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ARMY FLYER

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

VOL. 64 ■ NO. 25

FORT RUCKER ★ ALABAMA

JUNE 26, 2014

Silver Wings Band plans spectacular show for FREEDOM FEST

By Sara E. Martin
Army Flier Staff Writer

Freedom Fest is right around the corner with its enticing funnel cakes, bouncy houses and fireworks show, and the musical aspect of the day is warming up horns and drums to ensure the show is one to remember.

Members of the 98th Army Silver Wings Band say they are ready to put on a spectacular show July 3 on the festival fields for all to enjoy, and they hope people will have as much fun as they will, because they love what they do.

"We have been preparing for this for several months, making decisions on not only what to play, but our lighting and our staging aspects," said Staff Sgt. Davin Vance. "Its going to be a big deal and the fireworks afterward will be a spectacular ending to the show."

Vance said that live entertainment really sets the mood for an event and that people like seeing live performances because it

gets them involved and performers encourage them to dance.

"Anyone can set up a (compact disc) player, but people are entertained by live shows. It really makes it a party and a celebration," he said. "We just want people to have a good time. We want to keep people motivated and get their spirits up during the event so they are rejuvenated."

The band has a multitude of things planned for Freedom Fest, including three separate sets that will last 40 minutes each.

"We wanted to hit a lot of different music styles. Last year we found that the audience responded a lot to country style. So, this year we have went in the direction of a little more southern rock, but we still have pop, 80s rock, 70s soul and a number of other genres for everyone to enjoy," said Vance. "We are just going to try to make it a good party for everyone."

Crossfire, the band's rock group, will start out the show, followed by their Latin group, Sabor Tropical.



PHOTO BY SARA E. MARTIN

Sgt. Logan Mills and other members of Sabor Tropical practice June 19 to prepare for their performance during Freedom Fest.

"Then, when they finish, and after some awards have been given out by (Brig. Gen. Michael Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general), we will play a mix of popular patriotic music," continued Vance.

The band will hit the stage at 6 p.m., rain or shine. If there is rain that pushes Freedom Fest indoors, as it has in years past, then the band will move its concert indoors to the post theater.

"It will have to continually rain (for the event to be cancelled or moved indoors),"

said Annette Styron, Directorate of Plans, Training, Mobilization and Security plans and operations specialist.

According to Styron, Col. Stuart J. McRae, Fort Rucker garrison commander, will make the initial weather call at 8 a.m. for the sponsors and the event. The initial fireworks weather call will be made at noon and the concert weather call will be decided at 4 p.m.

"We still plan to launch the fireworks at 9 p.m. unless it is totally flooded out," she added.

INSPECTION



PHOTO BY SARA E. MARTIN

Command Sgt. Maj. Jean Thomas, NCO Academy commandant, inspects the uniform of Staff Sgt. Skee Ferguson, B Company, 4-3 Special Troop Battalion, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga., during the commandant's inspection Friday at Yano Hall.

Post run highlights safety, health

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker leadership wants to highlight health and safety during the Fourth of July weekend and it's hosting a post run as a way to kick off the festivities.

The Fourth of July Post Run will begin at 6:30 a.m. at Howze Field July 3.

"We wanted to host this run to encourage physical fitness among the Soldiers and raise their esprit de corps for the holiday," said Sgt. Maj. Marvin Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major. "What better way to start off a four-day weekend than to get in some good physical fitness with your comrades?"

Brig. Gen. Michael D. Lundy, U.S. Army Center of Excellence and Fort Rucker commanding general, will be leading the run.

"Post runs really build camaraderie between Soldiers and leadership, especially the command team," said Pinckney. "It shows everyone that Fort Rucker is a team of teams. It also helps Soldiers to push each other to continue through a tough situation."

Post runs are also an important time for senior leadership to address a large portion of the installation about being safe on a holiday weekend, added the sergeant major.

"The leadership cares about all of the

Soldiers, and this is just one small way that everyone will be able to see that," he said.

Pinckney asks Solders to hydrate days before the run, because consuming a large amount of water hours or moments before a run is dangerous.

"Do not try to simply hydrate the morning of the run. This is Alabama, and even the early mornings are hot and humid. Take care of your body," he added.

Every organization on Fort Rucker will be represented during the run, which will go as far as Lundy wants to go, whether it be two or 10 miles.

Freedom Fest begins later that afternoon at 4 p.m. at the festival fields for Soldiers, Family members, civilians and everyone else to enjoy food, fireworks and other festivities.

Reveille will sound before the run, as well as Retreat at Freedom Fest, and



PHOTO BY SARA E. MARTIN

Soldiers run during a previous Fort Rucker post-wide run.

Pinckney wants to make sure everyone knows what they are expected to do when they hear them.

"During Reveille or Retreat, Soldiers in uniform in their car must pull the vehicle over safely, exit the vehicle and present a salute to the flag or the sound of the music. A Soldier outside in uniform must do the same," he said. "If a Soldier is not in uniform and is in a car or outside, that individual must stand at the position of attention."

Civilians driving on the installation during Reveille or Retreat are asked to pull over their cars as a sign of respect and, if they wish, to place their hand over their heart.

"Its important that individuals pull over their cars and administer these respects, not only because they are showing respect to the flag and therefore the nation, but the bigger issue is safety," said Pinckney. "When you have the majority of people doing the right thing and pulling off the road and stepping out of their vehicles, (and others aren't), that is a big safety hazard."

"If you are in a hurry to get home or to work and are distracted, you might hit a person rendering respect," he continued. "It is not worth a ticket or possibly hitting a Soldier to not stop and show respect for something that lasts around two minutes."

NCOA instructor earns Order of Saint Michael

By Sara E. Martin
Army Flier Staff Writer

Before he said farewell to friends and coworkers, an NCO Academy instructor received the bronze Order of Saint Michael award Friday.

Sgt. 1st Class Clenten Lewis is currently on orders for 1st Battalion, 227th Aviation Regiment, Fort Hood, Texas, but before he had a chance to give his goodbyes he was surprised to find a small gathering waiting for him in the Butts Classroom where he was presented the prestigious award.

"(Lewis) has distinguished himself as an exceptional leader throughout his 15 years of service in the U.S. Army and the Aviation Branch," said 1st Sgt. Gloria Cain, NCO Academy deputy commandant.

Lewis began his distinguished service to Army Aviation in 1999, said Cain, adding that during his career Lewis made a lasting impact on the Soldiers of Army Aviation.

"His outstanding leadership, coupled with a high degree of technical and tactical competence, has been instrumental to the success of every unit which he has served with. Lewis' dedicated service to the nation and valuable contributions to Army Aviation clearly indicate he is worthy of (this award)," she said. "He is an outstanding Aviation Soldier and leader of uncompromising character and integrity. He embodies all of the virtues commensurate with the tremendous honor of being inducted into the Honorable Order of Saint Michael."

Cain continued to say that Lewis was an amazing Soldier at the NCOA, and that she is astounded at what he has accomplished over the years.

"All of his students always raved about him. They have always trusted him and believed in him," she said. "They have always commended him on his abilities to instruct and lead them to success."

Lewis was "truly humbled" by the award.

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PHOTO BY SARA E. MARTIN

Command Sgt. Maj. Jean Thomas, NCOA commandant and 1st Sgt. Gloria Cain, NCOA deputy commandant, present Sgt. 1st Class Clenten Lewis with the bronze Order of Saint Michael award Friday at the NCOA.

PERSPECTIVE

Customer service: Golden Rule rules IMCOM’s attitude

By Lt. Gen. David Halverson
Commander, U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management

SAN ANTONIO – Let’s talk about customer service. It is about the Golden Rule: “Do unto others as you would have them do unto you,” and you must love Soldiers and Families.

Members of IMCOM must understand their role in delivering customer service to Soldiers, Army civilians, wounded warriors, retirees and their Families, and survivors. The IMCOM team builds a ready and resilient Army. We take care of people and make them self-reliant.

Soldiers, Family members, Army civilians, wounded warriors, retirees and survivors depend on the Army and the IMCOM team to enable them through installation services. Soldiers are committed to the Army profession and expect others in the Army to be as passionate about the mission as they are.

The Army has made a promise to champion Soldiers, civilians and Families. Everyone on the installation management team helps fulfill this promise and delivers to standards.

As the commander of the U.S. Army Installation Management Command and the Army’s assistant chief of staff for installation management, I want to ensure we set the example and that we deliver installation services to established



Lt. Gen David Halverson

standards.

Installations provide the structure, the foundation, the platform of readiness and resilience. We support the Army. Therefore, we serve people. We are The Army’s Home.

The Army is about people. As Gen. Ray Odierno, Army chief of staff, says: “The strength of the nation is the Army. The strength of the Army is the Soldier. The strength of the Soldier is the Family. That’s what makes us Army Strong!”

We make the Army Strong. Being the Army’s Home means striving

to provide the utmost in customer service to Soldiers, Family members, Army civilians, veterans and survivors of the fallen – the entire Army community.

You also are part of the great Army community. Your wellbeing and professional development helps us provide even better customer service. Seek ways to improve your skills through education and training.

Develop your subordinates so they are empowered for greater responsibility. The vision for Army Leader Development Strategy is to development competent and

committed leaders of character with skills and attributes necessary to meet the challenges of the 21st century.

Make yourself Ready and Resilient and “Fit to Fight” by being morally, physically and mentally healthy. Strive to achieve balance at work, with your Family and in the community. This will help you understand who our customers really are and what they value.

Our customers are paramount. We need to listen when our customers speak. The breadth and depth of the services we provide is complex – it is our role to coordinate, anticipate and verify customer needs. Garrison leaders need to leave their egos at the door and listen with grace — and the Soldiers and civilians of their garrison teams should follow their example and do the same.

IMCOM has developed a culture of treating people with dignity and respect. A person who comes to one of our garrisons should walk away satisfied and with a sense of having received fair and courteous treatment.

We must continue this hallmark of our customers’ experiences. We should always have the attitude of expectancy — expecting to be the person who makes someone’s day better. Keep in mind who we serve.

Positive attitudes go a long way toward enhancing customer relations. People who enjoy their jobs — from checking a toddler into a childcare center for the first time to discussing funding priorities with

the senior commanders — enhance customer satisfaction.

The senior commanders on our installations depend on the IMCOM team to provide services and programs tailored to support their particular readiness needs. We are all on the same team and our priorities are nested with those of senior commanders.

IMCOM’s chapter of the Army story is where readiness and resilience cross from buzzwords to practice.

Follow through with deeds instead of words alone. “Do-oah!” accomplishes more than “Hooah!” If we disappoint someone, explain why and ensure it is not because of a broken commitment. We must be adaptable and agile — our ability is a measure of organizational success.

Members of the IMCOM team are vital to how the Army lives, works, trains and plays. Whether it’s an intramural softball tournament, a fresh coat of paint for a barracks, or a range ready for realistic training, the quality of your work shows our customers we care about them, and their missions and their quality of life.

It’s what we mean by our vision: Ready and Resilient Army: Providing Soldiers, Families and civilians a quality of life commensurate with the quality of their service.

The Army is about values. Live Army Values daily. Use Army Values to guide you for the best customer service on your installation. The Army is counting on you.

Army Strong!

Rotor Wash

“An employment readiness class begins at 8:45 a.m. today at Bldg. 5700, Rm. 371A. What should Soldiers preparing to enter the civilian job force or individuals who have been out of work for an extended period keep in mind when applying for potential employment?”



CW2 Eric Matthews,
3rd Bn., 159 Avn. Reg.,
Illesheim, Germany

“Make sure your education is in line if you are getting out of the Army because that is the biggest key in today’s job market.”



Zach Neudecker,
Army Family member

“Have perseverance and do a lot of searching on the internet.”



Melinda Viohl,
Army spouse

“Use your networks. Sometimes it’s all about who you know. Talk to all your friends and old superiors about getting a referral.”



Capt. Joie Bier, USAACE
G-4

“Have more than one résumé prepared. Have job specific ones as well as a generic one. So if you are an Aviator have an Aviation specific one and a non-flying one.”



Sgt. 1st Class Loshana
Alexander, NCOA

“Stay confident and make sure your résumé has your areas of expertise clearly stated. Networking is also important.”

COMMAND

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

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FORT RUCKER GARRISON COMMANDER

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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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ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

Checking up

Fort Rucker police ensure home security

By Sara E. Martin
Army Flier Staff Writer

Summer time is a busy time of year for most Families as school is out and many will pack up and move to a new duty station.

But this is also a time to be vigilant, said Marcel Dumais, Fort Rucker chief of police, because police often see a rise in the number of burglaries on the installation during the summer, which is so far holding true for 2014.

“This is not the time to let down your guard when it comes to keeping your Family, home and valuables secure,” he said. “Fort Rucker has experienced a number of burglaries over the past few months where weapons and electronics have been stolen, and our investigators are looking into these most recent cases.”

Fort Rucker Police needs the public’s help in identifying the perpetrators of these most recent cases, and anyone with information related to these burglaries is asked to notify the police desk at 255-2222.

To provide an extra layer of security and comfort for people while they are away on summer vacations, the Fort Rucker Provost Office offers quarters checks, where officers provide a detailed inspection of the home to make sure that nothing is amiss, and that windows and doors are secure.

“We do these checks on a random basis throughout the day and

evenings, so a possible robber cannot predict when we will be by,” he said.

People should notify the Fort Rucker Police when they are going to be out of the area for a prolonged period of time so police can conduct random checks of the residence. Quarters Check Forms are available at the police desk in Bldg. 5001.

Neighbors can also be the determining factor when it comes to home break-ins, he continued.

“If you see something, say something. Neighbors, even if they haven’t been asked to watch after a house, should try to be as observant of their neighborhoods as possible, because they are going to be the first ones to realize something is out of place or someone doesn’t belong,” he added.

To report suspicious activity or people to the Fort Rucker Police, call 255-2222.

Below are also some tips to help keep home and Family safe and secure.

- Always keep doors and windows locked when quarters are unoccupied, and lock doors and windows during the hours of darkness even when you’re at home.
- Have a trusted neighbor check your house, retrieve your mail and place your garbage cans out so your house appears occupied.
- Keep exterior security lighting on during hours of darkness.
- Don’t leave high value items



PHOTO BY SARA E. MARTIN

Patrol Officer Margaret Jean Johnson checks a home for a security breach Friday.

- outside or under a carport overnight.
- Lock up bicycles and secure children’s toys inside when not being used.
- Be alert for suspicious personnel or vehicles in your neighborhood or hanging around playgrounds.
- If you have weapons in the quarters, make sure they are registered on-post and they’re in a secure area with either a trigger lock or chamber cable lock. Free gun locks are available at the police desk.
- Do not leave a spare key out-

- side quarters.
- Keep valuables and important papers secured in your home.
- Have a record of high value items to include photos and serial numbers.
- Ensure your vehicles are locked at all times to include when occupied.
- Don’t store high value items, e.g., electronic devices or CTA-50 in your vehicle.
- If items are stored in your vehicle, ensure they are out of sight, preferably in the trunk.
- Get to know your children’s friends and be aware of who

- your children are hanging around with.
 - Establish a curfew for your children and know where your children are at all times.
 - Spend time with your children so they are always encouraged to do the right thing.
- “Fort Rucker is a very safe place to live, but there are always extra steps we can take to make ourselves more secure,” Dumais said. “Anytime we lock something up or put something out of sight, even though we feel safe, that will help prevent crimes of opportunity.”

Officials urge watchful eye on personal information

By Nathan Pfau
Army Flier Staff Writer

Although there are many ways to protect one’s personally identifiable information, such as companies or organizations that will keep a watchful eye on PII, Fort Rucker officials want to remind people that responsibility still falls on the individual.

PII is any combination of information that can be used to identify a person, according to Deborah Seimer, director of Fort Rucker Directorate of Human Resources.

One of the most familiar PII violations is identity theft, said Seimer, adding that when people are careless with information, such as their Social Security number and date of birth, they can easily become a victim of the crime.

A person with any combination of that information has the potential to violate another’s PII, she said, but oftentimes, people are is careless with their own information.

Over the last few years, the DHR Administrative Services Division has had all Fort Rucker forms reviewed by the originating office to have the SSN removed or provide a justification to retain it to help in that regard, said the HR director. When the effort began, there were 67 Fort Rucker forms that required SSNs and other PII information, but after the most recent review conducted April 14, that number has been reduced to only eight forms that have a requirement to retain the SSN.

“One of the things that we’ve noticed [on Fort Rucker] is people seem to be under the misunderstanding that the green recycling bins are safe for PII to be put into,” she said.



PHOTO BY NATHAN PFAU

Linda Green, security assistant for the Fort Rucker security division, loads paper into the high-volume disintegrator at the recycling center to be properly destroyed Monday.

“Those bins are not to be used for placing any type of PII in because what is in those bins doesn’t go from their office to a shredder. Once it goes into a recycling bin, that information is no longer protected.”

Any type of information that is disposed of in the recycling bins has the potential to be viewed by anyone with access to the bins, said Seimer. From the office, that information can travel miles to the recycling center where it is picked up by an organization outside Fort Rucker.

“People are cleaning out their files and not thinking about what could happen putting that information into the recycle bin,” she said.

Seimer said that many people also seem to be under the misunderstanding that if the files they are throwing out are old, then they have no pertinent information in them. Regardless of how old they are, if the files or documents have any type of PII on them, they need to be destroyed properly by shredding, she added.

Most of the organizations and offices on post have shredding machines, and the installation has a high-volume disintegrator run by the security office that is available to use at the recycling center, she said, so people have no excuse not to properly destroy PII documents.

“We use a disintegrator for paper that will shred documents and turn them into briquettes,” said Linda Green, security assistant for the Fort Rucker security division.

Essentially, the high-volume disintegrator turns paper into dust and compacts it into briquettes that the recycling center sells to different customers for various uses, she added

The recycling center also houses a CD/DVD destroyer, as well as a hard drive degausser and destroyer, said Heather Androlevich, security assistant for the Fort Rucker security division.

“(The hard drive degausser) uses really powerful magnets to completely obliterate any data on the hard drives so that they can’t be read,” she said. “For classified hard drives, they also have to through the degausser and the hard drive destroyer to be physically destroyed. It actually bends the hard drive so that there is no chance that any data can be retrieved from it.”

In order to use the equipment, people must take a safety class provided by the security office and set up an appointment at their convenience, said Androlevich, adding that they can even accommodate unit training on a case-by-case basis.

To set up a training appointment, people can call 255-3094 or 255- 2973.

People found in violation of mishandling PII have the potential to be hit with civil penalties that range from payment of damages and attorney fees to personnel action that can include termination of employment and possible prosecution, according to officials at the Office of the Staff Judge Advocate. Criminal penalties can also be charged from a \$5,000 fine to misdemeanor criminal charges if the violation is severe enough.

“[PII violations] can be a pretty big deal,” said Seimer. “The operational security manager has to get involved, as well as the security office to assess the situation and that can all take a lot of time.”

Mishandling of PII is not only a problem when it comes to disposal of physical documents, she said, it also applies to electronic data, adding that there have also been incidents where people on the installation are mishandling PII electronically through emails that haven’t been properly encrypted.

“Bottom line: we need people’s support in spreading the word within their organization regarding the importance (protecting PII),” said Seimer. “Either remove the PII altogether from AKO, or create password protected documents that are properly secured and restricted.”

News Briefs

Lyster closure

Lyster Army Health Clinic will close for training Friday at noon.

ACLC change of command

The Aviation Center Logistics Command will host a change of command ceremony Tuesday at 1 p.m. in the U.S. Army Aviation Museum. Col. Kenneth J. Kliethemes will assume command from Col. Michael C. Aid.

Aid’s retirement ceremony will take place Tuesday at 3 p.m. in the Regimental Conference Room.

Blood drive

LifeSouth Community Blood Centers will host a blood drive July 3 from 9 a.m. to 5 p.m. in the post exchange parking lot. For more information, call 888-795-2707.

Pharmacy closure

The Lyster Army Health Clinic pharmacy will close July 16 and reopen July 21 in its new space inside the clinic.

Opportunity knocks

The following internal positions are available on Fort Rucker: Instructional Systems Specialist, GS-1750-12, Vacancy No. SCEG140082621101343, with the U.S. Army Combat Readiness/Safety Center, with a closing date of July 3; and Safety and Occupational Health Manager, GS-0018-11, Vacancy No. SCEG140253131139983, with U.S. Army Medical Command, with a closing date of Tuesday.

For more, check out www.usajobs.gov.

Fort Benning Independence Day celebration

Fort Benning, Ga., will host its annual Independence Celebration Saturday starting at 3 p.m. on the post’s York Field. Fireworks start at 10 p.m. The event is free and open to the public. Guests will not have to exit their vehicles for access to post, but people ages 16 and older must have photo identification when going through the gate. Signs will be posted directing people to York Field.

The event will feature music, a variety of games, a chance to jump from the 34-foot airborne training tower

and a variety of food options, including funnel cakes, barbecue, hotdogs and more.

For more information, go to benningmwr.com or on Facebook at www.facebook.com/BenningFMWRfans.

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.

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.

Day in the life

USAARL researcher’s sensory science efforts make a difference

By Nathan Pfau
Army Flier Staff Writer

The Army uses all types of technology to better the Soldier, but that technology must start from somewhere, and one researcher at the U.S. Army Aeromedical Research Laboratory is making it his mission to make a difference.

Dr. Ben Lawson, research psychologist at USAARL with a Ph.D in psychology, mainly studies in an area of physiological psychology that is known as sensory science, with a specific focus on human spatial orientation.

The California native’s morning routine is mostly typical, starting with a handful of cashews for breakfast and listening to his audiobooks on his commute to work where he gets his coffee, checks his email and goes through his to-do list before deciding where he should really start his day. After that is when his day gets far from typical, he said.

“There really is not a ‘typical day’ for a researcher because the job changes continually in terms of what topics you study and what phase of work you are in with any research project,” said Lawson. “That’s the part of the job I love.”

As a researcher, he said he does have a typical multi-year cycle that that most researchers go through for their work, which includes many steps.

First, a researcher must get an idea, and from there, write a proposal for the idea until funding is provided to make evaluations. After that, protocols must be written for how to go about the research, and approval must be had from science review and human use committees.

From there, the researcher has to set up the experiment, collect data from research volunteers, interpret the data, present the preliminary findings and then write a summary report on the final results.

“A science project can have a ‘long tail,’ in that you may write more than one report concerning your findings, and that effort may take you well beyond the period of the original funding and first report,” said the USAARL researcher.

Lawson, who was born in San Francisco, Calif., described the cycle as one that is idealized, and said multiple projects



PHOTO BY NATHAN PFAU

Ben Lawson, research psychologist at USAARL, demonstrates using a multisensory balance rehabilitation device, which is a device that is in development that can be used for therapy for those who suffer from vestibular balance issues, at USAARL Tuesday.

can be at various stages of the cycle at the same time, he said.

“Right now I’m involved in about six efforts, however, I am mainly in the latter stages of the cycle on each effort,” said Lawson. “This means I am mainly interpreting the findings and writing the reports on efforts where the data has already been collected.”

Currently he is working with his colleagues’ research projects at the research laboratory, including developing touch displays for warning when something is approaching even when visual confirmation can’t be seen; developing mathematical modeling of human orientation perception as a way of explaining spatial disorientation mishaps in Aviation; identi-

fying the military occupational specialties most affected by traumatic brain injury; and using tactile feedback to improve balance rehabilitation in people with vestibular balance issues.

“Your visual, tactile and vestibular senses help to keep you from falling as you move through the world, but your tactile and vestibular senses can give you false information when you are a pilot undergoing bizarre accelerations in a degraded visual environment,” Lawson explained. “I mainly focus on vestibular functions.

“The vestibular organs in the inner ear, and their associated brain structures, help to coordinate balance during standing and walking, to keep your eyes properly focused when your head is moving and to help you perceive how you’re moving or oriented in the world” he continued. “They help answer the questions like ‘where is the ground?’”

Lawson and his colleagues’ research at USAARL tie directly into those sensory perceptions.

Much of Lawson’s inspiration comes from his colleagues, including his senior colleague, Angus Rupert, USAARL researcher with an M.D. and Ph.D.

“(He) inspires me regularly by thinking big and swinging for the fences,” he said. “He is always moving forward no matter what, and he always sees the glass as 75-percent full.”

It’s with Rupert that Lawson is writing a proposal related to balance rehabilitation following vestibular balance issues, to which he credits his senior colleague for spearheading the project.

It’s not only his professional life that Lawson has garnered inspiration from, however. His Family – including his father, his wife and three children – has provided motivation to do what he loves.

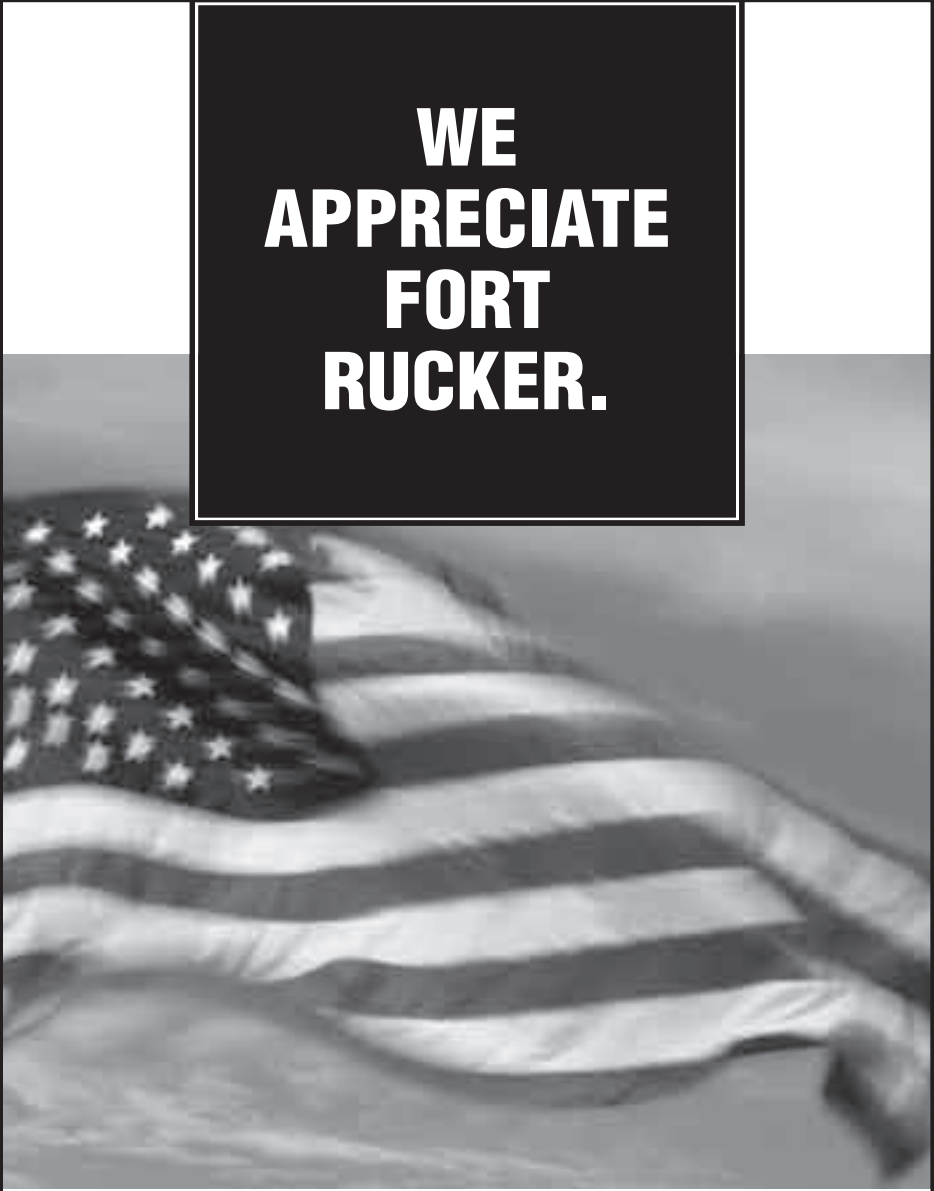
“My father’s example reminds me that no matter what you do in life, you should strive to be a good communicator,” he said. “My wife reminds me to look at the big picture and not disappear completely down the rabbit hole of ‘left-brain’ science, and my three sons remind me that each morning when I leave the Family cave with my spear in hand, I must ‘bring home the bacon’ at the end of the day. Being a Family man sharpens one’s focus.”



PHOTO BY NATHAN PFAU

Mitchell honored for service

Justin O. Mitchell, outgoing deputy garrison commander, receives a certificate of appreciation from Ed Janasky, Directorate of Public Works director, during a farewell ceremony in Bldg. 5700 Friday.



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33,000 positions now available to women

By David Vergun
Army News Service

WASHINGTON — Secretary of the Army John M. McHugh signed a directive authorizing more opportunities for women to serve in a wider range of roles within the Army.

This authorization results in the opening of about 33,000 positions in units that were once closed to women, said Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Directorate of Military Personnel Management, Army G-1.

The 30-day congressional notification required by law before implanting this change in policy was completed April 7.

“Soon, our formations down to company level, will begin having female Soldiers arrive for duty to serve in positions once closed to women,” said Lt. Gen. Howard B. Bromberg, deputy chief of staff, Army G-1. “However, this will not happen overnight. We will continue to incrementally fill these positions with Soldiers who have the ability, are qualified, and have the proven performance to complete the mission.”

As a part of the incremental strategy, the directive states “female leaders will be assigned first to provide a support network for junior female Soldiers and to offer advice to the unit’s male leadership.”

“The decision to open these positions to female Soldiers was made after U.S. Army Training and Doctrine Command completed extensive validation studies, including physical fitness requirements,” Sheimo said.

“Nevertheless, women as well as men who do not meet the standards will not be allowed into these MOSs (military occupational specialties),” she emphasized, explaining that the standards are fair and transparent.

“This initiative further aids Army leaders to select the best qualified Soldiers



PHOTO BY SGT. 1ST CLASS JOSH EDSON

Soldiers of the 501st Special Troops Battalion go on a ruck march June 19 at Camp Carroll, South Korea.

for each position within the Army profession,” Sheimo said. “The Army’s efforts across various spectrums will also ensure all Soldiers have the opportunity to serve successfully.”

The deputy chief of staff, Army G-1 will issue additional personnel assignment guidance and unit training requirements in follow-on military personnel messages, according to the directive.

This change in policy means there are no more units in the Army that are closed

to women. A closed unit was one that was expected to see combat. Because of this, women could not serve in those units – even if they served in MOSs that were open to women.

With the change, women can serve anywhere in the Army – even in combat units – within an MOS that is open to women.

The new directive does not include changes to closed occupations in the Army – the 14 MOSs in the Army that are currently closed to women. Those MOSs

are: engineer (12B enlisted), field artillery (13B/D/F), infantry (11A/B/C/Z), and armor (19A/B/C/D/K/Z). Additionally, the new Army directive does not affect the special operations community.

More MOSs could be open for women in the future, Sheimo said. By Jan. 1, 2016, the Army will have completed validation studies for all 14 MOSs that are currently closed to women and will pass its recommendations on to the Office of the Secretary of Defense for review.

NCOA: Instructor honored to receive award

Continued from Page A1

“Thank you guys so much for everything. You guys have made it hard to leave. I really enjoyed my time here at the academy,” he said to fellow NCOA instructors and staff after receiving the award. “Ever since I got in a helicopter, I was hooked. It didn’t matter what I was

doing, as long as I was around them, I loved my job. I love Aviation, and I am so honored and proud to be up here receiving this award.”

The AAAA Order of Saint Michael recognizes individuals who have contributed significantly to the promotion of Army Aviation in ways that stand out in the eyes of seniors, subordinates and peers, and Lewis was tested and

found worthy of this honor, said Sgt. 1st Class Marvin Brown, NCOA maintenance branch first sergeant.

“Order of Saint Michael recipients demonstrate the highest standards of integrity and moral character, display an outstanding degree of professional competence and serve the United States Army Aviation Community with distinction. Lewis has done all of that and more.”

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MLS# 20141067 JUDY DUNN 301-5656

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139 South Springview ~ \$79,500
Great location, on the way to Ft Rucker. Would be a great investment property. Community pool & clubhouse.
MLS# 20141064 BOB KUYKENDALL 369-8534

NEW LISTING



93 County Road 445 ~ \$249,900
The best of both worlds. Enjoy the beauty of the country just minutes from the city. Well to wall comfort for those who love the open floor plan, covered patio off the living area with view of the pond, large basement area with parking for 3 cars & workshop. Lofty ceilings in the home create an open & airy feeling. Well-appointed kitchen has a breakfast bar, pantry & island. Wonderful home designed with comfort in mind.
MLS# 20141062 JUDY DUNN 301-5656

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200 East Fulton • Hartford ~ \$70,000
Extra-large corner lot. Older home rewired, new windows & roof in 2000. Natural hardwood & tile floors. Partial enclosed basement/cellar.
MLS# 20141090 AGNES KARVONEN 406-9752

NEW LISTING



510 West College ~ \$119,500
Located in a historic neighborhood on an extra-large corner lot, this adorable home is like new! Completely renovated in 2008 it has 3BR/2BA & walk-in closets.
MLS# 20141088 TEXT TERRI 406-2072

NEW LISTING



117 Eagle Circle ~ \$80,000
Case # 071-656935. Offer submission is the responsibility of the selling broker who must submit any & all offers through the HUD Homestore (www.hudhomestore.com). A pre-qualification letter is required prior to negotiations & must be approved by a designated lender. This property is being offered in compliance with Equal Housing Opportunity. Insured Escrow. Purchase this property through FHA financing for \$100 down payment. Check HUDhomestore for all addendums.
MLS# 20141087 EVELYN HITCH 406-3436

NEW LISTING



400 Riverwood ~ \$259,750
Upgrades, brick paver foyer, low maintenance floors, stained columns & door, granite countertops. Designed with the entertainer in mind, the floor plan is open & inviting. Plenty of storage in closets with shelving. 14x20 HUGE master suite! Covered front porch, huge backyard deck!
MLS# 20141094 JUDY DUNN 301-5656

NEW LISTING



4127 County Road 43 • Coffee Springs \$78,000
Live in the country yet convenient to town. 3BR/1BA with living & dining room, eat-in kitchen on approx 1.8± acres. Some trees, well water, carpet.
MLS# 20141105 ANGIE GOODMAN 464-7869

NEW LISTING



County Road 701 ~ \$100,000
A little piece of paradise. This land is ideal for the outdoors-man or for family who enjoys country living.
MLS# 20141113 CHRIS ROGERS 406-0726

NEW LISTING



102 Shadow ~ \$199,000
4BR/2BA off Shell Field Rd in well-established neighborhood on cul-de-sac. Well maintained with neutral colors throughout & Travertine floors installed in MBA this past year. Backyard is shaded with utility shed for storage & an enclosed patio to enjoy the summer days! Sprinkler system in front yard.
MLS# 20141156 JONATHAN 447-3100 & EVELYN 406-3436

NEW LISTING



303 Antler ~ \$199,000
Priced to sell! This 4BR/2BA with pool. Has been a real gem for 10 years, but the owner is retiring & says "see you later". Kitchen was updated in 2006: new cabinets, countertops, fridge & dishwasher. New range in 2011. New vinyl clad double pane windows & 6-panel interior doors in 2008. New pool pump in 2011. New Corner package unit & new water heater in 2012. New laminate flooring in 2014. Being sold "as is" but, "as is" is pretty good. Rented for \$900 per mo. Own for much less.
MLS# 20141144 JAN SAWYER 406-2393

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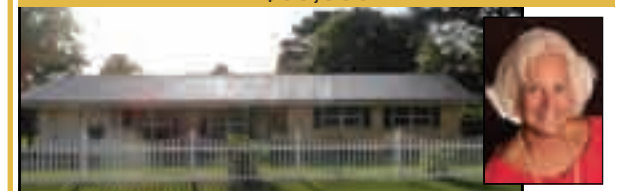
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531 Boll Weevil Circle



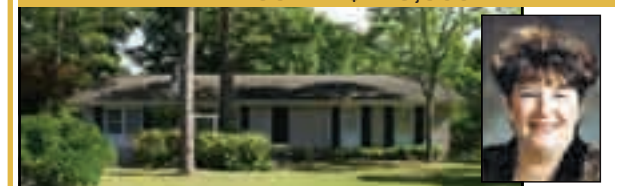
235 LAKEWOOD LOOP: Large house (approx 2980 SF) with a wrap around porch that is covered on front & sides. Large family room with a gas fireplace. Great kitchen with a large island, granite countertops, stainless appliances, pantry, lots of cabinets & drawers & eat-in area. Formal dining room. Large master bedroom & beautiful master bath with walk-in tiled shower, garden tub & twin walk-in closets. Large bonus room that could be used for 4th bedroom if needed. 2 heat pumps. Sets on a wooded ± 2.43 acre lot.
BOB KUYKENDALL 369-8534

\$69,900



305 ACCESS: This is a Fannie Mae HomePath property. Convenient to downtown, shopping, schools & churches, this 3BR/2BA ranch features a formal living room & den. The large work area kitchen has a bar & opens to dining area which has sliding glass doors to covered patio & private backyard. Don't miss out on this one!
EVELYN HITCH 406-3436

4 BEDROOM ~ \$129,900



205 WALNUT: Excellent location, wonderful home, 4BR/3BA, convenient to schools, fresh paint & floor covering, some hardwood floors. Nice tree shade in backyard with huge deck.
PAT LEGGETT 406-7653

\$77,200 ~ REDUCED



270 OAK STREET ~ DALEVILLE: REDUCED! REDUCED! You must see this 4BR/2BA, approx 1500 SF, fireplace & 4 car garages, 2 attached with metal roof. Convenient to Ft Rucker.
JOHN SIZEMORE 389-1450

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• 102 LINDA	\$145,000	MLS# 20141226
JUDY DUNN ~ 301-5656		
• 209 ANTLER	\$114,665	MLS# 20141227
• 100 AUBURN	\$124,900	MLS# 20141235
MILDRED OWENS ~ 464-2121		
• 4052 HIGHWAY 103	\$285,000	MLS# 20141205
UNDER CONTRACT		
• 101 HUNTINGTON	UNDER CONTRACT	MLS# 20141196



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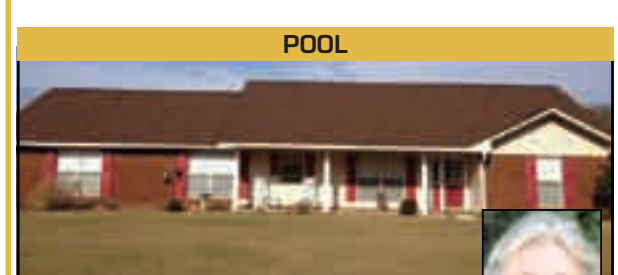
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21 COUNTY ROAD 278: \$223,900: Your family is all that is needed to fill this bright & cheerful 3BR/2BA, double garage, brick ranch on a large landscaped corner lot. There's fenced backyard that's perfect for entertaining with salt water pool & a large open lawn just waiting for a sandbox & swing. It's all here with the covered front porch for those lazy afternoons, a patio off the living area overlooking the pool, a family-sized kitchen, formal dining room & so much more. It's more than a house, it is a home.
JUDY DUNN 301-5656

\$69,500



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

NEW PRICE ~ \$248,000



SOMMER BROOKE ~ 520 RIVERWOOD: This home is gorgeous! 4th bedroom is upstairs & would be a great play or hobby room! The huge kitchen has custom cabinets, stainless steel appliances & granite countertops. It has a tankless gas water heater & gas available to the stove in kitchen & outside for the grill. It is convenient to Ft Rucker & Enterprise.
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SATURDAY, JUNE 28
1:00PM - 3:00PM

119 GREY FOX TRAIL

DIRECTIONS: Brookwood: Take Boll Weevil Circle towards 167 S & pass that intersection. Turn into Huddle House entrance from service road & go straight into subdivision. Take a right on Grey Fox & home is on the right.

HOSTED BY MAGGIE HAAS ~ 389-0011



\$199,500 ~ Custom 3BR/2BA craftsman style home with tons of upgrades! Kitchen is a 10 with gorgeous brick floor, elegant cabinets with glass fronts, stainless appliances & all bronze fixtures & hardware! It's easy living in this house with pantry, huge laundry room with sink, split floor plan, luxurious master bathroom with huge walk-in closet! Backyard has a natural gas hook up & is huge! The custom swing set is cemented in the ground & remains. Open family room is bright & the wood work is exceptional.

SUNDAY, JUNE 29
1:30PM - 4:00PM

313 DAUPHIN STREET

DIRECTIONS: Boll Weevil Circle to Left on Dauphin (toward Main Street). It is the house on the Right with the large 3-car detached garage about block after you turn on to Dauphin Street.

HOSTED BY BOB KUYKENDALL ~ 369-8534



\$285,000 ~ 3BR/2BA brick home with open floor plan. Formal dining room, eat-in kitchen & breakfast area. Master bath with whirlpool tub, double vanity, separate shower & walk-in closet. Spacious living room has gas fireplace. Gorgeous decorator colors & molding throughout, tray ceilings in living room & master bedroom. Nice neighborhood. There is also a large detached brick garage/work shop with 3 garage doors (with openers) & a finished office/man cave with electricity, full bath & cable-in!!!



HANGING OUT

PHOTO BY SGT. 1ST CLASS KIMBERLY D. CALKINS

Soldiers assigned to 4th Battalion, 118th Infantry Regiment fly through the air while tethered to an MH-47G Chinook from the 160th Special Operations Aviation Regiment (Airborne) during special insertion exfiltration system training at McCrady Training Center, Eastover, S.C., May 17. The 160th SOAR (A) supported a joint mission with 7th Special Forces Group (Airborne), training more than 100 Soldiers assigned to 4-118th Inf. Rgt.

PURPLE HEART

Fort Eustis Soldier reflects after award

By Airman 1st Class Kimberly Nagle
Joint Base Langley-Eustis Public Affairs

FORT EUSTIS, Va. — May 30, Staff Sgt. Brandon Beiermann, B Company, 2nd Battalion, 210th Aviation Regiment Black Hawk instructor, received a Purple Heart at Fort Eustis after suffering a traumatic brain injury and burns while deployed to Forward Operating Base Shank, Afghanistan, Aug. 18, 2012.

The night of his injury will stick with Beiermann for the rest of his life.

“I was just walking to the dining facility to grab some dinner and the attack alarms started sounding off, like they had plenty of times during my second deployment,” Beiermann said. “They teach us to just get down right where you are, but from my experience, I knew to at least find some sort of protection.”

Beiermann looked around and found big tin barrels, and decided they were the best he was going to get for protection — a decision that helped save his life.

He heard a loud whistle and saw a flash of light, then found himself thrown through the air to land about 10 feet away. A white phosphorus attack agent hit about five meters from Beiermann’s position.

“Once I figured out what happened, I



PHOTO BY AIRMAN 1ST CLASS KIMBERLY NAGLE

Staff Sgt. Brandon Beiermann, B Co., 2-210th Avn. Rgt. Black Hawk instructor, received a Purple Heart at Fort Eustis, Va., after suffering a traumatic brain injury while deployed to Forward Operating Base Shank, Afghanistan. Beiermann, from Harvel, Ill., has been able to recover and continue his career in the Army.

could feel a pain in my hip from where my radio was placed,” said Beiermann. “Then my hand felt like it was on fire. I looked down and saw a piece of the phosphorus on my hand, so I took out my knife and scraped it off.”

White phosphorus burns quickly and will ignite objects such as cloth, fuel and ammunition. It is also a smoking

agent — it will create an instant blanket of smoke.

A fellow Soldier saw Beiermann get hit, and ran over to assist.

“I started correcting the Soldier that came over to me for being out of his bunker during the attack,” said

SEE AWARD, PAGE B4



PHOTO BY SOFIA BLEDSOE

Lt. Col. Michael Blaine, deputy product director for UH-60 Modifications, Other Government Agencies; and Tom Boland, program manager for aircraft updates with Sikorsky Aircraft Corporation, shake hands during the UH-60 Black Hawk aircraft exchange and sale June 11.

MODEL EXCHANGE

Exchange of A-model Black Hawks generates cost savings

By Sofia Bledsoe
Redstone Arsenal Public Affairs

REDSTONE ARSENAL, Ala. — The Utility Helicopters Project Office handed over the logbook and keys for three UH-60A Black Hawk aircraft to Sikorsky Aircraft Corporation during an aircraft exchange and sale June 11.

The aircraft exchange, also known as the Black Hawk Exchange and Sales Transaction, is one of the ways the UHPO is divesting A-model Black Hawks out of the Army’s inventory.

Seventeen UH-60A Black Hawks are currently parked at the Madison County Executive Airport in Meridianville. These aircraft are among the first lots to arrive under the BEST divestiture program, which was approved by Heidi Shyu, the Army’s acquisition executive.

“Over the next 10 years, we’ll be divesting approximately 400 to 800 aircraft, which will allow us to modernize the fleet and make room for newer aircraft,” said Lt. Col Michael Blaine, deputy product director for UH-60 Modifications, Other Government Agencies.

Only two of the 17 in the current lot are considered non-flyable. Aircraft not chosen by Sikorsky will be eligible for sale using the General Services Administration auction, a government-established program that specializes in aircraft and aircraft parts sales.

In accordance with Army regulations, the UHPO can pursue a one-for-one aircraft exchange (or other equitable exchange), sale, or reimbursable transfer, provided all proceeds are used to purchase, rent or lease a replacement aircraft.

SEE MODEL, PAGE B4

TRAINING DEDICATION

Fallen Soldier honored with ceremony, helocast exercise

By Sgt. David Marquis
362nd Mobile Public Affairs Detachment

CAPE CORAL, Fla. — June 14 marked the Army’s 239th birthday, as well as Flag Day; however, Soldiers from the 365th Engineer Company out of Cape Coral Florida, dedicated this day to a fellow Soldier who fell on the battlefield.

These Soldiers, along with representatives from the area’s recruiting company, participated in a helocast training ex-

ercise at Crystal Lake to honor Staff Sgt. Marc A. Scialdo, a UH-60 Black Hawk crew chief who was killed in action on March 11, 2013, when his helicopter crashed during a night training mission near Kandahar City, Afghanistan.

“Having these Black Hawks around is a great way to show the locals here what he did for a living,” said Staff Sgt. Matthew Loeb, the 365th unit adviser. “It’s an honor being able to do an exercise and dedicate it to him, and still get the value of

training for our Soldiers.”

Helocast is a battlefield insertion technique used by small groups of Soldiers that involves a helicopter hovering at a low altitude above a body of water, allowing Soldiers to disembark the helicopter into the water.

Many of the Soldiers who participated in the training exercise are Sappers, which are specially trained combat engineers. They performed the helocast training because, according to Loeb, Sappers are supposed to be ready to go anywhere in the world to perform their mission.

“Sappers are supposed to be able to be dropped into any environment and come out successful,” said Loeb. “The Soldiers come out here, they learn the task, and they execute it and walk away feeling confident in their abilities.”

With the help of Cape Coral and local agencies, the training was a huge success, said 1st Sergeant Robert E. Cohn, 365th first sergeant.

“This site was a really good site,” said Cohn. “The city helped get us this area and the

lake was perfect for what we are doing — everything went off without a hitch.”

The locals living in the area also stopped by to watch the training, while local police and fire departments, and Coast Guard and Coast Guard Reserve, were on scene to control crowds, provide medical treatment if needed and be out on the water to assist Soldiers as they jumped the 20 feet from the Black Hawk into Crystal Lake.

With the day’s training complete, the Soldiers of the 365th feel ready to perform their mission. And with Scialdo’s memory fresh on their minds, the Sappers will be renaming the Cape Coral Army Reserve Training Center after Scialdo in July, according to Loeb.

As long as there is a need for combat engineers, the 365th will be ready for whatever environment they may find themselves in, they will be ready to jump into any fight, whether it’s into Crystal Lake or anywhere else in the world where they are needed, Loeb said.



PHOTO BY SGT. DAVID MARQUIS

Sappers from the 365th Engineer Company, Cape Coral, Fla., jump from a UH-60 Black Hawk into Crystal Lake as part of a helocast exercise June 14.

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Award: Soldier uses experience to help others

Continued from Page B1

Beiermann. “But the Soldier had to let me know that I was hit and needed help. I tried to stand up, but I fell over, so another Soldier came over to assist me back to a bunker.”

Beiermann had more than just the phosphorus on his hand – it hit his leg, shoulder and eye protection.

“I got lucky by where the attack hit,” said Beiermann. “It just made a ring of fire around me.”

After everything settled, Beiermann got examined after showing signs of being dazed, confused and slurring his speech. He was diagnosed with a concussion, a type of mild traumatic brain injury.

After getting his diagnosis, Beiermann was offered the option to return home early.

He declined.

“I didn’t want to leave my Soldiers behind,” said Beiermann. “It’s my job to take care of my Soldiers, to make sure they are living, breathing and going home to their Families.”

Beiermann called his wife the night of the accident. She knew right away there was something wrong.

“She told me I was talking funny,” said Beiermann. “So I told her what happened and she encouraged me to continue to get checked out by doctors. She was a little worried.”

Beiermann finished out the final portion of his deployment with his fellow Soldiers, but he knew the journey ahead was going to be difficult.

“I had awful headaches, hearing loss in my left ear and a scar on my left hand. The symptoms lasted over a year,” said Beiermann. “But, overall, I can’t complain – it could have been worse.”

Once home, Beiermann went to the Fort Bragg, N.C., traumatic brain injury clinic. As a patient, he was able to work on memory issues and irritability.

“I have pieces of my memory that I just can’t recall,” said Beiermann. “I will probably never get them back either.”

Beiermann was medically cleared after completing the clinic program and is now going to school and working on progressing his Army career.

When Beiermann found out he would receive the Purple Heart, he didn’t want the presentation to be a big deal.

“I wanted it to just be sent to my home address. I wasn’t looking for anything flashy,” he said. “But my command decided to hold a ceremony for me. My wife and son were in attendance, as well as most of my brigade.

“My son loved the ceremony,” he added. “He loves everything about the Army.”

Beiermann took this event as a learning experience and something to tell other Soldiers as they grow in their careers.

“I always warn them about indirect fire and to get down,” he said. “If you hear the alarm, just make sure you protect yourself.”

Ultimately, he did not want his injury to hinder him, he said.

“I love the Army — I love the service,” said Beiermann. “If it was needed, I would deploy again tomorrow. This is what I joined to do.”

Model: Black Hawks will be exchanged, sold ‘as is’

Continued from Page B1

As such, the exchange with Sikorsky was made on fair market value of the aircraft and will be credited against the UH-60M multi-year to offset the price of a new UH-60M Black Hawk.

“Today marks another Black Hawk victory, where our taxpayers and the Army benefit from the intrinsic value of these incredible machines,” said Col. Thomas Todd, Utility Helicopters project manager.

Using the exchange authority also enables agencies to avoid the costs associated with holding the property and processing it through the normal disposal cycle.

The exchange culminates more than two years of hard work by the Utility Helicopter Team, especially the fleet management and logistics team that developed the divestiture plan; the business management and contracting team that did all the behind-the-scenes work to get the BEST program approved by the Department of the Army; and the Aviation and Missile Research Development and Engi-

neering Center’s Prototype Integration Facility that is executing the consolidated storage facility, where the Black Hawks will be exchanged or sold.

“Our goal is to divest as many aircraft as possible, either through state or federal (systems), or through Sikorsky or GSA,” said Blaine. More A model Black Hawks will be flown or hauled in every four to six weeks, from various military units across the globe. Those units will then receive either L or M model Black Hawks to modernize their fleet.

Sikorsky has the opportunity to choose from each lot before the aircraft can be sold through GSA auction.

“Also, before they (Sikorsky) get a chance to look, federal, state and other government agencies have the first opportunity to look at the aircraft,” explained Blaine.

“These Black Hawks have served the Army for 30 years throughout our world,” said Todd. “We are proud of their legacy and appreciate their role in the Army’s history. Their usefulness in search-and-rescue and similar missions for the civilian market will

continue, following a refurbishment and resale by the Sikorsky Aircraft Corporation.”

Tom Boland, program manager for aircraft updates with Sikorsky, said that company officials are excited to finally have the three aircraft in their books.

“Remanufacturing these aircraft is definitely a best value for us. We take a known quality product, and we can do a few things to clean them up to get them to new customers,” Boland said. “It’s a great opportunity for us.”

Sikorsky plans to either sell parts of the aircraft to customers, reset them, or upgrade them to an L model.

“Our goal is for these to go to customers that don’t have Black Hawks now – new emerging customers that will create new markets for us and give the Army a way to responsibly divest these aircraft in the future,” Boland said.

From now until September, UHPO has scheduled 46 A-model Black Hawks to divest. Divestiture quantity is dependent on the number of M model Black Hawks the Army intends to

purchase each year.

Although this is not the first time the Army will go through the GSA auction process as part of the divestiture plan, it is still a relatively new concept within Army Aviation acquisition. The Project Office for Cargo Helicopters was the first Project Management office to sell Army aircraft through the GSA auction, selling all 10 CH-47D aircraft in the lot, in 2014, and generating a cost savings of more than \$28 million for the American taxpayers.

“We have been very fortunate to have had a very helpful team from Cargo,” said Anna Wilson, UHPO BEST business program lead. “It’s definitely been a collaborative process.”

Wilson is looking forward to seeing the types of companies or individuals that might express interest in purchasing the A-model Black Hawks.

“There are thousands of Aviation enthusiasts based on our discussions with GSA,” Wilson said. “It’s hard to say, especially in

these initial phases, who our biggest interest is going to come from, but I’d say we have a very healthy market for potential customers.

“It’s definitely a win-win solution for everybody,” Wilson added. “We avoid the cost of divestiture for the Army, so we’re saving the funding. I think

it’s just very exciting.”

All A-model Black Hawks will be exchanged or sold “as is” and “where is.” It will be the customer’s responsibility to transport the aircraft they purchase.

The UHPO anticipates to kick off the GSA auction of the A-model Black Hawks this summer.



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JUNE 26, 2014



FILE PHOTO

Participants fish in a tournament at Lake Tholocco in 2010.

Camping, boating, fishing, swimming

Outdoor recreation offers variety of activities on post

By Nathan Pfau
Army Flier Staff Writer

Summer is in full swing, and Fort Rucker Outdoor Recreation offers a variety of activities to keep people going throughout the season.

From cabins at Lake Tholocco to boating to water slides, people will be hard pressed to find themselves bored when it comes to outdoor recreation on the installation, said Megan Royer, Lake Tholocco Lodging business manager.

For starters, the area around Lake Tholocco boasts 22 cabins, 21 of which are two-bedroom cabins and one three-bedroom cabin, all available for rent to Soldiers and Families, active-duty, retirees and DOD civilians.

People can take advantage of everything the cabins have to offer, which include: fully-furnished accommodations, fully-equipped kitchens, screened-in back porch 32-inch flat screen TVs, satellite and DVD players and complimentary wireless high-speed Internet access.

Twelve cabins – the Singing Pines Cabins – are found on the lake's West Beach, where people can enjoy breathtaking sunrises, said Royer, and 10 cabins are along East Beach, where people can enjoy a view of an Alabama sunset.

"There are four cabins that are pet friendly, so if people want to bring their fur-children, that is totally acceptable," said the lodging manager.

RV park or rent

In addition to cabin rentals, there is also a recreational vehicle park that people can take advantage of.

"We have a recreational vehicle park with a total of 88 camp sites, 18 of which are long-term sites – the rest are short term that are rented at a maximum of 2-weeks at a time," said Royer. The sites rent for \$18 per night and the long-term sites can be rented for two to three months at a time depending on the season.

People can also rent travel trailers – there are six available for rent that can sleep anywhere from two to six people. They are \$45 a night or \$200 for six nights, and they can go off the installation with no mileage limits.

Camping equipment is also available for rent.

West Beach

One of the largest and most well known

attractions to Fort Rucker is Lake Tholocco's West Beach, which is the designated swimming area for the lake. West Beach is fitted with a water trampoline and two water slides.

"Adults are welcome to jump on the trampoline, as well as children, and the slides are also large enough for them to go on – they're not just for the children," said Royer.

"We also have eight pavilions available for rent, two of which are indoor and air conditioned, and they are open to the public," added Melissa Kelley, ODR lead recreation assistant. The rental rates range from \$25-\$85, and there are also canopies available for rent ranging from 10'x10' to 30'x30', along with folding chairs, tables and basically anything you need for outdoor parties.

To go along with people's camping or cabin experience, outdoor recreation also has what they need to take to the water.

"We have boat rentals available ranging from Jon boats, pontoon boats and ski boats, and we also have canoes, kayaks and paddleboats that are available on a first-come, first-served basis," said Kelley.

To be eligible for the boat rentals people must be DOD civilians, active-duty military or retiree, and boat rental prices depend on the amount of time people wish to rent.

Boaters are not required to have the Alabama vessel requirements to rent boats, said Kelley, but they do need to complete the Fort Rucker Boater Safety Course, which consists of 25 questions and is an open book exam that people can take free of charge. The course is available online at www.ftrucker.mwr.com/recreation/outdoor-recreation/boating-safety-course/.

Go fish

Lake Tholocco isn't the only lake on Fort Rucker with prime fishing areas. There are many well-kept secrets on the installation for people to discover.

There are six different lakes on Fort Rucker covering more than 670 acres that house a variety of different fish ranging from largemouth bass, hybrid bass, catfish, crappie and bream, that people can test their skills with a rod and reel, according to Bob Schotter, recreation assistant for Fort Rucker Outdoor Recreation.

The first and most well known of all the lakes is Lake Tholocco, which offers two different fishing piers, one on East Beach and one on West Beach, and shoreline fish-



FILE PHOTO

Community members enjoy the swimming area at Lake Tholocco's West Beach.

ing is also permitted.

People can catch largemouth bass, bream, catfish and crappie in Lake Tholocco's waters, and something most people don't know is that night fishing is allowed on the lake.

"Night fishing at Lake Tholocco is the only authorized activity after sunset," said the ODR recreation assistant. "People can fish from the shore or from a boat, and as long as the boats are equipped with proper lighting, fishing at night is permitted anywhere on the lake."

People operating the boats must first complete the boater's safety course before taking any boats out on the lake, he added.

Lake Tholocco is also the only lake on the installation that permits powerboats, said Schotter. Any boats in the other lakes on Fort Rucker must be self propelled.

Although the lake is full of fish, there is a limit on how many fish people can take home, said Schotter.

For large mouth bass, there is a limit of five for less than 14 inches in length and only one for more than 18 inches. Any large mouth bass caught between the sizes of 14-18 inches must be thrown back, he said.

For bream there is a limit of 30; for catfish the limit is 15; and people can catch up to 30 crappie longer than nine inches.

Although the other lakes on the installation don't compare in size to Lake Tholocco, they come pretty close when it comes to the experience and are available from sunup to sundown, Schotter said.

Parcours Lake is another popular fishing spot on Fort Rucker, but this particular spot is reserved for the installation's youth anglers, he said.

"Because of the size of the lake – 4.1 acres – and its proximity to the housing areas, it's only permitted for those ages 15 and younger," he said, adding that parents are allowed to assist their children in fishing, but children must reel in their own fish.

The lake is home to bream, catfish and some largemouth bass, and is located on Farrel Road behind Lyster Army Health Clinic.

Another hidden gem on Fort Rucker, more known for its trails than its fishing, is Beaver Lake.

“People can fish from the shore or from a boat, and as long as the boats are equipped with proper lighting, fishing at night is permitted anywhere on the lake.”

— BOB SCHOTTER
ODR RECREATION ASSISTANT

This 7.7-acre lake is open to all ages for fishing from sun up to sun down, and houses largemouth bass, bream, catfish and crappie. The limit on fish at Beaver Lake are two large mouth bass larger than 16 inches; 10 bream of no size limit; unlimited catfish; and up to 30 crappie with no size limit.

Beaver Lake is located off of Third Avenue across from the Fort Rucker Physical Fitness Center's football field.

There are also a few lakes that are relatively unknown to most on the installation, but the fishing they provide is just as enjoyable as their more well-known counterparts, said Schotter.

Eck Lake is a 7.7-acre lake that is open to all ages also filled with largemouth bass, bream, catfish

and crappie. To get to this hidden gem, turn from Christian Road onto Johnston Road and take the first unpaved road on the left, then follow the signs.

The limits for the lake are: no more than two large mouth bass 16 inches or larger; 10 bream with no size limit; unlimited catfish; and up to 30 crappie with no size limit.

Schotter said there is an alligator that lives in Eck Lake, but "he never bothers anyone."

Buckhorn Lake is another lake that isn't very well known, but it's also one of the installation's most restricted lakes due to its location and proximity to training areas, said Schotter.

The lake is 13.2 acres and is home to largemouth bass, bream and crappie, but days of operation vary from day to day.

Buckhorn Lake is located 2 miles past Silver Wings Golf Course on Hatch Road.

"The lake is only open about half the time, so people should call outdoor recreation before they head out to the lake to confirm the times," said the recreation assistant.

Beaver Pond is the smallest of all the lakes on Fort Rucker and is also the least developed, according to Schotter. Beaver Pond is open to all ages and is located off of Andrews Avenue between Silver Wings Golf Course and the Ozark Gate.

People 16 and older must have a state fishing license and post fishing permit to fish on Fort Rucker. People can visit the outdoor recreation service center to obtain a license and permit.

For more information, call 255-4305.



PHOTO BY NATHAN PFU

The cabins at Lake Tholocco.

ON POST

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

Soccer and lunch

Mother Rucker’s is open for lunch and soccer today, when patrons are invited to have lunch and watch USA vs. Germany at 11a.m. People younger than 18 are permitted to attend Mother Rucker’s for this event until normal business hours, which begin at 4 p.m.

For more information, call 503-0396.

LZ Dog Days of Summer

The Landing Zone offers a Hot Dog of the Day special throughout July, Mondays-Fridays, during lunch hours – 11 a.m. to 2 p.m.

For more information, call 598-8025.

Fourth of July Craft Activity

The Center Library will host a 4th of July Craft Activity Tuesday 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 to register.

For more information and to register, stop by the library or call 255-3885.

Wiregrass Freedom Fest

The Wiregrass Freedom Fest is scheduled for July 3 from 4-10 p.m. at the festival fields. The 98th Army Band will headline the free event that will also feature the area’s largest fireworks show, a variety of displays, children’s inflatable fun zone, rides, and a variety of local and regional vendors. The event is open to the public. People are not allowed to bring glass, coolers, backpacks or pets.

For more information, call 255-9810.

ScreamFree Parenting Workshop

Fort Rucker Army Community Service will host its free ScreamFree Parenting Workshop July 10, 17, 24 and 31. The workshop will be held from 9-11 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The four-session course is not just about parents lowering their voices, it’s about them learning to calm their emotional reactions and learning to focus on their own behavior more than their children’s behavior for their benefit. With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children, according to organizers. The workshop is open to active duty and retired military, Department of Defense employees and their Family members.

For more information and to register, call 255-9647.

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. July sessions take place July 10 and 24. 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



PHOTO BY NATHAN PFAU

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.

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.

National Blueberry Muffin Day

The Landing Zone’s Coffee Zone will celebrate National Blueberry Muffin Day July 11. When patrons purchase a coffee drink, they will receive a free mini blueberry muffin. The offer cannot be combined with other promotions or discounts.

For more information, call 598-8025.

Financial readiness training

Army Community Service will host financial readiness training July 11 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.

International spouses get together

Army Community Service will host its International Spouses Get Together July 11 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.

ACS Lunch and Learn

Army Community Ser-

vice, and the Sexual Harassment and Assault Response Program and Family Advocacy Program invite people to a lunch and learn July 18 from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950, on Seventh Avenue. People can bring their brown bag lunch for a free session on Positive Coping Mechanism: Avoiding the Pitfalls. Topics will include: the way people think, day in and day out, affects all aspects of their lives; how to learn to listen to your internal voice; and developing a plan to handle the pitfalls. Registration is required by July 15. Space is limited to the first 20 participants. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For more information, call 255-2382 or 255-0960.

Self defense workshop

Army Community Service, the Sexual Harassment and Assault Response Prevention program, Family Advocacy Program and Directorate of Training and Doctrine NCO Academy will host a self defense workshop July 24 from 4:30-6 p.m. at The Commons. The workshop will cover topics such as personal protection, environmental awareness and practical self defense techniques. Registration is required by July 21. The workshop is open to active duty and retired military, Department of Defense employees and their Family members. For more information and to register, call ACS at 255-8103 or SHARP at 255-0960.

Soldier Show

The U.S. Army Soldier Show returns to Fort Rucker Aug. 12-13. Performances will take place at 7 p.m. each night at the Enterprise High School Performing Arts Center. The event is free to attend and open to the public.

For more information, call 255-9810.

DFMWR

Spotlight

RUCKER LANES

BINGO CORNER

JUNE SPECIALS

Happy Wednesday!
Wednesdays during the Summer enjoy \$0.50 game and \$0.50 shoe rental from 5 pm to 9 pm.

Flatbread Sunday
Sundays enjoy ½ flatbread, drink, shoe rental and two games of bowling for \$4.75.

WEEKLY SPECIALS

Quarter Mania Mondays
Mondays, 5 pm to 10 pm
Specials include: \$0.25 bowling games, \$0.50 shoe rental, \$1.00 french fries and \$1.25 hot dogs.

Lunch & Bowl
Monday - Friday, 11 am – 1:30 pm
All Lunch & Bowl options include two games of bowling, shoe rental, and a 16 oz. fountain drink.

\$1 Bowl
Monday - Friday, 11 am – 5 pm
Bowl a game for a buck! Does not include shoe rentals.

Saturday Extreme Bowling
Saturdays, 8 – 11 pm, \$10 /person

Breakfast & Bowl
Saturdays & Sundays, 10 am – Noon
\$7.25 /person, includes two games of bowling, two pancakes, two bacon strips and orange juice/fountain drink.

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Fort Rucker MWR

FORT RUCKER MOVIE SCHEDULE FOR JUNE 26-29

Thursday, June 26

Mom's Night Out (PG-13)
.....7 p.m.

Friday, June 27

The Amazing Spider-Man 2 3D (PG-13)
.....7 p.m.

Saturday, June 28

A Haunted House 2 (R)
.....7 p.m.

Sunday, June 29

The Amazing Spider-Man 2 3D (PG-13)
.....2 p.m.

Acting secretary:

VA accepts special counsel's findings

American Forces Press Service

WASHINGTON – The Veterans Affairs Department accepts the findings detailed in a letter from the U.S. Office of the General Counsel to President Barack Obama substantiating reports that whistleblowers who pointed out shortcomings in the department's health care system for veterans were not heeded, the acting VA secretary said Monday.

"At VA, we depend on the service of VA employees and leaders who place the interests of Veterans above and beyond self-interest, and who live by VA's core values of integrity, commitment, advocacy, respect, and excellence," Sloan D. Gibson said in a statement.

"I respect and welcome the letter and the insights from the Office of Special Counsel," Gibson continued. "I am deeply disappointed not only in the substantiation of allegations raised by whistleblowers, but also in the failures within VA to take whistleblower complaints seriously."



DOD PHOTO

Sloan D. Gibson, Veterans Affairs acting secretary.

The department accepts the Office of the Special Counsel's recommendations in the letter to the president, Gibson said.

"Accordingly," he added, "I have directed a comprehensive review of all aspects of the Office of Medical Inspector's operation, to

be completed within 14 days."

This will include a review of process, structure, resourcing, and how recommendations are tracked and reviewed, the acting secretary said, as well as consideration of personnel actions. An official will be designated to assess the letter's conclusions and the proposed corrective actions it recommends.

In his statement, Gibson noted that he sent a message to all VA employees June 13 regarding the importance of whistleblower protection and has met with employees at VA medical centers across the country to re-emphasize that message.

"I reminded all 341,000 of our employees that we must protect whistleblowers and create workplace environments that enable full participation of employees," he added. "As I told our workforce, intimidation or retaliation — not just against whistleblowers, but against any employee who raises a hand to identify a problem, make a suggestion, or report what may be a violation in law, policy, or our core values — is absolutely unacceptable. I will not tolerate it in our organization."

Soldier Show entertains crowd

By Annalee Grant

Fort Belvoir Public Affairs

FORT BELVOIR, Va. – In a preview for what is in store for Fort Rucker and the Wiregrass in August, the 2014 U.S. Army Soldier Show had its audience laughing, crying and cheering during a Fort Belvoir performance June 16.

The Soldier Show will make another free and open-to-the-public appearance in the Wiregrass Aug. 12-13 at 7 p.m. each night in the Enterprise High School Performing Arts Center.

At Belvoir, for four Army widows, the show meant so much more as they supported each other through the, at times, solemn performance.

"Awesome. It was just amazing. It was emotional," said Lyn Regan.

During a tribute to Army widows that was set at Arlington National Cemetery, the four women held one another as the actors on stage depicted a funeral for a fallen Soldier. The piece ended with "Lean on Me" by Bill Withers.

"I liked 'Lean On Me,'" said Ruth Niboer. "It meant a lot."

Among the special guests were Chief of Staff of the Army Gen. Raymond Odierno; Sgt. Maj. of the Army Raymond Chandler; Assistant Chief of Staff for Installation Management and Commanding General of U.S. Army Installation Management Command Lt. Gen. David Halverson; and U.S. Army Installation Command Sgt. Maj. Jeffrey Hartless.

The theme was "Stand Strong," which tackled sexual harassment, suicide, appropriate conduct in uniform and recovering from grief.

Halverson and Hartless welcomed the guests, and thanked the Gold Star Families who attended the show, before the performers took center stage. Halverson noted that there were congressional staffers in the audience and he hoped the performance would show those guests the strength of the Army.

"We have some great Soldiers and they're so happy to show you what they've got," Halverson said.

The show started off with a traditional, low-key version of the Star Spangled Banner by Sgt. Amy E. Hargis, which would be a recurring theme throughout. From there, it quickly turned into a fun-filled sing-a-long, when the group launched into a version of Lorde's "Royals" to educate the crowd on appropriate conduct in uniform.

The performers adapted several popular songs that encouraged Soldiers to be brave, strong and to support one another, including Sara Bareilles' "Brave" and Katy Perry's "Roar," which were mashed up.

A series of Skype calls between Soldiers abroad depicted how modern military Families communicate. A father was treated to his son and friends dancing to "Everything is Awesome," the theme from last summer's "Lego Movie." A working father-daughter duo spoke days before she came home from deployment, as they both finished a long day on the job, and an engaged couple gushed about their upcoming wedding upon his return from active-duty.

The performance turned solemn as the set changed to Arlington National Cemetery, where a widow was preparing for her husband's funeral while the man watched.

Soldier Show at Fort Rucker

- Aug. 12-13
- 7 p.m. each night
- Enterprise High School Performing Arts Center
- Free and open to the public
- For more information, call 255-9810

She later accepts a folded American Flag, and as she leaves the cemetery, is asked by a Family member if she needs help or support. The actors took the moment from sad to supportive and had the audience clapping along to "Lean on Me."

A high point followed immediately after, as the Soldiers performed a drill and ceremony routine that culminated in acrobatics.

Another solemn-yet-outstanding piece in the otherwise electric and bright show was a suicide prevention and awareness skit starring Spc. Enjolee Williams that promoted the Ask, Care, Escort Suicide Intervention Training program. Williams, along with two other cast members, performed "Say Something" by A Great Big World. Her powerful vocals had the crowd cheering loudly and it finished off with a standing ovation.

Another highlight of the two-hour show was a tribute to the music that had inspired the Army over the years, starting with the 1939 song "Over the Rainbow," performed by Staff Sgt. Lynette Collier in a red gown. The Beatles' hit "I Wanna Hold Your Hand" was performed by the ensemble cast and proved to be a huge hit. The tribute finished off with Phillip Phillips' 2013 song "Home."

To cap off the show, Hargis stepped back on stage for another rendition of the national anthem, but this time was joined by the entire cast in a truly patriotic, choral version of the "Star Spangled Banner." The crowd stayed standing long after, cheering and pumping their fists.

"It could not have been better," Regan said after the show.

Diana Sutherland agreed. It was her first time attending a Soldier Show.

"It was beyond excellent," she said.

Regan and fellow widow Lynn Pfister attended last year's Soldier Show and insisted their friends attend this year to see what all the fuss was about. Both said this year's edition exceeded their expectations.

"I loved the beginning, when they had all the excitement going on and the acrobatics," Pfister said.

Regan said she can't wait for the 2015 tour.

Halverson and Hartless finished off the night by reminding everyone of the message to "Stand Strong" and support each other.

"The strength of our Soldiers is their Families – and our Army is standing strong," he said.

The message was not lost on Niboer, Regan, Sutherland and Pfister, who have spent many a lunch date and movie night together as they recover from the grief of losing their husbands.

"We don't know where we'd be without each other," Regan said of her friends.



PHOTO BY T. D. JACKSON

Sgt. Amy Hargis, center, a Soldier Show performer stationed in Fort Bragg, N.C., dances with other cast members of the 2014 U.S. Army Soldier Show at Fort Belvoir, Va., June 16.

Church Directory

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

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

Alabama Road Trip: Foley, Elberta feature art, antiques, model trains

By Alabama Department of Travel
Press Release

Eight miles north of the white sand beaches of Alabama’s Gulf Coast sit two small towns rich in culture and heritage, Foley and Elberta.

You’ll find everything from modern art, antiques, a train depot and a medical museum where visitors have claimed to have seen ghostly spirits, to a soda fountain and, in Elberta, a museum with artifacts from pioneer days.

Foley is a small town that’s big on places to shop, while Elberta is home to the German Sausage Festival and Baldwin County Heritage Museum.

Model trains, roses, art and medicine

The Foley Alabama Railroad Museum (125 E. Laurel Ave.; (251) 943-1818; www.foleyrailroadmuseum.com) is located in the Old L&N Railroad Depot and houses Foley’s archives. The first depot was built in 1905 when John B. Foley of Chicago used some of his own money to bring the railroad to the southern part of Baldwin County. This first depot burned and a second station took its place in 1908. The museum contains reminders of the days when Foley was a thriving agricultural center and the railroad played a major role in its prosperity. It’s open Mondays through Fridays from 10 a.m. to 4 p.m.

Step inside the railroad museum where Families will enjoy the “O” gauge model train exhibit with one-fourth mile of track. The layout represents the 1950s era, when the rail lines were in the transition of being run by steam to running on diesel fuel.

There is a Main Street USA, complete with a fire station, car wash, church, bus station and a city park with an “N” gauge train that carries children around the park. You will see a farm, a sawmill and a coal company on one end of the layout and an oil refinery on the opposite end. Also, “Thunder Road,” an old Robert Mitchum movie, is playing at the Hub Drive-In.

After touring the train museum, stop to smell the roses, literally. Take a leisurely stroll along the Wilbourne Antique Rose Trail and camellia path that begins just outside the train depot. The paved public walking trail winds through



ALABAMA TOURISM DEPARTMENT PHOTO

The Foley Alabama Railroad Museum.

the heart of downtown Foley following the path of the old railroad line. You’ll enjoy the beauty and fragrance of the roses along the 1-mile trail. Enjoy the camellias in Heritage Park and continue north across Violet Avenue where the rose trail begins.

The Holmes Medical Museum (111 W. Laurel Ave.; (251) 943-1818; www.visitfoley.org) served as Baldwin County’s first hospital from 1936-1958 and remains mostly unchanged since it was in operation. On display are many original medical artifacts including surgical instruments, operating room machinery and a human skeleton. It’s said that some of the former patients are still around keeping watch. Visitors have told stories of seeing ghosts.

Downtown Foley is also home to two art galleries and studios. Jan’s Art Studio (115 W. Laurel; (251) 971-3836) sells arts and crafts by local artists and also offers art supplies and art classes. The local crafts make great gifts and souvenirs. Across the street from Jan’s is the non-profit art center and gallery, the Foley Performing Arts Center (116 W. Laurel Ave.; (251) 943-4381; www.foleyartcenter.com).

As you shop, you just might discover your hidden gem. Displays in the large gallery include paintings, mixed media, pottery, jewelry, clothing and many other crafts. The center also offers art classes.

Visit Elberta

Just 10 minutes and 5.8 miles from downtown Foley on Hwy. 98 awaits the community of Elberta, founded by farmers from Germany in the early 1900s.

Experience German heritage every October in Elberta when you can sample locally made sausage, dance, listen to music and be entertained at the Original German Sausage Festival. For more on the festival, visit www.elberta-fire.com.

The Baldwin County Heritage Museum (25521 US Hwy. 98 E.; (251) 986-8375; www.baldwincountyheritagemuseum.com) offers a place for visitors to reconnect with the early history of Baldwin County. The museum has created a home for historically significant buildings, tractors, farming materials, documents and artifacts.

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

JULY 1 – A beginner genealogy basics course will be held at Troy University Continuing Education Center in Adams Hall. This course explains the fundamentals of researching one’s ancestry. People will be guided through the process of collecting Family records and information, then working backward. Both printed and on-line sources will be explored. People will learn to document the sources consulted, record the information and organize the research in an orderly manner. Classes will meet from 6-8 p.m. Cost is \$55 per person. To register, call 983-0005.

JUNE 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.

ONGOING –The American Legion Post 12 holds their monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on

Taylor Road. For more information, call 400-5356.

ONGOING — Ballroom dancing lessons will be offered every Tuesday night at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

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 aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

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

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

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

ENTERPRISE

NOW THROUGH 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.

JUNE 29 — The Enterprise Marauder

Run at Bamajam Farms is a 4-mile obstacle course run with 25 obstacles. The course is difficult involving running, climbing, jumping, crawling and swimming, all of which include mud. Live music follows event. Registration is \$90 prior to the run and \$100 the day of the run. For more information, visit www.marauderrun.com.

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 every 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 – The New Brockton DAV Chapter 99 offers college scholarships of \$500 to applicants that are children of a U.S. military veteran who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department

Tuesdays and Wednesdays from 10 a.m. to noon.

OZARK

ONGOING — The Ann Rudd Art Center is offering free art lessons for children ages 5 and over. 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.

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

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

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Please call 334-774-2042 for more information.

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.

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

TROY

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

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

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

Beyond Briefs

Friday Fest

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

Watermelon Festival

The 65th annual Watermelon Days Festival in Albany, Ga. will be held today through July 4. Different events at different locations in the city will be held, including: photography exhibitions, a Watermelon 5K Run and Fun Run, a Watermelon Queen Pageant, puppet shows, watermelon taste testing, watermelon decorating contests, a health fair, a fishing rodeo, horseshoe tournaments, train rides, dog shows, live entertainment, parades, antique car and tractor shows, arts and crafts, a watermelon eating

contest, and chunking contest, a seed spitting contest and more. For more information, visit <http://albanygacalendar.com>.

4th of July Spectacular

Panama City Beach will celebrate the Fourth of July at Pier Park. Families can enjoy a day filled with live entertainment, children’s activities, food and drinks as well as a fireworks display. For more information, visit www.visitpanamacitybeach.com/things-to-do/events.

Obama: *Investment in veterans produces tomorrow's leaders*

American Forces Press Service
Press Release

WASHINGTON — The promise of a better tomorrow made to U.S. military veterans of World War II seven decades ago with the signing of the original GI Bill is the same promise the nation is keeping with its newest veterans and their families through the Post-9/11 GI Bill, President Barack Obama said in an opinion piece published June 20 on the website of the Military Times.

And such investment in today's military veterans will produce the leaders America needs tomorrow, the president observed in his op-ed.

The president also proclaimed June 22 as the 70th Anniversary of the GI Bill of Rights.

The text of the president's op-ed follows.

"You pick the school, and we'll help pick up the bill.

"That's the basic promise America made to our veterans of World War II seventy years ago with the signing of the original GI Bill. It's the same promise we're keeping with our newest veterans and their families through the Post-9/11 GI Bill. Now as then, investing in the education and skills of our veterans is one of the smartest investments we can make in America.

"For some eight million World War II veterans, the original GI Bill meant the chance

to realize a college education, get on-the-job training or buy their first home. They became teachers and small business owners, doctors and nurses, engineers and scientists. One of them was my grandfather. A soldier in Patton's Army, he came home, went to college on the GI Bill and raised his family. In his later years he helped raise me, too.

"The GI Bill also transformed America. With the careers it sparked, the homes it helped our veterans buy, and the prosperity it generated, it paid for itself several times over and helped lay the foundation for the largest middle class in history.

"Like generations before them, our men and women in uniform today deserve the chance to live the American Dream they helped to defend. That's why, under the Post-9/11 GI Bill, we've already helped more than one million veterans and family members pursue their education.

"Now, with our troops coming home from Afghanistan and a new generation of veterans returning to civilian life, even more will be eligible for this opportunity in the years to come. As Commander in Chief, I want everyone who is eligible to know what the Post-9/11 GI Bill can do for them. A good place to start is benefits.va.gov/gibill/, which has important information on the benefits available, including assistance to help pay for tuition, housing and books, and how to transfer benefits to a family member.

"As veterans and their families think

about which school is right for them, it's worth considering several factors.

"Does the school adhere to our Principles of Excellence? We created these standards to protect our veterans from dishonest recruiting and predatory practices. For example, does the school provide students with a clear statement of all costs? Does it provide students with a point of contact for financial advice? Does it provide a clear educational plan, so you get what you pay for? So far about 6,000 colleges and universities have signed on to our principles and pledged to do right by our veterans and their families.

"Does the school foster an environment that supports veterans? Under the "8 Keys to Success" we unveiled last year, there are specific steps colleges and universities can take to truly welcome and encourage veterans on campus. For example, is there a culture of inclusiveness that invests in veterans' academic success? Is there a centralized place on campus that coordinates services for veterans? Are faculty and staff trained to understand the unique needs of veterans and how to best serve them? So far nearly 400 colleges and universities have joined this effort to help our veterans complete their education and get their degree.

"Even with the Post-9/11 GI Bill, will you still need student loans? The high cost of college is leaving too many students, including veterans, in debt. That's why, even as we work to make college more afford-

able, we're doing more to protect students from crushing debt. We're making it easier to automatically reduce the interest rates our service members and veterans pay on their student loans. Congress can also do its part by passing legislation that would allow veteran attending a state college or university to pay in-state tuition, regardless of their residency.

"Finally, when you go looking for that civilian job, are you taking advantage of the latest resources? Our improved transition assistance program helps our newest veterans and their spouses plan their new careers. We're making it easier for veterans to transfer their military training to the licenses and credentials needed for civilian jobs. We're matching veterans looking for jobs with companies looking to hire veterans and military spouses through our Veterans Employment Center, online at ebenefits.va.gov. Every company in America needs to know -- if you want someone who will get the job done, hire a veteran.

"The original GI Bill helped produce a generation of leaders, including three presidents, three Supreme Court Justices, more than a dozen Nobel laureates, and two dozen Pulitzer Prize winners. Once again, the investments we make in our newest veterans today will produce the leaders America needs tomorrow. On this 70th anniversary, we pledge to uphold that promise once more and keep our veterans and our country strong for decades to come."

USARPAC honors Battle of Saipan veterans

By Staff Sgt.
Kyle Richardson
U.S. Army Pacific

SAIPAN, Northern Mariana Island — Current service members, World War II veterans and community leaders honored the 70th anniversary of the Battle of Saipan by attending a parade and a wreath-laying commemoration ceremony held at American Memorial Park in Saipan June 15.

Nearly 400 people attended the parade and ceremony where six of the last few surviving U.S. and Japanese veterans gave speeches about their experiences 70 years ago.

With the liberation of Saipan from Japan, the U.S. commonwealth territory became a strategic stronghold for American forces in the Pacific region. The newly liberated country helped to strengthen the American defenses and Saipan's location proved to be vital to America's offensive campaign during WWII.

Howard Johnson, who started his military career with the Merchant Marines before transferring into the Army, said he landed on the beaches of Saipan around 8 a.m. June 15, 1944. He described the scene on the beach as utter chaos and his only thought was to survive.

"There was no time to think about what I've gotten myself into," said Johnson, now 96-years old. "Back then, we didn't think twice about what we did. There were a handful of us that were drafted, but most of us were volunteers. There was a word we used back then, and it was called patriotism. We loved America, so we wanted to defend and support it so we could stay



PHOTOS BY STAFF SGT. KYLE RICHARDSON

World War II veterans Howard Johnson and Raymond Russell Kelly hold a conversation at the end of a parade honoring the WWII veterans as a part of the 70th anniversary of the Battle of Saipan June 15.

a free nation. I was always proud to be a part of that. Nobody enjoys war, but we felt that we had the obligation to defend our nation. All the American men and women tried to do that during World War II."

The commemoration ceremony for the Battle of Saipan is held every 10 years, however, Vicente Camacho, director of Veteran Affairs in Saipan said this will possibly be the last ceremony held based on the age and condition of the surviving veterans.

"As Soldiers, as public servants, we should remember where we come from," said Camacho. "As a 24-

year Army veteran, I was brought up, if you don't live through it, you don't feel it. We only see photos and video clips from back then, we weren't there, but it's our duty to remember and honor their sacrifices for our nation."

The ceremony holds a significance in the lives of the surviving veterans. Most of the surviving WWII veterans were in their teens when they arrived at Saipan. This is Johnson's first trip back in

67 years, while Yoshio Ideguchi, an 88-year-old former Japanese sailor from Nasushiobara-Tochigi Prefecture, Japan, has made 30 trips to pay homage to the 36,000 fallen U.S. and Japanese warriors.

While the 70th anniversary may mark the last official ceremony, Camacho said that the veterans' sacrifices and memories will continue to live through the peace and strengthening relationship fostered between the U.S. and Japan.



Howard Johnson, a 96-year-old World War II veteran, walks through the American Memorial Park Museum before a parade honoring the 70th anniversary of the Battle of Saipan June 15.

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Pick-of-the-litter

Meet Dusty, a 9-week old, male orange and white tabby kitten. He is very curious. 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 <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.



COURTESY PHOTO

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. 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



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JUNE 26, 2014

TRIATHLON

Fort Rucker event tests 'Army strong'

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker held its annual Army Strong Triathlon Saturday on West Beach at Lake Tholocco where competitors swam, biked and ran to show their prowess as triathletes.

The course took participants through the lake, starting with a quarter-mile swim, after which they headed into a 10.6-mile bike ride, culminating with a 3.1-mile run, and people were able to compete as individuals or in teams of up to three.

Winners for the competition include: Jeanne Davis, female overall winner with a time of 1:00:31; Michelle Harrison, female master winner with a time of 1:19:01; Nina Korges, female grandmaster winner with a time of 1:21:13; David Shearon, male overall winner with a time of 55:20; Chris Neudeckes, male master winner with a time of 59:15; and TJ Devlieger, male grandmaster winner with a time of 59:50.

The overall team win went to 2nd Lt. Justine Emge, D Company, 1st Battalion, 145th Aviation Regiment, and Staff Sgt. David Seymour, NCO Academy, with a total time of 51:51.

Many of the competitors took part in the competition, but for Emge, races like the Army Strong Triathlon are all about competition and camaraderie.

"I just like to set a goal for myself, like a daily goal and a long-term goal, and then reach those goals, and these races do that for me," she said. "It's also nice to see people of all different levels of fitness go out and compete in a triathlon.



PHOTOS BY NATHAN PFAU

Swimmers at the beginning of a quarter-mile swim at Lake Tholocco's West Beach start the 2014 Army Strong Triathlon Saturday.

"When they do that, they're become a triathlete," she continued. "It doesn't matter if you finish first, if you're last, if you have the worst race or the best race of your life – you're a triathlete."

Trying and following through is what being a triathlete is all about, she said.

Emge took part in the competition in the swim and bike portion, and as an avid swimmer, she was able to complete the swim portion of the competition faster than any other competitor.

Swimming from an early age, Emge said she feels she was born in the water and the sport comes naturally to her, so when she gets in the zone during a competition, the rest of the world fades away.

"I grew up swimming, so I'm

very comfortable in the water, so that helps. It's nice to chase people in a race, but it's also nice to come out first," she said. "When you race, you kind of get tunnel vision, so you don't really pay too much attention to things around you and you just focus."

Triathlons can also serve to be very therapeutic, said Emge, who has been competing in triathlons since she was 9 years old, and this is something that helps her reduce stress, especially with the rigors of flight school.

She encourages anyone who is interested in competing in the competitions to do so, and reminds people that the key is to follow through and practice.

"That's the hardest part – going out and working out – but it can



Bikers round the corner after the swim portion of the 2014 Army Strong Triathlon on West Beach at Lake Tholocco Saturday.

be done by taking baby steps," she said. "It doesn't matter if you're a pro athlete or just starting out, the hardest part is just getting going.

It's like flying a helicopter – you can't get nervous, you just need to go out there and do what you've been trained to do."



PHOTO BY SARA E. MARTIN

Second Lt. Justine Emge, D Co., 1-145th Avn. Rgt., poses in front of an Apache helicopter June 18. Emge represented the Army May 31 during the Armed Forces Triathlon Championship at Naval Base Ventura County, Point Mugu, Calif.

ABOVE THE BEST

Aviator flourishes on All-Army Triathlon Team

By Sara E. Martin
Army Flier Staff Writer

The day was hot and the bay water was cold, but that didn't stop a Fort Rucker flight school student from achieving what many Soldiers only dream of.

Second Lt. Justine Emge, D Company, 1st Battalion, 145th Aviation Regiment, represented the Army May 31 at Naval Base Ventura County, Point Mugu, Calif., as she competed in the Armed Forces Triathlon Championship for the All-Army Triathlon Team.

And the young Aviator, who will soon begin flying Apaches out of Hanchey Army Heliport, said it was a long, hard road that led her there.

"I wanted to be on the team for many, many years because it was and still is my dream to represent my branch in the sport that I love," she said.

To be considered, Emge had to compile a resume of her certified triathlon accomplishments throughout her career, as

well as her swimming résumé, which USA Triathlon verified.

In March, she found out she was selected for the team, but her training largely stayed the same. The only difference was added stress to do well while representing the Army and the added excitement of being labeled one of the Army's top athletes.

There were 20 females that competed and 32 male competitors. This triathlon is an Olympic distance triathlon, so the swim was 1,500 meters, the bike portion was 40k and competitors finished with a grueling 10k run.

Emge, who hails from 1-135th Attack Reconnaissance Battalion, Whiteman Air Force Base, Mo., National Guard, is very proud of her two hours and 12 minutes finishing time. She placed fourth overall for females.

"I was the fastest female in the Army, and I was the first female out of the water in the race, as a whole. Take that Navy," she joked. "I think the best part for me was being able to compete while I was in flight school. It was great being able to represent the Army and now being able to represent



COURTESY PHOTO

Second Lt. Justine Emge emerges from the water May 31 during the Armed Forces Triathlon Championship.

the All-Army Triathlon team here locally for those interested in the sport."

Emge hosted a triathlon transition clinic with the Fort Rucker Red, White and Blue chapter before the Fort Rucker Triathlon, which was held Saturday, to help spread her knowledge onto beginners getting into the sport. Emge also participated on a team during the race, which came in first place in a record-breaking time.

This was the first year she was eligible to compete on the All-Army team, and said it was awesome being surrounded by other Soldiers who shared her two major passions – the Army and triathlons.

"I got my triathlon uniform the day before the race, and when they handed it to me a huge surge of pride went through me. I sent pictures to everyone in my family," she said, smiling at the memory. "It was such a big moment for me because all my hard work had finally paid off."

Emge said she learned a lot from the competition and her fellow All-Army teammates.

"They were all great athletes, but they had so much more that they brought to the table – such as their experiences in the military, with their Families, and how they dealt not only with triathlon training but balancing Army training and life," she said.

"It was really awesome being able to talk to all of them because they all came from different backgrounds," she continued. "There were eight men and five females on the team. Out of them, four of us were Aviation officers and there was one flight surgeon. The five of us really had a good time sharing stories."

One of the hardest things about the race itself, Emge said, was the inability to draft off of a male competitor inches in front of her.

"Drafting is legal in this triathlon – meaning bikers can use the momentum of the biker



COURTESY PHOTO

Second Lt. Justine Emge races on her bike May 31 during the Armed Forces Triathlon Championship.

in front of them to make it easier of a ride for themselves," she said. "But since I was a minute ahead of the next female, I had no one to draft off of because we are only allowed to draft off of the same gender. And during the entire length of the bike portion there was a male Marine just in front of me, taunting me."

Even though she wasn't allowed to draft off of the Marine, she still gained another minute on the other females that were behind her. She did not fall under first place until she reached Mile 3 on the run.

"Even though I was passed by three females by the end of the race, I did really well and I loved representing my branch," she said.

Emge began competing in triathlons in high school, and was attracted to the sport because it is incredibly challenging, saying it pushes her mentally and physically, but that it is the perfect equalizer.

She continued by saying that continuing the sport while a flight school student has provided her a way to decompress after a hard day.

"I will bring 5-and-9s (chapter study cards) and study while I am biking. Or sometimes I will run with an instructor pilot, and they will ask me questions to keep me sharp and my mind off of how far I have to run," she said. "To give up doing triathlons while I am in flight school would have been more detrimental for me."

Emge has her sights on representing America in the Conseil International du Sport Militaire, which is the military world summer games competition. If she places high enough in the Armed Forces Triathlon Championship next year she can be chosen to represent the entire U.S. forces in South Korea next summer.

Down Time



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

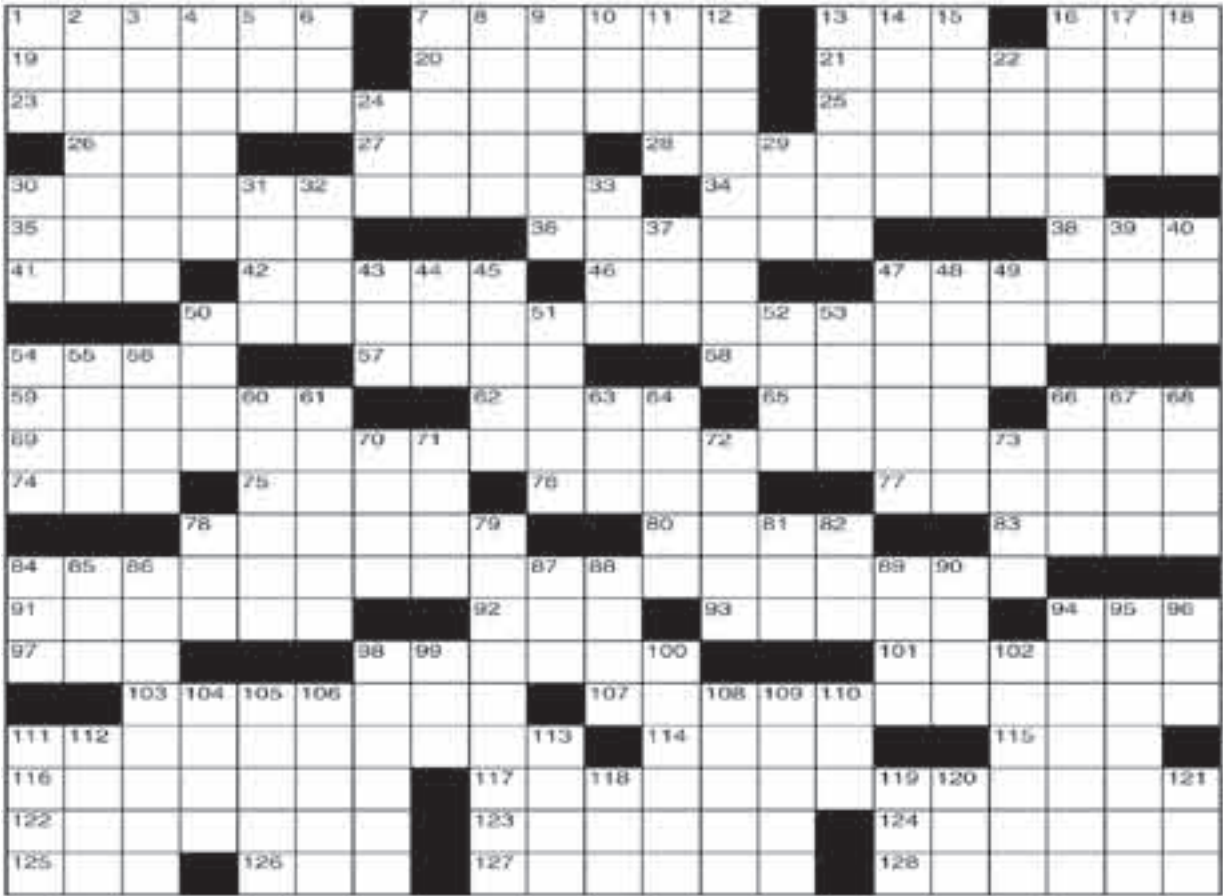
1. GEOGRAPHY: What kind of creatures were the Canary Islands named for?
2. FAMOUS QUOTATIONS: Who once said, "There's no trick to being a humorist when you have the whole government working for you"?
3. MOVIES: In which movie was the following line uttered, and by which character? "Fat, drunk and stupid is no way to go through life, son."
4. ANATOMY: What human gland produces growth hormones?
5. MUSIC: In musical notation, what does the direction "mezzo" mean?
6. GENERAL KNOWLEDGE: Of the seven deadly sins, the biggest one is missing from this list — avarice, envy, gluttony, lust, sloth and wrath. What is it?
7. ENTERTAINERS: What was comedian Jackie Gleason's famous parting line?
8. LANGUAGE: How would you describe someone who is "garrulous"?
9. TELEVISION: The show "Twin Peaks" was set in which U.S. state?
10. TRANSPORTATION: Where might you ride a "vaporetto"?

See Page D4 for this week's answers.

Super Crossword

INDEPENDENCE DAY

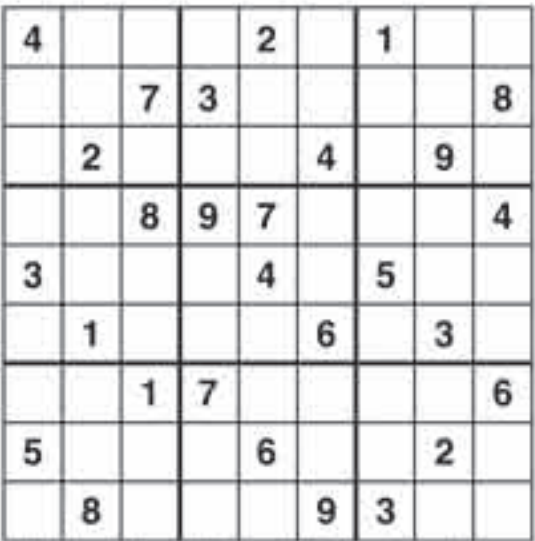
- ACROSS**
- 1 Bothers persistently
7 Novel events
13 Ending of ordinals
16 Cleopatra's snake
19 Underscore
20 Webcam from Apple
21 Shrunken Asian lake
23 "Old Uncle Ned" songwriter [1826]
25 Allergies may congest them
26 — mode (with ice cream)
27 — Reader (eclectic bimonthly)
28 One of a White House pair (1998)
30 "Ain't No Sunshine" singer [1938]
34 Counts up
35 Liqueur flavors
36 Lean and muscular
38 Have dinner
41 Long-eared equine
- 42 Second-string squad
46 Cal's place
47 Extol
50 Baseball owner called "The Boss" [1930]
54 Filmmaker Kazan
57 Stick through
58 Former Toyota
59 Mussolini of Italy
62 Sand bits
65 "What — thinking?"
66 Epoch
69 Hit film whose title describes eight celebrities in this puzzle
74 ND-to-LA dir.
75 Sailor's cry
76 Certain
77 More handy
78 Plummer of "Pygmalion"
80 — about
83 Krone owner
84 "Twice-Told Tales" author [1804]
91 Running late
92 Wee bit
93 Playground retort
94 Post-A trio
- 97 Grand — wine
98 Early toumey match
101 "Lord Jim" actor Peter
103 Certain shoe mender
107 "Sing Along" leader [1911]
111 Tennis star with 21 Grand Slam doubles titles [1962]
114 See 40-Down
115 Lupino of films
116 Racy reading
117 Big name in TV talk [1943]
122 Center or tackle
123 New York city or tribe
124 Out of bed
125 Young boy
126 Former jet to JFK
127 One gazing
128 — alla Scala (opera house)
- DOWN**
- 1 Twisty shape
2 Acquires
3 Lattice-work frame
4 Little flower leaves
5 Volcanic stuff
6 Lao —
7 20%
8 "The Wizard of Oz" — because —
9 Stair parts
10 Mil. rank
11 Those ones
12 Like a good war plan
13 Hands down
14 — and error
15 Ho Chi Minh's capital
16 Hit man
17 Appear
18 "Qué —?"
22 Oil, for short
24 Big devotee
29 Decree
30 Ewe's bleat
31 "Can't — friends?"
32 Analogy words
33 Fine sand in a riverbed
37 Formerly known as
39 Consane
40 With 114-Across, paid by the day
43 Work unit
44 Of yore
45 Join together
47 Big house
48 Port in Brazil
49 Santa — wind
50 Acquisition
51 Olden toilers
52 Pond critter
53 Humdrum
54 Drops off
55 Many August babies
56 Memo start
60 Unanimously
61 Readily available
63 Debtor's note
64 Scott of legal novels
66 Magical glow
67 Isolated valley
68 Charlotte Brontë's "Jane —"
70 Singer Basil or Bradon
71 Jekyll and —
72 Designer Oscar de la —
73 Green stone
78 Yellowfin tuna, on menus
79 Inseparable friends
81 Bit of resistance
82 Get sour
84 "30 Rock" network
85 Ireland's —
86 Longtime senator Strom
87 TV's Linden
88 Take — view of (brown on)
89 Motel unit
90 "It wasn't my fault!"
94 Most brazen
95 Less cloudy
96 Anhalt article
98 Readily bent
99 Give gas to
100 Where trapezists connect
102 Newton-John of song
104 Uruguay's Punta del —
105 Gap-filling wedges
106 Some whales
108 Squiggle over an "n"
109 Sauna wood
110 Doc network
111 — -mell (disorderly)
112 Tenor solo
113 Lease topic
118 "The Crying Game" star
119 Disloyal type
120 Great anger
121 "That's — -brainer"



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER



Post-retirement weight gain – fact or fiction?

By Claudia Drum
U.S. Army Public Health Command

Do Army retirees maintain healthier weights when compared to civilian retirees?

About half of the Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index that classified them as obese. Obesity rates for these retirees are significantly higher than the general population of the same age.

In addition, the rate of obesity among these Army retirees is twice as high when compared to active-duty Soldiers.

BMI is a calculation of weight in relationship to height. Although it doesn't measure body fat directly, it is a fairly reliable indicator of body fatness for most people. A BMI greater than 30 is classified as obese and can lead to serious weight-related health problems such as heart disease, stroke, diabetes, cancer and high blood pressure. Obesity can contribute to difficulty sleeping, breathing problems, decreased mobility, joint pain and even depression – all affecting your quality of life.

U.S. Army Public Health Command data estimates that Army retirees may experience an average weight gain of four pounds during their first year of retirement. If this trend continues over the years, it may result in significant weight gain.

In addition to BMI, your waist circumference may provide a better predictor of disease risk.

A high waist circumference (greater than 40 inches for males and greater than 35 inches for females) or too much abdominal fat is one of five medical conditions that comprise “metabolic syndrome.”

This diagnosis, also known as Syndrome X, affects about 34 percent of the U.S. adult population, and increases the risk of cardiovascular disease, heart failure and diabetes. It is a disorder diagnosed by a co-occurrence of three out of the five following medical conditions: excess abdominal fat, high blood pressure, high blood sugar, high triglycerides and low high-density lip-



ARMY PHOTO

About half of the Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index that classified them as obese.

id levels. The likelihood of developing this syndrome increases with age.

What causes post-retirement weight gain?

“It is most likely attributed to a combination of factors, such as a decrease in physical activity or not adjusting caloric intake once you leave the military,” said Lt. Col. Sandra Keelin, a registered dietitian at the U.S. Army Public Health Command.

Could it also be the fact that Uncle Sam isn't keeping tabs on you, and testing your weight and physical fitness every six months? Your career progression no longer depends upon your weight or level of fitness. In addition, as you age, your body composition gradually changes as the proportion of muscle tissue decreases and fat

tissue increases. This shift slows down your metabolism, making it easier to gain weight.

Combine these two factors – less physical activity and a slower metabolism – with poor eating habits and you create the perfect storm for promoting post-retirement weight gain.

You can prevent unwanted weight gain by committing to the development and maintenance of healthy lifestyle habits. A good place to start is the Army's Performance Triad, which focuses on three components of health: sleep, activity and nutrition.

The Performance Triad is all about getting back to the basics. Getting plenty of rest, adequate exercise and proper nutrition will help you live your life to the fullest.

Take steps today to improve your health to get the most out of your retirement years.

To find out more about the Performance Triad visit <http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>.

For more information on calculating your BMI, visit the National Institute of Health: <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>.

To measure your waist circumference, use a tape measure. Start at the top of the hip bone, and then bring it all the way around, level with your navel (belly-button). Make sure it's not too tight and that it is parallel with the floor. Don't hold your breath while measuring.

National Men's Health Month – ‘eat your fruits, vegetables’

By Hannah M. O'Steen
Lyster Army Health Clinic
Registered Dietetic Technician

June is National Men's Health Month. What do vegetables and fruits have to do with men's health? Did you know that people who eat generous amounts of fruits and vegetables are likely to have a lower risk of chronic diseases?

“Eat your fruits and vegetables” is a statement you have likely heard many times throughout your life. Fruits and vegetables may reduce your risk of cancer and other chronic diseases. They also provide vitamins, minerals and fiber that are good for your health, while being naturally low in fat and calories.

How many fruits and vegetables should you eat? Five fruits and vegetables should be eaten daily as part of a well-balanced diet.

Fruits and vegetables also play a large role in weight control. When someone is advised to eat fewer calories they automatically

Springtime cereal

Makes 2 servings

Ingredients

- ¾ cup wheat and barley nugget cereal
- ¼ cup 100-percent bran cereal
- 2 teaspoons toasted sunflower seeds
- 2 teaspoons toasted almonds, sliced
- 1 tablespoon raisins
- ½ cup bananas, sliced
- 1 cup strawberries, sliced
- 1 cup raspberry or strawberry flavored low-fat yogurt

Directions

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls.

Scatter the remaining strawberries over the top and enjoy.

Nutrition Information Per Serving

Calories: 352; Fat: 6g; Saturated fat: 1g; Carbohydrate: 69g; Sodium: 272mg; Fiber: 8g

Recipe courtesy of the U.S. Department of Health and Human Services

assume they must eat less food. This is not always the case. You can create lower calorie meals by substituting low-calorie fruits

and vegetables in place of higher calorie ingredients. By adding fruits and vegetables to a dish you will add volume so that you

can eat the same amount of food with fewer calories.

Adding fruits and vegetables to dishes can be as simple as decreasing the amount of cheese used in your morning omelet and adding spinach, onions and mushrooms. The key to using fruits and vegetables as a weight control tool is substitution. Though it is true fruits and vegetables are lower in calories than some other foods, they still have calories. If you do not substitute and instead add fruits and vegetables to your current diet, your calorie intake will increase overall and you may begin to gain weight.

The recommended daily fiber intake is 20-35 grams. Fiber is used by the body for weight management, digestive tract regulation and health, cholesterol management, blood sugar management, and satiety. A good rule of thumb is to eat items with 1 or more grams of fiber.

Tips for making fruits and vegetables a part of your daily meal plan:

- Eat fruits and vegetables the

natural way– fat free;

- Try steaming vegetables using herbs and spices, instead of dipping in sauces;
- Fresh produce should be your primary source, but frozen and canned fruits and vegetables may be used when fresh produce is unavailable;
- Be careful to choose products that are packed in water or are low in sodium or have no sodium added;
- Beware of heavy syrups, added oils and added sauces;
- Choose whole fruits and vegetables over juices – when juice is processed the fiber from the natural form of the fruit is lost; and
- Whole fruit gives you a bigger snack size than the same fruit dried – for the same amount of calories. A small box of raisins is about 100 calories. You can eat 1 cup of grapes for the same amount of calories.

For more information on how to incorporate fruits and vegetables into your meals, call 255-7986.

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 095 - 0510

USAPHC <http://phc.amedd.army.mil/>

National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

Taken at face value?

It might not be worth much.

The Face of Indiscipline

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know the signs

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Age of Extinction - 3D
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II THINK LIKE A MAN TOO - PG13
1:00, 4:00, 7:00 & 9:50

III TRANSFORMERS - PG13
Age of Extinction - 2D
1:00, 3:00, 7:00 & 9:15

Visit armyflyer.com.

Army wins gold in sitting volleyball

By Suzanne Ovel
Army Medicine

WEST POINT, N.Y. — In an edge-of-the-seat match, the Army Green team won the gold medal in the sitting volleyball championship game June 18 during the 2014 U.S. Army Warrior Trails at the U.S. Military Academy.

The Army Green team won two out of three sets to win the overall game against the Air Force team. It was a close match throughout, with each team winning a set by only two points, and the final set going into overtime with a final score of 17-15. The Army also won the bronze medal for sitting volleyball, with the Army Black team beating the Marines team in both of their sets.

The victory in the match against the Air Force was not a given throughout most of the championship game – the Army Green team came out strong in the first set, but then lost some momentum in the second round.

"It was very tense. For a minute there we thought we lost it, but we stayed together. We kept talking to each other, moved around and pulled out the win," said Spc. James Taylor, who helped bring the Army's momentum back with a string of points from his serves. Taylor is assigned to the Warrior Transition Battalion, Fort Sam Houston, Texas.

The team stuck to Coach J.D.



PHOTO BY GLORIA MONTGOMERY

Retired Sgt. Sean Hook's power-driven spike contributes to an Army victory June 18 to take the gold during sitting volleyball finals against Air Force at the 2014 Army Warrior Trials at the U.S. Military Academy, West Point, N.Y.

Malone's execution plan for the game, which the players thought contributed to their victory.

"I think we won because we stuck to our game plan. When we weren't getting our shots in, we stayed composed and we worked

on just doing what we had to do to win," said retired Sgt. Matthew Spang, Wisconsin Rapids, Wis., one of the team's power hitters.

Taylor said winning "felt even better because it was so close. It wasn't just given to us."

"It felt great. It felt like you were on top of the world," said Spang.

Malone stressed, though, that while winning is a good accomplishment, playing in such a tight game helps his team improve fu-

ture performances.

"It's very telling when it's very close. You learn what your weaknesses and your strong points are. We'll definitely be prepared heading into Warrior Games to play at a much higher level than where we're at now," said Malone.

More than 100 wounded, ill and injured service members and veterans from across the United States congregated at West Point to train and compete in the Army Warrior Trials June 15-19.

The event is hosted by Warrior Command, and includes athletes from the Army, Marines and Air Force facing off in archery, basketball, cycling, track and field, swimming, shooting, sitting volleyball and wheelchair basketball. Participants in the trials include athletes with spinal cord injuries, traumatic brain injuries, visual impairment, serious illnesses and amputations.

Army Warrior Trials help determine which Army athletes will compete at the 2014 Warrior Games this fall in Colorado Springs, Colo.

Kari Miller, Air Force coach and a sitting volleyball Paralympics winner herself, appreciated the talent shown in the game.

"It was an awesome game. Both teams fought their butts off, and I'm proud of both of them. Looking at this now, I know that it's elevating my sport, overall," said Miller.

SPORTS BRIEFS

Batting cages open

The Fort Rucker batting cages are open Tuesdays and Thursdays from 4-8 p.m., Saturdays from 10 a.m. to 6 p.m. and Sundays from 1-5 p.m. Reservations must be made prior to using the batting cages by calling youth sports and fitness at 255-2257 or 255-2254.

Spin challenge

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

For more information, call 255-3794.

Free summer bowling

Rucker Lanes offers free bowling to youth all summer long. Each youth receives three free games of bowling and shoe rental for free – up to three youth, up to 13 years old – when at least one parent bowls with them for \$8.50. The offer is available Mondays-Fridays until Aug. 31. The offer is open to the public and exceptional-Family-member friendly.

For more information, call Rucker Lanes at 255-9503.

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-\$15 rate.

For more information, call 255-9503.

Enterprise baseball

Enterprise's semi-pro baseball is need of players. For more information on the team, call 347-4275 or 464-1729.

4th of July Flag Tournament

Silver Wings Golf Course will host its 4th of July Flag Tournament from 7-9 a.m. July 4. There will be a \$5 entry fee, plus greens and cart fees, if applicable. People can sign up until tee time. Players must have a valid handicap to play.

For more information, call 598-2449.

Youth Xtreme Fitness

Fort Rucker Youth Sports will host its Youth

Extreme Fitness program July 10 through Aug. 14, Thursdays from 6-7 p.m. at the Youth Sports Football Fields Complex, Bldg. 8923. Workouts include: low crawling, tire flipping, pulling rope, running, lawn mower pushing and sled pushing. This program is designed to be challenging and rewarding, but parents should keep in mind that this program is intended to push children beyond their normal comfort zones, both mentally and physically. The program is open to youth ages 8-18. There is no deadline to register, and people can sign up now at parent central services. To take part, youth must have a current sports physical and a valid Fort Rucker Child, Youth and School Service membership.

For more information, call youth sports at 255-2257 or parent central services at 255-9638.

PGA Sports Academy

Silver Wings Golf Course will host a juniors PGA Sports Academy July 22-25. Session I, for ages 5-9, is from 8-9:30 a.m.; and Session II, for ages 10-13, is 10-11:30 a.m. Cost is \$50 per junior. The academy is taught by PGA Professionals and is designed to provide children with the foundation to

enjoy golf, either socially or competitively, for life.

For more information, call 598-2449 or 598-1632.

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.

Silver Wings Post Championship

Silver Wings Golf Course will host its post championship July 26 from 7-9 a.m. It will cost \$5 for entry, plus green and cart fees, if applicable. People must sign up by July 24 to play.

For more information, including who is eligible to play, call 598-2449.

PUZZLE ANSWERS

Super Crossword

Answers

E	A	T	S	A	T		F	I	R	S	T	S		E	T	H		A	S	P					
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TRIVIA

Answers

1. Fierce native dogs (Canaria)
2. Will Rogers
3. "Animal House" (Dean Wormer)
4. Pituitary
5. Middle or moderate
6. Pride
7. "And away we go ..."
8. Talkative or chatty
9. Washington
10. Venice, Italy. A vaporetto is a motorboat used for transport in the canals.

Weekly SUDOKU

Answer

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

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