

**VOLUNTEERS**  
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volunteers of the month

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# ARMY FLYER

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

VOL. 63 ■ NO. 24

FORT RUCKER ★ ALABAMA

JUNE 20, 2013

## 1st Avn. Bde. changes command

By Sgt. 1st Class Andrew Kosterman  
*B Company, 1st Battalion,  
145th Aviation Regiment*

A centuries-old tradition was carried out on Howze Field in a change of command ceremony for the 1st Aviation Brigade Friday.

Col. Brian D. Bennett relinquished command to Col. Shawn Prickett under an overcast sky with Maj. Gen. Kevin W. Mangum, commanding general of the U.S. Army Aviation Center of Excellence, serving as the reviewing officer.

In his remarks, Mangum lauded Bennett's performance as commander of the Golden Hawks brigade.

"Today, unfortunately we must bid farewell to a great Soldier, warrior, leader, coach and commander who served as the standard bearer for the past two years, leading by his very quiet and competent example," said Mangum. "(Bennett) made significant and lasting changes to our programs, ensuring we reap maximum benefit from every training dollar we spend. His body of work resulted in well-trained well-prepared Soldiers."

Bennett thanked members of his former unit for their dedication and service.

"For two years it's been a privilege to walk among this stalwart group of leaders and mentors

charged with forming the next generation of Aviation Soldiers," said Bennett. "Every day has been a reminder that leadership and leaders matter."

Bennett will move on to serve as the chief of staff for Combined Security Transition Command – Afghanistan in Kabul, Afghanistan.

Prickett said he is "honored, humbled and proud to take charge" of the brigade. He added that as a result of Bennett's service, there's "little room for improvement."

Prickett, a Morgantown, W. Va. native, is a United States Military Academy graduate. He was commissioned as an Aviation officer in 1991. Prickett is a Senior Army Aviator who has served in numerous assignments, including duties at Fort Polk, La., and Fort Hood, Texas, and assignments with special operations in South Korea. Most recently, he served as the director of training and doctrine at the USAACE.

The 1st Aviation Brigade is responsible for managing commissioned and warrant officers in flight and unmanned aircraft system training, and providing administration and logistics support for Soldiers in training. The unit's storied history stems from conflict in Vietnam and in the Persian Gulf. One of the unit's three battalions is located at Fort Huachuca, Ariz., and the other two are at Fort Rucker.



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Col. Shawn Prickett accepts the 1st Aviation Brigade colors from Maj. Gen. Kevin W. Mangum, USAACE commanding general, during the unit's change of command ceremony Friday at Howze Field.

## Intersection

### *5th Avenue renamed in honor of legendary Aviator*

By Sgt. 1st Class Andrew Kosterman  
*B Company, 1st Battalion,  
145th Aviation Regiment*

It was a friendship of Aviation warriors that spanned for more than four decades and is now linked on the ground where Army Aviation began.

A street dedication ceremony was held Tuesday morning at the post headquarters' regimental conference room to officially rename 5th Avenue to Ruf Avenue in honor of CW4 William "Willie" L. Ruf. Ruf Avenue intersects with Novosel Street, which is named in honor of Medal of Honor recipient CW4 Michael J. Novosel.

"He and his best friend, Mike Novosel, were inseparable," said Maj. Gen. Kevin W. Mangum, commanding general of the U.S. Army Aviation Center of Excellence, during the dedication speech. "(They had) a friendship that lasted decades and one that will endure as those two streets intersect."

The intersecting streets named in



PHOTO BY ANDREW KOSTERMAN

Members of CW4 William "Willie" L. Ruf's Family unveil a street sign with Maj. Gen. Kevin W. Mangum, commanding general of the U.S. Army Aviation Center of Excellence during a dedication ceremony Tuesday at the post headquarters' regimental room.

their honor ensure the two Aviators remain together through eternity, added Mangum.

Brian Crawford, Ruf's grandson and a retired Army Aviator, said his grandfather would probably be

humbly pleased with the street renaming in his honor and that news of the dedication was a "happy

shock" for the Family. He also said the relationship of the two long-time friends was one of healthy competition.

"Behind closed doors I'm sure it's a competition of, 'well more cars drive on my road than yours,'" said Crawford.

Mangum reiterated this in his speech, saying the two old Soldiers would probably debate whose road is better.

"I'm told they were known to bicker some. I am sure they are looking down and bickering over which street is more important. The one that goes in front of the headquarters or the one that is the longest," said Mangum.

The building where Ruf instructed student pilots during his teaching years at Fort Rucker sits very near the newly-renamed Ruf Avenue. Ruf's desire to share his knowledge and passion for life is one thing his grandson remembers most fondly of him. These qualities endeared him to those who knew Ruf.

SEE AVIATOR, PAGE A5

### USAARL welcomes new commander

By Nathan Pfau  
*Army Flier Staff Writer*

The U.S. Army Aeromedical Research Laboratory welcomed a new commander and bid farewell to a familiar face during a change of command ceremony at the U.S. Army Aviation museum Friday.

Col. John A. Smyrski III, incoming commander, assumed command of USAARL from Col. Dana K Renta, outgoing commander, as the unit colors passed from Renta to Brig. Gen. Joseph Carvalho Jr., commanding general of the U.S. Army Medical Research and Materiel Command, to Smyrski.

"We are delighted to welcome (Smyrski) to the RMC team," said Carvalho during the ceremony. "With a variety of combat Aviation and medical corps assignments under your belt, as well as deployments to Haiti, Afghanistan and Iraq, I know you come fully prepared for the mission at hand."

SEE USAARL, PAGE A4

### Post celebrates Army's 238th birthday

By Nathan Pfau  
*Army Flier Staff Writer*

For 238 years, the U.S. Army has fought to protect and defend the freedom that people enjoy today, and Fort Rucker celebrates that freedom just as anyone would – with cake.

One of Fort Rucker's younger Soldiers along with one of the installation's more senior Soldiers were on hand to cut the Army birthday cake with senior leadership at The Landing Friday.

Second Lt. Nicholas A. Simpson, 1st Battalion, 185th Aviation Regiment of the Georgia National Guard, cut the cake with Chaplain (Col.) Dennis R. Newton, garrison and Aviation center chaplain, along with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major, and CW5 Michael L. Reese, chief warrant officer of the Aviation Branch.

"For 238 years, the U.S. Army has



PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum (center), U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, cuts the Army birthday cake with Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major, Chaplain (Col.) Dennis R. Newton, garrison and Aviation center chaplain and oldest Soldier on hand, 2nd Lt. Nicholas A. Simpson, 1st Battalion, 185th Aviation Regiment of the Georgia National Guard and youngest Soldier on hand, and CW5 Michael L. Reese, chief warrant officer of the Aviation Branch, for the Army's 238th birthday celebration at the Landing Friday.

SEE BIRTHDAY, PAGE A5

# PERSPECTIVE

## Preparing to weather the storm

By Art Powell  
U.S. Army Combat Readiness/Safety Center

The weather can change from day to day, and sometimes hour to hour. How Soldiers, Families and civilians live with the weather is up to them.

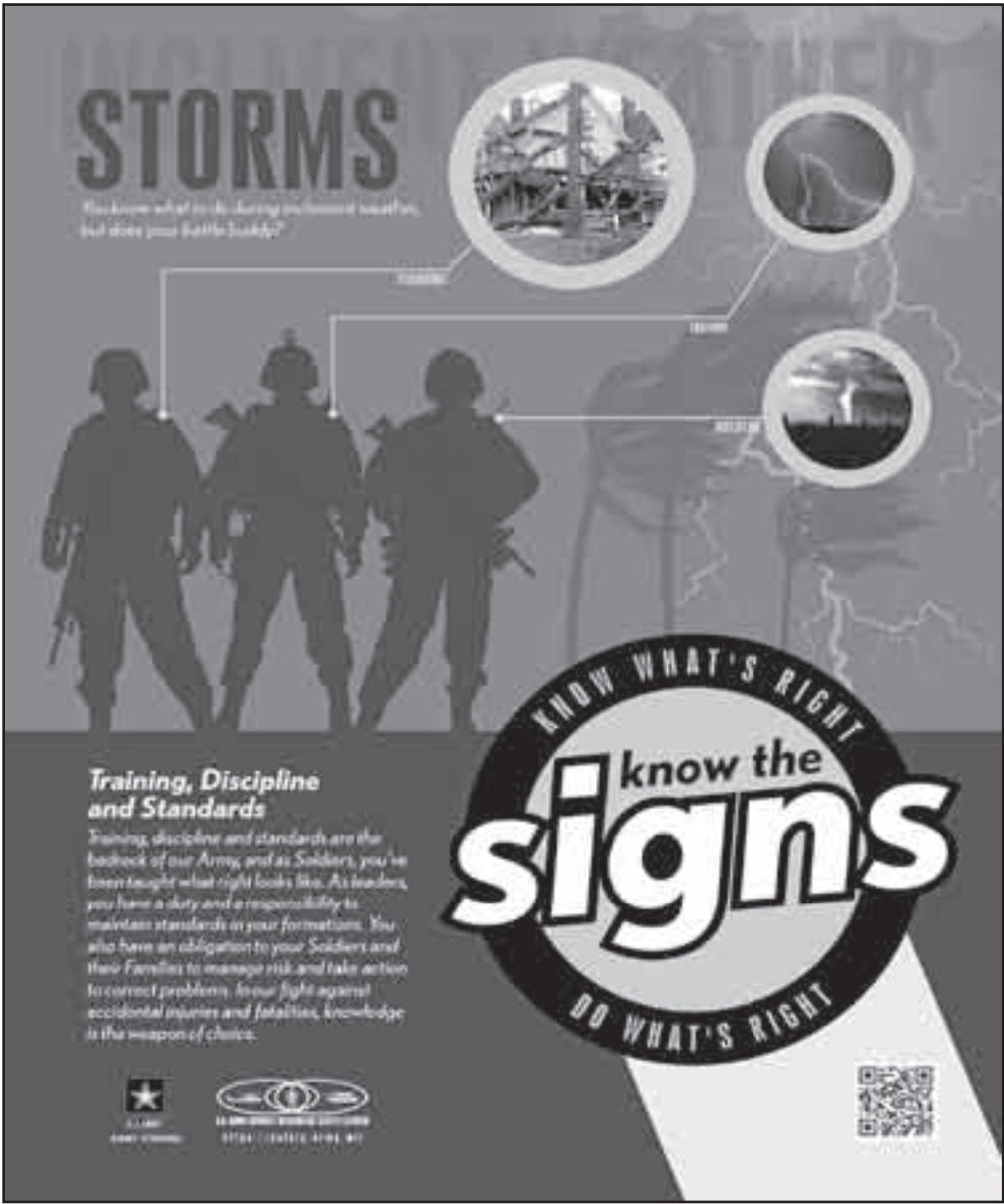
The National Weather Service reports that in 2011, 1,096 people died and 8,830 were injured from weather events in the United States. Property damage approached \$24 billion.

“An emergency can happen any place or time,” said Janet Frotescher, president and CEO of the National Safety Council. “Make sure you know the threats that can occur in your area, such as tornadoes, earthquakes, floods and hurricanes. Stay up-to-date on the weather forecast, practice drills with your family and prepare an emergency kit to keep you and your loved ones safe.”

Every state in the United States has experienced some form of severe weather, so everyone is exposed to risk. Check the forecast regularly and visit [www.ready.gov/severeweather](http://www.ready.gov/severeweather) to learn more about preparing for potentially severe conditions.

Other common sense measures include preparing a communication plan to share with your Family, and keeping important papers and valuables in a safe place.

Weather radios are an inexpensive and easy way to stay informed, even if the power goes out. Smartphone apps also connect users to sources that provide information and updates. While a wailing radio alarm or siren isn’t what you want to hear in the middle of the night, the information they provide helps keep you and your Family as safe as possible during bad weather.



ARMY GRAPHIC

## Volunteers of the Month

**Left:** Fort Rucker honored its two volunteers of the month for June at the monthly Worthwhile Information Needing Distribution meeting June 3. Col. Stuart J. McRae, Fort Rucker garrison commander, presents Paula Chapman, volunteer with the 98th Army “Silver Wings” Band, with a certificate deeming her as volunteer of the month for June. Chapman is a key member of the 98th Army Band Family Readiness Group, according to the citation. She also plans and organizes monthly luncheons, and volunteers at her children’s schools. She is an invaluable member of the band’s FRG and her selfless love and service to Army Families has personally touched every person with whom she comes in contact.

**Right:** McRae presents Eric Beat, volunteer with the Boy Scouts on post, with a certificate deeming him as volunteer of the month for June. He received the honor for exceptional service to the Fort Rucker community and the Boy Scouts of America, according to the citation. Beat serves as the Scout master, treasurer and advancements chair for Boy Scout Troop 50 on post, and a Wolf Den leader and assistant Cub master for Pack 30 in Daleville. Through Scouts, Beat teaches and mentors young boys to become productive young men in today’s communities and society. Beat was also recognized as the Creek District Scout Master of the Year for 2012. He volunteers with the main post chapel, and he is a member of the Knights of Columbus in Daleville, which conducts food drives to benefit families in need.



PHOTOS BY NANCY RASMUSSEN

# Rotor Wash

“Many stands will soon open to offer a variety of fireworks to begin celebrating our nation’s independence. What safety tips would you offer for anyone setting off fireworks?”

**2nd Lt. Aaron Benson,**  
D Co., 1st Bn.,  
145th Avn. Regt.

“Try not to catch anything else on fire.”

**CW5 Douglas Butler,**  
Flight Concepts,  
Fort Eustis, Va.

“Be safe. People lose fingers, so take precautions with fire extinguishers and supervise children.”

**WO1 Antonio Schlee,**  
B Co., 1st Bn.,  
145th Avn. Regt.

“Watch where you point them. Never point them at each other or buildings. Don’t let children play with them, because they can easily get hurt.”

**Hallie Moody,**  
Army Family member

“Make sure children don’t horseplay with them.”

**WO1 Quinn Dougherty ,**  
B Co., 1st Bn.,  
145th Avn. Regt.

“Make sure you don’t light them in a dry or wooded area.”

**COMMAND**  
**Maj. Gen. Kevin W. Mangum**  
FORT RUCKER COMMANDING GENERAL  
**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER  
**Lisa Eichhorn**  
FORT RUCKER PUBLIC AFFAIRS OFFICER  
**Jim Hughes**  
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# Commissary to close on Tuesdays

By Sara E. Martin  
*Army Flier Staff Writer*

As sequestration continues to move across America's military installations, many programs and businesses are seeing changes, one business being the commissaries that employ more than 14,000 U.S. civilians.

During the furlough period, which is July 8 through September 30, the Fort Rucker commissary will be closed both Mondays and Tuesdays, said Terry W. Ford, store director.

"Our store hours will remain the same as they are, but we will only be open five days a week (Wednesday-Sunday)," he said.

The Defense Commissary Agency has prepared a plan to minimize the impact of sequestration on its patrons and employees of its more than 240 commissaries across the globe, said Joseph H. Jeu, DeCA's di-

rector and CEO.

"As with any budget-cutting measure, DeCA is committed to doing everything possible to minimize the impact of any budget decisions on its patrons," he said. "We should be able to handle normal operating days. However, we will still be challenged on busy Saturdays and paydays."

Other than the furlough day, there are no other changes planned for store operation that will affect customer service and Ford promises that the Fort Rucker commissary will continue to serve its patrons with great product and excellent service.

"The commissary is the best benefit that will allow Soldiers and their Families to extend their finances further due to the savings they get for shopping at their local commissary, which will be a key element for many Families during the furlough period," he said.

Commissary customers can find out about changes to the store's operating schedule by going to [www.commissaries.com](http://www.commissaries.com), clicking on the "Locations" tab, then "Alphabetical Listing," finding the Fort Rucker store and clicking on "local store information."

DeCA wants to reassure the community that the health and safety of its patrons is a top priority.

"Medical food inspectors from the U.S. Army Public Health Command and U.S. Air Force Public Health work right in many of our commissaries," said the DeCA CEO. "Most of the military medical food inspectors supporting commissary in-store inspections are military personnel and are not affected by any government furloughs."

In addition to these military food inspectors, civilian food inspectors from the U.S. Depart-

ment of Agriculture's Food Safety and Inspection Service will also not be subject to furlough and are often working in commissaries, he added.

Like any retail operation, commissaries are subject to potential marketplace price and supply fluctuations. However, patrons will be able to find the same selection of products at their store whenever their store is open, continued Jeu.

"Prices will not be raised," he said. "Commissaries are required by law to sell products at cost plus the 5-percent surcharge. Because the commissary does not make a profit on the products it sells, it cannot raise prices to compensate for operating costs."

Special sales promotions and other events offered by DeCA's industry partners will also continue through sequestration.

"Patrons ... can always find out about the extra savings offered

through commissary specials, promotions and sales by clicking on the "Exclusive Savings" link on the DeCA homepage, [www.commissaries.com](http://www.commissaries.com)," said Jeu.

Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

"We are in this together," Jeu said, "and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission."

Patrons who shop their commissary regularly for all or nearly all of their grocery needs save 30 percent or more annually on their grocery bill when compared to a commercial store for the same array of products, according to DeCA.



PHOTO BY NATHAN PFAU

## Farewell

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presents Col. Douglas M. Gabram, USAACE and Fort Rucker deputy commander, the Legion of Merit award during a farewell ceremony in the regimental conference room at the Headquarters Building Friday. Gabram will go on to be the 1st Combat Aviation Brigade Division deputy commander at Fort Hood, Texas.

## News Briefs

### Changes of command

- The 1st Battalion, 14th Aviation Regiment will host its change of command ceremony June 28 at 8:30 a.m. at Howze Field. In case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum. Lt. Col. Mark C. Gillespie will assume command from Lt. Col. Bevin K. Cherot.
- The 1st Battalion, 223rd Aviation Regiment will host its change of command ceremony July 10 at 8:30 a.m. at Howze Field. In case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum. Lt. Col. Todd Marshburn will assume command from Lt. Col. Demetrios J. Nicholson.

### Troops to Teachers

The Fort Rucker Education Center hosts a Troops to Teacher Teaching as a Second Career Seminar June 27 at 9 a.m. in Bldg. 4502, Classroom 112. The one-hour seminar is free.

For more on the program and the seminar, visit [www.tttga.net](http://www.tttga.net) or call (404) 413-8199.

### Pharmacy closure

The Lyster Army Health Clinic Pharmacy will be closed July 5 in preparation for its move to the temporary facility that opens July 8. The temporary facility is located at the front of the parking lot by Andrews Avenue. Hours of operation and phone numbers for the pharmacy will remain the same.

### AAFES: Turn old phones into cash

Military shoppers who have an old cell phone or two lying around gathering dust can now trade them in for credit toward a smart phone upgrade at the Fort Rucker Exchange Mobile Center. A trade-in can result in instant credit toward the purchase of a new smart phone, accessory or even insurance for a new phone. The new program, Trade-Up and Save, is available only at Exchange Mobile Center in-store locations in the continental United States.

"This is an eco-friendly program that makes it even easier for military shoppers to buy that hot, new smart phone, upgrade early or just change their mobile look with a colorful new skin or cover," said Laura Hicks, Fort Rucker Exchange's service business manager.

Shoppers can trade in up to three handsets per transaction and the credit must be applied toward a purchase at that time. Trade-in values vary depending on model, condition, age and market factors.

### AAFES: Motorcycle safety equipment

The Fort Rucker Exchange knows that safety is no accident, and that's why it is committed to providing a wide selection of personal protective equipment that could make the difference between life and death for military motorcyclists.

"Riding with the right safety equipment is extremely important," said Donald Walter Jr., Fort Rucker Exchange's main store manager. "That's why our motorcycle safety gear consists of sturdy helmets, gloves, vests and more – all designed to increase visibility and help protect riders."

The Fort Rucker Exchange PPE, located in the main store in the sporting goods department of the Home & Garden Center, includes high-quality motorcycle gear and an assortment of reflective products. Safety gear along with skills learned in motorcycle safety training classes combine to increase survival and prevent injuries.

Motorcycle riders can browse the exchange's PPE selection in store or online at [www.shopmyexchange.com](http://www.shopmyexchange.com).

### Flight surgeon appointments

There is no longer a walk-in service for the flight surgeon of the day, said Lyster Army Health Clinic officials recently. Soldiers should now call 255-7000 for a same day appointment.

### ACAP hiring event

The Fort Rucker Army Career and Alumni Program

Center will host Chesapeake Energy for a hiring event July 9-10. Chesapeake Energy will hold an overall briefing July 9 from 3-4 p.m. in the ACAP Center, Bldg. 4502, Rm. 210. On July 10 at 8 a.m. the company will conduct interviews in the same location. People intending to apply should bring a resume for this event. This event is open to the military, veterans, retirees, and National Guard and Reserve members. Chesapeake Energy is looking to hire more than 700 employees this year. It is mainly hiring for Texas, Oklahoma, West Virginia and Pennsylvania, according to officials.

For more information on this event, visit the Fort Rucker ACAP Facebook page at <https://www.facebook.com/FortRuckerACAP?ref=hl> or call 255-3932.

### EFMP Needs Assessment

The Fort Rucker Exceptional Family Member Program conducts its needs assessment survey now through July 1. The survey is available at <http://www.ftrucker.mwr.com/acs/exceptional-family-member-program/>. Soldiers and Families may fill out the short form online or pick up a paper copy of the survey at Directorate of Family, Morale, Welfare and Recreation facilities.

For more on the survey, call 255-9277.

### Thrift shop

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

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

For more information, call 255-9595.

# Student loans bring benefits, burdens

By Nathan Pfau  
Army Flier Staff Writer

Student loans can be a big help to those in need, but if not managed correctly might do more damage than good.

Mike Kozlowki, Army Community Service accredited financial counselor, said the most obvious danger with any loan, especially student loans, is allowing a loan to default by either neglect or ignorance.

“It’s something you can’t ‘wish away’ via Chapter 7 or 13 bankruptcy filing,” he explained. “Student loans are among those debt obligations that are not exempt from any repayment, and defaulting on a loan will have negative impacts on your ability to get credit or favorable interest rates on large purchases such as homes and cars.”

According to the Federal Reserve Bank of New York, nearly \$1 trillion is currently owed on student loans and the average outstanding student loan balance per borrower is \$24,803 with more than 15 million borrowers.

“If you take into consideration [the average student loan debt], then the obvious long- and short-term impact on an individual’s personal finances is huge,” said Kozlowski. “I have personally dealt with flight school students struggling to make payment on these debt loads.”

This level of debt can cause difficulty for Families as well as Soldiers – especially if a Family is already feeling the financial pressure of necessary living expenses, car payments or credit card debt, said Kozlowski.

“Most student loan finance companies have internal collecting departments that employ tactics that border on harassment, while others refer these collection accounts to

outside firms,” he said. “In both instances, these collection entities add interest charges and expenses to the original amounts owed, making repayment next to impossible given the terms.

“[Additionally] ... debt has the potential to transform wedded bliss into marital nightmare,” he said, adding that money management is traditionally one of the most difficult topics for married couples to discuss.

If a Soldier or Family is struggling to repay a student loan, a variety of assistance options are available to them, Kozlowski said. The first option to consider, a provision of the Service member’s Civil Relief Act, can bring an interest rate down to a 6-percent floor.

The availability of other options depends on the type of loan – whether it’s a federal or private loan. For example, if a loan is eligible, the Army’s Student Loan Repayment Program can contribute up to \$65,000 toward the loan for enrolled active-duty Soldiers. Some funds are also available to the National Guard and Reserve through this program.

The William D. Fort Federal Direct Loan Program, also known as Direct Loans, is another program that “allows enrollees to consolidate their federal student loans and offers various payment plans which, in some cases, depending on the severity of economic hardship, are extremely affordable,” Kozlowski said.

Information on both of these programs is available through the ACS Financial Readiness Program, he said.

Other Soldiers choose to have loans deferred under a military deferment option. This option usually gives the borrower a three-year break from making payments on federal loans, but regular payments will be due again at the

end of the deferment period.

“My experience has shown that these arrangements are becoming increasingly more difficult to obtain from lenders,” Kozlowski added.

One other option, called forbearance, is similar to deferment but Soldiers are encouraged to make monthly interest payments during the term of forbearance.

“Doing so will keep them from having missed interest payments from being ‘capitalized’ onto their new loan payments whenever they come due,” he said.

Kozlowski advises Families and future students to do the research and consider all the options before applying for a student loan.

If a Soldier or Family is faced with the task of paying back a student loan, however, the best defense is to stay on top of the payments, said Kozlowski.

“Don’t miss payment,” he stressed. “I have discovered that this is the discipline that people fail to exercise with regard to their student loan debt service.”

Other options for students include scholarships, grants and work-study program. Kozlowski recommends filling out the Free Application for Federal Student Aid. The website, [www.fafsa.ed.gov](http://www.fafsa.ed.gov), also offers detailed information about Stafford loans, Pell Grants and other forms of federal financial aid.

If a Soldier or Family member is concerned about student loans, Kozlowski recommends making an appointment with a financial readiness program representative to discuss the available options.

“We can work together to resolve the debt problem without interfering with the training schedule,” Kozlowski said.

## USAARL: Laboratory celebrates 50 years of progress

Continued from Page A1

Smyrski began his military career as a distinguished military graduate from Saint John’s University in 1985 when he received an Army commission as a second lieutenant in the Aviation Branch at Fort Rucker.

Following his initial entry rotary wing flight training on the installation, the incoming commander’s military career spans multiple continents ranging from company executive officer of 2nd Battalion, 82nd Combat Aviation Brigade in Fort Bragg, N.C., force modernization officer for 224th Military Intelligence Battalion, to his most recent assignment as

the chief of clinical operations, Pacific RMC, in Honolulu, Hawaii.

“I was humbled and grateful when I first heard that I was going to have the opportunity to serve here at the aeromedical research lab,” said Smyrski. “This segment has only grown over time and I’ve come to know, firsthand, what a great organization this is.

“My Army career began here at Fort Rucker more than 20 years ago,” he continued, “and I never imagined that I would return to lower Alabama.”

Smyrski spent three years on Fort Rucker as an instructor pilot at Shell Field in the early 90s.

“Returning now, 21 years later, it’s more special to

be back home amongst so many friends and Family, and support the best Soldiers in our Army,” he said.

Carvalho said that a ceremony, such as the change of command, is a time to honor Soldiers, as well as the achievements of the organization.

“USAARL has a proud, 50-year history of supporting the ground and Aviation communities,” he said. “The work being done at (the organization) is improving Army systems and, most importantly, saving the lives of our warfighters.”

USAARL is a team of physicians, engineers, scientists, pilots and administrators who work together

to research environmental issues such as jetlag and fatigue, as well as test equipment, such as helmets, visors, night vision goggles, seats and restraints, said Carvalho, adding that the organization achieved much under Renta’s leadership.

Some of the developments that USAARL made with Renta at the helm include binocular vision testers, which detects subtle impairments of visual performance and physiology in mild traumatic brain in-

juries; the Aviation common helmet display, a new design standard for helmet-mounted displays; and the noise-immune stethoscope, which enables health care providers the ability to hear heart sounds in the noisy compartments of rotary-wing aircraft during high-speed flight.

“Colonel Renta, you have done an amazing job honoring the call of duty, both day and night,” he said. “I know I speak for many when I say that you will be missed as you move

on to your new position.”

“It’s been an incredible privilege and honor to serve as the commander of this great unit,” said Renta. “This is not an easy mission, yet (those involved) do it so well and make it look so easy, and I’m extremely confident that John will take the unit from a great level to an even higher level.”

Renta will go on to serve as an Installation Management Command surgeon at Fort Sam Houston, Texas.

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156 COMMONS DRIVE, This 2BD/2.5 BA townhome comes with washer, dryer, refrigerator, stove, garbage disposal, dishwasher, double car garage, patio, and fence. Lawn care, monthly pest control, use of clubhouse and community swimming pool included. Pets OK with non-refundable pet fee!

FOR RENT

116 CONCORD AVE, This 3BD/2BA townhome comes with washer and dryer, refrigerator with icemaker, microwave/hood combination, stove, garbage disposal, dishwasher, single car garage, and fence. Lawn care, pest control, use of clubhouse and pool included.

FOR RENT

111 INDEPENDENCE, This 4 BD/2 BA Home includes a living room, dining area, stove, refrigerator, dishwasher, garbage disposal, single car garage, patio, and quarterly pest control. Pets Neg. with non-refundable pet fee!

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53 COURTYARD WAY, This 2BD/2.5BA townhome comes with washer and dryer, refrigerator, stove, microwave, garbage disposal, dishwasher, ceiling fans in living room and bedrooms, and single garage with remote. Lawn care, pest control, use of clubhouse and pool included. Pets Neg. with non-refundable pet fee!

FOR RENT

110 WOODMERE DRIVE, This 2BD/2.5BA townhome comes with washer, dryer, refrigerator with icemaker, microwave, stove, garbage disposal, dishwasher, one-car garage, deck off master bedroom, fence, and patio. Lawn care, pest control, use of clubhouse and pool included.

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**Aviator:** Remaining signs to be posted soon

Continued from Page A4

“He had a passion for teaching us what’s important in life,” said Crawford of his grandfather. “He didn’t know a stranger anywhere he went. He was dedicated to people.”

Ruf proved his dedication to country time and again. He served as an infantryman in WWII, and Korea, making the rank of Sergeant Major at the age of 22.

Along with his dedication, Ruf was a pioneer of Army Aviation. He graduated from

the first rotary-wing flight class at Fort Rucker in 1955. Following several other assignments, he eventually volunteered for combat as an Aviator in Vietnam.

"We owe a lot to (Ruf) for his bravery and his foresight," said Mangum.

As a result of his skill as a pilot and dedication to mission success, Ruf was selected to serve as a member of the Army Executive Flight Detachment (Presidential Flight). He flew four presidents and numerous heads of state and was the first presidential helicopter

pilot to fly outside the United States during his stint.

Upon his retirement, Ruf had accumulated more than 50 years of federal service. Even then, he continued to volunteer at the Fort Rucker Red Cross at Lyster Army Health Clinic, a tour guide at the Army Aviation Museum and as a guest speaker during helicopter flight training graduations. During his service to country, he accumulated more than 16,000 total flying hours. He flew 1,200 hours in combat. He died Sept. 20, 2007, in Dothan,

Ala.

The Fort Rucker memorialization committee approved the renaming of 5th Avenue shortly after Ruf's death.

The entire span of Ruf Avenue will see the new street name signs posted in the coming months, as the full changes of the renamed street go into effect. Some of those changes include updating emergencies services and mapmakers of the change.

For more photos of the event, see [www.flickr.com/photos/fortrucker](http://www.flickr.com/photos/fortrucker).

## Birthday: Events celebrate Army's past, present, future

Continued from Page A4

been the strength of our nation, so here's to 238 more," said Mangum as he cut the cake. "For all of those in uniform, thank you for your service

Newton was the oldest serving Army Soldier on hand to cut the cake, and he said it's an honor to serve in the Army, as well as participate in the Army's birthday.

"I participated in the Army's 198th birthday when I was a young enlisted Soldier, and it im-

pressed me that the Army even thinks about (celebrating) its birthday," he said.

Col. Stuart J. McRae, Fort Rucker garrison commander, agreed adding the celebration is about more than just the Army's birthday.

"This is a celebration of all the people that have come before us and have fought and died," he said. "It's just recognition for all of that and it's just important that no matter what situation (our nation is in), fiscal or otherwise, that

we recognize what's gone on before us."

Along with the cutting of the Army birthday cake, Fort Rucker celebrated with the Dueling Piano's Army Birthday Celebration at The Landing Friday evening, and the Army Strong Triathlon at Lake Tholocco Saturday, in which more than 260 people participated.

These events helped bring awareness to the history of the Army, and reminded people of what the Army has accomplished

since its inception.

In 1775 the Army began to take shape after a shared collection of militias from the different colonies fought the first battles of the Revolution War.

The Second Continental Congress convened in Philadelphia on

May 10 of that year to discuss war matters, a main focus of which was creating a common army.

On June 14, 1775, the Congress approved the creation of the Continental Army with George Washington as its commander-in-chief.

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MLS# 20131155

**104 Harvest Hill ~ \$299,000**  
Wonderful home a short golf cart ride away from Enterprise Country Club & greens. Great floor plan that includes a warm & inviting kitchen with island & awesome view of the pool area. Also, a family room with fireplace & built-ins. Large master bedroom & bath downstairs. Upstairs 3BR share a better than Jack & Jill bath with 3 individual sink areas. The garage is loaded with built-in cabinets. A beautifully landscaped backyard with in-ground salt water pool. Listed well below appraised value. **JAN SAWYER 406-2393**

**NEW LISTING**



MLS# 20131179

**211 Windover Way ~ \$111,500**  
Wooded area, large back yard overlooking creek, cul-de-sac, 2BR/2BA with open living area & great sunroom overlooking deck & wooded back yard. **JACKIE THOMPSON 406-1231**

**NEW LISTING**



MLS# 20131181

**3094 Morningdove ~ \$129,000**  
Great starter home or investment property in a very convenient location. Cute, open floor plan with a wonderful covered balcony or porch for outdoor entertaining or just for relaxing. Shady back yard with lots of privacy & room to play. Owner is in process of restoring the back yard following a problem with the gutters. Gutters will be cleaned & house pressure washed. Overlook the work in progress & see this house today! **JAN SAWYER 406-2393**

**NEW LISTING**



MLS# 20131192

**219 Ashbrook ~ \$198,000**  
Roomy & well maintained home located on cul-de-sac. Newly carpeted & freshly painted, this home is move-in ready for your family. You won't believe the back yard. Football anyone? Beyond the back yard is open, wooded pasture. Inside there is a huge family room with a wood burning fireplace, separate formal dining & a breakfast nook. Conveniently located just off the kitchen is a computer room, craft room, office area or whatever you want to make it. **JAN SAWYER 406-2393**

**NEW LISTING**



MLS# 20131193

**104 Auburn ~ \$130,000**  
3BR/2BA convenient to community college. HUD owned, buyer could qualify for \$100 FHA down payment for owner occupant. Walk-in entry foyer with half wall overlooking grandroom with gas log fireplace. Glassed in Florida room with deck leading to master bedroom. Fenced yard with storage shed. 2-car side-entry garage with storage room & pull down stairs to attic. **EVELYN HITCH 406-3436**

**NEW LISTING**



MLS# 20131200

**508 Dixie ~ \$89,900**  
Great location, 3BR/2BA, includes separate living room & den, eat-in kitchen, stove, refrigerator, double car garage & large backyard. Convenient to shopping & schools. **JIMMY E. JONES 406-1752**

**NEW LISTING**



MLS# 20131205

**799 Donnell Unit 6 ~ \$153,900**  
**GREAT INCOME PRODUCER:** 4 plex, 2 units renovated, 1 partial renovation, 1 new frig only. New flooring in 3 units, w/d all units. Stays rented, 11-yr lease, 2-yr lease & 12-mo lease. 2 units have stainless appliances, 2 have white appliances, 2009 metal roof with 40-yr written warranty. Very convenient to Ft. Rucker, small town feel. Convenient to shopping or go the Enterprise, approx 10 miles. Exterior update in 2011 with new stairs, decks & balconies. **DEBBIE SUNBROCK 406-9079**

**NEW LISTING**



MLS# 20131221

**4269 County Road 651 ~ \$128,990**  
Come to the country. You will love this almost new, darling home just minutes from Enterprise & Ft. Rucker!! Features 3BR/2BA, custom cabinets in spacious kitchen, 1-car garage & 2-car detached carport, detached shed, bi-level wood deck. **MARY JONES 790-2933**

**NEW LISTING**



MLS# 20131246

**114 Kinnon ~ \$139,900**  
Tons of space with 3 roomy BR/2BA, a breakfast bar in the kitchen, a cozy family room with gas log fireplace, an awesome man cave detached garage & a beautiful octagonal pool for the entire family to enjoy. 2-car attached carport. All appliances convey including the washer & dryer. There is extra space with built ins that could serve as a breakfast room, playroom, craft room, office or whatever you may need. Roof new circa 2006. Home warranty included. **JAN SAWYER 406-2393 & JUDY DUNN 301-5656**

**NEW LISTING**



MLS# 20131304

**12 Ashley ~ \$148,500**  
Excellent condition. Don't miss this move in ready 3BR home convenient to Fort Rucker, Enterprise or Daleville schools. **FRAN KALTENBAUGH 790-5973 & BOB KUYKENDALL 369-8534**

**NEW LISTING**



MLS# 20131289

**203 Virginia ~ \$236,900**  
**RARE FIND:** Main house with detached guest house. Use guest house for family or income property. Main house with custom open floor plan, 2BR/2BA, granite counter tops, wood & tile floors, wide molding, laundry room. Guest house with separate living room, 2BR/1BA, kitchen, pantry & laundry closets. On .61± acres just outside small town. **MILDRED OWENS 464-2121**

**NEW LISTING**



MLS# 20131305

**202 Pettus ~ \$39,900**  
2-story duplex. One unit with first floor & second floor remodeled in 1991. Each unit with 2BR/1BA, 720 sq. ft., rented for \$350 a month. Appointment only. **LUDA STRECK 449-2826**

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**UPDATED**



**3153 ACHEY ~ \$90,000:** Recently remodeled 2013, "NEW" carpet & paint, nice neutral colors. Vinyl siding. Roof new 2009. 1-car garage with freshly painted walls & floors. Washer & dryer front load included. Some new light fixtures & new vinyl floor upstairs bathroom. Mini blinds throughout. This would make a great starter home or investment property, has a good rental history. Level driveway. **DEBBIE SUNBROCK 406-9079**

**\$128,000**



**40 BRECKEN RIDGE:** Looking for affordability? This 2BR/2BA end unit garden home is a HUD owned home. Need pre-approval letter from lender & then come in for me to submit your offer. Equal housing opportunity. **EVELYN HITCH 406-3436**

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

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**\$226,000 ~ HUNTERS RIDGE**



**115 COUNTY ROAD 166:** 3BR/2BA, lovely home backs up to woods, new sewage system, split bedroom plan, grandroom, separate dining room, eat-in kitchen, plantation blinds & covered porch. Owner ready to sell & carpets will be cleaned. **ANGIE GOODMAN 464-7869**

**\$198,000 ~ NEW LISTING**



**219 ASHBROOK:** Roomy & well-maintained home located on cul-de-sac. Newly carpeted & freshly painted, this home is move-in ready for your family. You won't believe the back yard. Football anyone? Beyond the back yard is open, wooded pasture. Inside there is a huge family room with a wood burning fireplace, separate formal dining & a breakfast nook. Conveniently located just off the kitchen is a computer room, craft room or office area. **JAN SAWYER 406-2393**

**\$73,500 ~ UPDATED**



**843 COUNTY ROAD 445:** Country convenient to town, 3BR/1.5BA. Minutes from Fort Rucker, Enterprise & Dothan. Choice of Enterprise or Daleville schools. Priced to sell. **PAT LEGGETT 406-7653**

**NEW CONSTRUCTION - WOODLAND PARK**



**119 JASMINE CIRCLE \$124,500:** Minutes from Rucker Blvd. 2BR/2.5BA, all appliances & washer/dryer, 2" blinds, carpet & tile, 1-car garage, sprinkler system.

View more pictures of these homes at [www.c21regencyrealty.com](http://www.c21regencyrealty.com)

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# Army must overcome ‘naiveté’

By Lisa Ferdinando  
Army News Service

JOINT BASE ANDREWS, Md. – Army leaders must overcome their “naiveté” when it comes to realizing and addressing the problem of sexual harassment and sexual assault in the ranks, said the commander of the Army’s training enterprise.

“When you study the typical sort of pattern of behavior how these sexual assaults occur today, it is absolutely eye-opening,” said Gen. Robert W. Cone, commander, Army Training and Doctrine Command. The general spoke with reporters during the Army’s Sexual Harassment/Assault Response and Prevention summit June 10-11 at Joint Base Andrews.

“We have worked this very hard, but where I would say we’ve had failures is, to a certain extent, it’s been naiveté on the part of my leaders,” said Cone, who said that some leaders have not been in-

volved or aware enough or taken the “aggressive posture” to identify predators.

He said his command is a fairly unique environment, with a great power differential between those in charge and the students or recruits. Predators will take advantage of that environment, he said.

It is Cone’s TRADOC that is responsible for taking civilian recruits and turning them into Soldiers during what is commonly referred to as “basic training.”

Cone said there are rigorous measures in place to prevent sexual abuse and create a safe environment for Soldiers, but despite all of that “this is literally a war that plays itself out on the ground every day.”

The Army does well in education, training and programs on preventing sexual abuse, he said, but that still will not deter predators.

“This is not random behavior. This is

SEE ARMY, PAGE B4



ARMY GRAPHIC ILLUSTRATION

Sexual harassment and sexual assault violate everything the U.S. Army stands for, including Army Values and Warrior Ethos. The Army is aggressively addressing sexual assaults by first focusing on prevention through education and training.



PHOTO BY AIR FORCE CAPT. DARIN OVERSTREET

## FIREFIGHTING

The Colorado National Guard is supporting the Black Forest fire June 12 in Colorado Springs, Colo. UH-60 Black Hawk helicopters from the Army Aviation Support Facility on Buckley Air Force Base, Aurora, Colo., perform water drops using Bambi Buckets. The buckets can carry up to 500 gallons of water and make more than 20 drops before refueling.

## Aviation engineers play role in helicopter rebuild

By Heather R. Smith  
U.S. Army Research, Development and Engineering Command  
Public Affairs

REDSTONE ARSENAL – The Army has upgraded the OH-58 Kiowa Warrior from 1980s equipment to the most current technology available.

With the Cockpit and Sensor Upgrade Program, Army engineers from the U.S. Army Research, Development and Engineering Command’s Aviation and Missile Center led development efforts.

This accomplishment was marked with the April 30 ceremonial first flight of the first engineering and manufacturing design and demonstration model.

The OH-58F Cockpit and Sensor Upgrade Program is the largest and most-comprehensive multi-system development program undertaken by the Aviation and Missile Research Development and Engineering Center’s Prototype Integration Facility.

SEE ROLE, PAGE B4



PHOTO BY MERV BROKKE

More than 400 guests of Maj. Gen. Tim Crosby, Program Executive Officer, Aviation, gather at the Redstone Army Airfield April 13 for the first ceremonial flight of the OH-58F. The OH-58F Cockpit and Sensor Upgrade Program is the largest and most-comprehensive multi-system development program undertaken by the AMRDEC Prototype Integration Facility.

## Researchers track helo performance gains

By Army Research Laboratory  
Public Affairs

ADELPHI, Md. – A new study by Army researchers looks at inserting carbon nanotubes into the structural design of helicopter rotor blades to improve performance.

The U.S. Army Research, Development and Engineering Command’s research laboratory hopes this approach could lead to the design and fabrication of the next generation of rotor blades and fixed wings.

Bryan Glaz, Ph.D., Jaret Riddick, Ph.D., and Ed Habtour, research engineers from the U.S. Army Research Laboratory Vehicle Technology Directorate, lead this effort.

Glaz and a team of structural, mechanical and aerospace engineers are embedding carbon nanotubes inside the composite matrix, resin material throughout the blade and in specific locations like near the hub, which he said “gives more bang for the buck.”

“Especially in conflicts like Afghanistan, it really highlighted the deficiencies of the Department of Defense’s current fleet in terms of payload capacity, speeds in supporting the warfighter, and a big thing for the DOD was the maintenance and cost,” Glaz said. “They can’t be sitting in a maintenance bay because if they’re in a maintenance bay, they’re not out there supporting the warfighter.”

Rotor structural dynamics can be inherently unstable. Structural design and the aeromechanics of rotorcraft flight can limit forward flight and maneuver capabilities and potentially lead to catastrophic structural failures in takeoff and landing conditions.

There is a tradeoff between rotor blades designed to transmit low vibrations to the aircraft and blades designed for stability, Glaz said. Blades with good stability characteristics tend to transmit high vibratory loads to the aircraft, and the high vibratory loads of rotorcraft are a major source of maintenance, repair and logistics burden associated with the DOD vertical-lift fleet.

The reverse is also true – blade designs with to low vibration tend to have structural dynamic

SEE GAINS, PAGE B4

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JUNE 20, 2013

# Bible Study

## Vacation Bible school brings lessons to life

By Nathan Pfau  
Army Flier Staff Writer

Students of all ages attended this year's Fort Rucker Vacation Bible School, but they were treated to more than just classrooms and Sunday school, they had the opportunity to experience firsthand what it was like to live in biblical times.

This year's VBS, which ran June 10 through Friday at the Spiritual Life Center, encompassed games, crafts, lessons and experiences that children could touch, taste and feel, and even featured a full-scale version of the Wilderness Tabernacle that put into perspective some of the most important elements of Bible history, said Jesse Spiers, Bible teacher for Pattern of Approach Ministries.

"The tabernacle takes the things that you and I might read in the Bible and brings them to life," said Spiers. "What we do with the children, since there is an old-testament basis and message with the tabernacle, is bring the symbolism of the old into the new-testament because it's very rich, it's very real and it's very biblical."

The tabernacle set up at the Spiritual Life Center was 150 feet long, 75 feet wide, and all artifacts, including the well-known sacrificial altar and Arc of the Covenant, were built to scale, except for the brazen laver, of which the specific dimensions are unknown, said Spiers.

Throughout the tour of the tabernacle, Spiers said he tried his best not to over-complicate things for the children and taught them about the symbolism of each artifact.

Children seemed to enjoy the tours of the tabernacle and were excited to see the size of displays showcased inside, but the tabernacle wasn't the only thing they participated in that kept their interest.

There were different rooms that children went through to participate in different activities, such as brick building, woodworking, discuss making, jewelry making and more, but each child had their favorite.

"One of my favorite parts was we got to play the sheep game in the tabernacle," said Michael Elliot, VBS student. "It was kind of like freeze tag with the golden shepherds chasing the sheep, and whoever tagged all the sheep was the winning team." He added that his absolute favorite part of VBS was making a lyre, a musical instrument that was used in biblical times.

Ulandria Hartman, friend of Elliot and fellow VBS student, said one of her favorite



PHOTO BY NATHAN PFAU

LaMaray Moultrie, VBS student, saws a piece of wood to create a cradle as his friend, Alex Villa, watches at vacation Bible school at the Spiritual Life Center June 13.

things of VBS was more about the lessons she learned while she was there.

"My favorite part was learning about the 10 Commandments," she said. "You should always honor your father and mother, and if you obey them, you will live a long life. When God sees that you obey (your parents), he will know that you believe in him."

Tai-Tanisha Tejada-Simmons, who was on hand to teach children different crafts, said that VBS is a good way for children to experience something different and learn

without having to sit in a classroom.

"This teaches them about Christ and about God, and they get to make all these different crafts and experience different things," she said. "They get to see their friends, and it teaches them fellowship as they do these things together," adding that working with the children has been one of the highlights of participating in VBS.

"These children have just been great," she said. "They come in excited and they seem to really enjoy all of the crafts, and they're just having a good time going around to all

the different rooms and activities."

The experiences that were had at VBS weren't for the children alone, but also for those who helped teach the children.

"It's been wonderful to work with all of these children – it's been a blessing," said Spiers. "We've taught children's church for years and we know that if you bring something to show them that they can touch and see, it'll get them interested, and we're just glad that the people here at Fort Rucker brought us in and allowed us to share this with them."

## GEMS: Young investigators solve a crime

By Sara E. Martin  
Army Flier Staff Writer

More than 20 crime scene investigators filled the library at the U.S. Army Aeromedical Research Laboratory June 13 checking for fingerprints and comparing footprints in order to identify a killer.

The investigators, students in the Gains in the Education of Mathematics and Science program, learned of a simulated murder June 10 and hit the pavement running in lab coats and safety glasses in order to catch the criminal at large, said Kelly Stupfel, GEMS lead teacher who is also a Fort Rucker substitute teacher.

"They are studying physical science and forensics this week," she said. "Today they are detectives in our lab and they are solving a mystery – a murder mystery. They found a secret note at the scene that they are testing with different solutions, they also found powders that they are analyzing to figure out what it is."

The investigators were engaging in hands-on experiments that they found fun and entertaining while in reality they were expanding their knowledge of math and science, said Loraine St. Onge, GEMS program coordinator.

"GEMS is an extracurricular science, technology engineering and math education program designed to help promote students' development and interest in STEM subjects," she said. "The goal is to show them that science and math are



PHOTO BY SARA E. MARTIN

Aden Rothmeyer and Terang Bae dust for fingerprints June 13 at the U.S. Army Aeromedical Research Laboratory Library as part of the Gains in the Education of Mathematics and Science program.

fun."

Because of education cut backs, many schools do not have the funds available to do these types of experiments, said Stupfel, so GEMS is an avenue where children can take what they learned during the school year and apply it.

"GEMS gives them a way to keep what they learned through the year progressing, and it gives them goals of what they want to be when they grow up," she said.

The fifth and sixth graders conducted other experiments during the week. They learned about color-mapping, did experiments with water temperatures,

built parachute boxes with eggs tucked inside, learned about chemicals used to clean up oil spills and held a mock Olympic Games.

Though the students had plenty of fun earlier in the week, most said that their favorite part was the crime scene investigation portion.

"I loved doing the forensics today because I love science. I see it on TV and it is really neat. Today was super fun," said Peyton Sanders, who added that he was excited to go back to school because he will know what to do in science class.

Emilee Pedroza said the forensics were her favorite part because she wants

to be a forensic scientist when she grows up.

"I like helping catch a bad guy and finding all the clues to who did what. Learning new things is fun during the summer because I can get smarter for science class," she said. "Plus, making new friends is cool."

Besides making new friends and expanding their knowledge in STEM subjects, students improved their cognitive thinking and memory, sharpened their communication and oral reporting skills and found new ways to interact with their world in a hands-on way, said Stupfel.

Near-peer mentors were on hand to steer the investigator's learning as well as to help show the children that a person can fall in love with math and science.

"STEM education is important, especially at this age where many kids decide whether to love it or hate it. I want to encourage them to pursue a STEM-related college degree," said Cecilia King from Newton who is studying aerospace engineering at the University of Alabama.

Newton said that it is very rewarding to see the children understanding the many concepts that she teaches them, and that even teaching the concepts helps her understand them better.

"This program introduces them to totally new topics, giving them new ideas for future careers and areas of study," she said. "For example, I taught an interested student about the basic concepts of boundary layers, something that I did not even know about until college."

# ON POST

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

### Newcomer’s Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free, light breakfast and coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

### Wing Night

Every Wednesday in The Landing Zone is Traditional Wing Night starting at 4 p.m. The special features six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. The offer is not valid with any other coupons or promotions and is for dine-in only.

For more information, call 598-8025.

### EFMP lunch and learn

Army Community Service’s Exceptional Family Member Program hosts a lunch and learn session June 27 from 11:30 a.m. to 12:30 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The topic over lunch will be toilet training techniques for children with autism spectrum disorders. The free session is open to the Fort Rucker community. The presenter will be Pauline Henry, a board-certified behavior analyst. Registration is required.

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

### AFTB Leadership Development

Army Community Service’s Army Family Team Building will hold an AFTB Leadership Development presentation July 9 and 10 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950.

For more information, call 255-2382.

### Financial Readiness Training

Army Community Service offers Financial Readiness Training July 12 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers and Families gain control of and manage money effectively. The training is required for all first-term junior-enlisted Soldiers (E-1 through E-4).

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

### Children’s craft-making activity

The Center Library will host a craft-making activity for children ages 3-11 July 16 from 3:30–4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served.

To register or get more information, stop by the library or call 255-3885.

### Crafting with Books

The Center Library will host Crafting with Books July 18 from 5-6 p.m. For many people, digital readers are doing away with the need for old books, but there is no need to throw books away, said library officials. During this workshop, people learn how to recycle their old books by turning them into decorative household items. With a few items from local crafts stores, people can convert old classics into new works of art. The



PHOTO BY NATHAN PFAU

## Wiregrass Freedom Fest

A scene from last year’s Freedom Fest. Fort Rucker’s annual Wiregrass Freedom Fest celebration is July 3 from 4–10 p.m. at the festival fields. Wiregrass Freedom Fest is now a partnership between Fort Rucker and its neighbors: Daleville, Dothan, Enterprise and Ozark. The 98th Army Silver Wings Band will kick off the festivities, which include a variety of displays, children’s inflatable fun zone, rides, a variety of local and regional vendors and one of the area’s largest fireworks shows. The event is free and open to the public. No glass, coolers, backpacks or pets will be allowed. For more information, call 255-1749.

program is designed for adults, but children 10 and older are welcome to take part. Jackie Chappell, reference librarian at the Center Library, will show people how to turn old books and book pages into fun and functional craft projects. Books will be provided by the library.

For more, call 255-0741.

### AFTB Get REAL

Army Community Service’s Army Family Team Building will hold its Get REAL – Rucker Experience, Army Learning – presentation July 23 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950.

For more, call 255-2382.

### Fort Rucker Job Fair

The 10th annual Fort Rucker Area Job Fair is scheduled for July 25 from 9 a.m. to 1 p.m. at Enterprise High School. The free event is co-sponsored by Army Community Service’s Employment Readiness Program, the Enterprise and Daleville Chambers of Commerce and the Fort Rucker Army Career and Alumni Program.

More than 200 businesses will attend the Job Fair. Job seekers will meet representatives from a blend of local businesses, government contractors and federal agencies. Applicants should bring at least 10 copies of their resume and be dressed ready to interview. People should not wear shorts or flip flops. Job opportunities will be available in the fields of retail, logistics, medical, law enforcement, Aviation, food service, administration, sales and more.

For more, call the employment readiness manager at 255-3949 or the Enterprise Chamber of Commerce at 347-0581.

### Steak Night

Every Monday starting at 5 p.m. is Steak Night at The Landing Zone. The special features an 8-oz. Flat Iron Steak with a baked potato or fries for \$8, with the purchase of a beverage. Add a side salad for an additional \$1. Other sides are also available for purchase. This special is limited to the first 100 guests per night, is available for dine in only and limited to one per guest. The offer is not valid with any other coupons or promotions.

For more information, call 598-8025.

# DFMWR Spotlight

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# Lyster AHC: Don't let summer heat slow you down

By Katherine Rosario  
*Lyster Army Health Clinic Public Affairs*

As the temperatures rise in southern Alabama, the staff at Lyster Army Health Clinic is eager to educate patients about sun safety.

In 2012, there were 1,614 heat casualties among the active-Army component, according to the Armed Forces Health Surveillance Center. From that total, 220 were heat-stroke casualties, the most serious heat-related category.

While most heat injuries are non-fatal, they are preventable, said Lt. Col. Samuel Jones, chief of preventive medicine at LAHC.

"I am approaching my first year here in Alabama and had no idea that one of the biggest challenges ahead for me would be the unforgiving heat," he said, adding that

Soldiers and their Families currently relocating to the area may take some time to adjust to the high temperatures.

Heat illnesses, especially in the military, can adversely affect mission readiness, Jones said, and his staff is ready to help Soldiers by educating them on ways to stay cool during the summer.

"The body uses sweating as a mechanism to cool itself, and under normal heat stress it is very effective," he said. "However, if there is continual exposure to high outside temperatures and humidity, the body's ability to cool itself becomes hampered."

Too much exposure to high temperatures can result in a heat stroke, where the body's internal temperature can rise to 106 degrees or higher within 10 to 15 minutes.

"Anyone who will be outside for long

periods of time in the heat should increase their water intake by two-to-four glasses, and avoid drinks that contain large amounts of sugar, caffeine or alcohol," Jones said.

Applying sunscreen, wearing loose-fitting clothes and limiting outdoor activity during peak heat times will help in avoiding heat illnesses, he added.

During the summer it is also important to never leave children or pets unattended in a car, Jones said.

"It goes without saying that no one should ever leave a pet or child in the car, especially during the summer, when the car's internal temperature can increase by 20 degrees Fahrenheit in less than 10 minutes," he said.

The Alabama legislature recently signed a bill prohibiting children under the age of 12 to be left unattended in a car without

supervision.

The Amiyah White Unattended Children in Motor Vehicle Safety Act, signed June 10, prohibits a day care provider or a person for hire to leave a child 12 years of age or younger in a motor vehicle unless the child is supervised by a person who is 14 years of age or older.

"A heat-related injury is not worth the risk of leaving a child or animal in a car, even if it is only for a few minutes," Jones said, adding it is important to remain alert to the signs of heat illness in you and in others.

If there is any reason to suspect someone may be suffering from heat stroke, call for medical help immediately.

For more information on heat-related illnesses and how to avoid them, contact the Lyster Preventive Medicine Department at 255-7260.

## Public Health Command offers tick bite prevention tips

By Chanel S. Weaver  
*U.S. Army Public Health Command*

Civilian furloughs are not the only side effect of sequestration.

Individuals living and working on Installation Management Command installations may notice that the grass is a little higher than normal in some areas.

Army operation and maintenance accounts have been reduced and, as a result, mowing operations have also been reduced at many posts.

What represents a lessened workload for public works employees creates abundant employment for some on-post residents – the ones with eight legs and the potential to cause serious human and animal disease.

Ticks can thrive in long grasses, according to Ellen Stromdahl, an entomologist at the U.S. Army Public Health Command who manages the Department of Defense's Human Tick Test Kit Program.

Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever and viral diseases.

Infected ticks have to attach to a person and remain on that individual for a long period of time (one to three days) in order to transmit most diseases, Stromdahl said.

One of the first things people can do to prevent a tick bite is to recognize tick habitat and avoid it.

"Ticks stay in, or on the edge of, shady, brushy areas," said Stromdahl. "You can find them in tall grass — especially in wooded areas. They need layered shade and moist air."

Stromdahl also recommends the use of

insect repellent to prevent tick bites.

"For maximum protection, use DEET repellent on your skin and permethrin repellent on your clothing," said Stromdahl. "Permethrin-treated clothing is the best defense against tick bites. When ticks touch the treated fabric, they try to get away as quickly as possible. If they stay on the treated fabric, they die."

Permethrin clothing spray can be found in hunting sections of stores, and permethrin-treated clothing is available from major outdoor clothing suppliers.

Another step to preventing tick bites involves checking belongings.

"If you have been in tick habitat, leave your shoes outside and don't leave your clothes near your bed," said Stromdahl. "You'll be giving ticks the whole night to find you. Ticks may survive on clothes in the washing machine, but a hot cycle in the dryer will kill ticks."

Stromdahl also recommends bathing or showering as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on the body.

Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission.

"When patients locate an engorged tick on them, they should not panic and should take their time to remove the tick properly," said Staff Sgt. Arvey Jones, the non-commissioned officer in charge of the preventive medicine section of the Kirk Army Clinic, Aberdeen Proving Ground, Md. "If you remove attached ticks promptly, you can prevent tick-borne disease."

In order to remove a tick, Stromdahl recommends certain guidelines.

"Remove the tick with tweezers," said Stromdahl. "Do not burn it or use soap,

gasoline, Vaseline or other chemicals. Once the tick is removed, thoroughly cleanse the bite with alcohol and apply antibiotic ointment to the bite."

Most tick bites cause irritation and itching immediately, but Stromdahl said this does not indicate disease transmission.

Finally, Stromdahl says ticks that have been removed from people should be saved for identification and testing. Military personnel and DOD civilians should place the tick in a jar or ziplock bag, and take it to the local military medical treatment facility. The MTF will forward the tick to the U.S. Army Public Health Command at Aberdeen Proving Ground.

The USAPHC will identify the ticks and then perform disease testing of the tick through the DOD Human Tick Test Kit Program. The results of identification will be reported to the submitting MTF upon

receipt of the tick, and test results (negative and positive) will be reported within a week.

For more information on ticks and preventing tick bites, visit:

- U.S. Army Public Health Command's DOD Human Tick Test Kit Program, <http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/HumanTick-TestKitProgram.aspx>;
- Environmental Protection Agency, <http://cfpub.epa.gov/opprpref/insect/>;
- University of Rhode Island, <http://www.tickencounter.org/>;
- U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/ticks/>; and
- Physician's Reference Manual from the U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/lyme/resources/TickborneDiseases.pdf>.

### Post housing questions?

Visit Picerne Military Housing at  
[www.ruckerpicerne.com](http://www.ruckerpicerne.com)

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In honor of our Military, we are giving away a free Wedding Gown\*. Just tell us why you deserve to win your gown.

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Winner will be announced June 28th at our Grand Opening.

\*Limited to military brides-to-be only

334-445-4696

120 North Court Square • Ozark, AL • [www.thelittlewhitedressshoppe.com](http://www.thelittlewhitedressshoppe.com)

## Church Directory

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

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

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[DOTHANVINEYARD.COM](http://DOTHANVINEYARD.COM)

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**to register**

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(Ages 4 Years Old - Completed 5th Grade)



# Parks commemorate Civil War history

## Franklin County Tourist Development Council

Chattanooga commemorates the 150th anniversary of the Civil War throughout the rest of the year.

Chickamauga and Chattanooga National Military Park in Georgia is the site of the bloodiest, two-day battle of the Civil War, with an estimated 36,000 casualties.

There will be a variety of special events, including the largest reenactment in the western theater for the anniversary with over 10,000 actors, an outdoor patriotic concert and the four-day signature event “Occupation and Liberation.”

Upcoming events include:

### Artillery demonstrations

Hear the roar and feel the blast of a Civil War artillery piece as living historians present demonstrations at Chickamauga and Chattanooga National Military Park–Point Park Battlefield on Lookout Mountain July 4 and Aug. 3 from 9 a.m. to 4 p.m. Admission to Point Park is \$3 per



COURTESY PHOTO

Visitors take part in a bicycle tour through Chickamauga and Chattanooga National Military Park and Outdoor Chattanooga.

person for patrons ages 16 and older and free for anyone age 15 and younger .

### Bicycle tours

Chickamauga and Chattanooga National Military Park and Out-

door Chattanooga offer a series of historical bike tours through Chickamauga Battlefield July

20, Aug. 17, Sept. 21 and Oct. 19 from 9:30-11:30 a.m. The public is invited to bring their bicycles and join in the leisurely-paced historical rides, which takes approximately two hours.

National Park Service rangers will talk about the history of the battlefield while Outdoor Chattanooga staff and volunteers provide ride leadership and support. Loaner bicycles from the Outdoor Chattanooga Mobile Bicycle who are available for riders five-feet tall and over at no charge, thanks to sponsorship from the Friends of the Park and the Chattanooga Bicycle Club. Reservations for these bicycles are required.

Ride length is approximately three to four miles on flat to moderately-hilly terrain. The rides are appropriate for adults and children ages eight and older when accompanied by an adult. All participants are required to wear helmets.

For more information, visit [www.chattanoogafun.com/150th-anniversary-of-the-civil-war-special-events](http://www.chattanoogafun.com/150th-anniversary-of-the-civil-war-special-events).

# WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto:JHUGHES@ARMYFLIER.COM).

## ANDALUSIA

**ONGOING** — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit [www.andalusialegionpost80.org](http://www.andalusialegionpost80.org).

**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](http://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. The meetings are open to all. The post can host parties, weddings, and hails and farewells.

For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

## DOTHAN

**FRIDAY** — Foster Fest will be held the third Friday in May through November from 6-9:30 p.m. A free downtown evening celebration, there will be street vendors, shops, drinks, festivities, live music and antique cars. For more information, call 793-3097 or visit [www.thedowntowngroup.com](http://www.thedowntowngroup.com).

**NOW THROUGH JULY 14** — The Memories of World War II exhibit at the Wiregrass Museum of Art features the nearly 200 reporters and photographers that fanned out around the globe to cover World War II. This exhibition is a spectrum of more than 100 photos from all theaters of the war and the home front. For more information, visit [www.wiregrassmuseum.org](http://www.wiregrassmuseum.org).

**FRIDAY THROUGH JULY 26** — Each Friday Landmark Park will present Animal Adventures, a special one hour educational program which provides a unique opportunity to learn

about the natural world. Children ages 5 and older are encouraged to come and see the wonder of many native animals. Programs begin at 10 a.m. in the Interpretive Center Auditorium. Event is free with paid gate admission. Animals discussed are owls, snakes, alligators, cats, insects and honeybees. For more information, call 794-3452 or visit [www.landmarkpark.com](http://www.landmarkpark.com).

**NOW THROUGH AUGUST 16** — Landmark Park’s Digitarium Planetarium will offer special showtimes on Tuesdays and Fridays to give children and adults a chance to learn about stars, constellations and the universe. Regular admission is \$2 per person. Seasonal Stars and Stories is led by an instructor who can give tips on how to identify objects in the night sky, while the Full Dome Videos are animated educational movies about space. Registration is required for weekday shows. For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com).

**NOW THROUGH AUG. 9** — The Wiregrass Museum of Art will feature three separate summer camps highlighting different aspects of visual arts.

Art Attack! is a camp about creativity and fun. Everyone will learn art fundamentals and display their masterpieces in the Art Attack! showcase at the week’s end. Art Attack!, for ages 6-9, will be held Monday-June 28. The camp for ages 10-13 will be held July 15-19. Sessions will be held from 9 a.m. to noon and from 1-4p.m. Price is \$105.

Play in the Clay! is a pottery camp where children can learn a variety of ceramic techniques and create three projects to take home. Play in the Clay! is available for children ages 5-9 July 23-26 from 10:30-11:30 a.m. Price is \$65.

Art Around the World gives children the chance to explore the world through various art forms. Children will travel to a different country each day, learn the culture and customs, and create a work of art native to that region. This camp is available for children ages 5-10 Aug. 5-9 from 9 a.m. to noon. Price is \$105.

For more information or to register, call 794-3871 or visit [www.wiregrassmuseum.org](http://www.wiregrassmuseum.org).

**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](http://wiregrassmuseum.com) or call 794-3871.

**ONGOING** — Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit [www.landmarkpark.com](http://www.landmarkpark.com).

**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.

## ENTERPRISE

**ONGOING** — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street.

For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

## GENEVA

**ONGOING** — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

## MIDLAND CITY

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

Call 894-2350 for more information.

**ONGOING** — Disabled American

Veterans Chapter No. 99 will meet June 27 at 6 p.m. in the New Brockton City Hall. The chapter also meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. A guest speaker from the Veterans Administrations’ Veterans Center, Bay County area will deliver a DAV appropriate speech. Election of new Chapter 99 officers for 2014 will be the final order of business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

## OZARK

**SATURDAY-JULY 27** — The Rudd Art Center hosts Katrina Larsen Exhibit. Opening reception Saturday from 7-9 p.m.

**NOW THROUGH JUNE 21** — St. Michael’s Episcopal Church will have vacation bible school for children from ages 3 to 12. School will begin at 9 a.m. and lasts until noon each day. This year’s theme is the Passion. There will be Bible stories, crafts, play time, snacks and fun time each morning. Children should bring a swimsuit and towel each day because outside play will include sprinklers, a slip and slide, water guns and water games. For more information, call 379-784.

## PINCKARD

**ONGOING** — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

## SAMSON

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

## TROY

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

For more information, call Janet

## Beyond Briefs

### Car Show

Florida Mopar’s fourth annual car show is open to all makes and models Saturday from 10 a.m. to 3 p.m. rain or shine. The entry fee is \$20. Music, cars and door prizes will be available. Proceeds to benefit the Animal Rescue Center of Bay County. For more information, call (850) 866-8964 or go to [www.facebook.com/floridamopars](http://www.facebook.com/floridamopars).

### Alligator Trot

The 18th annual Alligator Trot in Panama City, Fla., is

the only 5k running in two states and will be Saturday at 8 a.m. Race packet pick-up begins at 6:30 a.m. at the Florida State Park. Race-day registration is \$25.

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

### Lighthouse climb

The Cape St. George Lighthouse features a Full Moon Climb Sunday where people can watch the sun set and full moon rise from the top of the Cape St. George Lighthouse from 8-9:30 p.m.

Tickets are \$15 per person and include light hors d’oeuvres and a sparkling cider toast to the full moon. The moon will be at its closest orbit of Earth during the

event. Reservations are recommended.

For more information, visit [www.saltyflorida.com/events](http://www.saltyflorida.com/events).

### Women’s Expo

The seventh annual Panhandle Women’s Expo will be Saturday at the Panama City Mall from 10 a.m. to 5 p.m. This one-day event celebrates women of all ages and backgrounds, giving them the opportunity to laugh, rejuvenate and learn tips on leading a healthy, happy lifestyle with displays, demonstrations, health screenings, prizes and entertainment. For more information, visit [www.PanhandleWomensExpo.com](http://www.PanhandleWomensExpo.com).

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BUILDING 109

Multi-Cultural Worship Service  
8 a.m. Sunday.

### MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass  
Sunday  
11 a.m. Liturgical Worship  
Service Sunday  
12:05 p.m. Catholic Mass  
(Tuesday - Friday) 4 p.m.  
Catholic Confessions Saturday 5  
p.m. Catholic Mass Saturday.

### WINGS CHAPEL, BUILDING 6036

9:30 a.m. Protestant Sunday  
School  
10:45 a.m. Chapel Next  
Contemporary Worship  
Protestant Service.

### SPIRITUAL LIFE CENTER, BUILDING 8939

9:30 a.m. Protestant Sunday  
School  
10:45 a.m. CCD (except during  
summer months).

### BIBLE STUDIES

9 a.m. Protestant Women  
of the Chapel, Wings Chapel,  
Tuesday 11 a.m. Above the  
Best Bible Study, Yano Hall,  
Wednesday 1 a.m./6 a.m. Adult  
Bible Study, Spiritual Life Center,  
Wednesday noon/1 p.m. Adult  
Bible Study, Soldier Service  
Center, Wednesday 5:30 p.m.  
Catholic Adult Bible Study,  
Spiritual Life Center, Wednesday,  
5:30 p.m. Youth Group Bible  
Study, Headquarters Chapel,  
Wednesday 6:30 p.m. Chapel  
Next (Meal/Bible Study), Wings  
Chapel, Thursday 9 a.m. Adult  
Bible Study, Spiritual Life Center,  
Thursday.



COURTESY PHOTO

## Pick-of-the-litter

Meet Pirate, a six-week -old male, short-hair kitten available for adoption at the Fort Rucker stray facility. He loves to be held and loved on and play with his toys. It costs \$81 to adopt Pirate and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for updates on the newest animals available for adoption.

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### CLARK THEATRES ENTERPRISE

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#### ENTERPRISE SHOPPING CTR

I **MONSTERS UNIVERSITY** - PG  
Everyday - 2:10, 4:30, 7:10 & 9:15  
II **FAST AND FURIOUS PART 6** - PG-13  
Everyday - 2:00, 4:30, 7:00 & 9:30

**MONSTERS UNIVERSITY** - PG  
Advance Showing - 8:00 Thurs Evening  
\*Cinema I & II (next to Walmart)

#### WESTGATE CENTER

III **NOW YOU SEE ME** - PG-13  
Everyday  
2:00, 4:20, 7:00 & 9:20

IV **THIS IS THE END** - R  
Everyday  
2:10, 4:20, 7:10 & 9:20

#### COLLEGE CINEMA • ENTERPRISE

\$2.00 Upcharge for 3D

I **WORLD WAR Z** - PG-13  
Everyday - 2D - 2:15 & 7:15  
Everyday - 3D - 4:30 & 9:30

II **MAN OF STEEL** - PG-13 - 3D  
Everyday - 3:00, 6:00, 9:00

III **MAN OF STEEL** - PG-13 - 2D  
Everyday - 2:00, 5:00, 8:00

**WORLD WAR Z** - PG-13 - College Cinema  
Advance Showing - 2D - 8:00 Thurs Evening  
3D - 10:15 Thurs Evening

#### ANDALUSIA

**WORLD WAR Z** - PG-13 and  
**MONSTERS UNIVERSITY** - PG  
Advance Showing - 8:00 Thurs Evening

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# Officials offer off-the-job summer safety tips

By Karla Simon  
U.S. Army Public Health Command

To help incorporate the on-the-job safety culture into people’s home lives, the National Safety Council launched the “Safety Starts with Me” campaign to celebrate National Safety Month this month.

June marks the beginning of summer, and summer is a good time to remind employees that safety is 24/7.

As soon as the thermometer hits 70 degrees, our bodies wake up and we want to do more because of the warmer temperatures and longer daylight hours. We increase our indoor and outdoor activities when we are off work. This means more home improvement projects, exercise and sports, or leisure activities that can put us at risk for injury.

Some of us become do-it-yourself warriors. The lawn mower is dragged out of the shed and the grass is cut, flower beds are weeded and planted, gutters are cleaned out, siding and decks are power washed.

Others try to keep their New Year’s resolutions so they crank up their exercise by hitting the gym, Zumba class, weight training and playing sports. For many people, vacation is a time to try new and exciting things like bungee jumping, skydiving or whitewater rafting.

We tend to dive into new activities head first, especially during the much-anticipated vacation. Quite often, we push our bodies too far too fast. Sprains, strains and falls can be minor or they can become life-altering. Staying active is part of a healthy lifestyle, but doing it safely needs to be incorporated into everyday life.

**Home improvement projects** – A sturdy ladder in good condition will make do-it-yourself projects easier, from replacing light bulbs to painting a room to putting up a ceiling fan to cleaning gutters.

Make sure the ladder is the right height and the right type for the job. Use nonconductive ladders for electrical work. Check your tools and equipment before using them. Look for worn handles, frayed electrical wires and broken parts. Check saws for operating safety guards; they protect hands and fingers from injuries. Take a free class at the local hardware store before beginning new projects.

**Exercise and sports** – Warm up first. Include some stretches in your warm-up routine before exercising and playing sports. The safety equipment and sports gear you wear are key to preventing injuries. Always wear a helmet and the proper footwear made for the sport you’re playing, along with eye protection, mouth guards and pads for contact sports.

More sunny weather means more outdoor time spent walking, jogging, hiking, biking, kayaking and canoeing. Beware of rough terrain, turbulent waterway, and poor weather conditions before you hit the trail or launch your canoe on the river.

Getting caught outdoors in bad weather can become a disastrous experience quickly. Bikers should know on-the-road quick fixes like patching a tire. Kayaking and canoeing beginners should take a boating safety course.

**Vacationing and recreation** – Be prepared before going camping, boating, fishing, hunting or sightseeing, whether it is traveling abroad or to the nearest national park or beach. Any activity that places you somewhere that is unfamiliar or isolated requires you to practice due diligence. Your physical safety and that of your Family is your main priority, while having the necessary equipment and supplies is second.

**Travel with the basics** – These include a first aid kit, sunscreen, a charged cell phone, insect repellent, proper clothing, healthy snacks and water. For activities on the water, wear properly fitted life jackets, or personal flotation devices. Watch out for bugs, wildlife and poisonous plants. Leave your itinerary with a friend or Family member, and check in with them upon your return.

**Bring safety home** – don’t leave it at work! Use these safety tips with your Family to enjoy the weather safely and to avoid unnecessary trips to the hospital.

For more information about off-the-job safety, the National Safety Council offers free resources at [http://www.nsc.org/safety\\_work/otjsafety/Pages/welcome.aspx](http://www.nsc.org/safety_work/otjsafety/Pages/welcome.aspx).



PHOTO BY SARA E. MARTIN

## Children’s theater

Prince Charming calls down for Rapunzel’s hair in the summer production of Rapunzel as part of the Missoula Children’s Theatre at the Post Theater Saturday. Twenty-three children participated in the musical and comedy that was hosted by Fort Rucker Directorate of Family, Morale, Welfare and Recreation.

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JUNE 20, 2013

# Striving for greatness

*Army Strong Triathlon presents ultimate challenge*

By Sara E. Martin  
 Army Flier Staff Writer

Some children spend their summer working for neighbors and some Soldiers spend their weekends studying for flight school, but others train hard for what might be considered one of the hardest competitions in the world of athletics — completing a triathlon.

Triathlons appeal to a wide variety of people because there are three different parts to it, explained Kristi Fink, fitness programs manager, and that seemed true with the turnout being more than 190 individuals and 23 three-man relay teams.

“It changes it up and makes it even more challenging because you have to be able to swim, bike and then run,” said Fink.

The competition had a brisk quarter-mile swim in Lake Tholocco followed by a 10.6-mile bike course, and a 5-km run that wound around the lake and its surrounding roads.

Competitors ranged from 10-year olds to 75-year olds, male and female, Soldier and civilian.

Gabe Henneberger was one of the youngest competitors, being in the seventh grade at Coppinville Junior High School, but held his own, beating out 61 other competitors.

“My mom and my dad are competing today with me. My Family does this and when they did it last year I was like, ‘Man I want to do that,’” he said.

Though the young man was competing with his parents, he said that he was fine going at his own pace without their protective eyes.

“It is a little nerve wracking knowing I am the youngest competitor doing the entire race, but I am proud and excited to participate,” he said.

Henneberger’s chain fell off his bike three times during the competition, and though it discouraged him, he did not give up and still advises everyone his age to exercise.

“I think it is important for people my age to be active because (obesity) affects a lot of people my age. Plus, by getting into the routine of exercising when you’re young you create life-long habits to stay fit and eat right,” he said.

On the other side of the scale, Cynthia Ramsay, a 51-year old female competitor who came in first in the female grandmaster category said that competing with her son, Jared, was something special.

“I want to encourage Jared. I have loved it — spending time with him. It is a great excuse for kids and their parents to participate together,” she said. “It is especially good for teens because it’s healthy competition and to get around like minded people to learn from them is a great experience.”

Most participating said that friendly competition can go a long way in personal motivation in the fun and challenging event.

Mark Wilson, a 53-year old competitor who is a retired Army diver, said that he was proud of himself for passing younger men.

“I am glad that Fort Rucker continues to put this on,” he said. “Down in northwest Florida, where I live, they have stopped a lot of these events because of budget cuts. I am a competitor, and I need this to keep me



PHOTOS BY SARA E. MARTIN

Garrett and Kristen Wilson cross the finish line to cheers from the crowd during the 2013 Fort Rucker Army Strong Triathlon at West Beach on Lake Tholocco Saturday. More than 20 three-man relay teams and more than 190 individuals participated in the race.

in shape and motivated.”

The rivalry was many competitors favorite part of the day, but for others like 2nd Lt. Tucker Sulzberger, D Company, 1st Battalion, 145th Aviation Regiment, and Don Stuck, a retired Army Aviator, the community atmosphere and encouragement from others was the greatest thing.

“It is good that the community is involved, it shows the camaraderie between Soldiers and civilians and veterans. It also serves as a great get together for Families, neighbors and friends,” said Sulzberger.

“It brings the community closer together. Everyone participating today are all different sizes and shapes but we all have a common goal of getting or staying in shape, and that is a good thing,” said Stuck.

Stuck, who was a swimmer on a relay team, said that his team had 158 years between them all and despite past Army injuries they all pushed onward through the race.

“I had back surgery because of the years I spent in Aviation and jumping out of heli-



Participants in the 2013 Fort Rucker Army Strong Triathlon at West Beach on Lake Tholocco finish the bike portion of the race.

copters, but I have tried to not let it get me down. You have to push through injuries because injuries are a part of the job. You have to make sure that they don’t limit you,” he

said.

The overall winner of the triathlon was Stephanie Liles-Weyant with a time of 59 minutes and 26 seconds.

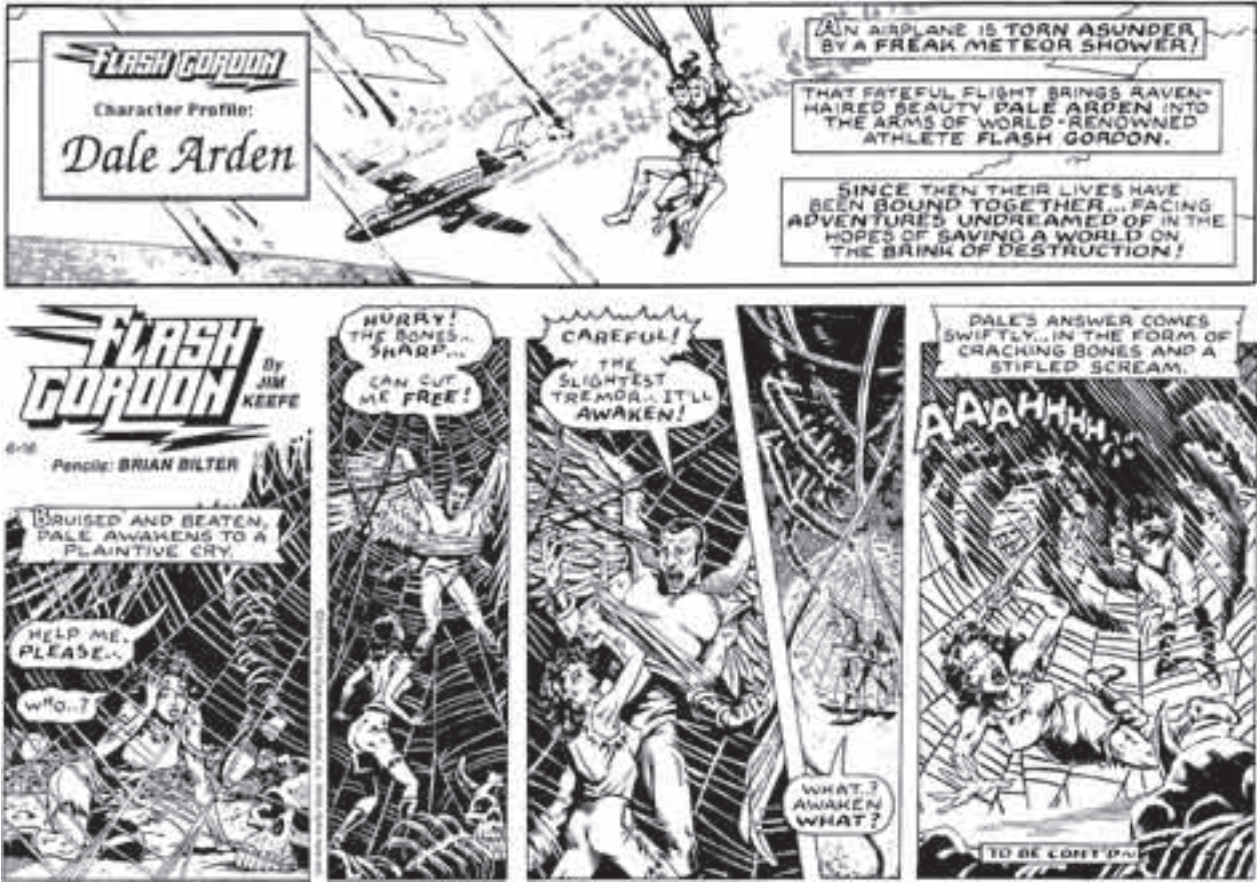
## Horse jumping competition

Haiden Boyles, riding Spirit, competes in the Saturday Night Lights Summer Jumper Series Competition jumping 18-inch cross rails at the Fort Rucker Equestrian Center Saturday. Girls of all ages competed in 22 available categories. The Jumper Series will continue July 13. To register or for more information, call 598-3384.



PHOTO BY SARA E. MARTIN

# DOWN TIME



## Super Crossword

**ACROSS**

1 Like positive numbers  
10 "Peace"  
16 Toll, as a bell  
20 Person at the helm  
21 "Om," e.g.  
22 River of Hesse  
23 Composer of the opera "Prince Igor"  
25 Hightail it  
26 "Z" actress  
27 Musical reworking; Abbr.  
28 Most macabre  
30 Martial arts actor Jackie  
31 Baseball's all-time leader in stolen bases  
36 Boat rower's need  
37 Throws  
39 Ship's back  
40 Giant in insurance  
41 Glancing piercingly  
43 Syr.  
44 Next year's  
45 Suffix with east or west

46 Organism on a slide  
48 Fraction of a fl. oz.  
51 Longtime Hearst publication  
59 Call for help  
60 Ryder of "leathers"  
61 Introduce, as a new year  
62 — Gay (old war plane)  
65 Theme of this puzzle  
69 Go with the flow  
70 Medium of many all-talk stations  
72 Asimov and Newton  
74 Anti-trafficking gp.  
75 Tomatoey seafood soup  
81 — cone (cooling treat)  
82 Divide up by type  
83 Suffix with perfect  
84 Bolted  
86 — Lankan  
87 Acacia's kin  
94 Spring  
97 Onyx or opal

98 Certain fishing pot  
99 "Yummy" pair  
100 Locale of the Venezuelan city  
103 "— a Lady"  
104 Autumn  
105 Ocean off FL  
106 Legendary furrier  
108 Prong  
109 Carnivorous North American rodent  
116 Right fielder  
117 Dissimilar to  
118 Rocks atop  
119 Camera part  
120 Willow family member  
121 Consensus

**DOWN**

1 Terinis' Ivanovic  
2 "South Pacific" song  
3 Like some swimming strokes  
4 Female fox  
5 New York City cardinal  
6 Writer Grey  
7 Airport abbr.  
8 Future fry  
9 Bruins great  
10 Campfire snacks  
11 Actor Hamlin  
12 "It's — brainer"  
13 English "Inc."  
14 Situate  
15 Like horses  
16 Shoots a rifle again  
17 Least busy  
18 "Kinsey" star  
19 — Green, Scotland  
24 Dried by heat  
29 Raise  
30 Machine tooth  
31 U.S. 1, e.g.  
32 Bitterly cold  
33 Guerrilla  
34 Is sporting  
35 Violinist  
36 Salon option  
38 "I can just see —"  
42 French "tie"  
43 "— bad boy!"  
44 Drinking binges  
46 Slanting  
47 — & Lomb  
48 Angry rant  
49 Hidden marksman  
50 Tetra- plus one  
51 Swindling guy  
52 City in south Chile  
53 Lace loops  
54 "Starpeace" singer Yoko  
55 Rapper Tone  
56 Fluid in a pan  
57 "Oh, clever!"  
58 Last British letter  
59 Clothing lines  
63 "Well, — di-dahl!"  
64 Boise's county  
66 Sly-fox filler  
67 "Take me as —"  
68 Body of eau  
71 Call — evening  
73 Composer John Philip  
75 It's a plus  
77 Shearer of the screen  
78 — de coeur  
79 Sarah, say  
80 Clue seeker; Abbr.  
84 Backslide  
85 "And hurry!"  
87 — Yello (soft drink brand)  
88 Stevedores' org.  
89 Everest, e.g.; Abbr.  
90 Munic. law  
91 Put in a new home  
92 Writer Ralph Waldo  
93 Quant suffix with poet  
94 Dutch beer  
95 Wisconsin city  
96 Easy-to-attach patch  
97 "Buon —!" (Italian)  
98 "Good day!"  
99 Nehemiah-Job linkup  
101 Equip for use  
102 "May — favor?"  
103 Squall, e.g.  
106 Skill, in Sicily  
107 Captain Hook's henchman  
110 High Swiss peak  
111 RSVP part  
112 K-12 org.  
113 Violin tuner  
114 Ballad's end?  
115 Doc with an otoscope

See Page D3 for this week's answers.

## Trivia

by Fifi Rodriguez

1. MOVIES: What was the charge debated by the jury in the movie "12 Angry Men"?

2. GOVERNMENT: What did the 22nd Amendment to the Constitution do?

3. SCIENCE: What does an oologist study?

4. QUOTATIONS: Who said, "Little strokes fell great oaks."

5. ANATOMY: What is a verruca?

6. GEOGRAPHY: What is Europe's longest river?

7. MUSIC: Who composed music for the first three Harry Potter movies?

8. TRAVEL: Australia spans how many different time zones?

9. PSYCHOLOGY: If someone suffers from mysophobia, what is he or she afraid of?

10. COMICS: What is the name of Garfield's canine companion?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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 D3 for this week's answers.

# KID's CORNER

### Junior Whirl

by Hal Kaufman

**THIRTY DASH** Twelve numbers between 0 and 15 are in pairs in the diagram at right. Remove one of the numbers in each pair. How long will it take you to do the 30-dash? (You have 30 seconds.)

**HORSE OPERAS TO PONDERS** There are 10 horses in the diagram at right. Remove one of the horses in each pair. How long will it take you to do the 10-horse opera? (You have 10 minutes.)

**SOCCER BATTLE** Two of the soccer players in the diagram at right are in pairs. Remove one of the players in each pair. How long will it take you to do the 10-player battle? (You have 10 minutes.)

### Wishing Well

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

### HOCUS-FOCUS

BY HENRY BOLTON

CAN YOU TRUST YOUR EYES? There are 10 spots in the diagram at right. Remove one of the spots in each pair. How long will it take you to do the 10-spot focus? (You have 10 minutes.)

# Army, NFL team up to focus on resiliency

By Sgt. 1st Class  
Raymond Piper  
Army News Service

NEW YORK CITY – The Army hosted a panel June 13 to address building and maintaining resilient Soldiers, Families and Department of the Army civilians.

Vice Chief of Staff of the Army Gen. John Campbell was joined on the panel by Roger Goodell, the National Football League commissioner, Dr. JoAnn Difede, Program for Anxiety and Traumatic Stress Studies director, and Lt. Gen. Patricia Horoho, the Army’s surgeon general.

“Each organization here represents a different facet of resiliency, and the common goal is to come up with policy and procedures, at least for the Army and maybe for other organizations, to really preserve and protect the long-term health and wellness of our people,” Campbell said.

The Army and NFL share similar cultures. The NFL has some of the same qualities that the military promotes, such as mental toughness, physical toughness, dedication to teammates and mission, Campbell said.

“That commitment to the team sometimes prevents our Soldiers and players from asking to take a knee,” Campbell said. “They don’t want to be taken out of the game and they (Soldiers) don’t want to be taken out of the fight.”

Goodell said that while he doesn’t compare his players to Soldiers, the two cultures share many traits. He said the NFL and Army can benefit from the work both organizations are doing to help players on and off the field.

“We have worked hard with the military to share our protocols. We have return-to-field protocols. The Army has return-to-battlefield protocols. They’re very similar,” he said.

Horoho shared a story from a recent visit to Afghanistan, where a Soldier with the 3rd Infantry Division was injured in a firefight



PHOTO BY STAFF SGT. ASHLEIGH TORRES

Vice Chief of Staff of the Army Gen. John Campbell and Roger Goodell, the National Football League commissioner, exchange coins during an office meeting at the league office in New York City.

after a bullet ricocheted off his helmet. He continued to fight. After his unit won the battle, he fell as the impact of his injury took effect. He had suffered a concussion from the force of the bullet.

His battle buddies recognized what happened. Because the Army has a protocol for treatment, education of leaders, and tracking of the impact of injuries, they took him out of the fight and brought him back to a convulsive care center. With the right support, and several days to rest and recover, he was able to return to the fight.

“We now have a 98-percent return-to-duty rate for those that are exposed to improvised explosive device blasts, because of that simple protocol,” Horoho said.

The Army continues to pursue innovative research to ensure the continued safety of Soldiers, Campbell said. Those efforts include the use of blast gauges on vehicles and equipment to measure the effects of blasts on the body, the presence of magnetic

resonance imaging in theater to hasten examination, and the development of new protocols and treatments, Campbell said.

He explained that the sensors are designed to store linear and rotational measurements to provide information on the acceleration of the Soldier’s head.

“We are starting to get some really good feedback as we continue to pilot that in Afghanistan with several of our brigades,” Campbell said. “They will continue to help us understand the differences in the effects of brain trauma and really facilitate our standards of care in the future.”

Over twelve years of conflict, Army medicine has learned much on the battlefield, Horoho said. That information has been shared with civilian doctors to improve trauma care across the nation.

Military medicine has had the same effect on rehabilitative medicine. To date, more than 100 Soldiers who have lost a limb have deployed back into combat to serve their nation.

“We have pushed technology, we pushed science and we have pushed research and that has changed rehabilitative medicine,” Horoho said. “We have the same opportunity to be able to do that with behavioral health, psychological health and concussive care.”

During the past 12 years of conflict in Iraq and Afghanistan the Army has learned that it needs to apply a “full-spectrum” approach to resiliency, Campbell said.

“It begins the first day that Soldiers come into the Army, and you take it all the way through their transition out of the Army,” he said. “We really have to incrementally infuse this thing called resilience into our institutions and all the training we do from basic training all the way to when they get out.”

To reach that goal, the Army began the Ready and Resilient Campaign, which has four focus areas.

First, program proponents hope to integrate resilience training as

a key part of the Army’s professional military education. That training should continue throughout a Soldier’s career, from induction through separation or retirement.

Second, campaign organizers want to synchronize and integrate key Army programs to reduce or eliminate suicide and suicidal ideations, sexual harassment and sexual assault, bullying and hazing, substance abuse, and domestic violence. They also hope to eliminate any stigmas or barriers associated with seeking help.

Third, they hope to develop improved methods to provide leaders and commanders timely and accurate information and metrics to aid them in better identifying “at risk” and “high-risk” Soldiers. By doing so, they believe they can prevent tragedy through early intervention.

Finally, they hope to continue to improve the Integrated Disability Evaluation System to shorten processing times and improve the services provided to Soldiers and their Families.

“It’s not really [creating] a new program, but it’s taking all the programs we have and synergizing those to make them better,” Campbell said.

He explained the importance of resiliency for everyone.

“We must develop coping skills that allow flexibility for our Soldiers, Family members and our great Department of the Army civilians to understand how to deal with complex stressors in the environment that they live in,” he said. “It’s not only about the Soldier but for young children, teenagers, sports enthusiasts, and people of all ages.”

Goodell said that overall, it’s really about the traumatic brain injury issue, not only for the Army and NFL, but for all of society.

“We believe the work we are doing is going to lead the way to make our society a better society,” he said. “At the same time we are making our game better and the lives of our players better.”

## Fort Rucker Army 10-Miler Team

The Fort Rucker Army 10-Miler Team is looking for members to represent the post at the service’s annual run in October in Washington, D.C. People interested should attend one of the team’s workouts or call 400-5582 for more information.

Workouts take place Tuesdays at 5:30 a.m. at Henderson Park in Enterprise, Wednesdays at 6 p.m. at the Fort Rucker Physical Fitness Facility track and Saturdays at 6:30 a.m. at Lake Tholocco’s West Beach.

## Superintendent’s Revenge Golf Scramble

Silver Wings Golf Course hosts the Superintendent’s Revenge Golf Scramble June 29. Tee times will begin at 7 a.m. Cost is \$10 to enter, plus greens and cart fees if applicable. Deadline to register is June 25 at 4 p.m. Awards will be given away after the tournament.

To sign up or get more information, visit the Pro Shop at SWGC or call 598-2449.

## Youth sports registration

Fort Rucker Youth Sports will hold youth 7-on-7 tackle football (intramural), cheerleading, tennis and fall soccer registration July 1 through Aug. 2. Children must meet age requirements by Sept. 1, and a current sport physical and a valid child, youth and school services registration are required for participation. Costs are \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer and \$40 for tennis. Cost for ages 4-5 is \$20. A multiple child rate will be determined at parent central services during registration.

Age requirements are 8-13 for 7-on-7 tackle football, 4-12 for

cheerleading, 4-14 for soccer and 7-18 to play tennis. Coaches are needed for all age groups. Special requests for coaches and players cannot be honored. There will be no extension on registration.

For more, call 255-2257, 255-0950 or 255-9638.

## EFMP, Hearts Apart Family Bowling

Army Community Service’s Exceptional Family Member Program and Hearts Apart invite all active-duty military Families with special needs, disabilities, and Families with Soldier’s deployed and serving an unaccompanied tour to attend a night of bowling at Rucker Lanes July 11 from 5-10 p.m. Future nights will take place Aug. 15 and Sept. 12. The cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to event.

To register or get more information, call 255-9277 or 255-3735.

## Racquetball tournament

The Fort Rucker Physical Fitness Center will host a racquetball tournament July 20. For further details, call 255-2296.

## Enterprise baseball

The Enterprise baseball team needs high-school aged and older players for its ongoing season. For more information, call Joe Jackson at 347-4275.

## Swim Season at West Beach

West Beach is open for swim season now through Sept. 2 from

11 a.m. to 6 p.m. Fridays through Tuesdays and is closed Wednesdays and Thursdays. West Beach swimming is also be open on weekends and holidays only while school is in session. Admission for swimming is free for ages 2 and younger, \$1.50 for ages 3–9, \$2.25 for ages 10–17, and \$3 for ages 18 and older. Season passes, valid at both Splash! and West Beach, will be available once the summer season begins at both physical fitness centers, outdoor recreation, and leisure travel services.

For more, call 255-9162.

## Disc Golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

## Riding Stables rules

The Fort Rucker Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners’ permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Murder
2. Limited presidents to two four-year terms
3. Birds' eggs
4. Benjamin Franklin
5. A wart
6. The Volga
7. John Williams
8. Three
9. Germs
10. Odie

PUZZLE ANSWERS

Super Crossword

Answers

A	B	O	V	E	Z	E	R	O	S	H	A	L	O	M	R	I	N	G
N	A	V	I	G	A	T	O	R	M	A	N	T	R	A	E	D	E	R
A	L	E	X	A	N	D	E	R	B	O	R	O	D	I	N	F	L	E
T	I	R	E	N	E	A	R	R	E	E	R	I	E	S	T			
C	H	A	N	R	I	C	K	E	Y	H	E	N	D	E	R	S	O	N
O	A	R	P	I	T	C	H	E	S	A	P	T	A	E	T	N	A	
G	I	M	L	E	T	E	Y	E	D	I	S	R	J	R	S			
E	R	N				A	M	O	E	S	A		T	S	P			
C	O	S	M	O	P	O	L	I	T	A	N	M	A	G	A	Z	I	N
S	O	S		W	I	N	O	N	A		U	S	H	E	R	I	N	
E	N	O	L	A		C	O	O	K	T	A	I	L	S		A	D	A
A	M	R	A	D	O		I	S	A	A	C	S		D	E	A		
M	A	N	H	A	T	T	A	N	C	L	A	M	C	H	O	W	E	R
S	N	O		A	S	S	O	R	T					U	R	E		
R	A	N		S	R	I	M	O	S	A	T	R	E	E				
A	R	I	E	S		G	E	M	E	L	T	R	A	P	E	M	S	
M	A	R	G	A	R	I	T	A	I	S	L	A	N	D		S	H	E
S	C	O	R	P	I	O		A	T	L			A	S	T	O	R	
T	I	N	E		G	R	A	S	S	H	O	P	P	E	R	M	O	U
E	N	O	S		U	N	L	I	K	E		T	E	E	T	E	R	S
L	E	N	S		P	O	P	L	A	I	R		A	G	R	E	E	M

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# Soldier para-swimmer exemplifies resilience

By **Tim Hipps**  
*IMCOM Public Affairs*

SAN ANTONIO – Paralympic swimming hopeful Spc. Elizabeth Wasil doubles as a model of resilience and a poster Soldier for the Army Strong Bands campaign.

Wasil bounced back from triple surgery for bilateral hip injuries by plunging into a pool and learning to swim competitively. She quickly stroked her way into the U.S. Army World Class Athlete Program, which provides Soldiers an opportunity to train full time for Olympic sports.

Now she's competing against some of the best para-athlete swimmers in the world with visions of earning a spot on Team USA for the 2016 Paralympic Games in Rio de Janeiro, Brazil.

Wasil won five gold medals in less than two hours April 14 at the 2013 Texas Regional Games at Trinity University. She took the 100-meter freestyle in 1 minute, 12.54 seconds and also won the 100-meter breaststroke (1:26.87), 50-meter freestyle (34.00), 100-meter individual medley (1:12.39) and 100-meter backstroke (1:28.84).

"I want to be that one to beat," Wasil said. "It's amazing to be in WCAP. We have great strength and conditioning coaches, like Capt. (Jason) Barber. His mind-set is push me until I can't take it anymore, and I like that because a lot of people like to back off para-athletes.

"I figure I better push myself as hard as I can, and we'll find out what I can and can't do," she added with a big grin.

Wasil since competed in her second Warrior Games in Colorado Springs, Colo., where she is stationed at Fort Carson. Earlier this spring, she set a national record (3:14:14) for her division in the long course 200-meter breaststroke at the 2013 U.S. Paralympics Spring Swimming Nationals in Minneapolis.

"In Minneapolis, I was seeded as third, 14th, 12th – I wasn't very promising in my events," Wasil said. "But then I raced them and I placed first in all of them. I had quite a bit of competition at that one. It was the first time I had a full heat of people in my same classification, so it was pretty intimidating, but it was an absolutely wonderful experience."

Wasil already exceeded her short-range goal of returning to



PHOTO BY TIM HIPPS

**Spc. Elizabeth Wasil, U.S. Army World Class Athlete Paralympic Program swimmer, earns one of her five gold medals April 14 at the 2013 Texas Regional Games at Trinity University in San Antonio.**

duty. She was serving as a medic in Katterbach, Germany, when she was injured.

"I have bilateral hip injuries that I sustained while I was in Iraq," Wasil said of the incident that is still being investigated. "I was there for five months in 2009 and 2010."

Wasil was evacuated and treated at Army Medical Center in Landstuhl, Germany, and Brooke Army Medical Center at Fort Sam Houston, Texas. Three surgeries later, she has embraced new challenges with a vengeance.

"I showed up at the pool to swim one Saturday morning, and Master Sgt. Rhoden Galloway was there," she recalled. "He asked me if I would like to learn how to swim because I didn't know what I was doing, and I said 'yes.' His wife, Shayna, started working with me, and within about a month they taught me the four basic strokes. And then I started trying out for the Warrior Games team."

Before departing for the 2012 Warrior Games in Colorado Springs, Wasil competed at the Texas Regional Games in San Antonio, where she got classified as a para-athlete.

"Had my first competition and

I fell in love with it," she said. "I had good, patient coaches."

Wasil soon thereafter met below-the-knee amputee Sgt. Jerrod Fields, a track and field Paralympic hopeful in the U.S. Army World Class Athlete Program, at the 2012 Warrior Games.

"He asked me if I had any interest in pursuing swimming full-time, and I laughed at him and I said, 'Yeah, OK,'" she recalled. "And he said, 'No, really, we have a program.' And that's when I found out about WCAP. I started entering every competition I could find within the U.S. to try to make a standard time to get into WCAP."

Wasil needed only five meets to swim WCAP qualification marks in the 100-meter breaststroke and 50-meter freestyle. Had she not participated in the Warrior Games, she would not be training for a spot in the 2016 Paralympic Games.

"They didn't know that I was classifiable, so I didn't swim against the physical-injury category," Wasil explained. "I swam open and I still medaled gold, silver and bronze against able-body females. That's when I thought: 'Maybe I can do this.'"

Throughout her recovery, Wasil

yearned to return to duty.

"I kind of had a point to prove," she said. "I really wanted to be found fit for duty. Once I started winning, and once I started doing well in the water, people started taking me more serious that I really could get to a place to where I could be a medic again.

"One of the greatest things that came out of this was July 3 of 2012, after 2 ½ years, I was finally found fit for duty to be a medic again, which is what I love. And then WCAP picked me up, so it's been an amazing year to go from such a low place to being injured and being worried about even staying near the military to being in such a central focus of it and getting to meet so many amazing athletes."

Wasil's story was touching even before she found the military.

Originally from Prescott Valley, Ariz., she graduated from Arizona Project Challenge, an at-risk youth program, at age 16. After attending Yavapai and Chandler-Gilbert Community Colleges for a year, she joined the Army at 17.

"Arizona Project Challenge has unfortunately closed its doors this past year, but it was an amazing program run by the National Guard," Wasil said. "It was a

five-month at-risk program and you actually got some college education while you were there, as well. And they gave you a scholarship when you graduated. I graduated company and color guard commander and I was one of the youngest in the program.

"That's where I fell in love with the Army because I loved the structure and the mentors I had there that I had never had in my life before. It was the first place that really encouraged you to be a free thinker and to take responsibility. It was so much different than the life I was used to."

Likewise, Wasil is now a poster Soldier swimming in a world she never knew.

"In Arizona, we all swam growing up," said Wasil, who did not consider herself a competitive swimmer until last year. "My brother swam in high school, but I did not. I swam when I was much younger, just with the summer team for fun in Arizona. I guess if racing your brother and your neighbor counts, then sure."

"It's been a very strange year. I guess I owe all of it to Warrior Games because I never would have pushed as hard to become competitive. I had no idea what the Paralympic world was."

## Video Game Spotlight >>

By **Jim Van Slyke**  
*Contributing Writer*

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

Another zombie game? Yes, apparently we can't escape the clutches of these nearly mindless ex-humans who are taking over video games and, to a slightly lesser extent, TV.

But despite this being a game with multiple issues — the graphics engine can be sluggish and there will be times when characters walk through walls, etc. — once

"State of Decay" gets its claws (or teeth since it is a zombie game) in you, you'll have a hard time escaping its fun clutches.

For one thing, this is an open world role-playing game disguised as a zombie game. Gamers become a regular person, not someone with access to endless weapons and a recharging health meter. Death happens a lot, and gamers will either find that frustrating or work hard to keep the character — and friends — alive.

Gamers can switch back and forth between several characters as they travel across a region full of towns, empty houses, survivors and, of course, zombies. Avoiding the zombies while recruiting new members

to your group and finding supplies is the key. Managing relationships in the game is important, as is finding the scarce health supplies.

The zombies of "State of Decay" can move as fast as regular humans once alerted and since humans can only run for so long before needing a break, flight isn't always an option. Weapons also degrade over time so don't plan on using that hockey stick through the entire game. Finishing missions and storing supplies in a safe house locker gives the player something called influence. This allows him to upgrade character's abilities such as fighting, cardio, etc.

The story is better than those you'll find



**Publisher**  
Microsoft  
**Rated**  
Mature  
**Systems**  
Xbox 360  
**Cost**  
\$20  
**Overall**  
3.5 out of 4

in many \$60 games and the 12 to 15 hours you'll spend in "State of Decay" are fun from beginning to end. The good news is that we're likely to see more of this game in the future.

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