open forum for questions afterwards. Family members are welcomed to attend.

For more information, call 270-889-8653 or 270-304-9342, or send an email to recruiters@soar.army.mil.

Siren tes

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an

open forum and all retirees are invited to attend. Farmers market

The commissary, exchange, and Directorate of Family, Morale,

Welfare and Recreation will partner to host a Farmers Market June 6-8 in the commissary parking lot area. The event will feature discounted prices, and fitness events and demonstrations. The main events will take place June 6, including fitness demonstrations, face painting, jump roping and bowling. Additionally, commissary staff will grill up healthy vegetables for people to sample.

Free 'Transformers' screening

The post theater offers a free advance screening of "Transformers: Age of Extinction" June 21 at 2 p.m. Tickets can be picked up at the Fort Rucker Main Exchange Food Court for the not-rated film.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Vacation Bible School

The Fort Rucker Chaplaincy will host its week-long Vacation Bible School for children in preschool (if accompanied by parent or guardian) through sixth grade June 9-13 from 8:30-11:30 a.m. at the Spiritual Life Center, Bldg. 8939. The theme will be "Covenant Adventure God Calls His People." The event will feature Bible lessons, crafts, music, recreation, snacks and daily celebrations, according to chapel officials who added that this is an opportunity for children to focus for a week on learning about the Bible, and also developing close friends within the chapel while having a great time. Additionally, chapel officials said VBS is an opportunity for teens and adults to provide service to the chapel through assistance with the program.

To register, volunteer or get more information, call the religious education center at 255-3946 or 255-2989.

Opportunity knocks

The following internal positions are available on Fort Rucker: Interdisciplinary, GS-0401/0819/1301/1320-11, Vacancy No. SCEG140078811104867, with the Directorate of Public Works, with a closing date of Monday; Training Instructor, GS-1712-11, Vacancy

No. SCEG140444031004101, with Training and Doctrine Command, with a closing date of Tuesday; Administrative Support Assistant (OA), GS-0303-05, Vacancy No. SCEG140397471125258, with Army Medical Command, with a closing date of Tuesday; Diet Technician, GS-0640-07, Vacancy No. SCEG142807201116913, with MEDCOM, with a closing date of Wednesday; Program Analyst, GS-0343-07/11, Vacancy No. SCEG140496331061562, with TRADOC, with a closing date of June 5; Supervisory Accountant, GS-0510-13, Vacancy No. SCEG1405615311077951, with TRADOC, with a closing date of June 6; Human Resources Specialist (Classification/Recruitment), GS-0201-11, Vacancy No. SCEG140726301125513, with the Office of the Chief of Staff of the Army, with a closing date of June 6; Physician Assistant, GS-0603-12, Vacancy No. SCEG140074841119440, with MEDCOM, with a closing date of June 6; Program Support Assistant (OA), GS-0303-05, Vacancy No. SCEG140264881116081, with Fort Rucker garrison, with a closing date of June 6; Contact Representative (OA), GS-0962-05, Vacancy No. SCEG140108171125910, with MEDCOM, with a closing date of June 9; Contact Representative (OA), GS-0962-05, Vacancy No. SCEG14007471121503, with MED-COM, with a closing date of June 9; and Interdisciplinary, GS-0401 /0819/1301/1320-11, Vacancy No. SCEG140078811106932D, with Fort Rucker garrison, with a closing date of June 19.

For more, check out www.usajobs.gov.

Command team change

The 1st Battalion, 13th Aviation Regiment will host a change of command and change of responsibility ceremony June 13 at 8:30 a.m. at Howze Field – in case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum. Lt. Col. Romeo R. Macalintal Jr. will assume command from Lt. Col. Steven M. Pierce, and Command Sgt. Maj. Ronald K. Graves will assume responsibility from Command Sgt. Maj. Jason J. Palfreeman.

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.

For more information, call 255-9595.

Special ops Aviation positions to open to women

By U.S. Army Office of the Chief of Public Affairs

WASHINGTON — The Department of Defense notified Congress Friday of the U.S. Army and U.S. Special Operations Command plan to eliminate gender restrictions within previously closed units of the U.S. Army Special Operations Aviation Command.

This action involves about 1,300 positions.

In the January 2013 memorandum rescinding the 1994 Direct Ground Combat Definition and Assignment Rule, the Secretary of the Defense and chairman of the Joint Chiefs of Staff directed the services, and U.S. Army and U.S. Special Operations Command, to work together in a deliberate, measured and responsible way to assign women to closed positions.

Advancing this effort, the Secretary of the Army, and commanders of U.S. Army and U.S. Special Operations Command forwarded to the Secretary of Defense a recommendation that expands opportunities for women to serve in all four battalions of the 160th Special Operations Aviation Regiment.

"Given the joint nature of special operations, USSO-COM will synchronize our efforts with each service while observing the joint chiefs' guiding principles to preserve unit readiness, cohesion and morale," said Maj. Gen. Christopher Haas, director for Force Management and Development at U.S. Army and U.S. Special Operations Command.

Once the congressional notification process is complete, changes will be implemented through a deliberate and incremental process. Female officers non-commissioned officers will be assigned to each unit previously closed to women, followed by female enlisted Soldiers.

DOD officials notified Congress of the intent to open the following positions in the U.S. Army Special Operations Aviation Command: 15B, 15D, 15F, 15G, 15H, 15J, 15K, 15N, 15P, 15Z, 25A, 25B, 25U, 27D, 29E, 35D, 35F, 35G, 35L, 35N, 35X, 36A, 36B, 42A, 42B, 42H, 56A, 56M, 61N, 65D, 68W, 74A, 74D, 88N, 89B, 90A, 91B, 91C, 91D, 91E, 91J, 91X, 92A, 92F, 92R, 92Y, 94E, 94R, 94W, 151A, 255A, 350F, 351L, 915A, 920A and





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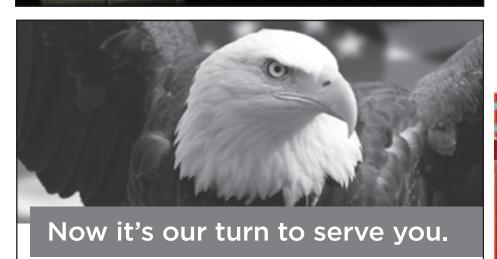
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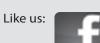
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VBS: Youth experience history firsthand

Continued from Page A1

provide a leader for His people; and June 13 will be the New covenant, when they learn that Jesus is God's promised savior.

The events that children will take part in are meant to have them utilize all five of their senses, because Jankoski said that's the best way to get them to learn and have a good time.

"We want them to learn by actually putting themselves in the story," she said. "You use all five senses that God gave you – you smell things, you taste things, you touch things, you see things and you hear things, and that's how we want our children to learn. That way they can create a lasting memory."

The children will have the opportunity to bake bread straight out of biblical times in a bakery, and build toys, such as boats and wooden sheep at the carpentry station, all under expert adult supervision.

Although the focus is on learning through fun and interaction, the main focus is on the safety of the children, said the director.

One of the main events throughout VBS will be during the Moses covenant, where children will actually be able to take part in and experience the parting of the Red Sea. There will be an event set up where children will learn about Moses and how he freed his people from the tyranny of the Egyptians.

They will experience the parting of the sea and get to walk through the waves, all while being pursued by the Egyptian army. The army won't be as fortunate to make it through the Red Sea, however, as volunteers will be on standby to make sure the waves "come crashing down" on the Egyptian army, simulated with water hoses and

squirt guns.

In addition to the parting of the Red Sea, children will be able to participate in a Hebrew writing class, where they can learn to write their name; a Bible story camp, where they can experience Bible stories under simulated stars; a musical instrument shop, where children can learn about the musical instruments of the time; and even a Bible-time beauty salon, where girls can learn about make up of the times and boys can learn how to shave.

"It's all about learning through interaction," said Jankoski. "We want them to use all of their senses to learn, not to learn the way I did growing up – through worksheets and reading."

There will be too many events for one child to experience them all, and that's the goal said the director

goal, said the director.
"We would rather have the children not

be able to experience absolutely everything than have them not experience enough,"

Parents can sign their children up early or on the days of the event, as long as there is room, said Jankoski. The age groups range from kindergarten through sixth grade, and will be based on the child's fall 2014 grade. There is also an option for parents with preschool-age or special-needs children to go through the program with their children.

"We don't want to turn anyone away, so even if we have to put a child in a different age group just so they can experience the program, we'll do that," she said. "As long as we have the room, we'll try to get you in here."

For more information, to register or volunteer, call 255-3946, or visit the religious education center.

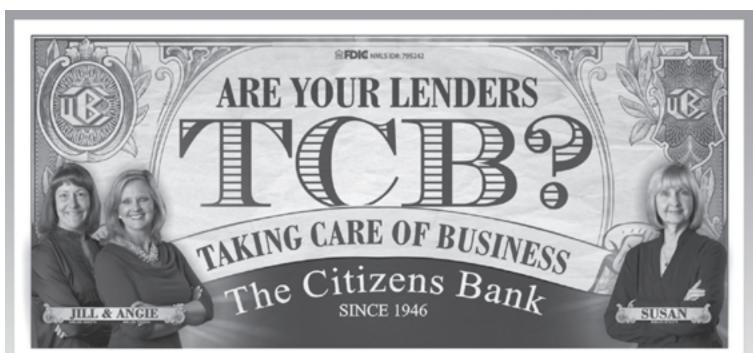












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U.S., Austrian armies train together

By Sgt. Bethany McMeans

131st Mobile Public Affairs Detachment

HOHENFELS, Germany - U.S. and Austrian Soldiers jumped out of Army UH-60 Black Hawks and Austrian helicopters to begin an air assault mission to attack and defend an operating base during Combined Resolve II.

This was just the beginning of the training exercise for the 1st Battalion, 182nd Infantry Regiment and soldiers of the Austrian Armed Forces.

"Everyone's excited to be here and working with multinational forces," said 1st Lt. Benjamin Welch, of C Company, 182nd Infantry Regiment.

Combined Resolve II is a U.S. Army Europe-directed multinational exercise at the Joint Multinational Training Command's Grafenwoehr and Hohenfels Training Areas, May 15-June 30. The exercise includes more than 4,000 participants and will train the U.S. Army's European Rotational Force alongside allies and partners from 14 European countries.

The training provided the U.S. and Austrian troops with an opportunity to become a smart, adaptable and capable unified unit.

"There's always challenges because you



Sgt. Robert Krassnig, of the Austrian Armed Forces, does security for his squad after being dropped off by Austrian and U.S. helicopters during Combined Resolve II.

obviously have your language barrier and they [NATO and partner-nation forces] operate on a slightly different standard," said

Staff Sgt. David Duhart, of Charlie Company, agreed.

"This [training] broadens your views on

how other armies and other cultures handle situations," he said.

Combined Resolve II helps to develop technical and tactical interoperability among U.S., NATO and partner-nation forces, which was displayed when Austrian and U.S. aircraft dropped the Soldiers off at the beginning of the mission, and when the Austrians provided communications to call in air support and other types of support during the mock battle.

"It's quite awesome working with other countries because you learn so much," said Sgt. Robert Krassnig, of the Austrian forces.

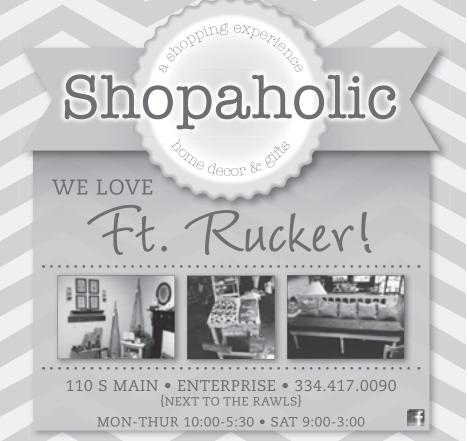
Krassnig added that the need for training events such as this are essential because of the uncertainty of situations in today's world, so that when the time comes, all of the forces will have to work together to accomplish the

Although there are differences between the different countries that are participating in the Combined Resolve II exercise, the more training the forces do together, the more beneficial, said Cpl. Daniel Rothedeutsch, Austrian forces.

He added that the language barrier during the training improves over time as the various countries spend more time with each

For more information on Combined Resolve II, go to the official exercise website at www.eur.army.mil/jmtc/CombinedResolve or check out the exercise on social media by searching for #CombinedResolve or visiting the 7th Army Joint Multinational Training Command's social media @7thArmyJMTC.







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121 FALCON: Brick home on large lot, very clean, large sunroom with detached carport & garage with office or sewing room. Well maintained. JIMMY JONES 406-1752





303 RICHLAND: Swim in your POOL! Lots of updates, on the way to Ft Rucker 3BR/ZBA, storage shed, new paint, all new closel doors, new garage door opener, new flooring. Allergy sufferers there is no carpet. Newer dishwasher, light fixtures, crowr with bathroom for pool convenience, large backyard. ANGIE GOODMAN 464-7869



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MAY 29, 2014



PHOTO BY SGT. JOSHUA LAIDACKER

Sgt. Timothy Harris, a signal support systems specialist with Battery B, 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, prepares to sling load an M119A2 howitzer to a UH-60L Black Hawk helicopter during air assault training on Fort Stewart, Ga., May 16.



PHOTO BY PETTY OFFICER 3RD CLASS ROBYN GERSTENSLAGER

An Army Reserve CH-47D Chinook helicopter lifts an 11-meter-long, rigid-hull inflatable boat out of the Pearl River in Mississippi, during a maritime external air transportation system exercise in

A NEW HOME

Older belicopters auctioned to commercial buyers

By Sofia Bledsoe

Program Executive Office Aviation

REDSTONE ARSENAL — The Army completed the sale in April of the first 10 CH-47D Chinook helicopters that were auctioned through the General Services Administration website.

The auction for the first two CH-47D aircraft began in December. The Cargo Helicopters Project Office was working on divesting some of the older D-model aircraft and discovered that the GSA had an established program that specializes in aircraft sales and determined that this option was the most beneficial for the Army and taxpayers, said Col. Rob Barrie, Cargo Helicopters project manager.

"We're producing and fielding F-model Chinook helicopters and, as we do that, we're looking for options to create value back to the government with these D models," Barrie said. "They've provided great service to our country over the years, and now we're looking for the best way to either demilitarize them, sell them or recapitalize them back into our production. This provides us the opportunity to really bring value back to the government by selling them through a commercial operator."

Barrie said the sale through GSA generates efficiencies and cost savings in several ways. It brings money back to the government that the Army can use to offset programmatic costs and avoids demilitarization costs.

"We are avoiding the cost of approximately \$250,000 per aircraft that the government would have acquired to demil the aircraft," Barrie said.

Funds from the sale – more than \$28 million

SEE HOME, PAGE B4

SPECIAL DELIVERY

300th Lakota helicopter delivered to Army

By Sofia Bledsoe

Program Executive Office Aviation

REDSTONE ARSENAL — The Army accepted delivery of the 300th UH-72A Lakota helicopter during a rollout ceremony at Airbus Helicopters production facility in Columbus, Miss., May 14.

The 300th Lakota aircraft marks a milestone for the Army, with the program having been consistently executed on time and on budget, said Col. Thomas Todd, Utility Helicopters project man-

"One of the things that this aircraft is to us, besides being a capability, is a representation of what truly the U.S. Army and industry partners can do together in a successful manner," Todd said. "At the end of the day, the Lakota is a critical key to America's Army. And no doubt about it, it will be a critical key in America's Army for the untold future.

"Now we have found a new use, an additional use for a platform that when in constrained times and we don't have a whole lot of extra dollars, that we can take and re-shift within the Army and reallocate to a much needed mission," he added.

Todd thanked the Airbus workforce, applauding their efforts that helped to make the program a success.

"It is now doing other missions because of its utility, efficiency and the goodness of the platform and what you deliver," he said

This will enable Utility Helicopters Project Office and the Program Executive Office for Aviation to support their ultimate customers – the users that fly the aircraft. "I'm certainly proud of that," he added.

He recognized Lt. Col. Dave Cheney, Lakota helicopters product manager, describing him and his team as "where the rubber meets the road." "This is where success happens from the Army side in bringing this capability to the war fighter," he said.

Lakota helicopters enable civil search and rescue operations, support test and training centers, perform medical evacuation and provide support to counterdrug operations. Todd said the Army has decided, through the Aviation Restructure Initiative, that the Lakota will be the Army's training helicopter, replacing the aging TH-67 fleet that are obsolete and

SEE LAKOTA, PAGE B4



FILE PHOTO

The UH-72 Lakota.

PAVING THE WAY

82nd CAB company commander to receive leadership award

By Staff Sgt.
April Campbell

82nd Combat Aviation Brigade Public Affairs

FORT BRAGG, N.C. — Capt. Nerea Cal had a lot to look forward to when she returned the company colors to her battalion commander during a change of command ceremony late last month.

She would soon begin the next step in her Army career, attending graduate school in

Simmons Army Airfield, N.C., April 11.

preparation to become an instructor in the social sciences department at her alma mater, the United States Military

Academy at West Point.

Before embarking on this journey, however, Cal, who commanded C Company, 2nd Assault Helicopter Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, from January 2013 to April, will be one of 28 company-grade Army officers recognized with the 2013 Gen. Douglas

PHOTO BY STAFF SGT. APRIL CAMPBELL

Capt. Nerea Cal renders honors during Reveille with the troops from C

Company, 2-82nd Assault Helicopter Battalion prior to a battalion run at

MacArthur Leadership Award in Washington, D.C., today

and Friday.

The program recognizes company-grade officers who demonstrate the ideals for which MacArthur stood – duty, honor and country. It promotes and sustains effective junior officer leadership in the Army and is open to second lieutenants through captains and warrant officers through chief warrant officers two.

"Captain Cal lives up to those ideals of duty, honor and country," said Lt. Col. Bryan Chivers, commander of 2-82nd AHB. "She's established a winning spirit and a strong Family readiness group within her company."

For the outgoing company commander, the success of her command is the result of a team effort.

"From my perspective, this is very much a unit award," Cal said. "I don't do anything by myself. I've been so lucky. I have great Soldiers and non-

commissioned officers who

care about their Soldiers and provide feedback and their honest opinions."

Cal also appreciates the many mentors and peers she has worked with throughout her time with the 82nd CAB.

"I've been very fortunate to work with some wonderful mentors and peers," Cal said.

One of the mentors Cal mentioned was Col. Mike Musiol, 82nd CAB commander.

"She's exactly the type of leader that embodies this award," Musiol said. "She's taken the responsibility to mentor her subordinates by taking the mentorship she has been given and paying it forward."

Cal has welcomed the opportunity to coach her Soldiers.

"I want everyone to feel valued in what we do," Cal said.

As a UH-60 Black Hawk helicopter pilot, Cal has a unique opportunity to ensure her junior troops, such as Pfc. Michael Wise, a Black Hawk

SEE AWARD, PAGE B4

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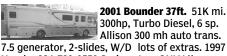


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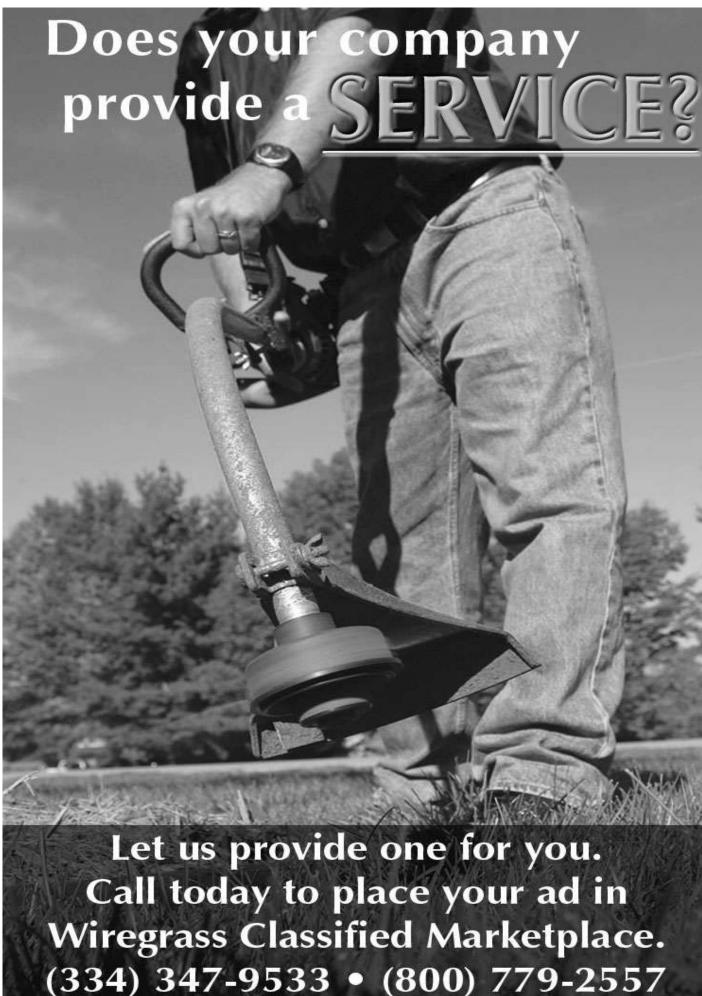
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Lakota: Aviators will now be able to train as they would fight

Continued from Page B1

more costly to maintain.

"That's important to me," said Todd, referring to his son who will one day also become an Army Aviator. "Not only will he train in a dual-engine aircraft, he will train in a modern aircraft. At the end of the day, we will now be able to train as we fight."

Under the ARI, the Army will replace the current single engine obsolete trainers at Fort Rucker with the Lakota, an aircraft in the Army inventory since 2006. The modern twin-engine digital aircraft will ensure that new Aviators train on the same type of aircraft they will see once assigned to their active Army or National Guard units.

The Lakota operates in permissive, non-hostile environments, performing air movement, aerial sustainment, civil search

and rescue, command and control, reconnaissance, casualty evacuation and medical evacuation missions for the Army and National Guard. It has been fielded to National Guard units in 41 states. Overseas. the aircraft is in service in Germany, Kwajalein in the South Pacific, Puerto Rico, the U.S. Virgin Islands, and is now deploying

The National Guard's Security and Support package was designed, certified and delivered in record time with 107 aircraft anticipated to be equipped with this stateof-the-art capability. This effort has led to the seizure of more than 200,000 pounds of drugs and nearly 60,000 apprehensions under the National Guard and Customs and Border Patrol joint efforts.

The UH-72A replaced aging UH-1 and OH-58A/C aircraft that are a high cost to maintain and operate for these missions. It also allowed the Army to return 23 UH-60 missions during Operations Iraqi Freedom and Enduring Freedom.

"We have kept this fast track since the beginning, and I am very proud of our workforce," said Marc Paganini, president and chief executive officer for Airbus Helicopters, lauding team members for their hard work and passion in everything they

"In the U.S. Army, we don't man equipment, we equip the Soldier," Todd said. "Part of my job as a weapon systems developer is to bring a capability to the sons and daughters of our nation so they can do their missions and come home safely. This happens to be one of the most capable ways that we do that."

The Utility Helicopters Project Office is already looking at how it can improve the support concept at Fort Rucker and take advantage of economies of scale with hav-

Black Hawks to support critical wartime ing a large Lakota presence there in the near future. It is also working on followon contracting, training and the incorporation of material solutions as the Army's Training and Doctrine Command and the National Guard users refine their require-

> Todd said the re-shifting of aircraft assets is not a new concept for the Army, having been trained in a UH-1 Huey during flight training.

> "That is not the training helicopter today. We have shifted since, but we had to do it in times of need before. We think it's a prudent decision not only for our Soldier but also for our taxpayers," he said. "I am proud to be standing here today representing our U.S. Army, our Soldiers and our project office. We don't take that for granted. And I can't say enough for the blood, sweat and tears that you put into building

Home: Repurposing aircraft creates numerous opportunities

Continued from Page B1

to date - are also being reinvested to buy new CH-47F Chinooks.

Additionally, it allows the Army to have more Chinook operators in the worldwide fleet. "This helps to reduce the cost of parts for all of us," Barrie said.

Ten CH-47D helicopters were sold to three different companies between December and April. The companies include Billings Flying Service from Billings, Mont.; Columbia Helicopters from Portland, Ore.; and CHI Aviation from Howell, Mich.

Sales prices ranged from \$2 million to a little more than \$3.5 million. All sales are aircraft condition dependent, and all of the CH-47D aircraft on auction were sold as is



Sgt. Jeremy Ganz, a flight engineer with 1st Combat Aviation Brigade, 1st Infantry Division, conducts pre-flight procedures before beginning a trip to Fort Carson, Colo., last year to deliver three CH-47D Chinook helicopters to the 4th Combat Aviation Brigade, 4th Infantry Division.

and where is. The aircraft had been parked at the Madison County Executive Airport for the past six months, Barrie said.

"It is the ultimate in recycling," said Lt. Col. Joseph Hoecherl, product manager for CH-47 Chinook modernization. "Repurposing the aircraft in this manner provides business opportunities for both the government and the commercial buyer."

Gary Blain, Billing Flying Service, noted earlier this year that purchasing the CH-47Ds meant 20 more jobs in his area.

"Each of the aircraft we bought will support 20 Families from the jobs ranging from pilots to maintenance and other support. And that doesn't include the jobs that result from what they buy from other suppliers to support the aircraft," Blain said.

Commercial uses for the aircraft include search and rescue, firefighting, logging, seismic exploration, offshore transport, heavy cargo, construction, and installation and repair of power lines and poles, he

"We've sold to various commercial operators, and we're very excited about having some new and some old faces into the Chinook commercial operations," Barrie

"There is love in each one of these aircraft," he continued. "You see it in the replacement parts that are all around each of the aircraft and in the seats where crews have flown this aircraft for the last 20 years. We welcome new operators into our Chinook fleet."

The Army has been authorized to sell up to 20 D-model Chinooks this year that would have otherwise been demilitarized, Barrie said. The next auction for two aircraft began May 22 out of Summit Aviation in Delaware.

For more information regarding the CH-47D Chinooks on auction, visit the GSA auction website at gsaauctions.gov.

Award: Instructor driven by desire to give back to 'great education'

Continued from Page B1

crew chief, know how important their roles are.

"I fly with Captain Cal at least once or twice a week," said Wise. "In the aircraft, you rely on one another regardless of rank. Our lives are in each other's hands."

Outside of the cockpit, Cal's emphasis on teamwork is

Granite, fireplace, 4320 sq. ft.

10ft ceilings, 8 ft doors.

still apparent to her Soldiers.

"It's motivating to see her at physical fitness training every morning with all the troops," said Wise.

While her time in company command has come to a close and Cal will no longer have troops to lead during Friday morning runs, she hopes to continue mentoring future Army leaders as she prepares to instruct at the academy. It is there that as superintendant in 1922, Gen. Douglas Mac-Arthur codified the Cadet Code of Conduct: A cadet will not lie, cheat, steal, or tolerate those who do.

"I knew since I was a cadet that I wanted to return to West Point and teach," Cal said. "I want to give back to what I feel was a great education with access and personal attention from my instructors."

Granite, fireplace, 4882 sq ft,

finished basement.



Granite, fireplace,4465 sq ft,

finished basement.

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Families

Story on Page C5

MAY 29, 2014



Heather Savage, Priscilla Thurman and Amanda Collins, thrift shop employees, showcase different items for sale at the Fort Rucker Thrift Shop.

Thrift Shop offers more than clothes

By Sara E. Martin Army Flier Staff Writer

Many people might have a preconceived idea of what a second-hand store has to offer, but the Fort Rucker's Thrift Shop breaks all the stereotypes.

The store is a place where people can donate, shop, volunteer and consign whatever they so choose, and money spent there is put back into the community.

And this store not only has designer clothes, shoes and bags, but also features never opened kitchen appliances, newly released books and pristine home

The Fort Rucker Thrift Shop is a non-profit 501(c)-3 organization established to generate funds, which are disbursed as grants to charitable organizations on Fort Rucker and in the local communities, in order to benefit Soldiers and their Families, said Donna Woodham, manager.

"We sell merchandise to generate profit in order to give those monies back to the community through grants and scholarships," she said.

Over the years many organizations have benefited from the thrift shop's financial support.

"We contribute to the Boy and Girl Scouts, Army Community Service, the Wounded Warrior Project, the Relay for Life, and to local schools and libraries," she said, adding that they help more than 15 programs.

The thrift shop is responsible for many scholarships and grants that are awarded each year in the community.

"We gave out \$24,000 in scholarships this year and an additional \$50,000 in the last

two years," she said. "We have also given out over \$100,000 in scholarships to date and over \$250,000 in grants since we began operations."

Applications for a thrift shop scholarship can be picked up from the shop or downloaded from http://fortruckerthriftshop. com/scholarships.htm.

Anyone can donate something to the thrift shop by bringing it inside or by placing it in the shed in the parking lot, which is open 24 hours a day, seven days a week. The store accepts everything but mattresses.

"We also accept consignments on Wednesdays and Thursdays. Interested consignors are welcome to visit the shop during business hours for more information," she said, adding that consignment hours are 10 a.m.

The store is open for people to shop and volunteer Wednesdays through Fridays from 10 a.m. to

Fred Zayas, Army retiree, said he has been shopping at military thrift shops since he was a

little boy as a military dependent when his mother would bring him. And ever since then, the prices and atmospheres motivate him to continue to shop at military thrift shops.

"What somebody else wants to sell can be my little treasure that I find," he said. "I long for some of the things I used to have that are no longer made or sold. This is a great way to have a second chance at having those things again."

In his travels as an Aviator, Zayas said he has shopped at many discount stores, but shopping on post is "still the best."

The shop has been in operation for more than 40 years and officials there say it is a great opportunity to contribute to the community by donating items or by volunteering time to help sort, tag and display the mer-

"Even if people can't volunteer their time, by donating or shopping they are helping their community because the funds are funneled back to it," said Woodham.

For people wishing to receive tax receipts for donations, Woodham said they must come inside during business hours, but employees are happy to give them out. People do not need a military ID to shop, donate, buy or consign merchandise.

The store already has low prices, but it still offers sales to Soldiers and their Families. Soldiers in uniform get half off a white-ticketed item each time they come in, she said.

The shop is located on the corner of Red Cloud and Ruf Avenue in the old Armed Forces Bank building, next door to the Fort Rucker Bowling Center.

The shop sold more than 75,000 items in 2013 with the help of volunteers, consigners and donators, Woodham said.

The thrift shop is a private organization that is independent of Directorate of Family, Morale, Welfare and Recreation and spouse clubs. It accepts credit cards and cash.

For more information on the thrift shop, fortruckerthriftshop.com.

Families horse around at riding stables

By Nathan Pfau Army Flier Staff Writer

Fort Rucker's Child Development Center is always looking for ways to enrich the lives of the children they look after, and one way they're doing that is by sharing a love of animals.

Children of the CDC were treated to a day of horseback riding at the Fort Rucker Riding Stables May 22 as the finale of a series of enrichment programs put on by the center, said Sandy Milstead, lead education technician for the part-day preschool pro-

"Today was the culmination of our whole year with the part-day preschool program," she said. "With the preschoolers, we try to do enrichment programs throughout the year with themes, such as the ocean or the rainforest, and for this last one we're learning about horses."

Before heading to the riding stables, Milstead and other staff members spent time with the children reading books about horses and talking about riding safety.

"Safety is an important aspect when it comes to dealing with animals, especially large animals like horses," said the lead education technician. "This event gives these children hands-on learning experience with horses, and it also gives an opportunity to develop a partnership with the commu-

That partnership extends from Fort Rucker's own riding stables to neighboring communities, from which volunteers like Jordan Claassen, current Ms. Ozark and avid horse rider, donated her time to help with the event by escorting children around

The children weren't the only ones who



Jordan Claassen, Ms. Ozark and volunteer, escorts Kailynn Moncada, military Family member. as she waves at her friends while riding Charlie's Fashion while her mother, Justine, walks by her side during a day of horseback riding at the Fort Rucker Riding Stables put on by the child development center May 22.

got to participate in the fun. Parents and Family members were invited to spend time with the children and share in the moment, and Amanda Badgley, Army spouse, was among those who came out to spend the day with her children.

"I think this is awesome," she said. "I

don't work, so I get to do these things with my children, and it's fun to be able to experience this with them and be there to support them, and show them that I'm able to be here for them."

Badgley said that it's events like this that make her and her Family feel like Fort Rucker really cares about the people in the community.

"We've lived at a few different posts before Fort Rucker and we've never really experienced anything like this," said the mother of two. "We've never experienced quite as much Family involvement and Family events like here on Fort Rucker, and it's just really fun to see."

That Family involvement was an important aspect of the culminating event, said Milstead.

"One main thing we wanted to do was to include the Families because they come from all over the world and we want them to feel at home - that they belong somewhere," she said. "Growing up in a military Family, I knew what it was like (constantly moving around and having to make new friends), and I can relate to these children and what it felt like to be a part of something like this, so it's good to be able to give that to these children and their Families."

Not only does it give the Families a feeling of inclusion, but Milstead feels that the interaction with animals is healthy for children to develop relationships.

"I feel like the interaction creates a bond, and growing up I've always had a love for animals, and that's something I want to share with these children," she said, adding that although the horses are animals that are capable of love, they should always be treated with respect.

"This is a great chance for these children to create a memory, and by having these children use all of their senses, it makes a better memory for them," said Milstead. "All of the parents have been wonderful, and the stables here are really nice, and it's been a great time and place for these children to create new life experiences."

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

Get REAL

Army Family Team Building will host its free workshop, Get REAL -Rucker Experience Army Learning - Friday from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. The workshop, designed to help clear up confusion about Army life, includes information on topics that include: acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required and it is open to active-duty and retired military, Department of Defense employees and their Family members.

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

International spouses get together

Army Community Service will host its International Spouses Get Together June 6 at 9 a.m. in the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Summer reading program registration

Registration for the Center Library's summer reading program, "Paws to Read," continues through June 20. To take part, children must be completing grades kindergarten through ninth, and parents or children must have a Center Library membership.

For more information, stop by the Center Library or call 255-3885.

Mobile Dairy Classroom

The Center Library will host the Mobile Dairy Classroom June 6 at 10 a.m. The free educational event will teach children about where milk comes from, how it is processed and its health benefits. There will also be a live cow milking demonstration. For more information, stop by the li-

Today's Mom **Nutrition** Workshop

brary or call 255-3885.

The Fort Rucker Family Advocacy New Parent



Army Strong Triathlon

Garrett and Kristen Wilson cross the finish line to cheers from the crowd during last year's Army Strong Triathlon at Lake Tholocco. Fort Rucker will host this year's Army Strong Triathlon June 21 from 7 a.m. to noon at West Beach, Lake Tholocco. The event will include a 1/4-mile swim, 10.6 mile bike race and a 3.1 mile run. Cash awards will be given to the top overall finishers and the top relay team. All pre-registered participants will receive T-shirts. T-shirts will be available only while supplies last. Individual cost is \$40 if pre-registered by June 9 or \$50 afterwards. Relay teams, with a maximum of three people, cost \$70 to register by June 9 or \$80 afterwards. The event is open to the public. For more information and to register, call 255-2296 or 255-3794.

nering with the Expanded Food and Nutrition Education Program - Alabama Cooperative Extension System to host Today's Mom, a four-class nutrition workshop Thursdays in June from 9-10 a.m. at The Commons, Bldg. 8950. The event is designed for people who are pregnant or expecting to have a baby in the future. Topics covered will include food safety, healthy eating, dealing with pregnancy discomforts and feeding baby, and the event will also feature free take home items at each class, games and recipe tastings. The workshop is open to active duty and retired military, Department of Defense civilian employees and their Family members. People must pre-register by Monday, and space is limited to the first 15 partici-

Support Program is part-

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

pants to register.

Financial readiness training

Army Community Service will host financial readiness training June 6 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

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

Father's Day Craft **Activity**

The Center Library will host a Father's Day craft activity, June 10 from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children, ages 3-11. Space is limited to the first 65 children registered.

For more information and to register, stop by the

library or call 255-3885.

Small Business Counseling

Existing and potential small business owners will get the chance for free oneon-one counseling June 12 between 9:30 a.m. and noon in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The event is sponsored by the Army Community Service Employment Readiness Program and the Troy University Small Business Development Center.

Appointments are scheduled every 30 minutes, beginning at 9:30 a.m., and people can schedule appointments by calling 255-2594. The counseling is open to active-duty military, members of the Guard and Reserve, retired military, Department of Defense civilians and Family members.

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker's Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. In June, the sessions will take place June 12 and 26. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, including times, or to register, call 255-2594.

DFMWR Spotlight





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Contact Fort Rucker Outdoor Recreation, for details, pricing and availability at (334) 255-4305.

For more information visit www.ftruckermwr.com.

RUCKER MOVIE SCHEDULE FOR MAY 29 - JUNE

Thursday, May 29

Friday, May 30

Saturday, May 31

Sunday, June 1

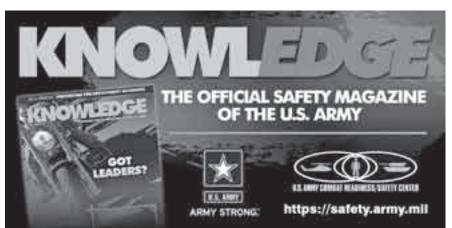
Heaven is For Real (PG)7 p.m.

Maleficent (PG)7 & 9:30 p.m.

Maleficent (PG)4 & 7 p.m.

Maleficent (PG)

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





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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. Traditional 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

08:00 a.m. Latter-Day Saints Worship Service 9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Contemporary Worship Protestant Service 1:00 p.m. Eckankar Worship Service (4th Sunday)

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

9:00 a.m. Adult Bible Study, Spiritual Life Center 6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel 6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings





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MALEFICENT - PG 2:00, 4:10, 7:00 & 9:10

MOM'S NIGHT OUT - P@

2:00, 4:00, 7:00 & 9:00 IV NEIGHBORS - R

2:00, 4:10, 7:10 & 9:10

ADVANCE SHOWING...MAY 29 A MILLION WAYS TO DIE IN THE WEST - R

X-MEN: DAYS OF FUTURE PAST - PG13 **2D:** 1:20 & 6:50 **3D:** 4:00 & 9:35

GODZILLA - PG13 **2D:** 1:30 & 6:50 3D: 4:00 & 9:30

A MILLION WAYS TO DIE IN THE WEST - $\mathbb R$ 1:30, 4:00, 7:00 & 9:30

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| | Worship Service9:15 | am | | | | | | | | | |
| | Sunday School 10:45 | am | | | | | | | | | |
| | Worship Service10:45 | am | | | | | | | | | |
| | Awana Clubs4:45 | pm | | | | | | | | | |
| | Student Bible Study 4:45 | pm | | | | | | | | | |
| | PS33 Worship Experience 4:45 | pm | | | | | | | | | |
| | Sunday Night Seniors 5:00 | pm | | | | | | | | | |
| | LifeGroups 5:00 | pm | | | | | | | | | |
| ΜΟΝΙΤΑΥ | | | | | | | | | | | |

TUESDAY

Support Groups..... 6:30 pm Church Wide Prayer 6:00 am Little Blessings, MDO...... 8:30 am

WEDNESDAY Little Blessings, MDO......8:30 am Ladies' Bible Study......9:00 am Children's Choirs & Missions......6:00 pm Student ELEVATE......6:00 pm Prayer Service......6:00 pm Worship Choir Rehearsal7:00 pm THURSDAY

Little Blessings, MDO......8:30 am Sr. Adult Activities (1st & 3rd)......10:00 am Support Groups......6:30 pm **FRIDAY**

....9:00 am (Mothers of Preschoolers – Bi-monthly)

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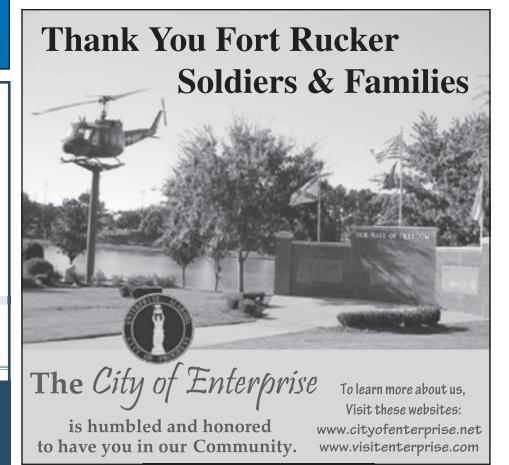
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Saturday, June 7 • 9 a.m. - 2 p.m. Enterprise High School Gymnasium FREE!

For more information or to pre-register, visit MCEHospital.com or call 334-393-8822.



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Memorial Day

Dempsey thanks service members, Families



Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, and his wife, Deanie, talk with John Peck, a former Marine Corps sergeant and wounded warrior, prior to the 25th National Memorial Day Concert on the West Lawn of the U.S. Capitol in Washington, D.C., Sunday. Peck's story of resiliency was shared during the concert, along with other dramatic readings to pay tribute to their sacrifices as well as those

By Jim Garamone American Forces Press Service

WASHINGTON — The chairman of the Joint Chiefs of Staff thanked service members and their Families for their sacrifices during the National Memorial Day Concert Sunday.

Army Gen. Martin E. Dempsey told a nationwide audience that Americans trust their service members.

These young men and women "are willing to fight in every clime and every place. Willing to risk and even give their lives for its ideals," the chairman said.

On Memorial Day, Americans remember the courage of their sons and daughters in uniform, Dempsey said.

"We renew our strength, the strength of our nation for their deep devotion," he said. "We rededicate ourselves to secure our national purpose: to secure the blessings of liberty."

On Memorial Day, the country "honors

those who honored us - men and women from every corner of our country and every branch of service - who gave their lives so we can live free," the chairman continued.

The nation must look back at the heroes who have brought it this far. Dempsey told the audience.

"It is incumbent on us to look forward," he said. "They are out there today, America's sons and daughters. They are in Afghanistan and around the world, lacing up their boots for another day on the front lines of our common defense. In the footsteps of generations before they will march through the day with courage and commitment for each other and people they have never even met."

Dempsey asked all Family members to stand and be recognized for their service.

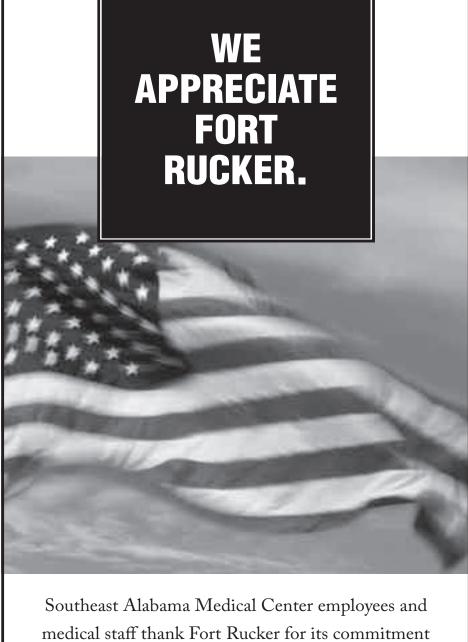
"Let us show that America will always stand firmly for those that stand up for her," he said.





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military families for their personal sacrifices.



Monroeville: The 'To Kill a Mockingbird' experience

By Edith Parten

Alabama Tourism Department

Many have read the book or seen the movie, but but now people can experience "To Kill a Mockingbird" and lots more firsthand on a visit to Monroeville.

As the home of Nelle Harper Lee, and her neighbor and child-hood friend, Truman Capote, Mark Childress – the acclaimed author of the novel "Crazy in Alabama" – and other distinguished writers, Monroeville is considered the "Literary Capital of Alabama."

Each spring, in addition to performances of "To Kill a Mockingbird," Monroeville hosts the Alabama Writers Symposium at Alabama Southern Community College, Alabama Hwy. 21 S.; 251-575-8226. This literary festival brings together some of the state's most distinguished writers and scholars for a weekend of lectures, readings and discussion, with the highlight of the symposium being the presentation the Harper Lee Award for Alabama's Distinguished Writer of the Year.

Tour the Old Courthouse Museum

Your visit to Monroeville should begin on the courthouse square with a tour of the Old Courthouse Museum, 31 N. Alabama Ave., Monroeville; 251-575-7433. Through photos and exhibits, you will discover personal stories about Harper Lee, known to her friends as Nelle, and others surrounding her Pulitzer Prize-winning novel, "To Kill a Mockingbird." You will also



get a glimpse into the life of Truman Capote, the famed author of the 1966 book "In Cold Blood." Capote spent much of his childhood in Monroeville and was not only Lee's neighbor, but the two also became close friends. Photographs of Capote and Lee can be seen in the second floor exhibit.

Visit the gift shop where you will find unique items related to Lee's novel as well as crafts and other items from the local area, such as stone-ground grits from Rikard's Mill in nearby Beatrice. While in the historic courthouse, walk up the steps to see the courtroom made world famous by the novel and movie. You can feel free to move throughout the courtroom. Walk up to the

balcony area to imagine scenes from the famous trial. See the witness chair, judge's bench and tables used by the prosecutor and defense attorney during the trial. Throughout her childhood, Harper Lee, herself, often sat in the balcony as she watched her father practice law in the very same courtroom.

Don't miss

Plan your visit to Monroeville to coincide with the annual performances of "To Kill a Mockingbird," 251-575-7433, from mid-April through mid-May. This play, which has been performed here for more than 22 years, will take you back in time.

Set in the 1930s in the fictional

town of Maycomb, Ala., the novel tells the story of a black man named Tom Robinson who is accused of attacking a white woman and goes to trial during a time when racial discrimination was legal and culturally accepted in the South. It is also a coming-ofage story of a young girl named Scout and the imaginations of her brother Jem and her childhood friend, Dill. Locals say that the character of Dill is based upon Truman Capote.

While watching the all-local cast perform, you will develop a fondness for Robinson as well as his lawyer, Atticus Finch, the father of Scout and Jem. And, you will meet characters like Arthur "Boo" Radley, a recluse and one of the novel's "mockingbirds," described by critics as "a good person injured by the evil of mankind."

The first act of the two-act play takes place at the amphitheatre on the lawn of the Courthouse Museum. Act II takes place inside the historic courtroom. Once inside the courtroom, you will see the trial unfold as Finch makes a passionate plea in Robinson's defense. The members of the jury are always selected from the audience, so you might get a shot at sitting on the jury during the second act.

A prerequisite for your visit to Monroeville is to purchase your tickets early. This is a very popular event and tickets sell fast. In addition to the main performances, which feature a VIP reception on certain nights, special performances are held for various groups, including young audi-

ences. Group tickets (10 or more) and tickets for museum members go on sale in January. General public ticket sales begin the first of March. Tickets may be purchased by phone, 251-575-7433, or in person.

The birdhouse trail

Continue your tour of Monroeville with a stroll through the downtown area to see some of the fascinating custom-designed birdhouses along the Birdhouse Trail, 251-743-2879. The trail includes 25 uniquely crafted structures located throughout Monroe County. Highlighted in different scenes, the wooden birdhouses are the handiwork of area residents who designed, constructed and painted them. Many of the birdhouse designs depict scenes from "To Kill a Mockingbird." Taking a picture standing by one of the birdhouses will make for a fun photo to remember your trip.

More to see and do

Art galleries are also popular in Monroeville. As you stroll along the square, be sure to stop and explore some of the quaint shops. A good stop is Pottery by Williams, 173 N. Mount Pleasant; 251-282-0844 or 251-743-3563, a working studio where you will discover unique art made from clay, including a wonderful collection of Sam Williams' folk pottery. His displays include popular face jugs featuring the likes of President Barack Obama, Hillary Clinton and others. At the pottery shop, you can purchase bottles, vases and face jugs, or have something custom made.

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 JUNE 16 — The Wiregrass Museum of Art hosts a variety of summer art activity. Pre-registration is required for all camps. Space is limited, and early registration is suggested.

All supplies are included in the camps and classes are divided by ages, junior camps for 6-9 year olds and senior camps for 10-13 year olds. Camps begin as early as June 16.

Art Attack! is a Visual Arts Camp that is all about creativity and fun. Campers will explore folk art, sculptures, mosaics, murals, paper-making, printmaking and more. Play in the Clay! is a pottery camp where students will learn a variety of ceramic techniques including pinch, surface decoration, glazing and more. Art Around the World! will have campers exploring the world through different art forums.

For more information, call 794-3871 ext.

NOW THROUGH JUNE 9 — Landmark Park's summer camps are starting

June 9. The camps, for ages 4-11, are: Earth Art, Adventure Days, Earth Explorers, Pioneer Farm, Ecology Camp, Discovery Days, Farm and Forest Fun. For more information, call 794-3452 or visit www.landmarkpark.com

JUNE 8 — Landmark Park will host a free ice cream social from 5-8 p.m. to celebrate National Dairy Month. Families are invited to learn about cow milking and will have the opportunity to churn butter, make ice cream and participate in a cake walk. For more information, call 794-3452 or visit www.landmarkpark.com.

JUNE 12 AND 26 — Landmark Park will host Music By Moonlight at 7:30 p.m. at the gazebo. People can pack a picnic and bring Family and friends. For more information, call 794-3452 or visit www.landmarkpark.com.

JUNE 13, 20, 27 — Landmark Park offers Animal Adventures, an opportunity to learn about the natural world at 10 a.m. Children are invited to see the wonder of many native animals. Programs include: Great Gators, Alabama Birds and Homing Pigeons. Registration is required. For more information, call 794-3452 or visit www. landmarkpark.com.

JUNE 10, 17, 24 — Landmark Park offers Animal Tales at 10 a.m. where Susan Broland will tell stories of traditional animals from all over the world. This event is for pre¬schoolers and requires pre-registration. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — The Wiregrass Museum of Art hosts "First Saturday Family Day" the first Saturday of every month at 10:30 a.m. The event is recommended for elementary school aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

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.

ENTERPRISE

NOW THROUGH JULY 15 — Sept. 12 and 13 the Wiregrass Decorative Painters Chapter is sponsoring a two-day oil painting seminar taught by Bill Bayer. The seminar will be held at the First United Methodist Church's Gathering Room. The cost is \$85 per day and covers all oil paints, brushes and prepped canvases. The seminar is open to the public. Pre-registration is required and the deadline is July 15. For for information, call 393-2191 or 406-0593.

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.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING—Disable American Veterans Chapter 99 maintains a DAV service office in the New Brockton Police station ev-

ery Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. The chapter will sponsor a DAV Mobile Service Officers visit July 21-22 9 a.m. to 5 p.m. each day. They will operate from the conference room in the police station at 202 South John Street. For more information, call 718-5707.

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

OZARK

ONGOING — The Ann Rudd Art Center is offering free art lessons for children ages 5 and older. The Young Student class is held Saturdays from 10 a.m. to noon, and the Adult/Teen Class from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

For more information, call Janet Motes at 808-8500.

Beyond Briefs

Fiesta Celebration

Now through June 7, Families can enjoy treasure hunts, sand sculpting contests, boat and street parades, and more in Pensacola. For more information, visit fiestaoffiveflags.

Barbecue Challenge

The first ever BBQ "Bragging Rights" Festival in Olde Town Conyers will take place May 31 from 11 a.m. to 6 p.m. Event features food, music and vendors. Prizes awarded for Best In: chicken, beef brisket, pork ribs and overall crowd favorite. The cook-off is open to the public, \$1 per ticket for food samples. For vendor or contestant information call 770-679-9950 or email:

theblackcatcurioco@gmail.com.

Obstacle Run

The Battle Frog Obstacle Race Series June 1st in Conyers offers three distances – 15K, 5K and 1K – more than 25 obstacles, Navy Seal demonstrations, a children's obstacle course and more at the Georgia International Horse Park. For more information, visit www.battlefrogseries.com.

Class teaches new form of communic

By Sara E. Martin Army Flier Staff Writer

Raising a newborn or toddler can be frustrating and exhausting at times, but Fort Rucker Army Community Service offered a new way for parents to communicate with their children May 22.

"We began talking to Families to see if there was any interest in a baby sign language class," said Crystal Roedler, ACS new parent support program manager. "There was an overwhelming amount of support for the class, so we decided to hold one."

Developing children are often between a rock and a hard place because they cannot communicate the way they want to with their parents, said Roedler, and child development specialists have found that teaching babies sign language is a fun way for parents to help alleviate some of the challenges that come with raising a newborn.

"Babies develop their motor skills before their vocal cords. Babies often know what they want, they just can't tell us. So, by using their motor skills in the form of sign language, it prevents the frustration that some-



PHOTO BY SARA E. MARTIN

Suzie McBryde, Alabama Institute for the Deaf and Blind special instructor and service coordinator, teaches parents May 22 some basic baby sign language during a class held at The Commons.

times comes to both parents and children when they cannot communicate effectively," said Suzie McBryde, Alabama Institute for the Deaf and Blind special instructor and service coordinator.

The initial class was geared toward teaching parents some basic starter signs, but it was also a chance for McBryde to share some tips for success the reasons signing is important and resourses parents can use to learn more about signing – such as apps, videos and books they

might find helpful once they get

"Sign language can really ease frustration and the emotional backlash that babies have when they can't tell their mom or dad what they want," continued McBryde. "It can be embarrassing for a parent to have a child have a tantrum or cry in a store, and this type of communication can help prevent that."

Babies tend to be happier when they can communicate,

Learning sign language also helps children learn how to speak sooner and in longer sentences. There was also a study that proved that babies that learn to communicate through sign language develop a higher IQ before age 8, said McBryde.

Some of the signs that parents learned were: more, eat, all done, wait, ball, toy, book, car, mommy and daddy.

"Parents have natural gestures and we talk with our hands to our children all the time, often without realizing it," said McBryde. "When we tell a child to 'Shhhh' we put our fingers over our mouths and when we teach byebye we wave. Sign language is no different.

"Parents might be standoffish to take a class, but, whether they like it or not, signing is something that humans do naturally," she continued. "And it becomes a game to the child and they don't realize they are learning."

More than 30 parents attended the first-time class, and Roedler said ACS will try to bring back a class this fall for parents who did not attend this session or if people want to come again and bring their children.

"I have a (toddler at home)

and I tried the baby sign language by looking things up on the Internet, and she picked it up really fast. I am pregnant now, and for this child I want to do more," said Grisel Castillo, Army spouse. "This class has allowed me to learn a lot more and be exposed to a lot more information. I could ask questions and have the instructor go into more detail, which was really helpful."

Castillo said the class was perfect, not being overwhelming with material while giving a great amount of simple and new information.

Dina Ramirez, an Army spouse with a 7-month-old-daughter, said the class was everything she expected.

"I think that sign language can really bridge the gap during the time my child knows what she wants but can't tell me," she said. "I really think it will help derail a meltdown in the future. It was reliable, fun and helpful."

Each participant took home a baby sign language flash card book provided by ACS.

For more information, contact McBryde at barr.suzie@aidb. state.al.us or call ACS at 255-





Contemporary Worship

Sunday: 8:30 am 9:45 am 11:15 am

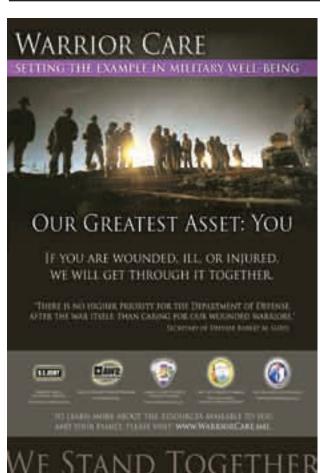
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Pick-of-the-litter

Meet Stinky Poo, a 6-7 year old, playful Pomeranian gal up for adoption. She gets along with other dogs and is housebroken. She is described as being a social butterfly and is a love bug who loves to give kisses. She also does a great begging dance. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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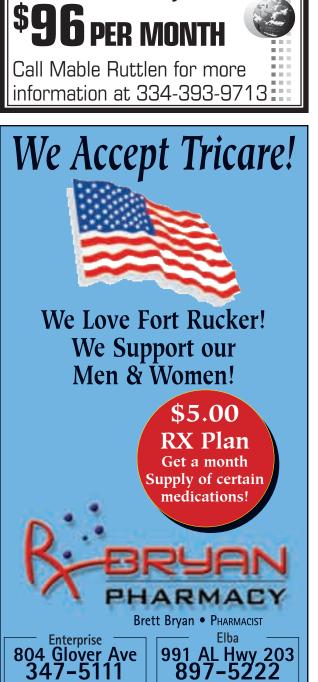
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HITTING THE MARK

U.S. team wins international competition Story on Page D3

MAY 29, 2014

No clubs necessary for growing sport of DISC GO

By Nathan Pfau Army Flier Staff Writer

Fort Rucker's Silver Wings Golf Course is one of the installation's most-frequented recreational hot spots, but there is another more non-traditional course that people can transfer some of their golf skills to.

Disc Golf is an ever-growing sport that has been gaining popularity across the installation, and Capt. Jeff Meinders, former A Company, 1st Battalion, 14th Aviation Regiment commander, teamed with the Directorate of Family, Morale, Welfare and Recreation to get the course added to Fort Rucker's recreational repertoire as a way to give Soldiers, Families and civilians something different on the installation.

The course is located at Beaver Lake and is an 18-hole, 55-par course that follows the Beaver Lake trail, for the most part. The beginning of the course starts near the parking lot for the lake, and people can participate in team play or solo play.

The sport has been gaining popularity on post, according to Meinders, which is the reason it was brought to the installation and now hosts full tournaments.

Teams and players typically play weekend matches Saturdays and Sundays at 3 p.m. recreationally, and people are welcome to meet up and try their hand at the sport, said the

The rules of disc golf are simple and much like the game of ball golf, he said.

"[Similar to] ball golf, disc golf is a recreational sport in which you throw a disc down the fairway and try to make it into the baskets that are set up," said Meinders. "The goal is to get as few strokes as possible."

A lot went into bringing a disc golf course to Fort Rucker, according to Meinders.

"First, we had to find a good location," he said. "Lake Tholocco was where we initially wanted to put it, but we didn't feel that there was enough visibility there.

"There were a few different locations that we picked out, but we decided on Beaver Lake because the close proximity it had to the physical fitness facility, and the high visibility and foot traffic of the area," said Meinders.

Meinders and his team spent about four months walking the trails at Beaver Lake to plot out a course that they felt was good enough for the area, and the way they set up the course is to have it start off easy and progressively get more difficult.

"The first few holes are really easy to play because there aren't any trees around and it's very basic," he said. "The next few holes get a little tighter, a little shorter and there are a lot more trees to play through, but the last six holes are very demanding."

The reason Meinders said the last few holes are demanding is because they are set up right next to the lake, increasing the chance of losing a disc in the water. The course culminates at the 15th hole, which Meinders and his fellow disc golf players have dubbed "The Gauntlet," where players must make a deci-



James Old throws a disc at the first hole during Fort Rucker's first Flying Disc Golf Tournament at Beaver Lake last year.

sion shot – play over the water, or around it. All of these factors were carefully thought

out by Meinders and his team, and came from a mutual interest and understanding in a sport that is new to the area.

Disc golf began in the 70s, but gained most of its popularity in the 90s and early 2000s among the college crowd, according to Meinders. The sport has grown about 15 percent a year for the past decade and there are around 4,000 courses in the U.S., but none close to Fort Rucker.

In total, there are 10 flying disc courses within 100 miles of Fort Rucker - none of which are within 75 miles of the installation, according to the captain.

"People would have to travel to Auburn, Fort Benning (Ga.) or the beach if they wanted to play, so I realized there was a big need for it," he said.

Another one of the draws of disc golf is

that it is a non-contact sport that is open to all

"Disc golf is a virtually injury-free sport, and anyone from ages 5 to 80 can play," said Meinders.

The Disc Golf course is open to the public and discs can be checked out for \$7 by authorized patrons only. The deposit is returned upon return of the disc.

Playing an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes depending on the amount of players, and costs little to no money, which is beneficial to many Soldiers who are strapped for time and money, said Meinders, adding that his main

goal is for the Army to embrace the sport. "The Air Force and Navy have embraced it, and they have lots of courses on their installations, but there are only two Army installations that have disc golf courses - Fort Benning and now Fort Rucker," he said.

Red Cross opens at Lyster

By Katherine Rosario

Lyster Army Health Clinic Public Affairs

The American Red Cross recently opened an office inside Lyster Army Health Clinic for community members interested in volunteering at the clinic.

In the past, volunteers would have to drive to Dothan to complete paperwork and training. The new office makes it easier for prospective volunteers to complete their volunteer application and easily get in touch with the Red Cross volunteer coordinator.

Paperwork and training can be completed at the clinic in a matter of two to three days, and includes the application, background check, orientation, CPR certification if needed, and Health Insurance Portability and Accountability Act training.

Volunteers with a license or certification can also bring in copies during the application process to keep on file.

"Prospective volunteers are able to serve in various capacities throughout the clinic and we encourage them to ask questions and get to know the staff and patients," said Jean Marie Harry, Red Cross volunteer coordinator.

About 15 volunteers are currently working in various departments throughout the clinic, including nutrition care, preventive medicine, primary care and the pharmacy. Each volunteer sets their own schedule.

"We are fortunate to have a lot of volunteers who have a background in medicine and are so happy to have them in the clinic," Harry said.

College students studying or interested in medicine are also encouraged to speak with the Red Cross to determine if a summer volunteer program would be right for them.

"The American Red Cross has been a great partner with the Department of Defense and particularly our medical teams throughout the world," said Col. James Laterza, commander of LAHC. "We are very happy that we are able to reestablish an office within Lyster to aid us in our volunteer program and assist us in delivering care."

A Red Cross booth will be set up at the next Newcomer's Orientation, as well as Freedom Fest

The Red Cross office is open Mondays-Fridays from 10 a.m. to 3 p.m.

For more information, call 255-7379 or e-mail Harry at jamie.harry@redcross.org.

THY BASE INITIA

DECA, AAFES, DFMWR team for farmers market

By Jane Gervasoni

U.S. Army Public Health Command

As part of the Department of Defense's Healthy Base Initiative, some military posts have introduced farmers markets to encourage healthy eating, and Fort Rucker is no exception.

These seasonal markets can offer locally grown fruits and vegetables, meats and baked goods.

Fort Rucker will host a farmers market June 6-8 in the commissary parking lot – see the information box for more on the event.

The U.S. Army Public Health Command recognizes the possible health benefits of the fresh fruits and vegetables offered at these markets, but the USAPHC veterinary food inspection specialists also keep a close eye on the safety of the items sold.

Fort Rucker Farmers Market

6-8 in the Fort Rucker Commissary parking lot area. The event will feature discounted prices, and fitness

The commissary, exchange, and events and demonstrations. The Directorate of Family, Morale, main events will take place June 6, Welfare and Recreation will part- including fitness demonstrations, ner to host a Farmers Market June face painting, jump roping and bowling. Additionally, commissary staff will grill up healthy vegetables for people to sample.

picked the same day they are sold, so they are very fresh and are more nutritious," said CW5 Christopher Finch, USAPHC food protection program deputy program manager. "Freshness is one of the biggest advantages of local farmers markets."

However, since they come straight

"Foods from local growers are often from the farm, they also need to be washed carefully to remove any contamination. Finch suggests a common-sense approach when buying food from farmers

> "Even though we all know vegetables are healthy, if not handled correctly they

> can cause a lot of problems," he said. To avoid illness the Food and Drug Administration also recommends that raw fruits and vegetables be washed with clean, cold water to reduce bacteria

> that may be present on fresh produce. To help avoid other health risks, no canned goods other than jarred jams and jellies, and no unpasteurized milk or milk products will be available at the installation farmers markets. Only meats from approved source vendors will be offered for sale.

> "The first market of the year was held at Fort Meade (Md.) on May 21," said Finch. "With the help of the U.S. Department of Agriculture and our Public Health Command region food inspectors, we evaluated the six farms and vendors participating to ensure they meet minimal federal food-safety standards to protect buyers."

> Collaboration among installation planning personnel; Directorate of Family, Morale, Welfare and Recreation; USAPHC regional veterinary food inspection specialists; installation preventive medicine personnel; and the USAPHC food inspectors was key to planning this event, according to Capt. Nadia Kendall-Diaz, environmental health chief at Kimbrough Ambulatory Care Center, Fort Meade.

> "Everyone got together early, kept open minds and worked with all of the different regulations and post policies to plan an event that was designed to benefit Fort Meade personnel," said Diaz.

"Lessons learned from the first farmers market will benefit these events in



Sgt. Jerrocco Walker, Army Public Health Command Region-North food inspector, examines kale and other produce at the farmers market to determine the freshness of the vegetables offered

DOWN I'ME













Just Like Cats & Dogs

by Dave T. Phipps

WHOA, BY THE LOOKS OF THIS SKYPE I'M KINDA THANKFUL MY



Rodriguez

1. MOVIES: What animated movie was promoted as "the greatest fairy tale never told"

2. BIBLE: What is the fifth book of the Pentateuch in the Old Testament?

3. ART: Where is Leonardo Da Vinci's masterpiece "The Last Supper" displayed?

4. ANATOMY: What causes a hic-

cup? 5. U.S. PRESIDENTS: Who was the

shortest U.S. president? 6. LITERATURE: Who wrote the

novel "The Russia House"? 7. MUSIC: What 1960s rock star lit

his guitar on fire while performing? 8. GEOGRAPHY: Where is Stonehenge located?

GENERAL KNOWLEDGE: When was the Lincoln Memorial dedi-

10. SCIENCE: What is kinetic ener-

See Page D4 for this week's answers.

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Weekly SUDOKU

by Linda Thistle 3 8 3 6 5 8 7 6 9 2 5 2 4 6 9 2 3 1 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

See Page D4 for this week's answers.

* * * HOO BOY!

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See Page D4 for this week's answers. KID'S CORNER

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U.S. team wins international competition

By Shayna E. Brouker Installation Management Command

WIESBADEN, Germany — For the first time in 20 years, American marksmen won bragging rights at Monte Kali.

The Wiesbaden team, consisting of 1st Lt. Jarod Steen, 1st Lt. Hans Seller, 1st Lt. John Scudder and 1st Lt. Joel Castillo took first place in the international team (non-German) category at the 31st annual Monte Kali International Shooting Competition, Europe's premiere inter-military shooting event. More than 1,800 Soldiers from 13 countries took part in the event May 8-10 at the Wackernheim Range Complex.

D Company, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade, served as the lead U.S. proponent for the event, where Soldiers can qualify on different firearms, compete in team shooting events and simply get to know their brothersin-arms from around Europe.

"It's a chance to bring everyone together and build camaraderie and see different styles and techniques," said Capt. Michael Connelly, company commander of D Company, 1-214th Aviation Regiment and officer-in-charge of the range, for the second year in a row.

Camouflage uniforms, as far as the eye could see, differing only slightly in pattern and color; the sound of gunfire peppering conversations in French, German, English, Italian and Dutch; the smell of currywurst wafting through the air these peculiarities set the scene for Monte Kali.

Ranges were set up for Soldiers to try their trigger finger at the Swiss SIG 5.56 semi-automatic rifle, the German Walther P99 semiautomatic pistol, the Dutch Glock-17 semi-automatic pistol, the American M249 Squad Automatic Weapon, the American M16 rifle, the Beretta M9 pistol and even grenades. They could



Spc. Justin Bentham, 1st Battalion, 214th Aviation Regiment, instructs Bundeswehr Reserve Feldwebel (Sgt.) Andreas Bachmeier on the use of the M249 Squad Automatic Weapon at the Monte Kali International Shooting Competition, in Wackernheim, Germany.

also compete in a four-person marksmanship event, which Italian teams won the past two years.

Swiss Capt. T. Lüthi has been operating the 300meter SIG 5.56 range for four years, and despite Switzerland's reputation for neutrality, admitted his favorite weapon to shoot is the Swiss rifle.

"Like a Swiss Army

watch, it is precise," he

Switzerland Since doesn't have a professional standing army and requires service just one month a year, they value quality over quantity as far as weaponry, he joked.

But similarities as Soldiers overshadow differ-

"You can meet Soldiers from so many other countries," he said, "13 nations, one stage - it works."

Monte Kali was founded by former Bundeswehr Soldier Bernd Kern, who was dissatisfied with the unstructured and poorly run shooting competitions at the time. Weapons were un-zeroed, and shooters relied on judges rather than objective targets. So he created his own competition, named after the salt mine mountain landmark near his hometown of Neuhof in northern Germany.

Now it's a Family affair, with his son, Bundeswehr reservist Andreas Kern, running the show since 2009. His sister, Master Sgt. Esther Sperger, helps as well. Planning the event for more than 1,000 Soldiers is a huge task. Every day for two weeks leading up to Monte Kali Kern gets 60 phone calls a day – "but

it's fun," he said. "I enjoy meeting Ameri-

cans," he said. "That's the reason we do it every year."

Connelly, smiling ear to ear, shared the sentiment.

"A lot of people get stationed here, but they don't get the chance to interact with Soldiers from other countries," he said. "It's fun to see people from last year. We form long-lasting friendships, meet each other's Families and have barbecues."

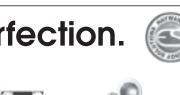
Proceeds from the registration fee goes to the Fisher House Foundation, a charity organization that provides free temporary for military homes Families while their service members are being treated at military and Veterans Affairs hospitals. Last year they raised $\leq 3,000$.

For many, such as German Pfc. Dos Santos Grünenberg, who was waiting in line to shoot the SIG 5.56 "just for fun," it's just that.

"It's a good time here with friends," he said.

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SPORTS BRIEFS

Zumba Challenge

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

For more information, call 255-3794.

Youth kick ball registration

Youth kick ball registration continues through Saturday for coed youth, in these age groups: 6-8, Pee Wee League; 9-10, Mites League; 12-14, Junior League; and 15-18, Senior League. Cost is \$25 per youth. A current child, youth and school services membership and physical is required upon registration. There will be a parent meeting June 5 at the youth teen center gym in Bldg. 2800.

Also, youth coaches are needed. People interested in being a coach should call 255-0950. Youth kick ball season begins June 23 and runs through July 31, with games Mondays-Thursdays.

For more information and to register, call 255-9638 or 255-2257.

Flynn Pool opens, indoor closes

Flynn Pool is open Mondays-Fridays from 5:30 a.m. to 7 p.m., and weekends and holidays from 11 a.m. to 5 p.m. Flynn Pool is for fitness swimming, swim lessons and other instructional classes only. In addition, the indoor pool at the Fort Rucker Physical Fitness Center is closed for the summer season and will reopen Aug. 4.

For more information, call 255-2296.

Xtreme Army Birthday Bowling

Rucker Lanes will host a month-long Army birthday celebration throughout June. Saturday nights, people can bring their military ID cards for Xtreme bowling, where they will receive a special two-for-

115 roto

For more information, call 255-9503.

Daddy and Me 3-Free Bowling

Children can bring their dads to Rucker Lanes June 15 where all dads will be treated with free bowling. Each dad will receive three free games of bowling and show rental. Children ages 13 and younger who bowl with their dads will receive three games of bowling and shoe rental for \$4.75 per child.

For more information, call 255-9503.

Family bowling night

Army Community Service will hold an Exceptional Family Member Program and Hearts Apart Family bowling night June 19 from 5-10 p.m. at Rucker Lanes Bowling Center. ACS invites all active-duty military Families with special needs, disabilities, and Families with Soldiers deployed or serving an unaccompanied tour to join it for a night of bowling. Registration is required no later than two days prior to the event and cost is \$1 per game and \$1.50 for shoe rental.

For more information and to register, call 255-9277 or 255-3735.

Army Strong Triathlon

Fort Rucker will host its annual Army Strong Triathlon June 21 from 7 a.m. to noon at West Beach, Lake Tholocco. Event will include a ¼-mile swim, 10.6 mile bike race and a 3.1 mile run. Cash awards will be given to the top overall finishers and the top relay team. All preregistered participants will receive T-shirts. T-shirts will be available only while supplies last. Individual cost is \$40 if pre-registered by June 9 or \$50 afterwards. Relay teams, with a maximum of three people, cost \$70 to register by June 9 or \$80 afterwards. The event is open to

For more information and to register, call 255-2296 or 255-3794.

Enterprise baseball

Enterprise's semi-pro baseball team is 2-0 after beating Tallahassee, Fla., 9-5 recently. The team is need of players for its next game Sunday against Panama City, Fla., at 3 p.m. in Peavy's Park.

For more information on the team call 347-4275 or 464-1729.

Spin challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour spin challenge June 26 from 5:30-7:30 p.m. The cost is \$3.50, or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Youth sports signups

Registration for youth tackle football, cheerleading, tennis and fall soccer will run from July 1-31. Children must meet age requirements by Sept. 1, 2013. A current sport physical and valid child, youth and school services registration are required for participation. Cost for each sport is \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer \$40.00 (Ages 4-5 is \$20) and \$40 for tennis. A multiple child rate will be determined at parent central services during registration.

For more information and to register, call 255-2257 or 255-2254.

Run/Walk Program

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

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

Market: Buyers get opportunity to buy healthy

Continued from Page D1

the future," said CW3 Richard Belcher, USAPHC food safety inspector.

Fourteen installations in nine states plan to host weekly farmers markets during the growing season, and USAPHC veterinary food inspectors will be at each one to ensure state regulations are followed.

The DOD Veterinary Services Activity is developing a policy for farmers markets on military installations, and veterinary food inspectors from the USAPHC are providing input using information gained by visiting the markets.

"Going to farmers markets gives the buyer a chance to get to know the farmer, and ask questions about products or preparation methods," Finch said. "They also provide a learning opportunity for children and their Families about healthy foods and where they come from."



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TRIVIA

Answer "Shruk"

- Deuteronomy
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- The Santa Maria della Gracia con vent in Milan
 A. Imobantary contraction of the dia
- foragen

 5. James Madison at 5 fout, 4 inches

 6. John L. Correl
- John Le Curré
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- 8 England 9 1922
- 10. Energy of movement

Answer

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