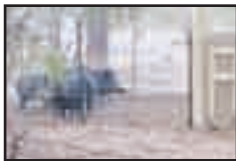


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promotes sustainability,
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ARMY FLYER

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FORT RUCKER ★ ALABAMA

JULY 18, 2013

Soldier found deceased after search

Fort Rucker Public Affairs
Press Release

A Fort Rucker warrant officer candidate was found deceased the morning of July 11 after having been missing since a routine land navigation training event on post the day prior.

Warrant Officer Candidate Darrell R. McNealy, 40, was a student going through the Warrant Officer Candidate School.

Fort Rucker officials said they were deeply saddened by the loss of this outstanding Soldier, and that their thoughts and prayers go out to the Family. A casualty assistance team is currently providing assistance to the Family.

McNealy started a three-hour land navigation course at about 6:45 a.m. July 10. When he did not report at the checkpoint, a search party was sent out. The search continued throughout the day using all assets available, including OH-58 and Apache helicopters to search by air until they were grounded by weather. A team of Soldiers, first responders, Coffee County Mounted Posse on horseback and EMS personnel continued the search by ground.

At about 7 p.m., the Houston County Sheriff's Of-

fice brought in bloodhounds that searched until 10 p.m. However, the search continued through the night. At 6:30 a.m. July 11, about 100 more Soldiers were added to the search team and that team found the missing Soldier deceased at about 7:50 a.m. July 11.

McNealy served as a platoon sergeant with 4-58th Airfield Operations Battalion at Camp Humphreys, South Korea, and was training here to become an air traffic and airspace manager. He held the rank of sergeant first class before entering WOCS.

After entering the Army in 2001, he served in multiple deployments to Iraq in support of Operation Iraqi Freedom. McNealy previously served at Fort Rucker with B Co., 1-13th Aviation Regiment, 1st Aviation Brigade.

The U.S. Army Combat Readiness/Safety Center, a tenant unit at Fort Rucker, has deployed a Centralized Accident Investigation team to lead the inquiry into the Soldier's death. The CAI team is comprised of experts in safety, maintenance, operations and training. The investigation report will be used within the Department of Defense for incident prevention purposes only.

Fort Rucker officials are also investigating the incident. The cause of death is currently unknown pending an autopsy; however, no foul play is expected.



ARMY PHOTO

Warrant Officer Candidate Darrell R. McNealy

Spartans continue legacy

By Sara E. Martin
Army Flier Staff Writer

The 1st Battalion, 223rd Aviation Regiment received a new commander July 10 at Howze Field when Lt. Col. Todd H. Marshburn assumed command of the Spartan battalion.

Marshburn assumed command from Lt. Col. Demetrios J. Nicholson in a formal ceremony where Nicholson remarked on his time with the winning team and told the new commander to have fun with his new command.

"It's always exciting to hand off the reins to someone with excellent qualifications. He is a great leader and has a great reputation," said Nicholson. "The unit was a great unit before I took command and I know it will continue to be one after today."

Col. Kevin Christensen, commander of 110th Aviation Brigade, said that Nicholson was a natural team builder and it was that strength that defined the success of his command.

"He commanded the most diverse battalion in the 110th Aviation Brigade," he said. "He built a team of professionals ... that is simply unmatched in any unit, in any service, anywhere in the world."

"His accomplishments are recognized well beyond those of us in the Wiregrass area," continued Christensen on Nicholson's achievements. "His unit has made a lasting impact on Army Aviation and our continued success in combat that is made possible by the foundation of Aviation flight and leadership skills that was instilled in every single Soldier he trained."

Christensen said that he knows the legacy of Aviation training excellence is in good hands.

"Marshburn is a leader with solid Aviation leadership and flight credentials who will guide this unit forward and will continue to train the best combat Aviators," he said. "I look forward to seeing their accomplishments with what he does with the next generation of combat Aviators who will earn their wings under his command."

Marshburn graduated from the United States Military Academy in 1994 and trained as a UH-60 pilot at Fort Rucker.

SEE LEGACY PAGE A5



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Hover power check

A UH-60A Black Hawk helicopter crew practices hovering near Lowe Army Heliport July 8 during rotary-wing flight training. Training to become a Black Hawk helicopter pilot requires more than one year of instruction at Fort Rucker.

Professional preparation vital at job fair

By Sara E. Martin
Army Flier Staff Writer

With more than 100 employers scheduled to be at the July 25 Fort Rucker Area Job Fair and 25-30 times that many job hunters expected at the event, preparing beforehand is key, according to organizers.

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 dress for success.

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.

"If you want to knock out the competition then you should dress like you deserve the job," she said.

"People should be dressed professionally. Absolutely no jeans, flip flops or shorts. You only have one chance for a first impression."

Women are advised to wear professional clothing, such as suits – pant or skirt – while limiting jewelry to a minimum and abstain from wearing perfume. Men should wear suits or nice dress pants and shirt.

About 2,500 to 3,000 people are expected to attend this year due to increased space and additional vendors, and Gaydos



PHOTO BY NANCY RASMUSSEN

Job hunters speak to an employer at last year's job fair.

recommends people to arrive early to avoid long lines.

Since competition is high for every position, Gaydos recommends for candidates to come up with a 30-second commercial about who they are and what skills they have.

"Practice it in front of the mirror and with friends," she said. "It is important for everyone to have a great resume and present themselves well."

Applicants should bring at least 10 cop-

ies of their resume and be ready to interview.

"If the applicant is a really good match they may be interviewed on site. There will be an area set aside for that purpose," 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

SEE PREPARATION, PAGE A5

PERSPECTIVE

Protect yourself from tick bites this summer

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

Civilian furloughs are not the only side effect of sequestration. Individuals living and working on Installation Management Command installations may notice that the grass is a little higher than normal in some areas.

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

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

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

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

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

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

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

Stromdahl also recommends the use of insect repellent to prevent



PHOTO BY GRAHAM SNODGRASS

The deer tick is the only tick that carries Lyme disease. It is more common in the Northeast and upper Midwest parts of the U.S. If individuals remove attached ticks promptly, they can prevent tick-borne disease.

tick bites.

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

fabric, they die."

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

Another step to preventing tick bites involves checking belongings.

"If you have been in tick habitat,

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

Stromdahl also recommends bathing or showering as soon as possible after coming indoors to

wash off and more easily find ticks that are crawling on the body.

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

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

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

"Remove the tick with tweezers," said Stromdahl. "Do not burn it or use soap, gasoline, (petroleum jelly) or other chemicals. Once the tick is removed, thoroughly cleanse the bite with alcohol and apply antibiotic ointment to the bite."

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

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

The USAPHC will identify the ticks and then perform disease testing of the tick through the DOD Human Tick Test Kit Program. The results of identification will be reported to the submitting MTF upon receipt of the tick, and test results (negative and positive) will be reported within a week.

Rotor Wash

“The Army is now establishing standards for females in traditional male jobs. What do you think about gender-neutral standards for all military occupational specialties?”



Sgt. 1st Class
Gerald Emery,
HHC, 1st Avn. Bde.

"I think it's a great opportunity for the Army to expand. It's a way for us to build on our diversity and show our strength through diversity."



1st Sgt. Argelio
Rodriguez,
HHC, 1st Avn. Bde.

"I support it and I think they could do a good job as long as the standards do not change. If they can do the job with the same standards, then why not? But I worry that to meet a quota the standards will be lowered for them and them only."



Capt. Neapolian Brooks,
HHC, 1st Avn. Bde.

"I believe in equality across the board. I think it is great because it is overdue in what we term a male-dominated organization."



Kyla Whalen,
Family member

"I think it is really good because it gives us more things to do, and doesn't make us feel like we can't or are not allowed to do certain things."



WO1 Dan Fenstermaker,
3rd Bn., 238th Avn.
Regt., Ohio National
Guard

"I think it's fantastic. It gives women the opportunity to get out there and complete missions that were closed to them."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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Wildlife course promotes conservation

By Nathan Pfau
Army Flier Staff Writer

Wildlife conservation and sustainability have been at the forefront of Fort Rucker's and the Army's environmental mission for some time, and the installation wants to share its knowledge of land conservation and management with local landowners.

In a partnership with the Natural Resources Conservation Service and the Alabama Association of Conservation Districts, Fort Rucker will co-host the Wildlife School for Landowners course Aug. 22 and 23 to help educate local landowners on the most effective ways to manage their lands, said Doug Watkins, Directorate of Public Works Natural Resources Branch manager.

"This is an opportunity for Fort Rucker to showcase some of the work that we're doing in forestry and wildlife management," said Watkins.

The course is a two-day event that will encompass time in the classroom and time spent out in the field. The indoor sessions will take place on the first day at Heritage United Methodist Church in Enterprise, and will cover topics such as wild pig damage and control, introduction to timber management, managing pine for native wildlife plants, deer management, and managing food plots and wildlife openings.

The following day, participants will be taken on a tour throughout Fort Rucker to showcase the various programs and initiatives on the installation for wildlife conservation and management.

"We've set up a tour now that we will take the people out on installation lands and illustrate various techniques of forest management and wildlife management that we have under way," said Watkins. "We will actually get into the field and get our boots on, and showcase the individual sites and talk with local landowners that are fighting the same battles we are here with predator coyotes and feral pigs."

Feral pigs are pigs that have gone wild, and have been a problem on the installation for their destructive nature, said Watkins. Years ago, people in the area used domesticated pigs to clean their fields of



COURTESY PHOTO

Wild pigs were caught in one of Fort Rucker's traps as a way to control the pig population on post. Cost-effective wild pig trapping is just one of the many things that participants will learn about during the Wildlife School for Landowners.

corn and peanuts, and although electric fences were used to keep the pigs contained, many have gotten loose over the years, he added.

"After one or two generations, they are no longer domesticated animals and they become feral," he said. "Their color will change and their body size will change, and they become carriers of pseudo rabies and brucellosis," which can serve as a source of infection for domesticated animals.

These pigs are most destructive in the woods and can cause lots of damage to crops. On Fort Rucker, the issue with the wild pigs is that they create holes in the different raining grounds with constant rooting and digging.

"We've had numerous sites on airfields and landing sites that have been getting a lot of rooting and holes, and the sites become unstable to the point that it's very difficult to even mow the grass," said Wat-

kins. "One of the main issues is that these wild pigs don't have any natural predators that prey on them in the area."

Watkins said that these pigs can have up to three litters a year and anywhere from eight to 10 piglets per litter, which makes for difficult population management.

During the wildlife course, they hope to showcase the most effective ways for landowners to reduce the pig population.

"It's something that all landowners are faced with in the South, and right now the populations are just exploding, so this is an issue that all landowners are really interested in," said Watkins. "It's fairly expensive when you consider the time, trapping and everything involved with trying to eradicate the wild pigs, and we want to show how to be the most effective at the least expense."

Along with wild pig and damage control, the course will also showcase various techniques for burning, as well as longleaf

pine tree management and site prep.

Longleaf pine management is important because it's the native species of pine tree to the area, said Watkins, and due to their slow-growing nature, these trees have been replaced by other faster growing species.

"The longevity of the longleaf pine can be 300-400 years under the right conditions, but for production and forestry, loblolly, shortleaf and slash pines (have been replacing the longleaf)," said Watkins. "Here on Fort Rucker, the goal is to get back to a native habitat and convert a lot of the acreage back to the natural habitat," adding that many landowners are interested in restoring their land to the natural habitat as well.

Early registration deadline is July 31, and cost for early registration is \$50, and \$30 for a spouse. Late registration deadline is Aug. 19 and cost is \$60.

For more information, call (205) 387-1879.

Food drive benefits Soldiers, Families in need

By Nathan Pfau
Army Flier Staff Writer

The Army is well known for taking care of its own, and Soldiers of Class 13-018 of the Basic Officer Leaders Course have taken that Army value to heart.

The BOLC class, in conjunction with the Fort Rucker Commissary, will host a food drive to benefit the Fort Rucker Food Locker Saturday in front of the commissary, and Soldiers from the class have volunteered their time to benefit this cause, said 2nd Lt. Aaron Olson, 1st Battalion, 145th Aviation Regiment.

"We have a class of about 50 people, so we're going to have people there in shifts and representatives from our class there all day," said Olson. "For this food drive specifically, we will be handing out a list in front of the commissary with bags to give to people in case they want to go in and fill them up to donate."

The food drive will continue for as long as the commissary is open that day. Any non-perishable items are welcome to be donated for the food drive, but



PHOTO BY NATHAN PFAU

Staff Sgt. Laura Hodiwala, Headquarters Company, 1st Aviation Brigade, takes inventory of the Fort Rucker Food Locker's stocks Tuesday. A food drive will be held Saturday all day at the Fort Rucker Commissary to replenish the food locker's stocks of holiday items as well as any canned or non-perishable food items.

for this particular drive, they are hoping to replenish the food locker with foods of a more festive nature. The food drive will hope to replenish the food locker's stocks of specifically yams, cranberry sauce, macaroni and cheese, mashed potatoes, canned

vegetables, canned fruit and canned gravy.

"This is just a preferred list to help Families that might need the help throughout the coming holiday season," said 2nd Lt. Matthew Udderman, D Co., 1st Bn., 145th Avn. Regt. "but we will

gladly take any canned or non-perishable food item."

The food locker on Fort Rucker is designed to benefit Soldiers and their Families that might be having a tough time meeting their basic nutritional needs, said Udderman, adding that hosting the food drive only serves to help the Army accomplish its mission.

"The Army is an organization that seeks to make sure that all the needs of (every Soldier and Family member) is being met," he said. "If a Soldier doesn't have the basic items that they need to support their Family, they're not going to be able to accomplish their mission while on the job, overseas or wherever they need to go."

"This takes care of the basic needs so that we can focus on the bigger picture," he continued. "I think proper food nutrition is one of the (major) needs on the (basic) hierarchy of needs. If you don't take care of that then you won't be able to properly function (in your duties)."

Olson agreed and added that those in privileged positions should do what they can to make

the lives of those that might be struggling to make ends meet easier.

"When you've been put in a privileged position, you definitely have the resources and time available to help organize something like this," he said. "If you can (ask of) these people who might have extra resources to help somebody else, it's beneficial obviously for the person receiving it, but there's also definitely some satisfaction that can be had for the person that is giving as well."

Udderman said that volunteering is an important part of giving back.

"It's important to extend a helping hand to everyone in your community," he said. "Instead of looking out for just me, me, me, it's important to look out for everyone as a whole."

The food locker is open for donations year round, and is available to active-duty Soldiers, and members of the Reserve and National Guard, and retirees and their Families.

For more information, call 255-9631.

News Briefs

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.

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. 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.

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.

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, re-

strictions 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.

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.

Military pay hours change

Starting Monday, 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 collected 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 BAH.

For more information, call 255-3900.



PHOTO BY ERIN A. KIRKCUOMO

Defense Secretary Chuck Hagel speaks to DOD employees at the Mark Center in Alexandria, Va., May 14, when he announced furloughs of up to 11 days for employees, adding that every military department and almost every agency, with limited exceptions. Army civilians began furloughs the week of July 8.

Army civilians on 2nd week of furlough

By David Vergun
Army News Service

WASHINGTON — Some 229,000 Army civilians began their furloughs the week of July 8, along with thousands of other military civilians.

Using Secretary of Defense Chuck Hagel's guidance, the Army distributed each person's 88 hours of furlough this fiscal year for one day a week for a total of 11 days, from (the week of July 8 to Friday) through September, said Tony J. Stamilio, deputy assistant secretary of the Army for Manpower and Reserve Affairs, Civilian Personnel and Quality of Life.

Commanders were given a lot of flexibility in choosing the day of the week employees would be furloughed, Stamilio said, adding that it boiled down to mission requirements and accommodation of employee considerations.

Dignity and respect

The furloughs are undoubtedly having a negative impact on morale, said Stamilio.

"No one wanted this to happen," he said. "It is difficult for all of us."

Stamilio said he wants to try to soften the blows.

It's important managers encourage good communications throughout the work force and that everyone is treated with dignity and respect. He said he's already seeing some of this with one-on-ones with supervisors, sensing sessions and town hall meetings.

The Army and DOD are also gauging morale and attitudes with surveys. Current surveys combined with those from previous years, he said, will show longitudinal trends and impacts.

One of the first steps the Army took when it learned that the furlough would definitely take place was to ensure to the maximum extent possible that those furlough notices be hand-delivered by first-line supervisors, Stamilio said.

The reason was so that there could be an opportunity for conversations where thoughts and feelings could be expressed.

Over the last decade of wartime service, Army civilians have performed as magnificently as their military counterparts, Stamilio concluded.

"Thousands have deployed in harm's way and others have performed essential support service on the home-front," he said. "I want to take a moment to recognize their great service and I want each and every one of them to realize that the furloughs are in no way a negative reflection of their valuable contributions."

Stamilio said he encourages managers to pass that same message on to their own employees.

No good option

The Army and the other services had no other good option but to furlough civilian workers, said Hagel,

who directed the furlough.

"Major budgetary shortfalls drove the basic furlough decision," Hagel wrote in a May 14 memo to service chiefs. "DOD's budget for fiscal year 2013 was reduced by \$37 billion, including \$20 billion in the operations and maintenance accounts that pay many of our civilian workers."

Stamilio thinks this year's furloughs will save the Army about \$500 million.

Although the furlough will result in cost savings, reductions in services are inevitable.

The Army is experiencing a 20 percent staffing reduction as a result of the furlough, which means some tasks or missions are being reduced or simply not getting done at all, Stamilio acknowledged.

As a result of the man-hour losses, managers and supervisors "have been instructed to prioritize the most critical tasks and mis-

sion pieces," he said.

Since this is the first time that DOD and the Army have gone through this type of furlough, "we are still working out the bugs to ensure mission-critical duties are getting done," Stamilio said.

Working out those bugs involves weekly conversations across all Army commands with leaders and human resource managers, he said. Some of those meetings are formal and some are informal.

Besides meeting with Army leaders, Stamilio said he's in contact with outside agencies as well, including a meeting he had this week with all the national labor partners the Army deals with.

"We've got to hear their concerns and suggestions on ways to make things run more smoothly," he said.

Rules for the furlough will remain in place as directed by Hagel, but implementation "will evolve

somewhat on the margins as we figure out better and smarter ways to do things and as we get supplementary guidance from the Office of the Secretary of Defense," Stamilio said.

Some exemptions

Most but not all Army civilians are being furloughed.

Exemptions include employees paid from non-appropriated funds. Since they don't receive paychecks from the Army, no savings would result, Stamilio explained.

Also exempted are some Army civilians involved in health and safety occupations such as police officers, firefighters or emergency-room technicians, he said.

A third category involves those serving in combat zones or in areas deemed critical to national security, such as key intelligence positions.

"Our goal in making

these decisions was participation to the maximum extent possible," he said, meaning to make the process fair as well as to maximize cost savings.

To add to cost savings and to prevent more furlough days, the Army instituted an across-the-board hiring freeze this year, except for positions supervisors or commanders deem "critical" to the Army mission, Stamilio said.

Some in uniform are feeling the impact of the furlough as well.

Reservists who are also DOD employees are also being furloughed, although their normal military duties and paychecks are not impacted.

National Guard Soldiers who are not in a mobilization status are also being furloughed since they are considered "dual-status" employees, getting paid in the same manner as civilian employees when they are not mobilized.

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PHOTO BY SARA E. MARTIN

Lt. Col. Todd H. Marshburn, commander of 1st Battalion, 223rd Aviation Regiment, salutes his Soldiers during the pass in review July 10 at Howze Field after assuming command from Lt. Col. Demetrios J. Nicholson.

Legacy: Commander shares passion, enthusiasm

Continued from Page A1

He has been deployed across several different continents, to countries including South Korea, Egypt and Iraq, and has held leadership positions such as flight platoon leader, assistant battalion operations officer, battalion logistics officer, battalion intelligence officer and was also an instructor at West Point.

He said that he had been dreaming of taking command of the Spartans since he was in flight school.

“I am honored and privileged to serve with you,” he said to his troops. “I can say without hesitation that I share your passion and your enthusiasm. I am truly proud to call myself a Spartan and stand among you.”

The challenges and successes of

command are not the only things he has been looking forward to.

“The start of flight school is so diverse and has a lot of missions that I have done in my career,” said the new commander. “This is a great opportunity to see Fort Rucker from many different angles. I am excited and enthusiastic about this opportunity; I have big shoes to fill. I am glad to be back in Alabama, it is a great place.”

Annually, more than 2,700 U.S. and allied military student pilots fly more than 110,000 flight hours in the battalion’s 27 graduate and undergraduate programs of instruction.

The battalion’s mission is to coordinate and conduct flight instruction and operations at Cairns Army Airfield and Knox Army Heliport to provide the Army and its allied forces with professional-

ly trained CH-47, C-12 and maintenance test pilot Aviators.

Additionally, it conducts initial entry rotary wing contact and instrument training in the TH-67 Creek, while evaluating and performing quality assurance to include instrument flight examiner training, and provides general Aviation and crash rescue support throughout the southeastern U.S.

Preparation: Job fair provides face-to-face opportunity

Continued from Page A1

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 attendance.

“The opportunity to meet face-to-face

with this many hiring agents at one time doesn’t come along often,” said the employment readiness program manager. “It can be hard to even get an interview and see someone, because everything is done over the Internet these days. It’s not easy getting that one-on-one contact time.

“You can make a connection with someone [at the fair] as well as get a business card,” she continued. “This is an

opportunity to actually talk to the people that hire.”

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,” she said. “Make a list of those that might be a match to your skills and see

them first.”

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

For help in finding employment or for more information on the job fair, visit the employment readiness program in Bldg. 5700 or call 255-3949.



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305 Doster ~ \$39,900
Brick home with addition built on back. Close to elementary school & junior high, shopping areas & hospital. Square footage includes extra room with no central H/C. Convenient to downtown Enterprise. **NANCY CAFIERO 389-1758. MLS# 20131480**



205 Rabbit Run ~ \$235,000
New 4BR home with den area upstairs with BR & BA. Open floor plan with beautiful cabinet & many attractive ceiling treatments. **JACKIE THOMPSON 406-1231. MLS# 20131470**



311 Ridgeway ~ \$96,000
3BR/2BA open floor plan, is right off Rucker Blvd but tucked into a neighborhood. 1-car attached garage, large fenced backyard, & wood burning fireplace all for under \$100,000! Mature trees provide shade & view from front porch is unbeatable. The separate shed can store all your yard tools so that your car can go in garage. Nice size master. **MAGGIE HAAS 389-0011. MLS# 20131288**



215 Britney ~ \$152,500
Very nice home with media room. Large fenced back yard. **FRAN & DON KALTENBAUGH 790-5973. MLS# 20131406**



107 C ~ \$119,900
Fixer upper in great neighborhood, nice character, lots of possibilities. Could be a great investment property or starter home. **PAT LEGGETT 406-7653 & JUDY DUNN 301-5636. MLS# 20131412**



102 Pecan ~ \$67,000
Nice starter home & sits on an oversized corner lot. Priced to sell. **BOB KUYKENDALL 369-8534 & ROBIN FOY 389-4410. MLS# 20131436**



133 Club Way ~ \$625,000
Live on the golf course in a custom home designed for entertaining & elegant everyday living. 6BR with a downstairs master suite. The 5BR upstairs are spacious & one is used as an office with a built-in desk. Well-designed home has a kitchen that boasts a huge island. There is storage everywhere. The backyard is breathtaking with the gorgeous golf course view, oasis pool with slide & a screened porch too. 3-car garage has a place to plug in your RV too. **MAGGIE HAAS 389-0011. MLS# 20131297**



112 Deerfield ~ \$72,500
Freshly painted with some updates! Cute 3BR/1.5BA on a huge corner lot. Large backyard with shaded areas, huge double gate for easy access, wooded privacy fencing & chain link combo. Paver brick patio in herringbone design off the kitchen/dining area. Kitchen has updated cabinetry. Garage has built-in shelving for lots of storage & a separate laundry/utility area. Fannie Mae HomePath property, purchase for as little as 3% down! Approved for HomePath Mortgage & HomePath Renovation Mortgage financing. **GINA SWAN 447-9451. MLS# 20131456**



3092 Will Logan ~ \$339,500
Lavish country estate has it all. 3BR/2.5BA plus office with closet that could be a 4th BR. The dramatic staircase greets you upon entering. Dining room with hardwood floor, can host your formal events & huge kitchen with butler's pantry, island & eat-in kitchen area. The family room is breathtaking with 20 ft. ceilings & views forever. Back porch with hot tub can be accessed privately from Master. 2-car attached garage with work area & 2-car detached garage. Plumbed for a well & has a 7 zone sprinkler system. **MAGGIE HAAS 389-0011. MLS# 20131400**



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3363 AUGUSTA: Great 4BR home, very unique, 2 living rooms, great entry way. 25x25 building outside with window air conditioning & electricity that makes a great work shop. Pavilion with a jacuzzi to enjoy your evenings. Great wrap around covered porch & on oversized 2-car garage with 2 garage doors & plenty space with built-in shelves. This property offers a big yard & plenty opportunity. Located just 3 minutes from Fort Rucker. **NICOLE ANNICELLI 464-0782. DIRECTIONS:** Rucker Blvd toward Ft. Rucker, left on Augusta, second house on left.

OPEN SUNDAY 2:00PM - 4:00PM



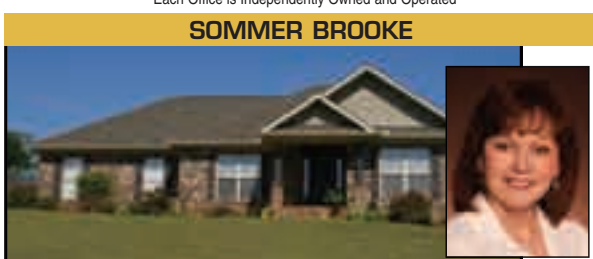
219 ASHBROOK: Roomy & well maintained home located on cul-de-sac. Newly carpeted & freshly painted, this home is move-in ready for your family. You won't believe the back yard. Football anyone? Beyond the back yard is open, wooded pasture. Inside there is a huge family room with a wood burning fireplace, separate formal dining & a breakfast nook. Conveniently located just off the kitchen is a computer room/craft room/office area/ or whatever you want to make it. **Jan Sawyer 406-2393. DIRECTIONS:** From Shell Field Road turn onto Daphne. First left is Ashbrook Drive. House is in the cul-de-sac at the end of Ashbrook.



413 WEST ADAMS ~ \$167,000: Great entry foyer with wooden banister & hardwood floors. Formal living & dining rooms, ceramic tile in kitchen/breakfast & BA's. Downstairs BA remodeled so possible for master suite up or downstairs with walk-in shower, dressing room & BR. So many possibilities. Corner lot with trees & privacy fence. Upstairs BR has 4 closets. Call today for your personal showing. **EVELYN HITCH 406-3436**



COUNTY ROAD 537 ~ \$87,000: Beautiful property in newly development in Bridlewood Manor Subdivision. **JIMMY JONES 406-1752**



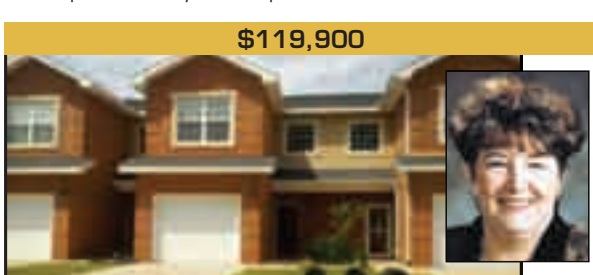
207 W SOMMER OAK ~ \$254,000: Owners were here to stay but transferred unexpectedly. Their loss, your gain, great 3BR/2.5BA, extra room. Maple kitchen cabinets with granite counter tops. Flooring in main living areas are tile & hardwood. Tiled covered patio & plumbed for gas grill. Sommer Brooke just minutes from Fort Rucker, Enterprise Country Club. **JAN SAWYER 406-2393**



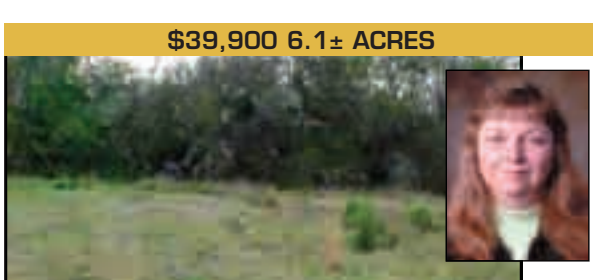
\$399,900: Secluded but close to town, country home on 70± acres, 3BR/2BA, office & in-law suite handicap accessible. 3BR/2BA mobile home. Separate guest suite. Workshop & including stall, 2 open stalls, 3 stall barn, 3 wells, hay barn 50x60, fenced garden with irrigation & shed. The land includes timber, open land, pond, creek, wildlife. Private retreat & home. Very private, yet close to town & the beach. This is a retreat of its own & has so much to offer! **NICOLE ANNICELLI 464-0782**



115 COUNTY ROAD 166 ~ \$226,000: 3BR/2BA, lovely home backs up to woods, new sewage system, split bedroom plan, grandroom, separate dining room, eat-in kitchen, plantation blinds & covered porch. Owner ready to sell & carpets will be cleaned. **ANGIE GOODMAN 464-7869**



215 EAGLE LANDING: Off Shell Field Rd ~ Beautiful 2BR/2.5BA townhouse in great location. Brick & architectural shingles, deck off MBR, clubhouse & pool access. **PAT LEGGETT 406-7653**



911 DALEVILLE AVE: This is a lovely 6.1± acre lot. ESTATE SALE! Partially cleared, lots of possibilities. Close to schools & shopping. Bring all offers. **DEBBIE SUNBROCK 406-9079**



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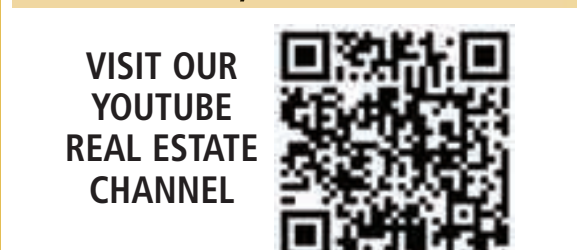
Security system, stainless appliances, Lowe E windows, irrigation system.

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- 225 Jasmine - UNDER CONSTRUCTION
- 229 Jasmine - UNDER CONSTRUCTION
- 248 Jasmine - UNDER CONSTRUCTION
- 252 Jasmine - UNDER CONSTRUCTION

UNDER CONTRACT

- 216 Winterberry - UNDER CONTRACT
- 203 Winterberry - SOLD
- 205 Winterberry - SOLD
- 207 Winterberry - SOLD
- 209 Winterberry - SOLD
- 211 Winterberry - SOLD



Crew rescues 9 stranded off coast



PHOTO BY STAFF SGT. JARROD R. CHAVANA

Members of Joint Task Force-Bravo's 1-228th AVN's flight crew, WO1 Zachary Lugu, pilot (top left), Sgt. Travis Mayo, flight medic (left front), Spc. Robert Clement, crew chief (right front), and CW3 Jay Hanshaw, pose for a photo in front of a UH-60 Black Hawk helicopter, at Soto Cano Air Base, Honduras, July 9. The flight crew supported U.S. Southern Command's coordinated search-and-rescue efforts that located a stranded vessel and saved the lives of two Americans, one Canadian and six Hondurans July 3.

By Staff Sgt. Jarrod R. Chavana
Joint Task Force Bravo Public Affairs

SOTO CANO AIR BASE, Honduras — An Army UH-60 Black Hawk helicopter crew with the 1st Battalion, 228th Aviation Regiment at Soto Cano Air Base was dispatched July 2 to the Caribbean Sea to help locate two Americans, one Canadian and six Hondurans, who had last been seen June 30.

"We flew in a snake pattern for nearly seven hours and covered more than 450 miles searching for them the first day, but to no avail," said CW3 Jay Hanshaw, 1-228th pilot. "The second day, we could see the water currents shifting west as we flew in the grid, and after hours of searching, we received a call from the U.S. Coast Guard to examine a small vessel more closely."

With less than an hour and a half left to search for the vessel before the U.S. forces would conclude the search, the boat was spotted by the Coast Guard's HC-130

Hercules.

At around 8:30 a.m., the aircrew reached the coordinates and could see the passengers were frantically twirling their shirts over their heads, waving their arms and hoping they were about to be rescued.

"The people on the boat were found more than 30 miles outside of the search grid and were being pulled into a current created by a storm off the coast of Belize," said Hanshaw.

The aircrew of 1-228th would then hover over the drifting boat and prepare to hoist a medic out of the aircraft.

"We were hovering about 50 feet above the boat when I was hoisted from the helicopter on a rescue seat," said Sgt. Travis Mayo, a 1-228th flight medic. "The rotor of the aircraft was pelting us with water, and swaying me and the boat from side to side. It even pushed the boat forward as if it were turned on."

The rescue seat used was about 35

SEE STRANDED, PAGE B4

3rd ID Soldiers certify on Raven UAS

By Sgt. Robert Yarbrough
4th Infantry Brigade
Combat Team, 3rd Infantry Division

LOGAR PROVINCE, Afghanistan — Eight Soldiers assigned to the 4th Infantry Brigade Combat Team, 3rd Infantry Division, were certified as Raven unmanned aircraft system operators after a two-week course in eastern Afghanistan July 2.

The Raven is a small, hand-launched, remote-controlled UAS equipped with a camera for surveillance. It can be programmed to fly to pre-designated areas on its own, or controlled manually from the ground. A two-person crew operates the Raven, with one controlling the aircraft, while the other monitors the computer data and ensures the link is maintained between the aircraft and the operator.

Sgt. Harold Wideman, a Raven UAS master trainer, and a mortarman with C Company, 3rd Battalion, 15th Infantry Regiment, 4th Infantry Brigade Combat Team, taught the class — the first to be taught within the brigade by one of its own.

In the past, the unit had contracted instructors, military and civilian, from other military installations to provide the training, but prior to deploying to Afghanistan, Wideman completed the Raven train-the-trainer course to become a qualified instructor.

Wideman's classes covered everything from unpacking and assembling the Raven, conducting pre-flight checks and operations, and what to do if an emergency recovery is necessary.

"It gives us the availability of being able to put eyes on targets without ever having to put Soldiers in harm's way," said Wideman, a Baltimore native. "What we really want is muscle memory. Like when you're playing a video game, you get to the point where you know where the buttons are and

SEE UAS, PAGE B4



PHOTO BY LT. COL. LINDY I. WHITE

ON WATCH

Sgt. Shane Sappington of Oologah, Okla., crew chief for B Co., 2nd Bn., 285th Avn. Regt., Oklahoma Army National Guard, keeps watch outside the door of a UH-60 Black Hawk as the aircraft and crew take part in an exercise featuring a downed aircraft during the unit's annual training in northeast Oklahoma in late June.

ACU-Alternate uniform offers more fit options

By Spc. Danielle Gregory
Fort Sill Public Affairs

FORT SILL, Okla. — A new Army Combat Uniform with special consideration to the female form is now at Fort Sill, and it is being issued to new Soldiers going through Basic Combat Training.

The new uniform, several years in the making, was initially considered as being the first female-only uniform, but instead is now approved for both sexes and is being called ACU-A for Army Combat Uniform-Alternate.

"We started issuing them slowly in April, and we've since been issuing them more frequently as our fitters get more comfortable placing Soldiers in them," said Trevor Whitworth, Central Initial Issue Point project manager, where new Soldiers are first issued their uniforms here.

"They were initially designed for female Soldiers, but we were told if we find male Soldiers that these would fit better than the ACUs then we can issue it to them as well," Whitworth said. "It's more about the fit and the body type."

The new uniform trousers feature: wider areas at the hips, waist and backside; elastic around the waistband instead of a pull string; adjusted pockets and knee-pad inserts; and a shortened crotch length.

In the jackets, changes include: adjusted rank and nametape po-

Army Combat Uniform – Alternate

This 2010 graphic shows a breakdown of proposed changes to combat uniform design to better fit female soldiers. In March, the uniform was approved for use by both sexes. Soldiers will decide whether to wear the ACU or the ACU-A.

Items not shown

- Removed drawstring/added elastic waistband
- Shortened button fly
- Repositioned pockets on lower leg and cargo
- Material on each side of the shoulder blades taken in to conform to the narrower female back, allowing greater freedom of movement.



- A** Shoulder width narrowed
- B** Rank insignia moved above the breast
- C** Adjusted sleeve length and width
- D** Repositioned elbow patches
- E** Repositioned pencil and sleeve pockets
- F** Adjusted the cut of the material to conform to a woman's chest, hip, and waist size
- G** Longer length front and back
- H** Adjusted hip to waist ratio
- I** Adjusted the front and back rise to fit the female body
- J** Repositioned knee patches

PHOTO ILLUSTRATION BY PROGRAM EXECUTIVE OFFICER SOLDIER

This 2010 graphic shows a breakdown of proposed changes to the Army Combat Uniform design to better fit female Soldiers. The uniform, called the ACU-Alternate, has since been approved for use by both sexes, and it has started being issued to Soldiers going through Basic Combat Training at Fort Sill, Okla. Soldiers can choose whether to wear the ACU-As or the ACUs.

sitioning; adjusted pockets and elbow-pad inserts; slimmer shoulders; a thinner and more fitted waist; and a longer and wider ACU coat bottom. Also, buttons are replacing the Velcro pockets.

"If it makes you more comfort-

able in wearing that, then I think it's well worth it," Whitworth said. "When you're low crawling or doing a lot of physical training it's nice to have a pair of trousers that have a little give-and-take in them. I think having made uni-

forms for a female body type, will make a big difference for female Soldiers."

Compared to the original ACUs, which were designed principally

SEE OPTIONS, PAGE B4

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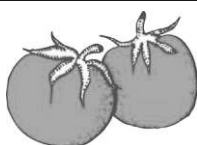
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Stranded: Proper strategy aided in rescue success

Continued from Page B1

inches high and had two 12-inch-by-3-inch collapsible seats, with two retention straps inside of a bright orange bag connected at the top.

In order to not capsize the boat and cause further injury, Hanshaw decided to gain another 30 feet in altitude and help stop the boat from drifting even further away.

“We have protocols for just about every scenario, but we had to figure out the best strategy to save the passengers because we knew they would be weak and dehydrated,” said Hanshaw.

Mayo assessed the injuries of the nine crew members, and sent the injured and weakest up first. The passengers hadn’t eaten in days and were only able to drink rain water, which they caught inside of their ice chest.

“One of the females had hurt her wrist a week prior, so I examined her splint before securing her on the rescue seat and then I sat on the other seat,” said Mayo. “She was scared and I wanted to ensure she was going to make it to the aircraft.”

Mayo, physically exhausted, would be hoisted back and forth from the helicopter to the vessel another three times before they decided to try a different plan.

Trying to use pinpoint accuracy to place Mayo into the boat began to tax him physically, so the aircrew came up with a strategy to lower him into the Caribbean Sea and have him swim a few meters to the boat. This helped loosen the strain of the water pounding the vessel and its crew.

“I was then able to load the last six people onto the rescue seat, two at a time,” said Mayo.

During the nearly two-hour rescue, the aircraft flew to the island of Roatan and landed with less than 30 minutes of fuel remaining.

This wasn’t Hanshaw’s first rescue. While deployed to Afghanistan, he flew a solo Black Hawk into a hot landing zone to save the lives of two U.S. Marines. After a narrow escape, where an AK-47 round ripped through the side cockpit door, striking the ballistic cover of his helmet and imbedding shrapnel into his cheek, Hanshaw would vacate the area and receive the Army’s Distinguished Flying Cross for his bravery.

“Daily training ensures our aircrew members maintain the highest levels of proficiency and readiness for real world events, although you may never know when you will use this training, it’s times like this you’re glad you have it,” said Hanshaw.

UAS: Training reduces cost, increases safety for Soldiers

Continued from Page B1

what they do without even thinking about it, and the only way to get there is with flight time.”

Spc. Jonathan Hensley, a native of Ellijay, Ga., and a cavalry scout with Troop A, 6th Squadron, 8th Cavalry Regiment, 4th IBCT, said having certified Raven operators would make surveillance easier for everyone in the unit.

“It will give everybody more time to get ready for other things, instead of always having to go on a dismounted patrol (for surveillance),” Hensley explained.

Having well-trained Soldiers to effectively operate and maintain the Raven UAS will not only help to reduce the financial cost to the unit, and the Army, but will also help reduce a much more important cost – the deaths of Soldiers.



PHOTO BY KARL WEISEL

Spc. Nathan Santos, a native of Layton, Utah, and a wheeled-vehicle mechanic, and Spc. Jonathan Hensley, a native of Ellijay, Ga., and a cavalry scout, both with Troop A, 6th Squadron, 8th Cavalry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, conduct pre-flight checks on the Raven UAS before flying a training mission, while Sgt. Harold Wideman, a Baltimore native and a Raven UAS master trainer with C Co., 3rd Battalion, 15th Infantry Regiment, 4th IBCT, supervises the training July 2 in eastern Afghanistan.

Options: New uniforms will be more tailored to individuals

Continued from Page B1

by males for males, the new ACU-As were created to fit a wider range of body types, so there are also a lot more sizes to choose from – 13 sizes in both the jacket and trouser.

“The old uniform was meant to be one size fits five sizes; these are more tailored,” Whitworth said.

First Lt. Beatriz George, Reynolds Army Community Hospital dietitian, said she thinks it’s great to have more sizes to choose from. She added when Fort Sill gets the uniforms at the Military Clothing Sales store she will try them on and consider buying a pair.

“With our uniforms now, it’s like it’s either too tight or too big; it doesn’t feel right as they are now,” George said.

Although interested in the new uniforms, she said if they were created to be noticeably different, she wouldn’t want to wear them.

“What’s great about the military is that everyone is equal, and it’s one of the few professions where men and women are paid the same, but if you can’t tell, and they are unisex, then I’m OK with it,” George said.

Program Executive Office Soldier, the program that develops and improves military uniforms and equipment, developed the new uniforms by letting male and female Soldiers wear the uniform and provide feedback. This came about after a 2008 focus group of female Soldiers showed PEO Soldier that ACUs have a non-female friendly fit.

Many females in the focus group reported that the knee-pad inserts fell on their shins, that they didn’t have as much mobility because of the poor fit and that they felt they had an overall unprofessional appearance.

Maj. Sequana Robinson,

who was one of many that tested the new uniform, said in a PEO Soldier press release that she was very skeptical when first hearing of the uniforms; she didn’t think women needed a uniform more fitted to their bodies, but after trying it on the first time she was very pleased with the fit.

PEO Soldier is also in the process of developing female body armor and a female flight suit, which are still in development stages.

New black and yellow PT uniforms are also in the development stages, and a new improved duffle bag, which includes a zip-

per, has just been released and is being issued to basic training Soldiers.

ACU-As are now available for all Soldiers at: Fort Hood, Texas; Fort Lee, Va.;

Fort Belvoir, Va.; and Fort Eustis, Va.

Fort Rucker’s Military Clothing Sales Store does not carry them yet, nor has the Army and Air Force

Exchange Service’s headquarters said when or even if the uniforms will be available locally, according to Kim Hampson, AAFES representative.

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JULY 18, 2013



Fort Rucker goes to dogs with Bark Park

By Sara E. Martin
Army Flier Staff Writer

Soldiers are not the only citizens on post who have to keep up their figure and release pent up energy, and Fort Rucker offers a way for those citizens to bark til dark.

There are around 700 dogs living in the three Corvias Military Living neighborhoods on post, and the Bark Park that was set up for them five years ago is still one of the best places parents and their four-legged children can go to stretch their legs, said Brandon Masters, CML communications manager.

“We are limited to how much yard space we can provide for each house,” said Masters, “so it is a great place where people and dogs can run around and meet other dogs and neighbors.”

Though there were a few comments on how to improve the park for dogs and fur parents, most thought that Corvias is doing a good job in offering amenities that people want.

And though the park is for the enjoyment of dogs, human parents enjoy it just as much.

“This is good for both me and my dog. I get to meet nice people here, and I know she is learning how to behave better and get the exercise she can’t get at home,” said Mijung Kim, Army spouse, who has a husky. “I also like coming because it is a great way to exchange information about dog topics such as rescues and vets.”

“Keeping a dog physically and mentally active by taking them to the park can help their behavior while at home,” said Masters. “If a dog barks while in the back yard, getting some exercise may curb that.”

The Bark Park is located in the



PHOTO BY SARA E. MARTIN

Butter, a golden retriever, and Tanner, a lab mix, take a moment to rest in the shade after playing at the Fort Rucker Bark Park Friday.

Bowden Terrace neighborhood on Artillery Road near the Fort Rucker Primary School.

The park, which is open from sun up to sun down, was constructed with recycled materials, said the communications manager.

“The Barking Lot is made from crushed foundations from old homes, and we made the pavilion from materials from an Allen Heights patio,” he said. “We also were able to locate the park on a lot where there was previously a home, so we were able to put in a water spout so dogs can get a drink and be cleaned off.”

The central location of the park

on the installation was one of the best features for one Army spouse, Jennifer Kerwin.

“It’s a great way for my dogs to socialize and play ball,” she said. “It is good for dogs to be exposed to new people and new dog friends.”

“All animals need that interaction with other animals and other people. Those who don’t get that exposure are the ones who are more timid, afraid or aggressive,” she continued.

The park is broken up into three sections for dog safety – an entry area, an area for small dogs less than 20 pounds and a large area for

dogs over 20 pounds.

For the health and safety of everyone who utilizes the park, Corvias asks that dogs less than four months old be kept out of the park because they have not received all of their vaccines at that age.

Dogs in season are not allowed to play in the park as well, and all dogs must wear a collar and identification tag.

For those who have never used the park before, Masters suggests visiting the park at non-peak times, which are weekdays from late afternoon to sundown.

Masters also offered tips for bringing a four-legged friend to

the park.

Let the dog off leash as soon as they enter the fenced area so the dog feels comfortable when other dogs greet them.

Be aware that dogs have different play styles and be educated on dog behavior.

Don’t smoke or eat while at the park because cigarette butts and food wrappers are tempting for dogs to eat.

Mischief can happen quickly, so always be aware of what your dog is doing.

For problems, suggestions or concerns about the Bark Park, call a CML neighborhood center.

Body Mechanics pampers Soldiers, Families

By Sara E. Martin
Army Flier Staff Writer

Being in and working for the Army can be a vigorous and stressful life, but Fort Rucker wants all of its workers, and Family members, to know that they deserve a chance to be pampered and indulged.

Body Mechanics Day Spa located in the Andrews Avenue Physical Fitness Facility, offers a little relaxation and luxury for a reasonable price, said Barbara Leger, licensed massage therapist with Body Mechanics.

“We have extremely competitive prices and we have a service available for every income level,” she said. “Everyone can be treated to a special occasion and be pampered.”

Anyone who is an authorized patron of Directorate of Family Morale Welfare and Recreation services is allowed to make an appointment with Body Mechanics.

The spa offers seven different services, which are a 30-minute massage for \$25, a 60-minute massage for \$45, a 90-minute massage for \$70, facials for \$30, a retreat for the feet for \$30, a body polish for \$30 and chair massages that are \$1 per minute.

“The benefits of massage go hand-in-hand with fitness,” said Leger. “Massage, historically, has been used to help circulation, muscle soreness and tenderness, and chronic pain to include fibromyalgia and arthritis.”

“Blood pressure is usually lowered after a massage, and massages increase the chemicals that induce feelings of happiness as well,” she continued. “The sleep cycle can also improve.”

The European-style facial is a cleansing facial that includes a massage, which creates a healthier look.

“Our retreat for the feet is a 30-minute treatment just for the feet,” she said. “It includes massage, hot towels and a wrap. It helps with the health of the skin and tissue, as well as with stress.”



PHOTO BY SARA E. MARTIN

Barbara Leger, licensed massage therapist with Body Mechanics, gives a client a back massage July 11 at the Andrews Avenue Physical Fitness Facility Body Mechanics Day Spa area.

The body polish is a 30-minute exfoliation service. The skin on the arms, legs and back is exfoliated with a citrus scrub, and is followed by hot towels and moisturizer.

“It is great for people who are getting ready for a special occasion or if they have dry skin. It gives the skin a bright, healthy glow,” said the massage therapist.

There are several different styles of massage people can choose from, including pregnancy, Swedish, deep tissue, neuromuscular and hot stone.

It is no secret that Fort Rucker is dominated by flight students, and Leger said that flight students in particular seem to enjoy the relaxation massage.

“I think that they are aware of how much physical

stress they are under, but when they come in they are surprised at the amount of mental stress that can be relieved through a little pampering,” she said.

The act of getting a massage for the first time may seem embarrassing for some and even nerve wracking, but Leger said that the client is in charge and if there is an uncertainty about something the BM therapists will answer any questions.

“When getting a massage, we first talk to the client about how they are feeling,” she said. “If they have any concerns or complaints about a particular body part, such as lower back problems or pain in a knee, we can tailor the massage to fit the person for that day.”

When clients undress for their massage, they are in the room alone. Leger said that people can undress to their level of comfort.

“It would be better for clients to have their shirts, and for women bras, removed,” she said. “Most people receive a massage in just underwear.”

Clients stay covered the entire time, she affirmed.

“While I am working on your back, that is the only thing visible. While I am working on your left leg, that is the only thing visible. And while lying on your back you are covered up to your underwear,” she said.

“We are here for people, whether getting a massage or facial for the first time or for people where this is their way of life,” she said. “The No. 1 thing people need to do is talk to us.”

The spa is open for appointments Mondays through Thursdays from 8 a.m. to 7 p.m., Fridays from 8 a.m. to 5 p.m. and Saturdays from 8:30 a.m. to 2 p.m.

“We are able to accept tips. It is not expected but always appreciated,” said Leger. “If you would like to leave a tip just leave it in the room where we will find it.”

For more information or to set up an appointment, call 255-2296.

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.

Crafting with Books

Center Library will host Crafting with Books today 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 Saturday beginning at 6 p.m. and ending Sunday 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.

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 Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950.

For more, call 255-2382.

Soldier Show

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

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.

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.

Family Member Resilience Training

Army Community Service offers Family Member Resilience Training Aug. 13 and 14 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The Army recognizes the increased sacrifices that Family members make on a daily basis, and these classes are free and designed to provide Fam-



PHOTO BY NANCY RASMUSSEN

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.

ily members with the thinking skills and coping strategies they need to meet and overcome life's challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing general wellbeing.

To register or get child care information, call 255-2382 or 255-3735 by Aug. 9.

EFMP Lunch and Learn

The Exceptional Family Member Program hosts a free lunch and learn session Aug. 13 from 11:30 a.m. to 12:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue. The topic will be homework and studying techniques for children with Autism Spectrum Disorders. The presenter will be Chikondi Saiwa, a board-certified applied behavior analyst. Attendees should bring their own lunch.

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

Back to School Bash

Child, youth and school services will host its Youth Center Back to School Bash Aug. 17 from 6–11 p.m. There will be music, food, games, prizes and more. Parents and guardians are welcome to join the fun. CYSS will also host an outdoor baseball game featuring youth vs. staff and parents.

For more information, call 255-2245.

AFTB Military Knowledge

Being new to the Army can be confusing, so Fort Rucker's Army Community Service offers its Army Family Team Building military knowledge classes Aug. 21-22 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. The classes give people the knowledge and tools to thrive in Army life. AFTB Level I classes include modules of learning: military acronyms, chain of command, customs and courtesies, benefits and entitlements, and more.

For advance registration and childcare information, call 255-2382 by Aug. 14.

Spouse Sponsorship Training

Active duty, retiree and Army civilian spouses interested in sponsoring other spouses who are new to the community should attend Army Community Service's spouse sponsorship training Aug. 23 from 9-10 a.m. at The Commons.

For more information, call 255-3735.

DFMWR Spotlight

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event in conjunction with the 2013 Silver Wings Pro Am



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Silver Wings Golf Course,
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www.ftruckermwr.com



Lyster advises parents to bring children in early for immunizations

By Katherine Rosario
*Lyster Army Health Clinic
Public Affairs*

Although summer vacation is still in full swing, the Lyster Army Health Clinic Immunization Clinic is asking parents to start thinking about their child's immunizations a

little earlier this year.

Each year, newly enrolled school-age children must turn in an immunization certificate, also known as a blue card, to their school before the start of the academic year.

Normally, parents bring children in for immunizations, and their

blue card, one to two weeks before school starts. This year, however, Lyster staff would like to see children even earlier so blue cards can be completed on time. This measure will help counteract the degradation in services due to the furlough.

"Turnaround time for blue cards

may take up to 72 hours this year, so we encourage all parents to bring their children in earlier, so there is no risk of them being turned away on the first day of school," said Lt. Col. Samuel Jones, immunization clinic chief.

Blue cards can be processed quicker when parents bring in all

shot records to more accurately complete the blue card request form.

Staffing will be at a minimum during lunch hours, and parents are encouraged to plan ahead and come early.

For more information, call the immunization clinic at 255-7754.

Protect your eyes from ultraviolet light

By Michael D. Pattison
U.S. Army Public Health Command

July is Ultraviolet Light Safety Month, and anyone who has been sunburned in the past knows the effects of too much sun and UV light exposure.

Most people are aware that prolonged UV exposure can cause skin cancer and speed up the aging process of skin. Some people are aware that UV light is needed by our bodies to produce Vitamin D, which helps strengthen bones, muscles and the immune system, and helps improve people's moods.

Yet many people are not aware that prolonged UV exposure damages the tissues of the eye, and can lead to cataracts and other eye conditions, such as the loss of central vision because of macular degeneration.

In fact, most people do not recognize the importance of UV protection for their

eyes to prevent visual impairment. A recent study by the American Optometric Association stated that only 47 percent of Americans thought that UV protection was the most important factor when selecting sunglasses.

So what is UV light? UV is that invisible part of the light spectrum below blues and violets. While the primary source of UV light is the sun, other sources include welder's flash, fluorescent lighting, high-intensity mercury vapor lamps, xenon arc lamps, and UV lamps and devices used in certain occupations.

Those who spend a lot of time or work outdoors or spend prolonged hours working with UV-emitting light sources and children are at greatest risk. While the Occupational Safety and Health Administration does not have a standard for exposure to UV light, other agencies have established thresholds for exposure. Most types of UV lighting result in exposure levels

well within acceptable exposure thresholds; however, if you are at all concerned, protect your skin and your eyes.

For your eyes, use eyewear that provides as close to 100 percent eye protection from UV exposure as possible. Be aware that the tint of the lens has nothing to do with the UV protection of the lenses. A clear lens with 100 percent protection is better for your eyes than a dark, tinted pair without UV protection. In fact, dark lenses without UV protection can be even

worse for your eyes because they allow more UV light to get into your eyes due to your pupils being larger. There are many safety glasses on the market that protect eyes from UV exposure, and all Military Combat Eye Protection, even with the clear lenses in place, "block 99.9 percent of all UVA and UVB light."

The answer is simple — preserve your sight to fight. Wear proper UV protection whenever exposed for prolonged levels of ultraviolet light.

Children should eat healthy while on-the-go

By Lt. Col. Karen Hawkins
U.S. Army Public Health Command

Is eating on-the-go now the norm for your Family?

Busy Family schedules often lead to fast foods and convenience foods. Unfortunately, these food and beverage choices are often not the healthiest and may cause children to eat too many calories.

In addition, many of these on-the-go food choices may not provide important nutrients children need for good health. Too many calories, especially when coupled with inactivity, contribute to our nation's growing trend in childhood obesity. Obesity affects about one out of five children and adolescents in the United States — triple the rate from just one generation ago.

Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing risk for child and youth obesity. One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in both adults and children. Another study suggests that people who eat more low-calorie and nutrient-dense foods, such as fruits and vegetables, have a healthier BMI.

An easy way to get more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks. Five to nine servings per day of fruit and vegetables is recommended.

Many children and teens get almost half their calories each day from added sugars and solid fats. About half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

To help replace some of those empty calories with more nutrient-dense food, here are a few ideas to create convenient, on-the-go meals and snacks. Many of these can be assembled in 10 minutes or less. For extra time savings, cut up fruits and vegetables on the weekend.

Banana and nut butter wrap: Mash a banana and mix with any nut butter (this is

a great opportunity to try a different butter — like almond butter, which is high in vitamin E and protein). Sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

Turkey, ham or chicken with hummus or Greek yogurt wrap: Spread some hummus or Greek yogurt on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a small amount of mayonnaise.

Pita pocket with curry chicken salad: Take chopped chicken and mix it with a little curry, Greek yogurt, chopped celery and chopped carrots. Put it in a whole-wheat pita pocket with spinach or romaine lettuce.

Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain crackers and pita chips: Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also pack some whole-grain crackers or pita chips for energy-packed carbohydrates.

Low-fat yogurt, cheese, sandwiches: Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

Trail mix: Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient dense, energy-packed food and bag it. This is a great take-it-anywhere food.

Other snacks: Cheese sticks, nuts, frozen yogurt, soy or almond milk, 100-percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

For more information about healthy eating for children, visit:

- Kids eat right, <http://www.eatright.org/kids/>;
- U.S. Department of Agriculture, <http://www.choosemyplate.gov/kids/>; and
- Web MD, <http://www.webmd.com/parenting/features/healthy-snacks-for-kids>.



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Church Directory

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

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1 Corinthians 11:1

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Mobile offers a romantic getaway

By Lee Sentell
Alabama Tourism Department

If you’re considering a romantic getaway, put Mobile at the top of your list. This beautiful city alongside Mobile Bay is an original French settlement more than 300 years old, with spreading live oaks that create shady canopies over the downtown and the wrought iron balconies on historic mansions.

Residents don’t really consider their city as part of Alabama, but rather as part of the Gulf Coast that stretches from New Orleans to Pensacola and Savannah. Because of the city’s fascinating history, you’ll find a number of museums and dramatic architecture that encourage strolls along broad sidewalks. The proximity to the Gulf of Mexico puts fresh seafood on most menus.

As you’ll discover when you visit, everything about Mobile is steeped in history, so a Cliff’s Notes about the origin of Mobile’s Mardi Gras is in order. Although some forms of religious celebrations leading up to Lent began in the 18th century, Michael Krafft led a rowdy bunch of friends on New Year’s morning in 1830 that evolved into an annual celebration with parades that lasted until the Civil War. The city was occupied by Union troops after the war and the celebrations ceased. On Shrove Tuesday in 1866, town market clerk Joe Cain dressed up like a Chickasaw Indian and drove a charcoal wagon through the streets while singing. His merry portrayal of Chief Slacabamorinico was a political statement aimed at the Union army troops because the Chickasaws had never been defeated in battle. Cain returned the following Shrove Tuesday with a band of off-key musicians, whose antics eventually caught the fancy of Mobile society who organized and refined the event. By 1872, Carnival had its first monarch, King Felix, and the formal balls and parades were staged by the leading social clubs.

Joe Cain died in 1904 and his epitaph in the Church Street Graveyard, reads, “Here lies old Joe Cain, the heart and soul of Mardi Gras.” Each year, the Sunday before Mardi Gras is celebrated here as Joe Cain Day, when numerous “Cain widows” lead mourners to his grave. You can pay homage to Joe Cain daily by having a drink in the bar named for him at the Battle House hotel.

Joe Cain’s residence still stands in the historic district that surrounds Oakleigh Mansion, 300 Oakleigh Pl.; (251) 432-6161, a lovely raised cottage-style home built in 1833. Visit

the Oakleigh house museum to see an important portrait collection, including a portrait of socialite Octavia Walton that Thomas Sully painted in his Philadelphia studio in 1833. Cain’s home, a private residence, is at 906 Augusta.

Michael Krafft is not forgotten either. Modern-day Mardi Gras revelers head for Magnolia Cemetery, 7202 Virginia Street, to pay their respects and scatter plastic trinkets on his grave. His obelisk marker with symbols of the Cowbellion Society is at the southeast corner of Square 6. To reach the historic cemetery, turn south off Government Street to Ann and go a mile to the entrance on your left.

Where to stay

Mobile offers 7,500 rooms with lodging options to fit every budget. Located just steps from Mobile’s entertainment district and downtown attractions is the Battle House Renaissance Hotel and Spa, 26 N. Royal St.; (251) 338-2000, which has been a favorite of celebrities, sports legends, a president and a king since 1852. Completely restored to its original grandeur, this AAA-rated, four-diamond hotel offers The Trellis Room, Mobile’s only four-diamond restaurant; a magnificent ballroom; and a 10,000 sq.-ft. spa. The Renaissance Mobile Riverview Plaza Hotel, 64 S. Water St.; (251) 438-4000, is perfect for conventions, stylish social gatherings or weekend escapes. Enjoy dining in the Harbor Room or listening to live music in Fathoms Lounge. A luxury hotel with 170 guest rooms, the Admiral Semmes Hotel, 251 Government St.; (251) 432-8000, opened in 1940 and has hosted stars like Bob Hope and Elvis Presley.

Explore historic sites

After checking into your hotel, head for the recreated 1735 Fort Condé, 150 S. Royal St.; (251) 208-7569, that is the official welcome center. The foundations were uncovered during construction of an I-10 interchange and the French fort was rebuilt during the U.S. Bicentennial in 1976. Costumed guards give tours and explain the history of the city.

A few steps away from Fort Condé is a museum that will help you understand Mobile. City government moved from the 1857 City Hall into the modern building nearby and made room for the History Museum of Mobile, 111 S. Royal St.; (251) 208-7569, in time for Mobile’s tricentennial in 2003. Some of the notable exhibits found in the museum include a 700-year-old canoe, a model of the Confed-

erate submarine H. L. Hunley, a large terra cotta statue of a French peasant raising the torch of freedom, and tributes to hometown heroes Admiral Raphael Semmes, captain of the famed CSS Alabama; baseball legend Hank Aaron, and Joe Cain, the Mardi Gras booster.

The museum that many visitors remember from their trip is the Mobile Carnival Museum, 355 Government St.; (251) 432-3324, or what most people call “the Mardi Gras museum.” The main difference is Mardi Gras is only one day (Fat Tuesday) whereas carnival is the social season of galas and parades that leads up to the day before Lent starts. This is a showcase of glittering, handmade coronation costumes that denote the social status of the most important Families dating back to Old Mobile. Fur-lined trains and crowns that date back to the 1860s fill gallery after gallery.

Bellingrath Gardens and Home, 12401 Bellingrath Gardens Rd.; (251) 973-2217, located 20 miles southwest of Mobile off I-10, was the creation of Walter and Bessie Bellingrath, local philanthropists who opened their gardens to the public year-round beginning in 1934. As described by Mr. Bellingrath, “The Gardens are like a beautiful woman with a different gown for each week of the year.” With the blooming of the camellias in winter, the azaleas in spring, roses in the summer, chrysanthemums in autumn and the fabulous Magic Christmas in Lights during the holiday season, the 65-acre estate is a parade of beauty throughout the year. In addition to strolling through the gardens, you can tour the elegant home, explore the gift shop and dine in the Magnolia Café. You can also experience the scenic beauty of Fowl River aboard the Southern Belle River Boat and enjoy regular activities on the Great Lawn.

Stepping out in Mobile

Mobile offers a variety of culinary options stretching from one end of the city to the other. Located near Battleship Memorial Park, on the Causeway between the Eastern Shore and Mobile, is the Original Oyster House, 3733 Battleship Pkwy.; (251) 626-2188, which first opened its doors in Gulf Shores in 1983. The Causeway location opened in 1985. Among other restaurants, you will find Ed’s Seafood Shed, 3382 Battleship Pkwy.; (251) 625-1947, home of “Yo Mamma’s Platter,” Tacky Jack’s, 1175 Battleship Pkwy.; (251) 621-8988, and Felix’s Fish Camp, 1530 Battleship Pkwy.; (251) 626-6710. Felix’s is a great stop for lunch or dinner and the crab soup is delicious.

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

MONDAY, JULY 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 hand-building 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.com/52trail.

MONDAY THROUGH JULY 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 Currington Farms Summer Fair will begin at 10 a.m. There will be bounce houses for children, games and a cook out. Event will be off Hwy 27 N where Hwy. 27 meets Shellfield Rd.

AUG. 22 — The Rural Domestic Preparedness Consortium is offering a free Department of Homeland Security-certified course on media awareness and response from 9 a.m. to 4 p.m. at the Enterprise Civic Center.

The course provides valuable insight

into helping to understand how the media works and how best to work with available media outlets. This six-hour instructor-led course will bean in a classroom-lecture. Registration deadline is Aug. 8 by noon. Register online at www.ruraltraining.org/training/schedule/2013-08-22-awr209-enterprise-al-001/. For more information, call 606-677-6000 or email info@ruraltraining.org.

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 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter 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 Cen-

ter 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 and teen class from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

ONGOING— Every 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

Boating and outdoor expo

A Boating and outdoor expo will be held Saturday from 10 a.m. to 8 p.m. at the Bay Point Marina in Panama City Beach. Several boat dealers and outdoor retailers will be showcased. Local musicians will perform and John Godwin and Justin Martin of the television show “Duck Dynasty” will be making an appearance. Entry is \$10 per person; children 12 and under are admitted free. Bring

chairs, but no coolers. For more information, call (850) 235-6911.

Fight against cancer

Making Strides Against Breast Cancer’s kickoff, featuring the third annual “Battle of the Bras,” will be held Aug. 11 from 6-8 p.m. at FSU-Panama City Holley Academic Center. Bring a decorated bra to enter the “Battle of the Bra’s” fashion show. Bras will be judged by cancer survivors. Making Strides Against Breast Cancer’s 5k non-competitive walk will be held Oct. 26 at Aaron Bessant

Park. Registration is at 7 a.m. with the walk beginning 8 a.m. in Panama City Beach. For more information on these events, call (850) 236-6023 or visit www.bay-pointwyndham.com

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 infor-

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BLDG. 109

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.



COURTESY PHOTO

Pick-of-the-litter

Meet Tonka, a six-week-old female kitten available for adoption at the Fort Rucker Stray Facility. She was found in a clearing barrel but is very sweet and spoiled. She loves dogs but is still very tiny. It costs \$81 to adopt Tonka and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. 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 stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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

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

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JULY 18, 2013

Pro-Am gives golfers chance to play with pros

By Nathan Pfau
Army Flier Staff Writer

The Silver Wings Golf Course on Fort Rucker doesn't have a shortage of tournaments, but one tournament offers a unique experience where golfers can not only compete, but also learn.

The 2013 SWGC Pro Am Tournament will be Aug. 3 and will give amateur golfers the opportunity to learn and play with professionals of the game, according to Chet Hallman, SWGC business manager.

"It's a great opportunity that you don't really see in our area often," said Hallman. "It's just something unique that we try to offer to our members and the public in general."

The event is open to the public with an entry fee of \$100 for non-members and \$75 for members. Professional participants must enter through the Emerald Coast Professional Golf tour organization.

"The professionals (who participate are) from the Emerald Coast Tour, some from the NGA Hooters Tour, and some Dixie-Session professionals as well," said the business manager. "This is a fun and unique format to give these guys a chance to see some really good players."

The tournament differs from other tournaments hosted at the course because of not only the fact that professionals will be involved, but the team play will be different as well.

"Normally, when we have a typical tournament, most are four-person scrambles," said Hallman. "The game they play this time will be Team Stableford, which is a point system."

Each pro will team up with amateurs to create a five-person team, and the teams will score points depending on how well they shoot and lump their scores together and add them to the pot. Unlike traditional scoring in golf, the goal in the Stableford point system is to have the highest possible score rather than the lowest.

Last year's tournament brought nearly 100 participants together and Hallman hopes to either match or beat that number this year.

"We're hoping for a full fill, 100-120 amateurs and 30-40 professionals to participate," he said. "This is a fun and unique format to give these guys a chance to see some really good players."

The night before the tournament, SWGC will host a social meet-and-greet that will start at 7 p.m. as a way for people to get to know each other and meet some of the golf pros. Additionally, names will be drawn at random to be placed in teams with each professional golfer.

Entry into the tournament will also come with dinner that night during the meet-and-greet and breakfast the following morning before the tournament. Participants will also be given a SWGC T-shirt and other items.

In conjunction with the Pro-Am Tournament, some of the professionals are competing as an individual in addition to competing with their team for the Emerald Coast Professional Tournament, said Hallman. The professionals will compete again on Sunday for the second round, and the low score over the 36 holes for both days will determine the winner.

All entries must be received by 5 p.m. Friday. For more information, call 598-2449.



PHOTO BY NATHAN PFAU

Christopher Owens, amateur golfer, takes a swing from the fairway to get his ball on the green during the 2012 Silver Wings Golf Course Pro-Am Tournament last year. This year's tournament will be Aug. 3 and entries must be received by 5 p.m. Friday.

Youth sports provides recreation, learning experience

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Youth Sports and Fitness Program is taking registrations for its various youth sports programs.

Registration is open now through Aug. 2 for youth tackle football, cheerleading, tennis and fall soccer, said Randy Tolison, youth sports and fitness director, as a way to support the Army mission and help create well-rounded youth.

"We are here to support our Soldiers, and part of supporting our Soldiers is making sure that they are capable and able to perform their mission," said Tolison. "We give them an alternative for their children to participate in our sports program."

"Also, we want to keep our young people engaged in activities that will hopefully keep them from becoming engaged in other extracurricular activities that might cause them to get into trouble," he added.

Additionally, the youth sports program is also beneficial in that it keeps children at higher fitness levels.

"We also feel that it's important for children to stay active," said the director. "There is an obesity epidemic going around and we're not exempt from that, so we want our children to be in shape when they finish our program, feel good about themselves and feel like they can compete with the next level of sport that they are going into."

Fitness is only part of what children experience while participating in sports on Fort Rucker. The youth program also instills values into its children that officials hope will stay with youth throughout the years, said Tolison. Some of the character traits they learn are teamwork, sportsman-



COURTESY PHOTO

Youth football players pose with a trophy during a previous season. Youth sports registration is open now through Aug. 2 for tackle football, cheerleading, tennis and fall soccer.

ship, respect and trustworthiness, but one of the biggest gains children will receive are the friendships they make.

"Our military personnel travel from state-to-state and even country-to-country, and we want our young people to develop a special bond with other children so that they can relate with them when they get to their next duty station," he said. "We just want our children to be well rounded, and part of that is playing sports."

One way the youth sports program is doing that is through a change it made in the tackle football program, which has changed to become intramural 7-on-7 tackle football. This means that teams will only play other Fort Rucker teams. This change was brought about in order to better the program and even out the competi-

tion in the sport, said Tolison.

"The outside communities that we have been in leagues with, they were just so much bigger than us that we just couldn't compete with them physically," he explained. "We decided to make the change for the betterment of our program and to allow our children to experience success."

Tackle football is available to children ages 8-10 for Pee Wee, and 11-13 for Midget, and cost for registration is \$65. Cheerleading and cheerleading mascots are open for ages 4-5 for Pee Wee mascot, 8-10 for Pee Wee cheerleading, 6-7 for Midget mascot, 11-12 for Midget cheerleading, and cost is \$20 for youth ages 4-5 and \$40 for all others. Tennis is for ages 7-18 and cost is \$40 per youth. Fall soccer is available for ages 4-5, training league;

ages 6-7, Pee Wee league; ages 8-9, Mites league; ages 10-11, Midgets league; and ages 12-14, Junior league. Soccer registration is \$20 for ages 4-5 and \$40 for all others.

All children who wish to participate in youth sports must have a child, youth and school services membership, must have a current physical that will last throughout the season, and must meet age requirements by Sept. 1. If a child is not registered with CYSS, parents can have them registered at parent central services, or call 255-9638.

Another important aspect of youth sports is safety, and coaches play a large part in keeping the children safe, said Tolison, adding that the program is always in need of more coaches.

"Our coaches go through some rigorous training, and we make sure, that they have a first-aid kit on them," he said. "We do train our coaches and we don't want them to take unnecessary risks, we don't want any child hurt, so safety is our top priority."

Each coach goes through three to four hours of training and is thoroughly screened through background checks.

Tolison encourages people to coach youth sports and said that one of the perks of coaching is that their child gets to participate in any of the sports free of charge.

"We need good, quality people, but they don't necessarily need to be the most knowledgeable person on the sport that they are coaching," said the youth sports director. "We just need somebody that is willing to learn about the sport and willing to sacrifice some time for our children."

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

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. MEDICAL: The condition called nephrolithiasis is more commonly referred to as what?
2. CONGRESS: What did the acronym HUAC stand for?
3. INVENTIONS: What 19th-century ranching aid did Joseph Glidden invent?
4. GENERAL KNOWLEDGE: What are Georgetown University's sports teams known as?
5. MATH: What is the Arabic equivalent of the Roman numeral MDCH?
6. LITERATURE: In what book do the characters Flopsy and Mopsy appear?
7. LANGUAGE: What is a poseur?
8. FOOD AND DRINK: What product is advertised as "Vermont's Finest"?
9. SCIENCE: What is the chemical symbol for mercury?
10. GEOGRAPHY: Where are the Pillars of Hercules?

See Page D3 for this week's answers.

Super Crossword

C[N] DOUBLE

ACROSS

- 1 Least distant
- 8 "Mr. Mom" co-star
- 16 Prefix with physics
- 20 Accept the opinion of
- 21 Was very meaningful
- 22 Word after New or golden
- 23 Compound in Tums
- 25 Part of FYI
- 26 "It's —" ("See you then!")
- 27 Put a flaw in
- 28 Run — (pioneering rap trio)
- 29 Fats Domino's "Whole — Loving"
- 30 Departs in a ship
- 32 Man — cloth
- 35 Wrinkle-free textile fiber
- 36 Previous to, in odes
- 37 What women film directors and producers break through

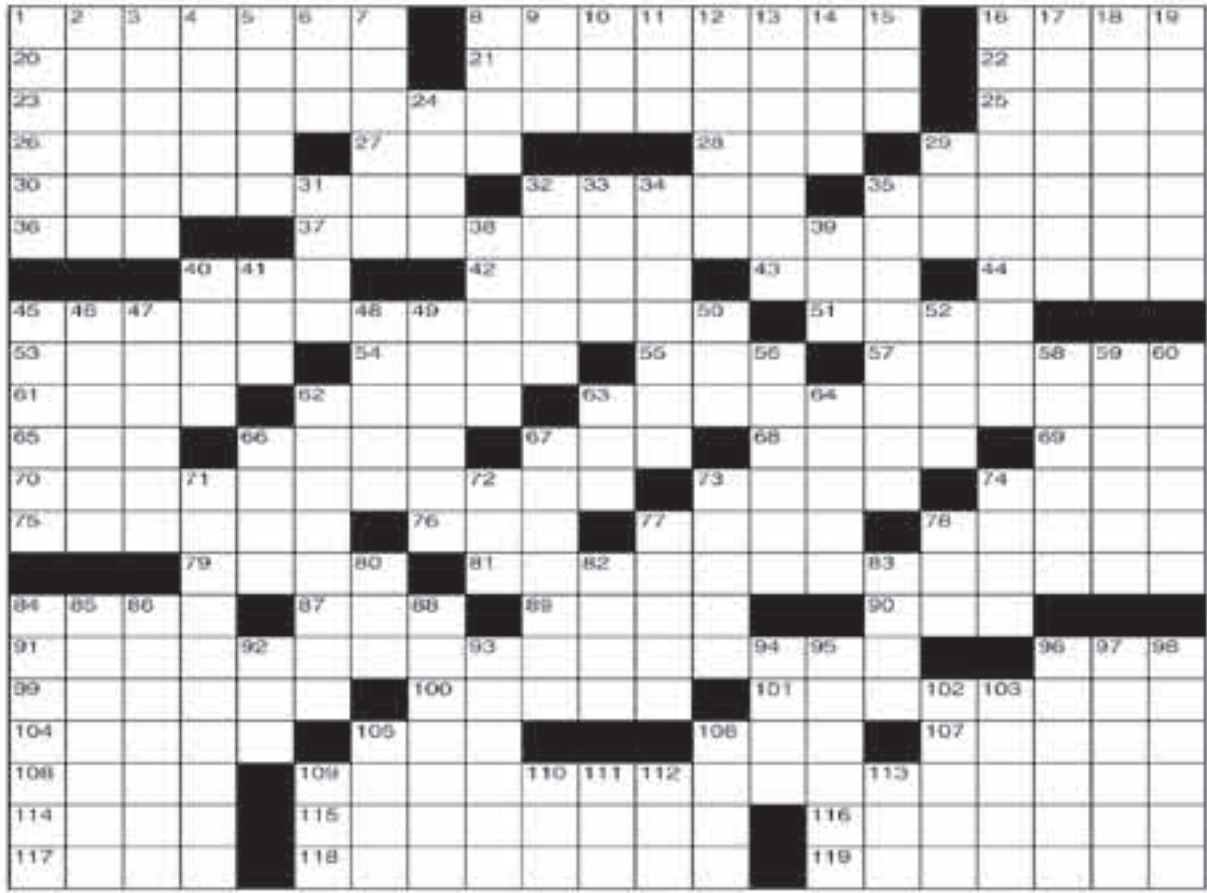
- 40 Satisfied sigh
- 42 — the finish
- 43 Littering tune
- 44 — doct
- 45 "Pony Time" singer
- 51 Gorilla researcher Fossey
- 53 Delhi money
- 54 "Buddy" star Russo
- 55 Greek consonants
- 57 "All in the Family" in-law Mike
- 61 Kill — killed
- 62 Rumples
- 63 Former rival of Best Buy
- 65 Salt Lake City student
- 66 Robert Frost, e.g.
- 67 Requiring no prescription: Abbr.
- 68 Scientist — Hubbard
- 69 Pooch-bah
- 70 School cutouts
- 73 "— Her"
- 74 Sprint
- 75 Valorous
- 76 Revolving Turner
- 77 Bern's river
- 78 All wound up

- 79 "And quickly!"
- 81 Numismatist
- 84 1995-2007 NFL lineman Warren —
- 87 America's "Uncle"
- 89 Courtroom declaration
- 90 Sturdy tree
- 91 British newspaper puzzle
- 96 Sis's sib
- 99 Loose overcoat
- 100 Like Jack Sprat's diet
- 101 Rocked on the brink
- 104 Violinist
- 105 Chairman of China
- 106 "— for innocent" (Grafton novel)
- 107 Not just stout
- 108 "Here we are — olden days..."
- 109 Tendencies of a social group's behaviors and beliefs
- 114 Congregate

- 115 Using indirect references
- 116 City noted for miracle cures
- 117 Give lip
- 118 Sticky strips with poison
- 119 Tortilla treat
- DOWN
- 1 Jewel box
- 2 Chief
- 3 In the recent past
- 4 Factions
- 5 Cat Nelson members
- 6 V preceders
- 7 Ex-Met Agos
- 8 Old Russian ruler
- 9 Lobed thing
- 10 Eve's origin
- 11 Nuptial vow
- 12 India's Indira
- 13 Shady public walk
- 14 Univ. military program
- 15 Map no.
- 16 "Health Letter" publisher
- 17 Voyage of vanity?
- 18 Germans
- 19 Systematize
- 24 Give a ring
- 29 China's Chou En—

- 31 Sore
- 32 28.35 grams
- 33 Criticism
- 34 Like a tribal emblem
- 35 Mockery
- 38 Security claims
- 39 Spain's El —
- 40 Busy as —
- 41 Prez Lincoln
- 45 Sloop low
- 46 Rush
- 47 Sustain
- 48 Barbarous
- 49 Actor
- 50 Karol Capek play
- 52 Env. alert
- 55 Hard: Prefix
- 58 Bon — (playboy)
- 59 "Yes, vary"
- 60 2002 Lucy Liu sci-fi film
- 62 Sioux shoe
- 63 Dol. units
- 64 One of four archangels
- 66 Greek consonants
- 67 Above produce
- 71 Their bulbs crush when
- 72 Female WWII server

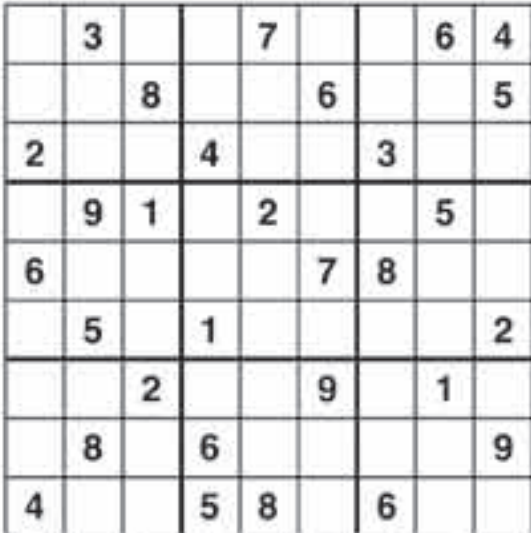
- 73 Colorful parrot
- 74 Unit of cards
- 77 "— of robins..."
- 78 Brewed drink
- 80 Lobbying gp.
- 82 — Lund
- 83 Miner's find
- 84 Sneaks
- 85 Shrinking Asian lake
- 86 Africans of small stature
- 88 Rand — (map maker)
- 92 Bronze-hued
- 93 Discover by digging, as a pig
- 94 Ear-related
- 95 Outcome
- 96 Star or Lee
- 97 Lay dormant
- 98 Ukraine city
- 102 Doughnut's shape
- 103 Critic Roger
- 105 Meditate
- 106 TV Soprano player Robert
- 109 Half — latte
- 110 D.C.'s home
- 111 Put a tear in
- 112 "Hail, Catol"
- 113 Kanga's joey



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

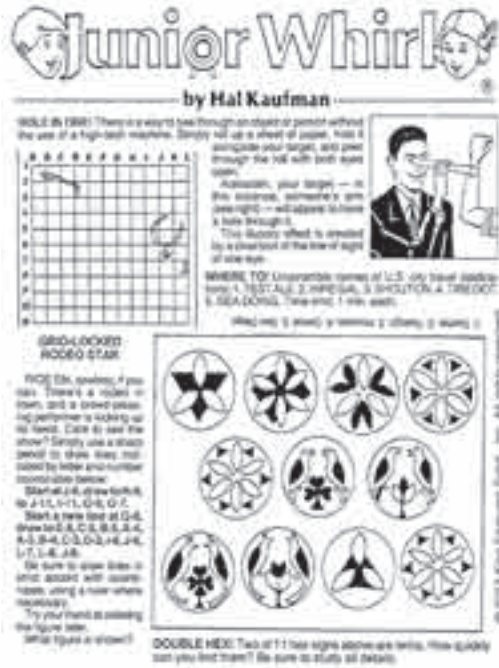
DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



Olympian Nunn to walk 50K at World Championships

By Tim Hipps
Installation Management Command

DES MOINES, Iowa – Army Reserve Staff Sgt. John Nunn used his runner-up finish in the 20-kilometer race walk at the 2013 USA Outdoor Track and Field Championships as a tune up for the 50-km race walk at the 2013 IAAF World Championships, scheduled for Aug. 10-18 in Moscow.

Nunn, 35, a two-time Olympian with the U.S. Army World Class Athlete Program, finished second behind New York Athletic Club's Tim Seaman (1:30:13.06) in the 20-km walk with a time of 1 hour, 31 minutes, 1.64 seconds at Drake Stadium, June 23. Patrick Stroupe of the Kansas City Smoke was third in 1:31:08.73.

The 20-km race walk at the national championships was delayed more than four hours by thunderstorms in Des Moines.

"I've actually been training all year for the 50K, just trying to get distance," Nunn said. "The last couple weeks, coach was like, 'I want you to start doing speed.'"

Nunn picked up the pace and walked to second place in a race that served, for him, as an upscale training event.

"I'll always come do the 20K [at national championships], and I've just learned you just never know what's going to happen," Nunn said. "Just get in the race and see. Enough people made dumb choices about going out too hard. We had a four-hour, 15-minute thunderstorm delay, and that affected people differently.

"It was just a situation I jumped

on and ended up passing the second-place guy with 150 meters to go in the race – just blew by him – and was able to pull out second place, which was great. It was a fun race and it turned out to be a good time for me."

Nunn won the 20-km race walk at the 2010 U.S. National Championships in Des Moines, and finished second in the 20K at the 2011 U.S. National Championships in Eugene, Ore.

At the 2004 Olympic Games in Athens, Greece, Nunn finished 26th in the 20-km race walk. In 2012, he finished 43rd in the 50-km race walk with a personal-best time of 4:03:28 at the London Olympic Games.

Nunn will compete Aug. 14, in the 50-km race walk at the World Championships in Moscow.

"I have no clue what will happen in Moscow," he said. "The weather can definitely play some factors with regards to the heat and mugginess that rolls through Moscow in the summer. That can really affect the 50K. We'll just have to wait and see."

Nunn, who serves with the 6252nd Army Reserve Hospital Unit in San Diego, was released Jan. 1, from WCAP for one year. He plans to return and train for the 2016 Olympic Games in Rio de Janeiro, where he could become a three-time Olympian.

"WCAP said they will welcome me back, so I should be back next year with the primary focus on 50K," Nunn said. "But I will still do 20Ks because, clearly, I can still place in the shorter, so it's more fun."



PHOTO BY TIM HIPPS

Army Reserve Staff Sgt. John Nunn, a two-time Olympic race walker with the U.S. Army World Class Athlete Program, seen here competing at the 2012 U.S. Olympic Track and Field Team Trials in Eugene, Ore., recently finished second in the 20-km race walk at the 2013 USA Outdoor Track and Field Championships as a tune up for the 2013 IAAF World Championships scheduled for Aug. 10-18 in Moscow, Russia.

BRIEF

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. Friday. The Emerald Coast Golf Tour will be held in conjunction with the 2013 Silver Wings Pro Am. Amateur eligibility requires a current verifiable U.S. Golf Association Handicap Index. Pro eligibility requires PGA members and apprentices, Emerald Coast Professional Golf Tour Members and NGA Hooters Pro Golf Tour Members. Professional participants must enter through the Emerald Coast Professional Golf Tour organization.

For more information, call 598-2449.

Flag football coaches meeting

The Fort Rucker Physical Fitness Center will host a flag football coaches meeting Aug. 6 at 9:30 a.m. and 5:30 p.m. All coaches need to attend. Preseason begins on Sept. 9 and the deadline to sign up is Sept. 16. Games will take place Mondays-Thursdays, and will start at 6 p.m.

For more information, call 255-2393.

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 NFLPK.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 255-3735.

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 Saturday. For further details, call 255-2296.

Enterprise baseball

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

Swim Season at West Beach

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

For more, call 255-9162.

Weekly SUDOKU
Answer

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

TRIVIA

- Answers
1. Kidney stones
 2. House Un-American Activities Committee
 3. Barbed wire
 4. Hoya
 5. 1602
 6. "The Tale of Peter Rabbit"
 7. Someone who pretends to be something he or she is not
 8. Ben & Jerry's ice cream
 9. Hg (hydrogenium)
 10. Strait of Gibraltar

PUZZLE ANSWERS

Super Crossword
Answers

CLOSEST	TERIO	GARR	META
DEFERTO	SAID	ALOT	AGER
CALCIUM	CARBONATE	YOUR	
AGATE	MAR	DMC	LOTTA
SET	SAIL	OF THE	DACRON
ERE	CELLULOSE	CEILING	
CHUBBY	CHECKER	DIAN	
RUPEE	RENE	MUS	STIVIC
ORBIT	MUS	CIRCUIT	CITY
UTE	POET	OTC	CLON
GLASS	CLOWNS	MEIN	DASH
HEROIC	NAT	AARE	TENSE
ASAP	GOIN	COLLECTOR	
SAPP	SAM	PLEA	OAK
CRYPTIC	CROSSWORD	BRO	
RAGLAN	NOFAT	TEETERED	
ELMAN	MAO	TIS	OBESE
ASIN	CULTURAL	CURRENTS	
MEET	ALLUSIVE	LOURDES	
SASS	FLY	PAPER	TOSTADA

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COURTESY SCREENSHOT

Video Game Spotlight >>>

Lead character worth price of admission

By **Jim Van Slyke**
Contributing Writer

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

Deadpool isn't your typical super hero. He likes to shoot everything and ask questions later. He's also a little bit crazy. Plus, it seems like every other word out of his very active mouth is a nasty word not suitable for anyone with sensitive or impressionable ears. Of course, all of that is why many people love Deadpool. He's an anti-hero that doesn't play by the rules. That all makes him seem well suited for his own video game and "Deadpool" isn't a waste of time if you don't mind some technical glitches and the protagonist's potty mouth. This is a fast-paced third-person action game with plenty of combat. But outside

of the colorfulness of the main character, there is nothing new here. You've seen the combat before and there are numerous camera issues throughout the game. On the plus side, the controls make the combat feel natural. Deadpool will interact with several heroes and villains from the Marvel Universe, including Domino, Psylocke, Cable, Mister Sinister and Death. But the "merc with the mouth" is the reason to buy this game. His humor makes the annoying camera tolerable, although it helps if your sense of humor doesn't mind repeated trips to the gutter. The game won't win any awards – unless there is a prize for foul language – and the action isn't perfect. "Deadpool" is the rare case where the main character is worth the price of admission. He's so unpredictable that it's almost impossible to know what will happen next. And, in this case, that's a good thing.

Reviewed on Xbox 360




Publisher
Activision
Rated
Mature
Systems
PS3, Xbox360
Cost
\$50
Overall
3 out of 4




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