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year

JOB FAIR Event continues to grow during its 10th

Story on Page C1



BASEBALL Old Skool claims 4th post championship

Story on Page D1





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

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FORT RUCKER ★ ALABAMA

JULY 11, 2013

Rain doesn't stop Freedom Fest

By Sara E. Martin Army Flier Staff Writer

Rain snuffed out the fireworks July 3, closedvendors and disappointed others who had been eagerly waiting for one of the biggest events of the year—Freedom Fest.

But it would take more than a downpour to ruin the celebration that Fort Rucker had been planning for more than six months.

"Sometimes the bear gets you and sometimes you get the bear," said Col. Stuart J. McRae, garrison commander. "Today, the bear got the better part of us, but we are celebrating nonetheless."

Fort Rucker had a contingency plan that allowed the 98th Army Silver Wings Band Crossfire to still hold its high-energy performance with guest singer McKayla Reece by relocating it to the post theater.

"We are really sad. It was going to

be an awesome event, but we tried to make the best out of the weather," said Lisa Eichhorn, Fort Rucker Public Affairs Officer. "It (was) a good time regardless."

"I think it is important that we show the community that we will push through, and will continue to celebrate our Soldiers and their Families and our independence," said Kristi Fink, special events coordinator.

This year's celebration was geared to be more of a hometown celebration, and civilians as far as Louisiana came to enjoy fried desserts, live entertainment and fireworks.

"One of our biggest messages we try to send is that Fort Rucker is not closed to the public, it just has guards at the gate," said McRae. "We depend on our communities as much as they depend on us."

Maj. Gen. Kevin W. Mangum, U.S.

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McKayla Reece performs with the 98th Army Silver Wings Band Crossfire at the 2013 Freedom Fest at the post theater July 3.

Temp pharmacy opens

By Nathan Pfau Army Flier Staff Writer

Lyster Army Health Clinic's pharmacy reopened and began operation at its temporary location in front of the main parking lot by Andrews Avenue after a brief ribbon-cutting ceremony Monday.

Col. James A. Laterza, LAHC commander, was on hand to cut the ribbon and invited Sgt. 1st Class Rolando Correa an instructor at the NCO Academy, Susanna Castro, an Army spouse, and Danney Siegel, an Army veteran, to join in the honors with him.

"(The pharmacy) is one of the most important benefits that we offer as a clinic," said Laterza. "This temporary building is something that is going to be here for a little while... but it's a step toward a pharmacy that's going to double in size."

During the week leading up to the move to the new temporary facility, nearly 2 million pills were moved from the old location by pharmacy staff, Soldiers and vendors in an effort to get the new facility up and running for patrons.

The renovation of the old pharmacy, which is slated for completion in summer 2014, will increase its size to 7,000 sq. ft. and update equipment that dispenses medication in the facil-

"Staying at the cutting edge of technology is absolutely critical to maintaining the highest level of safety in patient care," said LAHC commander. "This is especially true in the high-volume environment of the pharmacy where (more than) 20,000 prescriptions are filled per month.

"Moving the pharmacy to a temporary building site will allow us to invest in the future and do this in a permanent way," he continued. "Installation of robotics to safely expedite preparation of prescriptions and doubling the size of our pharmacy represents our commitment to providing only the best to our patients."

Not only will the pharmacy increase in size, but due to the new robotics to be installed, patrons can look forward to shorter wait times and faster service, said Lt. Col. Taiwo Bolaji, chief of pharmacy at LAHC. The new system will allow prescriptions to be filled and packaged in minutes, not hours, he added.

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content.

instruction here.

of the Army civilian instructor

pilot who helps manage digital

Arnold explained that because of standardized imaging across

the issued computers, properly

credentialed students can access

whatever data and publications

they need for various courses of

"We've made a large migra-

tion of the common data prod-

ucts used at the flight line to the

AKO environment," said Arnold.

AKO, which stands for Army

Knowledge Online, is the U.S.

Army's intranet, which is used

for digital content and document

The benefit of having entire

content libraries available wher-

WOCS Olympics

Warrant Officer Candidate Juan Bonilla (center), a Fort Lauderdale, Fla. native, competes in the Warrant Officer Candidate School Olympics June 29 at Fort Rucker, Ala. The WOCS Olympics is a weekly competition between classes of student Soldiers that promotes esprit de corps and camaraderie.

Army Aviators embrace future of learning

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

In keeping with the standard of being the world's most-adaptive military, the home of Army Aviation is embracing changes in modern technology.

"We are issuing convertible notebooks to all of the students here at Fort Rucker to get them used to the Army goal of having a global net-centric workforce," said Carley Palo, information and technology systems officer at 1st Aviation Brigade.

She added that nearly all students assigned to Fort Rucker for unclassified training, including flight school, advanced individual training and the captains' career course, are issued notebooks before the start of their respective

The handwriting-recognition and touch-screen capable notebook computers are a part of the modernization of Army Aviation. The distribution the of notebook computers is in keeping with a long-term plan to be more adap-



A Soldier going through advanced individual training at Fort Rucker receives a notebook computer for his classwork recently. The Home of Army Aviation issues computers to nearly all students who attend courses.

tive as a force.

The Army Learning Model 2015 describes the deliberate actions and concepts to train Soldiers. The ALM 2015 changes the Army's individual learning methods and processes from a platform-centric, place-dependent model to one that is adapt-

As Brig. Gen. Bryan T. Roberts, Fort Jackson Commanding General, wrote in a March 2013

essay, "ALM is learner-centric, more engaging, relevant, rigorous and accessible for a generation of recruits who have grown up in a digital world, as well as seasoned Army professionals with repeated deployments who bring a wealth of experience to

the learning system." "We are creating an environ-

ment where products are no lon-

ger strapped to one computer,"

said David Arnold, a Department

ever students go takes a bit of weight off flight students - liter-"You are leaving your 25-

management.

pound book bag in the corner and picking up your six-pound notebook and going anywhere you want," said Arnold.

Students attending flight training have traditionally been issued

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PERSPECTIVE

Good intel plays critical role during job search

By George Matthews Fort Meade Transition Assistance Program

FORT GEORGE MEADE, Md. – One of the hottest careers in the Department of Defense these days is intelligence. Whether it's tracking down bad guys, understanding the enemy's strategy and tactics, or ferreting out those trying to bring us to our knees via cyber warfare, good intel is a critical component of today's strategy for keeping America safe.

At various levels, military folks commonly employ intel tactics to learn about the new commander, promotion opportunities, their chances for a coveted assignment, and an endless list of other things.

It is therefore puzzling for us in the Transition Assistance Program community when we consistently see clients fail to demonstrate the same level of energy in seeking intel about the job search process.

The first piece of intel military folks too often ignore is the need to start the process early. Despite implementation of the 2012 Veterans Opportunity to Work Act, mandating pre-separation counseling at least 365 days before separation, TAP staff routinely must persuade leaders and separating service members to meet the timeline.

It doesn't seem to occur to many separating service members the VOW Act timeline resulted from data - intel - indicating a direct positive correlation between starting TAP early and success. At this time of year when many students graduate from college, those who started networking and searching for jobs months ago likely stand a better chance of finding employment than those who start after they toss their caps into the air.

As a human resources professional and current TAP manager, I constantly solicit feedback about the hiring process from recruiters



Lori Mann, Army Career and Alumni Program counselor, offers guidance to a transitioning Soldier at Joint Base Lewis-McChord, Wash.

and hiring managers. Also, I have first-hand experience trying to hire veterans who obviously haven't used the key intel and services transition counselors can provide.

Resumes and interviews are two areas where separating service members frequently fail to use readily available intel to enhance their potential for a successful job search.

Resumes

While a well-written resume does not guarantee a job, it's the marketing tool for getting invited to an interview. Various types can be effective, but some general rules govern resume writing.

First, the resume must convey the job seeker's skills and experience in language the hiring manager can understand. Some call this skills translation. Numerous resources, including the Department of Labor **Employment Workshop Participant** Manual, DOLEW facilitators, TAP counselors, FedsHireVets.gov, and other job search related books and websites can assist with this pro-

say a key barrier to offering an in-

terview is their own inability to understand a military member's skill

Recently, a hiring official told me he received an eight-page resume from a 2012 retiree. He said he thought the applicant would have known that anything over two pages was overkill, but more frustrating was the fact nothing in the resume demonstrated the person had experience or skills to satisfy what the employer's needs. I have no doubt this person had the skills, but because his resume did not covey it, he was not invited for an interview.

Interviews

Once the person secures an interview, the resources above can again assist with preparing for the interview. The interview process could include a telephone screening, face to face, video teleconferencing, panel or meal interview.

A key point military members need to understand is that an interview is not a guarantee one will be hired. It simply implies a candidate has been elevated to compete in a Yet hiring managers routinely select group of other talented job-

The wide variety of types of interviews means candidates must prepare, practice and present themselves in such a way that elevates them among the candidate pool. The key to preparation, practice and presentation is to have a plan and a step by step method to the interview process.

Candidates must have the answers to a variety of questions and these questions and answers should be practiced. One should also have several questions to ask an employer. It goes without saying that candidates must have appropriate attire for the interview and dress to attract not distract.

While the need for appropriate dress may be common knowledge, I have personally interviewed transitioning members who missed this target by wide margins. Responses to three particular questions will immediately give the interviewer a sense of whether candidates have practiced good intel in preparing for the interview.

The first is, "Tell me more about yourself." If the answer begins with anything remotely related to place of birth, experiences in grade school, or one's bad relationship with parents, the candidate can pretty much consider the interview over. And remember, this is often the first question you'll face.

We call the response your opportunity to provide your 30-second commercial, articulating the skill sets you bring to the table; anyone who has taken advantage of TAP services would have been told how to prepare for this question.

The second question is, "Tell me about your weaknesses." The first thought is 'Who would dare tell a potential employer about a weakness?' But it is a legitimate and common question, and if jobseekers try to conjure up an answer on the fly they will often appear to be like a deer caught in headlights; help transitioning Soldiers. To find again simple intel can help prepare

The third question is, "Tell me what you know about our company." This is a low-hanging fruit question; a few minutes spent on a corporate search website such as www.glassdoor.com can easily prepare one to confidently answer such a question. One's inability to answer such a question sends a direct message that the candidate is either lazy, disrespectful, or tremendously naïve about the job search process.

The above information is certainly not inclusive of all that separating military members need to know about the job search process. The goal is to convey the importance of utilizing the tremendous amount of available transition services to gain intel that can enhance one's chances for career success in the post-military service world.

One last thing

A final piece of critical intel: hiring managers and recruiters will not provide information on why a candidate was not selected for a position. Instead, candidates will get the form letter that says "It was a pleasure to interview you and it's obvious that you are very talented. Unfortunately, you were not the best qualified candidate for the position. We thank you for the immense service you have provided to our country. We will keep your resume on file in the event another opportunity arises that we think you are a good fit for. We wish you continued success in your job search."

No candidate can make an employer hire them, but all candidates can use the intel offered via TAP to ensure they control the components of the job search process they can control, such as resume, interview, dress, networking, attire and prepa-

Fort Rucker's Army Career and Alumni Program stands ready to out more, call 255-2558.

Rofor Wa



1 The Army is now issuing the Army Combat Uniform-Alternate. What do you think about this uniform that is tailored more for females? **11**



Sgt. 1st Class Doyle Wright, HHT 131st Calvary, National Guard

"We are an Army of one. Everybody needs to wear the



Donald Sanders, **WOCC**

"With what we have going on in the services right now and all of the budget shortages, I don't think it is the right time. We have other things we need to focus on. What's wrong with the uniform we have now?"



Lara Moore, Army spouse

"It is nice that they are taking into consideration that people are shaped differently and taking into account that comfort is dependent on that."



Spc. Brandon Horsman, 1st Bn., 214th Avn.

Regt., Pennsylvania "I am glad they have another option for their own uniform. It is kind of hard for some of them already to maneuver and be comfortable.



Capt. Heather Daugherty, C Co., 1st Bn., 11th Avn. Regt.

"It makes me feel excited that the Army is adapting uniforms to fit our figure."

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

HHC, 1-223rd hosts mentor ride

By Nathan PfauArmy Flier Staff Writer

There can never be enough emphasis on safety, especially when it comes to sharing the road with motorcyclists.

That's why Staff Sgt. Shane Cook, Headquarters Headquarters Company, 1st Battalion, 223rd Aviation Regiment, made sure that he offered his Soldiers and leaders an opportunity to take part in the unit's quarterly Motorcycle Mentor Ride June 28, but this time, decided to focus more on the safety aspect of motorcycle riding.

"This time, we decided to add a safety course before we do the actual ride," said Cook. "We decided to take our mentors and put together a skills course prior to the ride so that we can look at our riders and have the mentors watch and see where our bad and good habits are."

Prizes were brought and awarded to the best riders throughout the course.

Before the riders even got on their bikes, Cook, who is also one of the battalion's motorcycle mentors, started with a safety briefing and question-and-answer portion to make sure people were knowledgeable about the vehicles they were riding.

The riders were taken on a quick walkthrough of the course on foot before taking to their bikes, and were shown a demonstration of the entire course by one of their own.

Some of the skills they practiced included quick stops, swerving, collision avoidance and lane changing.

"If you're not comfortable on your ride doing something like these (basic skills), then how are you going to be comfortable when you get out there on the road?" Cook asked of his riders. "That's why we have to practice things like this, so that we'll be ready."

Staff Sgt. Jonathan Wojciehowski, HHC, 1st Bn., 223rd Avn. Regt., was among the riders and said there is nothing more relaxing than a motorcycle ride with his friends after a hard day of work, but he believes safety is key when it comes to riding.

"I think motorcycle safety is a huge



PHOTO BY NATHAN PFAL

Staff Sgt. Jonathan Wojciehowski, HHC, 1st Bn., 223rd Avn. Regt., practices swerving during a motorcycle mentorship ride safety course at the Motorcycle Training Range June 28.

deal," he said. "A lot of times I feel like we (the riders) are our own downfall. The more (motorcycle riders) are unsafe, the more people are going to get into accidents and things like (motorcycle safety courses) become mandatory."

It can be dangerous enough riding a motorcycle alone and that's why Cook said that it's important to have these safety courses.

The mentors discussed group-riding techniques and what each rider has to be aware of in order to participate safely. Cook said one of the key points is that people riding must always remain aware of the riders around them, especially the lead and trail riders.

The lead and trail riders control the movement of the entire group of riders. For

example, when changing lanes, the lead rider must first signal the lane change, and before any riders move over, the trail rider must first change lanes before the rest of the group. This is to make sure that there are no cars between the front and back of the group.

Cook, who's been riding motorcycles for more than 30 years, arrived at Fort Rucker in January 2011 and has been conducting the motorcycle mentorship ride every quarter since. He said that his reasons for doing it extend beyond his duty as a Soldier. Much of it is due to personal experience and responsibility.

"About two or three years ago, I was in a curve and I hit a deer and spun off into a guard rail," he said. "I broke my left leg and my right collar bone, and from that (accident) I decided that it was important for riders to be safe," adding that although the accident was unavoidable, his experience allowed him to avoid injuries far worse than what he sustained.

Cook hopes to reduce the amount of accidents, injuries and, hopefully, fatalities that occur due to inexperienced riding.

"I look at the (preliminary loss reports) every day and I realize that people are dying on motorcycles because they're making stupid mistakes," he said. "The good news, though, is we're down 50 percent from last year. The idea is to continue to promote motorcycle safety within our battalion, and at the same time, spread that (idea) throughout the entire brigade."

Customer feedback drives Fort Rucker services

By Nathan Pfau

Army Flier Staff Writer

"Feedback is the breakfast of champions," Ken Blanchard once said, and that's why Fort Rucker provides its customers with a way to stay connected and let the installation know not only what it's doing wrong, but what it's doing right.

The Interactive Customer Evaluation program is a Web-based Department of Defense program that customers can use to get information about services that are provided on the installation and provide feedback about those services, said Kristina L. Davis, lead management and program analyst for the plans, analysis and integration office.

"It's important to have a program like this because it gives customers a voice and it's a quick and easy way for them to provide feedback," she said. "The information they give... goes immediately to the service provider manager."

The program is used to let service providers know not only what they might be able to improve, but also to praise those that are doing their jobs well.

"I don't think that everyone



PHOTO BY NATHAN PFA

Christie C. Pollard, management analyst for the Plans, Analysis and Integration Office looks at the online Interactive Customer Evaluation website.

really understands that ICE isn't just a complaint tool," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "It also serves as a great tool to let managers know about staff members who are providing outstanding customer service."

"We sometimes forget how much a positive comment can affect employee morale," she said. "Family and MWR also use the ICE program to recognize employees who receive positive ICE comments."

The recognition that people get for doing a good job doesn't only come from the organization or service provider that the employee works for, but can come from installation leadership as well, said

People can also use the program

to submit feedback anonymously, but customer service can be better provided if people sign their names and provide contact information, said Davis.

"We have a policy for people that request contact back from a manager to be contacted within three days," she said. "If people (provide contact information), especially if there has been some kind of problem, that gives the manager a chance to get more information... and let the person know what the resolution is."

ICE allows service providers the opportunity to see how the public views their facilities, whether good or bad, said Erdlitz.

"Managers can see how patrons are rating their facility and can look for areas that need improvement," she said. "Sometimes I think patrons aren't aware that if there is an area that needs improvement, the first step really is letting the manager know first to see if they can directly fix the is-

"If you experience a problem, ask to speak with the manager," she continued. "Often, the problem or issue can be handled immediately, and if not, ICE is a good source to follow up with. We

hope our patrons will use ICE as more than a complaint tool, but as a positive reward tool to let us know what great service they are experiencing."

Some of the services on Fort Rucker such as the bowling center and other MWR facilities have computers or kiosks set up that are dedicated for use by customers to give feedback through ICE.

"Quality of life is so important for (the Fort Rucker) community, and through ICE, (people) can directly affect customer service," said Erdlitz. "We wanted to make ICE as convenient as we could for our patrons."

MWR provides links on their website, www.ftruckermwr.com, that go directly to ICE for customers to use and provide feedback on their services, she added.

People can also fill out paper ICE cards and give them to a man-

"I think all the people I work with here on the installation really are here for the customer," said Davis. "Letting them know how well they are doing or how they can improve is really important."

To use the ICE system, visit www.rucker.army.mil/ or www. ice.disa.mil.

News Briefs

Gate, commissary closures

The Faulkner and Newton gates continue to be closed until further notice due to the start of Department of the Army furloughs. Delivery trucks and large loads should use the Ozark Gate.

Delivery trucks and large loads should use the Ozark Gate. People who have questions about deliveries should contact their agency's point of contact on post. People can go to www.rucker. army.mil for gate status changes.

Additionally, the commissary is closed Mondays and Tuesdays through the end of September.

Military pay hours change

Starting July 22, the Defense Military Pay Office will change its operating hours to 7:30 a.m. to 3:30 p.m. until further notice. DMPO will also transition to a reduced in- and out-processing briefing schedule. In-processing briefings will be held Mondays and Thursdays in Bldg. 5700, Rm. 371B at 1 p.m. Out-processing briefings will be held Mondays and Thursdays in Rm. 371B at 10:30 a.m. The change will not affect advanced individual training in-processing briefings, which will continue to be held Tuesdays at 7:30 a.m.

Special in- and out-processing briefings will not be considered during the furlough unless mission essential and must be requested directly through Vanessa Gatlin, DMPO director. Units should ensure their Soldiers get the time and opportunity to attend the regularly scheduled in- and out-processing briefings. The reduced briefing schedule will help to ensure the DMPO staff has sufficient time to process pay documents.

Soldiers should also utilize their S1 sections to the greatest extent possible to resolve pay problems and turn in pay documents. Pay inquiries presented at the DMPO customer service counter during the furlough that require additional research will be col-

lected from Soldiers and responded to on a first-in, first-out basis within five business days.

Soldiers needing to make changes to their basic allowance for housing status should continue to come directly to the DMPO customer service counter with their original documents to recertify their BALL

eir BAH.

For more information, call 255-3900.

Change of command

The 110th Aviation Brigade will host a change of command ceremony Aug. 9 at 8:30 a.m. at Howze Field. Col. Jayson A. Altieri will assume command of the unit from Col. Kevin J. Christensen.

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.

September case lot sale cancelled

September case lot sale cancelled

The Defense Commissary Agency is cancelling its September case lot sale because of budgetary reductions mandated under sequestration. This announcement follows DECA's decision in February to cancel the May case lot sale. The case lot cancellations are part of ongoing steps to reduce operating costs wherever possible. Those steps include a hiring freeze, restrictions for official travel, and postponement of all Guard and Reserve on-site sales after July 8 until further notice.

Commissaries will continue to offer savings on sidewalk sales, truckload events and in-store promotions.

uckload events and in-store promotions.

Customers should check with their local commissary to get

information about upcoming sales. Customers can visit commissaries.com, click on the "Locations" tab on the home page, then "Alphabetical Listing" to find their local store, and then click on "Local Store Information." They can also click on the "Shopping" tab on the home page to access promotional prices.

Physical exams moves

Soldiers needing physical exams will now report directly to their primary care clinic. The physical exam rooms, normally behind the coffee shop, are now co-located in the clinic for more convenience.

Clinics move

The Lyster Behavioral Health Clinic moved to its newly renovated space recently. It is located down the hall from the main entrance, across from the pharmacy refill window.

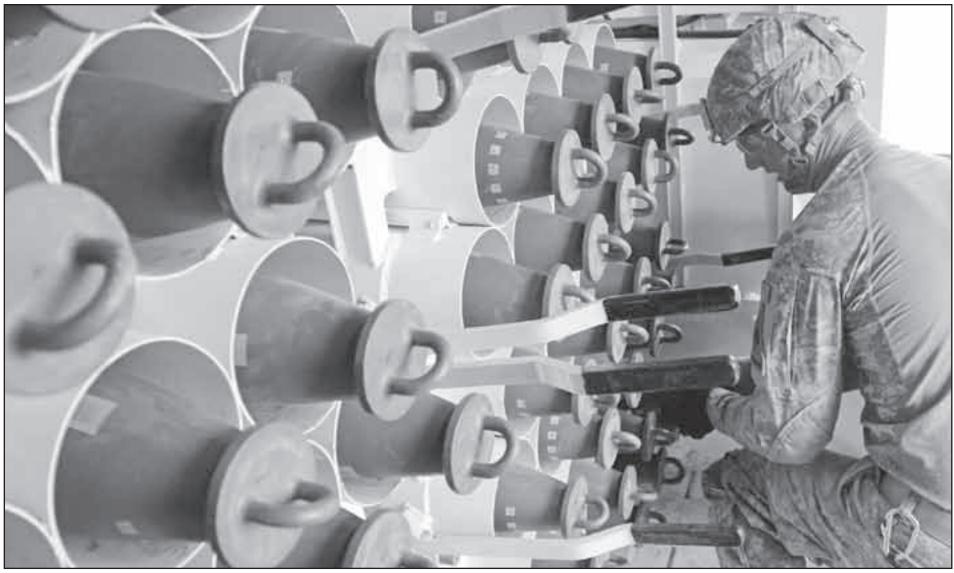
Also, the Lyster Nutrition Care Clinic has changed its main entrance. The new entrance is now located on the same hall as the lab, and is the last door on the left immediately after the physical therapy and chiropractic clinic.

Thrift shop

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

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

For more information, call 255-9595.



Pfc. Trevor Coursey loads the final round as part of a U.S. Army Training and Doctrine Command task evaluation at Fort Bliss, Texas, April 25 during Network Integration Evaluation 13.2. The task evaluation was part of a larger effort led by TRADOC to review the physical standards for all Soldiers for every military occupational specialty throughout the Army.

TRADOC leads review of MOS standards, gender integration

By Amy L. Robinson TRADOC Public Affairs

FORT EUSTIS, Va. - As U.S. Army Training and Doctrine Command continues to design the force of the future, it will also review the standards for all Soldiers men and women alike - to support the future force.

TRADOC is currently leading two efforts, part of what is collectively called "Soldier 2020." The first examines the physical demands of specific military occupational specialties, starting with those currently closed to women. The second studies the cultural and institutional effects of integrating women into those previously closed occupations and units.

The first effort, with support from the U.S. Army Medical Command's Army Research Institute of Environmental Medicine, is a three-year review of the physical standards required for MOSs across the Army - regardless of gender.

"Not only are these gender-neutral standards, but they're also age-neutral and body-type neutral standards," said Edward Zambraski, chief of USARIEM's Military Performance Division. "In other words, it's purely physical."

Currently in the first phase of the gender-neutral physical standards review, TRADOC will begin by verifying the required tasks for each MOS, starting with branches with closed occupations: the Engineer, Field Artillery, Armor and Infantry branches.

Researchers USARIEM will then use these task lists to determine the physical demands required to perform each task successfully.

According to Marilyn Sharp, USARIEM's lead investigator for the project, once researchers analyze the physical demands required for a specific task, they will develop a task simulation, or a mock-up, of the real task to measure the effort required to perform the task successfully.

"Let's say it's a task that involved lifting a certain structure a certain distance and placing it someplace," Zambraski said. "We would do the mock-up in our laboratories and take measurements on the subjects to see - how much strength are they using to do this, how much endurance are they using to do this, how long does it take them to do this - then we can quantify the task."

The end goal, Zambraski said, is a set of predictive tests - whether it may be strength, endurance, finemotor skills or a combination of several tests - to determine the right match for the right MOS.

"The idea would be to have a series of tests – relatively simple tests - that could be applied early on in a Soldiers' career – perhaps at the beginning or end of basic training – that would give information as to whether or not the Soldier would be physically capable of performing in MOS," Zambraski

DALEVILLE

FARMER'S MARKET

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Tom DeFilippo, TRA-DOC G-3/5/7 senior plans analyst, likened the concept of the predictive tests to a sort of physical version of the Armed Services Vocational Aptitude Battery, which would benefit Soldiers, their units and the Army overall.

"Having a more defined requirement - not just mental, but physical – will lead to less attrition, lower injury rates and better performance of our Soldiers, which allows them to be more successful when they get to a unit, thereby making the unit more success-

ful," DeFilippo said. Gen. Robert W. Cone, general, also took some time to discuss the command's efforts regarding standards, success, and TRADOC's efforts in Soldier 2020 during a recent professional development

"I go up and talk to units all the time. I was talking to the 1st Cavalry Division, 101st Airborne Division and 3rd Armored Cavalry Regiment, and Soldiers are OK with this – as long as we maintain standards," Cone said.

Cone said through a standards-based approach, suc-

cess will not be defined by numbers, such as having 5 or 10 percent of women in infantry, but rather it will be defined as the opportunity for women to be able to serve. He cited some of the recently opened MOSs, including Bradley mechanic and Multiple Launch Rocket System crewmember, where Pvt. Alexandra Seccareccio recently set the standard for all Soldiers.

"We had our first woman graduate from (MLRS) school with a 100-percent score - in everything," Cone said. "And now, the key is getting them to the right units."

Unit success also de-TRADOC commanding pends on a number of additional factors, many of which are currently being examined through a gender integration study led by the TRADOC Analysis Center in the second effort supporting Soldier 2020.

TRAC's study, with support from the Army Research Institute, began in January and will use interviews, focus groups and surveys with leaders and Soldiers to look at the cultural effects of implementing full gender integration.

"We want to hear from the ground up, from the top down and from the

middle," said Peter Kerekanich, deputy director for TRAC's gender integration The study will analyze

cultural factors - expectations, customs and social behaviors of the Army associated with integration as well as institutional factors, which include Army processes and policies that may be affected or changed because of integration.

Most important, Kerekanich added, is the Soldiers' perspective – listening to and capturing the challenges they identify and polling them to identify possible solutions to potential Army challenges.

TRAC's study team has already planned initial visits to the Engineer, Field Artillery, Infantry and Armor schools, as well as engaging a wide breadth of additional institutions throughout the Army, including Intermediate Level Education, Pre-Command Course and the U.S. Army Sergeants Major Academy. The team is also working toward visiting National Guard and U.S. Army Forces Command units.

In addition to numerous site visits to gather information from the force, TRAC has also reached

out to academia, monitored sister service progress and will continue to review other published material on gender integration throughout the study, which is scheduled to end March 2015.

"This is a complex issue," Kerekanich said. "It will require the study team and the Army to go beyond just the service and incorporate findings and data from external sources."

As TRAC continues to gather data from a variety of sources, the team will identify positive, neutral and negative factors, Kerekanich said; however, the end goal is to proactively identify the problems – and solutions - before integration begins.

Cone said TRADOC's efforts are off to a good start; however, the studies will take time in order to be successful, and ultimately, improve standards throughout the Army.

"As the TRADOC commander, I can't lower organizational performance our hard-earned reputation is combat-ready formations," Cone said. "We can make this a better Army by uniformly imposing these valid standards across the board."





Event: Celebration honors servicemembers

Continued from Page A1

Army Aviation Center of Excellence and Fort Rucker commanding general, agreed.

"Many of the awards we have won this year can be attributed to our great neighbors and the support we get from our neighbors in the Wiregrass area," he said. "It is great to be in the Army and it is great to be at Fort Rucker, but it's even greater to live in the Wiregrass."

This was the first time in around 30 years that the fireworks were cancelled, but for people who attended the concert it didn't matter.

"This Fourth of July is special to me because I am honoring the many fallen from Iraq and Afghanistan, one of which being my nephew, who was killed in Iraq by an IED in 2006," said retired Coast Guard Capt. Walt Viglienzone, a Vietnam veteran.

As individuals, Viglienzone said that people should respect those who serve, honor the Families of the fallen and consider saying 'Thank you,' to anyone who serves the community, such as a Soldier, a firefighter or a police officer

"I came today as a survivor — to reach out to other Family members to share our stories," said an emotional Viglienzone. "Many of us build a barrier and it is nice when people say 'I am sorry and I care.' That is something that we need to hear."

The Families of the fallen gathered together and shared some hospitality, and their trails, pain and some of the positive stories with one another.

"I remember July 4th, 1969, because that was the day I left Vietnam," said the Coast Guard veteran. "I had to turn in all my gear and weapons. I have never felt so naked, but I never felt as fortunate as that day when I got on the plane to come home with no wounds, only memories."

From senior leaders to small children, all agreed that the Fourth of July isn't just fireworks and picnics, but is about honoring the birth of a nation.

"It is a chance to celebrate the freedom of our country and what our forefathers have done for us, to include everyone who has served in the military, as well as everyone who serves as a citizen," said McRae.

"That is what matters."

Despite the weather, Mangum said that the fact that the big celebration had to be cut short doesn't diminish what those who came before have done.

"This week there were a few major milestones in history," he said. "Monday was the 40th anniversary of the all-volunteer force. So, for 40 years young men and women have been volunteering to serve a cause greater (than themselves). They give all they have, all they are for the cause of freedom which has allowed us to celebrate this birthday today."

"There are some who gave more than their fair share," he continued. "Thank you for making a difference."

This week also marked the 150th anniversary of the Battle of Gettysburg where 51,000 perished in less than a week, said the commanding general.

Four hundred and thirty two flags would have adorned a portion of the festival fields if the rain had not been so intense. Each flag represented a Soldier from this area that perished in the fight for freedom in the battle against terrorism

Temp: New facility will allow 1-on-1 consultations

Continued from Page A1

Another added benefit that the new pharmacy will allow is one-on-one patient consultations.

"As (patrons) get older, there are more and more medications that (they have to deal with), and sometimes they might not know what they're taking or just may forget what all their different medications are for," said Laterza. "The capability to look at those drug interactions and ask questions is something that we'll be able to offer in the future with the new facility."

The new location of the pharmacy when it opens next year will be located where the current laboratory is located inside the clinic, and the laboratory will be moving into the pharmacy's old location, said Laterza, adding that these type of renovations and upgrades are necessary in order to give people the best care.

Hospital stays have gone down significantly over the past 60 years, said the LAHC commander, and much of that is due to pharmaceuticals. Because of the advances in medicine, and by management of patients on an outpatient basis and through the pharmacy, the quality of life of patients has been increased over the years.

"Not only that, but our patients and patients all over the world are living longer because of the magic of medication, and I think that's why the pharmacy has become so important in our lives," said Laterza. "Our patients are the most important reason we change. When we change to a new building or new pharmacy... the most important thing that we want to do is to make sure that quality is sustained."

Future: Technology allows Army to cut costs, help environment

Continued from Page A1

boxes with the necessary publications and study material required to complete a course of instruction. The issued laptops are preloaded with most of these documents, plus the software needed to complete courses. This software includes like the Aviation Mission Planning System, which is used by all Army Aviators to plan missions. Any documents not preloaded onto the laptops are available via AKO.

"No longer are (students) tethered to a particular computer or a particular classroom," said Arnold. "They carry (the notebooks) with them. No matter where they're at, they have the choice on when they are going to invest their time to improve their skills. Ultimately, we've increased the amount of contact time an individual has with their learn-

ing materials."

Working to realize the current digital state of learning began about 15 years ago, said Palo. Since then, the Army has worked to increase its use of technology by individual Soldiers.

A little more than two years ago, Palo said the 1st AB began looking at different methods to assist flight students in grasping the information they needed to learn using available technology.

She said the brigade tested tablets and E-readers in the past. Those tests were met with less-than-ideal results because the technology couldn't support needs of students in the different outdoor environments or the devices were difficult to maintain with the latest software. Some of the tablets were eventually donated to the Fort Rucker Primary School.

The current technology used supports the various demands and updates. One plus for pilots on the flight line is the daylight-viewable screen, she said.

While the use of the most up-to-date technology is nothing new for the Army, Palo said no other Army posts have embraced issuing notebooks like Fort Rucker.

"We are the only ones I'm aware of in the Army who have adopted the technology to this magnitude," said Palo. "If you're here for unclassified training, you get a comput-

She added that the benefits of having portable technology aren't just in a lighter back pack or the freedom to study outside the classroom. Projected savings as a result of not issuing texts to Aviation students is currently at more than \$4 million annually.

Even with these savings in a time of fis-

cal conservatism, Palo concedes that going completely digital won't happen.

"We're never going to completely get rid of paper, but we're going to reduce it by about 90 or 95 percent," said Palo.

An example of a document that is still mandated for printing is the flight information program, commonly known by Aviators as the FLIP, she said. Pilots are required by regulation to carry updated paper copies of this publication in their aircraft.

The future continues to look bright for the future of Army Aviation technology. Palo said she and the other information technology managers on Fort Rucker continue to explore and test different technology solutions to support the warfighter.

"We aren't always going to be connected to the wall," said Palo. "There will be multiple hardware solutions."



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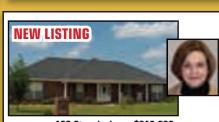
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Fort Carson's 4th CAB activates



Brig. Gen. Michael Bills, deputy commanding general of the 4th Infantry Division and Fort Carson, Colo., watches as Col. Robert T. Ault, 4th CAB commander, passes the unit's colors to Command Sgt. Maj. Antoine J. Duchatelier Jr., the unit's senior enlisted leader, during the CAB's activation ceremony at Fort Carson July 2.

By Sgt. Jonathan Thibault Fort Carson Public Affairs

FORT CARSON, Colo. - "A combat Aviation brigade has not been built from the ground up in 25 years," said Maj. Jason Davis, brigade executive officer, 4th Combat Aviation Brigade, 4th Infantry Division. "Fourth CAB has a solid foundation to build upon."

Two years after the CAB was deactivated at Fort Hood, Texas, the unit colors were unsheathed in the presence of Soldiers and their Families during the activation ceremony for 4th CAB, 4th Inf. Div., at Fort Carson's Founders Field July 2.

Col. Robert T. Ault, the new commander, and Command Sgt. Maj. Antoine J. Duchatelier Jr., the unit's senior enlisted leader, assumed command and responsibility of the troops in the newly reactivated brigade.

"Today at Joint Task Force Carson, this combat Aviation brigade is being reformed, organized and transformed into

one the Army's most-modernized Aviation brigades," said Brig. Gen. Michael Bills, deputy commanding general, 4th Inf. Div. and Fort Carson. "This is no small task, standing up a brigade, especially an Aviation brigade.

"In preparation for future missions, these leaders and Soldiers, pilots, maintainers and logisticians will fill new aircraft and execute a very aggressive training plan," said Bills. "This will build combat power and capacity that will provide this division the aircraft integration it needs. I am confident that this leadership team and the Soldiers standing before us will rise to the challenge; to continue the tradition of excellence that their unit has stood for so long."

After uncasing the brigade colors, Bills presented the flag to Ault, recognizing him as the newest leader assuming command of the brand new brigade on Fort Carson.

"The leaders and Soldiers of 4th CAB

SEE 4TH CAB, PAGE B4

Germans honor heroes of Berlin **Airlift**

By Karl Weisel USAG Wiesbaden Public Affairs

WIESBADEN, Germany - "The noise of the planes became the sound of hope for the people of Germany."

That's how Frankfurt City Treasurer Uwe Becker described the massive humanitarian effort to supply the besieged people of Berlin in 1948 and 1949.

Becker spoke June 26 during the 65th anniversary of the Berlin Airlift at the memorial situated just outside the former Rhein Main Airbase — now part of the Frankfurt International Air-

Speakers from the city and Hessen government praised the superhuman effort made by the Allies in the wake of World War II to provide the deprived citizens with millions of tons of desperately needed flour, coal and other goods during the Soviet Blockade of the city, which signaled the start of the Cold War.

Saying the memorial is now under official protection of the German government, Becker recalled the more than 80 German, American and British pilots and crew who gave their lives in the effort, and thanked retired Col. Gail Halvorsen, who was present, for his part in helping German-American relations grow and flourish following the dark days of World War II.

Describing how the young lieutenant's personal intervention - dropping small parachutes with chocolate bars to the children of Berlin - gained the attention and appreciation of people around the world. Becker said Halvorsen put a personal face on the massive humanitarian

"With your idea, Gail Halvorsen, you brought humanity to the people of Berlin and Germany," Becker said.

As in the days of the airlift, when the pilot lit up the faces of the children of Berlin with his small gifts, the now 92year-old was happy to meet the young German children of today at the ceremony. Members of the Frankfurt Musterschule sang for him and those gathered after first getting a chance to shake hands and joke with the con-

SEE HEROES, PAGE B4



PHOTO BY SGT. TIM MORGAN

NG READY TO

Pfc. Ira Duville, a CH-47 Chinook crew chief, unloads Afghan voter-registration papers at Camp Eagle in Zabul province, Afghanistan, Saturday. The voter-registration papers will be distributed to Afghan citizens in Zabul province in preparation for the 2014 Afghanistan National Election.

25th CAB trains with Navy divers

By Sgt. Daniel Schroeder 25th CAB Public Affairs

MARINE CORPS AIR STA-TION KANEOHE BAY, Hawaii Flight crews from the 25th Combat Aviation Brigade conducted training with divers from the U.S. Navy Sea, Air, Land Delivery Vehicle Team One, Naval Special Warfare Group 3 here, June 18.

Navy divers practiced being extracted and inserted using a CH-47F Chinook and UH-60 Black Hawk. Extraction included using the Special Patrol Insertion and Extraction equipment and caving ladder while insertion was conducted by rappelling and he-

"Some of the techniques covered were rappelling, helocast, SPIE and caving ladder over land and water," said CW3 Charlie Mock, a UH-60 instructor pilot with B Company, 2nd Battalion, 25th Aviation Regiment, 25th CAB, originally from Samson,

Helocasting is an airborne technique used by small units utilizing helicopters to dive into a body of water in a military area of operations.

"The training was great," said Parachute Rigger 1 Sascha Lansen, a rappelmaster with Logistics and Support Unit 3, NSWG 3, originally from Latrobe, Penn. "By training with the Army, our divers are now qualified to con-



An Army UH-60 Black Hawk helicopter assigned to B Company, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, drops the caving ladder for Navy divers with Navy SEAL Delivery Vehicle Team 1, Naval Special Warfare Group 3, for extraction during helocast training at Marine Corps Air Station Kaneohe Bay, Hawaii, June 18.

duct missions from different types of helicopters."

In addition to the divers being trained, instructor pilots from 2-25th Avn. and 3rd Battalion, 25th Aviation Regiment are

qualified to conduct these types of missions and training for their companies.

"The SEAL Team was very supportive during the training," said Mock. "This training allows

us to broaden the support we can offer to other units. The CAB looks forward to future training opportunities with Army units and other services in order to improve and maintain its capabilities."

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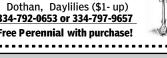
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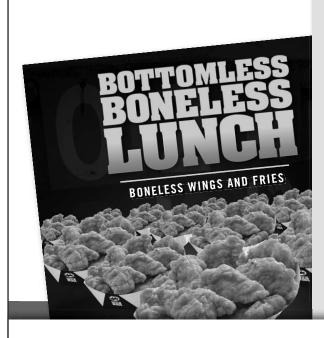


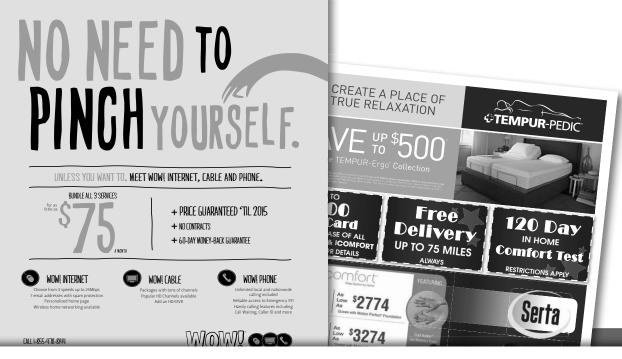
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4th CAB: Ceremony marks important milestone

Continued from Page B1

on the field today are committed to building the most professional and effective combat Aviation brigade in the Army," said Ault. "In addition, we embrace the opportunity to be part of, and build the bigger team of, the Fort Carson and Front Range Community as an active responsible partner in making the Front Range better for our presence."

The activation ceremony and unfurling of the brigade colors marked an important milestone of the 4th CAB legacy, serving as a visible reminder the brigade is back in service to the Army and nation, Ault said.

"The activation of the 4th Combat Aviation Brigade provides 4th Infantry Division, the Army and our nation with additional capabilities and depth," said Ault. "The CAB will provide vital training and operations support to the 4th Infantry Division. It will also ease the frequent deployments for Army pilots of the 12 existing CABs, and positively bolster the local Colorado economy."

The 4th CAB looks forward to working with the community, said Ault. The 4th CAB assisted the community with fighting the Black Forest fire even before its formal activation.

"'Iron Eagles' are proud to work alongside the Colorado Springs community, and we showed that through our support to the local civilian authorities during the Black Forest fire," said Ault. "Fourth CAB completed over 900 bambi-bucket drops, dumping over 690,000 gallons of water in support of the Black Forest fire."

Ault talked about his expectations for his Aviation Soldiers and what they should expect from him.

"In order for our organization to function properly, leaders and their Soldiers need to work as a team," Ault said. "Teamwork is essential to making the CAB successful. A helicopter doesn't fly by itself — it takes a dedicated team of professionals such as maintainers, crewmembers, refuelers and operations Soldiers. It is that collaborative energy that makes us so valuable to the division."

Heroes: Pilot shares stories with military community

Continued from Page B1

genial American.

"It's very important to be with the children today to tell them about the children of Berlin who didn't have any bread or anything else to eat," said Halvorsen. "The children are why I am here today."

Members of the Wiesbaden military community gathered on Clay Kaserne June 27 to welcome the famed airlift pilot, known as the "Candy Bomber" and "Uncle Wiggly Wings" for the signal he gave to the youngsters of Berlin upon approaching the city during the airlift, and to commemorate a building in his honor.

"Today we are witnesses of history: not just where it took place, but by whom," said Col. David Carstens, U.S. Army Garrison Wiesbaden commander, outside Bldg. 1013, which served as a barracks for the pilots who flew airlift missions from the airfield.

"Flying from Wiesbaden, Rhein-Main and other airfields in Germany, the western Allies eventually transported more than 2 million tons of goods in more than 277,000 flights in and out of Berlin before the Soviet stranglehold was broken and the siege ended on May 12, 1949," said Carstens. "The name of the casern, Lucius D. Clay, and the road signs posted within, pay tribute to the extraordinary men and women who worked, flew and even sacrificed their lives in this noble effort to safeguard liberty and ensure the survival of Germany's frail democracy



PHOTO BY KARL WEISEL

Retired Col. Gail Halvorsen meets young German fans from the Frankfurt Musterschule, Germany, during a ceremony at the Berlin Airlift Memorial June 26.

following the defeat of National Socialism."

"What an honor to be home," said Halvorsen, while joining Carstens in unveiling a plaque on the former barracks commemorating his residence, from December 1948 to February 1949, and describing Operation Little Vittles,

which saw some 24 tons of candy being distributed by air to Berlin's youth during the airlift.

"I didn't live here much, because I was in the air most of the time," he said, adding that the Wiesbaden quarters were a major step up from the tar-paper shack he and fellow pilots called home while flying

from Rhein Main Air Base in the early stages of the mission.

Putting the airlift in perspective for his present-day listeners, Halvorsen said not one pilot complained about the up-to-three flights a day they made in and out of Berlin to feed the same people some of them had fought during

the war

Describing how he lost a best buddy who was shot down during the war, Halvorsen quoted another World War II/airlift veteran pilot who said, "It's a hell of a lot better to feed them than to kill them."

Before coming to Germany to serve in the airlift mission, Halvorsen said he wondered what it would be like to encounter the U.S.'s former foes.

"I wondered what these supermen were going to look like," he recalled.

Then, after clearing the destroyed buildings of Berlin and finally landing safely on his first mission of transporting flour during the airlift, he was relieved to see the plane's doors swing open and several men come forward to unload the flour with their hands extended in friendship – "looking at us like we were angels from heaven."

"The pleasure of food was secondary to the principle of freedom," he said. "That's one of the biggest lessons I learned in the airlift."

And from the grateful children of Berlin, Halvorsen said he learned how important the gift of peace, freedom and democracy was to a population that feared more oppression from the Soviet Union similar to what they had experienced under Nazi rule.

"The American-style dream of freedom was their future and Stalin's rule was their nightmare," he said. "If we lose our freedom, we'll never get it back. That's what those kids taught me."



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Story on Page C5

JULY 11, 2013

Record number of participants at 10th year

By Sara E. Martin Army Flier Staff Writer

It has been a decade since the first Fort Rucker Area Job Fair was held, bringing in civilians, Family members and Soldiers looking for a new job or career, and this year the co-hosted event will feature 100 employers looking to hire immediately.

The job fair is scheduled for July 25 from 9 a.m. to 1 p.m. at the Enterprise High School Gymnasium and it offers opportunities for job seekers to shine.

"Job seekers will meet representatives from a diverse blend of local businesses, government contractors and federal agencies," said Debbie Gaydos, Army Community Service Employment Readiness Program manager, adding that people need to expect to stand in line if they do not arrive early.

The fair is co-hosted by Army Community Service Employment Readiness Program, Army Career and Alumni Program, and the Enterprise and Daleville Chambers of Commerce.

"Last year we had 1,872 people attend the fair. We expect about 2,500 to 3,000 people this year due to increased space and additional vendors," said Gaydos.

There is no fee to attend, and job opportunities are available in the fields of retail, logistics, medical, law enforcement, Aviation, food service, administration, sales and more.

Army Aviation Center Federal Credit Union, Bay County Vet Center, Lockheed Martin, Office Depot and U.S. Department of State Bureau of Diplomatic Security are just a few companies that will be in at-

For a full list of participating companies and their websites, visit www.ftruckermwr.com.

In addition to the Fort Rucker Job Fair, the U.S. Chamber will host the "Hiring Our Heroes" Job Fair at the same location. This fair will begin at 10 a.m. and conclude at 1 p.m.

"This is a great opportunity for soon-to-separated military members, veterans and military spouses to get a jump start in the job mar-



More than 2,500 job seekers attended a previous Fort Rucker Job Fair in Enterprise.

ket," said Gaydos.

Though the fair is largely attended by people with a military background, Gaydos said that it continues to highlight the connection between Fort Rucker and the Wiregrass area.

"It reminds the local area of the strength and diversity of our local workforce - strengthening economic and workforce development," she said. "In addition, it creates a great bond with the local community.'

This fair is the largest employment event in the Wiregrass, with more than 9,200 job opportunities available under one roof, so Gaydos suggests to plan on spending the full four hours at the event.

"Go online and look at the companies. Make a list of those that might be a match to your skills and see them first," she said. "In today's market you very seldom get to ac-

tually meet the recruiters. This is an opportunity to actually talk to the people that hire. Take advantage of

Approximately 61 percent of the positions require relocation, but Gaydos said that temporary staffing companies will also be in attendance for those seeking local jobs and seasonal jobs for those affected by the furlough.

"There will be areas that are designated for applicants to complete employment applications and for businesses to interview potential employees," said Gaydos. "Who knows? You might walk away with a new job."

Soldiers getting out of the military can receive services at the Army Career and Alumni Program. For more information, call 255-

For more information on the job fair, call 255-3949.



Debbie Gaydos, the employment readiness program manager at Fort Rucker, speaks with a client at the Soldier Service Center.

DFMWR discounts seek to lessen furlough impact

By Sara E. Martin Army Flier Staff Writer

As Department of Defense civilian em-

ployee furloughs begin, the Fort Rucker Directorate of Family, Morale, Welfare and Recreation is seeking to lessen the impact by offering discounts at various activities. Because many federal employees are

worried about how the furloughs will hit their wallets, DFMWR also hosts a class to help people struggling to balance their checkbooks. For more on the classes, see Page C5.

'We simply wanted to do what we could to help ease some of the burden that our furloughed employees are going to be receiving," said Tim Laster, Directorate of Family, Morale, Welfare and Recreation director. "In a small way, these specials are just our way to try to help."

Though Laster said that nothing DFM-WR can do is going to make a huge difference compared to the loss in income to employees, there are dozens of discounts and classes that have been made available to help diminish the burden of a 20 percent pay cut.

Employees can take Army Community Service's Financial Readiness Program class, "Preparing for Furlough: Financial Strategies Presentations," to help with financial options and strategies related to personal money management.

The classes are scheduled for Tuesday and Wednesday at 3 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 282.



Aimee McDonough, lead fitness instructor, heads the total strength class at the Fortenberry-Colton Physical Fitness Facility Monday.

The class is free and the agenda includes: review of cash flow, review of financial goals, reducing expenses and ensuring access to credit.

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

But for people wishing to stay close to home during the furlough and just want to make the best out of the current situation, DFMWR has many options to choose from to make every dollar count.

'We hope when they have time available that they will come and take advantage of the reduced prices that we are offering," said the DFMWR director. "We are here to

serve and support the Soldier and civilian population. When we see that there is an area of need, we are going to try to support those needs. That is what we are here

So, DFMWR encourages people to get outdoors. The Silver Wings Golf Course allows furloughed patrons to pay for nine holes of golf and play 18, but this applies to regular daily green fees only.

Those affected by furlough can get a free medium non-alcoholic beverage of their choice when they purchase a meal at Mother Rucker's, Divots or Rucker

Employees don't have to furlough their fitness routine, because the gyms offer 20 percent off personal trainer time and 33 percent off fitness classes to encourage everyone to exercise in their downtime.

All classes at the Arts and Crafts Center are 20 percent off for the duration of the furlough and studio time is 33 percent off.

play two games for the price of one. Child, youth and school services offers

The bowling alley also has a special -

a new furlough pricing policy. "It's not strictly speaking a discount, but the Army has said that when someone brings proof that they are in a furlough status we can recalculate their total Family income," said Laster. "And if it drops them into a lower category then we will adjust their rates for the remaining time of

DFMWR officials said that although people will be trying to save money wherever they can, they hope people will make the best of their days off to spend time with their Families by checking out services they have not tried out before because of time.

the furlough."

"People do not have to be on their furlough day to get the special," said Laster. "All they have to do is show their decision letter indicating they are on furlough status and we will be happy to honor the special anytime for them."

Specials will be in effect until Sept. 30 or for the duration of the furlough.

For a full list of specials and discounts on post, visit www.ftruckermwr.com/ furlough.

ON POST

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

Lending Hangar closures

Army Community Service's Lending Hangar will be closed on Tuesdays and Thursdays starting Tuesday and ending Sept. 26 because of the furlough.

For more information, call 255-3735.

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.

Financial Readiness Training

Army Community Service offers Financial Readiness Training Friday 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.

Care Team Training

Army Community Service offers care team training July 18 from 5-9:30 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.

Youth center lock in

The Fort Rucker Youth Center hosts a lock in July 20 beginning at 6 p.m. and ending July 21 at 6 a.m. The theme is Minute to Win It, and there will be competitions being held on the hour, every hour. The fun will include: dancing, games, food, movies, sports, rock climbing and prizes. Cost is free for CYSS-registered members. Guests will have to pay \$10 and must have a valid ID.



Children's craft-making activity

Center Library will host a craft-making activity for children ages 3-11 Tuesday 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.

For more information, call 255-2245.

AFTB Get REAL

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

For more, call 255-2382.

Fort Rucker Job Fair

The 10th annual Fort Rucker Area Job Fair is scheduled for July 25 from 9 a.m. to 1 p.m. at Enterprise High School. The free event is co-sponsored by the Army Community Service Employment Readiness Program, the Enterprise and Daleville Chambers of Commerce and the Army Career and Alumni Program. More than 100 businesses will attend the job fair. For a full list of companies attending, visit http://www. ftruckermwr.com/acs/employment-readiness-program/.

Job seekers will meet representatives from a diverse 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 – no shorts or flip flops. Job opportunities are available in the fields of retail, logistics, medical, law enforcement, Aviation, food service, administration, sales and more.

For more information, call 255-3949 or (334) 347-0581.

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.

International spouses get together

Army Community Service hosts an international spouses get together Aug. 9 at 9 a.m. at the Allen Heights Neighborhood Center to teach people about American culture and military life. The get together will help educate people on finding resources for obtaining U.S. citizenship, education, getting a drivers license and more. There will be multilingual volunteers available. For more, call 255-3735.





Lyster encourages patients to bring in questionable medical bills

By Katherine Rosario

Lyster Army Health Clinic Public Affairs

Patients who have medical bills in debt collection are encouraged to bring their statements as well as all supporting documents to the Lyster Army Health Clinic Managed Care Division for further assis-

Medical bills can be generated when claims information is incorrect, a patient is seen by a network provider prior to receiving authorization, a referral has expired or the number of referral visits has been ex-

Only authorized care will be paid by TRICARE. If a patient sees a specialist without a TRICARE referral, the referral is expired, or they have used their maximum number of visits, the patient is responsible for the bill.

"It is important to make sure you see your referred doctor before the referral expires," said Tyrrell Brown, chief, managed care operations for the managed care division. "Often, patients receive a referral for off-post care and make the appointment weeks later without remembering to look at the expiration date printed on the referral letter."

Soldiers, who convert from active duty to retired status but still need to see a network provider, will need to obtain a new referral under their current status.

"Patients may obtain a referral after speaking with their primary care manager,

who will send the request to the referral management office for authorization," Brown said, adding that authorizations are sent in the mail to patients between seven to 10 business days after seeing their

After patients receive their authorization letter of care they may schedule their appointment with the provider identified in the letter. If they prefer to see another provider they can call the toll-free number on the letter to speak with a TRICARE representative to request to switch providers or locations to another network provider or facility.

"For more convenience, the referral management assistance line can be reached by calling Lyster's main phone number and

selecting option three," Brown said. "The referral management staff will be happy to assist the patient in booking their network referral appointments."

TRICARE will not pay for retro-referrals, which are referrals put in after the patient has already been seen by a network provider without pre-approved authoriza-

"A way patients can avoid the problem of medical bill debt collection is to bring their medical statement to the TRICARE Service Center so they can take a look at it before it goes to collections," Brown said. "It could be a minor problem that can easily be taken care of."

For more information, call 255-7731 or 255-7472.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on

HEADQUARTERS CHAPEL, BLDG.

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

MAIN POST CHAPEL, BLDG. 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, BLDG. 6036

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

SPIRITUAL LIFE CENTER, BLDG. 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 10 a.m. and 6 p.m. Adult Bible Study,

Spiritual Life Center, Wednesday Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday

6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

MOTHERS OF PRESCHOOLERS

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday at 9 a.m. at the Spiritual Life Center, Bldg 8939. For more information, call the religious support office at 255-2989.

PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided.

For more information, call 255-9894.

Military Council of Catholic Women

MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.

For more information, call 255-9894.

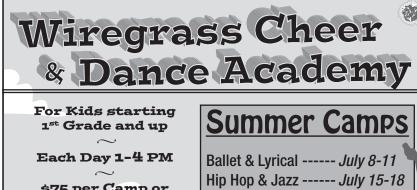
Catholic Adult Fellowship

CAF meets regularly throughout the year. For more information, call 255-9894.



Pick-of-the-litter

Meet Bolt, a one-year-old male boxer mix. He is a large boy at 80 lbs and is very puppyish. He is very strong, but is a gentle giant. Bolt is \$80 to adopt, 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. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over 6 months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at http://www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



\$75 per Camp or

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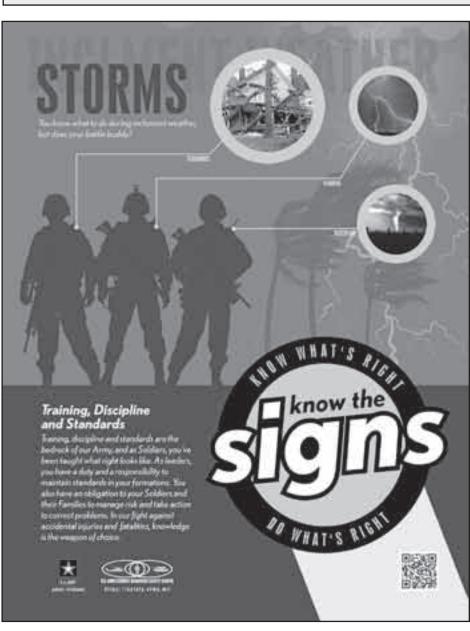
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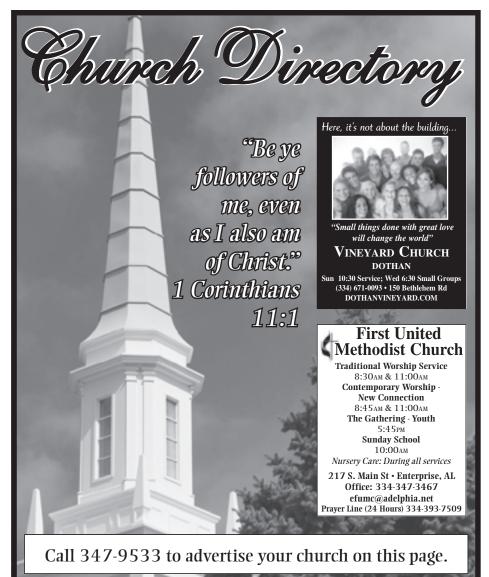
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Fall Classes start August 19th. Registration Information is Available Online Now! E-mail: info@wiregrasskidsactivities.com

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Pork, blues and inner tubes: a tour of Alabama barbecue

By The Year of Alabama Food Staff Press release

In Alabama, barbecue is a culture all in itself. The state serves some of the nation's best, with iconic and awardwinning restaurants just about everywhere you look.

Take a tour of some of North and Central Alabama's best – from the fruits of lifelong professional pit masters to new kids on the barbecue block – and pick up a side of fun along the way.

Visit the home of Alabama white sauce

Over the past 85 years, Big Bob Gibson Bar-B-Q, in Decatur, Ala., 1715 Sixth Ave. SE; (256) 350-6969, has grown from a makeshift table in Gibson's backyard to a regional barbecue staple – garnering attention from news outlets and cooking competitions all over the country.

In the 1920s, vinegar-and-mustard-based Carolina-style sauce was the predominant choice of barbecue cooks. Big Bob Gibson didn't think it complemented his chicken very well, so he came up with his own mayonnaise-based condiment, which also contains vinegar, apple juice, horseradish, lemon juice, black pepper and cayenne pepper.

Big Bob Gibson's split, seasoned chickens are laid open on the barbecue pit for several hours and then dipped in white sauce. The unique flavor of the sauce, combined with meat smoked in hickory-fired brick pits, helped the restaurant take off and established white barbecue sauce as a North Alabama regional specialty. Four generations of the Gibson family have continued the restaurant's tasty traditions

While in Decatur, be sure to spend an afternoon at Point Mallard Park, 2901 Point Mallard Dr., (256) 341-4900. The park spreads over more than 500 acres and features camping, hiking and biking trails, a golf course and year-round ice skating. The most popular draw, however, is the Point

Mallard Water Park at the J. Gilmer Blackburn Aquatic Center. Enjoy the wave pool, Olympic-size swimming pool, water slides and more.

Pork with a side of soul

In Florence, you'll find the W.C. Handy Home, Museum and Library, 620 W. College St.; (256) 760-6434, where you can see musical instruments, personal papers and original sheet music belonging to the "Father of the Blues." The legendary songwriter is credited with taking the blues from the South into other parts of the country, educating people along the way and turning the genre into a cherished art form. Each July, the W.C. Handy Festival celebrates the Florence native's musical contributions and those of other blues musicians.

Bunyan's Bar-B-Q, 901 W. College St.; (256) 766-3522, is located less than a half-mile from the W.C. Handy museum. A local favorite since 1972, Bunyan's is known for its pork and hot slaw. Grab a spot at one of the small tables inside or dine al fresco at one of several outdoor tables.

Need a place to stay for the night? Check into the Marriott Shoals Hotel & Spa, 10 Hightower Pl.; (256) 246-3600. The AAA four-diamond hotel boasts a European spa, rotating restaurant, two championship Robert Trent Jones Golf Trail courses and great views of the Tennessee River Valley.

Rib it up in Tuscaloosa

Head down to Tuscaloosa and prepare to get your hands a little messy. Your first stop? Lunch at Archibald's, 1211 Martin Luther King Blvd.; (205) 345-6861, in Northport.

George Archibald Jr. was 12 years old when he started working in the barbecue business his father started in 1962. Today, George and his sister, Paulette, keep this diamond in the rough going, serving the famous ribs and vinegar-based sauce that have garnered local admiration and national attention.

After lunch, stop by the Kentuck Gallery Shop, temporarily housed in the Clarke Building, 1922 Fifth St.; (205) 758-1257, while the Kentuck Art Center undergoes renovations. The shop features unique folk pieces by local artists and hosts workshops and other events throughout the year. Kentuck also presents the nationally acclaimed Kentuck Festival of Arts each October.

From Northport, head to the University of Alabama campus to explore Bryant-Denny Stadium, 920 Paul W. Bryant Dr.; (205) 348-3600, and the Paul W. Bryant Museum (300 Paul W. Bryant Dr.; 205-348-4668), where you can take in more than 100 years of Crimson Tide football history. There's plenty to see and do on campus, and you're sure to work up a championship-sized appetite.

Get your fill in Birmingham

Birmingham is a barbecue lover's mecca. From pulled pork at Jim 'N Nick's to Full Moon's famous chow-chow, there's plenty to keep your taste buds entertained. Pace yourself as you sample some of the best Alabama has to offer.

Jim 'N Nick's Bar-B-Q, 1908 11th Ave. S.; (205) 320-1060, has served the Birmingham community for more than 25 years, and it now boasts more than 25 locations throughout the South and in Colorado. Known for its pulled pork, cheese biscuits and homemade slaw, the restaurant consistently receives accolades from local and national publications like Saveur and Bon Appétit. In addition, Jim 'N Nick's was crowned the winner in the Alabama Tourism Department's inaugural Alabama BBQ Bracket.

Also in Birmingham's Southside is Full Moon Bar-B-Que, 525 25th St. S.; (205) 324-1007. The restaurant famous for its half-moon cookies and chow-chow – a spicy, sweet Southern relish – was once owned by Pat James, then was bought in 1996 by brothers David and Joe Maluff. Full Moon now has eight locations, including the original.

WIREGRASS COMMUNITY CALENDAR

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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

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

JULY 23, 30 AND AUG. 6, 13 — The Cultural Arts Center will present Vessels and Serving Pieces: Pottery Class for adults at 6 p.m. each night. Students will use handbuilding and wheel techniques to make vessels and other serving pieces. There will also be a variety of ways to embellish, decorate and style pieces. Glazing and firing are included in the class. Students who are unfamiliar with the wheel will be

taught during this session. The cost is \$65, which includes wheel time, instruction and supplies. For more information call 699-2787 or visit www.theculturalartscenter. org.

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 July from 8 a.m. to 2 p.m. For more information, visit www.facebook.

JULY 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.

ENTERPRISE

SATURDAY- The Enterprise Parks and Recreation and area businesses

wishes to bring the community together through their 15th annual Children's Festival in the Park. The event is free to the public and will be held at Henderson Park from 2 p.m. until dark. Food booths and live entertainment are a part of the festival as well as child activities, fireworks, inflatables, pony rides and a petting zoo. People are welcome to bring blankets and chairs.

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

ONGOING—The Ann Rudd Art Center is offering free art lessons for children ages 5 and over. The young student class will be Saturdays from 10 a.m. to noon, and adult/teen classes from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

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

JULY 27—The Dale County Council of Arts and Humanities hosts the 13th Annual Regional Juried Art Exhibition to be held at the Ann Rudd Art Center Aug. 10–Sept. 27.

Entry fee for non-members is \$30 and \$25 for members for the first entry. One or two additional entries are \$5 each. Due date of entry fees and art work is July 27. Opening reception and award presentation is Aug. 10 at 7 p.m. For more information, visit www.ruddartcenter. org.

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 anniversary

Chattanooga commemorates the 150th anniversary of the Civil War throughout the rest of the year. Chickamauga 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 more than 10,000 actors, an outdoor patriotic concert and the four-day signature event "Occupation and Liberation." For more information, visit www.chattanoogafun.com/150th-anniversary-of-the-civilwar-special-events.

Friday Fest

Friday Fest in downtown Panama City, Fla., is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands—filling up six blocks of

Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Civil War Tour

Fort Morgan Civil War Twilight Tours are held Tuesday evenings 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.



Mike Burden, Army Community Service financial readiness program manager, gives financial advice during a furlough seminar in Bldg. 5700 Monday. The next furlough seminars will be held Tuesday and Wednesday from 11 a.m. to noon, 3-4 p.m., and July 22 at 4 p.m. in Bldg. 5700, Rm. 282.

ACS helps Soldiers, Families, civilians manage finances

By Nathan Pfau Army Flier Staff Writer

It's important for people on Fort Rucker to be certain about how they manage their finances, especially in uncertain fiscal times, and Fort Rucker has the resources to help Soldiers and Families.

"Our mission is to get Soldiers, their Families, civilians and retirees to focus on improving their personal finances and making informed decisions on how to get their money to work for them – not against them," said Mike Kozlowski, personal financial readiness specialist for Army Community Service. "Money impacts our lives in some way every day, ranging from making a decision on where to go for lunch to paying our bills."

ACS offers financial readiness training, which is an eight-hour program that is mandatory for first-term Soldiers ranking from private to specialist or corporal, and must be completed within 60 days of in-processing. Soldiers sometimes have trouble fulfilling this requirement in a timely manner, said Mike Burden, financial readiness program manager.

"We don't exactly have the easiest time marketing the class to Soldiers," said Burden, adding that incoming Soldiers are not the only Fort Rucker residents eligible to enroll in this class.

"Since 'repetition is the mother of all learning,' all Soldiers who feel the need to reacquaint themselves with the basics of personal financial management should attend this class," said Kozlowski.

Classes are normally presented the first Friday of each month – except on holidays - from 7:30 a.m. to 4 p.m. in Bldg. 5700, Rm. 284; the next class will be held Aug. 2. For more information on financial readiness training, call 255-9631 or 255-2594.

ACS also conducts furlough seminars in

order to help civil service employees that have been affected by the recent furlough by providing advice on how to manage their finances.

"We're trying to provide some financial education information to civil service employees that are interested in getting ahead on the financial end of the furlough," he said. "We decided to pool our financial resources here – our experience and knowledge – and come up with a presentation that was focused on ways that individuals could reduce expenses temporarily."

Although the seminars are meant to educate people about financial responsibility during the furlough, Burden said these are lessons that they should apply year round.

"This (training) isn't just about the furlough, it's something that people should always be looking at," he said. "It's not just about reducing expenses and looking at your financial goals, but it's to get people to look at their expenses year round."

The seminars focus on temporary changes because the current furlough will only last through the end of the fiscal year, said Burden. They will start by doing a cash-flow analysis to get an overview of the individual's financial situation.

"In order for most people to get an idea of how much they need to reduce in their expenses, they need to know how much income they have coming in, and the cashflow analysis will help see that," he said. "We find that a lot of people don't really know how much money they have coming in."

Burden said that although people know what their income may be, actually seeing all of their income on paper, along with their expenses, gives them a broader view of where their money is going and where they can cut.

People start by getting their leave and earnings statement, which is like a de-

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tailed pay stub that shows all income, deductions and allotments, said the financial counselor.

"We ask the participants to look at their LES and look at their cash-flow analysis because it's too much information to keep track of in their head," he said. "We also ask people to list all their monthly expenses, including fixed expenses like mortgages, rent and auto expenses; and flex expenses, which include things like food, groceries and gas."

Burden said that one place that a lot of people will be surprised that they spend is in their miscellaneous expenses, which include things like coffee, snacks or cigarettes, and offers advice to help keep track of how much they are spending on those miscellaneous expenses.

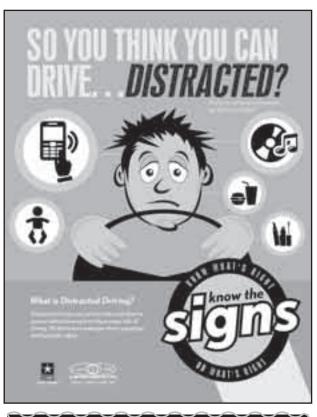
Burden said that if individuals are faced with furloughs, people might need to adjust their financial goals, but only temporarily. Along with putting their goals on hold, people will most likely be faced with having to cut expenses.

"That's something that we talk about and people can do it pretty easily if they really want to," he said. "It's a behavior modification – more of a mindset than anything. It's like losing weight. You've really got to get your mind around it first and accept the fact that you want to reduce your expenses."

People should think long and hard about making a decision that would affect them in the long-term, he said.

The next furlough seminars will be held Tuesday and Wednesday from 11 a.m. to noon, 3-4 p.m., and July 22 at 4 p.m. in Bldg. 5700, Rm. 282.

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







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Family goes all-in for military

By 1st Lt. **Elizabeth Lewis** Army News Service

PAKTIKA PROVINCE, Afghanistan – On any given day, walking into the 864th Engineer Battalion's medical treatment facility on a forward operating base in Paktika Province, one would find Spc. Tammy Hyden walking around helping patients with anything from a cough to a sprained ankle.

If not in the aid station, Spc. Tammy Hyden is walking the deconstruction project sites ready to administer first aid if a Soldier gets hurt while working.

She has been serving on active duty in the United States Army as a medic since 2009. However, she is not the only one in her Family who is serving on active duty.

According to the Department of Defense, only one-half of one percent of Americans were serving at any point in time over the past 10 years of war. Additionally, a report conducted by the Pew Research Center in late 2011 concluded that, after surveying more than 2,000 civilian adults and 1,900 veterans, "only 57 percent of civilian respondents ages 30 to 49 said they had an immediate Family member who served." The percentage drops to one-third among respondents aged 18-29.

In Hyden's Family, they can name three, soon to be four, immediate Family members who are serving. In fact, after her daughter goes through basic training, all of Hyden's Family will be active duty in the Army. Her husband of 24 years, serving since 2005, is a warrant officer in the Transportation Corps, also currently deployed in Afghanistan. Her son, recently returned from a deployment to Afghanistan last year, is a specialist serving as a combat engineer. Her daughter is waiting for her husband to finish the artillery advance individual training before entering into active -duty service in either human resources or patient administration.

While standing in her battalion's trauma room behind a wooden table holding a stretcher, the former 911 dispatcher explained her reasoning for wanting to join the Army.

"It was the change I saw in my husband after he returned from AIT (advanced individual training) that inspired me to join," she said. "He seemed happier after basic and AIT. I wanted to better myself as well."

Her husband, prior to entering into active duty, was serving in the U.S. Army Reserves. He enjoyed the military lifestyle so much that he decided that he wanted to go into active service.

"We had a Family meeting about his decision to go active duty," she said.

After discussing the lifestyle changes that would occur with switching from the Reserves to active duty, to include moving her teenage children away from their friends and high school, Hyden said the conversation ended well.

"We supported his decision, knowing how important it was for him," she said.





U.S. Army Spc. Tammy Hyden, a medic with the 864th Engineer Battalion, U.S. Central Command Materiel Recovery Element, inventories the medicine within her battalion's aid station at Paktika province, Afghanistan.

Almost eight years after that discussion, Hyden discussed both the positive and negative aspects to having almost her entire Family serving in the armed forces.

For herself, one advantage is her working career.

"When we would move around, I would have to start at the bottom (of her job's working structure) every move," she said. "Many times, I would have to work nights and I wouldn't get to see him often. Now that I'm serving, I don't have to worry about that anymore. We have the same work schedule now, and the same holidays

Hyden also discussed how being stationed in different areas has its advantages.

"We have long-term connections when we move. We don't have to rely on a stranger telling us the best places to live when we move. It eliminates the unknown of moving," she said.

As with all situations, there are negatives aspects to having most, soon to be all, of her immediate Family serving in the armed forces.

"Being spread all over the country is difficult. Family time over holidays is limited," she said.

Despite being spread all over the country and the worries that accompany deployments to hazardous areas, the Hyden Family remains strong in their commitment to serving their country with plans to serve for years to come.



During a mass casualty exercise, Spc. Tammy Hyden, a medic in the 864th Engineer Battalion, helps a patient in the battalion trauma room.







Story on Page D4

JULY 11, 2013

Champions

Old Skool claims 4th post championship

By Nathan Pfau

Army Flier Staff Writer

In a game close enough to be worthy of a championship match, two teams battled head to head for the post softball championship title Tuesday.

The 6th Military Police Detachment team, Old Skool, won the title of 2013 Fort Rucker Intramural Softball Champions as they beat the D Company Sluggers 7-6, finishing the tournament undefeated.

"Winning is vindication of four out of five years as champions," said James Parris, co-coach of Old Skool. "Some of us have been together for all four of those years. It just feels sweet because (the other team's) guys are young and we just had to play old -chool fundamental ball, and that's what we did."

The game started as Old Skool won the coin toss and elected to bat second.

D Co. came into the game as the underdogs, needing two wins in a row to win the championship. They started off strong with a base hit and a walk to get players on

A line drive into the right field gap allowed for an RBI and the first score of the game, putting the Sluggers ahead.

Another shot to left field scored another run, but Old Skool's defense went to work. Old Skool ended the Sluggers run with a fly out.

Although the 6th MP Detachment had the advantage going into the game, their opponent's weren't going to make it easy for them to take home the title.

As they took to the plate, Old Skool didn't get off to a good start and weren't able to get on base. Their first three batters hit pop flies to collect three outs without gaining on their opponents.

Things were looking up for the Sluggers going into the 2nd Inning, and just like before, the team was able to find the gaps in the outfield and get players on base.

As strong as D Co. had been playing early on, they weren't able to make further advances as Old Skool's defense tightened up to keep them from scoring.

The 6th MP Detachment team had their chance to catch up, but just like in the previous inning, three consecutive pop flies sent Old Skool back into the field scoreless.

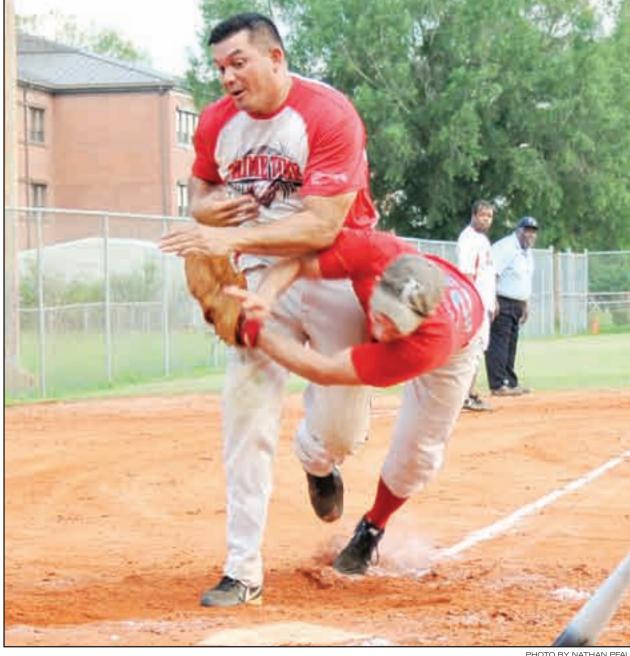
The Slugger's offense came into the 3rd Inning strong and Old Skool's defense didn't seem to have enough stopping power to keep D Co. from bringing in two more runs during the inning, increasing the lead to 4-0.

Old Skool had their work cut out for them as they took to the plate determined to get on the scoreboard, and base hit after base hit gave them hope.

With two outs already on the board, a player stole home to get the team its first run and spark some motivation. Another clean shot to center field allowed for an RBI and Old Skool was back in the game.

The Slugger's defense seemed to falter as the team had multiple errors during the inning, but tightened up before allowing any more runs and sending their opponents into the field.

D Co.'s momentum seemed to wane by the 4th inning as it was unable to keep the ball on the ground and



Jason Umiamaka, Old Skool player, attempts to score as he runs through Matt Joiner, Sluggers player, during the 2013 Fort Rucker Intramural Softball Championship game Tuesday. Old Skool won the championship game against the Sluggers, 7-6 and ended the tournament unde-

racked up three outs in a row.

Old Skool, however, seemed to find their stride as they got players on base with repeated singles, which allowed for a player to steal home before a 2-run shot to center field allowed them to take the lead.

The team continued to keep the ball on the ground and brought in another run before succumbing to their third out to end the inning 6-4.

The Sluggers needed to step up their offense to get back in the game, but a 4-3 double play and a pop fly to center field quickly dashed their hopes of advancing in

Old Skool was able to keep their momentum going and brought in another run before ending their time at the plate and extend their lead.

D Co. wasn't finished yet going into the 6th inning as it started with a double and a base hit to get players on base, followed by an RBI that allowed them to creep up on Old Skool.

The Sluggers managed another run before heading into the field to trail their opponents by only one run.

Their defense seemed to tighten up as well and didn't allow their opponent's to bring in a single run to give them some hope in the final inning.

Two pop flies and one strikeout later, Old Skool took the championship.

"We just played good defense and timed the hitting, and we just came to have fun," said Parris. "It can get difficult when you don't make it fun ... we just play fundamental softball."

Runners prepare for Army 10-Miler race

By Sara E. Martin Army Flier Staff Writer

The All-Army 10-Miler Race is known for being the largest 10-mile race in the Western Hemisphere with more than 30,000 competitors.

The Fort Rucker team has been a top contender for many years in the race, and this year's team is determined to run like the wind and bring home glory.

"There are a lot of benefits to being on the 10-Miler team. It shows great commitment, character and motivation," said Staff Sgt. David Seymour, NCO Academy and captain of Fort Rucker's team. "It is a great challenge and is a great chance (for people) to represent the installation at something that is bigger than themselves."

This year the cap on participants has been raised to 35,000, and competition is fierce between participants.

"It is an honor to be selected to run on this team," said Seymour. "These Soldiers are meant to be the best runners on the installation. They will be running 40 miles a week in training."

The selection pool is locked for the installations All-Army 10-Miler Team, but Soldiers are more than welcome to join the team for workouts.



Staff Sgt. David Seymour, NCO Academy and team captain, and 2nd Lt. Matt Udermann, D Company, 1st Battalion, 145th Aviation Regiment, run along Dustoff Street early Saturday morning during a 10-mile run workout preparing for the All-Army 10-Miler Run held in Washington, D.C. in October.

"It is a great way to stay in shape," said the team captain. "Sometimes physical training does not put as much demand on a Soldier, especially if they are in better shape. These practices will push somebody further than they would if they only did company

The team does three different types of workouts – speed work,

fartlek and long runs – but cross training is done on each runners own time.

"There is no rank at these practices. We are on a first-name basis here," said Seymour. "We are all runners and we treat each other equally and respectfully."

"We push hard during practice, so resting is important," he added. "So for those who come to our

workouts, resting will improve and strengthen your muscles as

This year, 18 Soldiers, male and female on active-duty status, are in the selection pool, but only eight will take it onto the team.

"For the lucky eight that do get picked, the challenge just gets more intense," said Seymour adding that to become the fastest endurance

runners on this installation they have to push themselves.

Each division in the race has around 30 teams and there are 25 different divisions. There are also separate category runs for wounded warriors, individuals

"Considering the size of our installation, we do fairly well," he said. "The team was very strong last year, we finished second in the division. We won first place in our division in 2010."

The team is running in the "Active Duty Mixed" division, because it has runners from both

"The runners will get their official finish time on a certified ten-mile course, a finisher's coin and a chance to out run thousands of other people," said Seymour.

The last ten-miler qualifier will be Aug. 3 when he will choose the top runners. But Seymour said that run time is not the only factor in getting one of the coveted spots.

"Practice participation, attitude and results from the three runs will be the factors used for the final cut," he said.

The annual race weekend events also include a youth run, a youth activity fair and a pre-race pasta

Those interested in working out with the team may call 400-5582 for more information.

DOWN I'IME







ARE YOU KIDDING ME? THANKS TO YOUR FACEBOOK OBSESSION NOT ONLY DO THE GUYS KNOW ABOUT MY "LITTLE PROCEDURE" BUT THEY WERE EVEN REGALED WITH PHOTOS

Just Like Cats & Dogs

Rodriquez

L GEOGRAPHY: What is the largest country in area that borders on only one other country?

2. MOVIES: What art is featured in the movie "The Red Shoes"

3. GAMES: How many letters are drawn to begin a game of "Scrabble"? 4. FOOD: What kind of bean is usually featured in the dish succotash?

5. LANGUAGE: What is a quid-

6. TELEVISION: Who is Mary's best friend and neighbor in "The Mary Tyler Moore Show"?

7. HISTORY: Which city hosted the 1936 Summer Olympics?

8. FLAGS: What nation's flag features a Union Jack and a seven-point star on a blue background?

9. ART: What artist painted the work titled "Water Lillies"

10. MUSIC: Who recorded and

released the hit song "Maybellene" in 1955?

See Page D3 for this week's answers.

Super Crossword

WORKING OUT THE BUGS

86 Feudal

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See Page D3 for this week's answers.

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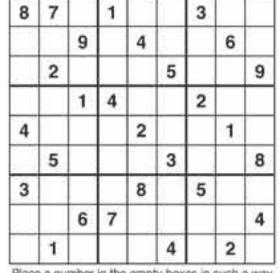
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Weekly SUDOKU by Linda Thistle 3 8 7



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

DIFFICULTY THIS WEEK: * * *

★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

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THEN score 2 points each for all words of four letters or more found proons the setters.

Try to score at least 16 points

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

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Braves, Fox Sports pay tribute to troops

By Nathan Deed *Army News Service*

FORT BENNING, Ga. – Former Atlanta Braves first baseman Mike Bell did a role reversal Sunday and loaded his smart phone with pictures as he posed with numerous service members at Turner Field in Atlanta.

Bell made his rounds in a reception area and greeted service members, and before they could ask whether a picture with him would be OK, he already had his phone out to have his photo taken with the Soldier.

"I'm honored to be out here today," Bell said. "When we come out and meet people serving in the military, we're honored to shake their hands and take pictures with them. I want pictures with them as much as they want pictures with us."

The Braves and Fox Sports South treated Soldiers from the 3rd Armored Brigade Combat Team and the Georgia National Guard to a day at Turner Field as part of Sunday's "Tribute to the Troops" theme during Atlanta's game against the Arizona Diamondbacks.

The Soldiers arrived at the stadium via charter bus and received a red-carpet welcome. Fox Sports South hosted a luncheon, where the Soldiers received a thank-you from Braves manager Fredi Gonzalez, Atlanta Mayor Kasim Reed and Gov. Nathan Deal.

"We are very proud of all of you," Deal said. "We appreciate the sacrifice you have and are making.

"It's an opportunity (to draw) a greater crowd today. Having you here is special to all the fans in the stands today."

The Soldiers also received visits from former Braves players, including Bell, who were being honored as part of Atlanta's "Alumni Weekend."

Bell played for the Braves during the 1990-1991 "worst to first" year. Also among the alumni was former left-handed pitcher Denny



PHOTO BY NATHAN DEEN

Soldiers salute the flag Sunday while standing alongside Atlanta Braves and Arizona Diamondbacks players as the national anthem played during the pregame ceremony. The Atlanta Braves and Fox Sports South honored the military with its "Tribute to the Troops." The Braves went on to win the game 6-2.

Neagle, who played in Atlanta from 1996-1998.

"It was just lucky that this fell in line with 'Alumni Weekend," Neagle said. "Trust me when I say you didn't have to ask any of us to be here."

The Soldiers and players from both teams lined up around the bases as the national anthem was played during a pregame ceremony.

"It was like, 'Wow, I'm actually standing on the field next to MLB players," said 23-year-old Kevin Gardner Jr., 3rd ABCT.

Gardner had a story of his own to tell and was interviewed by Fox Sports South during the game. He and his father, Kevin Sr., both serve in the 203rd Brigade Support

Battalion and went to Afghanistan together during the brigade's last deployment in 2012. Kevin Sr. and Kevin Jr. stood on opposite sides of home plate during the national anthem, with Kevin Jr. standing next to Gonzalez.

"It's an honor," Kevin Jr. said. "I'm blessed. I couldn't ask for a better game with anybody more important than him (Kevin Sr.)."

Kevin Sr. said it was one of the most memorable days of his life.

"It's been a wild experience for me," the 44-year-old said. "It's my last year in the military ... it's a chance to do something like this with my son before I retire."

Meanwhile, Michael Flores, Georgia National Guard, said he would do anything for his best friend and former battle buddy, Nick Rogers.

He'd fight in combat beside him, take a bullet if he had to – and walk right into the Atlanta Braves dugout and ask a player to autograph a baseball for Rogers, who is a die-hard Braves fan.

Flores and Rogers deployed together to Afghanistan from 2010-2011 and became close friends. Rogers has since gotten out of the Army, but the two reunited Sunday at Turner Field.

After the national anthem concluded, Flores spotted Rogers in the stands, and Rogers handed him a baseball.

"I told him if I couldn't get on to the field, he had to get my ball signed," Rogers said. Flores, who said he didn't really follow baseball, went up to the first player he saw in the Braves dugout. That player turned out to be rookie sensation Evan Gattis.

"I didn't think he'd sign it, but he said, 'Absolutely,'" Flores said.

The Braves defeated the Diamondbacks 6-2 in a win that featured home runs by Freddie Freeman, Brian McCann and Dan Uggla.

Flores said he appreciated the opportunity to be recognized in front of Braves fans and it turned out to be a day he won't soon forget.

"We don't expect that, but they still went out and did it," he said. "It was very thoughtful for Fox Sports South to do this."

NFL Punt, Pass & Kick

Young pro football fans will have the opportunity to exhibit their football skills when the Fort Rucker Youth Sports and Fitness Program hosts the free NFL Punt, Pass & Kick Competition Aug. 10 at 9 a.m. on the youth football field, located off of Ruf Avenue. The competition is open to boys and girls ages 6-15 who are registered at child, youth and school services.

The competition allows youngsters to showcase their talents in punting, passing and kicking with scores based on distance and accuracy. The top finishers from each age group at the local competition will advance to a sectional competition. The top four scorers from the pool of sectional champions will advance to the team championship. Age-group champions at this level will be declared NFL Punt, Pass & Kick team champions. The top four finishers in the boys' and girls' divisions within each age bracket from the pool of all team champions will then qualify for the National Finals at an NFL playoff game in January 2014. Entry forms are available online at NFLPPK.com, or from the youth center or school age center on Seventh Avenue.

For more information, call 255-2254 or 255-2257.

Family bowling

Army Community Service's Exceptional Family Member Program and Relocation Readiness Program Hearts Apart invites all active-duty military Families with special needs or disabled member, or Families with Soldier's deployed or serving an unaccompanied tour to attend a night of bowling at Rucker Lanes Bowling Center

Aug. 15 and Sept. 12 from 5-10 p.m. The cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to event.

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

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.

Racquetball tournament

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

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. Professional participants must enter through the Emerald Coast Professional Golf Tour organization.

For more information, call 598-2449.

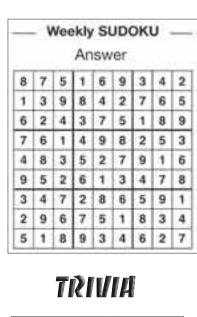
Enterprise baseball

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

Swim Season at West Beach

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

centers, outdoor recreation, For more, call 255-9162.



1. Canada

2. Ballet 3. Seven 4. Lima 5. Busybody 6. Rhoda 7. Berlin 8. Australia

Claude Monet

Chuck Berry

Super Crossword Answers SAHIB I NAWEOF BOAHEHS ALANA CATHAIR IMMURES SPINTHEBEET LEDEADEADEST SOMEHOW INSSLEAZY REORGAPHIDREADER ITE ARETWOMIARENO NONCOMPOSMANTISBOAYS FEDORASTAY DITHER LAY ALEXEISENDONE NIA NODBOLAOSTAY DITHER LAY NODBOLAOSTAY DETECTOR TOUCHUP I PODSMCENTIME APPLESPIDER TORSOTET

PUZZLE

ANSWERS





PHOTO BY TIM HIPF

Spc. Caylor Williams, U.S. Army World Class Athlete Program wrestler, throws New York Athletic Club's Marcus Finau en route to victory, June 22 in the finals of the 96-kilogram/211.5 pound Greco-Roman division of the 2013 U.S. World Team Trials in Stillwater. Okla.

Resilient Soldier goes from 0-24 to championships

By Tim Hipps

Installation Management Command

STILLWATER, Okla. – As a high school freshman, Caylor Williams went 0-24 and got pinned 22 times while wrestling at 171 pounds for the Palm Bay Pirates in Melbourne, Fla.

"Spent a whole year getting my (butt) kicked," he said. "Then I just kept chipping away and chipping away."

As a senior, Williams went 50-0, and was crowned Florida High School Class 3A state champion at 189 pounds.

Williams, 22, now an Army specialist with the Colorado Army National Guard, brought that resilience to the U.S. Army World Class Athlete Program after graduating from the University of North Carolina at Greensboro.

Now he's headed to the 2013 FILA Wrestling World Championships, scheduled for Sept. 16-22, in Budapest, Hungary, as the 211.5-pound Greco-Roman wrestler for Team USA.

"I've wanted to make the national team and the world team for a long time," Williams said after defeating Marcus Finau of Ewa Beach, Hawaii, in the finals of the 2013 U.S. World Team Trials at Oklahoma State University. "The same way I came into this tournament, nobody knew who I was; I wasn't a favorite, that's the same way I feel about the world. The No. 1 guys from Russia, Cuba, Hungary, I'm ready to wrestle all of them.

"This has always been in my mind; I just had to let my body catch up to my belief," Williams continued. "On average, when someone decides they want to win an Olympic gold, eight years from that point when they make the mental decision to take that gold is when they actually get it. I'm ready to put in the work, the years, whatever it takes."

Williams made short work of every wrestler he faced during the challenge tournament and the finals of the U.S. World Team Trials. His four matches combined lasted roughly 3 minutes, 30 seconds.

"Just go out there and pummel these guys hard," he explained. "It's a fight. Just like the announcer was saying, 'it's a fight.' That's what I say to myself. If I bumped into them on the street, it would be the same thing. If they try to come at you, the only difference is we're on the mat and there are specific rules I have to follow."

Williams has grown accustomed to exercising resilience. After redshirting his freshman year in Greensboro, he won the Southern Conference crown and qualified for the Division I NCAA Championships as a sophomore. The night before departing to the tournament, Williams learned that UNCG would soon drop wrestling.

"We had all just qualified for nationals and we're in there cutting weight," Williams recalled. "The day before we were supposed to leave, the vans were going to be there in the morning and we were there that night, our athletic director came in, sat us down, and said: 'You're not going to have a program when you come back. Regardless of how you do at nationals, regardless of how your team has performed, you're just not in the picture for the fu-



Spc. Caylor Williams, U.S. Army World Class Athlete Program wrestler and member of the Colorado Army National Guard, reacts to earning a berth in the 2013 FILA Wrestling World Championships after defeating New York Athletic Club's Marcus Finau in the 96-kilogram/211.5-pound Greco Roman division of the 2013 U.S. World Team Trials, June 22 in Stillwater, Okla.

ture.' My guys were crushed."

Coach Jason Loukides, a former World Class Athlete Program wrestler and coach, came to their rescue. He formed a group called Y.E.S. Wrestling. The acronym stands for Youth, Education and Sport. Loukides taught the Greco-Roman discipline to a bunch of college wrestlers who would have been competing in freestyle.

"He's been training us and mentoring us," Williams said. "When we got cut, we had all these athletic advisors for our classes, and we lost all that. So he became all of that for us."

That, in itself, was a huge step in Williams' progression toward attaining a college degree and wrestling on the senior men's level.

"He spent his own money sending me to Azerbaijan so I could get mat experience internationally," Williams said. "I've been overseas like four times now."

Loukides, who competed as a Soldier in the 2001 Greco-Roman Wrestling World Championships in Patras, Greece, helped Williams find the Army WCAP Wrestling Team at Fort Carson, Colo.

"As soon as I got to Colorado it was just a whole other level," Williams said. "The altitude was kicking my butt; the dryness in the air."

Williams quickly spent the \$1,000 he received for graduation gifts on getting to and around Colorado Springs.

"When I joined the National Guard, I had the intention of serving my country and joining WCAP," Williams said. "I've been staying wherever people will let me stay. I've got a tent, and I have a sleeping bag. I'm living out of my car right now. Wherever I park that thing, if there's some grass, that's where I'm sleeping."

WCAP wrestling coach Shon Lewis said finding a place to sleep no longer will be an issue for Williams.

"He's not going to have a problem with that type of stuff anymore," Lewis said. "He's with the Black and Gold now, so we're going to take care of him and get him ready for the World Championships.

"He's one of our new guns and we're happy to have him. He's working hard and he's hungry. As long as he stays hungry, and he stays humble, I think he's going to do great things."

Williams praised the Army for renewing his wrestling life after UNC-Greensboro dropped its wrestling program. Spc. Jamel Johnson came with Williams from Carolina and also joined the WCAP Wrestling

"I thank WCAP for picking us up and taking us to the next level," Williams said. "It's the number one team in the country right now."

In the blink of an eye, the newest member of the WCAP Wrestling Team became a rookie on the U.S. World Team.

"This stuff is all cool," Williams said after receiving his Team USA uniform from Mitch Hull, USA Wrestling director of national teams. "But I don't really care – I'm trying to win the Worlds."

