

VOLUNTEERS
Future leaders provide more than 14,500 meals to people in need
Story on Page A3



HELPING HANDS
Hangar lends helping hand to Soldiers, Families
Story on Page C1



GET FIT
Improve your run time — now!
Story on Page D1



ARMYFLIER

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

VOL. 63 ■ NO. 25

FORT RUCKER ★ ALABAMA

JUNE 27, 2013

Audie Murphy Club expands

By Nathan Pfau
Army Flier Staff Writer

Three Soldiers joined prestigious company as they were inducted into Fort Rucker's Sergeant Audie Murphy Club during a ceremony at the U.S. Army Aviation Museum June 20.

Sgt. 1st Class Joseph Camire and Staff Sgt. Jeremy Dorries, both of C Company, 1st Battalion, 13th Aviation Regiment, and Sgt. 1st Class Roger Larson, B Co., 1st Bn. 13th Avn. Regt., were inducted into the club and presented with the Audie Murphy medallion by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch.

"Audie Murphy epitomizes the competence, the commitment and the character we look for in our Army professionals," said Thomson dur-

ing the ceremony. "These NCOs that have competed to be inducted into (this club) aren't here after the litany of medals that Sergeant Audie Murphy was awarded ... they were invited to compete based on their demonstrated competence, commitment and character."

The Soldiers had to endure a series of boards and evaluations to be inducted into the club, and this year's ceremony was special in that it fell on Audie Murphy's birthday, which was by pure coincidence, said Thomson.

"Believe it or not, when we put this ceremony together, we were unaware that today was actually Audie Murphy's birthday," he said. "This should make this a bit more of a memorable day for today's inductees."

Those inductees said the road to get to where they were today was long and hard, but they all agreed that it was well worth it.

"It was a long trip and it was very



PHOTO BY NATHAN PFAU

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, congratulates Staff Sgt. Jeremy Dorries, C Company, 1st Battalion, 13th Aviation Regiment, on his induction to the Sergeant Audie Murphy Club during a ceremony at the U.S. Army Aviation Museum June 20. Dorries was inducted into the club along with Sgt. 1st Class Joseph Camire, also of C Co., 1st Bn., 13th Avn. Regt., and Sgt. 1st Class Roger Larson, B Co., 1st Bn. 13th Avn. Regt.

SEE INDUCTION, PAGE A5



PHOTO BY NATHAN PFAU

Freedom Fest

Fireworks burst in the sky at the end of last year's Freedom Fest. Fort Rucker's annual Wiregrass Freedom Fest celebration is Wednesday from 4-10 p.m. at the festival fields. Wiregrass Freedom Fest is 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.
See this week's Freedom Fest insert for more information.

Flight school students execute 'Zero Defect' honors mission

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

Rendering final honors to deceased military members is considered by many Soldiers as the highest demonstration of gratitude that one can bestow upon grieving Families.

Since 2003, the Fort Rucker casualty assistance office says this responsibility has fallen primarily on Honors Detachment. "Honors Det." as it's called by those who fill its ranks, is based at B Company, 1st

Battalion, 145th Aviation Regiment.

For the Soldiers of Honors Det, the responsibility of rendering final military honors is a mission that must not fail.

"We owe it to the Families of the people (the veterans) to show them that we appreciate what their loved ones have given to the United States," said CW3 Bryant Lawler, officer in charge of Honors Det. "It's important to show the Family that the service member isn't forgotten."

Honors Det performs its service in a variety of places, said Lawler. This includes funeral homes, cemeteries, places of worship and planeside. For this reason, Lawler said his teams rehearse for a minimum of two hours daily on the key tasks performed. These tasks include folding the American flag, firing the three volleys, and the scripted presentation of the American flag to the deceased's Family.

"They need to be flexible," Lawler said of the fluidity of a scripted memorial service. "They need to be ready for anything."

Even with the time spent training, Lawler said he and his team of trainers who certify flight students on the procedures for rendering honors cannot fully prepare Soldiers for the service they will perform.

"The emotional part is the hardest part to deal with," said Lawler. "You can learn to fold a flag, but when you're out there looking at the next of kin ...



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Flight students WO1 Aaron Chiu, WO1 Walter Long and WO1 Robert Icona practice a military drill and ceremony move called "stacking arms" while practicing military funeral honors at B Company, 1st Battalion, 145th Aviation Regiment.

SEE MISSION, PAGE A5

Post opens up Splash! to public

By Nathan Pfau
Army Flier Staff Writer

There are a host of choices to choose from when it comes to deciding how to cool off during the summer, but Fort Rucker is making that decision easier now that Splash! Pool and Spray Park is open to the general public.

Installation Management Command approved a request to open the facility to the public, resulting in a great opportunity to extend the quality-of-life enhancement provided on Fort Rucker to the surrounding community, said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

"I think this is a win for all Soldiers, Families, retirees and civilians, and we're fortunate to be able to make this change," she said. "Splash! offers so many fun features that makes it a must do in this hot Alabama weather."

Splash! is open Wednesdays-Mondays from 11 a.m. to 6 p.m., and is closed Tuesdays. The facility boasts a 250-thousand gallon swimming pool, two 14-foot water slides, a 10-foot rock wall, diving board, 1,500 square-foot spray park, Tiki Bay with food and drink concessions, and a lounge area with chairs, picnic tables and shaded areas.

The cost of admission for the general public is free for 2 and younger; \$3.75 for ages 3-9; \$4.50 for ages 10-17; and \$5.25 for ages 18 and older. For DOD civilians and contractors the cost is free for 2 and younger; \$3 for ages 3-9; \$3.75 for ages 10-17; and \$4.50 for ages 18 and older; and for military ID card holders, the cost is free for 2 and younger; \$2.25 for ages 3-9; \$3 for ages 10-17; and \$3.75 for ages 18 and older.

The general population had their first taste of the pool and spray park Saturday, and many were pleased with the experience.

"I think it's great that they opened the park to the public because there aren't really a lot of places around here that we can take our children to swim," said Heather Moody, civilian from Headland. "We brought six children with us and they all had a blast. Some of them had to have gone down the slide around 30 times."

Moody said that her favorite part about the facility was the spray park because it allowed her to relax while her younger

SEE OPEN, PAGE A5



COURTESY PHOTO

Children play in the spray area of Splash! Pool and Spray Park last year. The facility is now open to the general public.

PERSPECTIVE

LCT: A generational perspective on innovation

By Christina Parker
*Leading Change Team, and
Directorate of Training and Doctrine*

This is the first time in history when all four of the generations are occupying the same workspace. The interaction of each of the generations comes with its own considerations. Magnify that by four and you have the potential for clash and missed opportunity.

Understanding each of the generations and their perspectives, however, goes a long way to alleviating those clashes and identifying those opportunities. Awareness of generational perspectives can improve communication and productivity.

The Leading Change Team asked representatives from each generation, “What does the U.S. Army Aviation Center of Excellence need or need to do in order to be more innovative?”

The following are some responses from individuals in each generation that reflect the general population.

Traditionalist

To be more innovative, the post needs an instrument to allow people to provide feedback and suggestions to those

in leadership positions. If I notice things on post that need to be improved or changed, how do I get that information to the people who can make things happen?

I completed a career with another service, and at every installation to which I was assigned we had both a commander’s corner in the installation newspaper and a formal suggestion program. From the suggestions and feedback that people submitted through those two programs, many changes came about that improved things. I can say that with certainty because at one installation I responded to questions and suggestions to the commander’s corner and at three other installations the individuals who administered the suggestion program were in my division. The process of providing feedback/suggestions should be much easier in the digital age than it was back when.

Baby Boomer

In order for USAACE to be more innovative there should be a process for civilian and military personnel to contribute ideas without filtering from the chain of command. Many good concepts are stymied before they are given

any consideration because they never get past the first level of command.

Perhaps an anonymous method would be most effective when contributing new ideas. If the contributions could be reviewed by a panel of nonbiased USAACE representatives, there is a possibility that the best of the innovative ideas would reach executive-level decision makers for their consideration.

Generation Xer

One thing that USAACE can do to become more innovative is to equip training developers with the skills and equipment they need to produce training materials and facilitate delivery methods that support the Army Learning Model. Captivate, for example, has been offered infrequently and to very small classes. By offering this and similar classes to all training developers, and providing them with continued access to the equipment and software so they can continue to hone their skills, the return on investment would far outweigh the initial expense.

Millennial

I would say better communication

with those who teach and those who learn. Working in a place with several generations can be interesting in the fact that my generation grasps technology and its abilities to evolve. To become more innovative, everyone as a whole needs to accept change and what can come with it. We can change how we teach students, both Soldiers and civilians, and we can do this by listening and watching. Many students probably like the use of technology and the ability to take it anywhere.

Conclusion

It would seem that the generations think along the same lines, wanting the ability to confidently communicate ideas for process improvement throughout the chain of command – to have an outlet for the collection of ideas that can be worked and improvement felt.

One avenue already available to you is the Leading Change Team, whose mission it is to connect the right people with the right resources at the right time in order to empower everyone toward process improvement.

For more on the team, visit <http://www.rucker.army.mil/leadingchange/index.html>.

This month in Army Aviation history

This month we’re spotlighting the June 1957 issue of the *U.S. Army Aviation Digest*. This issue features:

Future of Army Aviation

A primary factor affecting the growth of Aviation in the Army is its utilization. I believe that the combat arms of the Army are in fact awakening to the possibilities offered by the use of aircraft in the conduct of military operations, but this sort of realization does not usually come rapidly, if only because the Army is a very large organization.

History of Army Aviation

Born of the battlefield necessity for

improved artillery observation, and easily adapting its unique capabilities to other varied and critical tasks, Army Aviation has advanced with seven-league strides since its inception June 6, 1942.

Prelude to Fifty Years of Flight

Just 50 years ago, the U.S. Army decided once and for all that it needed an airplane to fulfill its mission. The Signal Corps set up a minimum list of specifications and invited the citizens to submit bids for a contract. The Wright Brothers’ entry more than met the specifications to win the contract and a

recurrent dream of mankind became a reality.

Project Long Arm

The first higher performance test unit in the history of Army Aviation has been established at the U.S. Army Aviation Center. Three higher-performance Army observation aircraft on loan from the Air Force are to be used as the test medium.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-june57>



Rotor Wash

“The 4th of July is next week. What are your plans to celebrate the nation’s independence?”



**CW2 Tim Wildes ,
1st Bn., 147th Avn.
Regt., Madison, Wis.**

“I am going to Destin. There is a lot more to do down there at the beach.”



**Sgt. Dan Cutler,
1st Bn., 147th Avn.
Regt., Madison, Wis.**

“I am going to Destin with a group of friends.”



**CW5 Sam Baker,
101st Airborne Division,
Fort Campbell, Ky.**

“I am going to shoot off my own fireworks because my birthday is on the third and my best friend’s is on the fourth, so we are going to get together to celebrate everything.”



**Pvt. Dale Rowe,
B Comp., 1st Bn.,
11th Aviation Regt.**

“Me and some friends got a camp out at Lake Tholocco and we are going to have a bar-beque.”



**Tangi Hill,
retired military**

“We are going to go to the beach with all our Family and stay at our condo.”

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

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

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

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

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

BUSINESS OFFICE

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

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

Laren Allgood
DISPLAY ADVERTISING..... 393-9718
lallgood@eprisenow.com

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

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

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

Statement of Publication
authorization

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

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

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

The appearance of advertising in

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

Business matters

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

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

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

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

Equal Opportunity Statement

Everything advertised in this publication shall be made available for

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

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

Editorial contacts

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

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

Future leaders provide more than 14,500 meals to people in need

By Nancy Rasmussen
Fort Rucker Public Affairs

Far from the classroom, Fort Rucker students are making a difference serving local Wiregrass communities.

So far this year, classes here have completed more than 20 projects totaling more than 5,000 hours of volunteer service to local schools and non-profit organizations.

Among numerous projects, class volunteers have reached out to build an outdoor classroom at Rucker Boulevard Elementary School in Enterprise, provide much-needed cleanup alongside other volunteers at Dothan’s Landmark Park and local animal shelters and humane societies, and contributed manpower in building and landscaping Daleville’s ChoctawPoochie Dog Park.

These volunteer projects are more valuable than ever to local organizations because of the severe economic, budget constraints they are facing. Food drives are especially needed to help feed the needy across the region.

Recently, Aviation Basic Officer Leadership Course and Aviation Warrant Officer Basic Course Class 13-015, led by WO1 Stefanie Hall, completed a food drive for the Wiregrass Area United Way Food Bank, serving Houston, Henry, Dale, Coffee, Geneva and Barbour counties.

Hall and her classmates collected 1,720 pounds of food and cash donations totaling \$1,521.71. Julie Gonzalez, food bank development director, equates the cash to nearly 17,000



COURTESY PHOTO

WO1 John Perkins, WO1 Jason Ramsey and WO1 Nathan Robinson, members of Aviation Basic Officer Leadership Course and Aviation Warrant Officer Basic Course Class 13-015, prepare to collect food and cash donations on behalf of the Wiregrass Area United Way Food Bank June 8.

additional pounds of food for local distribution.

“That means this food drive-fundraiser resulted in the collection of 18,628 pounds of food, thereby providing 14,553 meals to help feed the needy throughout the Wiregrass,” Gonzales said.

“I am deeply proud of what 1st Battalion, 145th Aviation Regiment, D Company stands for and how proactive they are at supporting the local communities,” said Capt. Matthew Stockton ABOLC and AWOBC 13-015 class senior platoon trainer.

“I am proud of Class 13-015

for the hard work (students) put in to raising an enormous amount of food and funds for the local food bank. I am especially proud of WO1 Stefanie Hall for the effort she put into organizing, briefing, and executing the community service project. They (students) all have generous

hearts and are exactly what we are looking for to lead our Soldiers in the future.”

In a note to Hall, Gonzalez wrote, “Congratulations! You guys did an outstanding job! We at the Food Bank are so grateful to have been chosen as the beneficiary non-profit of your community service project. Please extend my thanks, on behalf of the food bank, to everyone who contributed to the success of this project! It was the most successful one Fort Rucker has done for us. It was awesome!”

“This community service project has been an awesome experience for me and for my class,” said Hall. “I am very glad that our class is required to complete a project like this. I have a passion for helping people, and that is one reason I love being in the Army. We are not just Soldiers who fight wars, we are also an organization that helps people worldwide to have a better, higher quality of life.”

“To think about the impact that this small project produced is awesome. I am proud of my class for doing so well. It was a great experience for all of us and I will be sure to volunteer again when I have a chance to do so,” she said.

Hall’s class was among several that have raised funds and food for the Wiregrass Food Bank in the past few years.

“Since the fall of 2011, Fort Rucker Soldiers have donated or collected \$2,904.74 and 9,696 pounds of food. That translates to more than 32,790 meals to feed hungry Wiregrass residents,” Gonzales said.

Post plays part in nationwide drug take-back

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker joined the fight and helped the Drug Enforcement Administration collect almost 750,000 pounds of unused prescription medication during “take-back” events across the nation.

In an effort to fight against prescription drug addiction and abuse, the DEA’s fifth National Drug Take-Back Day in April, helped keep unused prescriptions drugs out of reach of those that might abuse them and was deemed an overall success, according to an email from the DEA that compiled the effort’s results.

“Without the commitment from our law enforcement colleagues from across the great state of Alabama, our (National Prescription Drug Take-Back Initiative) efforts would not be successful,” the email read. “Because of the outstanding efforts of (Fort Rucker and it’s departments), we had our largest collection of unused and

unnneeded prescription medications. We collected 5,906 pounds of prescription medications (in Alabama) – almost double our total from the previous NTBI event.”

The most recent event set up collection points at 5,829 locations by more than 4,300 state, local and tribal law enforcement agencies, culminating in more than 2.8 million pounds of prescription medications being removed from circulation from all five events.

The April event had locations set up across the Wiregrass in Fort Rucker, Daleville, Ozark, Enterprise and Dothan, and contributed to more than 229 pounds of unused medication, said Jesse Hunt, Army Substance Abuse Program prevention coordinator.

These events are necessary because they keep excess medication from being improperly disposed of or used, he said, adding that people should store their old, unused medications in a safe place until the next event is announced.

“(This event is great because) it gives people the opportunity to dispose of old, outdated or unused medications properly and safely,” said Peggy Contreras, Fort Rucker community police supervisor. “It’s a ‘no questions asked’ disposal method,” so people can drop off their unused prescription medications without the worry of any legal or criminal ramifications.

Before people even take their medications, they need to be knowledgeable about what they are taking, said Hunt.

“People need to know when to take their medications properly,” he said. “They need to know where they are on the pain scale and decide if they really need that medication or not,” adding that people shouldn’t take medications just because they have them, but make informed decisions on whether it’s the right choice.

People should be taking “get well” doses of medication, not the “get high” doses, which can lead to addiction, he said, adding that just because a person is

prescribed a certain type of medication it doesn’t mean they must take it.

Many people might not know or understand that medications have a shelf life, said Hunt, who explained that it depends on the type of medication.

“Most pain relievers will probably still be good after a couple years, but things like antibiotics start to break down and lose their potency,” he said, adding that medications that people are unsure about should be properly disposed of.

“This is why this is a good program, because you can’t just throw these things in the trash,” said Hunt. “You shouldn’t dump it down the toilet or throw away because it’s unsafe for the environment and prying eyes that might dig it out of the trash.”

Once the medications are collected, they will be incinerated, and what’s left or cannot be incinerated will be properly disposed of in accordance with environmental law, he said.

News Briefs

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 remain the same.

Changes of command

- The 1st Battalion, 14th Aviation Regiment will host its change of command ceremony Friday 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.

AER move

The Fort Rucker Army Emergency Relief office has moved to Rm. 350 of Bldg. 5700 in the Soldier Service Center – formerly the Directorate of Family, Morale, Welfare and Recreation office.

For more information, call 255-2341.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony July 26 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the post’s retirees.

Commissary open Independence Day

The Fort Rucker Commissary will be open on Inde-

pendence Day Wednesday from 9 a.m. to 4 p.m.

Troops to Teachers

The Fort Rucker Education Center hosts a Troops to Teacher Teaching as a Second Career Seminar today 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.ttga.net or call (404) 413-8199.

Siren test

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

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

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 intend-

ing 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.

CID seeks agents

The U.S. Army Criminal Investigation Command is seeking qualified applicants to become highly-trained criminal investigators. CID special agents are responsible for investigating numerous types of felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, Department of Defense Polygraph Institute and the Canadian Police College. Agents also have the opportunity to pursue a master’s degree in Forensic Science from George Washington University.

To qualify, applicants must be a U.S. citizen, at least 21-years-old, minimum of two years and maximum of 10 years military service, maximum grade of sergeant (non-promotable) – sergeants (promotable) or staff sergeants with one year or less time in grade may apply with a waiver. Applicants must meet all other requirements.

To view the full list of requirements and to apply, visit www.cid.army.mil, or contact the Fort Rucker CID office in Bldg. 5430 on Raider Street, or calling 255-3108.

Travel office helps book deals

By Sara E. Martin
Army Flier Staff Writer

As temperatures rise and summer takes its grip on the South, the community may begin dreaming of blue waters and tropical siestas, and Fort Rucker Leisure Travel Services is here to help those who wish to get away.

Fort Rucker's Families have their own free travel agents available and ready to help design every step of their vacations at a discount.

"We want to find the best value, the best deals and the best discounts for vacations for Soldiers and their Family members," said Kristen Hartwell, program manager for leisure travel.

"If people book with us, we do all the leg work up until they leave for their trip and we have representatives available to answer all their questions from the time they first come in and have no idea where they want to go up to when they are leaving for their vacation," she continued.

Leisure travel services works with both active and retired military; Department of Defense employees, including non appropriated-fund and appropriated-fund employees; Army Reserve and National Guard Soldiers, contractors and all correlating Family members.

"People need to bring in identification cards in order to use our services," said Hartwell.

Currently the office has specials for Walt Disney World, Gatorland, Legoland, SeaWorld, Busch Gardens, Medieval Times and the Gulf Coast Jam. The office also books cruises for people with different cruise lines.

"We have five ports very close to us and the military can get great deals for a vacation on the ocean. We are lucky to have these ports so close to us," she said.

It is high season at the beach currently, so Hartwell advises to book early and to consider staying at a military installation to save bushels of money.

"We recommend people stay on the bases. They can go to www.dodlodging.net and it can provide information about staying on any installation all around the world. They can find rooms as cheap as \$45 a night on the beach," she said.

Leisure travel services also books vacations to other destinations besides the most popular amusement parks in the South. The office can connect people to national sporting events, parks and camps and city attractions like Atlanta's Georgia Aquarium or Ripley's Believe It Or Not.

For people wanting an all-inclusive vacation, the office books those as well, usually at a 10 percent discount.



PHOTO BY SARA E. MARTIN

Greg Sanders, instructor pilot at Hanchey Army Airfield, plans a summer vacation at Fort Rucker Leisure Travel Services with the help of Charlotte Allen, travel clerk.

"When people want to get a special price on hotels it does take us 24 hours to get the best deal because we check several different services," she said.

The office does not book airline tickets or rental cars, though the representatives can help a customer with the process and can answer questions they may have.

"All of us are military spouses and we have military children so we all have a lot of knowledge and can relate to our Families," she said, adding that they are also well trained through the different theme parks.

Soldiers, said Hartwell, are the hardest working people around the world right now, and the representatives enjoy helping them plan.

"To help them utilize their money in the cheapest way possible is important because they need their down time with their Families too," she said.

Soldiers often do not take vacations to new places, but Hartwell said that it is important to travel instead of just visiting Family.

"You need to spend special, quality time with your Family so you can make special memories that will last a lifetime," she said. "You do not always get

that if you just go back to your hometown, so utilize that little bit of time in the most fulfilling way."

Vacationing is often a major stress reliever for people, though fewer people are taking them each summer due to financial concerns.

"It is worth the money," she said. "We try to get people the biggest bang for their buck and our tickets are much cheaper than they are at the gates or over the internet. And we can get deals that outside travel offices do not have access to."

The office also takes passport photos for \$7 each, but does not process pass-

ports themselves.

"Safety is important while vacationing, especially on cruises, so passports are important," she said. "Always be observant because there are thieves that take advantage of travelers. Use your military training to be aware."

The leisure travel office is open Mondays through Fridays, from 9 a.m. to 5 p.m. in Bldg. 5700, Rm. 130 and walk-ins are welcome.

For more information on summer vacation deals and discounts, call 255-2997 or visit www.ftrucker.mwr.com/lodging/leisure-travel.

Download our online
PDF edition
at www.armyflyer.com.



Have a Family disaster plan and supply kit.

Build or identify a safe room in your home.

Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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

Tuesday - Saturday
10:00-5:30

Get your
NEWS
FEATURES
SPORTS
every Thursday in the Army Flier

MEDICAL & SURGICAL EYE CARE OF ENTERPRISE

Specializing In:

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

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

Full Service Optical Shop

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

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

334-347-4018

Enterprise



MEANS STOP!

Motorists are reminded to obey all traffic signs.

Home sweet home.

Post housing questions?

Visit Picerns Military Housing at www.ruckerpicerns.com and click the Feedback/Information Link.

Tell 3 Women

BECAUSE WE COUNT TOO

Military Women's Memorial Foundation
ARE YOU IN?
You've earned it.
No Cost to Register:
1-800-222-2294 or
womensmemorial.org

REALTY EXECUTIVES
Each office independently owned & operated.

MEADE AND ASSOCIATES, INC.
1200 Rucker Blvd.
Enterprise
347-7334
www.meadeandassociates.net

DALEVILLE
FOR SALE OR LEASE 203 GRITNEY, BEAUTIFUL 4 BD/2 BA HOME features 9ft ceilings throughout and cathedral ceilings in master bedroom and bonus room, fire place in living room, eat in kitchen as well as formal dining room, all appliances to include washer and dryer, carpet/hardwood flooring, large backyard with privacy fence, and quarterly pest control. PETS OK with non-refundable pet fee! MLS#20130735

107 STONERIDGE, ENJOY THIS SUMMER IN YOUR 18X36 POOL! This 3 BD/2 BA home has many upgrades including updated cabinets in kitchen and master bath, beautiful laminate and decorative tile flooring. Call for a tour today! MLS#20130517

92 HARRAND CREEK, This 3 BD/2 BA home features a fireplace and Laminate flooring in the Living room, Bay window in the Dining area, covered back patio, sprinkler system and 2 car garage. MLS# 20130964

431 SANDY OAK DRIVE, BEAUTIFUL INTERIOR! This 3 BD/2.5 BA townhome comes with stainless kitchen appliances and gorgeous tile backplash with gleaming laminate flooring in living room. A MUST SEE! Call for a tour today! MLS# 20130182

115 PINEHURST, this is a perfect starter home in a convenient location with 3 BD/2 BA, his & hers closets in master bedroom, laundry room, the covered back patio runs almost the entire length of the house. Mature trees, large yard, storage shed plus a storage room under the carport. MLS# 20131075

123 COMMONS, Beautifully maintained 2 BD/2 and 1/2 BA townhome with fresh paint and new carpet throughout! All appliances to include washer and dryer. Lawn care, pest control and use of POOL and Clubhouse included. MLS#20120452

TAKE TWO
Designer Label Clothing, Shoes, Handbags & Accessories!

Chicos, Ann Taylor, Coach, Brighton, Coldwater Creek, The Limited, Kasper, Michael Kors, Talbot, Vera Bradley, Stuart Weitzman & more!

Huge Selection of Items Now
30~75% OFF!

Monday Madness!
Take an extra 10% off your purchase every Monday!

Want to consign with us?
Find out how at www.taketwodothan.com
We are still taking Spring/Summer items!

Like Us On Facebook

2497 Montgomery Hwy
(between Sandra Jean's & Dollar General)
Hours: Mon-Sat 10am-5pm
699-2238

Induction: Organization gives back to communities

Continued from Page A1

rewarding,” said Camire. “I just hope to give back to the community, and I can’t thank my unit and my command team that helped push us all along to get to this point enough.”

Camire said one of his motivations to compete was due to an NCO that helped him as he was competing for Soldier of the Year in Washington, D.C., several years back. She handed her own Audie Murphy medallion to him and told him to return it once he received one of his own, an unspoken promise he can now proudly say that he fulfilled.

For others, it was about setting an example of leadership.

“I just want to set an example for my Soldiers,” said Larson. “Audie Murphy, to me, means engaged leadership. If I’m not going to do it, then why should they?”

Dorries agreed.

“I’m hoping that I’ll be able to give my experiences to (my Soldiers) so that they’ll learn something from me, the way I learn from them,” he said. “That leadership is what we need to keep strong in the Army.”

Murphy was a war hero, an actor, songwriter, poet and the most decorated Soldier in World War II, earning 33 awards and

medals, including the Medal of Honor.

The Sergeant Audie Murphy Club originally started in 1986 at Fort Hood, Texas, and the Fort Rucker club has been active on the installation with leader development and taking care of Soldiers and Families.

“Fort Rucker’s Audie Murphy Club is very active in supporting the surrounding communities,” said Thomson. “Every year, they make sizable donations to the Fort Rucker food locker in both goods and upkeep, and recently they raised money for the Southeast Child Advocacy Program.”

Club members also participate in nu-

merous community and Family support activities like Toys for Tots, the Angel Tree Program and the Army Emergency Relief fund.

The club also has the added responsibility of running the USAACE-level ceremonies on the installation, according to Thomson, and provides the narrators, award bearers and personnel needed for the ceremonies.

“It’s important that we understand that this isn’t about getting the blue sash and medallion,” said Thomson. “It’s about joining an organization that epitomizes our profession and gives back to our communities.”

Open: Splash! pool offers fun for children of all ages

Continued from Page A1

children had an area to play.

“The splash area for the little children is a really neat idea,” she said. “I could just sit there and watch my children play there

while I worked on my tan – it’s just got something for everybody.”

Hayleigh, daughter of Heather, said her favorite part about Splash! was the water slide.

“I really liked going down the slides here,” she said. “It’s not like

a regular pool where you just have a swim area and a diving board, there’s so much more to do here and I really like it.”

As with any public facility, Splash! does come with some house rules that every patron is

expected to follow.

Parents of children who cannot stand or swim must be kept within arm’s reach at all times and youth must be at least 13 years of age to come to the facility unattended. There are no flotation devices al-

lowed on any of the pool’s water features such as the slides, diving board and rock wall, and all youth must be at least 3-feet in height to utilize the water slides.

For more information, call 255-9162.

Mission: Det participated in more than 500 services in 2012

Continued from Page A1

it’s hard.”

In 2012, Honors Det participated in 515 memorial services, according to internally-collected unit data. More than 111,000 miles were driven by the detachment’s members to get to services.

Most of the state of Alabama and most of Florida’s panhandle fall within the unit’s area of responsibility, said WO1 Andrew Webb, a flight student who assisted in managing the detachment’s operations.

WO1 Robert Icona recently had a break in between classes at flight school. During this time, he has served in a few funeral ceremonies. He says many of those chosen to perform the ceremonies have self-initiated stress to perform.

“Not messing up (is the hardest thing),” Icona said. “You put a lot of pressure on yourself. You want to do the best you can. We owe it to these people. We owe it to their families.”



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Flight school students practice folding the American flag during a funeral rehearsal at B Company, 1st Battalion, 145th Aviation Regiment. Some flight school students temporarily work at Fort Rucker’s Honors Detachment while waiting for various classes in their training to begin.



Army Aviation Center Federal Credit Union

Fort Rucker

Daleville

Enterprise East

Enterprise West

Enterprise South

Troy

Dothan West

Dothan South

Dothan North

Ozark North

Ozark South

11 Branches in the Wiregrass to serve you!

Visit our Fort Rucker branch at 8937 Red Cloud Road, or stop by one of our other branches in Daleville, Dothan, Enterprise, Ozark or Troy.

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

**Daleville & Fort Rucker 598-4411 • Dothan 671-1890 • Enterprise 393-5909
Ozark 774-4929 • Troy 670-0308**

www.aacfcu.com



REAL ESTATE SHOWCASE

Waving the **RED, WHITE & BLUE...** in honor of YOU 

BUY. SELL. BUILD. RENT. All you need is one address: 531 Boll Weevil Circle



REGENCY REALTY, INC.
SMARTER. BOLDER. FASTER

Residential &
Commerical Properties
Buyer & Seller Representation
New Construction
Appraisals • Relocation
Career Opportunities
Real Estate Pre-License Course



347-0048
c21regencyrealty.com

**BILLY COTTER
CONSTRUCTION, INC.**

Home Sites
House Plans
New Constructions:
• Tartan Pines
• Sommer Brooke
• Woodland Park



347-2600
billycotterconst.com



REGENCY MANAGEMENT, INC.

Area's Largest Rental Company
1,2 & 3 Bedroom Homes
& Apartments
Commercial
Property Management
Mini Warehouses
Storage Units



347-0049
regencymanagement.com

Smarter Savings. Bolder Exposure. Faster Results.

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

• Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years •

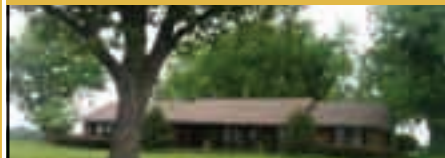
View more pictures of these homes at www.c21regencyrealty.com

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.

Each Office is Independently Owned and Operated

334-347-0048
531 Boll Weevil Circle

5± ACRES ~ GREAT COUNTRY LIVING!



2211 HUNDLEY - \$259,000: Beautiful, fully updated, immaculate home. Solid wood doors & custom trim work throughout. Huge laundry room includes 3rd full bath & has an exterior door. Situated on 5 acre peccan orchard (25 trees). Beautifully landscaped yard, work shop & large barn, so bring the horses. 2 unique brightly painted feed bins. If you've been dreaming of living in the country but still want to be close to gas & groceries, you need to consider this property. Only 3 miles from downtown Slocumb. **BOB KUYKENDALL 369-8534**

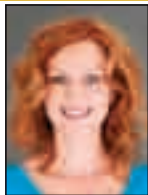
\$109,500



71 COURTYARD: New paint! Move-in ready, set your appointment now to see this 3BR/2.5BA townhome in Courtyard Place. All appliances & clubhouse in subdivision. **EVELYN HITCH 406-3436**

OPEN HOUSES

OPEN SATURDAY 1:00 - 3:00



207 GREY FOX - \$214,500: Contemporary 3BR/2BA brick home with upgrades galore & the largest master BR/closet/BA on the market at this price. Custom design & finish is from the builder David Segall. The backyard has a privacy fence & is large enough for a pool. This open-concept split floor plan is great for easy living. **MAGGIE HAAS 389-4410** Directions: Boll Weevil Circle Kindergarten Center & take a left at Huddle House & Badcock Furniture into Brookwood Subdivision. Take a left on Grey Fox Trail, house is on the left.

OPEN SUNDAY 2:00 - 4:00



46 RICHARD - \$149,000: Built November 2012, natural view in backyard, open floor plan, switched lights in all closets, walk-in closets, crown molding, chair molding in dining area, 10 ft ceilings, ceiling fans in every room, window treatment at all, double pane windows, laminate flooring, ceramic tile in kitchen & bathroom, double wash basins in all baths, walk-in 400 sq ft ± storage in crawl foundation. Agent is a family member of the seller. **LUDA STRECK 449-2826** Directions: Rucker Blvd toward Ft. Rucker main gate, left on Merriweather, first right on Richard (on some map it is shown as Franklin Dr.), second house on right.

OPEN SUNDAY 2:00 - 4:00



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 BR & BA 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 inground salt water pool. Listed well below appraised value. **JAN SAWYER 406-2393** Directions: Boll Weevil Circle go north on Hwy 27. Honeysuckle Hills is first right after Cotton Creek. Turn right on Honeysuckle Drive. Harvest Hill Circle is second left. House is third on right.

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

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.

Each Office is Independently Owned and Operated

334-347-0048
531 Boll Weevil Circle

\$89,900



508 DIXIE: 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**

\$149,000



304 FAYE: Affordable & Roomy! Ideal for a family, it's got lots of living space, vaulted ceiling in the living room with a beautiful brick fireplace & a great fenced yard for the children. Best of all you are just minutes from downtown, convenient to schools, offices & shopping. Make a point to see this charmer today. **JUDY DUNN 301-5656**

START A BUSINESS ON RUCKER BLVD



2920-2930 RUCKER BLVD - \$235,000: Established auto repair business on Rucker Blvd. (Thunder Alley) Established in 1992 & additional retail building currently rented at \$500 per month. Mobile home space currently rented for \$50. Purchase price includes property & buildings only. Business may be purchased separately for \$50,000. Business includes: tools, lifts (2), welders & diagnostic tool. Client list. 26± ft of road frontage & 4 additional metal buildings. **PAT LEGGETT 406-7653**



GREAT LOCATION!

FOR RENT!
\$495 - \$575

ASK ABOUT OUR RENTAL SPECIALS!

201 DIXIE DRIVE ~ CHATEAU VILLAGE

- Several units available • 2BR/1.5BA
- Some include washer/dryer hook-up
- Some are pets negotiable

DIRECTIONS: Turn right or left off Rucker Blvd. on Dixie Drive at Enterprise Chevrolet. First complex on the left (with privacy fence) is Chateau Village.



REGENCY MANAGEMENT, INC.
347-0049

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

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.

Each Office is Independently Owned and Operated

334-347-0048
531 Boll Weevil Circle

EVELYN HITCH
334-347-0048
334-406-3436
www.evelynhitchrealestate.com



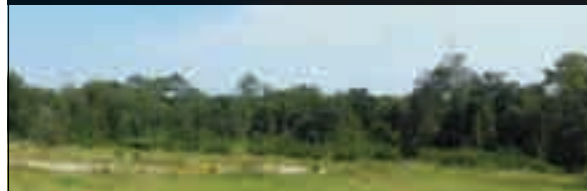
MORTGAGE RATES CLIMBING, CALL ME NOW!

\$130,000



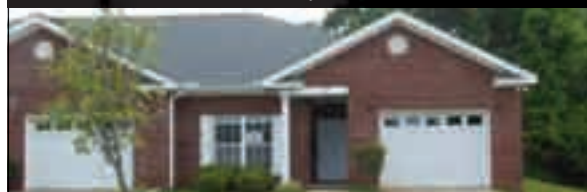
3545 COUNTY ROAD 625: Country convenient to town, enjoy the privacy & solitude of your own acre of paradise. 3BR/2BA with large den. Brick fireplace & bar area. Workshop & fenced area for your dog or just to keep animals out of your garden. Beautiful flowering shrubs. **MLS# 20130583**

\$39,900



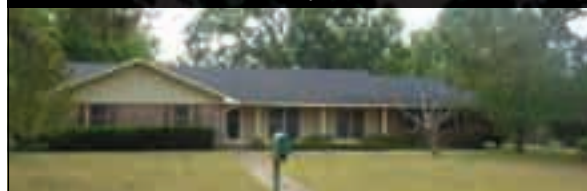
OLD NEWTON ROAD: Unspoiled natural beauty surrounds this stunning 9.02 more or less acres. Approved for horses. Priced to sell. **MLS# 20122165**

\$128,000



40 BRECKEN RIDGE: Looking for affordability? 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. **MLS# 20130861**

\$130,000



104 AUBURN: 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. Glossed 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. **MLS# 20131193**

BUILDING LOTS

\$30,000..... 102 Broken Arrow **MLS# 20131168**
\$7,500..... 203 Bell..... **MLS# 20130754**
\$12,900..... 949 E Lee **MLS# 32465**

Army updates ‘eyes’ of Apache



ARTIST RENDERING COURTESY OF LOCKHEED MARTIN

This artist rendering shows the Modernized Dayside Sensor Assembly installed on an AH-64E Apache.

By Sofia Bledsoe
Redstone Arsenal

REDSTONE ARSENAL, Ala. — The Army is incorporating a new sensor capability into its Apache helicopters.

The Apache Sensors Product Office has accepted delivery of the new Modernized Day Sensor Assembly Laser Rangefinder Designator, the first component to be fielded in the Modernized Day Sensor Assembly.

The laser represents increased capability to the Modernized Target Acquisition Designation Sight and Pilot Night Vision Sensor, known as the “eyes of the Apache.”

“This laser kit, what we call M-DSA Phase 1, is an investment by the Army and the Program Executive Office for Aviation, and we’re looking forward to the reliability and maintainability improvements that this laser will bring to the MTADS system,” Lt. Col. Steven Van Riper, product manager for Apache Sen-

sors, said during a media teleconference June 6. “The maintainers will have less of a burden when it comes to keeping the system up and fully operational, while our aircrews will be able to reap the benefits of the performance improvements.”

Van Riper added that the focus with M-DSA is the Apache Sensors Product Office’s obsolescence mitigation program, which started about three years ago.

The modernized LRFD is the first phase of upgrades for the M-DSA program. The modernized LRFD mitigates obsolescence and provides enhanced performance to the MTADS and PNVS system.

The legacy laser, built with 1970s and 1980s technology, was developed with a tactical wavelength in the system, and involves a high-maintenance cost for the Army. The new laser incorporates a second EyeSafe wavelength, the newest technology available. It replaces the old

SEE EYES, PAGE B4

Army partners with Vietnam Commemoration

By Alex Dixon
Army News Service

WASHINGTON — During a ceremony that marked the newly-formed partnership between the Army and the United States Vietnam War Commemoration, Lt. Gen. Raymond Mason, Army G-4, recounted the story of when his father, also an Army officer, was instructed to attack a village during the Vietnam War.

His father refused then, resulting in a no-casualty report for what he told Mason would surely have been a disaster.

“If I was put in a situation like that,” Mason said. “I hope I would have the guts to do what he did.”

Mason represents the U.S. Army as one of many commemorative partners that will be involved in officially recognizing and commemorating the 50th anniversary of the Vietnam War.

In May 2012, President Barack Obama signed a proclamation, officially declaring a more than 13-year period, from May 28, 2012, to Nov. 11, 2025, as the “Commemoration of the 50th Anniversary of the Vietnam War.” In that proclamation, he called upon local, state and federal officials to take part in honoring veterans of the Vietnam War.

The Army, represented by Mason, is the first military service to sign on as a partner of the commemoration.

Retired Lt. Gen. Claude M. Kicklighter serves as the director of the United States Vietnam War Commemoration. During the June 19 ceremony in the Pentagon, he presented to Mason a Vietnam War Commemorative Partner Certificate and flag, marking the Army’s official partnership status.

As the first commemorative partner in the Pentagon, and first representing any branch of service, Mason said it is important for service members to learn from stories like those told to him by his father, and to also preserve them through their retelling.

“It’s understanding what kind of things [veterans] go through in combat and what lessons we can learn,” Mason said. “Few things in the military have been done for the first time.”

Mason said commemorating the veterans and promoting and preserving their stories can help with both war tactics

SEE PARTNERS, PAGE B4



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS COLLIN TURNER

IN THE NAVY?

Soldiers assigned to the Army’s 12th Combat Aviation Brigade step out of a UH-60 Black Hawk helicopter June 12 after landing on the flight deck of the amphibious command ship USS Mount Whitney (LCC 20) during exercise Baltic Operations 2013. The annual, multinational exercise is in its 41st year and is designed to enhance maritime capabilities and interoperability with partner nations to promote maritime safety and security in the Baltic Sea.

Air Cav conducts Combined High-Altitude Training Strategy at Fort Bliss

By 1st Cavalry Division
Public Affairs

FORT BLISS, Texas – “Warriors” with the 1st Air Cavalry Brigade, 1st Cavalry Division, are conducting Combined High-Altitude Training Strategy here until Friday.

During CHATS, Aviators are flying day and night with instructor pilots to focus on becoming more confident in maneuvering through high-altitude environments while improving landing, takeoff and power management techniques, said Lt. Col. Cain Baker, from Arkadelphia, Ark., commander of 1st Attack Reconnaissance Battalion, 227th Aviation Regiment, 1st ACB.

“We just concluded Task Force Attack’s iteration, which included elements from 1st, 2nd, and 3rd battalions and utilized several airframes including the Apache, Chinook, Blackhawk and medevac,” Baker said. “Pilots, alongside their instructors, have flown 20 to 25 hours during this first iteration, resulting in close to 400 hours flown. New pilots are learning a ton and their confidence and level of understanding are growing tremendously.”

Baker said the entire task force element as a whole benefited



COURTESY PHOTO

An AH-64D Apache lands in the dust June 17 during the 1st Air Cavalry Brigade, 1st Cavalry Division’s Combined High-Altitude Training Strategy at Fort Bliss, Texas.

from a very thorough and comprehensive block of instruction during CHATS.

“Collectively we have performed air assaults with all airframes, contingency operations, aircraft and personnel recovery, and multiple close combat at-

tacks,” Baker explained. “There are lots of opportunities to train here, as the instruction is thorough and focused. This is the best training I’ve had in years.”

Pilots were not the only ones who received ample training and benefited during CHATS, Baker

said.

“Soldiers in the tactical operations center were able to perform battle tracking like they would in theater,” Baker explained. “Medics underwent

SEE STRATEGY, PAGE B4

CLASSIFIEDS

(334) 347-9533 • (800) 779-2557

ANNOUNCEMENTS

GENERAL & SPECIAL NOTICES

Move In Ready Liveable Building/Camp
24ft x 32ft All new Interior. Needs Be Move.
\$6,000. Call 850-526-0114

YARD & ESTATE SALES

→ **DOWN SIZING !** antiques & collectibles
Marked "BC" 30 % discount of furntiure,
40% discount on misc. ★ See at Backyard
Treasure 2331 Ross Clark Circle.

FINANCIAL

BUSINESS OPPORTUNITIES

Jani-King
The King of Clean

Be your own boss and partner with the world's largest commercial cleaning franchise. \$20K! equipment, supplies, training and \$5,000. in monthly customer included.
1-888-273-5264
www.janiking.com

Janitorial Business for sale
Equipment, training and 60K
annual gross \$19,500
504-915-1474

MERCHANDISE

HEALTH PRODUCTS

DIABETIC TEST STRIPS
NEEDED I BUY SEALED/
UNEXPIRED BOXES
CALL BOB (334) 219-4697
OR (850) 710-0189

JEWELRY & WATCHES

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

LAWN & GARDEN EQUIPMENT

Generator: Tahoe Diesel Generator
TPI7000LXH. New, never Used. Remote start,
single cylinder vertical four stroke air cooled
direct injection. \$2,000. Call 251-254-0093

Riding Lawn Mower, Troy-Bilt Pony 17.5 HP
Manual 42-in cutting deck with Briggs Stratton
Engine, 7-speed Shift-on-the-Go, automatic,
rear baggers. \$695 cash, sorry no checks.
937-554-8035

MISCELLANEOUS FOR SALE

4-Wheeler: 110cc fun for all. \$900 new, will
take \$500 OBO. Must sell. 5 yrs. old, hardly
used. Call Steve @ 334.796.1724

ANNE'S DAYLILIES
827 S. APPLE TREE ST
Dothan, Daylilies (\$1- up)
334-792-0653 or 334-797-9657
Free Perennial with purchase!

STOP GNAT, FLY, & MOSQUITO BITES!
Buy Swamp Gator Natural
Insect Repellent.
Family and Pet Safe
Available at The Home Depot

MUSICAL

Alto Saxophone: Nearly new. Barely used.
\$900 new. \$500 OBO. Grab it before band
camp!!! Has a scratch. plays great.
Call Steve @ 334.796.1724

Baby Grand Piano: Sohmer & Company "1959"
Model 57 in mint condition, purchased in
2003 after minor restorations and very little
play, but has been continuously tuned. Mahogany wood with maple finish. Matching wood bench included. **\$12,000 334-589-3422**

DIALA PRO! Professional Business and Service Guide

Your future customers are only a phone call away...
advertise today! **334-347-9533**

LANDSCAPE & GARDENING

Landscape Irrigation Experts
Specialists in Lawn Sprinkler Systems
& Landscape Upgrades
1-888-569-9600
www.landscapexpertsal.com

ADULT CARE

Stressed? Overwhelmed? Let us help!

"Not Just Sitters!"
Sitting Service provides
compassionate, in-home care
for seniors and those with
special needs.

- Transportation to various appointments also available.
- We offer affordable, hourly rates.
- Meal preparations & Light House cleaning also Provided.
- CPR & First Aid Certified.

For further information, contact
Carol Perry @ 334-798-2106 or Dorothy Pulliam @ 334-798-2102

PETS & ANIMALS

DOGS

AKC English Bulldog: Beautiful 1½ yr old male,
red brindle color, current shots and wormed,
very sweet & healthy, house trained. \$2,000.
Firm. Call 334-735-2957

CKC 2/Shihpoos CKC 1/Maltipoo
Ready Now! (small) adorable,
1st shots & wormed and
hypoallergenic \$250.
334-791-7147 or 334-446-8264

PEKINGESE PUPPIES, 6 males, 1 female (2 are
mini's), 1st shots, available now, \$175-\$225,
334-695-8633

Super Puppies Sale
Shih-Tzu Mix \$100, Small Chihuahua
Female \$400 Papillions \$250 Adult Small Dogs
\$50 - \$200 → **334-718-4886** ←

FARMER'S MARKET

FARM & DAIRY PRODUCTS

BLUEBERRIES
U-Pick \$7.00 per gallon
We-Pick \$20.00 per gallon
Co. Rd. 33 in Columbia
→ **334-796-8165** ←

Julian Aplin
U-pick Peas and Tomatoes
→ **334-792-4775**

FRESH PRODUCE

Aplin Farms Tomatoes,
sweet corn, cucumbers,
Sqaush, okra, peppers,
cabbage, & Zucchini
Open Mon-Sat (7-6)
→ **334-792-6362.** ←

CreekWater Blueberry Farms
U-Pick \$8. or We-Pick \$15. gallon
334-406-4405 or 334-588-2708
Hartford - 2 mi. from 4-way stop
3354 E. Co. Rd. 16 Follow Signs

D & J PRODUCE - WE PICK - U-PICK
Peas & Okra & Tomatoes Ready Now!
County Road 75 South, Pansey,
Between Ashford and Gordon
334-726-0833 or 899-5061 M-Sat. 7-5

FRESH SWEET CORN
May 29th - July 7th
GREEN CIRCLES FARM
233 Cooler Rd, Bainbridge
229-246-1724
Yellow, White and Bi-Color
Varieties Available Market Price

Frozen Green Peanuts
★ We also have
shelled peanuts
850-352-2199
850-209-3322 or 850-573-6594
→ **4128 Hwy 231**

→ **Naturally Grown Blueberries** ←
U-Pick or I-Pick or We-Pick
334-714-4703 Located 52 W
3.3 mi. from circle turn (R) Look for signs.
All you can eat while picking in the field

Now Open Jackson Farms , Grand Ridge, FL
U-Pick Tomatoes and Peppers!
Bring your own bucket! 7 days a week.
→ **850-592-5579** ←

FRESH PRODUCE

SAWYER'S PRODUCE

HAS FRESH HOME GROWN PRODUCE



HOME GROWN, FRESH
Slocumb Tomatoes, peas, butterbeans
Squash, Zucchini, cucumbers, onions,
new potatoes, sweet corn, local honey

Other Fresh Vegetables!!
All Farm Fresh!
220 W. Hwy 52 Malvern
● **334-793-6690** ●

Taking Order for Chilton County Peaches
\$20 Box. Monday -Saturday 6am-2pm
Call 334-791-2388

→ **U/We -Pick** ←
Tomatoes
James Bedsole
334-886-2291
or 334-726-5895
CLOSED ON SUNDAY

SEEDS & PLANTS

★ **BALLARD DAYLILIES** ★
252 N. Co. Rd. 9 (3 miles N. Slocumb)
\$1.00 & up. FREE Amaryllis w/ purchase.
→ **334-886-2273 or 1-866-745-1243**

TREES TREES TREES
12 ft.tall 30 gal. containers
\$69.95 buy 2 get one FREE
Live Oaks, Crape Myrtle,
Cherry Laurel & Magnolias
By appointment
→ **334-692-3695**

WANTED - FARM & GARDEN

Buying Pine / Hardwood in your area.
No tract to small / Custom Thinning
Call Pea River Timber
→ **334-389-2003** ←

EMPLOYMENT

INSTALLATION & MAINTENANCE

THE CITY OF ENTERPRISE
IS ACCEPTING APPLICATIONS
FOR THE POSITION OF:

Heavy Equipment Operator II:
The employee is responsible for operating heavy equipment in support of the public work department. Operates backhoe, excavator, bulldozer, front-end loader and earthmover. Drives dump truck, sanitation truck, recycling truck and fuel truck. Performs equipment maintenance including safety and maintenance inspection. Performs manual labor as assigned. Must possess Class B CDL or higher.

Starting Salary: \$11.41/HR

OPENING DATE:
June 18, 2013
CLOSING DATE:
July 2, 2013

To apply, Return Completed Application to:
HUMAN RESOURCES, CITY OF ENTERPRISE
CITY HALL, 501 S MAIN ST. ENTERPRISE,
AL. M-F, 7:30 - 4:30 EOE

HVAC Service Technician

Seeking skilled service tech with minimum of 2 yrs. experience in the maintenance, diagnosis, repair, and replacement of HVAC systems for residential and commercial properties. Must have EPA certification, clean driving record and be able to pass drug test and background check. Well established company in Andalusia, AL with benefit package. Apply at Walker Electric, Inc. 726 Stanley Avenue - Andalusia, AL 36420 or send resume to walkerelec@alaweb.com. Call 1-334-222-2481

Want Your Ad To Stand Out?
Use An Attractor
Or Use Bold Print
In Your Ad

MANUFACTURING & OPERATIONS

MCLANE

Distribution Center Supervisor

McLane Company, one of the largest grocery wholesale companies in the nation, is looking for a Distribution Center Supervisor to join our Dothan, AL Division.

This position reports directly to the Distribution Center Manager and is responsible for the day to day operations of a fast paced department staffed with approximately 25+ employees. Responsibilities include meeting daily production standards, employee relations, staffing, meeting order quality standards, daily housekeeping and misc. reporting.

The ideal candidate will possess a bachelor's degree and preferably two to four years hands on experience in the functional areas listed above. Must also possess excellent communication and computer skills. Experience in the distribution industry is preferred, but not required.

McLane Company offers an excellent salary, annual bonus plan and benefits that include medical, dental, vision, life, STD, LTD, and 401k. If you are interested in applying for this position, you may stop by our main lobby Monday through Friday between the hours of 8am and 4pm or forward your resume and salary history to:

McLane Southeast Dothan
Attn: Human Resources
100 McLane Parkway
Cottonwood, AL 36320
Phone: (334) 678-2707
Fax: (334) 678-2754

E-mail: ronald.paulk@mclaneco.com
(Take Highway 231 south to the Florida state line. Turn left onto State Line Road. McLane is 1 mile down on right.)
E.O.E.

EDUCATION & INSTRUCTION

SCHOOLS & INSTRUCTION

Look ahead to your future! Start training for a new career in Medical Assisting, Medical Office Administration, Pharmacy Technology, Electrical Trades & HVAC! Call Fortis College 888-202-4813 For consumer information visit www.fortis.edu

RESIDENTIAL REAL ESTATE FOR SALE

CONDOS & TOWNHOMES

→ **Single Owner 2/2.5 all appl. included for info 334-347-4487.**

BUY IT! SELL IT! FIND IT!

RECREATION

BOATS

1985 Gambler 17ft Bass Boat with a year 2002 Evinrude 115HP Motor- Includes Depth Finder and Trolling Motor. Equipped with CD player/Radio, 2 live wells, and life-vests. Recently had new carpet installed and professionally painted. Storage Cover Included. Trailer is in great condition! \$3400 OBO. Contact 334-372-1019 or 334-482-1172 for more info.



1986 Bayliner Contessa
2850 with Volvo 260hp I/O engine. Excellent condition with low engine hours. There have only been two owners. No trailer but have a friend with one who will negotiate transport separately if needed. "U" shaped dinette, stand up head, hanging lockers & plenty of storage, private cabin w/queen size bed, Bomar hatches & lots of beautiful teak wood. \$9,000. 334-687-8507

Blue Fin Bass 1998 Eliminator All Aluminum Bass Boat, 50 HP force engine, galvanized trailer- new tires, all in very good condition, 2 live well boxes, 4 new seats, new Humminbird fish finder \$3,995 OBO **828-837-1314 or 828-421-0998**

Cobra 1996, 16ft, 55HP Johnson, power trim, anchor, trolling motor, depth finder on a Cobra trailer, \$4,500 **334-232-4610**



Fisher Freedom Deluxe
2006 22ft w/27" pontoon: 90hp Mercury, 4 stroke, bought new and used less than 50hrs, pristine condition, custom trailer w/guides for easy launch, trolling mtr, on-board battery charger, front & rear electric anchor, extra fishing chair & custom cover. \$14,500. 334-493-6496; 334-504-2555

Stratos 1996 Bass Boat, 201 Pro XL w/Trailer, 2003 Evinrude 225 h.p. (low hours), Trolling motor, GPS, 2 Depth finders, extra. SS Prop., Built in Battery Charger. Lots of Extras, Excellent condition, garage kept. Must see. \$10,500 **229-334-0224**

CAMPERS & TRAVEL TRAILERS

Keystone 2007 30' Travel Trailer 30-RLS Outback Sidney Edition. Weight 7700# Q-bed, rear living w/picture window, 2 swivel chairs. Sleeper sofa, Living & dining rm. slide out w/awning. 2-entrances, new tires, outside sink w/2 burner propane stove. Kept under shelter. \$14,000. 334-897-6929 or 334-475-6309.

MOTOR HOMES & RVs

1999 35ft Pace Arrow: Ford V10, new front-in with michelin tires, very clean, lots of storage, private bedroom, dual AC with generator, microwave. \$13,900. Call 334-793-3494 or 334-333-1291

TRANSPORTATION

ANTIQUE & CLASSIC VEHICLES

Ford 1968 Mustang: emerald green, only 131k miles, 289 4 barrel automatic, rebuilt motor and transmission, good condition. Asking \$6,000 OBO Call 334-733-0106

AUTOS FOR SALE

 **Cadillac 1989 Seville** 141 K (Classic Car) only a few ever made, runs great, looks great, too much to mention. Must See ! \$2400. OBO 334-648-3171.

CHEVY 1995 CAPRICE-Clean, runs great, cold air, fully loaded \$3,300 OBO , **334-740-0229**

DO YOU NEED A VEHICLE? GOT BAD CREDIT?
Pass Repo pass bankruptcy slow credit ok
\$0 Down/1st Payment, Tax, Tag & Title
→ Call Steve Pope 334-803-9550

Honda 2008 Accord EX-L : Burgundy, 4 Door, Automatic, leather, sun roof, heated seats, all the extras. \$14,900. 334-300-4418


 **Honda 2012 Accord Coupe EXL:** Automatic transmission with paddle shift, navigation, sunroof, heated leather seats, 6 disc CD player. Has around 9,500 miles. Asking \$24,900. Call 334-268-3900.

Mustang 2002 GT convertible , good shape, gray in color with black top, 4- new tires, runs great 334-792-1070 or 334-435-2151

AUTOS FOR SALE


Infiniti 2012 G37: 23k miles, fully loaded, blue with beige leather interior, navigation system, XM radio, heated seats, alloy wheels, sunroof, one owner, regular maintenance and serviced. **\$32,000 Call 334-355-1426**

Jeep 2010 Wrangler Unlimited right hand drive vehicle, 4 door, 4 wheel drive, automatic, hard-top, alloy wheels. Green pearl color. 45,000 miles. \$22,795. 229-308-9778

 **Toyota 2013 Tacoma** 4 dr. 4 wheel drive. TRD off road package. Automatic transmission, rear locking differential, tow package, CD player. White exterior with grey interior. Approx. 9,500 miles. \$31,500. 334-268-3900

MOTORCYCLES

2006 Iron horse TX Chopper fully customized blue w/graphics, S&S 124 cu. ft. motor, boss dual intake V&H big radius exhaust, garage kept, exc., cond. 10,400 miles, \$10,599. OBO 334-445-0366 MUST SEE !!!

 **2008 HD Sportster-883** Lots of upgrades & gear! Black/chrome, 3k miles, all HD gear (men's lg/XL and ladies' med/lg jackets, chaps, helmets, rain suits, HD upgrades (aux lights, saddle bags, comfort seat, chrome engine guard, passenger backrest. \$5,100. Great bike, greatly loved, great DEAL! Call Sam 334-790-3307

Honda 1100 Shadow 26,000 miles. windshield, saddle bags, floor boards lots of extras, nice bike \$3500. 334-406-2306

SPORT UTILITY

Suzuki 2006 Grand Vitara 125K miles, good cond. great little compact SUV \$6500. 334-791-8977.

TRUCKS, BUSES, TRACTORS, TRAILERS


Commercial 2005 GreatDane 48ft. Reefer SB300+ Thermoking with lift gate, in good condition \$18,000 OBO 334-797-1095.


Ford 2004 F150 long bed 108K miles, nice truck, well taken care of with tool box. \$7500. 334-406-2306.

Ford XLT S150 1995 Ext. Cab, runs good, teal green, Heat & Air works, 302 engine \$2000. Also willing to trade for a compact car in good running condition. 850-693-5812 or 850-557-8365.

Massey Ferguson Tractor md#1215 with Massey Ferguson 225 ft. mower \$4000. 334-797-8523

VANS

 **For sale by Owner** 2006 Pontiac Montana SV6, 88K miles, 7 passenger sliding power door, rail guards, back-up assist, front/rear CD/MP3, DVD w/remote, fabric w/4 captain seats. Maintained w/most service records. 60-75% tread \$5,900 334-790-6618



WANTED AUTOS

1ST PLACE TO CALL FOR ALL OF YOUR TOWING NEEDS!
Harger's 24 Hour Towing
AUTO BODY & RECYCLING
PAYING TOP DOLLAR FOR JUNK CARS
Contact Jason Harger at 334-791-2624

 **CALL FOR TOP PRICE FOR JUNK VEHICLES**
I ALSO SELL USED PARTS
24 HOUR TOWING → 334-792-8664

CASH Guaranteed
Highest prices paid for Junk , old Farming Equipment, Tractors, Semis, Junk Cars
Nothing to big, nothing to small
→ 334-596-7791 ←



★ We buy Wrecked Vehicles Running or not !
334-794-9576 or 344-791-4714

IT'S AS EASY AS 1 - 2 - 3
1. CALL 2. PLACE YOUR AD 3. GET RESULTS

THE WORD AROUND TOWN...

Call a Classified Sales Representative for Employment Advertising, Real Estate, Transportation, Merchandise, Recreation, Farm & Garden, Pets & Announcements at 702-6060 or (800) 779-2557 to place your ad in

DOTHAN EAGLE
JACKSON COUNTY FLORIDAN
The ENTERPRISE LEDGER • ARMY FLIER
THE DOTHAN PROGRESS
THE EUFAULA TRIBUNE
OPELIKA-AUBURN NEWS

Eyes: Phase 1 to be fielded later this year

Continued from Page B1

flash lamp technology to a more-reliable, more-robust diode pump laser technology.

The diode pump is the primary driver of increasing the Army’s reliability and maintainability numbers, thereby reducing the burden on flight line maintainers. The Army expects to have a smaller footprint, thereby reducing operations and sustainment costs by as much as 50 percent throughout the life cycle of the entire kit. This means that the Army will need to buy fewer spare parts, due to the new system’s reliability.

Phase 1 will be fielded later this year and will be fully capable by 2016, according to Matt Hoffman, director of MTADS and PNVs programs at Lockheed Martin

Missiles and Fire Control.

“The MDSA is the chief targeting aide for the Apache and establishes range-to-target for accurate weapons engagement,” Hoffman said.

Completion of the second phase, scheduled to begin in 2016, will include all the remaining elements in the DSA such as a high-definition color television, laser pointer marker, upgraded laser spot tracker, and a state-of-the-art inertia measuring unit for stability and extended range in the system.

“We are meeting all of our milestones in terms of production ramp rate, moving towards maintaining our production rate of over 20 lasers per month,” Van Riper said. “We’re stepping up to that incrementally using a very deliberate production engineering process.”

The M-DSA will have the same fit and form as the legacy laser to ensure that the Army has a retrofittable laser into all its legacy systems.

The Army’s goal is to retrofit the M-DSA and equip the AH-64E Apache units first.

“We’re going to move through the fleet as quickly as we can based on our battalion fielding plan,” Van Riper said. Fielding will be based on rotational and deployment schedules of those units.

“When we’re able to have a full kit of MLRFDs to cover all aircraft assigned to a battalion, we will take a fielding team to the location and execute the fielding as quickly as possible without disrupting that unit’s operational tempo and training plan,” Van Riper explained.

The first unit to be equipped is scheduled for June

Partners: Commemorative event will last until 2025

Continued from Page B1

and the human side, such as post-traumatic stress or traumatic brain injuries.

Vietnam War veteran and Army logistics management specialist, Richard Dianich, attended the ceremony and said the commemoration is important in preserving information about the war and is especially important now because it has been 50 years.

Dianich was drafted into the war and has remained either serving or working for the Army since Vietnam.

“I was an unsuccessful Ph.D candidate in chemistry, but I knew how to fly really well, so I stayed with the Army,” Dianich said.

Mason and the Army are now among 4,600 organizations to join the list of commemorative partners with the American Vietnam War Commemoration, which was congressionally chartered.

“This is a multi-year event that was opened last year and will last until 2025,” Mason said about the Commemoration’s plans. “We’re shooting for 10,000 commemorative partners throughout the United States.”

The Commemoration’s partners will organize ceremonies and outreach events to honor Vietnam veterans and their Families throughout the next 12 years.



PHOTO BY C. TODD LOPEZ

Lt. Gen. Raymond Mason, Army G-4 and retired Lt. Gen. Claude M. Kicklighter, along with five Vietnam War Veterans, met June 19 in Mason’s office at the Pentagon to mark the newly formed partnership between the Army and the United States Vietnam War Commemoration. Kicklighter serves as the director of the United States Vietnam War Commemoration.

Strategy: Training allows Aviators to expand their knowledge

Continued from Page B1

opportunity training in the operating room where they expanded upon their techniques, crew chiefs worked 24 hours maintaining aircraft and there were ongoing academic classes.”

CW4 Robert E. Macy, from West Plains, Mo., a UH-60 Black Hawk Pilot with Company A, 3rd Assault Helicopter Battalion, 1st ACB, attended the training as the senior pilot for Task Force Attack and said CHATS helped sharpen his Aviation skills.

“We performed several aspects of training here that we don’t get a lot of while in garrison,” Macy said. “The terrain here has allowed us to perform high-altitude training and execute landing zone sequences to find what provides the best access to land while factoring in wind, power requirements, elevation and temperature.”


With more than 12 years of flying under his belt, Macy said that CHATS still helps him and his fellow soldiers to sharpen their pre-existing skills.

“We flew with goggles in zero percent illumination where it’s very hard to see the ground,” said Macy. “We also performed dust landings while working collective mixed-aircraft missions. We already know how our aircraft performs in garrison, but being able to adjust to aircrafts’ performance based on temperature and elevation changes is crucial. The 3,000 to 7,000 feet of elevation change here really helped us achieve a high level of confidence to do so.”

West Point Cadet Angela Bapp, a Co-

coa Beach, Fla., native who has shadowed Soldiers with 3-227th at CHATS during her Cadet Troop Leader Training, said the experience has helped her to better understand what Aviation has to offer.

“This training has answered everything I ever wanted to know about Aviation,” Bapp said. “Alpha company and 3rd Battalion in general have been awesome to me and I’m thankful for this opportunity. They’ve really went out of their way and worked hard to allow me to learn so much during my time here.”



INVITED

A New Year ~ A New Smile ~ A New Life

Join Us to Discover
What is New in Dentistry
Dothan Periodontics & Implants
(in Association with your General Dentist)

**Dental Implants, Dental Laser
Plastic Surgery and Grafting
Procedures**

When: 1st Thursday of the Month
Hosted by: Dr. John Miller & Dr. Daniel Pittman

Call our office to attend a *FREE* Seminar and
Receive a *No-Cost* Consultation and 3D Scan Today!

*Please call 793-7232 to register
SPACE IS LIMITED*

www.dothanperio.com ~ kathy@dothanperio.com

— No Childcare Available —

Patient-first care for a lifetime of healthy, beautiful smiles

**OPEN
EVERYDAY
6:00AM - 9:00PM**

The Diner

Breakfast, Lunch or Dinner...

ANYTIME

HOME OF THE WORLD RENOWN
BREAKFAST BURRITO

**SPECIALTY
BURGERS**

**WEEKDAY
LUNCH SPECIALS**

**TAKE-OUT &
CATERING
AVAILABLE**

598-1794

**756 N. Daleville Ave
Daleville, AL
(Outside Daleville/Ft Rucker Gate)**

Nothing could be finer...than eating at THE DINER!



**“BRAND NEW BURGER!”
“THE LAKOTA”**



JUNE 27, 2013

Helping hands

Hangar lends a helping hand to Soldiers, Families

By Sara E. Martin
Army Flier Staff Writer

When a Soldier around Fort Rucker hears the word ‘hangar’ most usually ask “Which airfield?” But the hangar in Bldg. 5700 houses something a little different than helicopters, and possibly something just as important in a time of need.

The Fort Rucker Lending Hangar in Rm. 177 has houseware goods for check out to Families whose belongings are being shipped or to Families who are expecting guests for free, said Ruth Gonzalez, relocation readiness program manager.

“Any Soldier or Family member that is arriving or leaving Fort Rucker and wishes to use our services may do so before their home goods arrive,” she said. “They only need to bring us a copy of orders.”

Orders assigning a Soldier to Fort Rucker for permanent or temporary duty and an identification card are required in order to borrow items from the lending hangar. Anyone with a Department of Defense military identification card may use the lending hangar.

Because of the furlough, Gonzalez asks that people intending to come to the hangar call beforehand to ensure that Army Community Service officials can guarantee someone will be available to assist them.

“We do a lot of briefings and trainings, so we have to close the office and we would hate for someone to waste a trip,” she said.

The purpose of the hangar is to make the transitions between duty stations smoother.

“Hopefully we lessen the financial burden on the Soldiers,” she said. “If they have shipped their household goods but the items have not arrived yet, they don’t have to go buy or rent anything and have double of the item when their things arrive.”

Gonzalez warns that the hangar only has the basics and has no furniture, such as dining room sets or mattresses.

“We have things such as folding tables and chairs, sleeping mats, pots and pans, dishes, coffee pots, microwaves, rice cookers, play yards, high chairs, car seats, strollers, blenders, silverware, cooking utensils, toasters and televisions for Families,” she said, naming a few



PHOTO BY SARA E. MARTIN

Maria Aponte, Army Community Service volunteer helps Mexican Capt. Marco Flores, Federal Police of Mexico, select items for temporary use at the Fort Rucker Lending Hangar June 20th.

items that Soldiers can borrow.

Soldiers going through in or out processing may borrow items for 30 days, but she said ACS takes each situation on a case-by-case basis.

“If something is damaged in transition, or is taking longer than expected, then they can borrow things until it is fixed or that issue is resolved,” she said. “During high PCS season when delivery times are longer it makes it even worse, so our services are a blessing to most.”

For Soldiers going overseas, Gonzalez said they can be proactive and send their things 60 days before they leave Fort Rucker, and that they are more than welcome to borrow from the hangar during that time.

“It is much better to send your things early and be inconvenienced here where you have friends and connections where if you need a little extra help they are here for you, whereas to go someplace new where you do not know anyone and not have your belongings,” she said.

Officials at ACS request people to return borrowed items the way they received them — clean and in good working condition.

Besides helping take some stress out of moving, Gonzalez said the hangar saves Soldiers money.

“Eating out can get expensive, and it can get old very fast,” she said. “We want Soldiers to be ready and able to work or study, and we want our Family members

taken care of. It lets the Soldier be ready for their new mission.”

The lending hangar does not loan things out for yard sales or parties, but is able to lend a hand when Families are in town.

“If Family members are coming in from out of town then we can help the Soldier with an extra table or an air mattress for example,” she said. “There is no reason they should go out and buy things for short term guests unless they just want to.”

The Lending Hangar is open Mondays through Fridays from 7:30 a.m. to 4 p.m. For more information about the lending hangar or to check out items, call 255-3161 or 255-2887.

Thrift store offers savings, personal development

By Sara E. Martin
Army Flier Staff Writer

Shopping and volunteering are two activities that usually don’t go together, but at the Fort Rucker Thrift Shop people have a place to donate, shop, volunteer and consign.

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

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

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

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

Anyone can donate something to the thrift shop by bringing it inside or by placing it in the shed in the parking lot, which is open 24 hours a day, seven days a week. The store accepts everything but mattresses, including china, clothes, books, shoes, jewelry, yard tools and toys.

“We also accept consignments on Wednesdays and Thursdays. Interested consignors are welcome to visit the shop during business hours for more information,”



PHOTO BY SARA E. MARTIN

Kate Hubbard, Sarah Whitney and Priscilla Thurman shop for jewelry at the Thrift Shop Thursday.

she said, adding that consignment hours are 10 a.m. to 1 p.m.

The store is open for people to shop, volunteer and donate Wednesdays through Fridays from 10 a.m. to 2 p.m., and the first Saturday of the month 8 a.m. to noon unless it is a holiday, in which case the store will be open the following Saturday.

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

“Even if people can’t volunteer their time, by donating or shopping they are helping their community because the funds

are funneled back to it,” said Woodham.

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

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

“Over the last two years the Fort Rucker Thrift Shop has donated (more than) \$50,000 to the community,” said Woodham. “We have given out \$27,000 in scholarships this year alone and we have given thousands in grants to numerous organiza-

tions.”

Applications for a thrift shop scholarships can be picked up from the shop or downloaded from www.ftruckeresc.com/scholarship.htm.

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

Brown bag sales are also a popular trend at the store, though the store is now letting local organizations arrange and take control of those events, said Woodham.

The shop is located on the corner of Red Cloud and Ruf Avenue in the old Armed Forces Bank building, next door to the Fort Rucker Bowling Center, and its location to some patrons, like Army veteran Steven Durham, can’t be beat.

“I like shopping here when I come to the (post exchange) or the commissary. It has a great location, being just down the road. You can’t beat the location and you sure can’t beat the prices,” he said.

The shop sold 74,485 items in 2012 and plans to do even better in 2013 with the help of volunteers, consigners and donors.

“There is good value here to shop and it is for a good cause. The profits go back into the community, so everyone wins,” said the manager.

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

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

ON POST

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

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

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.

July auto center special

The Fort Rucker Automotive Skills Center offers its Freedom, Fireworks and Air Fresheners special throughout July. With the special, people will receive a free air freshener when they purchase "The Works" wash at the center. A receipt must be presented to receive the free air freshener. For more, call 255-9725.

Care Team Training

Army Community Service offers care team training July 18 from 8 a.m. to 12:30 p.m. at Bldg. 5700, Rm. 371A. Care teams offer short-term care and support to Families of deceased and seriously wounded Soldiers and civilians until the Family's own support structure is in place. They are utilized at the discretion of the Family and the command. They are not mandatory, but are an additional resource to provide valuable support to Families. Although Soldiers and Family members are encouraged to attend the training, command makes the final decision on who will comprise of its care team. ACS staff, along with other trainers, will conduct training in these areas: care team overview, care team operations, Survivor Outreach Services overview, casualty notification, dealing with loss and grief, and dealing with the media. For more, call 255-9578.

Crafting with Books

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 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 - Ruck-



PHOTO BY NANCY RASMUSSEN

Fort Rucker Job Fair

Attendees of last year's job fair check out available employment opportunities. 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. 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.

er 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.

Soldier Show

The Directorate of Family, Morale, Welfare and Recreation hosts the U.S. Army Soldier Show Aug. 2 and 3 at Enterprise High School. The free, 90-minute live musical performance is at 7 p.m. Aug. 2 and at 2:30 p.m. Aug. 3 and is open to the public. No tickets are required. For more, call 255-9810.

Family Member Resilience Training

Army Community Service offers Family Member Resilience Training Aug. 13 and 14 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The Army recognizes the increased sacrifices that Family members make on a daily basis, and these classes are free and designed to provide Family members with the thinking skills and coping strategies they need to meet and overcome life's challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general wellbeing. To register or get child care information, call 255-2382 or 255-3735 by Aug. 9.

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.

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

MOTHER RUCKER'S



OPEN for LUNCH

Starting Monday, July 8th

Mother Rucker's Sports Bar will be open for lunch Monday thru Friday, and will offer an expanded lunch time menu. During the new lunch hours, kids can come too! Starting at 4 pm Mother Rucker's returns to a 18+ facility.

Building 319, Ruf Avenue, (334) 503-0396
Mon - Fri: Lunch 11 am - 2 pm
Daily: 4 pm - 11 pm, Ages 18+



The Landing Zone is Getting a NEW Look!

The LZ is closing temporarily for renovations on July 6th. Please pardon our progress as we work to provide you with top quality food, beverage and entertainment options.



For details call Mother Rucker's
Sports Bar, (334) 503-0396
www.flruckermwr.com

Alaska WTUs ready, dedicated to help Soldiers

By Brandy Ostanik
Medical Activity, Alaska,
Public Affairs Officer,
And Capt. John Lunieski
Alaska Warrior Transition Battalion

(Editor's note: This is the second in a series of articles on the Warrior Transition Battalion in Alaska.)

FORT WAINWRIGHT, Alaska – Each Soldier's team is based on a triad of care, consisting of a nurse case manager, a primary care provider (a doctor or physician assistant) and the squad leader.

The triad, along with the Soldier's company commander, a social worker, an occupational therapist and other WTB professionals who interact with the Soldier, meet every week to discuss the Soldier's progress through the six domains. In order to successfully navigate the domains to reach their transition goals, it is necessary for Soldiers to have trust in their care team. These weekly meetings allow a complete synchronization of effort, an examination of ongoing success and they help build a mutually beneficial and trusting relationship between all the stake holders engaged in the Soldier's care.

Working with the triad and the allied support personnel is often a new experience for Soldiers accustomed to the normally stratified and regimented Army life. Soldiers often find it shocking that their mission is no longer preparing for combat, fixing vehicles or jumping from airplanes, but is simply to heal and prepare for the next step in life.

For Master Sgt. Marc Senzamici, a Soldier for 19 years who came to the WTB after his third combat deployment, working with his triad of care and adjusting to the WTB mission took several months. As a company first sergeant, Senzamici was used to taking care of the Soldiers in his unit and worked diligently with his triad to transition to a mindset in which he was the one who needed the care himself.

"Our daily work revolves around medical appointments and day-to-day it is more care-based as opposed to a specific career field," said Senzamici.

Nurse case managers serve as the medical points of contact for every Soldier, scheduling and coordinating all of the Soldiers' medical needs. They work together with the primary care provider to make sure every medical condition is properly addressed and that nothing is missed.

"If there are specialty consults required, the nurse case manager tracks it," said Melody Quesenberry, supervisory nurse case manager, WTB-Alaska. "If there are records that need to be sent prior to an appointment, we take care of that as well. A lot of education is done with the Soldiers."

Quesenberry added that if Soldiers have any medical concerns, their first stop is to their nurse case manager and any concerns are triaged before their next medical appointment.

The unit also employs a dedicated staff of support specialists who supplement the Soldiers' healing process with assistance in areas as diverse as financial management, resume writing and spiritual resiliency.

"To be a successful cadre member, a



PHOTO BY CAPT. ROBERT MONZON

Soldiers from B Company, Warrior Transition Battalion-Alaska, at Fort Wainwright, Alaska, conduct a team obstacle course designed to build confidence and teamwork.

level of caring and adaptability must be displayed," said Capt. Daniel Corbett, commander of B Company at Fort Wainwright. "How we reach or engage a Soldier here is different than 'on the line' (referring to the Soldiers in deployable, high-tempo units where Sergeants can be infamous for their discipline techniques.) We don't necessarily use a softer approach, we still expect them to behave professionally like Soldiers, but it is a different approach, it is an adaptive and compassionate approach."

When said Staff Sgt. Kathryn Martin, a squad leader for B Co., and the other WTB-Alaska team members tell Soldiers they will do everything they can for them, they mean it. Their support is not limited to normal business hours, nor is it only for the Soldiers. "Like the Soldier, their Family members never planned to have their loved one as part of the WTB so they are in transition too," said Lt. Col. Jason Benefield, battalion commander.

To assist in this area, the Soldier Family Assistance Centers (SFAC) located at both Joint Base Elmendorf-Richardson and Fort Wainwright, work closely with WTB Soldiers and Family members to provide support programs through the transition process.

"In a nutshell, we solve problems," said Russ Black, A Co.'s SFAC director.

Black and his staff assist with goal setting and developing a strategic life plan by arranging for higher education opportunities and job experience for the Soldiers. They also act as a clearing house of information for the Families.

The SFAC staff at A and B companies also act as liaisons with the civilian community outside their gates. They create partnerships with organizations and programs such as Equine Therapy, Alaska Healing Hearts, and the Elks Club. These partnerships not only provide therapeutic



PHOTO BY 1ST LT. KATRINA FEDD

Soldiers and cadre of the Warrior Transition Battalion-Alaska conduct a welcome home ceremony for Peter Krzanowski, a Vietnam veteran. As part of Operation Welcome Home, the Soldiers and cadre thanked veterans in the Anchorage area.

activities, but also allow Soldiers and Family members to enjoy some unique Alaskan experiences.

Sgt. Robert Somerville, an Alaska National Guard Soldier, found the Healing Waters programs especially helpful as a part of his Comprehensive Transition Plan.

"I've been building myself a 10 and one half foot fly fishing pole and tying my own flies, I also volunteer to staff the booth at the Alaskan Outdoorsman Festival. It has not only helped my concentration and memory but also my physical recovery from shoulder surgery. I would definitely recommend the program to any veteran or Soldier at the WTB," Somerville said.

The SFAC takes an active role by including all the Soldiers, cadre and staff and their Families in special events. Fall festivals, back-to-school picnics and potlucks are all common sights at both A and B Co.

Unlike any other WTB, WTB-Alaska is

split geographically with its battalion headquarters and A Co. located near Anchorage and B Co. operating in Fairbanks.

"This separation does not keep the two units from working together," said Benefield. "In fact, weekly administrative and medical meetings, quarterly award ceremonies, promotions, reenlistments and other special occasions all utilize a video teleconference system so cadre, Soldiers and Family members from both sites can participate."

For as long as Soldiers live in and deploy from Alaska they know they can rely on the dedicated staff of the Warrior Transition Battalion. Benefield summed his unit's feeling best, "Although our greatest day would be the one in which we have no Soldiers to treat; we are here, ready and dedicated to the health and wellbeing of these Soldiers who have universally sacrificed so much and deserve all the best we can give them."

Tips to quit tobacco

Use the 5 Ds to help with urges

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

Come See Me!



Stephen Murner,
for your next new or pre-owned RV!
Stephen@runawayrv.net

Streamlite **Jayco** **CEDAR CREEK** **ROCKWOOD**

Brand New Travel Trailers
as low as

\$8995⁰⁰

plus tax, tag, and title

Brand New Pop-Ups
as low as

\$6995⁰⁰

plus tax, tag, and title

RUNAWAY RV
SALES • SERVICE • PARTS

4218 S. Oates St.
Hwy 231 South
Dothan
334-678-5194
www.runawayrv.net

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
10:00AM
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

Here, it's not about the building...



"Small things done with great love will change the world"

VINEYARD CHURCH
DOTHAN

Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

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

Library system hosts reading activities

Dothan Houston County Library *Press release*

DOTHAN — The Dothan Houston County Library System hosts a free summer reading program and movies throughout the summer.

Movies will be shown at the downtown location every Friday at 2 p.m. throughout June and July. Popcorn and drinks are provided.

All summer reading program events are held at the downtown library and include activities for ages 2 through 12th grade.

All participants are invited to an End of the Summer Water Party July 30 at 9 a.m. Snacks will be provided, and attendees should bring their swimsuits.

Activities offered for ages 2-4 are lapsit story-times, designed for a young child and accompanying adult.

For children in kindergarten through fifth grades, activities include Dr. Magical's Balloons storytelling show, a Zumbatomic exercise class, Rick Rakestraw's exotic animal show, a visit from Alabama Conservation Officer Tim Ward and his animal guests, activities with the McWane Science Center, and Raptor Trek's live birds of prey program.

Young adults in sixth through 12th grades will create a variety of arts and crafts, including duct tape crafts, stained glass jars, watercolor art, tie-dye shirts, customized acrylic cups, and acrylic paint art.

Signups for the young adult activities are required in advance.

For more information about the schedule of activities, please visit www.dhcls.org or call (334) 793-9767.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays, and games and TVs are available for entertainment. 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

NOW THROUGH JULY 27 — The Route 52 Farm Trail is composed of several small Family-owned farms in Geneva County with a shared passion for agriculture and the community. All of the farms on the trail share a strong commitment to using environmentally friendly, sustainable farming practices. The Route 52 serves as a connection to buying direct from the farm. Visit all the farms along the trail, every Saturday in June and July from 8 a.m. to 2 p.m. For more information, visit www.facebook.com/52trail.

JULY 15-19; 22-26 — The Flagship Theatre's Summer Theatre Camps for ages 11-18 begin at 9 a.m. and go to noon each day. This year's summer camp show will be "The Pharaoh and the Pauper." Participants will recreate ancient Egypt. All performances are noon on Friday and are free to the public to attend. The cost is \$120 for the first child and \$100 for each additional child. For more information, or to register, call 699-FLAG or visit www.theflagshiptheatre.com.

JULY 22-25 — The Flagship Theatre will offer several different art camps this summer featuring arts and crafts fun. Week-long classes will be held

from 1-3 p.m. each day and the cost per child is \$50, which includes all art supplies. The theme is "Under the Sea." Pre-registration is required. To register, e-mail ajbmhbl@netzero.net or text 769-1587.

JULY 29-AUG. 2 — The Flagship Theatre will offer several different art camps this summer featuring arts and crafts fun. Week-long classes will be held from 1-3 p.m. each day and the cost per child is \$50, which includes all art supplies. The theme is "Art Resist and Painting Fun ." Pre-registration is required. To register, e-mail ajbmhbl@netzero.net or text 769-1587.

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.

NOW 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.

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.

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

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.

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 www.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.

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

SATURDAY AND SUNDAY — The Wiregrass Futbol Club- 3v3 Live Tournament will begin at 9 a.m. at Henderson Park. Registration fee is \$180. All teams will play a minimum of four games and all players will receive an official 3v3 Live Futsal Tour tournament T-shirt. The top four teams in each division will qualify for the regional final of their choice. For more information, visit www.3v3live.com/page/show/810239-june-29-enterprise-al.

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 today 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.

PINCKARD

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

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments. For more information, call Janet Motes at 808-8500.

Beyond Briefs

Civil War Tour

The Fort Morgan Civil War Twilight Tours are held every Tuesday evening until July 30 at the Fort Morgan State historic site. Living history interpreters in Civil War period dress tell the story of Fort Morgan's Civil War service through historic vignettes based on actual events. For more information, visit www.fortmorgan.org.

Civil War anniversary

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

uga and Chattanooga National Military Park was 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." For more information, visit www.chattanooga4fun.com/150th-anniversary-of-the-civil-war-special-events.

Patriotic Concert

Renaissance Headland is hosting the seventh annual Patriotic Concert Tuesday at 7:30 p.m. The yearly event, held on the square in Headland, is free to the public and fea-

tures the Tri-State Community Orchestra. Event is Family friendly and is dedicated to all military personnel, police and firefighters. For more information, call 648-4228.

The Shark Adventure Run

The Shark Adventure Run is a one mile beach fun run and a four and one half road and beach run on July 4 at 7 a.m. On the beach, participants will encounter "shark" people. They will be scattered along the course with the purpose of taking the flags off the belt that all participants will be issued. Participants are invited to post race entertainment at the Flora-Bama. For more information, visit www.active.com/running/perdido-key-beach-fl/the-shark-adventure-run-2013.

Army initiating collaborative effort to address TBI, PTSD

By David Vergun
Army News Service

WASHINGTON – Over the last 12 years, many Soldiers have returned from Iraq and Afghanistan with wounds, some visible and some not, said a leader in Army Medicine.

“The invisible wounds – post-traumatic stress disorder and traumatic brain injury – are just as damaging as the visible ones. They impact the Families as well as the Soldiers,” said Brig. Gen. (Dr.) John M. Cho, deputy chief of staff for operations with Army Medical Command.

An Iraq war veteran himself, Cho spoke Saturday outside the Capitol Building in Washington, D.C., as part of National Post-Traumatic Stress Disorder Day. This year’s theme was “Visible Honor for Invisible Wounds.”

Post-traumatic stress disorder and traumatic brain injury are not just military-specific issues, Cho said. “They deserve a national discussion.”

A big part of that discussion needs to focus on reducing the stigma associated with mental health issues, he said.

Besides a national discussion, Cho said agencies need to come together, both inside and outside the military, to learn more about identifying and treating PTSD and TBI, as well as preventing it in the first place.

Cho said a PTSD diagnosis is particularly challenging, as “you can’t simply get a lab test or take an X-ray to find it.”

As part of its collaborative effort, the Army is participating in a \$60 million research study for TBI, sponsored by the National Football League, General Electric and Under Armour, he said.

Also, \$700 million has been allocated toward both PTSD and TBI as the result of an Aug. 31 White House executive order to go after the problem with renewed effort in a collaborative manner with the Department of Veterans Affairs and other organizations.

Additionally, the Army has set up seven “restorative centers” in Afghanistan, where TBI can be identified and treated, often allowing Soldiers to stay in theater as they improve, he said.



PHOTO BY DAVID VERGUN

Brig. Gen. (Dr.) John M. Cho, deputy chief of staff for Operations (G-3/5/7), Army Medical Command, addresses the issue of post-traumatic stress disorder and traumatic brain injury on Capitol Hill June 22.

He explained that PTSD often, but not always, occurs with TBI, and that relationship too is being researched.

“We’re nowhere near where we want to be, however, when it comes to researching PTSD and TBI,” he said. “A lot more needs to be done.”

Cho said PTSD impacted him personally

when his brother, who also is a U.S. Military Academy graduate, returned from Afghanistan. His brother was suffering from PTSD.

He sought treatment and is better now, Cho said, adding that his brother is telling his story to other Soldiers in an effort to get them to seek care.



COURTESY PHOTO

Pick-of-the-litter

Meet Señor Burrito, a 2-year-old male Chihuahua. He is a very sweet boy with special needs. Señor Burrito has a heart murmur and needs a desperate dental cleaning. This little guy is only 7 lbs, but is full of life. He loves to ‘talk’ and he is very personable. It is \$80 to adopt Señor Burrito, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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.

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 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.

DALEVILLE FARMER'S MARKET
2 to 5:30 p.m.
Corner of Hwy 134 & Daleville Ave

Fresh Farm-Grown Produce on Thursdays on June 27th & July 11th, 18th & 25th
(No Market on July 4th)

Tomatoes, Peas, Potatoes, Green Beans, Squash, Peppers, Onions, Cabbage, Homemade Jams, Honey, Meats & Fresh-Cut Flowers



Christian Mission Bargain Centers
For Donation Pickup Call **393-4471**
307 N. Main Street
ENTERPRISE
www.christmissions.org

Your ad could be here for only
\$96 PER MONTH
Call Mable Rutten for more information at 334-393-9713

GOLF SPECIALS
at HIGHLAND OAKS

JULY EARLY BIRD SPECIAL
MONDAY-WEDNESDAY BEFORE 11 AM IN JULY

Tee off before 11 am Monday-Wednesday in July and play 18 holes with cart for only **\$37⁹⁵** + tax

Early Bird Trail Card Holders save \$5 and play for only \$32⁹⁵ + tax

Special ends July 26, 2013 • Not valid on July 4th, 2013 – regular holiday rates will apply

ROBERT TRENT JONES GOLF TRAIL

Call Highland Oaks Golf Shop at **(334) 712-2820**

THE ROBERT TRENT JONES GOLF TRAIL AT HIGHLAND OAKS
904 Royal Parkway • Dothan, AL 36305 • www.rtgolf.com

Since 1969 **U. S. Mobile Homes of Alabama, Inc.** Since 1969

Manufactured Housing Sales and Service

Featuring Homes By: Sunshine

BEST PRICING ANYWHERE FOR QUALITY HOUSING

Family Owned and Operated (3 Generations)
Call Chris Howell Today!
(334) 983-5658
5214 Montgomery Hwy. • Dothan, AL
www.usmhomes.com

Summer historically deadliest time for off-duty accidents

By Lisa Ferdinando
Army News Service

WASHINGTON — The dog days of summer are almost upon us — the lazy days that bring opportunities for Soldiers to dust off the motorcycle, take the truck out for a spin or enjoy a cookout with buddies.

As Soldiers head outdoors for summertime activities, they must always be vigilant about safety, said Brig. Gen. Timothy J. Edens, the director of Army Safety and commanding general of the Army Combat Readiness and Safety Center.

June, which is National Safety Month, is a critical time to remind Soldiers, civilians and Families about the important steps they need to take to help keep themselves and others safe, he said.

The safety reminder is for a good reason, he said, as people tend to let their guard down and take more risks in the summer. From never driving under the influence to always wearing a seatbelt, there are simple steps Soldiers can take to protect themselves.

Edens said summer is historically the deadliest time of year for off-duty accidents in the Army. From a statistical standpoint, that is most likely due to the number of Soldiers outdoors doing activities with friends and Family. The more exposure on the road or on the water leads to greater risk for accidents.

Human error plays a big role as well, said Edens.

“Soldiers may be more impatient to start vacation or simply want to ‘live it up’ before they go back to work,” said Edens. “Anecdotal, summer seems to bring those impulses out in people more than any other season and cause some to take more risks than they usually would.”

As Soldiers operate their motorcycles, cars and trucks, do extreme sports, bike and swim, the Army wants to make sure all

members stay safe.

From fiscal year 2008 to fiscal year 2012, the Army lost an average of 133 Soldiers each year in off-duty accidents, Edens said.

Accidents in private motor vehicles — primarily sedans, trucks and motorcycles — remain the No. 1 accidental killer of Soldiers.

“More often than not, the accidents we suffer as an Army are entirely preventable,” said Edens. “A Soldier who drives his or her personal vehicle well above the speed limit or doesn’t wear a seat belt is going to be in trouble in a crash. Fate has no part in that — it is self-imposed risk.”

Protect yourself

The Army is highlighting important safety steps for everyone to take, including:

- Always wear a seat belt when riding in a vehicle;
- Never operate a vehicle distracted or under the influence;
- Always wear a helmet when riding a bicycle;
- Always wear protective gear, including a helmet, when riding on a motorcycle;
- Obey the speed limit;
- Always follow all safety precautions for handling and storing privately owned weapons;
- Follow safety precautions when in the water and when doing extreme sports, never dive into an unfamiliar body of water, and always wear a life vest when boating; and
- Exercise caution when walking on roadways, especially at night; always cross at a crosswalk, never walk on railroad tracks.

While the weather is warm, Soldiers and civil-

ians are anxious to get home and get outdoors. But the Army also stresses that Soldiers and civilians must remain vigilant at the workplace as well, in order to keep everyone safe.

“It’s really all about acting responsibly both on and off duty,” said Edens.

The Army has made a tremendous investment in training Soldiers both on and off duty, he said, especially with regard to vehicle operation.

Soldiers who ride motorcycles are required to take a motorcycle safety course and must wear protective gear, including a helmet, and a long-sleeved shirt or jacket, when riding on or off base. Accidents on motorcycles remain a leading cause of fatalities and serious injuries for Soldiers.

“What keeps Soldiers safe at work also keeps them safe off duty: training, discipline and standards,” said Edens. “It only takes one short trip without a seat belt, a ride without a helmet or a shortcut on the range to end in tragedy.”

Always keep safety at the forefront, not just in the summer, but throughout the entire year, he said.

“It’s true, you only live once, but it can be a short ride if you take unnecessary risks,” said Edens.



ARMY COMBAT READINESS SAFETY CENTER GRAPHIC

The Army stresses that Soldiers must always wear a seat belt and never drive under the influence or while distracted. Private motor vehicles, either two wheeled or four, remain the No. 1 accidental killer of Soldiers.

**TO ADVERTISE
IN THE
ARMY FLIER**

Call Brenda at 393-9715

We put the “Ahhh” in Spa
“Serving the Wiregrass Since 1994”

Rituals DAY SPA

DOOTHAN ENTERPRISE
1408 Westgate Pkwy • 792-SKIN (7546) West Gate Center • 393-SKIN (7546)
www.ritualsdoothan.com www.ritualsenterprise.com



CLARK THEATRES ENTERPRISE
Web Site: www.hollywoodconnector.com
MOVIE INFO 24/7 - 347-2531
ACTIVE DUTY SERVICE MEMBER DISCOUNT
(WITH ACTIVE MILITARY ID) + 1 Guest
June 28 - July 2, 2013
R Rated Films, one must be 17 or with parent

ENTERPRISE SHOPPING CTR

I **WHITE HOUSE DOWN** - PG-13
Everyday 2:00, 4:40, 7:10 & 9:40

II **MONSTERS UNIVERSITY** - G
Everyday 2:10, 4:30, 7:10 & 9:15

WHITE HOUSE DOWN - PG-13 • Cinema 1 & 8 (Next to Walmart)
Advance Showing - 7:00 & 9:30 Thurs Evening

WESTGATE CENTER

III **FAST AND FURIOUS PART 6** - PG-13
Everyday 2:00, 4:30, 7:00 & 9:30

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
3D - 4:30 & 9:30

II **MAN OF STEEL** - PG-13 - 3D
Everyday 2D - 2:00 & 8:00 • 3D - 5:00

III **THE HEAT** - R
Everyday 2:00, 4:30, 7:00 & 9:30

THE HEAT - R
Advance Showing - 10:00 Thurs Evening

FRESH

PEACHES

Squash, Blueberries, Peas, Butter Beans
Sweet Corn, New Potatoes, Boiled Peanuts,
Tomatoes, Cucumbers, Watermelons,
Cantaloupes, Cookies, Pies,
Cakes, Chicken Salad,
& Homemade Ice Cream
(Peach, Vanilla & Strawberry)

COUNTRY BEST FARM
Hwy 84 W • Moates Road • Enterprise
334.393.7224 • Bobby, Nancy & Joshua

Turn Off the By-Pass Onto Hwy 84 West in the Direction of New Brackton. Only 0.6 miles north of the By-Pass.

We Accept Tricare!

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

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

BRYAN PHARMACY
Brett Bryan • PHARMACIST

Enterprise 804 Glover Ave 347-5111
Elba 991 AL Hwy 203 897-5222

ENTERPRISE HEALTH FOODS

Customer APPRECIATION SALE

20% OFF ANY PURCHASE

Not valid with any other discount.
Must Have Coupon. Good through 7-30-13

Largest SELECTION OF
NATURAL PRODUCTS IN
THE WIREGRASS

LOCATED IN FRONT OF WALMART
334-347-4796

REALTY EXECUTIVES
Each office independently owned & operated.

MEADE AND ASSOCIATES, INC.
1200 Rucker Blvd.
Enterprise
347-7334
www.meadeandassociates.net

DALEVILLE
FOR SALE OR LEASE 203 GRITNEY, BEAUTIFUL 4 BD/2 BA HOME features 9ft ceilings throughout and cathedral ceilings in master bedroom and bonus room, tile floor in living room, eat in kitchen as well as formal dining room, all appliances to include washer and dryer, carpet/hardwood flooring, large backyard with privacy fence, and quarterly pest control. PETS OK with non-refundable pet fee! MLS#20130735

FOR SALE
107 STONERIDGE, ENJOY THIS SUMMER IN YOUR 18X36 POOL! This 3 BD/2 BA home has many upgrades including updated cabinets in kitchen and master bath, beautiful laminate and decorative tile flooring. Call for a tour today! MLS#20130517

FOR SALE
92 HARRAND CREEK, This 3 BD/2 BA home features a fireplace and Laminate flooring in the Living room, Bay window in the Dining area, covered back patio, sprinkler system and 2 car garage. MLS# 20130964

FOR SALE
431 SANDY OAK DRIVE, BEAUTIFUL INTERIOR! This 3 BD/2.5 BA townhome comes with stainless kitchen appliances and gorgeous tile backsplash with gleaming laminate flooring in living room. A MUST SEE! Call for a tour today! MLS# 20130182

FOR SALE
115 PINEHURST, this is a perfect starter home in a convenient location with 3 BD/2 BA, his & hers closets in master bedroom, laundry room, the covered back patio runs almost the entire length of the house. Mature trees, large yard, storage shed plus a storage room under the carport. MLS# 20131075

FOR SALE
123 COMMONS, Beautifully maintained 2 BD/2 and 1/2 BA townhome with fresh paint and new carpet throughout! All appliances to include washer and dryer. Lawn care, pest control and use of POOL and Clubhouse included. MLS#20120452



JUNE 27, 2013

Tips for getting fit

Improve your run time – now!



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

(Editor's note: This article is part of a series of articles that offer methods and tips for improving physical performance. As with all physical training advice, one should consult a physician or otherwise trained and qualified professional before beginning any type of training regimen. In addition, understanding your limits and being acclimated to your surroundings is essential to the success of any training program.)

Headlines in the recent months have made it clear that the Army is undergoing some dramatic changes. The number of Soldiers allowed to be in uniform is going down.

With these changes, the Army is scrutinizing who should be in its ranks a little harder. One of the discriminators in evaluating a person's ability to serve is the Army Physical Fitness Test.

If one were to ask experienced Soldiers which PT test event is the hardest to maintain a level of performance commensurate with Army standards, the answer is likely to be the 2-mile run. But Capt. Daniel Klinkner, the deputy director of Training for Army National Guard Aviation and USA Track Field certified Level-1 coach, said maintaining your current run time can be accomplished with just a few work outs each week.

"Try to knock it out three days a week," said Klinkner on the minimum amount of time one should train. "Out of those three days, two of them can come from the weekend when you have more time available."

Klinkner recommends those who want or need to improve their run time on the APFT should work out five times during the week. A good amount of time is 30 minutes per workout. In addition, he has some other tips for those who want to improve their 2-mile run times.

Running a pace

Before beginning any training, Klinkner said it is vitally important to set a goal and make that goal visible to oneself and others.

"The most important thing to improve your run time for the PT test is to run a pace. Set a goal and run a pace to achieve that goal," said Klinkner. "Runners should train a pace."

For example, if one wants to run a 15-minute 2-mile run, then a pace of 7:30 per mile is the pace that runners should train. This pace can be further broken down into smaller distances. The quarter mile time would be 3 minutes, 45 seconds. Work out No. 1 at the bottom of the page is an example of how to execute a pace workout. Times may be adjusted for individual goals.

Klinkner adds that runners shouldn't make the mistake of "running to relax."

"I've heard guys say that their goal is to run as hard as they can so they can relax at the end of the 2-mile run," Klinkner explained. "What they're really doing is running until they burn out and coasting into the finish with what little energy they have left."

With enough practice and self-discipline, Klinkner said runners can feel when a certain speed has been achieved and know not to get caught up in the heat of the moment at the start, but rather focus on one's run and pace strategy.

Running form

Klinkner said some of the most common errors he sees while coaching is improper running form. One should ensure hands and arms are not clenched while running as this can lead to other areas of the body tightening up.

"Relaxing is key," said Klinkner.

Proper form can help prevent injuries and improve run times, explained Klinkner. In addition, he says those who swing arms in front of their body, causing a rotational movement, are wasting energy. Those who run the 2-mile portion of the PT test or longer runs on their toes may increase the chances of developing medial tibia stress syndrome, commonly known as shin splints.

In order to prevent shin splints, Klinkner recommends running so that your foot lands between the heel and the middle of the foot. From there, one should have a rolling motion toward the toe. One should not stomp the ground. Instead, the foot making contact with ground should be quiet.

SEE FIT, PAGE D4

Running Workout No. 1

Warm up — One slow lap around track

Stretch

Two or three sets with no more than 5 minutes rest between each set.

- 100 meters in 20 seconds with 20-second rest.
- 200 meters in 50 seconds with 40-second rest.
- 300 meters in 1 minute 15 seconds with 1-minute rest.
- 400 meters in 1 minutes 40 seconds with 1-minute rest.
- 300 meters in 1 minute 15 seconds with 1-minute rest.
- 200 meters in 50 seconds with 40-second rest.
- 100 meters in 20 seconds with 20-second rest.

Total distance = 2.2 miles (for 2 sets)

Running Workout No. 2

Warm up — One slow lap around track

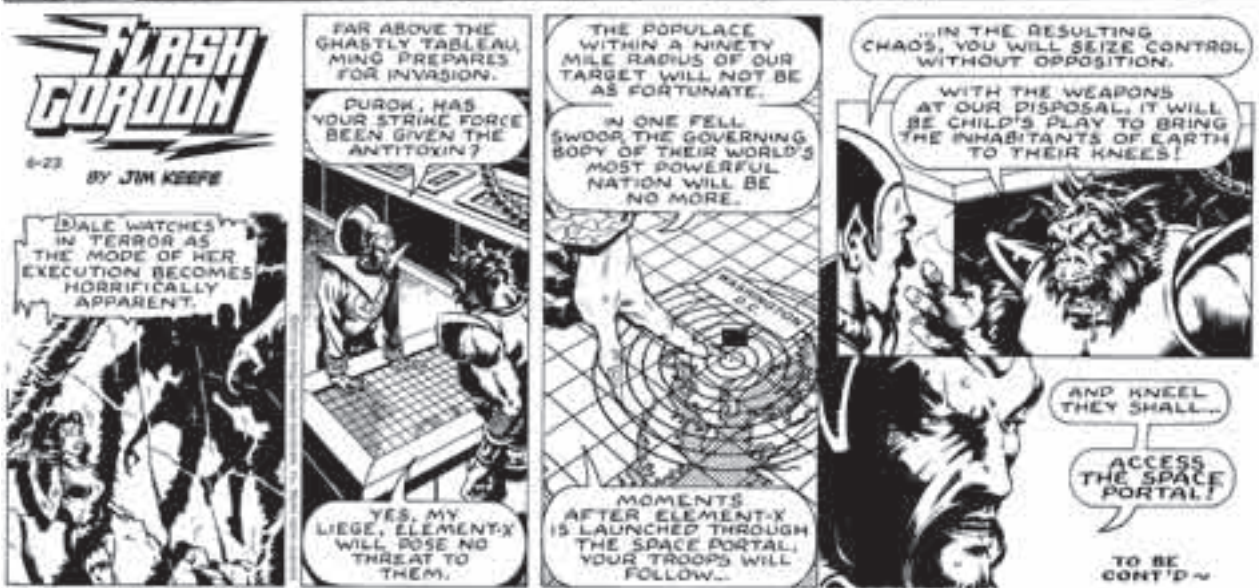
Stretch

Three or four sets with a 3-minute rest between each set.

- One lap around the track in 1 minute 54 seconds or less followed by a 1-2-minute rest.
- Two laps around the track in 3 minutes 48 seconds or less followed by a 1-2-minute rest.

Total distance = 2.5 miles (for 3 sets)

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. LANGUAGE: What's another word for "legerdemain"?
2. SCIENCE: What is studied in the science of speleology?
3. MOVIES: Who had the starring role in "Mr. Deeds Goes to Town"?
4. PRESIDENTS: Which president banned segregation in the armed forces?
5. FOOD: What is the main ingredient in sauerkraut?
6. HISTORY: Which Mexican revolutionary said, "It is better to die on your feet than live on your knees"?
7. COMICS: Who was the editor of The Daily Planet in "Superman" comics?
8. GEOGRAPHY: What body of water lies between the island of Sardinia and mainland Italy?
9. SPORTS: What is Yogi Berra's real name?
10. GENERAL KNOWLEDGE: Which news anchor wrote the book "The Camera Never Blinks"?

See Page D3 for this week's answers.

Super Crossword

LUMINARIES

ACROSS

- 1 Oklahoma tribe
4 Placed in position
9 Restrict
14 Hair hides it
19 Sing barbershop-style
21 Make — for (run to)
22 Threesome
23 Large tanks for marine life
24 Death, in Venice
25 Jul. 4 cookout
26 Los Angeles tourist draw
29 Blvd. crosser
30 Eternally, to birds
31 Fleur-de —
32 Cushy class
35 Military bigwig's garb
44 Early Beale Sutcliffe
45 "Get — writing"
47 Maui necklace
48 "L.A. Confidential" novelist
49 Gossip sheet

- 55 Carl Sagan's sci.
56 "Born Free" feline
57 Nike rival
58 Rejuvenation location
59 "There's — Out Tonight"
60 Eye part
62 Grant, Tan, and Carter
64 Letters after zetas
66 Hunters' gp.
67 The Best Picture is its culmination
72 Diary writer
74 Lead-in for byte or hertz
75 Shuttle org.
76 Cosmeticsian
78 Rubinstein
79 Bone: Prefix
81 "Walk — welcome"
83 Rescind
86 Toward shelter, to a sailor
87 Israel's Golda
88 June 14 "honoree"
91 Nautical chart
93 Feel lousy
94 Protein-rich bean, to a Brit

- 95 Wallach of film
96 Loose celestial grouping
101 Misplaces location
103 Rocker Petty
104 Rebuffing responses
105 Cool, in the 1940s
106 Theme of this puzzle
116 Western holler
118 Bring down
119 Exact same
120 Soup utensil
121 Warning
122 1981-89, politically
123 Schmoes
124 Prescription bottle data
125 Old-style fax
126 Glistening grass stuff

DOWN

- 1 "Pick me! Pick me!"
2 Gordita kin
3 Sportscaster
4 MacBook Air alternative
5 Bedazzled
6 Beginner
7 Basso Pinza

- 8 Anesthetize
9 Hedy of "Algers"
10 Major celeb
11 Author Twain
12 Analogy part
13 Viral illness
14 Fourth-cen. Greek prelate called "the Great"
15 Pack tight
16 Million or billion suffix
17 Test facility
18 "Stat!"
20 Indian Ocean archipelago
27 Teeny-tiny
28 Less coarse
32 Oleate, e.g.
33 " — told by an idiot"
34 Not trivial
35 Literature Nobel
36 Feminizing suffix
37 Swiss mountain
38 Rural tracts
39 Didn't guzzle
40 "The Firm — Man" (1967 film)
41 "Citizen Kane" director

- 42 Helicopter part
43 Loy of films
46 Angry lecture
50 Not of the clergy
51 Auction Web site
52 Grown girl
53 To the heavens
54 Partakes of
59 Tennis pro
61 Western mil. alliance
63 Postpaid ends.
65 Mary-Kate Olsen's twin
68 Land o' Blamey
69 Ravine type
70 Captivated
71 Royal name of Norway
72 Chinese menu notice
73 " — Dark Stranger" (1946 spy film)
77 1960 Wimbledon winner
78 Sponsorship

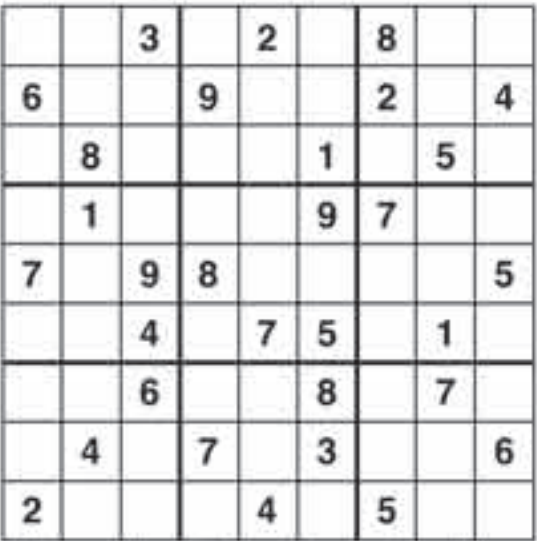
- 80 Writer Bombeck
82 Clic — (Bic pen brand)
84 Make lighter
85 — below cost
88 Author Sinclair
89 July third?
90 Store receipt add-on
92 Not merely words
97 "That pleases me"
98 Takes guns from, e.g.
99 Souze
100 Casual cotton top
102 Decide to join
105 Neolithic British Isles monument
106 Hammer-wielding god
107 Fish piercer
108 Unaided
109 " — ever thus"
110 "Take one"
111 "Zip — Doo-Dah"
112 Cutlet meat
113 Got 100 on
114 Hard to find
115 Picnic dish
116 Financial daily, briefly
117 Gibbon, e.g.



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2013 King Features Synd., Inc.

See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

1. NATION
2. NATION
3. NATION
4. NATION
5. NATION



Boston Marathon bombing victim inspired by wounded warriors

By Bernard S. Little

Walter Reed National Military Medical Center
Public Affairs

BETHESDA, Md. — Sgt. Ryan Long met with Boston Marathon bombing victim J.P. Norden at Walter Reed National Military Medical Center in Bethesda, Md., June 12 to encourage him on his road to recovery.

While on patrol in Afghanistan last year, Long was injured when the vehicle he was traveling in encountered a roadside bomb. He lost his right leg as a result of the explosion.

Norden also lost his right leg, April 15, when the second bomb went off at the Boston Marathon. Long told him the road to recovery has its challenges, but there are also rewards along the way.

Long shared an anecdote with Norden about how his 3-year-old daughter had accepted the changes to her father.

Before he got his prosthetic, she observed “you got one foot.” And then just recently, after he received his artificial limb, another matter-of-fact observation from his girl: “you have two feet.”

Long said it’s “the little things” that are rewarding. “It gets better,” Long told Norden and other victims of the Boston Marathon bombings. He told them their recoveries will depend a lot on their attitudes and how they approach their rehabilitation.

“Right now, it may seem (difficult),” Long said. “I know I had days when I was down. I thought, ‘I can’t do this anymore.’”

Long said he found inspiration and motivation to push forward by being around his fellow wounded warriors and seeing how hard they worked to get better.

“That’s what makes it easier when you’re in this situation,” he said.

During his day at Walter Reed National Military Medical Center, or WRNMMC, Norden visited the medical center’s Gait Lab, which uses a large open space for patients to walk, run and do various forms of physical activity, including range-of-motion exercises that help evaluate, measure and improve their gait, balance, and walking.

He also visited the CAREN Lab, a computer assisted rehabilitation environment, and the Military Advanced Training Center, where he saw numerous wounded warriors and other patients go through the rigors of rehabilitation so that they could either resume duty or succeed in the civilian community.

Norden described what he saw at the Nation’s Medical Center as amazing.

“I was shocked seeing all those people there with the same type of injuries (as mine), or worse, doing stuff I didn’t know I would be able to do,” he said. “I really just want to walk again, more than anything.”

Staff Sgt. Travis Mills, 26, is one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries. He also greeted Norden.



PHOTO BY BERNARD S. LITTLE

Boston Marathon bombing victim J.P. Norden (seated) was greeted at Walter Reed National Military Medical Center in Bethesda, Md., June 14 by Walter Reed patient Staff Sgt. Travis Mills, one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries.

This wasn’t the first time Mills had met with Norden, however. Mills and other wounded warriors visited Boston Marathon bombing victims in Boston not long after the incident. At that time, they had been able to visit J.P.’s brother, Paul, 29, who also lost one of his legs. The brothers had been injured near the finish of the marathon while shielding other spectators during the second blast.

At WRNMMC, Norden used his cell phone to call his brother. He then handed the phone to Mills, who urged the younger Norden to visit WRNMMC to see firsthand the recovery of the nation’s heroes.

“There’s life after amputation,” Mills told him. Marine Corps Sgt. Luis Remache, who lost both his legs and suffered other injuries during a 2011 grenade attack in Afghanistan, also met Norden.

“It’s all on you,” Remache said. “It takes a little time, but you still will make it.”

Norden’s surgeon, Dr. E.J. Caterson, serves as the chief of plastic and reconstructive surgery at Harvard Medical School’s Brigham and Women’s Hospital in Boston. He arranged for Norden’s trip to WRNMMC. The surgeon had

worked briefly with other surgeons at WRNMMC a few years ago, and remembered the wounded warriors he saw recovering there.

“This is an incredible place. I know about (WRNMMC), and I remember seeing J.P. have a down day,” Caterson explained. “I knew I had to get him some place where he could see people recovering. (Walter Reed Bethesda) was kind enough to allow us to tour the facility and interact with wounded warriors.”

“Walter Reed has the most experience with amputees,” Caterson said. “(The doctors) shared with us their expertise because there are some difficult decisions we’re making in fitting patients with prosthetics and providing rehabilitation programs.”

Wounded warriors at the medical center are eager and work hard to get better, said Air Force Lt. Col. Eric Holt, a doctor at WRNMMC.

“They push the limits,” Holt said. “For us to be able to show [the Boston Marathon bombing victims and their doctors] what we do here is motivational for us and for them, hopefully.”

SPORTS BRIEFS

Pro Am Golf Tournament

The 2013 Silver Wings Pro Am Golf Tournament is scheduled for Aug. 3 at Silver Wings Golf Course. Cost is \$75 for members and \$100 for non-members. Entry fee includes tournament courses, fees, range balls, tee gifts, tournament meals and prizes. Deadline to enter is 5 p.m. July 19. The Emerald Coast Golf Tour will be held in conjunction with the 2013 Silver Wings Pro Am. Amateur eligibility requires a current verifiable U.S. Golf Association Handicap Index. Pro eligibility requires PGA members and apprentices, Emerald Coast Professional Golf Tour Members and NGA Hooters Pro Golf Tour Members. Professional participants must enter through the Emerald Coast Professional Golf Tour organization.

For more information, call 598-2449.

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.

Youth sports registration

Fort Rucker Youth Sports will hold youth 7-on-7

tackle football (intramural), cheerleading, tennis and fall soccer registration Monday 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.

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA


Answers

1. Sleight of hand
2. Caves
3. Gary Cooper
4. Harry Truman, in 1948
5. Cabbage
6. Emiliano Zapata
7. Perry White
8. Tyrrhenian Sea
9. Lawrence Peter Berra
10. Dan Rather


Super Crossword

Answers

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




NO ONE WALKS AWAY

JIM SKINNER
HONDA


3823 Ross Clark Circle NW
Dothan, AL

334-671-8100
334-671-1958



- PILOTS
- CRVs
- ACCORDs
- CIVICs
- ODYSSEYS

CALL JERRY HUTTO, SALES MANAGER,
TODAY AT 334-671-8100!
NO ONE WILL LEAVE WITHOUT
A NEW OR USED VEHICLE!



2011 HONDA RIDGELINE RTL
\$23,982
MARKDOWN TO
\$22,980
LOADED

OVER 25 USED CERTIFIED HONDAS IN STOCK!
ALL HAVE 100,000 MILE WARRANTY!

HOUSTON SEAT COVER

— Serving the Wiregrass Since 1953 —



Hundreds of Licensed Embroideries to Choose From

YOUR COMPLETE SOURCE FOR
AUTO • MARINE • AVIATION
HOME INTERIOR UPGRADES & REPAIRS



We are proud to offer
Katzkin Custom Interiors

www.houstonseatcovers.com • (334) 792-5003
1916 Montgomery Hwy • Dothan, AL 36303

Fit: Proper technique, exercises improve performance

Continued from Page A1

Shoes and gear

Making the wrong choices when selecting running gear can lead to injury and poor performance. For this reason, Klinkner said one should choose carefully.

“Most people, when they do their shoe shopping, have two factors: what’s the curb appeal of it and the other thing is comfort,” said Klinkner. “Put comfort first, that’s the key thing.”

He says that inexperienced runners should find a store that can analyze one’s feet using advanced-scanning technology. Shoes with extra cushion are good for those prone to heel injuries, but are not the best option for those prone to ankle injuries. Shoes with arch supports may prevent some knee injuries.

When fitting a shoe, Klinkner says to allow 3/8 to 1/2 inch in front of the big toe to allow for slight toe movement. There should be no foot movement inside the shoes while running.

“Keep going until the shoe fits like a glove, but not superbly tight,” Klinkner said of shopping for footwear.

He also recommends newer runners avoid minimalist or thin-soled shoes when training for longer runs. Klinkner said untrained runners may not get the training value out of them and may injure themselves because less cushioning is designed into the shoe.

Klinkner said other gear used for training should fit comfortably and should not restrict movement.

The Fort Rucker Blue Book, formally known as U.S. Army Aviation Center of Excellence Pamphlet 600-2, states those “conducting physical fitness during hours of darkness will wear highly visible clothing with reflective material or reflective belt.”

Recovery and core training

Klinkner said an important part of running is the strength of one’s abdominal and lower-back muscles. While coaching athletes in Germany, Klinkner said one of

the complaints he used to hear was that of lower-back pain in his athletes. He attributes this to weak core muscles and said strengthening these areas can help improve run performance.

His thoughts are shared by Maj. Erika Lynn Salerno, the senior reserve component liaison officer with more than 20 years of experience working with and training Soldiers.

“Your core supports your entire body,” said Salerno. “As Aviators and crewmembers, our gear and poor mission posture place a higher demand on our core. It is critical we keep our core strong.”

Salerno says she favors workouts designed in circuits similar to that of the PT test where one conducts three exercises that build on one another.

“When you take the PT test, the pushups pre-exhaust your abs,” explained Salerno. “You conduct sit ups and they pre-exhaust your hip flexors and then you are off for the run. I design the two to three circuits of three exercises each with the same overlap principle. I enjoy movements that incor-

porate more than one muscle group.”

One circuit Salerno uses while training Soldiers requires one to execute the number of pushups on their last PT test, then 20-30 wall ball squats and 20 coordinated-elevated pushup crunches on an inflated ball. Repeat this three times with zero rest in between sets.

“Because of human nature, we tend to gravitate toward exercises we are good at or enjoy,” Salerno said. “One of my philosophies is to identify a weakness and focus on it until it becomes a strength.”

Bottom line

Whether one is at Fort Rucker looking to earn Aviator wings or improve their health, Klinkner said ultimately one’s attitude and dedication are the determining factors of success. He added that runners shouldn’t expect to perform their best on the PT test without dedicating enough time to train properly and that the tests, while sometimes unpopular, are a necessary part of ensuring the Army is ready to perform if called upon.

Ball Pass

1

2

3

CEPC
Coordinated Elevated
Push Up Crunches

1

2

3

4

5

Spiderman
Pushup

1

2

1

2

Wall Ball
Squat

1

2

DRV NOW
TXT L8R

MZ Magnum 54"
726cc Kawasaki FR
only \$3,999*

EZT Elite 48"
26HP Kawasaki FS
only \$5,999*

Outlaw Extreme 61"
31 HP Kawasaki FX
only \$8,199*

Wells Tractor Company, Inc.
1923 Kinsey Road, Dothan, AL • 334-793-9776
www.wellstractorcompany.com
*plus tax and shipping

QUALITY
PAINT & BODY

ONE MONTH ONLY
5 YEAR WARRANTY ON OUR
ALL OVER PAINT JOBS

ALL OVER
PAINT JOBS
Reg. \$1,995
\$1,495

ALL OVER
PAINT JOBS
Reg. \$2,500
\$1,995

ALL OVER
PAINT JOBS
Reg. \$3,495
\$2,995

334.598.1800

1191 JOE BRUER RD • LEVEL PLAINS, AL • www.qualitybodyshopinal.com

Wiregrass

FREEDOM FEST

**FORT RUCKER
FESTIVAL FIELDS**

JULY 3
4 PM - 10 PM

- ★ Fireworks
- ★ Food & Merchandise Vendors
- ★ 98th Army Silver Wings Band
- ★ Childrens Inflatables
- ★ Rides, Activities and More!
- ★ Free Admission & Open to the Public!



Proudly partnering with our neighbors,
Daleville, Dothan, Enterprise & Ozark.

ARMY FLIER

Event Schedule

July 3, 2013

- 4 p.m.** — Wiregrass Freedom Fest opens to public
Vendors open (ATMs available)
Kids Zone opens
- 6 p.m.** — Opening remarks
Historic and national colors presented
National Anthem
- 6:10 p.m.** — 98th Army Band's first set
- 7 p.m.** — Red Dragon Aerial Demonstration flyover
98th Army Band's second set
with McKayla Reece
- 7:50 p.m.** — Commanding general's welcome
- 8 p.m.** — Tribute to Fallen Heroes
- 8:05 p.m.** — 98th Army Band's patriotic concert
- 9 p.m.** — Fireworks

ARMYFLIER

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON
COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

EDITORIAL STAFF

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

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

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

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

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

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

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

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or *The Dothan Eagle* of the products or services advertised.

Saluting our Veterans



We truly appreciate the men and women of the U.S. Armed Forces. No other job exemplifies courage, honor and dedication more than serving your country.

 **Covington Electric Cooperative, Inc.**

A Touchstone Energy® Cooperative 

Hwy 134 West, Enterprise 334-347-9449 www.covington.coop

Pool. Water. Perfection.

- Vinyl Pool Liners
- Pool Pump & Filters
- ProTeam Chemicals
- Grills & More



SANDY BEACHES POOL & SPA

1109 Rucker Blvd. • 347-2584
www.SandyBeachesService.com



HAYWARD®

Freedom Fest

Wiregrass event features more than just a fireworks show

By Nathan Pfau

Army Flier Contributing Writer

Every year, people look forward to the fireworks of Independence Day celebrations across the country, but the Wiregrass Freedom Fest offers more than just fireworks for the people's enjoyment.

This year's festival is scheduled Wednesday from 4-10 p.m., and will feature a host of activities for Soldiers, Families and children to enjoy throughout the day, said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager.

"This year's Wiregrass Freedom Fest will include numerous food vendors, craft vendors, fun activities, great entertainment by our 98th Army Silver Wings Band, as well as one of the best fireworks displays in the south-east," said Jackson. "The most important factor in this event is knowing that patrons can come and relax, and enjoy a festival that honors our Soldiers and freedom."

There will be more than 50 vendors offering a variety of merchandise, food and information.

Some of the food options available for purchase in-



clude funnel cakes, hotdogs, hamburgers, turkey legs, nachos, cotton candy, popcorn and boiled peanuts.

The event will also include a display with the National Guard NASCAR and Indy cars, and children will be able

to participate in the U.S. Army Warrant Officer Candidate School confidence course and Inflatable Fun World with slides, bouncy houses and more, said Annette Styron, plans and operations specialist with the Directorate of Plans, Training, Mobilization and Security.

There will also be pony rides, race mania, a watermelon contest, a zip line and much more, added Jackson.

Along with the various activities that people can participate in, Freedom Fest will also be an opportunity for people to relax with music provided by the 98th Army Band, and special guest vocalist, McKayla Reece, who will perform a tribute to fallen heroes by singing "Heaven was Needing a Hero."

"The Silver Wings band has a versatile group of Soldiers that are extremely talented," said Jackson. "They will be performing three sets throughout the evening that include pop, country, rock and more."

There will also be an area where small American flags will adorn a section of the Festival Fields as a reminder to those that attend that freedom isn't free, said Styron.

SEE SHOW, PAGE 5

"We know Mortgages"



SUSAN JOHNSON
NMLS 872371

MARTY HORTON
NMLS 814515

JILL CLIFTON
NMLS 468976

Get the loan, the rate and the terms that are right for you. Talk to Marty, Jill or Susan today about our custom mortgage solutions, and invest in a new home with confidence.

- 100% Financing
- VA Loans
- FHA Loans

- Construction Loans
- Conforming Loans
- Non-Conforming Loans

Downtown Office
301 S. Edwards St.
Enterprise, AL

347-3411
www.tcbenterprise.com



We Salute Our Military

The Citizens Bank in conjunction with the Veterans Administration is now offering 100% financing on home purchases for qualified buyers. Veterans who wish to cash out refinance may qualify for 90% of the appraised value and qualified veterans may obtain up to 100% of appraised value on a rate reduction refinance.



The
Citizens
Bank



Prohibited items

- Cell phone use is prohibited when operating a vehicle on post without the use of a hands-free device. Drivers must safely exit the roadway to a hard stand area to use the cell phone if driving without a hands free device.
- No coolers, tote bags, backpacks or containers are allowed on the grounds except for medical and baby care items.
- Fireworks of any kind are prohibited on post.
- Glass containers are prohibited at the event.
- Pets are not allowed due to safety concerns.
- Weapons of any kind, including guns, knives, mace and "pepper spray" are prohibited.
- No roller blades, bicycles, skateboards or scooters are allowed at the event.



**U.S.
Mobile
Homes**

Since 1969

**GOD BLESS AMERICA
&
OUR HEROES IN THE U.S. MILITARY**

**THANK YOU FOR
YOUR SERVICE**

**5214 Montgomery Hwy. • Dothan, AL 36303
(334) 983-5658 • www.usmhomes.com**

*"We hope
everyone has a
Happy & Safe
Fourth of July!"*



Terry & Terri Lynn Sorrells



*"Because We Care...
is making a difference!"*

SORRELLS
FUNERAL HOME & CREMATORY

Three Locations in the Wiregrass Area

ENTERPRISE

4550 Boll Weevil Circle • 347-9598

SLOCOMB

1315 W. Lawrence Harris Hwy. • 886-7777

GENEVA

2744 W. Magnolia Avenue • 684-9999

For more information please visit our website at
www.sorrellsfuneralhomes.com

Show: Patrons should anticipate traffic delays

Continued from Page 3

“It’s a solemn reminder of the sacrifices made by (Soldiers and Families) from Alabama and northwest Florida,” she said. “This is meant to pay a tribute to fallen service members and honor their surviving Families.”

This year’s event is a partnership between Fort Rucker, Daleville, Dothan, Ozark and Enterprise, and an opportunity to bring the community together, said Janice Erdlitz, DFMWR marketing director.

“Wiregrass Freedom Fest is a celebration for our entire community,” she said. “When we look around at our neighbors around the Wiregrass, we look forward to this day when we invite everyone out to celebrate our nation’s independence.”

“It’s a very fun event with a laid-back atmosphere,” added Jackson, “and it’s also a time to recognize our Soldiers and Families who have sacrificed their lives

for our country.”

Styron said that people coming onto the installation should remember to bring proper identification, proof of insurance and vehicle registration when coming through the gates, and that people should plan to come early to avoid traffic.

“All normal traffic laws are enforced, however, the flow of traffic may be different due to several road closures at various times throughout the day,” she said. “Everyone should also anticipate some traffic delays due to the large number of people exiting the installation (at the end of the celebration).”

There are a few items that people will not be allowed to bring onto Fort Rucker for the safety of all in attendance, which includes: weapons of any kind, explosives, fireworks, coolers, tote bags, backpacks or containers, with exceptions for medical and baby care items. Also, no glass containers, pets, roller blades, bicycles, skateboards or scooters will be allowed.



PHOTO BY NATHAN PFAU

Fireworks explode above Fort Rucker at last year’s Freedom Fest. This year’s Wiregrass Freedom Fest will be Wednesday from 4–11:30 p.m. at the festival fields.

334.393.6019
205 North
Rawls St
Enterprise

BIG DADDY'S
REAL PIT
BAR-B-QUE

Tues–Fri 11AM–2PM
& 4:30–9PM
Sat 11AM–9PM

BBQ Plates

BBQ Only

Side Dishes

Baked Potatoes

Drinks

Desserts

JUST ASK THE CUSTOMERS...
“WITHOUT A DOUBT THE BEST”
“AMAZING FOOD”
“THIS FOOD IS AWESOME”

COME JOIN US DURING FREEDOM FEST
FOR A BBQ SANDWICH & DRINK!

SPECIALTY
BURGERS

or Come to
THE DINER
HOME OF THE
WORLD
RENOWN
BREAKFAST
BURRITO

The
Diner

334.598.1794 • 756 N. Daleville Ave • Daleville, AL
OPEN EVERYDAY 6AM–9PM

98th Army Band rocks Freedom Fest

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

It can be said that people are what make communities great.

Since its inception, the Wiregrass towns and cities surrounding Fort Rucker have pledged their support to the home of Army Aviation, and Wednesday those communities will be treated to a special headlining performance by the installation's 98th Army "Silver Wings" Band during the Wiregrass Freedom Fest.

“We’re going to go out there and perform some great music,” said Michael Johnson, music performance team leader for the band.

Johnson said the band will play three sets, which will include popular music from various genres and time periods.

“There’s going to be a little bit for everyone to enjoy and we’re really looking forward to that,” said Johnson.

The band will also feature McKayla Reece, a North Carolina up-and-coming singer.

"We're really excited to have her come,"

SEE BAND, PAGE 7



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

The 98th Army "Silver Wings" Band performs during a ceremony on Fort Rucker in May. Music performance team leader, Staff Sgt. Michael Johnson, says the band won't be performing a lot of ceremonial music, as depicted in the photo, at this year's Wiregrass Freedom Fest. Instead, Johnson says the bands performance will be similar to modern on-stage performances.



*Saluting the Men and
women at Fort Rucker*

C & B

MINI STORAGE

"for all your storage needs...call on us"

2 Locations:
Rucker Blvd & Shellfield Rd
Enterprise

Contact
REGENCY MANAGEMENT

347-0048

**Rent 3
months get
4th month
FREE**



EQUAL HOUSING
OPPORTUNITY



**WE SUPPORT
OUR TROOPS**

105 Years
4 Generations
Bill & Will Searcy,
Owners
Members of AUSA

**SEARCY FUNERAL HOME
& CREMATORY**

Highway 167 North
Enterprise/Across from Lowes
393-CARE (2273) or 347-2517
www.searcyfuneralhome.com

Band: Performance promises patriotic music plus more

Continued from Page 6

Johnson said. “She is very talented. We’re very confident that it’s going to be an outstanding performance.”

Sgt. 1st Class Marco Delacruz, a band supervisor, said the 20 singers and musicians on stage for the festival share the same enthusiasm for this year’s performance.

“We are very, very happy for the opportunity because this is what we work for,” said Delacruz. “We perform for Soldiers and for Families and now we’re doing it in on a bigger stage. Doing this – it excites us.”

Johnson said those attending Wiregrass Freedom Fest should “expect to have a good time.”

“For us it’s going to be one of the highlights for the year,” said Johnson. “We take pride in our military music and the chance to give back to the community really is an honor.”

According to the band’s official history, The 98th Army Band traces its roots to the

40th Engineer Regiment in March of 1942. Its home of origin was Camp Crowder, Mo.

In 1944, the band was re-designated as the 98th Ground Forces Band in allied-occupied Germany. In 1947, the regimental band was deactivated, and the unit was transferred to Italy and designated the 98th Army Band. In 1952, that band was relocated to Camp Rucker in southeast Alabama.

Soon Camp Rucker would become a permanent post and be re-designated as Fort Rucker. As Army Aviation grew and matured through the 1960s and 70s, so did the 98th Army Band. Over time, the band developed its musical mission to include both military ceremonies and civilian public relations events.

The unit continues its tradition of excellence by supporting graduations, ceremonies, honors, recruiting and public relations. The band can be seen in schools, colleges, parades, festivals and on the field to honor Soldiers and those who have retired or passed on.



FILE PHOTO

Members of the 98th Army Band perform during one of last year’s Music Under the Stars events. The band headlines this year’s Wiregrass Freedom Fest Wednesday.

**We Support
Fort Rucker!**

**together
for freedom**

BEASLEY KAWASAKI
2426 S. US Hwy 231 • Ozark, AL
334-774-5420

*Thank you
Fort Rucker
for all you
do and your
daily sacrifices.*

SEAGD
THE SOUTHEAST ALABAMA GAS DISTRICT

The Southeast Alabama Gas District
800.660.8683 • www.SEAGD.net
Abbeville • Andalusia • Brundidge • Daleville • Dothan • Elba
Enterprise • Eufaula • Fort Deposit • Greenville • Headland
Luverne • Opp • Ozark • Troy

Fort Rucker joins forces with Wiregrass

By Sara E. Martin
Army Flier Staff Writer

Southerners and Soldiers are often described as patriotic, and the July 4 holiday is a perfect way for them to get together and express their loyalty, love and passion for the nation.

Fort Rucker has partnered up its fellow Wiregrass neighbors in Dothan, Enterprise, Daleville and Ozark to put on an "excellent display" for the Wiregrass Independence Day Freedom Fest, said Col. Stuart J. McRae, Fort Rucker garrison commander.

"Everyone across the Wiregrass, whether military or otherwise, all have our nation's birthday in common," he said. "Therefore, partnering together and celebrating as a team is a great way to reinforce the bonds that keep us together and highlight the unity that exists with all of us."

Fort Rucker has a strong historic relation-

ship with its neighbors, where Soldiers and civilian employees have been an integral part of the communities for more than 71 years.

It is this bond and sense of community that makes people flock to work at and celebrate with Fort Rucker, said Claudia Wiglesworth, mayor of Daleville.

"Freedom Fest is an annual event that many in Daleville look forward to attending every year," she said. "Residents of the Wiregrass have enjoyed the celebration with Fort Rucker for decades. Freedom Fest is a big neighborhood block party – a free, family-friendly, safe birthday celebration."

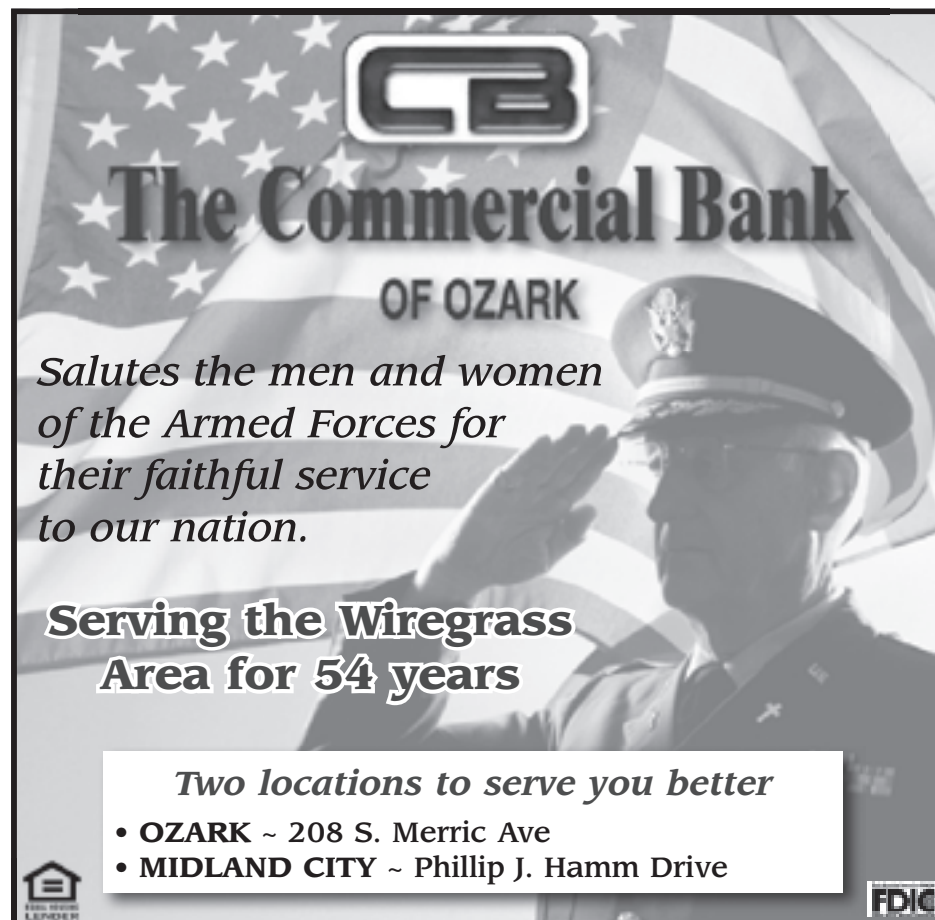
This year, with the help of local cities and sponsors, Fort Rucker is able to pull off the event without using any Army-appropriated dollars while still putting on a fantastic event, said the garrison commander.

SEE WIREGRASS, PAGE 9

Inclement weather during event

The show will go on!

However, if a thunderstorm occurs and there is lightning, we ask visitors to go to their cars to wait for the all-clear announcement.



The Commercial Bank
OF OZARK

Salutes the men and women of the Armed Forces for their faithful service to our nation.

Serving the Wiregrass Area for 54 years

Two locations to serve you better

- OZARK ~ 208 S. Merric Ave
- MIDLAND CITY ~ Phillip J. Hamm Drive

FDIC



INTRODUCING
SUNSET TRAIL
RESERVE

DOTHAN'S OLDEST FAMILY OWNED RV DEALERSHIP!

No Hidden Fees...Ever!
Low Overhead = Great Deals for you!
New & Pre-Owned Campers

FEATURING:
Crossroads Sunset Trail - Palomino Solaire
Forest River Surveyor - and More

Call for Price Quote **(334) 678-9510**
3933 S Oates St • Dothan, AL 36301
www.BamaRV.com
Find us @ facebook.com/bamarv

Wiregrass: Communities support post

Continued from Page 8

“With the collective efforts of our partners we are all able to benefit,” he said. “There would have been a large amount of fiscal risk if Fort Rucker had attempted to go it alone. Our local partners reduced the risk to the point of making Freedom Fest possible.”

Though the partnership made the large-scale event possible, many outside cities thanked Fort Rucker and its leaders for inviting them to join in on all the fun.

“The generosity of Fort Rucker, and the support provided by sponsoring businesses and corporations to put on this event represents what is best about the Wiregrass’ past, present and future,” said Wigglesworth. “The spirit of cooperation to host such an important celebration is what makes the Wiregrass a great place to live, work and play.”

In these times of fiscal challenges across the federal, state and local mu-

nicipality levels, partnering allows Fort Rucker to continue to celebrate while also reducing costs.

“As leaders who are responsible for the monetary resources entrusted to us, it is important that we remain good stewards of every tax dollar,” said McRae, adding that he doesn’t think that the relationship with the local cities has ever been better.

That rang true when the Daleville and Ozark mayors said that as Fort Rucker continues to partner with the outside community and opens more services to civilians, that the bond is flourishing while saving tax dollars and ensuring that services remain viable.

“We have become friends with the Soldiers and their Families and it is important that we support them,” said Billy Blackwell, mayor of Ozark. “This brings everyone together across the Wiregrass. We support the installation and America’s fighters. But, we want to show that we are there for them and we support their fight.”

Blackwell said that it is the Soldiers from history that gave the nation its independence and the Soldiers of today who keep it, adding that it is “so very important” to support them, even more so now during challenging fiscal times.

“We want to keep the morale up with funding being cut. This is just a small thing we can do to support them,” he said. “Independence Day is important to Americans, especially in the South. There are traditional events that we love to attend and each community and Family has their festival that they go to and Freedom Fest is ours.”

Blackwell added that it is making memories with friends and Family that makes Freedom Fest important to the outside communities.

“When my girls were young, we had an old Army Jeep that we would go to Freedom Fest in and watch the fireworks. Its moments like that that makes it a special time – making special memories,” he said.

Need help?

For medical issues or lost children go to the Medical and Lost Child tents opposite the main stage on Field A.



10% DISCOUNT FOR MILITARY! Just show military ID!

We appreciate Fort Rucker!

ENTERPRISE'S NEWEST RESTAURANT!

www.cockofthewalkenterprise.com

TUESDAY-SATURDAY
4:30 pm - 9 pm
SUNDAY
11 am - 8 pm

4 North Pointe Parkway
ENTERPRISE
(334) 393-6000



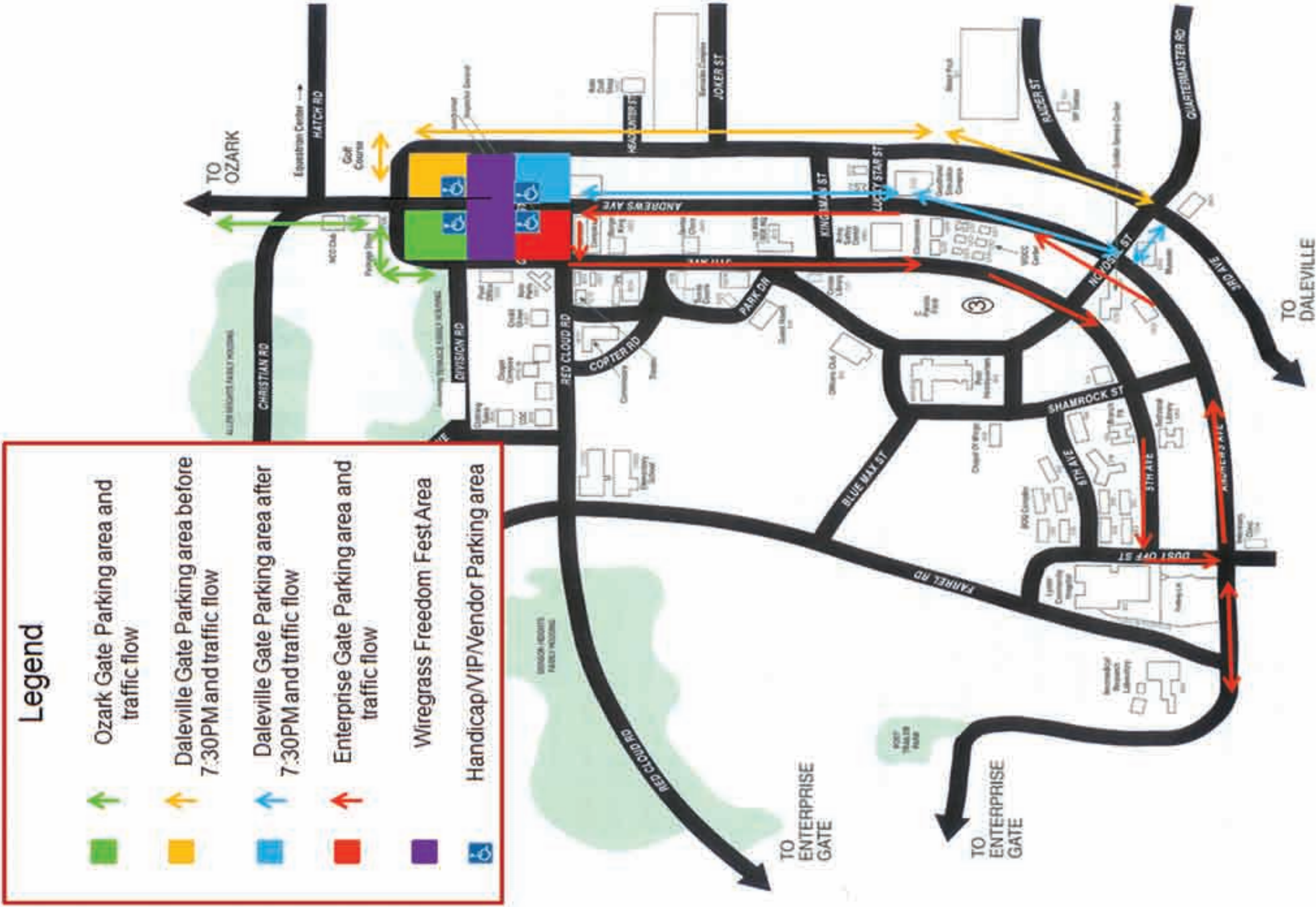
Dale Medical Center

supports our troops at home and abroad.

Dale Medical Center

FREEDOM FEST

2013 PARKING



Prohibited items

- Cell phone use is prohibited when operating a vehicle on post without the use of a hands-free device. Drivers must safely exit the roadway to a hard stand area to use the cell phone if driving without a hands free device.
- No coolers, tote bags, backpacks and containers are allowed on the grounds except for medical and baby care items.
- Fireworks of any kind are prohibited on post.
- Glass containers are prohibited at the event.
- Pets are not allowed due to safety concerns.
- Weapons of any kind, including guns, knives, mace and “pepper spray” are prohibited.
- No roller blades, bicycles, skateboards or scooters are allowed at the event.

Have fun, stay safe during holiday weekend

By Sara E. Martin
Army Flier Staff Writer

Although summer time and 4th of July festivities are looked forward to all year long it can be one of the most dangerous times for Soldiers and their Families.

Between vacationing, traveling and people not being aware of their surroundings and their own bodies, there is increased risk for physical injury, according to Fort Rucker safety officials.

In order to stay safe during the Independence Day holiday officials recommend a few simple tips:

- Have recommended maintenance conducted on vehicles.
- Have an emergency kit and an emergency set of car keys.
- Be sure to have a full gas tank.
- Keep in mind that the use of cell phones and texting while driving are illegal on Fort Rucker. A drivers license, insurance and registration are required to enter the post. Follow the posted speed limit signs and adhere to police directing traffic.

People participating in other activities during the July 4 celebration and the rest of the summer should pay attention to hot temperatures and sun exposure to avoid heat-related injuries.

The following are a few ways to protect against accidents

SEE SAFETY, PAGE 13



July 4th BLOWOUT

expressions collection			
94" sofa	\$528	reg. \$579.95	112421
68" loveseat	\$438	reg. \$469.95	112420
club chair	\$328	reg. \$369.95	112419
accent chair	\$228	reg. \$259.95	112418
ottoman			

SAVE UP TO \$209.75 ON ALL 5 PIECES

Badcock & more.
HOME FURNITURE
Prices and offers effective June 25 - July 15, 2013

6102 Boll Weevil Circle
Enterprise
334-393-4496

THANK YOU FORT RUCKER!

Supporting the Military since 1994
The Area's Leading
Full Service Spa

Rituals
DAY SPA

DOTHAN
1408 Westgate Pkwy • 792-SKIN (7546)
www.ritualsdothan.com

ENTERPRISE
West Gate Center • 393-SKIN (7546)
www.ritualsenterprise.com

Safety: Simple steps help people enjoy summer

Continued from Page 12

over Independence Day weekend

Sun and heat safety tips

- Hydrate — be sure to drink plenty of water and encourage children to do the same. Drinking soda, tea, coffee and alcohol can dehydrate.
- Individuals planning to be outside should apply sunscreen and reapply sunscreen as necessary.
- Know the signs of heat exhaustion — clammy or pale skin, dizziness, excessive or no sweating.
- Don't take unnecessary risks during this holiday weekend.
- Stay in the shade to prevent sunburn and heat injuries.
- Children and adults should wear sunglasses and hats.

"Results of not wearing sunglasses, hats and sunscreen don't catch up to us until we get older, when skin cancers start appearing. So reduce your Family's chances

of cancer by covering up and reducing your exposure," said Sharon Manning, installation safety director.

Swimming tips

- Know your limitations.
- Swim with a friend.
- Supervise children while in the water.
- Know how to identify rip tides and know what to do if caught in one.
- Pay attention to the warning flags that are flown at the beach: **Red** — Stay out of the water; **Yellow** — Use caution, some undertow and riptides possible; and **Blue** — Calm water.

Grilling tips

- Use grills in well-ventilated areas away from standing structures.
- Make sure grills are stable.
- Follow manufacturer's instructions.
- Use long-handled utensils.
- Do not mishandle lighter fluid.
- Make sure the gas grill lid is open be-

fore lighting it.

"Most grilling injuries take place in the month of July and consist of thermal burns. Make sure you keep children at least three feet away from a grill and don't set the grill in an area that's close to where people are socializing," said Manning.

Fireworks tips

- Fort Rucker officials prohibit the use of fireworks on post.
- Read the instructions for the proper use of fireworks off post.
- Don't allow children to use fireworks, unless supervised by an adult.
- Do not use fireworks while under the influence of alcohol.
- Do not point fireworks at people, animals or buildings.
- Do not horseplay with fireworks.

"Although they can be exciting, festive and fun, it's important to remember that fireworks are also dangerous and the safest way to enjoy 4th of July celebrations is to attend a public fireworks display,"

said the safety officer.

Alcohol consumption safety tips

- Have a designated driver.
- Drink water to keep hydrated while consuming alcohol.
- Don't swim, drive, boat, or fish while under the influence.
- Keep track of how much alcohol has been consumed.
- Drink water or a hydrating liquid between alcoholic beverages.

"Keep in mind that fatalities aren't only caused while driving a vehicle while under the influence, but also while boating and swimming," said Manning. "Alcohol is involved in approximately 38 percent of drownings."


All of these safety tips are small things to remember, but ignoring any one of them can put a damper on a summer trip or festival and affect lives forever. Take full advantage of the summer festivities Fort Rucker has to offer, but always keep an eye out for safety, Manning said.


THANK YOU

FOR YOUR

**Courage, Sacrifice,
Loyalty, Bravery,
Heroism, Leadership,
Perseverance, Protection,
Dedication, Valor...**


CLARK THEATRES





THE HAND OF FRIENDSHIP IS EXTENDED TO FORT RUCKER IN APPRECIATION OF YOUR SERVICE OF OUR COUNTRY


Fort Rucker has been a bond cementing strong Military - Civilian relations in our community since 1942




MAYOR
Billy Blackwell

COUNCIL MEMBERS:

- Frank Garrett
- Mike Barefield
- Winston Jackson
- Andy Gilland
- Anthony Hill



CITY CLERK
Melissa Robinson



WEB SITE: ozarkalabama.us
EMAIL: mayor@ozarkalabama.us & clerk@ozarkalabama.us

Flags to pay homage to fallen heroes

By Sara E. Martin
Army Flier Staff Writer

A field of small American flags will adorn a section of Field B of the festival fields during Freedom Fest this Independence Day as Survivor Outreach Services pays tribute to fallen Soldiers from Alabama and northwest Florida.

Each flag represents a military loved one, said Beth Gunter, financial counselor for SOS.

"The 'Freedom isn't Free' display is a solemn reminder of the sacrifices made by the area's fallen heroes since Sept. 11," she said, adding that a picture collage tribute will accompany the display to celebrate the lives of those who gave their all.

Survivors from across the area were asked to send in pictures of their loved ones involved in some of their favorite activities and it is the hope of SOS that the Family members left behind are reassured that neither their fallen service member nor they have been forgotten.

"Their sacrifice is appreciated. We are able to enjoy the freedoms we have because we have brave men and women who are willing to sacrifice their lives and Families that support them," said Gunter.

As part of the tribute, McKayla Reece will sing "Heaven was Needing a Hero" in recognition of the men and women who made the ultimate sacrifice.

"Our goal is to help survivors realize that they are always part of the military

Family," she said. "Even though they have lost their (loved one), it doesn't mean that they are any less important to our military Family."

The survivors of fallen heroes are not just the spouses and children, said Gunter, but also parents and siblings, adding that SOS officials want to provide service for whatever questions they may have for a lifetime.

"Just as when a person loses someone within their immediate Family, their Family members are there to provide that support and encouragement to help them work through the grief," said Gunter. "This is a military Family and we are there in the same aspect – to help them work through the grief and help them move forward."

SOS is committed to fulfilling the Army Family Covenant through support given to active duty, Reserve and National Guard surviving Families of fallen service members for as long as they desire and it is its goal through this outreach that each survivor is reminded they are an integral part of the Army Family, continued Gunter.

"Our services include working as a liaison for the survivor, identifying resources in the military and civilian community, locating information to assist in resolving issues, organizing a Survivor Connection Group to provide peer-to-peer support and offering financial counseling, either with one-on-one appointments or through workshops," she said.



FILE PHOTO


A field of small American flags pay homage to fallen heroes during last year's Freedom Fest. The display will adorn a small section of Field B this year.



welcome to

Daleville



Alabama



*Daleville Chamber
of Commerce*

334-598-6331

*The Gateway to
Fort Rucker*

chamber@dalevilleal.com
www.dalevillechamber.com

Wiregrass FREEDOM FEST

Thank You to our 2013 Sponsors

Title Sponsor



at&t

Fireworks Sponsor



Army Fleet Support

Entertainment Sponsor



Patriot Sponsor



Air Fly-Over Sponsor

Link Simulation & Training



Fort Rucker Family & MWR
Sponsorship & Advertising
(334) 598-5311
www.ftruckermwr.com



Proudly partnering with our neighbors,
Daleville, Dothan, Enterprise & Ozark.

Corvias[™] military living



Sprint[®]
All Together Now[™]



Enterprise
Women's
Center, LLC



FirstCommand[®]
FINANCIAL SERVICES

SAM BOSWELL
HONDA



CenturyLink[™]



EXCHANGE

verizon

BOEING



FOX34
WDFX-TV



MEDICAL CENTER ENTERPRISE
Where Healthcare and Community Connect

Sponsorship does not imply Army endorsement.

Zero tolerance on post with DUIs

By Nathan Pfau
Army Flier Staff Writer

Fourth of July celebrations may only last through the weekend, but irresponsible actions during that time have the potential to last a lifetime.

The Wiregrass Freedom Fest is meant to be a time for fun and celebration, but a good time can quickly switch to disaster and tragedy if people on the installation don't use responsible judgment, especially when it comes to drinking and driving, said Lt. Col. Madeline Bondy, Directorate of Public Safety provost marshal.

"If there is alcohol being served (or consumed), there is a higher probability for the possibility of alcohol related incidents," said the provost marshal. "It always comes back to personal responsibility. Individuals need to be responsible for their actions, and stop and think about how these (drinks) might affect them, especially if they're thinking about getting behind the wheel of a car."

Bondy offers advice for those who are

SEE DUI, PAGE 17



PHOTO BY SARA E. MARTIN

Fort Rucker Military Police will be on the lookout for people driving while under the influence of alcohol. Post officials want people to have a good time at the Wiregrass Freedom Fest, but Fort Rucker has a zero tolerance policy for drunken driving.

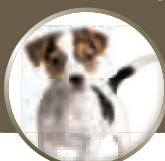


Anso? Hope so.™

Anso® nylon resists stains and soil and we back it up with

Lifetime Warranties*.

Did we mention that Anso nylon also warrants against pet urine stains?



We appreciate Fort Rucker!

Enterprise Wholesale, Inc.

1093 Geneva Hwy • Enterprise • 347-7033

enterprisewholesaleinc.com

Select styles from Shaw Floors are on sale, making this a great time to spruce up for spring.
Shaw Floors.... timeless beauty, uncompromising quality.

SHOWROOM HOURS:

Monday – Friday 8:00am – 5:30pm

Saturday 8am-12pm



Green.
It's something we never forget.®
shawfloors.com



*Lifetime stain and soil warranties are limited and based on the life of the product. For more details, please see warranty brochure available where products are sold.

Visit our showroom today to learn more about products made with Anso® nylon. *Green by nature, fashionable by design.*

DUI: Consequences devastating to career, lives

Continued from Page 16

thinking about driving after having even only one drink.

“Just don’t,” she said. “If a Soldier finds him or herself to be too intoxicated, and their only means of transportation is their own vehicle, they should not get behind the wheel of their car – no matter what.

“What they should do is try to call a friend to come and get them, or call their chain of command,” she continued. “They should always have a backup plan for a situation like this.”

Master Sgt. Pedro San Miguel, DPS provost sergeant, suggested that Soldiers even talk to a military police officer if they must to keep themselves from driving home, but stressed that this should be an option only as a last resort, as military police officers will be extremely busy with the additional traffic flow throughout the installation during Freedom Fest.

“I would rather them come to us and tell us that they’ve had a little too much to drink than try to drive themselves home,” added Bondy. “It’s when you put things like a car in the mix

that it starts to become a real problem. We can try to help them out and see what we can do to get with either their chain of command and help them get to where they need, safely.”

San Miguel added that if people decide to drive on the installation while under the influence of alcohol, they’re not likely to get away with it.

“It’s such a controlled egress out of (the installation) that there’s very little room to make an error in that situation – basically, you’re going to get caught,” he said.

Responsibility also falls on chains of command to ensure that they have someone to call in so a Soldier has a way to get home safely if he or she has had too much to drink, said Bondy, adding that it’s about taking care of one another.

“The chains of command need to talk to their Soldiers about it and educate them – they need to get actively involved,” she said. “That’s where leadership comes in – give them a number to contact them if they must.”

The consequences of driving under the influence, regardless of where, can be devastating to

not only the driver, but others involved. Lives can be put in jeopardy when people make the choice to drive under the influence, as well as careers.

“The abuse of alcohol or drugs is inconsistent with Army values,” said Capt. Megan Mueller, special assistant U.S. attorney for Fort Rucker’s Office of the Staff Judge Advocate. “If a person gets a DUI on the installation, that person will be prosecuted – it’s a zero tolerance policy – that’s something that people need to understand.

“DUIs are a big issue that the Army takes very seriously,” she continued. “If a Soldier is convicted of two serious incidents of alcohol-related misconduct within a one-year period,” there is potential that the Soldier could be separated from the Army.

Bondy also advised that people who will be driving on the installation to take extra caution and remain alert.

“People have to have their wits about them and be alert about other people on the roads,” she said. “Let’s be responsible here (on Fort Rucker), and it will trickle down into the communities surrounding us.”





MILITARY

www.facebook.com/psfaulkfurniture

DISCOUNT 10%

WWW.PSFAULKFURNITURE.COM

Monday-Friday: 9am-5pm
Saturday: 10am-4pm






SPECIAL FINANCING AVAILABLE FOR QUALIFIED BUYERS!

P.S. FAULK FURNITURE | 5990 S. BOLL WEEVIL CIRCLE | ENTERPRISE, AL 36330 | 334-489-4490

FORT RUCKER FAMILY & MWR

www.ftruckermwr.com

f Fort Rucker FMWR

Summer in the GREAT OUTDOORS

Lake Tholocco

- canoes & kayaks
- pontoon boats
- ski/wakeboard boats
- fishing boats
- paddle boats
- water tubes
- volleyball sets
- horseshoe sets
- picnic pavilions
- BBQ cookers
- canopies
- camping tents
- sleeping bags
- camping gear
- dunking booth
- travel trailers

Fort Rucker Outdoor Recreation
(334) 255-4305



Saturday, August 3rd

Register by July 19
Cost: \$75 members
\$100 non members

*In conjunction with the Emerald
Coast Professional Golf Tour*

Silver Wings Golf Course
(334) 598-2449



SPLASH!

The Landing, Bldg. 113, Novosel St.

Open Wednesday - Monday, 11 am - 6 pm

OPEN TO THE PUBLIC!!

Double Flume Slides | Spray Park
Lounge Area | Tiki Bay

Sports, Fitness & Aquatics Office
(334) 255-9162.

Manopause Mondays & P.M.S. Thursdays

Range Time is FREE on these days !!!

OPEN MON-THURS 10am-8pm, FRI-SAT 10am-6pm
43 County Road 17

Join us on Facebook or visit us at our website and see our
specials Locknloadtactical.com

LOCK-N-LOAD
PISTOL RANGE & SALES
MON-THURS 10-8, FRI-SAT 10-6

Rucker Blvd. **347-5151**

**We wish you and your
family a happy and safe
Independence Day!**

**We honor the service men and
women of our country.**



**Army Aviation Center
Federal Credit Union**

Daleville & Fort Rucker 598-4411 • Dothan 671-1890
Enterprise 393-5909 • Ozark 774-4929 • Troy 670-0308
www.aacfcu.com

11 Wiregrass Locations

NCUA

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years • Serving Fort Rucker 39 Years

The background of the entire advertisement is a stylized, distressed American flag. The top portion features a blue field with white stars, while the lower portion consists of vertical red and white stripes. The texture is rough and painterly. On the left side, the Statue of Liberty is depicted from the waist up, holding her torch aloft in her right hand and a tablet in her left. The statue is rendered in a greenish-grey color.

**To all who
have served
and continue
to serve our
country.
We thank you.**

Walmart 
Save money. Live better.